








February 2026

Monday	Tuesday	Wednesday	Thursday
			Wool Donations Are Appreciated
2 10:00-10:45 Sit To Be Fit 1:00-2:00 Brain Fit and More  1:00-2:00 Tech Help	3 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 11:00-12:00 Community Wellness Dogs 2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	4 1:00-2:00 Short Story Reflections Theme: History of Groundhog Day 1:30-3:00 Start With Art Project: Tealight Flowers 	5 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Winter Wonderland 1:00-2:00 Brain Fit and More  2:00-4:00 No More Silent Battles Documentary and Discussion Panel
9 10:00-10:45 Sit To Be Fit 1:00-2:00 Name That Tune 	10 10:00-10:45 Zumba Gold 10:30-11:30 OFFSITE Location: Caledonia Arena Program: Brain Fit and More 11:00-12:00 Chocolate BINGO 2:00-3:30 OFFSITE Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails	11 11:00-12:00 Men's Social Group 12:00-1:00 Lunch and Learn: Heart Health Speaker: Hannah LeClair 1:00-2:00 Short Story Reflections Theme: Funny and Disastrous Valentine's Dates  1:30-3:00 Start With Art Project: Dot Art Hearts	12 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Valentine's Cafe 1:00-2:00 Brain Fit and More  1:00-3:00 Warm Up Haldimand 2:00-3:00 Meditate and Paint 

February 2026

Monday	Tuesday	Wednesday	Thursday
16 H.A.C. is Closed for Family Day	17 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:30 <u>OFFSITE</u> Location: Dunnville Library Cancelled for this month 2:00-3:00 Chair Yoga	18 1:00-2:00  Short Story Reflections Theme: Kindness 1:30-3:00 Start With Art Project: Kindness Cards	19 10:00-10:45 Power Hour Circuit Training 11:00-12:00 HAC Brunch: Kindness 1:00-2:00  Brain Fit and More 2:00-3:00  Meditate and Paint
23 10:00-10:45 Sit To Be Fit 2:00-3:30 <u>OFFSITE</u> Location: Ohsweken Sunrise Court Program: Canvas and Mocktails	24 10:00-10:45 Seated Fitness 11:00-12:00 Name That Tune	25 11:00-12:00 Men's Social Group 1:00-2:00  Short Story Reflections Theme: Armchair Travel 1:30-3:00 Start With Art Project: Watercolour Maps 2:30-3:00 Creative Showcase	26 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Tropical Party 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 Community Paramedic Services.

Grief Support Social: This group offers a space to connect with others who are grieving. Share your grief experience in a supportive environment.

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: Join us for a welcoming tech support program for seniors and community members. Each month features a simple introduction to a new technology topic, followed by optional one-on-one help with your own device. Refreshments provided in a relaxed, supportive setting.

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.

Socials and Presentations

February 5, 2026: Winter Wonderland

Come and join us for a fun winter-themed party, where we will blend the magic of the season with playful celebration. There will be games, laughter, sparkling decorations, not to mention warm and delicious cozy drinks and food!

February 5, 2026: No More Silent Battles Documentary and Panel

Produced and directed by Peterborough geriatrician Dr. Jenny Ingram, No More Silent Battles is a documentary that shares the experiences of older adults and care partners as they navigate the health and social care system. A discussion panel of experts will follow the screening.

February 11, 2026: Lunch and Learn Heart Health

Join us for a lunch and learn that explores key heart health markers, heart-healthy foods, and everyday lifestyle habits like physical activity, stress management, and smoking that can support overall cardiovascular wellness. A panel of professionals will follow the documentary.

February 12, 2026: Valentine's Cafe

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.

February 19, 2026: HAC Kindness Brunch

Join us for a Kindness Brunch filled with good food, meaningful conversations, and uplifting activities. Come connect, reflect, and spread a little kindness together.

February 26, 2026: Tropical Party

Get ready for a tropical Social at HAC! Enjoy Caribbean-inspired foods, sunny drinks, lively music, and a special guest, Alicia Blake, former cruise line world traveler. Wear your tropical outfit for a chance to win a sun-themed surprise!

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