

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

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

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.

Thursday, January 12 @ 1:00

FREE



Pre-registration required

DINNER & BINGO

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

Pre-registration and payment required by Thursday, Jan. 19th

Monday, January 23rd @ 1:00

Cost: \$7

POTTERY CLASS

Friday, December 23rd @ 12:00

Create your own pottery pieces at the Centre with help from Shelley from the Pottery Loft!

Cost: \$15

Pre-registration and payment required by Friday, Jan. 13th

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
2  <p>The Centre Is Closed Today. Happy New Year!</p>	3 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 	4 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet	5 9:30-10:15 Chair Zumba 10:30-11:45 Yoga	6 12:00-2:00  Skip-Bo
9 1:00-3:00  Scrabble	10 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 	11 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet	12 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Tech Savvy	13 12:00-2:00  Skip-Bo
16 1:00-3:00  Scrabble	17 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 	18 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 5:00-6:30 Join Us For Dinner St. Paul's Anglican Church	19 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-3:00 Pottery	20 12:00-2:00  Skip-Bo
23 1:00-3:00  Scrabble 5:00  Dinner & Bingo	24 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 	25 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet	26 9:30-10:15 Chair Zumba 10:30-11:45 Yoga	27 12:00-2:00  Skip-Bo 1:00-2:00 Open House New Space
30 1:00-3:00  Scrabble 2:00-3:00 Cooking Class	31 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 	Colour Legend  Community Support Centre  Caleonia Studio of Dance  St Paul's Anglican Church	HAPPY BIRTHDAY Maria Acciaccaferro Maria Albanese Karen Davis Willie Degraaf Lorrie Gallimore Marianne Lee Lori Maggio Louisa Thaine 	