



August 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
2 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind	3 11:00-12:00 Start With Art Focus: Paint Chip Art 1:00-2:00 Short Story Reflections	4 11:00-12:00 Yard Games and Ice Cream Sandwiches 1:00-2:00 Brain Fit and More
9 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind	10 11:00-12:00 Start With Art Focus: Summer Tie Dye *Bring your own white cotton shirt 1:00-2:00 Short Story Reflections	11 11:00-1:00 Intergenerational Lunch at Sgt. Andrew Harnett Memorial Park, Hagersville 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand
16 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind	17 11:00-12:00 Start With Art Focus: Paper Silhouettes Short Story Reflections is cancelled	18 11:00-12:30 End of Summer BBQ Bash 1:00-2:00 Brain Fit and More 2:00-3:00 Long May She Reign Speaker: Karen Richardson
23 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails Headstrong is cancelled	24 11:00-12:00 Start With Art Focus: Animal Print Frames 1:00-2:00 Short Story Reflections	25 11:00-12:00 Peach Dessert Social 1:00-2:00 Brain Fit and More
30 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind	31 11:00-12:00 Start With Art Focus: Garden Décor 1:00-2:00 Short Story Reflections	Don't miss our end of summer programs! Thursday's starting 11am 



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.

***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:

Karen Richardson: This presentation focusses on the life and times of Queen Elizabeth II. Elizabeth Alexander Mary was born April 21, 1926. She is Queen of the United Kingdom and 14 other Commonwealth realms. Elizabeth II acceded to the throne in 1952, she was hailed by newspapers as a fairy-tale queen, "the hope of our nation."

For program access, registration or questions contact:



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



HAC In Person Programs

- **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 optional to wear 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.
- Continue to maintain a 2 meter (6 feet) distance from others in the group.

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

***Intergenerational Lunch:** In partnership with the Young Caregivers Association, this intergenerational program will be packed with a good time for everyone! Loved ones ages 5-17 are welcome to attend with you. Meet at Hagersville Park, 13 Laidlaw St. for a scavenger hunt, art, lunch and more.

***Yard Games and Ice Cream Sandwiches:** The HAC is getting out all the classic summer games. Enjoy some friendly competition and laughs.

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

***End of Summer BBQ Bash:** Our last BBQ of the season! Join us for some good food, laughs and connections.

***Peach Dessert Social:** Enjoy dessert made with fresh local peaches. This program will provide the opportunity to chat, relax and enjoy other's company.