

MAY

TUESDAY	WEDNESDAY	THURSDAY
<p>5 10:00 – 12:00 Just for You - CAREGIVERS</p> <p>12:30 – 2:30 Yoga for Beginners <i>(Please Register in Advance)</i></p> 	<p>6 9:00 – 12:30 Ruthven Park Outing <i>(Call the HAC for information)</i></p> <p>10:00-11:00 Tai Chi Beginner Class <i>(Please Register in advance)</i></p> <p>1:00 – 3:00 Virtual Room and Crafts</p>	<p>7 1:00 – 3:00 Talking Book Club</p>  <p>1:00 – 3:00 Movie and Popcorn <i>*Come and enjoy a relaxing afternoon of a favorite movie and popcorn</i></p> 
<p>12 10:00 – 11:00 SPEAKER: Karen Richardson <i>"Victorian Pleasures and Pastimes"</i></p> <p>10:00- 12:00 Men's Breakfast – Men caring for loves ones with Dementia. <i>Register with the Alzheimer's Society</i></p>	<p>13 10:00-11:00 Tai Chi Beginner Class <i>(Please Register in advance)</i></p> <p>1:00-3:00 Provincial Hearing Consultants <i>(Hearing Tests)</i> <i>(Please Register in Advance)</i></p> <p>1:00 – 3:00 Virtual Room and Cards</p>	<p>14 1:00 – 3:00 Talking Book Club</p>  <p>1:00 – 3:00 Dart Tournament <i>*Ever wanted to learn how to play magnetic darts? This is your chance!</i></p> 
<p>19 10:00 – 12:00 Health and Nutrition</p> <p>Yoga for Beginners <i>(Please Register in Advance)</i></p> <p>12:30 – 2:30</p> 	<p>20 10:00-11:00 Tai Chi Beginner Class</p> <p>10:00-11:00 SPEAKER: Paula Wright, OPP – Identity Theft</p> <p>1:00 – 3:00 Virtual Room and Crafts</p>	<p>21 1:00 – 3:00 Talking Book Club</p>  <p>1:00 – 3:00 Active Living <i>(Get Active While Walking)</i></p>
<p>26 10:00 – 11:00 Active Living <i>(Get Active Using the Wii)</i></p> <p>1:30 – 3:30 Friend in Need <i>Register with the Alzheimer's Society</i></p>	<p>27 9:00 – 12:20 Dental Hygiene Clinic with Vicki Lance <i>(Please register in advance)</i></p> <p>10:00-11:00 Tai Chi Beginner Class</p> <p>1:00 – 3:00 Virtual Room and Cards</p>	<p>28 1:00-3:00 Talking Book Club</p>  <p>1:00 – 3:00 Dart Tournament <i>*Come out and learn how to play magnetic darts.</i></p> 

Partnership with:



Alzheimer Society
Haldimand-Norfolk

Hagersville United Church



Brain Gym: Get fit with Brain Gym! Give your brain a full work out through trivia, Jeopardy and a variety of other exercises. Play Nintendo DS Brain Age Program and test your brain.

Health and Nutrition: Do you like to cook? Our Health and Nutrition program teaches cooking and baking using nutritious foods and healthy options. Enjoy the delicious food you help prepare, and go home with the recipes.

Virtual Room: Have you ever wanted to step out of the real world and into a virtual reality? Our Virtual Room gives you that exact experience in the comfort of our Abilities Centre. Come out and snow board, race a car or play soccer in this virtual reality.

Upcoming Events

* **NEW*** Beginner Yoga instructed by Dawnn Maas. This free program will take place the 1st and 3rd Tuesday in May for 2 hours. It is suggested that you register in advance for this program, but it is not required. Call 905-768-4488 for more information or to register.

***Provincial Hearing Consultants:** Get your hearing tested free of charge. Please call in advance to book a time if you would like to come, ask questions and get your hearing tested by a professional.

***Ruthven Park – Bird Banding:** This is a great opportunity to get out, meet new people and try a new activity. We will be meeting at 9:00 am and then heading out to the park in Cayuga for bird banding, tea and scones and a tour. There will be a minimal fee of \$4.00 per person. Call the HAC for information.

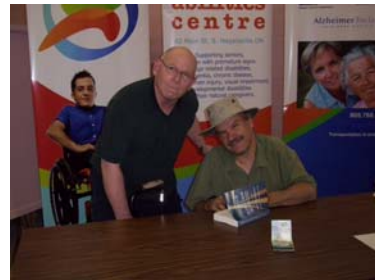
Mobile Dental Hygiene Services:** Vicki Lance, RDH will provide a Mobile Dental Hygiene Service. Vicki's services are available to the public and are affordable for those receiving Ontario Works or ODSP. Book an appointment for a dental cleaning by calling 905-768-4488 in advance. *ODSP recipients need a valid dental treatment card for the month in which they are treated.**

* **HAC VAN:** The van is up and running! Please call for more information.

***Karen Richardson:** Karen is back to present her talk on "Victorian Pleasures and Pastimes". Come out for a great look back into history.



What's Happening at the HAC:



Paul Visits with Walt Balenovich



Bill and Ruby show off their delicious homemade apple pie made during Health and Nutrition.

YOGA

is comprised of 6 foundational elements... Breath Work, Relaxation, Meditation, Diet, Postures and Right/Positive Thinking/Action, is accessible to one and all.



- Increased sense of awareness and perception
- Improved strength, flexibility, tone and balance
- Decreased mental stress and reaction
- Increased ability to problem solve
- Improved concentration and memory
- Promotes healthy body image

