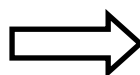


Tuesday	Wednesday	Thursday
<b>4</b> <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>1:30-2:30</b> Mindful Living Support Group  <b>1:30-2:30</b> HAC Bingo	<b>5</b> <b>11:00-12:00</b> Start With Art Focus: Easter Cutlery Holder  <b>1:00-2:00</b> Short Story Reflections Monthly Theme: Blossoms and Blooms  <b>1:00-2:00</b> Gardening 101 Focus: Intro and Setting Up  <b>2:00-3:00</b> Techstravaganza: Low Vision Tech Support  <b>2:00-3:00</b> Grief Support Drop In	<b>6</b> <b>11:00-12:00</b> Easter Tea Social  <b>12:00-1:00</b> Spring Renewal: Reset Your Routine For Brain Health Speaker: Robin Mummery  <b>1:00-2:00</b> Brain Fit and More  <b>2:00-3:00</b> Meditate and Paint
<b>11</b> <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>1:30-2:30</b> Mindful Living Support Group  <b>1:30-2:30</b> HAC Bingo	<b>12</b> <b>11:00-12:00</b> Start With Art Focus: Terracotta Pot Wind Chimes  <b>1:00-2:00</b> Short Story Reflections  <b>1:00-2:00</b> Gardening 101 Focus: Produce and Herbs	<b>13</b> <b>11:00-12:00</b> Make Your Own Natural Cleaners  <b>12:00-1:00</b> Enhancing Sleep Speaker: Andrew Haselbah and Xana Ouellette  <b>1:00-2:00</b> Brain Fit and More  <b>1:00-3:00</b> Warm Up Haldimand  <b>2:00-3:00</b> Meditate and Paint
<b>18</b> <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>1:30-2:30</b> Mindful Living Support Group  <b>1:30-2:30</b> HAC Bingo  <b>2:00-3:00</b> Chair Yoga	<b>19</b> <b>11:00-12:00</b> Start With Art Focus: Puzzle Piece Trees  <b>1:00-2:00</b> Short Story Reflections  <b>1:00-2:00</b> Gardening 101 Focus: Indoor and Outdoor  <b>2:00-3:00</b> Qigong 24	<b>20</b> <b>10:00-11:00</b> HAC Brunch  <b>10:30-11:30</b> Wellness Program  <b>1:00-2:00</b> Brain Fit and More  <b>2:00-3:00</b> Meditate and Paint
<b>25</b> <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>12:30-1:30</b> Chair Zumba  <b>1:30-2:30</b> Mindful Living Support Group  <b>1:30-2:30</b> HAC Bingo	<b>26</b> <b>11:00-12:00</b> Start With Art Focus: Spring Terrarium  <b>1:00-2:00</b> Short Story Reflections  <b>1:00-2:00</b> Gardening 101 Focus: Planting and Maintenance  <b>2:00-3:00</b> Tai Chi	<b>27</b> <b>11:00-12:00</b> Spring Trivia and Treats  <b>1:00-2:00</b> Music and Memories  <b>2:00-3:00</b> 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.

**\*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.

**\*Chair Zumba:** This class incorporates movements taken from worldwide music and dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, mobility, memory and motor skills.

**\*Easter Tea Social:** Join us for tea and snacks as we celebrate the Easter Holiday.

**\*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.

**\*Make Your Own Natural Cleaners:** Support Earth Day by creating your own cleaner to take home that is safe for you and the environment.

**\*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.

**\*Spring Trivia and Treats:** Expand your knowledge about spring while enjoying a tasty treat.

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



## 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.

**\*Gardening 101:** Looking for your green thumb? Learn the basics of gardening to help you through the upcoming season. The final week will involve live planting.

**\*Mindful Living Support Group:** This group can be for anyone who has experienced a traumatic or non-traumatic injury to their brain, or is looking to support a better mindful well being. Join us for the opportunity to share in a supportive environment. Each week will focus on a different topic that support mind and well being.

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

**\*Music and Memories:** Music triggers powerful memories. Join us the last Thursday of each month as we share stories and reminisce.

**\*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.

### Speakers:

#### Robin Mummery, Public Education

**Coodinator:** Explore ways to reset routines for brain health and wellbeing. Learn different strategies to boost your cognitive health.

#### Andrew Haselbah and Xana Ouelleette from the Haldimand Family Health Team:

The presentation from a Social Worker and Kinesiologist will provide understanding about the importance of sleep, as well as enhancing sleep through behavioural techniques. Learn about common sleep problems, and when to seek medical interventions.