


# February 2023





42 Main Street S. Hagersville  
905-768-4488 or hac@alzda.ca

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

 Blue Font= Virtual Program

 Black Font= Hybrid: Virtual & In Person Program Options

Tuesday	Wednesday	Thursday
	<b>1</b> <b>11:00-12:00</b> Start With Art Focus: Wall Decoratives <b>1:00-2:00</b> Short Story Reflections Monthly Theme: Crimes of Passion <b>2:00-3:00</b> Techstravaganza: Low Vision Tech Support <b>2:00-3:00</b> Grief Support Drop In	<b>2</b> <b>11:00-12:00</b> Find Your Flow with Art Focus: History of Art <b>12:00-1:00</b> Heart Health Speaker: Hannah Leclair, RD <b>1:00-2:00</b> Brain Fit and More
<b>7</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group	<b>8</b> <b>11:00-12:00</b> Start With Art Focus: Valentine's Topiaries <b>1:00-2:00</b> Short Story Reflections <b>3:30-4:30</b> Gentle Yoga (Virtual)	<b>9</b> <b>11:00-12:00</b> Find Your Flow with Art Focus: Art and Expression <b>1:00-2:00</b> Brain Fit and More <b>1:00-3:00</b> Warm Up Haldimand
<b>14</b>  <b>VALENTINE'S DAY</b>  Celebrate by wearing red or pink <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:00-2:00</b> Valentine's Love Letters and Tea	<b>15</b> <b>11:00-12:00</b> Start With Art Focus: Silhouettes <b>1:00-2:00</b> Short Story Reflections <b>2:00-3:00</b> Qigong 24	<b>16</b> <b>10:00-11:00</b> HAC Brunch <b>10:30-11:30</b> Wellness Program <b>11:00-12:00</b> Exploring the Haldimand Public Library's Programs and Online Resources Speaker: Katrina Krupicz <b>1:00-2:00</b> Brain Fit and More
<b>21</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group <b>2:00-3:00</b> Chair Yoga	<b>22</b> <b>11:00-12:00</b> Start With Art Focus: Mindful Art <b>1:00-2:00</b> Short Story Reflections <b>2:00-3:00</b> Tai Chi	<b>23</b> <b>11:00-12:00</b> Find Your Flow with Art Focus: How to Find Your Flow <b>1:00-2:00</b> Brain Fit and More
<b>28</b> <b>10:00-10:45</b> Seated Fitness <b>11:00-12:00</b> Canvas and Mocktails <b>1:30-2:30</b> Headstrong Peer Group		

## **In Person Programs**

- **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.

\***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.

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

\***HAC Brunch:** Enjoy a relaxed atmosphere, eat and socialize.

\***Qigong 24:** Practice the 24 proven therapeutic postures in Qigong 24, that move your spine and joints. Meditation, breath and energy work are also included and the class is adapted for all.

\***Start with Art:** Explore your creativity by making your own art piece each week. Step by step instructions and materials provided.

\***Tai Chi:** Regular practice of tai chi is very beneficial for people of all ages and abilities. Enjoy the many health benefits of tai chi in a safe and friendly environment. No previous experience is necessary, lead by an experienced instructor.

\***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.

## **Virtual Programs**

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

## **Hybrid Programs** *Register for in-person*

\***Brain Fit and More:** Brain stimulating activities using trivia, word games and mind exercises.

\***Canvas and Mocktails:** Paint your own masterpiece with step by step instructions. Those at home will need their own supplies.

\***Find Your Flow With Art:** You don't need to be an artist to enjoy art. This 7 week series will provide both learning and a hands on approach to become comfortable and enjoy the process of art. Participants will learn art history, art types, expression, flow and more. The hands on experience will follow in March.

\***Gentle Yoga (Virtual):** This class is a relaxed pace to release anxiety and calm the body. Participants will be guided into meditation, breathing techniques, yoga poses and relaxation. If you are joining in person or virtually, please have a yoga mat, blanket, and an open mind. This class will be verbally descriptive for those who live with loss of vision.

\***Headstrong: Expressing Your Change of Mind:** Head Injury Rehabilitation Ontario (HIRO) is pleased to offer this program for anyone who has experienced a traumatic or non traumatic injury to their brain. Join us for the opportunity to share in a supportive environment.

\***Seated Fitness:** Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized

\***Techstravaganza:** Learn about interesting topics from a wide range of applications and devices. Have the opportunity to chat with the group about new emerging technologies that promise to enhance the lives of people with sight loss.

**Valentine's Love Letters and Tea:** What would love and romance be without love letters? Join us for Tea and cookies while we read and discuss famous love letters, With the option to write your own.

### **Speakers:**

**Hannah Leclair, RD:** Review information on the different markers of heart health such as cholesterol, triglycerides & blood pressure. Learn about foods to include and avoid to improve heart health, and other factors that can effect your heart health.

**Katrina Krupicz:** Katrina, Community Outreach/In-reach Coordinator will be sharing the programs and online resources the Library has to offer. Seek help in navigating the online ebook platform Libby and bring a wireless devices and library card for hands on assistance. Library cards can also be issued to individuals living in Haldimand County who bring a piece of photo ID with Haldimand address on it.