

Monday	Tuesday	Wednesday	Thursday	Friday
2 Civic Holiday No Classes Aug. 1st - FRIENDSHIP DAY -LUNG CANCER AWARENESS DAY	3 Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30-12:30 \$5.00 or donation Book Club/Games 12:30-1:30 Free	4 Walking Club 9:00 - 10:00 am Yoga 10:30 -11:45 am FoodFit Alumni 3:00– 4:00 CHOCOLATE CHIP COOKIE DAY!	5 Chair Cardio 9:30– 10:15 am	6 Bingo 10:00 - 11:00 am On Zoom Free! 
9 Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am	10 Chair Cardio 9:30-10:15 am Medicine Shoppe Speaker 3:00 - 4:00 pm Free! On Zoom Grab & Go Lunch 11:30-12:30 \$5 or donation Wind chime 12:30-1:30 \$2.00	11 Yoga 10:30 -11:45 am Knitting Group 9:00 - 10:00 (outdoor at the Centre)	12 Chair Cardio 9:30– 10:15 am INTERNATIONAL YOUTH DAY	13 FOODFIT 1:00 - 3:00 pm Week 1 -Free!
16 Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am TELL A JOKE DAY!	17 Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30-12:30 \$5 or donation Cards/Games 12:30-1:30 Free	18 Walking Club 9:00 - 10:00 am (Meet at the Park-green pavilion) Yoga 10:30 -11:45 am Evening at CYPRES 55+ 5:30 - 7:00 pm \$10.00	19 Chair Cardio 9:30-10:15 am WORLD HUMANITARIAN DAY	20 Bingo 10:00 - 11:00 am On Zoom Free!  FOODFIT 1:00 - 3:00 pm Week 2 - Free!
23 Chair Cardio CANCELLED Yoga 10:30-11:45 am	24 Chair Cardio CANCELLED Grab & Go Lunch 11:30-12:30 \$5 or donation Rock Painting 12:30-1:30 \$2.00	25 Yoga 10:30 -11:45 am	26 Chair Cardio CANCELLED WOMANS EQUALITY DAY	27 FoodFit –cancelled today
30 Chair Cardio with Sara 9:30 Yoga 10:30-11:45 am	31 Chair Cardio CANCELLED Grab & Go Lunch 11:30-12:30 \$5 or donation Guess the Landmark 12:30-1:30		<div> AUGUST Happy Birthday Wishes Susan Horning - Aug 1st Vanessa Vanderspek - Aug 6th Lydia Comishen Aug 12th William Berendt Aug 24th Sara Reesor - Aug 29th  </div>	

Health & Wellness

CHAIR CARDIO & TONE on ZOOM

Chair class focuses on cardio, balance, & flexibility.



Monday, Tuesday & Thursday
On ZOOM 9:30 to 10:15 am



HATHA YOGA on ZOOM

Stretching, breathing & meditation techniques to increase body awareness.

Monday & Wednesday
On ZOOM 10:30 to 11:45am

Walking/Poling Club

Meet at the Park

(Green Roof Pavilion Caledonia River)
Bring your own poles or poles provided

August 4th & 18th 9:00 - 10:00 am

[Pre-registration required \(Limited Spots\)](#)



FOODFIT on Zoom

Free! 6-Week Program

Groceries & Cookbook Provided!

Improve your cooking skills, learn new recipes, become more active and share healthy meals with new friends.

Fridays from 1:00 - 3:00 pm

Begins August 13th

[Pre-registration is required.](#)

GUEST SPEAKER SERIES on ZOOM

August 10th from 3:00 - 4:00 pm

Jeff Coolen - Medicine Shoppe Caledonia

[Pre-registration is required.](#)

Free!

Recreation

COMMUNITY CAFE

TASTY TUESDAYS are Back!!

Grab & Go Lunch

Tuesdays 11:30 am - 12:30 pm

\$5.00 or Donation

[Pre-registration required by Monday 12:00 pm](#)

Paula at 905-765-4408 ext. 241

BINGO on Zoom



Bingo cards will be emailed to you or available for pick up at CYPRES 55+

Friday August 6 & 20 10:00 - 11:00 am

Free!

[Pre-registration is required.](#)

Knitting or Craft Group

Bring your own work to sit outside and chat with friends (outside at the Centre)

August 11 from 9:00—11:00 am

EVENING at CYPRES 55+

Join us for music and fun with friends

Chinese Food and Drink Provided

Outdoor Event at CYPRES 55+

August 18 from 5:30 pm - 7:00 PM

\$10.00 per person

[Pre-registration is required](#)

IN-PERSON OUTDOOR FUN!

Tuesdays from 12:30 to 1:30 pm

Outdoors at CYPRES 55+

August 3rd - Book Club/Games Free

August 10th - Paint Wind chimes \$2.00

August 17th - Cards/Games Free

August 24th - Rock painting \$2.00

August 31st - Guess the Landmark Free

[Pre-registration is required](#)

About Us

CYPRES 55+ PROGRAM

Our drop in Centre is a place where seasoned adults come together to improve their overall health and well-being through friendship, activities and education.

For Information or to Register

Contact Sara Reesor

CYPRES 55+ Program Coordinator

905-765-4408 Ext. 227

sreesor@cschn.org

Contest!! Due August 31st

Guess the Riddle

What has 4 letters, sometimes has 9 letters, but never has 5 letters?

1st name drawn from entries will win a \$10.00 Tim Horton's card!

Annual Membership Waived Until Sept. 2021

The CYPRES Program is provided by:



ACTIVITIES CALENDAR

August 2021



Important Notice

- The safety of every participant is our top priority
- Registration is mandatory for all in-person programs-no drop-in
- Covid 19 safety screening and procedures are in place
- Registered participants will be notified if there is a need to cancel.

