

April 2022

42 Main Street S., Hagersville



Red= In Person Program
MUST REGISTER



Black= Hybrid: Virtual & In Person Program Options



Blue= Virtual Program

Tuesday	Wednesday	Thursday
5 10:00-10:45 Seated Fitness 11:00-12:00 Creative Painting 1:30-2:30 Headstrong: Expressing Your Change of Mind	6 11:00-12:00 Start With Art Focus: Spring Décor 1:00-2:00 Short Story Reflections 2:00-3:00 Pound Fitness	7 11:00-12:00 Know Your Boundaries Focus: Physical 1:00-2:00 Brain Fit and More
12 10:00-10:45 Seated Fitness 11:00-12:00 Creative Painting 1:30-2:30 Headstrong: Expressing Your Change of Mind	13 11:00-12:00 Start With Art Focus: Easter Art 1:00-2:00 Short Story Reflections	14 11:00-12:00 Know Your Boundaries Focus: Emotional 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand
19 10:00-10:45 Seated Fitness 11:00-12:00 Creative Painting 1:30-2:30 Headstrong is cancelled for today 2:00-3:00 Chair Yoga	20 11:00-12:00 Start With Art Focus: Coffee Bean Planters 1:00-2:00 Short Story Reflections 2:00-3:00 Chronic Pain and Inflammation Speaker: Dr. Stephen Maltais	21 10:00-11:00 Vision Support Group 11:00-12:00 Know Your Boundaries Focus: Financial 1:00-2:00 Brain Fit and More
26 10:00-10:45 Seated Fitness 11:00-12:00 Creative Painting 1:30-2:30 Headstrong: Expressing Your Change of Mind	27 11:00-12:00 Start With Art Focus: Garden Art 1:00-2:00 Short Story Reflections	28 11:00-12:00 Know Your Boundaries Focus: Non Negotiable 1:00-2:00 Brain Fit and More 2:00-3:00 The What Are You Reading Club



Virtual Programs

***Short Story Reflections:** Listen to a different short story each week followed by an interactive, reflective discussion.

***Vision Support Group:** Vision Loss Rehabilitation Ontario offers a support group for those living with any form of vision loss on the third Thursday of the month.



Hybrid Programs *Join in-person or virtually. In-person protocols must be followed.*

***Brain Fit and More:** Brain stimulating activities using trivia, word games and mind exercises.

***Creative Painting:** Paint your own masterpiece with step by step instructions. Those at home will need a painting surface, acrylic paint, plate for paint, variety of brushes, cup with water, and paper towel.

***Headstrong: Expressing Your Change of Mind:** Head Injury Rehabilitation Ontario (HIRO) is pleased to offer this weekly program for anyone who has experienced a traumatic or non traumatic change to their brain. Join us for the opportunity to share in a supportive environment. Each week we will explore a new topic.

***Seated Fitness:** Join us for seated stretching, conditioning and toning the body. Get moving!

Speaker:

Dr. Stephen Maltais: Dr. Maltais, Naturopathic Doctor, will discuss how to naturally manage and cope with chronic pain and inflammation.

For virtual program access, program registration or questions contact:



Office: **905-768-4488**
Toll Free: **1-866-428-1552**
Email: **hac@alzhn.ca**



HAC In Person Programs

Some important info before attending:

- Registration is **MANDATORY** for all in person programs. Please call the office to register. There will be no drop ins accepted at this time.
- A fitted face covering must be worn for the duration of the program.
- In person programs can be cancelled at any time. All registered participants will be notified if there is a need to cancel.
- Must maintain a 2 meter (6 feet) distance from others in the group.

***Know Your Boundaries Series:** Boundaries can be challenging to navigate and enforce. Setting and communicating them is essential to health, well-being, and safety. Each week we will explore types of boundaries in life.

***Start with Art:** Create a new art piece each week. Step by step instructions and materials provided.

***Chair Yoga:** Lead by a certified yoga instructor. Join us for gentle seated yoga moves combined with breathing exercises and meditation, No yoga mats required, chairs will be provided. Bring your own yoga straps or tie for stretching. A \$5 donation is appreciated.

***Pound Fitness:** Designed for all fitness levels, POUND® provides a great atmosphere for letting loose, getting energized, toning up and rockin' out! Bring your own mat and water. A \$5 donation is appreciated.

***The What Are You Reading Club:** Let's hear about what you are reading! Join the club to chat about your current book and connect with other readers. This program happens the last Thursday of every month.

***Warm Up Haldimand:** Knitters and crocheters gather to make a variety of items to donate to agencies in the community. Yarn is provided.