

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



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 and a chance to win a prize.

Fridays @ 10:00-11:00

FREE

Wellness Corner

National Stress Awareness

- Take breaks from watching, reading, or listening to news stories
- **Take care of your body.** Take deep breaths, stretch, or meditate
- **Connect with your community-** or faith-based organizations.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Talk to others.**
- **Recognize when you need more help.**

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.

November 17th @ 1:00 pm

FREE

Pre-registration required

DINNER & BINGO

Join us for a delicious dinner and fun games of Bingo.

Monday, November 28th @ 5:00

Cost: \$7

Pre-registration required by Wednesday

Baking with Anne

Come make some delicious candy in a class taught by Anne McAlpine

Monday, November 28 @ 12:30

Cost: \$6

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
	<p>1 9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards</p> 	<p>2 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday</p> 	<p>3 9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p>	<p>4 12:00-2:00 Skip-Bo</p> 
<p>7 1:00-3:00 Scrabble</p>	<p>8 9:30-10:15 Cardio Fit 10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards</p> 	<p>9 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday</p>	<p>10 9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p>	<p>11 12:00-2:00 Skip-Bo</p> 
<p>14 12:15 String Art w/ Paula 1:00-3:00 Scrabble</p> 	<p>15 9:30-10:15 Cardio Fit 10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards</p> 	<p>16 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday</p> <p>5:00-6:30 Join us for Dinner @ St. Paul's Anglican Church</p>	<p>17 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Tech Savvy</p>	<p>18 12:00-2:00 Skip-Bo</p> 
<p>21 1:00-3:00 Scrabble</p>	<p>22 9:30-10:15 Cardio Fit 10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards</p> 	<p>23 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday</p>	<p>24 9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p>	<p>25 12:00-2:00 Skip-Bo</p> 
<p>28 1:00-3:00 Scrabble 12:30-2:00 Candy Making Class with Anne McAlpine 5:00 Dinner & Bingo</p>  	<p>29 9:30-10:15 Cardio with Sharlene 10:30-11:45 Yoga</p> <p>11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo 1:30-3:30 Cards</p> 	<p>30 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 1:00-3:00 Word Search Wednesday</p>	<p>HAPPY BIRTHDAY</p>  <p>Anne McAlpine Judy C Linda E Sue S Heather W Christina B Elaine M</p> 	<p>Colour Legend</p> <ul style="list-style-type: none">  Community Support Centre  Dance Studio  Seneca Park Caledonia  St. Paul's Anglican Church