


July 2022







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

 Red Font= In Person Program
MUST REGISTER

 Black Font= Hybrid: Virtual & In Person Program Options

 Blue Font= Virtual Program

Tuesday	Wednesday	Thursday
<p>5 All programs will be cancelled for today. Sorry for any inconvenience.</p>	<p>6 11:00-12:00 Start With Art Focus: Canada Day Frames 1:00-2:00 Short Story Reflections</p>	<p>7 11:00-12:00 Explore More Focus: Summer Fresh Cooking  1:00-2:00 Brain Fit and More</p>
<p>12 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>13 11:00-12:00 Start With Art Focus: Throw Painting 1:00-2:00 Short Story Reflections</p>	<p>14 11:00-12:00 Explore More Focus: Nurture in Nature  1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand</p>
<p>19 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>20 11:00-12:00 Start With Art Focus: Ink Art 1:00-2:00 Short Story Reflections 2:00-3:00 A Natural Approach to Overcoming Allergies Speaker: Dr. Stephen Maltais</p>	<p>21 11:00-12:30 Hawaiian BBQ  1:00-2:00 Brain Fit and More</p>
<p>26 Seated Fitness cancelled 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>27 11:00-12:00 Start With Art Focus: Jar Lumineers 1:00-2:00 Short Story Reflections</p>	<p>28 11:00-12:00 Explore More Focus: Garden Art  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:** Listen to a different 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.

***Explore More:** This program will showcase the pathway nature creates to better release of stress, feeling of calm and well being. Come explore more about nature with a different weekly focus. Light snacks will be provided.

***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.

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

Speaker:

Dr. Stephen Maltais: Dr. Maltais will present natural strategies to help relieve the effects of seasonal allergies.



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 is encouraged to 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.

***Hawaiian BBQ:** Join us for this Hawaiian inspired BBQ full of tasty food and good laughs! Wear your favourite Hawaiian attire!

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

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