

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.

Tuesdays @ 12:30-1:30

FREE

Wellness Corner

Holiday Stress

The holidays bring a lot of activity and excitement, but it's not necessarily the most wonderful time of the year for everyone. Try these quick tips to reduce any holiday stress:

1. Make a new holiday recipe.
2. Get creative: writing and crafting.
3. Show love to someone.
4. Relax in your preferred way.
5. Remember that holiday stress will pass.
6. Call or video chat with a friend.
7. Control your breathing.
8. Find reasons to laugh.

“A healthy outside starts from the inside.”-
Robert Urich

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.

See you in the NEW YEAR!

FREE



Pre-registration required

DINNER & BINGO

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

Monday, December 19th @ 5:00

Cost: \$13

Pre-payment required by Fri. Dec. 16

Pre-registration required by Wed. Dec. 14

UGLY SWEATER & DESSERT

POTLUCK!

Friday, December 23rd @ 12:00

Bring your favourite dessert to share and wear your ugliest holiday sweater!

Pre-registration required by

Monday, Dec. 19th

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
COMMUNITY SUPPORT CENTRE
HALDIMAND-NORFOLK



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>HAPPY BIRTHDAY</p> <p>Laura B. Cathy J. Pam K. Heather M. Clare P.</p> 	<p>Colour Legend</p> <ul style="list-style-type: none"> ● Community Support Centre ● Dance Studio ● Seneca Park Caledonia ● St. Paul's Anglican Church ● Date Change at the Centre 	<p>1</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p> 	<p>2</p> <p>12:00-2:00</p>  <p>Skip-Bo</p>
<p>5</p> <p>1:00-3:00</p>  <p>Scrabble</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>12:30-1:30 Bingo</p> <p>1:30-3:30 Cards</p> 	<p>7</p> <p>11:00-12:00 Tai Chi</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>CHRISTMAS CARD DAY</p>
<p>12</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00</p>  <p>Scrabble</p>	<p>13</p> <p>Caledonia & District Food Bank Hamper Pick-Up</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><i>*MUST BE TAKE-OUT NO EAT-IN</i></p>	<p>14</p> <p>Caledonia & District Food Bank Hamper Pick-Up</p>	<p>15</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p> <p>12:30-1:30 Bingo</p> <p>1:30-3:30 Cards</p> 	<p>16</p> <p>12:00-2:00</p>  <p>Skip-Bo</p>
<p>19</p> <p>1:00-3:00</p>  <p>Oatmeal Muffin Day</p> <p>5:00</p> <p>**Dinner & Bingo</p> <p><i>**MUST PAY BY FRIDAY, DEC. 15</i></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>12:30-1:30 Bingo</p> <p>1:30-3:30 Cards</p> 	<p>21</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00</p>  <p>Knitting/Crochet</p> <p>Holiday Potluck!</p>	<p>22</p> <p>9:30-10:15 Chair Zumba</p> <p>10:30-11:45 Yoga</p>	<p>23</p> <p>12:00-1:30 Ugly Sweater & Dessert Potluck!</p> <p>UGLY SWEATER PARTY</p> 
<p>26</p>  <p>BOXING DAY</p>	<p>27</p>  <p>Closed for the Holiday</p>	<p>28</p>  <p>Closed for the Holiday</p>	<p>29</p>  <p>Closed for the Holiday</p>	<p>30</p>  <p>Happy New Year</p>