



Health, Activity, Connection

# November 2023

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

Tuesday	Wednesday	Thursday
	<p><b>1</b> <b>11:00-12:00</b> Start With Art Focus: Remembrance Day Wreaths</p> <p><b>1:00-2:00</b> Short Story Reflections Monthly Theme: <b>Veteran Stories</b></p> <p><b>2:00-3:00</b> Technology 101 Support</p> <p><b>2:00-3:00</b> Grief Support Drop In</p>	<p><b>2</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Day of the Dead Celebration and Taco Bar</p> <p><b>12:00-1:00</b> The Quest for Happiness Speaker: Robin Mummery</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p> <p><b>2:00-3:30</b> Powerful Tools For Caregivers 6 Week Workshop</p>
<p><b>7</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>1:00-2:00</b> Cyber Safety and Scam Alerts Focus: Romance Scams</p>	<p><b>8</b> <b>11:00-12:00</b> Start With Art Focus: Holiday Centrepieces</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>2:00-3:00</b> Fun, Fact, or Fiction</p>	<p><b>9</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Remembrance Day Presentation– Dig For Victory: WWI and WWII Victory Gardens Speaker: Geneva Gillis</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:00</b> Warm Up Haldimand: Final Sort Day</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>14</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>1:00-2:00</b> Hot Chocolate and Hot Topics</p> <p><b>2:30-3:30</b> Vision Support Group</p>	<p><b>15</b> <b>Start with Art and Short Story Reflections are canceled for today</b></p> <p><b>2:00-3:00</b> Grief Support Drop In</p>	<p><b>16</b> <b>10:00-11:00</b> HAC Brunch</p> <p><b>10:30-11:30</b> Wellness Program</p> <p><b>11:00-12:00</b> HAC Bingo</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>21</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>1:00-2:00</b> Hot Chocolate and Hot Topics</p> <p><b>2:00-3:00</b> Chair Yoga</p>	<p><b>22</b> <b>11:00-12:00</b> Start With Art Focus: DIY Holiday Cards</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>2:00-3:00</b> Fun, Fact, or Fiction</p>	<p><b>23</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Chocolate Social</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</p> <p><b>12:00-1:00</b> Diabetes and Diabetic Foot Care Speaker: Hannah Leclair and Erin Jansen</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>28</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>12:30-1:30</b> Chair Zumba</p> <p><b>1:00-2:00</b> Hot Chocolate and Hot Topics</p> <p><b>2:30-3:30</b> Acquired Brain Change Support Group</p>	<p><b>29</b> <b>11:00-12:00</b> Start With Art Focus: Advent Calendars</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>2:00-3:00</b> Fun, Fact, or Fiction</p>	<p><b>30</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:30</b> HAC Staff Cook Off</p> <p><b>1:00-2:00</b> Music and Memories</p> <p><b>2:00-3:00</b> Meditate and Paint</p>



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



Blue Font= Virtual Program



Black Font= Hybrid:  
Virtual & In Person  
Program Options

## **In Person Reminder**

- **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.

## **PHYSICAL PROGRAMS**

**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 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.

**\* Power Hour Circuit Training:** Challenge yourself and break a sweat! This circuit exercise class will allow you to increase endurance and tone muscle. Equipment will be provided.

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

## **SOCIAL AND SUPPORT PROGRAMS**

**\*Acquired Brain Change Support Group:** This group meets on the last Tuesday of each month to provide an environment of open discussion and support to those living with any kind of change to the brain.

**\*Chocolate Social:** Enjoy this sensory experience of indulging in some of the most delicious chocolates while connecting with others.

**\*Community Paramedic Wellness Dogs:** Access health and wellness benefits through animal therapy with the certified wellness dogs of Haldimand County's Paramedic Services.

**\*Day of the Dead Celebration:** Experience this Mexican holiday with food, drink and celebration while remembering our loved ones.

**\*Fun, Fact or Fiction:** Join us for this thought provoking program to determine if you think the information shared is fact or fiction.

**\*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 Staff Cook Off Contest:** The staff will be bringing some friendly competition to the HAC, yet again! Staff are asking you to join them to taste test their homemade cultural dish and vote for your favourite!

**\*Hot Chocolate and Hot Topics:** Discuss what is currently trending while enjoying some hot chocolate!

## **SOCIAL AND SUPPORT CONTINUED**

**\*Powerful Tools for Caregivers Workshop:** Whether your loved one lives with you, down the street or across the country, caring for a family member or friend with a health condition can be challenging. Powerful Tools for Caregivers is a FREE 6 week long workshop that focuses on the caregiver as this is often the person who needs the care.

**\*Vision Support Group:** This group meets on the 2nd Tuesday of each month, to provide support for those living with any form of visual difficulties and loss.

**\*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.

**\*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.

## **COGNITIVE PROGRAMS**

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

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

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

**\*Technology 101 Support:** Learn about interesting topics from a wide range of applications and devices. Have the opportunity to bring in your device and seek support with your technology.

## **CREATIVE ART PROGRAMS**

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

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

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

## **EDUCATIONAL PROGRAMS- COMMUNITY SPEAKERS**

**\*Cyber Safety and Scam Alerts:** Learn about safe usage of the internet, and helpful tips to identify scams and potential fraud. This program will allow time for discussion and questions.

**\*Robin Mummery:** This presentation will explore ways to increase positive brain health and enhance your well-being.

**\*Geneva Gillis:** This presentation will explore the history of Victory Gardens during World War I and II. This will include historical radio broadcasts and Canadian context.

**\*Hannah Leclair and Erin Jansen:** From the Family Health Team, learn about a comprehensive examination of the relationship between dietary choices and their influence on diabetes. Additionally, explore techniques for self-assessment and maintenance of optimal foot health!