









# July 2026

Monday	Tuesday	Wednesday	Thursday
		<p><b>1</b></p> <p><b>H.A.C. is Closed for Canada Day</b></p> 	<p><b>2</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Social: Canada Day Cafe</p> <p><b>1:00-2:00</b> Brain Fit and More </p> <p><b>2:00-3:00</b> Meditate and Paint </p>
<p><b>6</b></p> <p><b>10:00-10:45</b> Sit To Be Fit</p> <p><b>1:00-2:00</b> Tech Help Focus: Social Media Basics</p>	<p><b>7</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktail</p> <p><b>2:00-3:30</b> <b>OFFSITE</b> Location: Caledonia Cypress 55+ Program: Canvas and Mocktails</p>	<p><b>8</b></p> <p><b>Programs Cancelled Today for Staff Development</b></p>	<p><b>9</b></p> <p><b>10:00-10:45</b> Walking Club</p> <p><b>11:00-12:00</b> Social: Sunshine and Sunglasses</p> <p><b>1:00-2:00</b> Brain Fit and More </p> <p><b>1:00-3:00</b> Warm Up Haldimand</p> <p><b>2:00-3:00</b> Meditate and Paint </p>
<p><b>13</b></p> <p><b>10:00-10:45</b> Sit To Be Fit</p> <p><b>11:00-12:00</b> Women's Social Group</p> <p><b>2:00-3:30</b> <b>OFFSITE</b> Location: Dunnville Community Lifespan Centre Program: Canvas and Mocktails</p>	<p><b>14</b></p> <p><b>10:00-10:45</b> Dance Fitness</p> <p><b>11:00-12:00</b> Community Photography Club <i>*bring your own device</i></p> <p><b>11:00--11:45</b> <b>OFFSITE</b> Location: Caledonia Fairgrounds Program: Brain Fit and More</p> <p><b>2:00-3:30</b> <b>OFFSITE</b> Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails</p>	<p><b>15</b></p> <p><b>1:00-2:00</b>  Short Story Reflections Theme: Disco Era</p> <p><b>1:30-3:30</b> Start With Art Project: Nautical Art</p>	<p><b>16</b></p> <p><b>11:00-1:00</b> <b>HAC Disco Party BBQ</b></p> 





# July 2026

Monday	Tuesday	Wednesday	Thursday
<p><b>20</b></p> <p><b>10:00-10:45</b> Sit To Be Fit</p> <p><b>1:00-2:30</b> Forks and Friends Cooking</p>	<p><b>21</b></p> <p><b>11:00-1:00</b> Nookomis Drum and Teachings and Lunch at the Park</p> <p><b>11:00-12:00</b> Community Wellness Dogs</p>	<p><b>22</b></p> <p><b>11:00-12:00</b> Men's Social Group</p> <p><b>1:00-2:00</b>  Short Story Reflections Theme: Campfire Stories</p> <p><b>1:30-3:00</b> Start With Art Project: Canotype Art</p>	<p><b>23</b></p> <p><b>10:00-10:45</b> Walking Club</p> <p><b>11:00-12:00</b> Social: Summer Camp</p> <p><b>1:00-2:00</b>  Brain Fit and More</p> <p><b>2:00-3:00</b>  Meditate and Paint</p>
<p><b>27</b></p> <p><b>10:00-10:45</b> Sit To Be Fit</p> <p><b>2:00-3:30</b> <b>OFFSITE</b> Location: Ohsweken White Pines Wellness Centre Program: Canvas and Mocktails</p>	<p><b>28</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Name That Tune</p> <p><b>2:00-3:30</b> <b>OFFSITE</b> Location: Caledonia Cypress 55+ Program: Start With Art</p>	<p><b>29</b></p> <p><b>1:00-2:00</b>  Short Story Reflections Theme: Canadian Ship Wrecks</p> <p><b>1:30-3:00</b> Start With Art Project: Seashell Art</p> <p><b>2:30-3:00</b> Creative Showcase</p>	<p><b>30</b></p> <p><b>10:00-10:45</b> Power Hour</p> <p><b>11:00-12:00</b> Social: Tiki Paradise</p> <p><b>1:00-2:00</b>  Name That Tune</p> <p><b>2:00-3:00</b>  Meditate and Paint</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:** Gentle seated movements, breathing exercises, and guided meditation with a certified instructor. Chairs provided; mats optional. Bring a strap or tie for stretching

**Dance Fitness:**

Fun, energetic program with easy-to-follow dance moves that build strength, mobility, endurance, and memory. No 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 H.A.C. using your device to capture everyday moments. Share photos and stories with the group and see familiar spaces in a new light.

**Forks and Friends Cooking:** Build confidence in the kitchen while preparing healthy meals and learning basic skills. Hands-on instruction supports 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.

**Men's Social Group:** This group is an opportunity to meet and connect with other men and men identifying who are looking for some quality time over coffee and conversation.

**Nookomis Drum and Teachings:** The hand drum is culturally based and centered around traditional teachings, relationship building, and community connection. The drum provides a culturally safe space where people can gather, learn, share knowledge, and strengthen connections through culture and community. This intergenerational program will take place at Sgt. Andrew Harnett Memorial Park, 35 Alma St. S. Rain location at the H.A.C.

**Tech Help:** Welcoming tech support for seniors and community members. Monthly intro to a new tech topic, plus optional one-on-one help with your 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 and women identifying 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 by making a new art piece each week. Materials provided. Share your work at this month's Creative Showcase.

## **Socials and Presentations**

Please identify any food allergies when registering

### **July 2, 2026: Canada Day Cafe**

Join us to celebrate Canada turning 159 years young. Our Canada Day café will reflect on the history Canada, the individuals who live here, and the traditions and tapestries of all who comprise the country we call home. Join us as we toast Canada with trivia and treats.

### **July 9, 2026: Sunshine and Sunglasses**

Join us for a fun, hands-on event where participants can decorate their own pair of sunglasses to take home and enjoy all summer long. Along the way, learn practical tips for protecting your eyes, UV safety, and choosing the right sunglasses and hats. Enjoy the creative atmosphere while learning and making something both stylish and functional.

### **July 16, 2026: H.A.C. Disco Party BBQ**

Celebrate the start of summer with us at our Disco Party BBQ! Enjoy delicious food, great company, and a lively afternoon filled with classic 70s music from our DJ. Whether you come to dance, socialize, or simply enjoy the atmosphere, we invite you to join the fun. Disco-themed attire is encouraged!

### **July 23, 2026: Summer Camp**

H.A.C's Summer Camp Social brings back the fun and nostalgia of classic summer camp traditions. We'll enjoy delicious summer camp-inspired food, gather by a campfire, and create a camp-themed craft. Dress in your favourite camp inspired attire and get ready for social filled with summer memories.

### **July 30, 2026: Tiki Paradise**

Get ready to hula the day away! We are bringing the spirit of the islands to the H.A.C! Come socialize and relax together among lush tropical vibes, tiki torches, and palm trees. Exotic cocktails, and island-inspired food await! Learn to Hula and win a prize for best dressed.

## **H.A.C. 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 Fairgrounds**

151 Caithness St. E, Caledonia

### **Jarvis Lawn Bowling Club**

2020 Main St. S., Jarvis

### **Cypress 55+**

103 Inverness St., Caledonia

### **White Pines Wellness Centre**

1745 Chiefswood Rd., Ohsweken

**Dunnville Community Lifespan  
Centre** 275 Ramsey Dr., Dunnville