

e-Programs

Questions?

Contact Sheila O'Connell, Manager of Day Program
Sheila.Oconnell@hhcenter.org

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Music through the Eras

Come and join us as we dance through the decades! Each week we will listen to your favorite songs as we learn how each decade of music made an impression on the world! (1 hour)

Virtual Outing

Let's explore the community together from the comfort of your home! (1 hour)

Trivia

Trivia Time! Questions will be asked about different subjects. Pick an answer and see if you're right! Let's have some fun and see how much we know. (1 hour)

Piano Concert

Join the HHC Community as Jacob shares his musical talent with a piano concert for us all! (1 hour)

Let's Take a Breather!

Sit back, relax and let's push away the stress. You are sure to smile more and frown less. Join us for an hour of relaxation and fun! (1 hour)

Safety Frist

In Safety First we will focus on how to keep ourselves and others safe! We will play games, have discussions, and watch fun videos all about safety. (1 hour)

Cooking

Come explore the foodie in you! We will be making new dishes each week. From savory treats to yummy home cooked meals and everything in between! (1 hour)

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Coffee Club

Grab a coffee or your favorite beverage and let's share our favorite stories from the week!
(1 hour)

Fun with Science

Put your lab coats on, because we are about to imagine, invent and inspire ourselves! Each week we will create a new science experiment! You can join in at home and create along with us or you can sit back and watch the fun! (1 hour)

Cooking

Come explore the foodie in you! We will be making new dishes each week. From savory treats to yummy home cooked meals and everything in between! (1 hour)

Name that Tune

Do you like TV shows? Do you like Movies? Well, then this group is for you! Let's test our knowledge while we hear 15 seconds of a song and guess what TV show or movie it's from! (1 hour)

Hustle for the Muscle

Each week staff will guide you in walking, stretching and strength training exercises. Whether you want to add more movement in your life or you want to train for a 5K, this group is for you! (1 hour)

Arts and Crafts

Join Diane as she guides you through the creative process. Also available as an independent Activity at HAND. (1 hour)