H.A.C.
Health, Activity, Community

Please register for all programs

905-768-4488 ext 100
hac@alzda.ca
www.hac.alzda.ca
42 Main Street S. Hagersville

December 2026

Monday	Tuesday	Wednesday	Thursday
	**1** **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	**2** **11:00 - 12:00** Grief Social Group **1:00-1:45** Conversation Club Theme: St. Nicholas Day **1:30-3:00** Start With Art Project: Christmas Door Hanger	**3** **HAC Closed for Staff Development** 
7 **10:00-10:45** Sit To Be Fit **1:00-2:00** Tech Help Topic: Safe Online Shopping	**8** **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	**9** **11:00-12:00** Men's Social Group **1:00-2:00** Conversation Club Theme: Holiday Specials & Famous Movies **1:30-3:00** Start With Art Project: Greenery Arrangements	**10** **10:00-10:45** Power Hour **11:00-12:00** Social: North Pole Cafe **1:00-2:00** Brain Fit and More **1:00-3:00** Warm Up Haldimand

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14 **10:00-10:45** Sit To Be Fit **11:00-12:00** Women's Social **2:00-3:30** **OFFSITE:** Dunnville Program: Canvas and Mocktails	**15** **10:00-10:45** Seated Fitness **11:00-12:00** Holiday Photography **11:30-1:30** Grieving Through the Holidays - A Supportive Lunch Gathering	**16** **11:00-12:00** **(Note: Time Change)** Conversation Club Theme: Christmas Villans	**17** **10:00-10:45** Power Hour **11:00-12:00** Social: Grinch and Grub **1:00-2:00** Name that Tune **2:00-3:00** Meditate and Paint
21 **10:00-12:00** Sit To Be Fit	**22** **10:30 -12:00** Holiday Trivia	**23** **11:00-1:00** **Holiday Gala** 	**24** **HAC Closed for the Holidays** 
28 **HAC Closed for the Holidays** 	**29** **11:00-1:00** **Cozy Reflections Cafe**	**30** **11:00-1:00** **New Year's Party**	**31** **HAC Closed for New Years** 

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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.

Move, Mind, Mingle: Move your body, refresh your mind and connect with others. 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.

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. *Returns in January 2027

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.

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.

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Socials and Presentations

Please identify any food allergies when registering

December 10, 2026: North Pole Cafe
Whether you're naughty or nice, wear your coziest winter wear and join us for conversation, a hot seasonal beverage, and festive treats.

December 15, 2026: Grieving Through the Holidays
The holiday season can be a time of joy and togetherness, but it can be challenging when you are grieving. Julie Coulson, Hospice Outreach Regional Coordinator with Haldimand-Norfolk Community Senior Support Services joins us to speak about the challenges of grieving through the holiday season and ways we can make space for the holidays while honouring grief. Join us for lunch, compassionate conversation, and practical ideas to make the season feel less heavy and overwhelming.

December 17, 2026: Grinch and Grub
Even the Grinch can't resist a little holiday cheer. Join us for a festive morning of delicious brunch treats, holiday music, laughter and great company. Whether you are feeling merry or a little mischievous, there is room for everyone at our table. After all maybe Christmas does mean a little bit more!

December 23, 2026: Holiday Gala
The holiday are a beautiful and elegant time of year. Dig out your Holiday finery and join us for a festive lunch, dancing and enjoying the beauty of the holiday season.

December 29, 2026: Cozy Reflections Cafe
After all of the glitz and glamour of the Holiday Season, grab your coziest outfit (PJ's Included) and spend some time at HAC! Travel down memory lane 2026, look back at highs, lows and some of our craziest moments!

December 30, 2026: New Year's Party
Put on your sparkly best, dust off your dancing shoes, and get ready to toast to new adventures and golden memories! Celebrate at the HAC with the best treats, trivia, mocktails, and people in town.

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

Cypress 55+
103 Inverness St., Caledonia

Dunnville Community Lifespan Centre
275 Ramsey Dr., Dunnville

Jarvis Lawn Bowling Club
2020 Main St. S., Jarvis

Sunrise Court
37 Sunrise Court., Ohsweken
(Will return January 2027)