

## Health & Wellness

### Chair Cardio & Tone (Zoom)



Chair class focuses on cardio, balance, & flexibility.

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

### Hatha Yoga (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](#)

### Nutrition Workshop —Budget Bites (in-person or on Zoom)

March is Nutrition Month! Join us for a free cooking workshop where we will go over budget-friendly recipes. This workshop is offered virtually and in-person. For virtual participants, groceries will be available for pickup at the Centre.

**March 18th**

**1:00-2:30pm (in-person)**

**3:00-4:00 (virtual)**

[Pre-registration required](#)

### Foodfit Alumni (in-person)

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

**March 25th 1:00-3:00pm**

[Pre-registration required](#)

## Recreation

### Stained Glass (in-person)

Create a lovely stained glass piece lead by local artist Ingrid Zyma-Irvin at the Centre

Cost \$10

**March 11th 1:00-3:00pm**

[Pre-registration required](#)

### St Patrick's Day (in-person)

Celebrate St. Patrick's day at the Centre. Join us for activities and refreshments.. Don't forget to wear green!

Cost \$2

**March 17th 1:00-3:00pm**

[Pre-registration required](#)

### Rock Painting (in-person)

Come to the Centre to paint and decorate rocks. Rocks and supplies provided.

**March 24th 11:00-1:00pm**

Cost \$2

[Pre-registration required](#)

### Wine Collar Workshop (in-person)

Create a lovely decorative collar for a wine bottle, perfect for décor or gift giving at any occasion

Cost \$5

**March 31st 1:00-2:00 pm**

[Pre-registration required](#)

### Jeopardy or Crosswords on Mondays (Zoom)

Join us for Jeopardy and crosswords on Zoom from **12:00-1:00.**

### Knitting and Crochet on Wednesdays (in-person)

Show off your knitting and crochet progress and chat with friends at the Centre **1:00-3:00**

Cost \$1 or by donation

[Pre-registration required](#)

### Bingo on Fridays (Zoom)

Join us for Bingo from **10:00-11:00** on Zoom. Cards will be emailed or available for pickup

## 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

### 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mary Jo Panetta March 12 Sandra Salerno March 19</p> 	<p><b>1</b> Chair Cardio 9:30-10:15 am Grab &amp; Go Lunch 11:30am-12:30pm Cost \$5 or by donation <b>Mardi Gras</b></p>	<p><b>2</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm Cost \$1 or by donation</p>	<p><b>3</b> Chair Cardio 9:30-10:15 am</p>	<p><b>4</b> Bingo 10:00-11:00am on Zoom!  <b>National Employee Appreciation Day</b></p>
<p><b>7</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Jeopardy on Zoom 12:00-1:00 <b>National Cereal Day</b></p>	<p><b>8</b> Chair Cardio 9:30-10:15 am Grab &amp; Go Lunch 11:30am-12:30pm - Cost \$5 or by donation <b>International Women's Day</b></p>	<p><b>9</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm Cost \$1 or by donation</p>	<p><b>10</b> Chair Cardio 9:30-10:15 am <b>World Kidney Day</b></p>	<p><b>11</b> Bingo 10:00-11:00am on Zoom!  Stained Glass 1:00-3:00pm Cost \$10</p>
<p><b>14</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Crosswords on Zoom 12:00-1:00 <b>National Pi Day</b></p>	<p><b>15</b> Chair Cardio 9:30-10:15 Grab &amp; Go Lunch 11:30am-12:30pm - Cost \$5 or by donation</p>	<p><b>16</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm Cost \$1 or by donation</p>	<p><b>17</b> Chair Cardio 9:30-10:15 am St Patrick's Day Party 1:00-3:00pm Cost \$2</p>	<p><b>18</b> Bingo 10:00-11:00am on Zoom!  Nutrition Workshop 1:00-3:00pm</p>
<p><b>21</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Jeopardy on Zoom 12:00-1:00 <b>World Down Syndrome Day</b></p>	<p><b>22</b> Chair Cardio 9:30-10:15 am Grab &amp; Go Lunch 11:30am-12:30pm -Cost \$5 or by donation</p>	<p><b>23</b> Yoga 10:30-11:45 am Knitting/Craft Group 1:00-3:00pm Cost \$1 or by donation</p>	<p><b>24</b> Chair Cardio 9:30-10:15 Rock Painting 11:00-1:00pm Cost \$2</p>	<p><b>25</b> Bingo 10:00-11:00am on Zoom!  Foodfit Alumni 1:00-3:00</p>
<p><b>28</b> Chair Cardio 9:30-10:15 am Yoga 10:30-11:45 am Crosswords on Zoom 12:00-1:00</p>	<p><b>29</b> Chair Cardio 9:30-10:15 am Grab &amp; Go Lunch 11:30am-12:30pm -Cost \$5 or by donation</p>	<p><b>30</b> Knitting/Craft Group 1:00-3:00pm Cost \$1 or by donation <b>Manatee Appreciation Day</b></p>	<p><b>31</b> Chair Cardio 9:30-10:15 Wine Collar Workshop 1:00-2:00pm Cost \$5</p>	 <p><b>MARCH IS NATIONAL NUTRITION MONTH</b> Celebrate with These Healthier Lifestyle Tips</p>