

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

CHAIR ZUMBA

Get your groove on with melissa. a fun, upbeat, dance exercise to get your body, mind and spirit moving. Chair or stand.

Thursdays @ 9:30-10:15

TAI CHI (NEW)

Regular practice of Tai Chi is very beneficial for people of all ages and abilities. Enjoy the many health benefits of Tai Chi in a safe and friendly environment. No previous experience is necessary. Class will be held at the Centre.

Wednesdays @ 11:00-12:00

FREE

Coffee, Tea, and Desserts offered after class for \$3

Must register by Monday

**Community
Café**

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

Join us for some bingo fun. Cards will be emailed or available for pickup.

Fridays @ 10:00-11:00

FREE

HALLOWEEN PARTY

FOOD, LIVE MUSIC & PRIZES!

Come join us for a great afternoon and wonderful entertainment from Don.

Monday, October 31st @ 12:00

Cost \$6.00

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

Workshops

TECH SAVVY with 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.

October 13th and 27th @ 1:00-2:00

FREE

Pre-registration required by Tuesday

DESSERT POTLUCK

Bring your favourite dessert to the Centre to share with friends. Drinks (coffee, tea) will be supplied by the Centre

Friday October 14th @ 12:00-2:00

DINNER & BINGO

Join Aura for a delicious dinner and in-person bingo.

Monday, October 24th @ 5:00

Cost: \$7

Pre-registration required by Wednesday

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:

(905) 765-4408

Info@cschn.org

www.cschn.org

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00-3:00 Scrabble 6:30 pm Evening Walking Club Meet at Seneca Park	4 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards	5 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday	6 9:30-10:15 Chair Zumba 10:30-11:45 Yoga	7 11:00-12:00 Wreath Making with Catherine McGill Cost TBD 12:00-2:00 Skip-Bo 
10 	11 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards	12 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday	13 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Tech Savvy	14 12:00-2:00 Skip-Bo 12:00-2:00 Dessert Pot lock 
17 12:30-1:30 String Art with Paula Spots limited \$8 1:00-3:00 Scrabble 6:30 pm Evening Walking Club Meet at Seneca Park	18 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards	19 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday 5:00-6:30 Join us for Dinner @ St. Paul's Anglican Church	20 9:30-10:15 Chair Zumba 10:30-11:45 Yoga	21 12:00-2:00 Skip-Bo 12:00-2:00 National Pumpkin Cheesecake Day! \$3/Slice 
24  11:00-12:00 Halloween Decor with Catherine McGill Cost TBD 1:00-3:00 Scrabble 5:00 Dinner & Bingo	25 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards	26 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday	27 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Tech Savvy	28 12:00-1:30 HALLOWEEN PARTY AND BIRTHDAY PARTY \$6 Food, Musical Entertainment and Prize for best costume.
31 12:00-2:00 Pumpkin Carving with Paula \$6 			HAPPY BIRTHDAY  Elsa Cameracci Anne Chapman Harry Chapman Cindy McVeigh Brenda Vanderspek Annelique Vermeer 	Colour Legend  Community Support Centre  Dance Studio  Seneca Park Caledonia  St. Paul's Anglican Church