

September 2022



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




Red Font= In Person Program
MUST REGISTER



Black Font= Hybrid: Virtual &
In Person Program Options



Blue Font= Virtual Program

Tuesday	Wednesday	Thursday
<p>SEPTEMBER 21 is World Alzheimer's Day</p> 		<p>1 11:00-12:00 Ted Talk Thursday 1:00-2:00 Brain Fit and More</p>
<p>6 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>7 11:00-12:00 Start With Art Focus: Bold Colour Art 1:00-2:00 Short Story Reflections 2:00-3:00 Pound Fitness</p>	<p>8 11:00-12:00 Ted Talk Thursday 1:00-2:00 Brain Fit and More 1:00-3:00 Warm Up Haldimand *Pre-Sort Day</p>
<p>13 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind</p>	<p>14 11:00-12:00 Start With Art Focus: Texture Pictures 1:00-2:00 Short Story Reflections</p>	<p>15 10:00-11:00 HAC Brunch 11:00-12:00 Ted Talk Thursday 1:00-2:00 Brain Fit and More</p>
<p>20 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind 2:00-3:00 Chair Yoga</p>	<p>21 11:00-12:00 Start With Art Focus: Fall Wreath 1:00-2:00 Short Story Reflections</p>	<p>22 11:00-12:00 Ted Talk Thursday 1:00-2:00 Brain Fit and More 2:00-3:00 Advance Care Planning Speaker: Julie Coulson</p>
<p>27 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:30-2:30 Headstrong: Expressing Your Change of Mind 2:45-4:15 Understanding Your Grief Group</p>	<p>28 11:00-12:00 Start With Art Focus: Wall Hooks 1:00-2:00 Short Story Reflections</p>	<p>29 11:00-12:00 Ted Talk Thursday 1:00-2:00 Brain Fit and More</p>

Virtual Programs

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

***Short Story Reflections:** Listen to a different short story each week followed by an interactive, reflective discussion.

Hybrid Programs *Join in-person or virtually.*

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

***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 change to their brain. Join us for the opportunity to share in a supportive environment. Each week we will explore a new topic.

***Ted Talk Thursday:** Listen to experts to learn new information and help your personal growth. A positive discussion will follow each Ted Talk.

***Seated Fitness:** Join us for seated stretching, conditioning and toning the body. Get moving!

Speaker:

***Julie Coulson:** Advance Care Planning (ACP) is a method to prepare people and their substitute decisions makers (SDM(s)) for decision-making in the future. ACP can be for healthy people, and it's also important as people develop serious and progressive illness. Julie is a recognized Regional Champion for Advanced Care Planning, who will initiate an informative discussion and explain how ACP can affect your future healthcare needs.

For program access, registration or questions contact:



Office: **905-768-4488**
Toll Free: **1-866-428-1552**
Email: **hac@alzda.ca**



HAC In Person Programs

- **Registration is mandatory** for all in-person programs. Please call the office or email to register. There will be no drop ins accepted at this time.
 - A fitted face covering is optional to wear for the duration of the program.
 - In-person programs can be cancelled at any time. All registered participants will be notified if there is a need to cancel a program.
 - Continue to maintain a 2 meter (6 feet) distance from others in the group.
- ***Start with Art:** Create your own art piece each week. Step by step instructions and materials provided.
- ***HAC Brunch:** Brunch is back! Enjoy a relaxed environment, eat and socialize with others. Please register!
- ***Warm Up Haldimand:** This month knitters and crocheters will gather to pre-sort knit goods to be distributed for donation this fall. Please bring all your knit goods for sorting.
- ***Pound Fitness:** Designed for all fitness levels, POUND® provides a great atmosphere for letting loose, getting energized, toning up and rockin' out! Bring your own mat and water. A \$5 donation is appreciated.
- ***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.
- ***Understanding Your Grief:** Explore ways to move through your grief in a safe and non-judgmental setting, while meeting others who are grieving and share personal experiences. This 8 week program lead by experienced staff, incorporates both grief support and education. Be sure to register as space is limited!