



Tuesday	Wednesday	Thursday
<p><b>2</b>  <b>10:00-10:45</b>            Seated Fitness</p> <p><b>11:00-12:00</b>            Canvas and Mocktails</p> <p><b>2:00-3:30</b>            HAC in <u>Caledonia</u></p> <p><b>Location:</b> Haldimand County Public Library  <b>Program:</b> Canvas and Mocktails</p>	<p><b>3</b>  <b>11:00-12:00</b>            Start With Art            Focus: Popsicle Stick Mandala</p> <p><b>1:00-2:00</b>            Short Story Reflections  <b>Theme: Stories in Nature</b></p> <p><b>2:00-3:00</b>            Technology 101 Support</p> <p><b>2:00-3:00</b>            Grief Peer Support Group</p> <p><b>2:00-3:00</b>            Gardening 101</p>	<p><b>4</b>  <b>10:00-10:45</b>            Power Hour Circuit Training</p> <p><b>11:00-12:00</b>            Moment of Laughter Party</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>9</b>  <b>10:00-10:45</b>            Seated Fitness</p> <p><b>11:00-12:00</b>            Canvas and Mocktails</p> <p><b>2:00-3:30</b>            HAC in <u>Jarvis</u></p> <p><b>Location:</b> Leisure Living Retirement  <b>Program:</b> Canvas and Mocktails</p> <p><b>2:30-3:30</b>            Vision Support Group</p>	<p><b>10</b>  <b>11:00-12:00</b>            Start With Art            Focus: Geometric Animals</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>            Men's Social Group</p>	<p><b>11</b>  <b>10:00-10:45</b>            Power Hour Circuit Training</p> <p><b>11:00-12:00</b>            Pet Day Social</p> <p><b>11:00-12:00</b>            Community Paramedic Wellness Dogs</p> <p><b>12:00-1:00</b>            Importance of Hearing Health Care Checks            Speaker: Cassandra Vollmer</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>

For all program information, please see description page.  
 Visit our Website: <https://hac.alzda.ca>

Tuesday	Wednesday	Thursday
<p><b>16</b>  <b>10:00-10:45</b>                      Seated Fitness</p> <p><b>11:00-12:00</b>                      Canvas and Mocktails</p> <p><b>2:00-3:00</b>                      Chair Yoga</p> <p><b>2:00-3:30</b>                      HAC in <u>Dunnville</u></p> <p><b>Location:</b> True Experience</p> <p>Program: Canvas and Mocktails</p>	<p><b>17</b>  <b>11:00-12:00</b>                      Start With Art                      Focus: Earth Day Planter</p> <p><b>1:00-2:00</b>                      Short Story Reflections</p> <p><b>2:00-3:00</b>                      Grief Peer Support Group</p> <p><b>2:00-3:00</b>                      Gardening 101</p>	<p><b>18</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>                      Earth Day: Nurturing Earth, Nourishing Mind, Body, and Spirit                      Speakers: Erin Jansen and 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>
<p><b>23</b>  <b>10:00-10:45</b>                      Seated Fitness</p> <p><b>11:00-12:00</b>                      Canvas and Mocktails</p> <p><b>2:00-3:30</b>                      HAC in <u>Cayuga</u></p> <p><b>Location:</b> Jennie Deagle Complex</p> <p>Program: Canvas and Mocktails</p>	<p><b>24</b>  <b>11:00-12:00</b>                      Start With Art                      Focus: Bouquet of Shells</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>                      Men's Social Group</p>	<p><b>25</b>  <b>10:00-10:45</b>                      Power Hour Circuit Training</p> <p><b>11:00-12:00</b>                      Record Café Social</p> <p><b>11:00-12:00</b>                      Community Paramedic Wellness Dogs</p> <p><b>1:00-2:00</b>                      Music and Memory</p> <p><b>2:00-3:00</b>                      Haldimand Memory Network</p> <p><b>2:00-3:00</b>                      Meditate and Paint</p> 
<p><b>30</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>2:00-3:30</b>                      Taste of Latin Experience</p>	<p><b><u>Special Program</u></b></p> <p><b>Monday April 8th:</b>  <b>2:00-3:30</b>                      Eclipse Viewing Social</p> <p>Solar Glasses Provided</p> 	<p><b><u>More Programs to Join!</u></b></p> <p><b><u>Sit To Be Fit</u></b>                      Mondays</p> <p><b><u>Minds In Motion</u></b>                      Mondays and Fridays</p> <p>Please call for more information</p>

**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



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



Blue Font= Virtual Program



Black Font= Hybrid:  
 Virtual & In Person  
 Program Options

## 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 muscles. 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 & SUPPORT PROGRAMS

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

**Eclipse Viewing Social:** Join the HAC team for this once in a lifetime chance to safely watch the eclipse with special glasses. We will also learn about this stellar event while enjoying refreshments.

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

**Men's Social Group:** This group is an opportunity to meet and connect with other men who are looking for some quality time over coffee and conversation.

**Moment of Laughter Social:** We will laugh a lot and learn a bit about how humour and regular laughter can play a role in our health.

**Pet Day:** Let's celebrate our furry friends! We will share photos of our pets and learn about our relationship to animals. \* As we celebrate your pets, we ask that your pets stay safely at home.

**Record Café:** Connect with others while listening to some of our favourite tunes on vinyl.

**Taste of Latin Experience:** Join us to learn the basics of the Spanish language and culture while tasting authentic Latin food.

**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.

**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.

## 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.

## 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

**Cassandra Vollmer:** From Hear Canada, learn about the importance of getting your hearing checked and when and how to book an appointment.

**Erin Jansen and Hannah Leclair :**Registered nurse and registered dietitian from the Family Health Team will dive into a profound connection between humans and nature. Explore the benefits of embracing meatless meals for both our bodies and the environment. The presentation will conclude with an outdoor scavenger hunt, allowing us to appreciate the small wonders of nature together.

**Gardening 101:** Learn about caring for plants and getting our gardens started for spring. You can attend from the comfort of your home or get your hands dirty with us at the HAC.

## HAC OFFSITE PROGRAMS

The HAC is bringing programs to various locations in Haldimand County. Each week will feature a new location and is open to everyone.

**Caledonia Library**– 100 Haddington St, Caledonia N3W 2N4

**Leisure Living Retirement**– 98 Talbot St E, Jarvis N0A1J0

**True Experience**– 201 Forest St E, Dunnville N1A 3G5

**Jennie Deagle Complex**– 2256 River Road, Cayuga N0A 1E0

## ADDITIONAL PROGRAMS\*

The HAC along with the following 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.