



Tuesday	Wednesday	Thursday
<p>1</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p> <p>2:00-3:00 HAC in <u>Townsend</u> Location: Parkview Meadows Program: Canvas and Mocktails</p>	<p>2</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections Theme: Superstitions</p> <p>1:30-3:00 Start With Art Project: Seasonal Porch Décor</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p>	<p>3</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Oktoberfest</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:30 Chronic Pain Workshop</p> <p>2:00-3:00 Meditate and Paint</p>
<p>8</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Jarvis</u> Location: Leisure Living Retirement Program: Canvas and Mocktails</p>	<p>9</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Card Making & Collages for Thanksgiving</p> <p>2:00-3:00 Community Paramedic Wellness Dogs</p>	<p>10</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 Social: Thanksgiving Jeopardy Speaker: Interactive Games with Southcoast Wellness</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:00 Warm Up Haldimand</p> <p>1:00-3:30 Chronic Pain Workshop</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 if there is a need to cancel.



Tuesday	Wednesday	Thursday
<p>15</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p> <p>2:00-3:30 HAC in <u>Dunnville</u> Location: Dunnville Library Program: Canvas and Mocktails</p>	<p>16</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Skeleton Candle</p>	<p>17</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 Social: Delicious & Nutritious Speakers: Aging at Home- Xanna & Jodie</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:30 Chronic Pain Workshop</p> <p>2:00-3:00 Meditate and Paint</p>
<p>22</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Cayuga</u> Location: Jennie Deagle Complex Program: Canvas and Mocktails</p>	<p>23</p> <p>1:00-2:00 Short Story Reflections Theme: Witches</p> <p>1:30-3:00 Start With Art Project: Spell Book</p>	<p>24</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Witches Brew-haha</p> <p>1:00-2:00 Music and Memory</p> <p>1:00-3:30 Chronic Pain Workshop</p> <p>2:00-3:00 Meditate and Paint</p>
<p>29</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p>	<p>30</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Haunted House Group Craft</p>	<p>31</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Halloween</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:30 Chronic Pain Workshop</p> <p>2:00-3:00 Meditate and Paint</p>

Join us online —
Virtual Brain Fit and More:

Monday, October 15th
1:00-1:45

Monday, October 28th
1:00-1:45



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 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.

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.

Tech Help: Computer Skills—Take the opportunity to bring in your device and seek support with your technology and learning new skills.

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

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.

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.

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

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

Jennifer Richer and Christina Patrick : Counsellors from South Coast Wellness provide a lively presentation designed to enhance our self-care routines! Learn simple, effective tips that you can easily incorporate into your daily life. With a mix of fun activities, we'll explore a variety of self-care practices that could potentially increase your everyday enjoyment.

Jodie Pearce and Xana Ouellette:

Kinesiologist Xana and Social Worker Jodie will talk about strategies to live well at home at any age, this talk will focus on mobility and engagement.

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

Open to everyone! The HAC is bringing programs to various locations in Haldimand County. Each week will feature a new location, please register to join.

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

Dunnville Library- 317 Chestnut St, Dunnville, ON N1A 2H4

Jennie Deagle Complex- 2256 River Road, Cayuga N0A 1E0