

August 2026

Monday	Tuesday	Wednesday	Thursday
HAC Closed for Civic Holiday	4 10:00 - 1:00 Magic Intergenerational with Colin’s Magic Show 2:00 - 3:30 OFFSITE Loation: Caledonia Cypress 55+ Program: Canvas and Mocktails	5 11:00 - 12:00 Grief Social 1:00 - 2:00 Short Story Reflections Theme: Interesting Jobs 1:30 - 3:00 Start With Art Project: Suncatchers	6 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Hot! Hot! Hot! 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
	10 10:00-10:45 Sit To Be Fit 1:00-2:00 Happy Highlights	11 10:00-10:45 Dance Fitness 11:00-12:00 Community Photography Club 11:00--11:45 OFFSITE Location: Caledonia Fairgrounds Program: Brain Fit and More 2:00-3:30 OFFSITE Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails	12 11:00-12:00 Men’s Social 1:00-2:00 Short Story Reflections Theme: Famous Dogs 1:30-3:00 Start With Art Project: Dog Days of Summer





August 2026

Monday	Tuesday	Wednesday	Thursday
17 10:00-10:45 Sit To Be Fit 11:00-12:00 Women's Social Group 2:00-3:30 OFFSITE Location: Dunnville Community Lifespan Centre Program: Canvas and Mocktails	18 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails	19 1:00-2:00 Short Story Reflections Theme: Old Style Radio Programs 1:30-3:00 Start With Art Project: Windchimes 	20 11:00 - 1:00 HAC Backyard Hoedown BBQ 
24 10:00-10:45 Sit To Be Fit 1:00 - 2:30 Forks and Friends Cooking 2:00-3:30 OFFSITE Location: Ohsweken White Pines Wellness Center Program: Canvas and Mocktails	25 10:00-10:45 Seated Fitness 11:00-12:00 Name that Tune 2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Start with Art	26 11:00-12:00 Men's Social 12:00-1:00 Lunch and Learn Speaker: Julie Coulson Topic: Grief Support 1:00-2:00 Short Story Reflections Theme: Interesting Foods Around the World 1:30-3:00 Start With Art Project: Rock Art	27 10:00-10:45 Walking Club 11:00-12:00 Social: Watermelon Crawl 1:00-2:00  Name that Tune 2:00-3:00  Meditate and Paint
31 10:00-10:45 Sit To Be Fit			



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

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.

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.

Lunch and Learn - A friend in Grief

We all want to be supportive when someone is grieving. The support we offer a person during this time can have an immense impact on all aspects of their health and wellbeing, but what is it to grieve? How can we support someone who are grieving? Join us Wednesday August 26th at 12:00pm - 1:00pm for a Lunch and Learn with Julie Coulson, Grief and Bereavement Program Coordinator with Senior Support Services, Julie will be speaking about how we can support others through their greiving journey.



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

August 4, 2026: Magic Intergenerational

Join H.A.C. and the Young Caregivers Association for a magical intergenerational celebration! Enjoy a delicious meal, fun games and activities and be amazed by a live Magician while connecting with participants of all ages. It's sure to be an enchanting afternoon for everyone!

August 6, 2026: Hot, Hot, Hot

Escape the heat and celebrate the dog days of summer with H.A.C.! Join us for an afternoon of nostalgic fun as we play childhood favorite water games, enjoy a delicious meal, and cool off with a make your own ice cream sundae bar.

August 13, 2026: Dog Cafe

These are the Dog Days of Summer! Come out and "fetch" some baked goods, tea and coffee at this dog themed cafe!.

August 20, 2026: H.A.C. Hoedown BBQ

Grab your favourite cowboy hat and boots - we have a Hoedown on the Horizon! Join us, Thursday August 20 for a Western Hoedown Throwdown BBQ. Come for some cowboy cuisine and cowgirl conversation. Grab a partner and join us for a Boot Scootin' Good Time!

August 27, 2026: Watermelon Crawl

Join us for our Watermelon Crawl, a refreshing summer social celebrating one of the season's sweetest treats! Enjoy delicious watermelon-inspired snacks and refreshments, test your knowledge with fun watermelon-themed trivia, and spend time connecting with friends in a relaxed and welcoming atmosphere. It's the perfect way to celebrate summer while sharing laughs and great conversation! Everyone is invited to come celebrate the sweet taste of summer together!"

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