



September 2026

Monday	Tuesday	Wednesday	Thursday
	1 10:00 - 10:45 Seated Fitness 11:00 - 12:00 Canvas & Mocktails 2:00 - 3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Canvas and Mocktails 2:00 - 3:00 Chair Yoga	2 11:00 - 12:00 Grief Social 1:00 - 2:00 Short Story Reflections Theme: Unique Sports 1:30 - 3:00 Start With Art Project: Vintage Decopage	3 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Social: Mind Gym Social 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
HAC Closed for Labour Day Holiday	8 10:00-10:45 Dance Fitness 10:30-12:30 OFFSITE Location: Lions Community Center (Arena) Program: Brain Fit and More 11:00-12:00 Community Photography Club 2:00-3:30 OFFSITE Location: Jarvis Lawn Bowling Club - Canvas and Mocktails	9 11:00-12:00 Men's Social 1:00-2:00 Short Story Reflections Theme: Haunted Places 1:30-3:00 Start With Art Project: Chalk Boards *Please bring an old photo frame	10 10:00-10:45 Walking Club 11:00-12:30 Social: Dementia Friendly Community Cafe Special Guest: Andy Gibb 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldim 2:00-3:00 Meditate and Paint



September 2026

Monday	Tuesday	Wednesday	Thursday
14 10:00-10:45 Sit To Be Fit 11:00-12:00 Women's Social Group 2:00-3:30 OFFSITE Location: Dunnville Comm. Lifespan Centre - Canvas and Mocktails	15 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00 - 3:00 Chair Yoga	16 1:00-2:00 Short Story Reflections Theme: Crazy but True Stories 1:30-3:00 Start With Art Project: Fall Canvas	17 11:00-1:00 Sock Hop & Car Show 
21 10:00-10:45 Sit To Be Fit 1:00 - 2:30 Forks and Friends Cooking	22 10:00-10:45 Seated Fitness 11:00-12:00 Mind Gym	23 11:00-12:00 Men's Social 1:00-2:00 Short Story Reflections Theme: Famous Comics 1:30-3:00 Start With Art Project: Thanksgiving Garland	24 10:00-10:45 Walking Club 11:00-12:00 Social: Fall Fest 1:00-2:00 Name that Tune 2:00-3:00 Meditate and Paint
28 Sit To Be Fit Canceled 2:00-3:30 OFFSITE Location: Ohsweken White Pines Wellness Center Program: Canvas and Mocktails	29 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:30 OFFSITE Location: Caledonia Cypress 55+ Program: Start with Art	30 Programs Canceled Truth and Reconciliation	



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

Dance Fitness: A 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.



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

September 3, 2026: Mind Gym Social

In preparation for our brand-new Mind Gym program launching this month, join us for an engaging social focused on fun, play, and connection. We'll enjoy a variety of games designed to challenge the mind and get the body moving, followed by a delicious meal shared with friends.

September 10, 2026: Dementia Friendly Community Cafe

Join us as we once again highlight our community. Haldimand County has taken the very important first steps to becoming a Dementia Friendly Community. Andy Gibb from the Alzheimer Society will speak on what a Dementia Friendly Community is, why it is important, and how we can all help.

September 17, 2026: Sock Hop, BBQ, and Car Show

We are not quite ready for fall yet here at the HAC! Let's hold on to the last days of summer with a Sock Hop BBQ and Car Show! Join us for delicious BBQ, amazing music and stroll down memory lane with a collection of vintage cars.

September 24, 2026: Fall Fest

Fall into fun with the HAC! We're excited for a crisp morning filled with laughter, music, and autumn activities. Help us celebrate the beauty of the fall season with delicious seasonal treats and drinks.

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