

Tuesday	Wednesday	Thursday
<b>2</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>2:00-3:00</b> Chair Yoga	<b>3</b> <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Fishing Stories  <b>1:30-3:00</b> Start With Art <b>Project:</b> Mix Media Fall Flowers	<b>4</b> <b>10:00-10:45</b> Power Hour Circuit Training  <b>11:00-12:00</b> <b>Social:</b> Fishing  <b>1:00-2:00</b> Brain Fit and More  <b>2:00-3:00</b> Meditate and Paint
<b>9</b>  <b>HAC Closed For Staff Development</b>  <b>1:15-2:45</b> HAC in Jarvis <b>Location:</b> Jarvis Lawn Bowling Club <b>Program:</b> Canvas and Mocktails	<b>10</b> <b>11:00-12:00</b> Men's Social Group  <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> One Hit Wonders  <b>1:30-3:00</b> Start With Art <b>Project:</b> Triangle Banners	<b>11</b>  <b>HAC Closed For Staff Development</b>


## Join us online Mondays:

**Brain Fit:**  
**Monday, September 8<sup>th</sup>**  
**1:00-1:45**

**Name That Tune:**  
**Monday, September 15<sup>th</sup>**  
**1:00-1:45**

**Brain Fit:**  
**Monday, September 22<sup>ND</sup>**  
**1:00-1:45**



Tuesday	Wednesday	Thursday
<b>16</b> <b>10:00-10:45</b> ZUMBA Gold <b>11:30</b> HAC in Caledonia <b>Location:</b> Caledonia Fairgrounds <b>Program:</b> Brain Fit & More <b>11:00-12:00</b> Chocolate BINGO <b>2:00-3:00</b> Chair Yoga <b>2:00-3:30</b> HAC in Dunnville <b>Location:</b> Dunnville Library <b>Program:</b> Canvas and Mocktails	<b>17</b> <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Tourism <b>1:30-3:00</b> Start With Art <b>Project:</b> Barrels	<b>18</b> <b>10:00-10:45</b> Power Hour Circuit Training <b>11:00-12:30</b> <b>*HAC Brunch: Hagersville 150—Trains</b> <b>1:00-2:00</b> Brain Fit and More <b>2:00-3:00</b> Meditate and Paint
<b>23</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 Ohsweken <b>Location:</b> White Pines Health Centre <b>Program:</b> Canvas and Mocktails	<b>24</b> <b>11:00-12:00</b> Men's Social Group <b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Endangered Animals <b>1:30-3:00</b> Start With Art <b>Project:</b> Good Vibes Lotus Art <b>Creative Showcase:</b> September Crafts	<b>25</b> <b>10:00-10:45</b> Power Hour Circuit Training <b>11:00-12:00</b> <b>*HAC Cafe</b> <b>1:00-2:00</b> Name That Tune <b>2:00-3:00</b> Meditate and Paint
<b>30</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Music BINGO	 <b>Tech Help</b> By Appointment Ext. 104	<b><u>Registration is mandatory</u></b> 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

**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.

**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.

**Zumba Gold:** Lead by a certified instructor this class incorporates movements taken from worldwide music and dances like merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, mobility, memory and motor skills.

**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 Arena-** 100 Haddington St, Caledonia N3W 2N4

**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

**THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS**

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

**Fishing Social: September 7th**

Catch us at the HAC for a social all about fishing! Share your tales of fishing adventures with us, favourite fishing spots, and bring in some photos of your fishing trips to show off. We will be serving a delicious meal of fish 'n chips, and we'll be hosting a few fish-y games.

**HAC Brunch: Hagersville 150—Railways September 18th**

Join us for a special event celebrating Hagersville's rich railway heritage! This social features a passionate volunteer group of six local railway and train enthusiasts who came together to create the captivating Railway Heritage display for the return of Agriculture Day. With diverse backgrounds and a shared love of trains, the group will share insights into railway operations, track design, unique locomotives, and memorable moments in local rail history. From scenic routes to special train events, this is a must-see for anyone curious about how the railway shaped our community.

**HAC Café: September 28th**

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.

**Riddle of the month:**

*What falls but never breaks, and what breaks but never falls?*