

March 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 1:00-3:30 Take Control, Take Charge Chronic Pain and Disease Workshop 2:00-3:30 <u>OFFSITE</u> Location: Caledonia Cypress 55+ Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	4 11:00-12:00 Grief Support Social 1:00-2:00 Short Story Reflections Theme: Famous Women  1:30-3:00 Start With Art Project: Women's Day Silhouettes	5 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Denim Day for Dementia 1:00-2:00 Brain Fit and More  2:00-3:00 Meditate and Paint 
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 <u>OFFSITE</u> Location: Caledonia Arena Program: Brain Fit and More 11:00-12:00 Chocolate BINGO 1:00-3:30 Take Control, Take Charge Chronic Pain and Disease Workshop 2:00-3:30 <u>OFFSITE</u> Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails	11 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections Theme: Spring Stories  1:30-3:00 Start With Art Project: St. Patrick's Day Gnomes	12 10:00-10:45 Power Hour Circuit Training 11:00-12:00 St. Patrick's Day Cafe 1:00-2:00 Brain Fit and More  1:00-3:00 Warm Up Haldimand 2:00-3:00 Meditate and Paint 

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16 10:00-10:45 Sit To Be Fit 1:00-2:00 Brain Fit and More 	17 10:00-12:00 INTERGENERATIONAL St. Patrick's Day Party 1:00-3:30 Take Control, Take Charge Chronic Pain and Disease Workshop 2:00-3:30 OFFSITE Location: Dunnville Library Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	18 1:00-2:00  Short Story Reflections Theme: St. Patrick's Day Stories 1:30-3:00 Start With Art Project: Decoupage Spring Glass Decor	19 10:00-10:45 Power Hour Circuit Training 11:00-12:00 HAC Spring Brunch 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 OFFSITE Location: Ohsweken Sunrise Court Program: Canvas and Mocktails	24 10:00-10:45 Seated Fitness 11:00-12:00 Name That Tune 1:00-3:30 Take Control, Take Charge Chronic Pain and Disease Workshop 2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Start With Art	25 11:00-12:00 Men's Social Group 1:00-2:00  Short Story Reflections Theme: Cat Tales 1:30-3:00 Start With Art Project: Sock Bunnies 2:30-3:00 Creative Showcase	26 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Rest and Recharge with Speaker Tania Clatsoff 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

March 5, 2026: Denim Day for Dementia

Join us to celebrate Demin Day for Dementia! Founded in Ireland in 2018, Demin Day for Dementia is a campaign to support people living with dementia, their families, and friends. By wearing denim and having conversations, we can raise awareness, reduce stigma, and support people in our community affected by dementia. We will be joined by the Alzheimer Society's Andy Gibb who will discuss his work on Dementia Friendly Communities. So put on your favourite denim and join us as we work towards a community more supportive of all those touched by dementia. Light refreshments provided.

March 12, 2026: St. Patrick's Day Cafe

Relax, sip, and socialize at our cozy 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.

March 17, 2026: Intergenerational St. Patrick's Day Party

Celebrate St. Patrick's Day at this fun, intergenerational program in collaboration with the Young Caregivers Association! We will enjoy activity stations that include rock painting, beach ball volleyball, and a lucky scavenger hunt, followed with a nice meal. This program encourages connection across generations while celebrating creativity, physical activity, and a bit of Irish luck. Participants are encouraged to bring a child, grandchild, or young family member to join the fun!

March 19, 2026: HAC Spring Brunch

Kick off the spring season with H.A.C.'s Brunch! Filled with good food, and meaningful conversations. Come connect, reflect, and spread a little luck together.

March 26, 2026: Rest and Recharge

In honour of Sleep Awareness Month the H.A.C. will be hosting a Rest and Recharge social. Tania Clatsoff, from the Family Health Team will be joining the social to explore ways to get good sleep. Learn about effective tips to help improve your overall health by learning and ways to get the most out of your self-care daily routines. Light lunch will be provided.

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)

Ohswegen

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