Health & Wellness

CARDIO FIT

Previously known as Cardio & Tone focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise. **Tuesdays & Thursdays @ 9:30-10:15**

HATHA YOGA

Hatha Yoga consists of stretching, breathing, and meditation techniques to increase body awareness and positive selfimage. **Tuesdays & Thursdays @ 10:30-11:45**

STRETCH & STABILITY

Time to work on your balance. Join Krystal at the Kinsmen Park to get your stretch on and build up your balance. Thursdays @ 1:00-1:45 FREE

Pre-registration required

STRETCH & STABILITY

Dive in and bring your friends for their evening AquaFit class in the Caledonia Lions Pool. Mondays @ 7:30-8:15 FREE for Haldimand Residents



Grab & Go Lunch Tuesdays @ 11:30-12:30 Cost \$5.00 or Donation Paula at 905-765-4408 ext. 241 Pre-registration required by Monday 12:00pm

Recreation

LUNCH & CARDS

Bring your grab and go lunch and play cards with friends. **Tuesdays @ 12:00-2:00**

KNITTING & CROCHET

Show off your knitting and crochet progress and chat with friends at the Centre. Wednesdays @ 1:00-3:00 FREE

BINGO (Zoom)

Join us for some bingo fun. Cards will be emailed or available for pickup. Fridays @ 10:00-11:00 FREE

BIRTHDAY PARTY

Aloha!!! Come join us for a Hawaiian themed party and where you can indulge in some snacks and wonderful entertainment from Don Stewart. Tuesday, Aug. 16th @ 12:30 Cost \$2.00 Pre-registration required by Fri. Aug. 25th DINNER & BINGO

Let's get together for a delicious dinner and in-person bingo. Wed. Aug. 31st @ 5:00 Cost: TBD Pre-registration required by Monday, Aug. 29th

Workshops WALKING GROUP

Let's get moving. A walking group will meet at Seneca Park. There will be a beginner and moderate distance. You choose which is best for you. Walking poles will be provided for \$2 for those who need them. Wednesdays @ 6:30pm

SPANISH 101 with AURA

Get your Spanish on!! Sign up for this beginner Spanish workshop and learn a fun new language. Friday, Aug. 26th @ 1:00-2:00 FREE Pre-registration required by Thurs. Aug. <u>26th</u>

About us

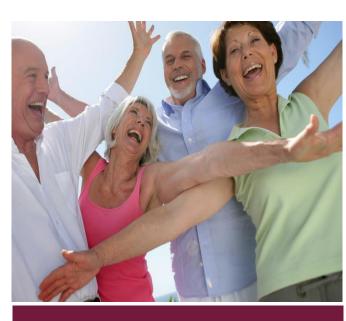
CYPRES 55+

Our drop-in Centre is a friendly club. Our Centre is a place for older adults to improve their health and social wellbeing.

For more information:

Aura Rempel Program Coordinator (905) 765-4408 arempel@cschn.org www.cschn.org

Activities Calendar











Monday	Tuesday	Wednesday		Thursday	Friday	
1	2	3	v	4	5	V
Civic Holiday	9:30-10:15 Cardio Fit	1:00-3:00	Knitting/Crochet	9:30-10:15 Cardio Fit	10:00-11:00	Bingo 🔊
	10:30-11:45 Yoga	6:30	Walking Group	10:30-11:45 Yoga		
	11:30-12:30 Grab & Go Lunch		(evening)	1:00-2:00 Stretch & Stability		
8	12:00-2:00 Cards 9	10		11	12	
	9:30-10:15 Cardio Fit	10		**	12	
1:00-3:00 Cards	10:30-11:45 Yoga	1:00-3:00	Knitting/Crochet	9:30-10:15 Cardio Fit	10:00-11:00	Bingo 🔊
7:30-8:15 Aqua Fit (evening)	11:30-12:30 Grab & Go Lunch	6:30	Walking Group	10:30-11:45 Yoga		
	12:00-2:00 Cards		(evening)	1:00-2:00 Stretch & Stability		
15	16	17		18	19	
1:00-3:00 Cards	9:30-10:15 Cardio Fit	1:00-3:00	Knitting/Crochet	9:30-10:15 Cardio Fit	10:00-11:00	Bingo 🔊
	10:30-11:45 Yoga				10:00-11:00	biligo 🐠
7:30-8:15 Aqua Fit (evening)	11:30-12:30 Grab & Go Lunch	6:30	Walking Group (evening)	10:30-11:45 Yoga		
	12:30-2:00 BIRTHDAY PARTY			1:00-2:00 Stretch & Stability		
22	23	24		25	26	
1:00-3:00 Cards	9:30-10:15 Cardio Fit	1:00-3:00	Knitting/Crochet	9:30-10:15 Cardio Fit	10:00-11:00	Bingo 🔊
	10:30-11:45 Yoga	6:30PM	Walking Group	PL = ****	10.00 11.00	Diligo 🐠
7:30-8:15 Aqua Fit (evening)	11:30-12:30 Grab & Go Lunch		(evening)	10:30-11:45 Yoga 12-2 Intergenerational Picnic Day	1:00-2:00	Spanish 101
	12:00-2:00 Cards					
29	30	31		Colour Lege		
1:00-3:00 Cards	9:30-10:15 Cardio Fit	1:00-3:00	Knitting/Crochet		Jac V	120
7:30-8:15 Aqua Fit (evening)	10:30-11:45 Yoga			Community Support Centre Dance Studio		2
	11:30-12:30 Grab & Go Lunch	5:00	Dinner & Bingo	Kinsmen Pa	William Berendt	
	12:00-2:00 Cards	1		Seneca Pa	25 414 0 0111011011	