Monday	Tuesday	Wednesday	Thursday	Friday
Civic Holiday No Classes Aug. 1st - Friendship Day -Lung Cancer Awareness Day	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	Bingo 10:00 - 11:00 am On Zoom Free!
9 Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am	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	Yoga 10:30 -11:45 am Knitting Group 9:00 - 10:00 (outdoor at the Centre)	Chair Cardio 9:30– 10:15 am INTERNATIONAL YOUTH DAY	FOODFIT 1:00 - 3:00 pm Week 1 -Free!
16	17	18	19	20
Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am TELL A JOKE DAY!	Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30-12;30 \$5 or donation Cards/Games 12:30-1:30 Free	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	Chair Cardio 9:30-10:15 am WORLD HUMANITARIAN DAY	Bingo 10:00 - 11:00 am On Zoom Free! FOODFIT 1:00 - 3:00 pm Week 2 - Free!
23	24	25	26	27
Chair Cardio CANCELLED Yoga 10:30-11:45 am	Chair Cardio CANCELLED Grab & Go Lunch 11:30-12:30 \$5 or donation Rock Painting 12:30-1:30 \$2.00	Yoga 10:30 -11:45 am	Chair Cardio CANCELLED WOMANS EQUALITY DAY	FoodFit –cancelled today
Chair Cardio with Sara 9:30 Yoga 10:30-11:45 am	Chair Cardio CANCELLED Grab & Go Lunch 11:30-12:30 \$5 or donation Guess the Landmark 12:30-1:30		AUGUST Happy Susan Horning - Aug 1st Vanessa Vanderspek - Aug 6th Lydia Comishen Aug 12th William Berendt Aug 24th Sara Reesor - Aug 29th	Birthday Wishes

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

<u>Pre-registration is required.</u>

Free!

Recreation COMMUNITY CAFE

TASTY TUESDAYS are Back!!

Grab & Go Lunch

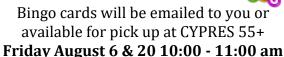
Tuesdays 11:30 am - 12:30 pm

\$5.00 or Donation

Pre-registration required by Monday 12:00 pm

Paula at 905-765-4408 ext. 241

BINGO on Zoom Que



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.

