


















May 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>4</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00 Brain Fit and More </p> | <p>5</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>6</p> <p>11:00-12:00 Grief Support Social</p> <p>1:00-2:00 Short Story Reflections Theme: Star Wars </p> <p>1:30-3:00 Start With Art Project: Mini Mother's Day Gardens</p> | <p>7</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Mother's Day Garden Party </p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00  Meditate and Paint</p> | <p>8</p> <p>1:00-2:00 Tech Help Focus: Photos and Memories</p> |
| <p>11</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00 Brain Fit and More </p> | <p>12</p> <p>10:00-10:45 Seated Fitness</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>13</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections Theme: Famous Mothers </p> <p>1:30-3:00 Start With Art Project: FairyWreath Decor</p> | <p>14</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: HAC Cafe</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> | <p>15</p> <p>1:00-2:00 Name That Tune </p> |



May 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|------------------|
| <p>18</p> <p>HAC is Closed for Victoria Day</p> | <p>19</p> <p>10:00-10:45 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>20</p> <p>1:00-2:00 Short Story Reflections  Theme: Museums Around the World</p> <p>1:30-3:00 Start With Art Project: Sensory Boards</p> | <p>21</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 HAC Brunch and Presentation: Hagersville Fire Department 1926 Pumper</p> <p>1:00-2:00  Brain Fit and More</p> <p>2:00-3:00  Meditate and Paint</p> | <p>22</p> |
| <p>25</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>26</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>27</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00  Short Story Reflections Theme: World Red Head Day</p> <p>1:30-3:00 Start With Art Project: DIY Tshirts- Walk For Alzheimers *bring your own tshirt</p> <p>2:30-3:00 Creative Showcase</p> | <p>28</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Cinema Without Sight</p> <p>1:00-2:00  Name That Tune</p> <p>2:00-3:00  Meditate and Paint</p> | <p>29</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.



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

May is Vision Awareness Month!

Please identify any food allergies when registering

May 7, 2026, 2026: Mother's Day Garden Party

Join us for a lovely morning outdoors relaxing in the H.A.C. garden as we celebrate moms and the special people in our lives. As we enjoy the nature around us, elegant charcuterie boxes will be served paired with a sweet peach punch. This party is welcome to everyone, and we encourage you to bring your mom, a special person, or a picture/memory of your mom to share. We invite you to wear florals and fancy hats. Please note if the weather is not suitable for outdoors, the garden party will be held indoors.

May 14, 2026: H.A.C. 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.

May 21, 2026: H.A.C. Brunch and Guest Speaker Cary Slote

Join H.A.C.'s Brunch for a morning of delicious brunch, spending time with others, building connections, and celebrating together as a community. This month take another trip down Hagersville's memory lane. Speaker Cary Slote (Retired Hagersville Fire Captain), will walk through the history of Hagersville's Fire Department and share the history and exciting remodel of the 1926 Graham Brothers / Dodge / Lorne Pumper.

May 28, 2026: Cinema Without Sight

Step into a powerful sensory experience with this program that is designed to build awareness of low vision and visual impairment. Participants will watch a short film with their eyes covered, relying on sound, dialogue, and other senses to follow the story. Afterward, we will take part in a thoughtful discussion reflecting on the experience

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

Ohsweken

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