

## Health & Wellness



### Chair Cardio & Tone on Zoom

Chair class focuses on cardio, balance, & flexibility.

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

### Hatha Yoga on Zoom

Stretching, breathing & meditation techniques to increase body awareness.

**Monday & Wednesday 10:30 to 11:45am**

### Community Café

#### Grab & Go Lunch

**Tuesdays 11:30am-12:30pm**

Cost \$5.00 or Donation

Paula at 905-765-4408 ext. 241

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

### Foodfit Alumni

Graduates of the Foodfit Program can come to the centre to learn a new recipe, share a meal, and talk about nutrition!

**January 20th 1:00-3:00pm**

[Pre-registration required](#)

### Nutrition Workshop

Learn about the importance of bone health, learn some calcium-rich recipes, and share a meal together at the Centre. Lead by Tanvir.

Cost \$6

**January 14th 1:00-3:00pm**

[Pre-registration required](#)

## Recreation

### High Tea

Enjoy baked treats and an assortment of tea at the Centre.

Cost \$5

**Wednesday 13th 11:00-12:00**

[Pre-registration required](#)

### Backyard Birds Workshop

We are joined by a member of Hobbitstee Wildlife Refuge in Jarvis to talk about Backyard Birds. Refreshments provided.

Cost: \$2 donation and optional \$2 for refreshments

**Thursday 27th 1:00-2:00pm**

[Pre-registration required](#)

### Stained Glass Workshop

Create a lovely stained glass heart lead by local artist Ingrid Zyma-Irvin.

Cost \$ 10

**Friday 21st 1:00-3:00pm**

[Pre-registration required](#)

### Cards and Darts on Mondays

Come by the Centre **12:30-2:30** to play your favorite card games and darts! Refreshments provided.

Cost \$2

[Pre-registration required](#)

### Bingo on Zoom on Fridays

Join us for Bingo from **10:00-11:00**. Cards will be emailed to you or available for pick up at the Centre.

[Pre-registration required](#)

### Knitting or Craft Group on Wednesdays

Bring your own work and chat with friends at **1:00-3:00**. Refreshments provided.

Cost \$2 or by donation

[Pre-registration required](#)

## About Us

### CYPRES 55+ PROGRAM

Our 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**

Tanvir Jassal

CYPRES 55+ Program Coordinator

tjassal@CSCHN.org

905-765-4408 Ext. 227

[www.cschn.org](http://www.cschn.org)

### Memberships

**We have decided to not collect membership fees in the New Year. A detailed announcement can be found on our Facebook. <https://www.facebook.com/cypres55>**

The CYPRES Program is provided by:



## Activities



## Calendar



### \*\*Important Notice\*\*

The safety of every participant is our top priority. Registration is mandatory for all in person events no drop-ins. Covid-19 safety screening and proof of double vaccination and government ID is required for non-essential events. If you have any questions regarding our protocols please reach out. Registered participants will be notified if there is a need to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Cards and Darts 12:30-2:30pm <b>Cost \$2</b>	<b>4</b> Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30am-12:30pm <b>Cost \$5 or by donation</b> <b>National Spaghetti Day</b>	<b>5</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm <b>Cost \$2 or by donation</b>	<b>6</b> Chair Cardio 9:30-10:15 am <b>National Technology Day</b>	<b>7</b> Bingo 10:00-11:00am on Zoom! 
<b>10</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Cards and Darts 12:30-2:30pm <b>Cost \$2</b>	<b>11</b> Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30am-12:30pm <b>- Cost \$5 or by donation</b>	<b>12</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm <b>Cost \$2 or by donation</b>	<b>13</b> Chair Cardio 9:30-10:15 am <b>National Sticker Day</b> High Tea 11:00-12:00 <b>Cost \$5</b>	<b>14</b> Bingo 10:00-11:00am on Zoom!  Nutrition Workshop 1:00-3:00pm <b>Cost \$6</b>
<b>17</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Cards and Darts 12:30-2:30pm <b>Cost \$2</b> <b>Martin Luther King Jr. Day</b>	<b>18</b> Chair Cardio 9:30-10:15 Grab & Go Lunch 11:30am-12:30pm <b>- Cost \$5 or by donation</b>	<b>19</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm <b>Cost \$2 or by donation</b> <b>National Popcorn Day</b>	<b>20</b> Chair Cardio 9:30-10:15 am <b>Foodfit Alumni 1:00-3:00pm</b>	<b>21</b> Bingo 10:00-11:00am on Zoom!  Stained Glass Workshop 1:00pm-3:00pm <b>Cost \$10</b>
<b>24</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Cards and Darts 12:30-2:30pm <b>Cost \$2</b>	<b>25</b> Chair Cardio 9:30-10:15 am Grab & Go Lunch 11:30am-12:30pm <b>-Cost \$5 or by donation</b>	<b>26</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm <b>Cost \$2 or by donation</b>	<b>27</b> Chair Cardio 9:30-10:15 <b>Backyard Birds Workshop 1:00pm-2:00pm</b> <b>Cost \$2</b>	<b>28</b> Jeopardy 10:00-11:00am on Zoom!  <b>National Kazoo Day</b>
<b>31</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Cards and Darts 12:30-2:30pm <b>Cost \$2</b>	 <div style="display: flex; justify-content: space-between; padding: 10px;"> <div data-bbox="1188 1383 1715 1750"> <p>Marianne Lee Jan 4th            Maria Albanese Jan 23rd            Karen Davis Jan 22nd</p> </div> <div data-bbox="1724 1383 2229 1750"> <p>Maria Acciaccferro Jan 30th            Lorrie Gallimore Jan 30th            Wendy Macmillan Jan 30th</p> </div> <div data-bbox="2237 1383 2785 1750">  </div> </div>			