




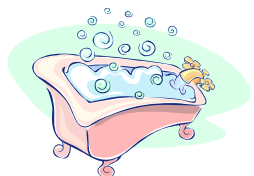


FEBRUARY 2010

Contact 905-768-4488 for Program Information

42 Main Street South, Hagersville

TUESDAY	WEDNESDAY	THURSDAY
<p>2 Just For You 10:00 – 12:00 Alzheimer Society please register</p> <p>Avery's Diner 12:30 – 2:00 please register by January 29th * See back for details \$10.00 average meal cost</p>	<p>3 Health and Nutrition 10:00 – 11:30 Orange Ginger Scones (Wheat Free) Donations appreciated</p> <p>Virtual Room and Cards 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p>4 Speaker: Cynthia Harrison 1:00 – 2:00 Lifestyle Choices for Optimum Health. (Benefits of Massage)</p> 
<p>9 Adapted Pilates Workshop 10:30 – 11:30 *See back for details</p> <p>Men's Support group & Breakfast 10:00 – 12:00 Alzheimer Society please register</p> <p>Crafts, Coffee and Chat 10:00 – 12:00</p> <p>Plants for Life 10:00 – 12:00 Donation appreciated *See back for details</p>	<p>10 Health and Nutrition 10:00 – 11:30 Valentine Themed Cookies (Wheat Free Options) Donations appreciated</p> <p>Virtual Room and Cards 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p> <p>Craft Corner 1:00 – 3:00 Valentine's Day Cards</p>	<p>11 Breakfast Club for Men 10:00 – 11:00 please register Donations appreciated *See back for details</p> <p>Speaker: Stacey Laforme 11:00 – 12:00 Tales of the Soul Poetry</p> <p>Warm-Up Haldimand 1:30 – 4:30 *See back for details</p> <p>Cancer Peer Support Group 7:00 – 8:30</p> 
<p>16 Pancake Tuesday Breakfast 9:30 - 11:00 Healthy Homemade Pancakes Donations appreciated</p> <p>Friend in Need 1:30 – 3:00 Alzheimer Society please register</p> <p>Crafts, Coffee and Chat 1:30 – 3:00</p> <p>Plants for Life 1:30 – 3:00 Donations appreciated *See back for details</p>	<p>17 Health and Nutrition 10:00 – 11:30 Baked Potato Soup Donations appreciated</p> <p>Virtual Room and Cards 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p> <p>Mardi Gras Celebration 1:00 – 3:00 Mardi Gras masks, noise makers and snacks</p>	<p>18 <u>Heart & Stroke Awareness Day</u> </p> <p>Speaker: Dr. Stephen Maltais Stroke Information Session 10:30 – 11:30</p> <p> Sit-to-be-Fit Demonstration</p> <p>Lunch "Heart Healthy" *Recommended \$5.00 Donation*</p> <p>Speaker: Jan Heron, Heart and Stroke Foundation "The many ways to put your heart into it." 1:00 – 2:00</p>
<p>23 Tim Horton's Social 10:30 – 11:30 *See back for details</p> 	<p>24 Health and Nutrition 10:00 – 11:30 Broccoli and Walnut Noodles Donations appreciated</p> <p>Virtual Room and Cards 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p> <p>Craft Corner 1:00 – 3:00 No Sew Pillows</p>	<p>25 Speaker: Cynthia Harrison 1:00 – 2:00 Lifestyle Choices for Optimum Health. (Benefits of Aromatherapy)</p> 

February is Heart and Stroke Month

Did you Know....Every 7 minutes in Canada,
someone dies from heart disease or stroke.

Join us on **February 18th** for a day devoted to **Heart & Stroke Awareness
and Prevention.** Hosted by the Haldimand Stroke Recovery Group

Upcoming Events

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

***Sit to be Fit:** HAC offers a Sit to be Fit class Monday afternoons from 1:30 pm to 2:15 pm. The chair exercises consist of routines to 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.

***Avery's Diner:** Join us for lunch at Avery's Diner in Caledonia, 127 Argyle Street South, on February 2nd at 12:30. There is a variety of soup and sandwich choices as well as the all-day breakfast option. Average cost is approximately \$10.00. Please register by January 29th.

*** Lifestyle Choices for Optimum Health:** This series will encourage and empower you to bring the spa to your own home. Learn how to take time for yourself, to nurture, de-stress and relax. February's topics will include massage therapy and aromatherapy. Sessions will take place on February 4th and February 25th from 1:00 – 2:00.

***Pilates Workshop:** Sue Morrit will be coming to the HAC to run a pilates workshop on February 9th, from 10:30-11:30. Sue has adapted her pilates workshop to meet the needs of all participants including seniors. Call the HAC 905-768-4488 for more information. Registration is not mandatory but appreciated.

***Plants for Life:** Bring a little of the garden indoors and enjoy the benefits of plants and flowers. These workshops will allow you to learn new skills using the theme of gardening. Bring along your green thumb and plan to enjoy a breath of "green" air. Donations are appreciated. Workshops will take place on February 9th from 10:00 – 12:00 and February 16th from 1:30 – 3:00.

***Tales of the Soul Poetry:** Stacey Laforme writes and recites his own poetry. Come and join the HAC on February 11th at 11:00 to share his love of poetry.

***Breakfast Club for Men:** 2nd Thursday of each month. Open to all men to socialize and enjoy a homemade breakfast. Donations appreciated.

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

***Tim Horton's Social:** What better way to spend the afternoon than with friends and coffee? On February 23rd, meet at the HAC for 10:00 or at the Tim Horton's in Hagersville for 10:30.



**Brand
New**

Do you want to add some zest to your life?

The HAC is offering a hands-on gardening workshop and lifestyle lecture series. These programs are designed to empower you on your quest to optimum health.

WHEN:

Tuesday February 9th and 16th – Hands-on workshop focused on plants and their benefits.
Thursday February 4th and 25th – Lecture series on how to bring the spa to your home.



Haldimand Abilities Centre - 905-768-4488



Partnership with:



Hagersville United Church



Alzheimer Society
HALDIMAND - NORFOLK



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