



Tuesday	Wednesday	Thursday
		<p><b>1</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Chili Social</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</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>6</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p>	<p><b>7</b> <b>11:00-12:00</b> Start With Art Focus: Family Day Cards</p> <p><b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Black History Month</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>8</b> <b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> Madly In Love With Me High Tea</p> <p><b>12:00-1:00</b> Will You Be Mine? The History of Valentine's Cards 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</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>13</b> <b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</p> <p><b>1:00-2:00</b> Think About It Tuesday Social</p> <p><b>2:30-3:30</b> Vision Support Group</p>	<p><b>14</b> <b>11:00-12:00</b> Start With Art Focus: Kissing Booth</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>2:00-3:00</b> Game Show Challenge</p>	<p><b>15</b> <b>10:00-11:00</b> Valentine's HAC Brunch</p> <p><b>10:30-11:30</b> Wellness Program</p> <p><b>11:00-12:00</b> Community Paramedic Wellness Dogs</p> <p><b>11:00-12:00</b> Dementia Inclusive Communities in Six Nations, Hamilton, Haldimand, Halton Project Speaker: Andrea Bridge and Anita Gombos-Hill</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p>

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Tuesday	Wednesday	Thursday
<p><b>20</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>                      Think About It Tuesday Social</p> <p><b>2:00-3:00</b>                      Chair Yoga</p>	<p><b>21</b>  <b>11:00-12:00</b>                      Start With Art                      Focus: Personalized Tea Towels</p> <p><b>1:00-2:00</b>                      Short Story Reflections</p> <p><b>2:00-3:00</b>                      Grief Support Drop In</p>	<p><b>22</b>  <b>10:00-10:45</b>                      Power Hour Circuit Training</p> <p><b>11:00-12:00</b>                      For the Love of Food Pairing Social</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>27</b>  <b>10:00-10:45</b>                      Seated Fitness</p> <p><b>11:00-12:00</b>                      Canvas and Mocktails</p> <p><b>11:00-12:00</b>                      Community Paramedic Wellness Dogs</p> <p><b>12:30-1:30</b>                      Chair Zumba</p> <p><b>1:00-2:00</b>                      Think About It Tuesday Social</p> <p><b>1:00-2:00</b>                      Community Built Connections with HAC and HIRO</p>	<p><b>28</b>  <b>11:00-12:00</b>                      Start With Art                      Focus: Heart Garlands</p> <p><b>1:00-2:00</b>                      Short Story Reflections</p> <p><b>2:00-3:00</b>                      Game Show Challenge</p>	<p><b>29</b>  <b>10:00-10:45</b>                      Power Hour Circuit Training</p> <p><b>11:00-12:00</b>                      Leap Year Party</p> <p><b>11:00-12:00</b>                      Community Paramedic Wellness Dogs</p> <p><b>12:00-1:00</b>                      Heart Health                      Speaker: Hannah Leclair</p> <p><b>1:00-2:00</b>                      Brain Fit and More</p> <p><b>2:00-3:00</b>                      Meditate and Paint</p>

### More Programs to Join!

Sit To Be Fit  
 Monday's

Minds In Motion  
 Monday's and Friday's

For all program information, please see description page.

### In-Person Reminder

**Registration is mandatory** for all in-person programs. Please call 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.



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



Blue Font= Virtual Program



Black Font= Hybrid:  
 Virtual & In Person  
 Program Options

**Program Descriptions****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. A minimum of 3 participants required, virtual option available.

**\*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**

**\*Chilli Social:** Warm up with a bowl of homemade chilli while socializing with others.

**\*Community Built Connections:** Living with an acquired brain injury or brain change can be life altering. HAC is partnering with Head Injury Rehabilitation Ontario (HIRO) to build community connections of support, conversation and sharing with those that can relate.

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

**\*For the Love of Food Pairing Social:** A delicious dish does more than just tantalize the taste buds—it nourishes the mind and soul. The symphony of flavors can evoke emotions, from comfort to sheer joy. Dive into the world of food pairing and discover new ways to pair your food for appetizing results.

**\*Game Show Challenge:** Enjoy playing some classic tv game shows from the comfort of your home.

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

**\*Leap Year Party:** That one day every four years is back! Join us to celebrate all things February 29th. Light lunch will be provided.

**\*Madly In Love With Me High Tea:** Enjoy a high tea inspired meal and a positive outlook on self love.

**\*Technology 101 Support:** Take the opportunity to bring in your device and seek support with your technology, while learning.

**\*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.

**SOCIAL AND SUPPORT CONTINUED**

**\*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.

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

**\*Think About It Tuesday:** Listen and discuss thought provoking podcasts and ted talks. Each week 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**

**\*Geneva Gillis:** From the Haldimand County Museum. This presentation will explore the history of Valentine's Day cards, featuring historical cards from the Haldimand Museums collection that are not often displayed to the public.

**\*Andrea Bridge and Anita Gombos-Hill:** Memory + Inclusive Communities Everywhere (MICE) is a group of citizens who are sharing experiences with memory loss and cognitive challenge to inspire positive change. Learn about the project that is focused on supporting, developing engagement and empowerment groups for people who live with cognitive challenges in 4 different regions.

**\*Hannah Leclair:** From the Family Health Team. This presentation will provide information on the different markers of heart health (cholesterol, triglycerides, blood pressure), foods to include and avoid to improve our heart health, and other factors that can effect our heart health such as physical activity, stress, smoking etc.

**ADDITIONAL PROGRAMS**

The HAC along with the following additional programs are health and wellness programs of the Alzheimer Society BHNHH that can be joined.

**\*Minds In Motion:** A program that combines physical activity, mental and social stimulation for individuals experiencing early stage memory loss and their guests, usually a family member or friend. For more information, [sherri.miller@alzda.ca](mailto:sherri.miller@alzda.ca) or 905-768-4488 ext 102.

**\*Sit to be Fit:** A free, low impact workout for seniors. The program promotes health and fitness for those wishing to increase strength, balance, flexibility and endurance. Join Mondays at 10:00am, Hagersville United Church, 34 Main St S.