

Tuesday	Wednesday	Thursday
5 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:00-2:00 Cyber Safety and Scam Alerts Focus: Door to Door and Legitimate Charities	6 11:00-12:00 Start With Art Focus: Pinecone Holiday Tree 11:00-12:00 Community Paramedic Wellness Dogs 1:00-2:00 Short Story Reflections Monthly Theme: Stories of Christmas Past 2:00-3:00 Technology 101 Support 2:00-3:00 Grief Support Drop In	7 10:00-10:45 Power Hour Circuit Training 11:00-12:30 Home For the Holidays, Hot Drinks and Treats 11:00-12:00 Community Paramedic Wellness Dogs 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
12 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 12:30-1:30 Chair Zumba 1:00-2:00 Holiday Trivia Focus: Christmas Movies 2:30-3:30 Vision Support Group	13 11:00-12:00 Start With Art Focus: Wooden Holiday Block Sign 1:00-2:00 Short Story Reflections HAC Office Closed at 2:30pm	14 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Grinchmas 12:00-1:00 Beat the Winter Blues Speaker: Tania Clatsoff 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand
19 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:00-2:00 Holiday Trivia Focus: Christmas Around the World Chair Yoga is canceled for today 2:30-3:30 Acquired Brain Change Support Group	20 Canceled for today Start With Art and Community Paramedic Wellness Dogs 1:00-2:00 Short Story Reflections 2:00-3:00 Grief Support Drop In	21 10:30-12:30 Holiday Party Lunch and Staff Bake Off  10:30-11:30 Wellness Program 11:00-12:00 Community Paramedic Wellness Dogs 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
26  HAC will be closed for the holidays	27 11:00-1:00 Start With Art Focus: Melted Snowmen Lunch Decorate Your Own Dessert	28 11:00-1:00 New Years Celebration and Lunch 

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 will provide an environment of open discussion and support to those living with any kind of change to the brain.

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

***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.

***Grinchmas:** This holiday celebration, inspired by "How The Grinch Stole Christmas" will bring a sense of community and heart. Enjoy delicious snacks and wear your best grinch shirt or green.

***Holiday Party and Staff Bake Off:** Bring your holiday cheer to our party this year! Lunch will be served followed by some friendly HAC Staff competition. Staff will be competing to make the best holiday baked good, so come vote for your favourite!

***Home for the Holidays:** The HAC is bringing you the feeling of being home in your community during the holidays. Join us for hot drinks, treats and common holiday traditions.

SOCIAL AND SUPPORT CONTINUED

***New Years Eve Celebration:** Ring in the New Year early with delicious food, being with others, a countdown in a fun atmosphere.

***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.

***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.

***Holiday Trivia:** Test your holiday knowledge and engage your mind with this program.

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

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.

***Tania Clatsoff:** Join us for this presentation from the Family Health Team. During the shorter days, numerous individuals experience feelings of sadness. It is common to feel down during the winter holidays or to enter a period of low mood after the enjoyable festivities conclude. For some individuals, these mood changes can be more severe and last throughout autumn and winter season when sunlight is scarce. This presentation will explore ways that we can beat the winter blues.