



April 2026

Monday	Tuesday	Wednesday	Thursday
		<p>1</p> <p>11:00-12:00 Grief Support Social</p> <p>1:00-2:00 Short Story Reflections Theme: April Fools</p> <p>1:30-3:00 Start With Art Project: Record Art</p>	<p>2</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Jelly Bean Cafe</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>6</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-2:00 Tech Help Focus: Email Made Easy</p>	<p>7</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p>	<p>8</p> <p>H.A.C. will be closed for staff development</p>	<p>9</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Take Me Out to the Ballgame</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>





April 2026

Monday	Tuesday	Wednesday	Thursday
<p>13</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00  Name That Tune</p>	<p>14</p> <p>10:00-10:45 Zumba Gold</p> <p>10:30-11:30 OFFSITE Location: Caledonia Arena Program: Brain Fit and More</p> <p>11:00-12:00 Chocolate BINGO</p> <p>2:00-3:30 OFFSITE Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails</p>	<p>15</p> <p>1:00-2:00  Short Story Reflections Theme: Art Around the World</p> <p>1:30-3:00 Start With Art Project: Up Cycle Paper Art</p>	<p>16</p> <p>11:00-1:00 H.A.C. Brunch and Sign Recognition Event</p>
<p>20</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00 Brain Fit and More</p>	<p>21</p> <p>10:00-11:00 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 OFFSITE Location: Dunnville Library Program: Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p>	<p>22</p> <p>11:00-12:00 Men's Social Group</p> <p>12:00-1:00 Lunch and Learn: Caring For Cancer Speaker: Jessica Durka</p> <p>1:00-2:00  Short Story Reflections Theme: Earth Day</p> <p>1:30-3:00 Start With Art Project: Flower Pot Painting</p>	<p>23</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Dance Hall</p> <p>1:00-2:00  Brain Fit and More</p> <p>2:00-3:00  Meditate and Paint</p>
<p>27</p> <p>10:00-10:45 Sit To Be Fit</p> <p>2:00-3:30 OFFSITE Location: Ohsweken Sunrise Court Program: Canvas and Mocktails</p>	<p>28</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Name That Tune</p> <p>2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Start With Art</p>	<p>29</p> <p>1:00-2:00 Short Story Reflections Theme: Superheros</p> <p>1:30-3:00  Start With Art Project: Bee Baths</p> <p>2:30-3:00 Creative Showcase</p>	<p>30</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Jazz Cafe</p> <p>1:00-2:00  Name That Tune</p> <p>2:00-3:00  Meditate and Paint</p>

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.

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

Please identify any food allergies when registering

April 2, 2026: Jelly Bean Cafe

Are you as Egg-cited for Easter as we are? Hop on over to the HAC for our Jellybean Cafe. Connect with others over a hot beverage, sweet treats, and Egg-ceptional conversation.

April 9, 2026: Take Me Out To The Ballgame

Calling all baseball lovers, join us for fan favourite foods like Nachos, hotdogs, and popcorn! Have fun in our baseball themed photobooth, give balloon baseball a try, and share stories and baseball nostalgia.

April 16, 2026: H.A.C. Brunch and Recognition Event

Join us for a special community celebration as we recognize the generous support of the Ontario Trillium Foundation in launching H.A.C.'s new electronic sign! Enjoy a delicious brunch, connect with friends and community members, and help us mark the occasion with an official ribbon-cutting ceremony. We look forward to celebrating together!

April 22, 2026: Speaker- Jessica Durka, Caring for Cancer

Join us to meet the Founder of South Coast Community Caring for Cancer, Jessica Durka. Jessica will share her personal story, discuss how the program supports the Haldimand, Norfolk communities and explain how the Cancer Care Bags make the journey just a bit easier.

April 23, 2026: Dance Hall

Celebrate the golden era of local music and dancing (1920s-1980s) with classic tunes, vintage photo displays, guest stories, and a delicious meal. Dress in your favourite era's style and enjoy a nostalgic trip down memory lane!

April 30, 2026: Jazz Cafe

Relax, sip, and socialize at our cozy Café! Enjoy light refreshments, warm or cold drinks, and great conversation in a welcoming atmosphere. This is a great chance to enjoy some jazz vibes, whether you're catching up with friends or meeting someone new, it's the perfect way to unwind and connect.

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: 2020 Main St S Jarvis, ON N0A 1J0

Ohswegen

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