



January 2026

Monday	Tuesday	Wednesday	Thursday
Tech Help By Appointment Ext 104 			1 HAC is Closed For New Years
5 10:00-10:45 Sit To Be Fit 1:00-2:00  Brain Fit and More	6 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:30 <u>HAC in Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	7 1:00-2:00  Short Story Reflections Theme: All About Dolly Parton 1:30-3:00 Start With Art Project: Vision Boards	8 10:00-10:45 Power Hour Circuit Training 11:00-12:30 Social: Self Care For Your Mind 1:00-2:00  Brain Fit and More 1:00-3:00 Warm Up Haldimand 2:00-3:00  Meditate and Paint
12 10:00-10:45 Sit To Be Fit 1:00-2:00  Name That Tune	13 10:00-10:45 Zumba Gold 10:30-11:30 <u>HAC in Caledonia</u> Location: Caledonia Arena Program: Brain Fit and More 11:00-12:00 Chocolate BINGO 2:00-3:30 <u>HAC in Jarvis</u> Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails	14 11:00-12:00 Men's Social Group 1:00-2:00  Short Story Reflections Theme: Pop Music 1:30-3:00 Start With Art Project: Winter Scenery	15 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

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19 10:00-10:45 Sit To Be Fit 1:00-2:00  Brain Fit and More	20 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:30 <u>HAC in Dunnville</u> Location: Dunnville Library Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	21 11:00-12:00 Let's Talk Social 1:00-2:00  Short Story Reflections Theme: Hobbies 1:30-3:00 Start With Art Project: Resin Art	22 10:00-10:45 Power Hour Circuit Training 10:30-12:00 HAC Brunch: Highlights of Hobbies 1:00-2:00  Brain Fit and More 2:00-3:00  Meditate and Paint
26 10:00-10:45 Sit To Be Fit 2:00-3:30 <u>HAC in Ohsweken</u> Location: Sunrise Court Program: Canvas and Mocktails	27 10:00-10:45 Seated Fitness 11:00-12:00 Name That Tune	28 11:00-12:00 Men's Social Group 1:00-2:00  Short Story Reflections Theme: Pop Culture Fitness Influencers 1:30-3:00 Start With Art Project: Four Part Art 2:30-3:00 Creative Showcase	29 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Joy of Movement 1:00-2:00  Name That Tune 2:00-3:00  Meditate and Paint



Online program only



In Person and Online program

Program Descriptions

Program registration is mandatory by phone or email. In person programs can be cancelled at any time. All registered participants will be notified.

PHYSICAL PROGRAMS

Chair Yoga: Join us for gentle seated movements, breathing exercises, and a relaxing guided meditation with a certified instructor. Chairs are provided; mats are optional. Bring a strap 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: Led by a certified instructor, this fun, low-impact class blends global music and dance styles—like merengue, salsa, cumbia, and cha-cha—to boost energy, strength, mobility, endurance, and memory.

SOCIAL & SUPPORT PROGRAMS

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.

Let's Talk Social: Join us to commemorate Bell's Let's Talk Day. Let's Talk Day encourages everyone to prioritize mental health and give mental health a moment to focus on how it impacts our lives. We will have light refreshments, support, and discussions of local resources

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 advantage of the opportunity to bring your device for support with your technology and to learn new skills through one-on-one instruction.

Thursday's Socials: Join us for some light refreshments, great conversations while meeting new people. Check out the back for details!

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: Join us each month for music trivia, storytelling, and reminiscing as familiar songs spark meaningful memories.

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.

Meditate and Paint: Enjoy a peaceful and relaxing painting session, using a step by step approach to create your own work of art. Those at home will need their own supplies.

Start with Art: Discover your creativity as you make a new art piece each week, with all materials and inspiration provided. Share your work at our Creative Showcase this month.

Thursday Socials

January is Alzheimer Awareness Month! This month's socials will highlight benefits for those living with dementia and their families.

Self Care For Your Mind: January 8, 2026

It's that time for a "New Year, New You" but what is you could incorporate in some fun things that can benefit your life, but also bring much needed enjoyment too? Join us for our Self-Care for your Mind Social. We'll have fun and easy ideas to add to your day that will also add to your life. Light refreshments will be served with lighthearted learning.

HAC Cafe: January 15, 2026

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.

HAC Brunch: Highlights of Hobbies: January 22, 2026

This month's brunch is about the Highlights of Hobbies. Hobbies do so much more than fill our free time. They have been shown to be very good for us. Join us for the first HAC Brunch of 2026 as we discuss all things hobbies- and how they can add even more to our lives. We encourage you to bring examples or photos of your own hobbies to share

Joy of Movement: January 29, 2026

Find your peace and passion in the physical, social, emotional, and cognitive benefits experienced through engaging in physical activities. Physical hobbies can include so much more than just exercise. Join us to socialize, discuss and watch a demonstration on let's find ways to start the year off right!

HAC Offsite Programs

All community members welcome! The H.A.C. is bringing programs to multiple locations throughout Haldimand County. Each week will feature a new location. We invite you to register and join us.

Caledonia

Caledonia Arena: 100 Haddington St, Caledonia N3W 2N4

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

Dunnville

Dunnville Library: 317 Chestnut St, Dunnville, ON N1A 2H4

Jarvis

Lawn Bowling Club: 18 James St E, Jarvis, ON N0A 1J0 (parking lot on Main St. S)

Ohsweken

Sunrise Court- 37 Sunrise Court, Ohsweken, ON N0A 1M0