


Tuesday	Wednesday	Thursday
 <p>Tech Help By Appointment Ext. 104</p>	<p>1</p> <p>1:00-2:00 Short Story Reflections Theme: Women's History</p> <p>12:30-1:30 Lunch and Learn—History of Folk Art with Geneva</p> <p>1:30-3:00 Start With Art Project: Soap Carving</p>	<p>2</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *HAC Cafe</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>7</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p>	<p>8</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections Theme: Haunted Hagersville</p> <p>1:30-3:00 Start With Art Project: Positive Message Centerpieces</p>	<p>9</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Thanksgiving</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:00 Warm Up Haldimand</p> <p>2:00-3:00 Meditate and Paint</p>

Join us online Mondays:

Brain Fit:
Monday, October 6th
1:00-1:45

Brain Fit:
Monday, October 20th
1:00-1:45



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

Tuesday	Wednesday	Thursday
14 10:00-10:45 ZUMBA Gold 10:30-12:30 HAC in Caledonia Location: Caledonia Arena Program: Brain Fit & More 11:00-12:00 Chocolate BINGO 1:15-2:45 HAC in Jarvis Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails	15 1:00-2:00 Short Story Reflections Theme: Chicken Soup for the Soul 1:30-3:00 Start With Art Project: Yarn Witches	16 10:00-10:45 Power Hour Circuit Training 11:00-12:30 *HAC Brunch: 5 Senses of Fall 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
21 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:00 Chair Yoga 2:00-3:30 HAC in Dunnville Location: Dunnville Library Program: Canvas and Mocktails	22 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections Theme: Famous Individuals with Vision Impairment 1:30-3:00 Start With Art Project: String Art on Corkboard	23 10:00-10:45 Power Hour Circuit Training 11:00-12:00 *HAC Cafe 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
28 10:00-10:45 Seated Fitness 11:00-12:00 Music BINGO 2:00-3:30 HAC in Ohsweken Location: White Pines Health Centre Program: Canvas and Mocktails	29 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections Theme: Halloween 1:30-3:00 Start With Art Project: Vincent Van Ghost 3D Paintings Creative Showcase: September Crafts	30 11:00-12:30 *Social: Halloween Party 1:00-2:00 Name That Tune 2:00-3:00 Meditate and Paint


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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 through one to one instruction.

***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.**

Lunch & Learn: October 1st**A History of Folk Art of Haldimand County**

Speaker: Geneva Gillis—Museum Curator

This presentation will explore the various forms of folk art that find their home in Haldimand County. From tableware to soap carving, learn about pastimes and art practices from the late 1800s.

We will follow up the session with time to **craft your own soap carving**.

HAC Café: October 2nd and October 23rd

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.

Thanksgiving: October 9th

Let's gather at the H.A.C. and enjoy a Thanksgiving meal together. We're looking forward to dining on delicious fall food and drinks, and sharing some laughs playing festive games like pumpkin toss and fall themed trivia.

HAC Brunch: 5 Senses of Fall October 16th

Is fall your favourite season? Celebrate with a cozy, multisensory gathering! Participants will enjoy the sights, sounds, scents, tastes, and textures of autumn through themed activities, music, warm beverages, and seasonal treats. A relaxed, social environment to connect, reminisce, and engage all five senses.

Halloween Party: October 30th

Witching for you to join us to eat, drink, and be scary at our annual H.A.C. Halloween spooktacular. There will be no tricks, just treats, tasty bites, and our frightfully fun costume contest.

If you were bone to be wild, the H.A.C knows how to let the ghoulish times roll. Call to register for a scary good time.

**Riddle of the month:**

What has a spine but no body, and tells tales but never speaks?