




August 2010

Contact 905-768-4488 for Program Information



42 Main Street South, Hagersville

TUESDAY	WEDNESDAY	THURSDAY
<p>3 Just For You 10:00 – 12:00 Please register</p>  <p>Garden Club 1:00 – 2:00 Pressed Flower Picture Frames & Cards *flowers will be pre pressed</p>	<p>4 Hagersville Farmer's Market 9:00 – 10:00 Meet at the HAC and walk to the Farmer's Market!</p> <p>Nintendo Wii and Card Club 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p>5 Tim Hortons' Social 10:00 – 11:00</p>  <p>Speaker: Karen Richardson "My Loyalist Ancestors" 1:00 – 2:00</p>
<p>10 Music in Time 10:00 – 11:00 Big Band Era *see back for details</p>  <p>Picnic at Byng Park 12:00 – 1:30 Please register *\$5.00 admission to the park and please bring a lawn chair</p>	<p>11 Intergenerational Day! Make Your Own Pizza Lunch 10:30 – 12:00</p> <p>Virtual Room and Card Club Craft Corner and Games Bean Bag Frogs 1:00 – 3:00</p> <p>Easy Living 1:00 – 3:00 *see back for details</p> <p>Talking Book Club 1:30 – 3:00</p>	<p>12 Breakfast Club for Men 10:00 – 11:00 Please register Donations appreciated *See back for details</p> <p>Speaker: Dr. Stephen Maltais "Anti-Aging and Anti-Oxidants: The Truth!" 1:00 – 2:00</p>  <p>Warm-Up Haldimand 1:30 – 4:00 *See back for details</p> <p>Cancer Peer Support Group 7:00 – 8:30</p>
<p>17 Survival Guide: Brain Injury and Stroke "Self Awareness Challenges" 10:00 – 11:00 *see back for details</p>  <p>Tea Social 1:00 – 2:30 Please register *see back for details</p>	<p>18 Health and Nutrition 10:30 – 12:00 Cobb Salad</p> <p>Nintendo Wii and Card Club 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p>19 Speaker: Jim Fletcher "Adjusting to Life after Vision Loss" 1:00 – 2:00</p>
<p>24 Music in Time 10:00 – 11:00 World War II Era *see back for details</p>  <p>Drumming with Norview 1:00 – 3:00 *see back for details</p>	<p>25 Virtual Room and Card Club Craft Corner Microwave Heating Pads 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p> <p>Haunted Cruise Along the Grand 7:00–9:00 p.m. - Must register by August 11th - Cost \$15 Staff will be available. Must provide own transportation. *see back for further details</p>	<p>26 Speaker: Karin Frohmann "10 Herbs" 11:00 – 12:00</p> <p>HAC BBQ 12:00 – 1:00</p>
<p>31 Ladies Brunch 10:00 – 11:00 Please register Donations appreciated *See back for details</p>  <p>Ice cream and Walk in Port Dover 1:30 – 2:30 *Enjoy a delicious ice cream cone while walking along the pier in Port Dover! Meet HAC staff at 17 Main St, Port Dover in front of the Arbour at 1:30.</p>	<p><u>Intergenerational Day!</u></p> <p>The programs on August 11th are open to children and their parent and/or grandparent to enjoy! Children must have an adult with them to participate.</p>	

Upcoming Events

If transportation is required please register
24 hours in advance of event.

***Sit to be Fit:** Monday afternoons at the Hagersville United Church from 1:30 pm to 2:15 pm. Chair exercises consist of routines that work the upper and lower body. Exercises are modified for those participants that have osteoporosis or other physical concerns. Call Sherri at 905-768-4488 for more information.

***Music in Time:** On August 10th learn about the different eras of music from over the years. Music from the specified era will be played along with trivia questions to test your knowledge! Feel free to come share your experiences and interests in the different eras of our time.

***Easy Living:** On August 11th check out our products for better living! Each month CNIB will feature two products that could help make your life a little easier. Specialists from CNIB will be available to answer questions you have about these and other products available.

***Breakfast Club for Men:** Open to all men to socialize and enjoy a homemade breakfast. This will take place the 2nd Thursday of each month. Registration is preferred.

*** Warm-Up Haldimand:** Knitters and crocheters are needed to help make blankets, baby items, slippers etc. All items made will be donated to those in need throughout Haldimand County. Yarn will be provided. We appreciate your support as we come together to Warm up Haldimand!

***Survival Guide:** Each month Brain Injury Services will provide a new discussion topic related to brain injury and stroke. This discussion group is open to individuals and the loved ones of individuals who have experienced a brain injury or stroke. On August 17th come learn about self awareness challenges and possible solutions to these challenges.

*** Tea Social:** On August 17th share some memories with the group. This will be a great opportunity to try some different teas and socialize with others. Donations are appreciated.

***Haunted Cruise Along the Grand:** Haldimand Museums presents Eerie tales along the Grand River presented by local author and historian Cheryl MacDonald. \$15.00 per person. Staff available. Must provide own transportation. Cruise begins at Grand River Dinner Cruises, 36 Brant Road 22, Caledonia, at 7 p.m. To reserve your spot, register by August 11th with HAC.

***Drumming with Norview:** Join us and Norview for a drumming session lead by Wilma Montgomery at the HAC. Begin the session with shakers and sticks followed by hitting the drums. Weather permitting the drumming session will be held outdoors.

***Ladies Brunch:** Open to all women who want to put their feet up, socialize and enjoy a homemade meal prepared by us! Join us on August 31st. Donations are appreciated.

Speakers

Karen Richardson: Karen will be speaking of her ancestors, the Young family and their journey to the United States. Learn how her ancestors were loyal to their British roots and fled to Canada from the United States.

Dr. Stephen Maltais: A lecture on the wonders of anti-aging medicine. Learn how you may be able to look and feel 20 years younger! Dr. Maltais will discuss both the Allopathic and Naturalpathic ways of regaining youth and beauty.

Jim Fletcher: Jim will discuss the positive adjustments he has made to his life after his vision loss.

Karin Frohmann: Learn the history of herbism, characteristics, constituents, medical qualities, the part of the herb used and how to use it. Some herbs included in the presentation: dandelion, coltsfoot, ginger, horsetail and more!

Haunted Cruise Along the Grand

Date: August 25th

Time: 7:00pm – 9:00pm

Cost: \$15

Location: Grand River Dinner Cruises - 36 Brant Road 22, Caledonia
(we have limited seats reserved – call HAC before August 11th to book)

The HAC will be joining the Haldimand Museums in listening to eerie tales along the Grand River presented by Cheryl MacDonald. Own transportation is required.

Partnership with:



Hagersville United Church



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