



Tuesday	Wednesday	Thursday
<b>5</b>  <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>2:00-3:30</b> HAC in <u>Caledonia</u> <b>Location:</b> Cypress 55+ <b>Program:</b> Canvas and Mocktails	<b>6</b>  <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Circus stories  <b>1:30-3:00</b> Start With Art <b>Project:</b> Summer memories in a jar	<b>7</b>  <b>10:00-10:45</b> Power Hour Circuit Training  <b>11:00-12:30</b> <b>Intergenerational Social:</b> Circus in the park with YCA  <b>1:00-2:00</b> Brain Fit and More  <b>2:00-3:00</b> Meditate and Paint
<b>12</b>  <b>10:00-10:45</b> Seated Fitness  <b>11:30</b> HAC in <u>Caledonia</u> <b>Location:</b> Caledonia Fairgrounds <b>Program:</b> Brain Fit & More  <b>11:00-12:00</b> Chocolate BINGO  <b>1:15-2:45</b> HAC in Jarvis <b>Location:</b> Jarvis Lawn Bowling Club <b>Program:</b> Canvas and Mocktails  <b>2:00-3:00</b> Chair Yoga	<b>13</b>  <b>11:00-12:00</b> Men's Social Group  <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Elvis  <b>1:30-3:00</b> Start With Art <b>Project:</b> Bleach Tie Dye	<b>14</b>  <b>10:00-10:45</b> Power Hour Circuit Training  <b>11:00-1:00</b> <b>HAC BBQ</b> Entertainment by <b>Cameron Caton as Elvis</b>  <b>1:00-3:00</b> Warm Up Haldimand  <b>2:00-3:00</b> Meditate and Paint  

### Notices:

**The HAC is closed August 4th for the Civic Holiday.**

Some programs cancelled due to **renovations 25th-27th**

### Registration is mandatory

for all in-person programs.  
 Please call or email to register.  
 A fitted face covering is optional to wear.

In-person programs can be cancelled at any time. All registered participants will be notified if there is a need to cancel.



Red Font= In Person Program  
**\*MUST REGISTER\***



Blue Font= Virtual Program



Black Font= Hybrid:  
 Virtual & In Person  
 Program Options

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<div>19</div> <div><div>10:00-10:45</div><div>Seated Fitness</div></div> <div><div>11:00-12:00</div><div>Canvas and Mocktails</div></div> <div><div>2:00-3:30</div><div>HAC in <u>Dunnville</u></div><div>Location: Dunnville Library</div><div>Program: Canvas and Mocktails</div></div>	<div>20</div> <div><div>1:00-2:00</div><div>Short Story Reflections</div><div>Theme: Lighthouses</div></div> <div><div>1:30-3:00</div><div>Start With Art</div><div>Project: Sea Glass and Bead Art</div><div>Creative Showcase: August Crafts</div></div>	<div>21</div> <div><div>10:00-10:45</div><div>Power Hour Circuit Training</div></div> <div><div>11:00-12:00</div><div>*HAC Café</div></div> <div><div>1:00-2:00</div><div>Brain Fit and More</div></div> <div><div>2:00-3:00</div><div>Meditate and Paint</div></div>
<div>26</div> <div><div>2:00-3:30</div><div>HAC in <u>Ohsweken</u></div><div>Location: White Pines Health Centre</div><div>Program: Canvas and Mocktails</div></div>	<div>27</div> <div><div>11:00-12:00</div><div>Men’s Social Group</div></div> <div><div>1:00-2:00</div><div>Short Story Reflections</div><div>Theme: Book Lovers</div></div>	<div>28</div> <div><div>10:00-10:45</div><div>Power Hour Circuit Training</div></div> <div><div>11:00-12:00</div><div>*Social: Baby Boomers</div></div> <div><div>1:00-2:00</div><div>Name That Tune</div></div> <div><div>2:00-3:00</div><div>Meditate and Paint</div></div>

Join us online Mondays:

Virtual Brain Fit and More:

Name That Tune:

Monday, August 11<sup>th</sup>

1:00-1:45

Brain Fit

Monday, August 18<sup>th</sup>

1:00-1:45



**PHYSICAL PROGRAMS**

**Chair Yoga:** Lead by a certified yoga instructor. Join us for gentle seated yoga moves combined with breathing exercises and meditation. No yoga mats required, but are an option, chairs will be provided. Bring your own yoga straps or tie for stretching. A \$5 donation is appreciated.

**(Summer Schedule)**

**Power Hour Circuit Training:** Challenge yourself and break a sweat! This circuit exercise class will allow you to increase endurance and tone muscle. Equipment will be provided.

**Seated Fitness:** Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized.

**SOCIAL & SUPPORT PROGRAMS**

**Chocolate BINGO:** A delightful way to socialize while enjoying a game of chance! Test your luck for a chance to win delicious chocolate treats. Don't miss out on the fun ensure you register to join each month.

**Community Paramedic Wellness Dogs:** Access health and wellness benefits through animal therapy with the certified wellness dogs of Haldimand County's Paramedic Services.

**Grief Peer Support:** This group offers a space to connect with others who are grieving. Share your grief experience in a supportive environment. (Call to join our interest list)

**Men's Social Group:** This group is an opportunity to meet and connect with other men who are looking for some quality time over coffee and conversation.

**Tech Help: Computer Skills—**Take the opportunity to bring in your device and seek support with your technology and learning new skills.

**\*Thursday's Socials:** Enjoy light refreshments during our thematic socials. **(See more on second page)**

**Vision Support Group:** This per group meets to provide support for those living with any form of visual difficulties and loss. (Call to join our interest list)

**Warm Up Haldimand:** Knitters and crocheters gather to make a variety of items to donate to agencies in the community. Yarn and wool are provided.

**COGNITIVE PROGRAMS**

**Brain Fit and More:** Brain stimulating activities using trivia, word games and mind exercises.

**Name That Tune:** Music triggers powerful memories. Join us the last Thursday of each month as we enjoy music trivia, share stories, and reminisce about our favourite tunes.

**Short Story Reflections:** Listen to a short story every Wednesday followed by an interactive, reflective discussion. Each week will have a different theme.

**CREATIVE ART PROGRAMS**

**Canvas and Mocktails:** Paint your own masterpiece with step by step instructions. Those at home will need their own supplies.

**Meditate and Paint:** Paint in a calm and relaxing atmosphere, using a step by step approach to create your masterpiece.

**Start with Art:** Explore your creativity by making your own art piece each week. Inspiration and materials are provided at no cost. At the end of the month share your finished works at the **creative showcase**.

**HAC OFFSITE PROGRAMS**

Open to everyone! The H.A.C. is bringing programs to various locations in Haldimand County. Each week will feature a new location, please register to join.

**Caledonia Fairgrounds-** 151 Caithness St E, Caledonia, ON N3W 1C2

**Caledonia: Cypress 55+** 103 Inverness St. Caledonia Ontario, N3W 1B1

**Dunnville Library-** 317 Chestnut St, Dunnville, ON N1A 2H4

**Jarvis: Lawn Bowling Club—**James St, Jarvis, ON N0A 1J0

**Ohsweken: White Pines Medical Centre-** 1745 Chiefswood Rd, Ohsweken, ON N0A 1M0

**Registration is mandatory**

for all in-person programs.  
Please call or email to register.  
A fitted face covering is optional to wear.

In-person programs can be cancelled at any time. All registered participants will be notified if there is a need to cancel.

**THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS**

**\* Please inform us of any food allergies when registering.**

**Circus Social: August 7th**

Step right up to the big top (the pavilion at Sgt. Andrew Harnett Memorial Park in Hagersville) and join the HAC and YCA [Young Caregivers Association] kids and staff for a circus themed picnic. Enjoy some classic and delicious circus foods including hotdogs, popcorn, and other sweet treats. Prepare for a fun filled experience featuring daring stunts, thrilling performances, a special mesmerizing guest and circus games.

**HAC BBQ with Cameron Caton as Elvis: August 14th**

Join us for a fun-filled afternoon at the HAC Community Open House & BBQ Fundraiser! Enjoy great food, community connection, and lively entertainment as **Cameron Caton** brings the spirit of Elvis to life with his unforgettable performance. Known for his high-energy tribute to the King, Cameron is sure to have everyone smiling and swaying to classic hits. Don't miss your chance to win a **door prize**, learn more about the HAC program, and support a great local cause! We will be outdoors weather permitting so bring a lawn chair and dress for the weather!

**HAC Café: August 21st**

Relax, sip, and socialize at our cozy HAC Café! Enjoy light refreshments, warm or cold drinks, and great conversation in a welcoming atmosphere. Whether you're catching up with friends or meeting someone new, it's the perfect way to unwind and connect.

**Baby Boomers Social: August 28th**

They don't really make'em like they used to, do they? Come join us at our Beautiful Boomers Social where we remember all the best things from the past—be it the music, the food, the pop culture, and common everyday products of these bygone days.

**Riddle of the month:**

*What do you drop when you need it most,  
but hang onto when you don't?*