

Health & Wellness

CARDIO FIT

Previously known as Cardio & Tone focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise.

Tuesdays @ 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

TECH SAVVY w/ PHIL

Do you need a little help navigating the new world of technology? Join Phil, as he shows us the ins and outs of our electronic devices.

Tuesday, September 6th @ 1:00-2:00

Tuesday, September 22nd @ 1:00-2:00

FREE

[Pre-registration required by Friday,](#)

[September 2nd and](#)

[Friday, September 16th](#)



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

Class of 2023!

Come join us for a Back-to-School themed party and where you can indulge in some snacks and wonderful entertainment from

Don Stewart.

Tuesday, Sep. 13th @ 12:30

Cost \$2.00

[Pre-registration required by Fri. Sep.](#)

[9th](#)

DINNER & BINGO

Let's get together for a delicious dinner and in-person bingo.

Mon. Sep. 26th @ 5:00

Cost: \$7

[Pre-registration required by Friday,](#)

[Sep. 23rd](#)

Workshops

THE REAL SHERLOCK

An action-packed adventure, following young medical student Arther Conan Doyle and Professor Bell as they encounter curious and at times suspicious characters through the underbelly of Edinburgh and across the spooky countryside of Scotland while they pursue a dangerous killer. This humorous and fast-paced story is unpacked clue by clue to tell the tale that will eventually become the inspiration of Conan Doyle's most famous and fascinating character.

[Tickets are provided by CSCHN not the Lighthouse Festival.](#)

Tickets are limited, offered at a first come bases.

Friday, September 2nd @ 2:00-4:00

FREE



About us

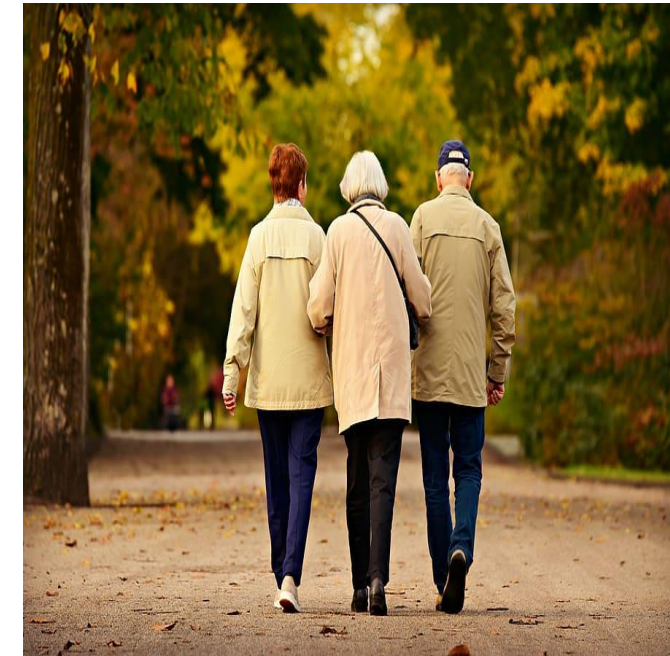
CYPRES 55+

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:

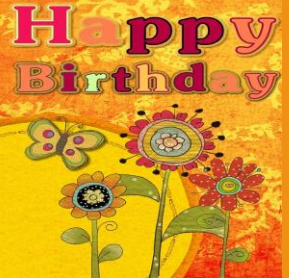

















Aura Rempel
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Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
 <ul style="list-style-type: none"> • Sharon S. Sep 3rd • Kathy S. Sep 4th • Francine I. Sep 12th • Louann D. Sep 20th 		<p align="center">Colour Legend</p> <ul style="list-style-type: none">  Community Support Centre  Dance Studio  Caledonia Fair Ground  St. Paul's Anglican Church 	<p>1</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p>	<p>2</p> <p>10:00-11:00 Bingo </p> <p>2:00-4:00 The Real Sherlock Holmes at the Lighthouse Festival Theater</p> <p>Free- Tickets Limited</p> 
<p>5</p> 	<p>6</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch</p> <p>1:00-2:00 Tech Savvy with Phil</p>	<p>7</p> <p>1:00-3:00 Knitting/Crochet</p>	<p>8</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p>	<p>9</p> <p>10:00-11:00 Bingo </p>
<p>12</p> <p>1:00-3:00 Cards</p>	<p>13</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch</p> <p>12:30-2:00 BIRTHDAY PARTY </p>	<p>14</p> <p>1:00-3:00 Knitting/Crochet</p>	<p>15</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p>	<p>16</p> <p>10:00-11:00 Bingo </p> 
<p>19</p> <p>1:00-3:00 Cards</p>	<p>20</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch</p> <p>12:00-12:30 Hearing Health Clinic</p>	<p>21</p> <p>1:00-3:00 Knitting/Crochet</p> <p>12:00-1:00 World Alzheimer's Day - Lunch & Learn \$5</p> <p>5:00-6:30 Join us for Dinner</p>	<p>22</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p> <p>1:00-2:00 Tech Savvy with Phil</p>	<p>23</p> <p>10:00-11:00 Bingo </p>
<p>26</p> <p>1:00-3:00 Cards</p> <p>5:00 Dinner & Bingo \$7</p>  	<p>27</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch</p>	<p>28</p> <p>1:00-3:00 Knitting/Crochet</p>	<p>29</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p> 	<p>30</p> <p>10:00-11:00 Bingo </p> <p>1:30 The Illusionist at the Caledonia Fair \$10</p> 