









June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:00 Happy Highlights </p>	<p>2</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: Caledonia Cypress 55+ Program: Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p>	<p>3</p> <p>11:00-12:00 Grief Support Social</p> <p>1:00-2:00 Short Story Reflections  Theme: Game Shows Throughout the Years</p> <p>1:30-3:00 Start With Art Project: Colour Therapy</p>	<p>4</p> <p>Power Hour and Social Program will be cancelled due to Staff Development.</p> <p>1:00-2:00  Brain Fit and More</p> <p>2:00-3:00  Meditate and Paint</p>	<p>5</p> <p>1:00-2:00 Tech Help Focus: Helpful Apps</p>
<p>8</p> <p>10:00-10:45 Sit To Be Fit</p> <p>11:00-12:00 Women's Social Group</p>	<p>9</p> <p>10:00-10:45 Dance Fitness</p> <p>10:30-11:30 OFFSITE Location: Caledonia Arena Program: Brain Fit and More</p> <p>11:00-12:00 Community Photography Club *bring your own device</p> <p>2:00-3:30 OFFSITE Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails</p>	<p>10</p> <p>11:00-12:00 Men's Social Group</p> <p>Short Story Reflections is cancelled today.</p> <p>1:30-3:00 Start With Art Project: Tic Tac Toe</p>	<p>11</p> <p>10:00-10:45 Walking Club</p> <p>11:00-12:00 Social: Bring Your Friend 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>12</p> <p>1:00-2:00 Name That Tune </p>



June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>10:00-10:45 Sit To Be Fit</p> <p>1:00-2:30 Forks and Friends Cooking</p>	<p>16</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>17</p> <p>1:00-2:00  Short Story Reflections Theme: Famous Photography</p> <p>1:30-3:30 Start With Art Project: Intro to Beading</p>	<p>18</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 HAC Father's Day Brunch</p> <p>1:00-2:00  Brain Fit and More</p> <p>2:00-3:00  Meditate and Paint</p>	<p>19</p>
<p>22</p> <p>10:00-10:45 Sit To Be Fit</p> <p>2:00-3:30 OFFSITE Location: Ohsweken White Pines Wellness Centre Program: Canvas and Mocktails</p>	<p>23</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: Start With Art</p>	<p>24</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00  Short Story Reflections Theme: The Beatles</p> <p>1:30-3:00 Start With Art Project: Out the Door Organizer</p> <p>2:30-3:00 Creative Showcase</p>	<p>25</p> <p>10:00-10:45 Walking Club</p> <p>11:00-12:00 Social: Picnic in the Park</p> <p>1:00-2:00 Name That Tune</p> <p>2:00-3:00  Meditate and Paint</p> <p></p>	<p>26</p>
<p>29</p> <p>10:00-10:45 Sit To Be Fit</p>	<p>30</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Name That Tune</p>			



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.

Dance Fitness: This fun and energetic program combines easy to follow dance movements with cardiovascular exercise to build strength, mobility, endurance and memory. No dance experience needed, just come ready to move and have fun!

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

Community Paramedic Wellness Dogs: Access health and wellness benefits through animal therapy with the certified wellness dogs of Haldimand County's Community Paramedic Services.

Community Photography Club: Explore the community and the H.A.C. building using your own device, capturing images of everyday moments. Afterward, the group will share photos and stories offering a creative way to connect with others and see familiar surroundings in a new light.

Forks and Friends Cooking: This cooking program helps confidence in the kitchen while preparing healthy meals and developing basic culinary skills. Through hands-on, step-by-step instruction, strengthen memory, focus, and organization in a positive environment.

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

Happy Highlights: This uplifting program shares positive news, heartwarming moments, and fun videos from around the world to brighten your day. Enjoy feel good content designed to boost mood, spark laughter, and celebrate the good happening around us.

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 this 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.

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.

Women's Social Group: Join us for a relaxed, welcoming space for women to connect, share laughs, and build friendships over good coffee and good conversation.



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

June is ABI Awareness Month!

Please identify any food allergies when registering

June 3, 2026: Roots to Table Local Food Week Event

Come visit the H.A.C. exhibit table at the Hagersville Market Square as we celebrate the start of market season! Enjoy fresh local produce, artisan vendors, delicious baked goods, live music, and a fun community atmosphere. We'd love to see you there!

June 11, 2026: Bring Your Friend H.A.C. Cafe

Bring a friend along to celebrate National Close Friends Day at the H.A.C.! Share beverages and desserts, with a chance to win door prizes that will highlight the special friend in your life.

June 18, 2026: H.A.C. Father's Day BBQ Brunch

Join us for our Father's Day Barbeque Brunch as we celebrate fathers, stepfathers, grandfathers, uncles, mentors, and all the amazing men who play meaningful paternal roles in our lives. Through conversation and shared stories, we will be celebrating the contributions, love, and sacrifices, and immeasurable ways they contribute to our lives.

June 25, 2026: Picnic In The Park

Come on down street and meet us at Sgt. Andrew Harnett Memorial Park, 35 Alma St. S, Hagersville and enjoy the beautiful outdoors and a light picnic together. Enjoy some classic backyard style games, contests and a lovely opportunity to socialize. Rain location will be at the H.A.C.

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

White Pines Wellness Centre- 1745 Chiefswood Rd, Ohsweken, ON N0A 1M0