

Health & Wellness

CARDIO FIT

Previously known as Cardio & Tone.
Focuses on cardio, toning, flexibility & relaxation. 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.
Half dance, half pound. Fun, upbeat 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



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

GAME DAYS

Choose between a variety of games and activities to participate in
Sudoku, Jigsaw Puzzles, Word searches, Crosswords, Cards, Scrabble, Chess

BINGO

Join us for some bingo fun and a chance to win a prize.
Tuesdays @ 12:30-1:30
FREE

KNITTING & CROCHET

Show off your knitting and crochet progress and chat with friends at the Centre.
Wednesdays @ 1:00-3:00
FREE

MINDFUL ART

A relaxing afternoon filled with colouring and calming music. **Free activity.**
Thursday, February 16th @ 1:00
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:

(905) 765-4408 Ext.226

jklie@cschn.org

www.cschn.org

Workshops

POTTERY WORKSHOP

Make your own pottery pieces with Shelley from the Pottery Loft!
Provisionally rescheduled for Feb 02 @ 1:00-3:00pm. Venue TBD. Check with Jane for more info. **Cost: \$15**

HAND DRUM MAKING WORKSHOP

Make your own hand drum!
Monday February 6th @ 10:30-3:30
Half an hour lunch break at noon.
Bring your own lunch.
Cost: \$20

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, February 09 @ 1:00
FREE. Pre-registration required



COOK WITH THE DIETITIAN

Eating for One/Two
Thursday, February 23rd @ 2:00
Cost \$5. Pre-registration required

BINGO & EARLY DINNER

Join us for bingo and delicious dinner with friends.
Pre-registration and payment required by Tuesday, Feb. 21st
Friday, February 24th @ 2:00
Cost: \$7

Activities Calendar



CYPRES 55+



TOGETHER IN WELLNESS



COMMUNITY SUPPORT CENTRE
HALDIMAND-NORFOLK



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Knock, knock. Who's there? Donut. Donut who? Donut you know I love you!</i></p> 	<p>1 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet</p>	<p>2 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-3:00 Pottery</p>	<p>3 12:00-2:00 Game Day</p> 
<p>6 10:30-3:30</p>  <p>Drum Making Workshop Bring your own lunch.</p>	<p>7 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo</p> 	<p>8 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet</p>	<p>9 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Tech Savvy</p>	<p>10 12:00-2:00 Game Day</p> 
<p>13 1:00-3:00</p>  <p>Game Day</p>	<p>14 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo</p> 	<p>15 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet</p>	<p>16 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Mindful Art 5:00-6:30 Join Us For Dinner St. Paul's Anglican Church</p>	<p>17 12:00-2:00 Game Day</p> 
<p>20 Happy Family Day! The Centre is closed today!</p>	<p>21 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo</p> 	<p>22 11:00-12:00 Tai Chi 1:00-3:00 Knitting/Crochet 2:45-3:30 Recognition Event & Refreshments</p>	<p>23 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 2:00 pm Cooking with the Dietitian Eating for One/Two</p>	<p>24 2:00-3:30 Bingo and Early Dinner</p> 
<p>27 1:00-3:00</p>  <p>Game Day</p>	<p>28 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Bingo</p> 	<p>Colour Legend Community Support Centre Caledonia Studio of Dance St Paul's Anglican Church</p>	<p>HAPPY BIRTHDAY Beatrice Brenda Mario</p> 	