






Health, Activity, Connection

March 2023

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

Tuesday	Wednesday	Thursday
 Red Font= In Person Program *MUST REGISTER*  Blue Font= Virtual Program  Black Font= Hybrid: Virtual & In Person Program Options	1 11:00-12:00 Start With Art Focus: Feel the Music 1:00-2:00 Short Story Reflections Monthly Theme: Powerful Women 1:00-2:00 Travelogue 2:00-3:00 Techstravaganza: Low Vision Tech Support 2:00-3:00 Grief Support Drop In	2 10:00-11:00 Tim Horton's Social (Hagersville) 11:00-12:00 Find Your Flow with Art Focus: 5 Movements 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
7 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group 1:30-3:00 Board Game Mania	8 11:00-12:00 Start With Art Focus: Lightbulb Flower Holders 1:00-2:00 Short Story Reflections 1:00-2:00 Travelogue	9 11:00-12:00 Find Your Flow with Art Focus: Emotion 12:00-1:00 Depression and Anxiety Speaker: Becky Stark Lammel and Andrew Hoselboh 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand 2:00-3:00 Meditate and Paint
14 <u>Intergenerational Day</u> 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 12:00-1:00 Lunch 1:00-2:00 Game Station Challenge 1:30-2:30 Headstrong Peer Group	15 11:00-12:00 Start With Art Focus: St Patrick's Pointillism 1:00-2:00 Short Story Reflections 1:00-2:00 Travelogue 2:00-3:00 Qigong 24	16 10:00-11:00 HAC Brunch 10:30-11:30 Wellness Program 11:00-12:00 When Irish Eyes Are Smiling Speaker: Karen Richardson 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
21 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong Peer Group 1:30-3:00 Board Game Mania 2:00-3:00 Chair Yoga	22 11:00-12:00 Start With Art Focus: Art of Self 1:00-2:00 Short Story Reflections 1:00-2:00 Travelogue 2:00-3:00 Tai Chi	23 11:00-12:00 Find Your Flow with Art Focus: Finding Flow 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
28 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 12:30-1:30 Chair Zumba 1:30-2:30 Headstrong Peer Group 1:30-3:00 Board Game Mania	29 11:00-12:00 Start With Art Focus: Bunny Coasters 1:00-2:00 Short Story Reflections 1:00-2:00 Travelogue	30 11:00-12:00 Find Your Flow with Art Focus: Self Expression 1:00-2:00 Music and Memories 2:00-3:00 Meditate and Paint

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.

***Board Game Mania:** Whether you are learning a new game, or playing an old favourite, this program will promote brain function while having fun!

***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.

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

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

***Qigong 24:** Practice the 24 proven therapeutic postures in Qigong 24, that move your spine and joints. Meditation, breath and energy work are also included. this class is adapted for all.

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

***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.

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

***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.

***Chair Zumba:** A seated exercise program that involves cardio and Latin-inspired dance moves.



Virtual Programs

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



Hybrid Programs

(Register for in-person)

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

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

***Find Your Flow With Art:** You don't need to be an artist to enjoy art. This month the series will provide a hands-on approach to become comfortable and enjoy the process of art. Participants will explore a variety of art techniques and process.

***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 injury to their brain. Join us for the opportunity to share in a supportive environment.

***Meditate and Paint:** Paint in a calm and relaxing atmosphere, using a step by step approach to create your masterpiece.

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

***Techstravaganza:** Learn about interesting topics from a wide range of applications and devices. Have the opportunity to chat with the group about new emerging technologies that promise to enhance the lives of people with sight loss.

***Travelogue:** Each week take a virtual trip to a new and interesting destination!

Speakers:

Becky Stark Lammel and Andrew Hoselboh from the Haldimand Family Health Team: Learn more about depression and anxiety, the causes, treatments, prevalence, and health risks associated.

Karen Richardson- Haldimand Country Museum: Learn about the history of the migration of the Irish to Canada and Haldimand County. The presentation will also look at some of the customs and superstitions related to the Irish and St Patrick's Day.