



November 2026

Monday	Tuesday	Wednesday	Thursday
2 10:00-10:45 Sit To Be Fit 1:00-2:00 Tech Help Topic: Avoiding Scams	3 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	4 11:00 - 12:00 Grief Social  1:00-2:00 Conversation Club Theme: Food Heists 1:30-3:00 Start With Art Project: Wooden Ornaments	5 10:00-10:45 Power Hour 11:00-12:00 Social: Conversation Club Cafe  1:00-2:00 Brain Fit and More  2:00-3:00 Meditate and Paint
9 10:00-10:45 Sit To Be Fit	10 10:00-11:30 Move, Mind, Mingle 11:00-11:45 OFFSITE: Caledonia Program: Brain Fit and More 2:00-3:30 OFFSITE: Jarvis Canvas and Mocktails	11 H.A.C. Closed for Remembrance Day 	12 10:00-10:45 Power Hour 11:00-12:00 Social: Remembrance Day  1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand  2:00-3:00 Meditate and Paint



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16 10:00-10:45 Sit To Be Fit 2:00-3:30 OFFSITE: Dunnville Program: Canvas and Mocktails	17 10:00-10:45 Seated Fitness 11:00-12:00 Canvas & Mocktails 2:00-3:00 Chair Yoga	18 1:00-2:00  Conversation Club Theme: History of Flannel 1:30-3:00 Start With Art Project: Gingerbread Houses	19 10:00-10:45 Power Hour 11:00-12:00 Social: Flapjacks & Flannel 12:00-12:30 Volunteer Information Session 1:00-2:00  Brain Fit and More 2:00-3:00  Meditate and Paint
23 10:00-10:45 Sit To Be Fit 1:00 - 2:30 Forks and Friends Cooking 2:00-3:30 OFFSITE: Ohsweken Program: Canvas and Mocktails	24 10:00-10:45 Seated Fitness 11:00-12:00 Chocolate Bingo 2:00-3:30 OFFSITE: Caledonia Program: Start with Art	25 11:00-12:00 Men's Social 1:00-2:00  Conversation Club Theme: Guinness World Records 1:30-3:00 Start With Art Project: Christmas Countdown 2:30-3:00 Creative Showcase	26 10:00-10:45 Power Hour 11:00-12:00 Social: Art Crawl 1:00-2:00  Name That Tune 2:00-3:00  Meditate and Paint
30 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

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!

Move, Mind, Mingle: Move your body, refresh your mind and connect with others. Participants will enjoy 45 minutes of strength training followed by 45 minutes of wellness, meditation and wellness activities all in a social environment.



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.

Conversation Club: A welcoming and social program where participants come together to listen to interesting stories, facts, and fiction based on a variety of themes. Also enjoy podcasts, explore new topics, and share thoughts, memories, and personal experiences.



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

November 5, 2026: Conversation Club Cafe

Come listen, share, and connect! This Cafe will bring stories to life! Join us as we dive into interesting stories and facts. The Cafe atmosphere will be a cozy fall experience as we transition into the holiday season.

November 12, 2026: Remembrance Day

Join us as we come together to honor and remember the brave individuals who have served. We welcome Steve Darling, sharing a collection of special items from the second World War and harrowing stories of air missions from his father and other heroic Canadian and British airmen.

November 19, 2026: Flannel & Flapjack Social

Grab your favorite flannel and join us for a Flannel and Flapjacks Social - you will enjoy delicious food, good company and lumberjack fun! Feast on fluffy pancakes and savory sausage while trying your hand at some lumberjack inspired activities.

November 26, 2026: Art Crawl Social

Did you know that the HAC is a vibrant hub of creativity? We are showcasing artistically talented community members in our first Art Crawl Social. Join us for a morning of art, appreciation, and music. If you are interested in displaying your art, please call us for more details.

H.A.C. Offsite Programs

All community members welcome! The H.A.C. is bringing programs to multiple locations throughout Haldimand County and surrounding area. 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

Sunrise Court

37 Sunrise Court., Ohsweken

Dunnville Community Lifespan Centre

275 Ramsey Dr., Dunnville