

Tuesday	Wednesday	Thursday
<p><b>3</b></p> <p><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>2:00-3:00</b> HAC in <u>Townsend</u> <b>Location:</b> Parkview Meadows <b>Program:</b> Canvas and Mocktails</p>	<p><b>4</b></p> <p><b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Podcast Review</p> <p><b>2:30-3:30</b> HAC in <u>Caledonia</u> <b>Location:</b> Cypress 55+ <b>Program:</b> Canvas and Mocktails</p>	<p><b>5</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> One-Hit-Wonders Party</p> <p><b>12:00-1:00</b> <b>Speaker:</b> Lynn Kuchard Chronic Pain Workshop Info Session</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>10</b></p> <p><b>11:00-12:00</b> HAC in <u>Caledonia</u> <b>Location:</b> Haldimand County Public Library <b>Program:</b> Brain Fit &amp; More</p> <p><b>2:00-3:30</b> HAC in <u>Jarvis</u> <b>Location:</b> Leisure Living Retirement <b>Program:</b> Canvas and Mocktails</p>	<p><b>11</b></p> <p><b>11:00-12:00</b> Men's Social Group</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Fall Wreaths &amp; Sunflowers</p>	<p><b>12</b></p> <p><b>12:00-2:00</b> HAC Reenvision Celebration</p> <p><b>1:00-3:00</b> Warm Up Haldimand</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

Tuesday	Wednesday	Thursday
<b>17</b>  <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>1:00-2:00</b> Community Built Connections with HIRO  <b>2:00-3:00</b> Chair Yoga	<b>18</b>  <b>1:00-2:00</b> Short Story Reflections  <b>1:30-3:00</b> Start With Art <b>Project:</b> Ceramic Pot Scarecrows  <b>1:30-2:30</b> Community Paramedic Dogs Visit	<b>19</b>  <b>10:00-10:45</b> Power Hour Circuit Training  <b>11:00-12:00</b> * <b>Social:</b> Fall Fair  <b>1:00-2:00</b> Brain Fit and More  <b>2:00-3:00</b> Meditate and Paint
<b>24</b>  <b>10:00-10:45</b> Seated Fitness  <b>11:00-12:00</b> Canvas and Mocktails  <b>2:00-3:30</b> HAC in <u>Cayuga</u> <b>Location:</b> Jennie Deagle Complex <b>Program:</b> Canvas and Mocktails	<b>25</b>  <b>11:00-12:00</b> Men's Social Group  <b>1:00-2:00</b> Short Story Reflections  <b>1:30-3:00</b> Start With Art <b>Project:</b> Fall Leaf Crafts	<b>26</b>  <b>10:00-10:45</b> Power Hour Circuit Training  <b>11:00-12:00</b> * <b>Social:</b> New England Travelogue  <b>1:00-2:00</b> Music and Memory  <b>1:00-3:30</b> Chronic Pain Workshop  <b>2:00-3:00</b> Meditate and Paint

### Extra Programming:

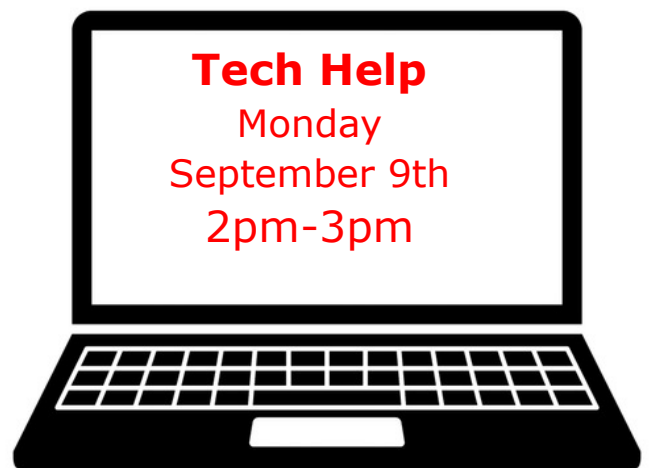
#### September 9<sup>th</sup>

**1:00-1:45**  
 Brain Fit and More



#### September 23<sup>rd</sup>

**1:00-1:45**  
 Brain Fit and More



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.

**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 & SUPPORT PROGRAMS

**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.

**Grief Peer Support:** This drop-in offers a space to connect with others who are grieving. Share your grief experience in a supportive environment. Returning October 2024

**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.

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

**\*Thursday's Socials:** Enjoy light refreshments during our thematic socials each week.

**Vision Support Group:** A social group which provides support for those living with any form of visual difficulties and loss. Returning October 2024

**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.

## 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

**Lynn Kuchard**— Master trainer in Chronic Disease and lead of Take Control/Take Charge will join us to talk about how chronic illness impacts daily life and answer questions for those wanting to join the program.

**Chronic Pain Workshop** (Take Control/Take charge) is a **6 week series** that will teach those with chronic illness and pain to:

- How to communicate with your healthcare team
- Ways to deal with difficult emotions and depression
- Manage Stress
- Make healthier food choices
- Add exercise to your day

## 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

**Cypress 55+** - 103 Inverness St. Caledonia Ontario, N3W 1B1

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

**Parkview Meadows:** 72 Town Centre Dr, Townsend, N0A 1S0

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

## HAC Re-Envision Celebration:

Join us for a special celebration of HAC. The Re-Envision is an opportunity to reintroduce ourselves to the Haldimand community. For 15+ years the H.A.C. has been providing a variety of programming, rehabilitation, and outreach to our clients. We will be reviewing our new name and logo to our clients and partners followed by lunch and entertainment. Registration is mandatory as space is limited.

**\*Please inform us of any food allergies when registering for program.**