



Tuesday	Wednesday	Thursday
<p>3 10:30-12:00 Canvas and Mocktails 12:30-1:30 Just Dance  1:30-3:00 Canada Day Bingo and Coke Floats </p>	<p>4 9:30-10:30 Sit to be Fit- no van for this program 10:30-11:00 Talking Book Club 11:00-12:30 Cooking Summer Fresh Foods 1:00-2:30 Garden Corner Focus: Garden Art 1:00-2:30 Games Room- POP Quiz!</p>	<p>5 10:00-11:00 Garden Tea Social  11:15-12:30 Surviving Stroke Speaker: Kristen Cook 1:00-2:30 Brain Fit and More</p>
<p>10 10:30-12:00 Canvas and Mocktails 12:30-1:30 Community Walk  1:30-3:00 Yahtzee and Yogurt Parfaits</p>	<p>11 9:30-10:30 Sit to be Fit- no van for this program 10:30-11:00 Talking Book Club 11:00-12:30 Cooking Summer Fresh Foods 1:00-2:30 Garden Corner Focus: Wind Chimes 1:00-2:30 Games Room- Pictionary</p>	<p>12 10:00-12:30 Fishing and Ice-cream in Port Dover  1:00-3:00 Warm-Up Haldimand 1:00-2:30 Brain Fit and More</p>
<p>17 10:30-12:00 Canvas and Mocktails 12:30-1:30 Just Dance  2:00-3:00 Life After a Brain Injury Peer Support Group</p>	<p>18 9:30-10:30 Sit to be Fit- no van for this program 10:30-11:00 Talking Book Club 11:00-12:30 Cooking Summer Fresh Foods 1:00-2:30 Garden Corner Focus: Herbs Part 2 1:00-2:30 Games Room- TV Flash Back!</p>	<p>19 10:00-11:00 HAC Brunch 11:15-12:30 Canadian Travelogue and Cold Treats 12:30 - 1:30 Vision Support Group 1:00-2:30 Brain Fit and More</p>
<p>24 10:30-12:00 Canvas and Mocktails 12:30-1:30 Community Walk  1:30-3:00 Bocce Ball and Banana Splits</p>	<p>25 9:30-10:30 Sit to be Fit- no van for this program 11:00-2:30 HAC Picnic, Scavenger Hunt and Games at the Hagersville Park</p>	<p>26 10:00-11:15 Vintage Home Decor 11:15-12:30 Dealing with Adversity: Coping Skills and Strategies Speaker: Susan Roach 1:00-2:30 Music and Memories</p>
<p>31 10:30-12:00 Canvas and Mocktails  12:30-1:30 Just Dance 1:30-3:00 Toss It Challenge and Popsicles</p>	<p>Check out the other side of this page for all program descriptions.</p>	

***Brain Fit and More:** Using trivia, word games and mind exercises participants have the opportunity to engage in brain stimulating activities.

***Canvas and Mocktails:** Paint your own masterpiece with the help of step by step instructions to guide you. A \$3 donation is appreciated.

***Cooking:** Recipes for this month will feature foods that are summer fresh. Participants have the opportunity to watch, participate and sample.

***Community Walk:** Summer is a great time to get outside and get moving. Meet up with HAC staff and other walkers and enjoying moving together.

***Fishing and Ice Cream in Port Dover:** Meet at the pier in Port Dover to enjoy an afternoon of fishing followed by ice cream. Ice cream location will be determined on site.

***Games Room:** Working as a group, all participants gather in the parlour to play the game of the week. Come and enjoy the opportunity to have fun with friends while stimulating the brain in challenging and exciting games.

***Garden Corner:** Each week, based on the area of focus a variety of techniques and mediums will be used to create something for your garden.

***Garden Tea Party:** Start the summer off with a variety of teas and light snacks. Feel free to wear your best tea party attire and be ready to have a good time!

***HAC Picnic and Scavenger Hunt:** Meet at the Hagersville Park located at 13 Laidlaw St for a delicious picnic, scavenger hunt and games for all ages to enjoy. This is an intergenerational program, youth are welcome to attend.

***Home Décor:** Create stylish décor that can be personalized for your home or given as a gift in this easy step by step program. This month's project will feature a piece that will look vintage. (**Please register,**

limited materials)

***Just Dance:** Move and groove to upbeat music on this video dance party!

***Life After a Brain Injury: Peer to Peer Support Group:** Meet on the 3rd Tuesday of every month to provide support and networking with peers who are experiencing similar challenges.

***Music and Memories:** Join us on the last Thursday of each month as we explore the power of music. Join us as we share stories and reminisce.

***Talking Book Club:** Is reading a challenge? Join us Wednesday mornings for an audio book and discussion.

***Warm Up Haldimand:** Knitters and crocheters gather to make a variety of items to donate to agencies in the community. Yarn is provided.

***Vision Support Group:** This group meets on the 3rd Thursday of each month, to provide support for those living with any form of vision loss.

Speakers Thursdays at 11:15AM. All are welcome.

Kristen Cook: Kristen Cook will be sharing her story of recovery and how it affects loved ones and caregivers. She will discuss the signs and symptoms and provide resources for moving forward.

Susan Roach (Community Addiction and Mental Health): No one can escape the waves of life and dealing with adversity is a skill we must learn to prosper. At some point, we all must face an overwhelming loss, some more than others. What do you do when things cannot go back to the way they were before? Susan will be speaking about different ways to cope with the difficulties of life that come along with mental health.