

Health & Wellness

CARDIO FIT

Previously known as Cardio & Tone.
Focuses on cardio, toning, flexibility & relaxation. Sit or stand during your exercise.
Tuesdays @ 9:30-10:15am

HATHA YOGA

Hatha Yoga consists of stretching, breathing, and meditation techniques to increase body awareness and positive self-image.
Tuesdays & Thursdays @ 10:30-11:45am

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 @ 9:30-10:15am

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 @ 11:00am-12:00pm
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 @ 12:30-1:30pm
FREE

KNIT/CROCHET/CRAFT

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

MINDFUL ART

A relaxing afternoon filled with colouring and calming music.
Thursday March 2nd @ 1:00-2:30pm
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

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 March 9th @ 2:00–3:00pm
FREE. Pre-registration required



PET THERAPY

Paws 4 Healing with Kim & Whiskey
Thursday March 16th @ 1:00–2:00pm
FREE Pre-registration required

COOK WITH THE DIETITIAN

Eating For One/Two
Thursday March 23rd @ 2:00–3:00pm
Cost \$5. Pre-registration required

SOURDOUGH

Talk about and eat sourdough bread, with Dede. Sourdough starter provided.
Thursday March 30th @ 2:00-3:30pm
FREE

BINGO & EARLY DINNER

Join us for bingo and delicious dinner with friends.
Pre-registration and payment required by Tuesday, Mar 21st
Friday March 24th @ 2:00–3:30pm
Cost: \$7

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday!</p> <p>Sharon B Mary Jo P Sheila W</p> 	<p>Colour Legend</p> <p>Community Support Centre Caledonia Studio of Dance St Paul's Anglican Church</p>	<p>1</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00 Knit/Crochet/Craft</p>	<p>2</p> <p>9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>1:00 – 2:30 Mindful Art</p>	<p>3</p> <p>10:00-12:00 AGEWell Virtual Fall Prevention Exercise Program Information Session</p>
<p>6</p> <p>1:00-3:00 Game Day</p> 	<p>7</p> <p>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</p> 	<p>8</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00 Knit/Crochet/Craft</p>	<p>9</p> <p>9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>2:00 – 3:00 Tech Savvy</p>	<p>10</p> <p>12:00-2:00 Game Day</p> 
<p>13</p> <p>1:00-3:00 Game Day</p> 	<p>14</p> <p>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</p> 	<p>15</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00 Knit/Crochet/Craft</p> <p>5:00-6:30 Join Us For Dinner St. Paul's Anglican Church</p>	<p>16</p> <p>9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>1:00-2:00 Paws 4 Healing <i>Kim & Whiskey</i></p>	<p>17 Happy ST. PATRICK'S Day</p> <p>12:00-2:00 Game Day</p> 
<p>20</p> <p>1:00-3:00 Game Day</p> 	<p>21</p> <p>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</p> 	<p>22</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00 Knit/Crochet/Craft</p>	<p>23</p> <p>9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>2:00-3:00 pm Cooking with the Dietitian <i>Eating For One/Two</i></p>	<p>24</p> <p>2:00-3:30 Bingo and Early Dinner</p> 
<p>27</p> <p>1:00-3:00 Game Day</p> 	<p>28</p> <p>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</p> 	<p>29</p> <p>11:00-12:00 Tai Chi</p> <p>1:00-3:00 Knit/Crochet/Craft</p>	<p>30</p> <p>9:30-10:15 Chair Zumba 10:30-11:45 Yoga</p> <p>2:00-3:30 Sourdough Bread with Dede</p>	<p>31</p> <p>12:00-2:00 Game Day</p> 