

Tuesday	Wednesday	Thursday
2 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Cooking For Your Brain Health Focus: Breakfast NEW! 1:30-2:30 Name That Tune Focus: 50's and 60's	3 11:00-12:00 Start With Art Focus: Texture Pictures 1:00-2:00 Short Story Reflections Monthly Theme: Vision of Inspiration 1:00-2:00 Famous Faces Focus: Musicians 2:00-3:00 Techstravaganza: Low Vision Tech Support 2:00-3:00 Grief Support Drop In	4 11:00-12:00 Explore Your Senses 12:00-1:00 Vision and Vision Loss- Strategies for Independent Living Speaker: Susan Hall 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
9 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Cooking For Your Brain Health Focus: Lunch 1:30-2:30 Name That Tune Focus: Jukebox Classics	10 11:00-12:00 Start With Art Focus: Mother's Day Art Stations 1:00-2:00 Short Story Reflections 1:00-2:00 Famous Faces Focus: Artists	11 Mother's Day Celebration 10:00-11:00 Mother's Day Tea  11:00-12:00 Inspiring Mothers Stories 12:00-1:00 Exploring Haldimand Public Library's Latest Info and Access Speaker: Katrina Krupicz 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
16 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Cooking For Your Brain Health Focus: Supper 1:30-2:30 Name That Tune Focus: Country 2:00-3:00 Chair Yoga	17 11:00-12:00 Start With Art Focus: Tactile Art 1:00-2:00 Short Story Reflections 1:00-2:00 Famous Faces Focus: Writers 2:00-3:00 Qigong 24	18 10:00-11:00 HAC Brunch 10:30-11:30 Wellness Program 11:00-12:00 Active Aging and Exercise Speaker: Xana Ouellette 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
23 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Cooking For Your Brain Health Focus: Desserts 1:30-2:30 Name That Tune Focus: Disco	24 11:00-12:00 Start With Art Focus: Mindful Patterns 1:00-2:00 Short Story Reflections 1:00-2:00 Famous Faces Focus: Actors	25 11:00-12:00 HAC Community Garden Startup  12:00-1:00 My Life With Vision Loss Speaker: Bruce Roulston 1:00-2:00 Music and Memories 2:00-3:00 Meditate and Paint
30 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 12:30-1:30 Chair Zumba 1:30-2:30 Cooking For Your Brain Health Focus: Healthy Snacks 1:30-2:30 Name That Tune Focus: Rock and Roll	31 11:00-12:00 Start With Art Focus: Flower Décor 1:00-2:00 Short Story Reflections 1:00-2:00 Famous Faces Focus: Activists 2:00-3:00 Tai Chi	<div style="text-align: center;"> <h2>May is Vision Health Month!</h2>  </div>

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.
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- ***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. A \$5 donation is appreciated.
- ***Explore Your Senses:** Join us for this sensory experience to feel more connected, relaxed and in tune with using your senses. Participants will have a hands on experience.
- ***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. Bring a friend, all are welcome!
- ***HAC Community Garden:** The HAC will be featuring a community garden for everyone to share the experience of growing and connecting through gardening. You do not need to have experience. This month will feature the garden start up.
- ***Mother's Day Celebration:** Join us to honour all mothers and mother figures. Enjoy a cup of tea and listen to inspiring stories about different mothers.
- ***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. A \$5 donation is appreciated.
- ***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.



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.

***Cooking For Your Brain Health:** Learn about the best foods and recipes to help support good brain function and to stay healthy. Taste a sample recipe at the end!

***Famous Faces:** This series will feature a variety of famous people who lived with a type of vision loss. Discuss how these famous faces navigated through their career.

***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.

***Name That Tune:** This fun iconic guessing game features a different genre of music each week. Listen to the songs and guess the title and artist during this fun challenge.

***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:

Susan Hall: Learn about your vision and strategies to maintain independence when experiencing various forms of vision loss.

Katrina Krupicz: Get informed about the latest library programming as well as information on what products and services the library offers for those living with poor vision or vision loss.

Xana Ouellette: Registered Kinesiologist from the Haldimand Family Health Team will review strategies to get active, stay active, and have fun. Learn about ways to manage arthritis pain, prevent falls, and keep doing things you love to do.

Bruce Roulston: Bruce will be speaking about his life story living with vision loss and how he discovered beneficial experiences such as Lake Joseph's Camp, getting involved in his community through the Lion's Club, and accessing supports through Vision Loss Rehabilitation Ontario (VLRO) to live an independent life.