

October 2026

Monday	Tuesday	Wednesday	Thursday
			1 10:00-10:45 Power Hour 11:00-12:00 Social: Apple Cafe 1:00-2:00  Brain Fit and More 2:00-3:00 Meditate and Paint
5 10:00-10:45 Sit To Be Fit 1:00-2:00 Tech Help Topic: Online Services & Forums	6 10:00-10:45 Seated Fitness 11:00-12:00 Canvas & Mocktails 2:00 - 3:00 Chair Yoga 2:00-3:30 OFFSITE: Caledonia Program: Canvas and Mocktails	7 11:00 - 12:00 Grief Social 11:00-12:30 Lunch & Learn - Adjusting to Sight Loss with CNIB 1:00-2:00  Short Story Reflections Theme: Notable Thanksgiving Acts of Kindness 1:30-3:00 Start With Art Project: Witch Brooms	8 10:00-10:45 Walking Club 11:00-12:00 Social: Friendsgiving 1:00-2:00  Brain Fit and More 1:00-3:00 Warm Up Haldimand



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Monday	Tuesday	Wednesday	Thursday
12 HAC Closed for Thanksgiving 	13 10:00-10:45 Seated Fitness 11:00-12:00 Mind Gym 10:30-12:30 OFFSITE: Caledonia Program: Brain Fit and More 2:00-3:30 OFFSITE: Jarvis Canvas and Mocktails	14 11:00-12:00 Men's Social 1:00-1:45 Short Story Reflections Theme: Fun with Pumpkins 1:30-3:00 Start With Art Project: Fall Front Door Gnome	15 10:00-10:45 Power Hour 11:00-12:30 Brunch: Celebration of Rural Women in Haldimand Speaker: Genieva Gillis 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
19 10:00-10:45 Sit To Be Fit 1:00 - 2:30 Forks and Friends Cooking	20 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:00 Chair Yoga	21 1:00-1:45 Short Story Reflections Theme: Cryptids of Canada & Beyond 1:30-3:00 Start With Art Project: Haunted House	22 10:00-10:45 Walking Club 11:00-12:00 Social: Pumpkin Cafe 1:00-2:00 Name That Tune 2:00-3:00 Meditate and Paint
26 10:00-10:45 Sit To Be Fit 2:00-3:30 OFFSITE: Ohsweken Program: Canvas and Mocktails	27 10:00-10:45 Seated Fitness 11:00-12:00 Community Photography Club 2:00-3:30 OFFSITE: Caledonia Program: Start with Art	28 11:00-12:00 Men's Social 1:00-1:45 Short Story Reflections Theme: Day of the Dead 1:30-3:00 Start With Art Project: Glowing Eyeball Light	29 11:00-1:00 Social: Halloween Party 



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

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.

Mind Gym: Mind Gym combines fun games, movement, and friendly competition to keep your mind and body active. Join us for an hour of laughter, connection, and brain-boosting fun!



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 & Learn: Navigating sight loss can be challenging, but you don't have to do it alone. Join us on Wednesday, October 7 from 11:00 a.m. to 12:30 p.m. for a Lunch and Learn featuring presentations from the Canadian National Institute for the Blind (CNIB), DeafBlind Community Services (DBCS), and Vision Loss Rehabilitation Canada (VLRC). Learn about adjusting to sight loss and discover the programs, services, and supports available to help you maintain independence and stay connected to your community.



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

October 1, 2026: - Apple Café

H.A.C.'s Apple Café is the perfect place to relax, connect, and enjoy the cozy flavours of fall. Join us for a warm cup of apple cider, delicious apple-inspired baked treats, and friendly conversation with friends old and new.

October 8, 2026: Friendsgiving

Join us for an uplifting time of food, gratitude, and connection at our first ever HAC Friendsgiving. The event brings us together to share a lovely Thanksgiving inspired meal and celebrate our HAC community and friendships. Whether you're new at the HAC or you have been here for a long time, there's a place for you at our table.

October 15, 2026: Celebration of Rural Women in Haldimand

What would Haldimand's History be if it wasn't for the hard working rural women. Geniva Gillis will take us on a historical journey as we learn what it was like for women working and raising a family in Haldimand County.

October 22, 2026: Pumpkin Cafe

Join us for a cozy pumpkin-themed café as we celebrate all things autumn! Enjoy delicious pumpkin-inspired treats and refreshments while taking part in seasonal conversations. Come relax, connect with friends, and enjoy a taste of fall in a warm and welcoming atmosphere!

October 29, 2026: Halloween Party

It's October, so that means something spook-tac-u-lar is brewing at the HAC. Creep, crawl, or fly on over to our annual Halloween Party. Grab your favourite festive outfit, grab a friend, and call us to grab a spot for a monster mash filled with tricks, treats, and music.

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 Arena

100 Haddington St., Caledonia

Jarvis Lawn Bowling Club

2020 Main St. S., Jarvis

Cypress 55+

103 Inverness St., Caledonia

White Pines Wellness Centre

37 Sunrise Court., Ohsweken

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