

# 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 self-image.

**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. 26<sup>th</sup> @ 1:00-2:00**

**FREE**

[Pre-registration required by Thurs. Aug. 26th](#)

## 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 well-being.

### For more information:















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

# Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <i>Civic Holiday</i> 	<b>2</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:00-2:00 Cards	<b>3</b> 1:00-3:00 Knitting/Crochet 6:30 Walking Group (evening)	<b>4</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 1:00-2:00 Stretch & Stability	<b>5</b> 10:00-11:00 Bingo 
<b>8</b> 1:00-3:00 Cards 7:30-8:15 Aqua Fit (evening)	<b>9</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:00-2:00 Cards	<b>10</b> 1:00-3:00 Knitting/Crochet 6:30 Walking Group (evening)	<b>11</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 1:00-2:00 Stretch & Stability	<b>12</b> 10:00-11:00 Bingo 
<b>15</b> 1:00-3:00 Cards 7:30-8:15 Aqua Fit (evening)	<b>16</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch <b>12:30-2:00 BIRTHDAY PARTY</b> 	<b>17</b> 1:00-3:00 Knitting/Crochet 6:30 Walking Group (evening)	<b>18</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 1:00-2:00 Stretch & Stability	<b>19</b> 10:00-11:00 Bingo 
<b>22</b> 1:00-3:00 Cards 7:30-8:15 Aqua Fit (evening)	<b>23</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:00-2:00 Cards	<b>24</b> 1:00-3:00 Knitting/Crochet 6:30PM Walking Group (evening)	<b>25</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12-2 Intergenerational Picnic Day 	<b>26</b> 10:00-11:00 Bingo  <b>1:00-2:00 Spanish 101</b>
<b>29</b> 1:00-3:00 Cards 7:30-8:15 Aqua Fit (evening)	<b>30</b> 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:00-2:00 Cards	<b>31</b> 1:00-3:00 Knitting/Crochet 5:00 <b>Dinner &amp; Bingo</b>  	<b>Colour Legend</b>  <b>Community Support Centre</b>  <b>Dance Studio</b>  <b>Kinsmen Park</b>  <b>Seneca Park</b>	 <p>William Berendt Lydia Comishen Susan Horning Vanessa Vanderspek</p>