



June 2022





42 Main Street S. Hagersville
905-768-4488 or hac@alzhn.ca

 Red Font= In Person Program
MUST REGISTER


 Black Font= Hybrid: Virtual & In Person Program Options

 Blue Font= Virtual Program

Tuesday	Wednesday	Thursday
<p>June is Brain Injury Awareness Month!</p>  <p>Head Injury Rehabilitation Ontario <i>A Promise of Hope After ABI</i></p>	<p>1 11:00-12:00 Start With Art Focus: Pipe Cleaner Flowers</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Pound Fitness</p>	<p>2 11:00-12:30 Welcome Back BBQ!</p> <p>1:00-2:00 Brain Fit and More</p>
<p>7 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>8 11:00-12:00 Start With Art Focus: Tie Dye Sharpie Shoes</p> <p>1:00-2:00 Short Story Reflections</p>	<p>9 11:00-12:00 Today's Brain: Calm Your Chaos Focus: Over Thinking</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:00 Warm Up Haldimand</p>
<p>14 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>15 11:00-12:00 Start With Art Focus: Ties for Dad</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Wills and Power of Attorney- What you Need to Know Speaker: Jeff Ward and Adam Strain</p>	<p>16 11:00-12:00 Today's Brain: Calm Your Chaos Focus: Self Expression</p> <p>1:00-2:30 Father's Day Dessert Social</p>
<p>21 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>1:30-2:30 Headstrong: Expressing Your Change of Mind</p> <p>2:00-3:00 Chair Yoga</p>	<p>22 11:00-12:00 Start With Art Focus: Summer Wreaths</p> <p>1:00-2:00 Short Story Reflections</p>	<p>23 11:00-12:00 Today's Brain: Calm Your Chaos Focus: Rest and Relaxation</p> <p>1:00-2:00 Brain Fit and More</p>
<p>28 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>1:30-2:30 Headstrong In Person Social</p>	<p>29 11:00-12:00 Start With Art Focus: What's On Your Mind</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Acoustic Duets with Ashley Bell and Rick Henderson </p>	<p>30 11:00-12:00 Today's Brain: Calm Your Chaos Focus: Self Acceptance</p> <p>1:00-2:00 Brain Fit and More</p>



Virtual Programs


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

 **Short Story Reflections:** This month, listen to a different ABI related short story each week followed by an interactive, reflective discussion.




Hybrid Programs *Join in-person or virtually.*

***Canvas and Mocktails:** Paint your own masterpiece with step by step instructions. Those at home will need their own supplies.

 **Headstrong: Expressing Your Change of Mind:** Head Injury Rehabilitation Ontario (HIRO) is pleased to offer this 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. **Please note**– *to celebrate ABI Awareness Month the last Tuesday will be an in person social.*

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

 **Today's Brain:** This program is for anyone that is feeling overwhelmed due to a brain injury or in general. Learn easy tools for an overall feeling of calm and well being that can be applied to daily living.

Speaker:

Jeff Ward & Adam Strain: A presentation from Royal Bank of Canada will provide information on everything you need to know about your will and power of attorney.

Entertainment:

ABI Survivors Ashley Bell and Rick Henderson perform well-known classic hits and duets. Sing along, and celebrate the healing that music, sharing, and friendship brings.

FACT: In Canada, 2% of the population lives with an acquired brain injury (ABI).



Indicates a program that has cognitive benefits!



HAC In Person Programs

Some important info before attending:

- Registration is **MANDATORY** for all in person programs. Please call the office or email 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.

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

***Welcome Back BBQ:** We are so happy to have you back! Join us for some good food and a time to reconnect in a safe space!

***Father's Day Dessert Social:** Celebrate this special day with a coffee and side of dessert.

***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, but are an option, 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.

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