







# February 2012

Contact 905-768-4488 for Program Information

42 Main Street South, Hagersville

**(Transportation provided by the HAC van is limited – register early)**

TUESDAY	WEDNESDAY	THURSDAY
<p><b>February is:</b></p> <p><b>Heart &amp; Stroke Awareness Month</b></p>	<p><b>1</b> Sit To Be Fit 9:30 – 10:15</p> <p><b>A Way of Cooking...for One</b> 10:30 – 12:00- <u>Limited Space</u> "Heart Healthy Snacks" <b>Week 1:</b> Stuffed Spinning Tomato Tops *see back for details</p> <p><b>Craft Corner: Valentine's Gift and Card</b> *Please register by Jan 26<sup>th</sup>. \$1 donation is appreciated <b>Card Club</b> 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p><b>2</b> Line Dancing with Sandra Allan 10:30 – 11:30</p>  <p><b>Speaker: Chrissy Hannah, Low Vision Specialist</b> "Age Related Eye Conditions- Symptoms and Solutions" 1:30 – 2:30</p>
<p><b>7</b> Yoga for Wellness 10:00 – 11:00 - please register *A \$3 donation is appreciated. See back for details</p>  <p>By the Drop Social 10:00 – 11:00 * Choose from a selection of coffees and other beverages at the By the Drop Coffee House, 307 Argyle Street, South in Caledonia.</p>	<p><b>8</b> Sit To Be Fit 9:30 – 10:15</p> <p><b>A Way of Cooking...for One</b> 10:30 – 12:00- <u>Limited Space</u> <b>Week 2:</b> Sweet Potato Chips and Dip</p> <p><b>Craft Corner: Kisses Bouquet</b> *Please register by Feb 2<sup>nd</sup>. \$1 donation is appreciated <b>Card Club</b> Easy Living 1:00 – 3:00 *see back for details</p> <p>Talking Book Club 1:30 – 3:00</p>	<p><b>9</b> Breakfast Club for Men 10:00 – 11:00 - please register Donations appreciated * see back for details</p> <p><b>Speaker: Dr. Stephen Maltais, ND</b> "Simple and Natural Approaches to Reversing Heart Disease" 1:30 – 2:30</p> <p>Warm-Up Haldimand 1:30 – 4:00 *see back for details</p> <p>Cancer Peer Support Group 7:00 p.m. – 8:30 p.m.</p>
<p><b>14</b> Yoga for Wellness 10:00 – 11:00 - please register *A \$3 donation is appreciated</p> <p><b>Men's Support Group &amp; Breakfast</b> 10:00 – 12:00- please register Alzheimer Society</p> <p><b>Cinnamon Heart Social</b> 1:30 – 2:30 *see back for details. Please register</p> 	<p><b>15</b> Sit To Be Fit 9:30 – 10:15</p> <p><b>A Way of Cooking...for One</b> 10:30 – 12:00- <u>Limited Space</u> <b>Week 3:</b> Fruit-a-licious Dip</p> <p><b>Craft Corner: Single Cupcake Stand</b> *Please register by Feb 9<sup>th</sup>. \$1 donation appreciated <b>Card Club</b> 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p><b>16</b> <b>Ladies Brunch</b> 10:00 – 11:00- please register *see back for details. Donations are appreciated</p>  <p><b>Tracy Gibbs, Photographer</b> "Learn the Basics of a Digital Camera" 1:30 – 2:30</p>
<p><b>21</b> Yoga for Wellness 10:00 – 11:00 - please register *A \$3 donation is appreciated</p> <p>Life After a Brain Injury: Peer to Peer Support Series 1:30 – 2:30 *see back for details</p> <p><b>Friend in Need</b> 1:30 – 3:00- please register Alzheimer Society</p> <p><b>Creative Side- Limited Space</b> "Jewelry" *see back for details 5:00 p.m. – 7:00 p.m.</p>	<p><b>22</b> Sit To Be Fit 9:30 – 10:15</p> <p><b>A Way of Cooking...for One</b> 10:30 – 12:00- <u>Limited Space</u> <b>Week 4:</b> Goat Cheese Mint Bean Spread and Vegetables</p> <p><b>Craft Corner: Table Coasters</b> *Please register by Feb 16<sup>th</sup>. \$1 donation is appreciated <b>Card Club</b> 1:00 – 3:00</p> <p>Talking Book Club 1:30 – 3:00</p>	<p><b>23</b> Pancake Brunch 10:30 – 11:30 * <b>Don't miss out on your "Pancake Tuesday" meal!</b> Enjoy the delicious taste of pancakes and syrup. Donations are appreciated</p>  <p><b>Speaker: Mark Foster, Haldimand County OPP</b> "Senior and Adult Fraud" 1:30 – 2:30</p>
<p><b>28</b> Shelly's Family Dining 10:00 – 11:30 *see back for details</p>  <p><b>Minute to Win It!</b> 1:30 – 2:30 *see back for details</p>	<p><b>29</b> <b>Craft Corner: Floral Arrangements</b> *Please register by Feb 23<sup>rd</sup>. \$1 donation is appreciated <b>Card Club</b> 1:00 – 3:00</p>	<p style="background-color: red; color: white; text-align: center;">[Empty Cell]</p>

## Upcoming Events

If transportation is required please register early.

**\*Sit to be Fit:** Monday afternoons from 1:30 p.m. to 2:15 p.m. and Wednesday mornings from 9:30 a.m. to 10:15 a.m. at the Hagersville United Church. Chair exercises consist of routines that work the upper and lower body and can also be modified for those participants that have osteoporosis or other physical concerns. Call Sherri at 905-768-4488 for more information.

**\*Cooking for One:** This month is Heart and Stroke Awareness month. Learn how to cook snacks that are good for your heart health. Recipes will be available to take home.

**\*Yoga for Wellness:** Drawing on the 2000 year old tradition of authentic Yoga practices, the group will focus on gentle poses and relaxation techniques that benefit the immune and digestive system. Breathing practices (pranayama) and short meditation are part of each class. Join a certified yoga instructor at the HAC for the remaining 3 weeks of this series. Bring your Yoga mat. Donations are appreciated and registration is preferred.

**\*Easy Living:** Each month CNIB features two products that could help make your life a little easier. On February 8<sup>th</sup> specialists from CNIB will be available to answer your questions.

**\*Breakfast Club for Men:** Open to all men to socialize and enjoy a homemade breakfast. Takes place the 2<sup>nd</sup> Thursday of each month. Donations appreciated. 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!

**\*Cinnamon Heart Social:** Celebrate Valentine's Day with HAC staff and other participants! Tasty treats and fun activities will be provided. Registration is preferred.

**\*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 February 16<sup>th</sup>. Donations appreciated. Registration is preferred.

**\*Life After a Brain Injury:** Living with an acquired brain injury can be a day to day challenge. What better way to have a support network than with your peers who are experiencing similar challenges! The group will meet on the 3<sup>rd</sup> Tuesday of every month. Light snacks will be provided.

**\*Creative Side: Don't have time during the day to capture your creative side?!** Join us for an evening of jewelry making. Limit of 10 spots available. Donations appreciated.

**\*Shelly's Dining:** Indulge in a home cooked meal at 1192 Kohler Road in Kohler. Approximate cost of brunch will be \$8.00 including beverage. The cost will depend on the ordered meal.

**\*Minute to Win It:** Challenge yourself while having fun! Participants will be given approximately 60 seconds to complete a challenge using items found around the house.

### Speakers:

**Chrissy Hannah:** Chrissy will discuss how one million people living in Canada have some form of Age-Related Macular Degeneration (AMD), the leading cause of vision loss in Canada. AMD is a progressive condition that attacks central vision and with an aging population. There is information available about preventing AMD, and living a satisfying life even if you have the disease.

**Dr. Maltais:** Dr. Maltais' presentation will be promoting Heart and Stroke Awareness Month. This presentation will include information on heart disease and stroke. Subjects include reducing blood pressure and cholesterol as well as strategies to encourage exercise and reduce stress.

**\*Tracy Gibbs:** Are you unsure on how to use your digital camera? Tracy will be presenting on the basics of how a digital camera works, how to take a good picture and have fun with it! Time for specific questions will also be available. Feel free to bring your camera!

**Mark Foster:** Mark Foster, Community Services Officer with Haldimand County OPP, will discuss senior/adult fraud. Subject matter includes the latest techniques criminals are using to defraud people of their money and their identity. Tips will be offered to prevent becoming a victim.

## Learning the Basics of a Digital Camera

Join **Tracy Gibbs** on **February 16<sup>th</sup> from 1:30 – 2:30** to learn the basics about your digital camera! Tracy will demonstrate how to take a good picture and have fun! Feel free to bring your camera and ask Tracy questions.



This session will be helpful for the upcoming **Community Photo Phrase**. Stay tuned!

Partnership with:

Hagersville United Church



Alzheimer Society  
HALDIMAND - NORFOLK

