

# December 2022



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



Red Font= In Person Program  
**\*MUST REGISTER\***



Blue Font= Virtual Program



Black Font= Hybrid: Virtual & In Person Program Options

Tuesday	Wednesday	Thursday
<p><b>For program access, registration or questions contact:</b> Office: <b>905-768-4488</b> Email: <b>hac@alzda.ca</b></p>	<p><i>Happy Holidays!</i></p>	<p><b>1</b> <b>11:00-12:00</b> Memories of Christmas Past and Hot Chocolate Bar <b>1:00-2:00</b> Brain Fit and More</p>
<p><b>6</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group</p>	<p><b>7</b> <b>11:00-12:00</b> Start With Art Focus: Festive Candy Pots <b>1:00-2:00</b> Short Story Reflections Monthly Theme: Visions of Christmas <b>2:00-3:00</b> Pound Fitness <b>2:00-3:00</b> Grief Support Drop In</p>	<p><b>8</b> <b>11:00-12:30</b> Evergreen Centerpieces <b>1:00-2:00</b> Brain Fit and More <b>1:00-3:00</b> Warm Up Haldimand (Potluck)</p>
<p><b>13</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group</p>	<p><b>14</b> <b>11:00-12:00</b> Start With Art Focus: Ornaments and Gift Tags <b>1:00-2:00</b> Short Story Reflections <b>3:30-4:30</b> Gentle Yoga (Virtual)</p>	<p><b>15</b> <b>10:00-11:00</b> HAC Brunch <b>10:30-11:30</b> Wellness Program <b>11:00-12:00</b> Fraud Recognition and Avoidance <b>Speaker: Mary Gagliardo</b> <b>1:00-2:00</b> Brain Fit and More</p>
<p><b>20</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group <b>2:00-3:00</b> Chair Yoga</p>	<p><b>21</b> <b>11:00-12:00</b> Start With Art Focus: Picture Frame Trees <b>1:00-2:00</b> Short Story Reflections <b>2:00-3:00</b> Tai Chi</p>	<p><b>22</b> <b>11:00-1:00</b> Holiday Party and Lunch With Musical Guests <b>Ashley Bell and Rick Henderson</b></p>
<p><b>HAC is Closed for the Holiday's</b></p>	<p><b>28</b> <b>11:00-12:00</b> Paws for Celebration <b>1:00-2:00</b> Short Story Reflections</p>	<p><b>29</b> <b>11:00-1:00</b> New Years Celebration</p>

## In Person Programs

- **Registration is mandatory** for all in-person programs. Please call the office or email to register.
- A fitted face covering is optional to wear.
- 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.

\***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.

\***Evergreen Centerpieces:** Steps will be provided to make your own eye catching centerpiece for the holidays.

\***Grief Support Drop In:** This drop in offers a space to connect over coffee with others who are grieving and share your grief experience in a supportive environment.

\***HAC Brunch:** Enjoy a relaxed atmosphere, eat and socialize.

\***Holiday Party and Lunch:** Celebrate the holidays with live music you can sing along to, good food and great people!

\***Memories of Christmas Past:** Enjoy your hot chocolate while talking about the positive memories of Christmas.

\***Start with Art:** Explore your creativity by making your own art piece each week. Step by step instructions and materials provided.

\***Paws For Celebration:** Make gifts for your pets and enjoy a light snack.

\***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.

\***Seated Fitness:** Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized.

\***Tai Chi:** Regular practice of tai chi is very beneficial for people of all ages and abilities. Enjoy the many health benefits of tai chi in a safe and friendly environment. No previous experience is necessary, lead by an experienced instructor.

## In Person Programs Continued

\***Warm Up Haldimand:** Celebrate another successful year of knitted and crocheted goods with a Holiday potluck!

\***Wellness Program:** The Wellness Program consists of Community Paramedics that will bring equipment for anyone who would like to have their vital signs taken, and assessed.

## Virtual Programs

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

\***Short Story Reflections:** Listen to a short story each week followed by an interactive, reflective discussion. Each month will feature a new theme.

## 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.

\***Gentle Yoga (Virtual):** This class is designed for all level yogis. Relaxed pace to release anxiety and calm the body. Participants will be guided into meditation, breathing techniques, yoga poses and relaxation. If you are joining in person or virtually, please have a yoga mat, blanket, and an open mind. This class will be verbally descriptive for those who live with loss of vision.

\***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:** Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized.

## **Speaker:** Fraud Recognition

\***Provincial Constable Mary Gagliardo, Haldimand OPP:** The presentation from the Community Safety Officer and Media Relations is geared towards a mixed audience of adults and assists attendees with recognizing fraud schemes and scams. It speaks to all kinds of frauds such as telephone scams, popular scams involving the elderly as victims, romance scams etc.