

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.
Wednesdays @ 10:30am-11:30am
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: 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

MONTHLY BIRTHDAY PARTY!

Treat & Bingo
Tuesday May 23rd @ 12:30-1:30pm
Cost \$2
Pre-registration required

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:

Contact Jane - jklie@cschn.org
(905) 765-4408 Ext.226
www.cschn.org

Workshops

The Ground Gets Lower!

Tips & Tricks for the Aging Gardener
Presentation and discussion
with Catherine McGill
Thursday May 04th @ 1:00-2:00pm
Pre-registration required
FREE

MINDFUL ART

A relaxing afternoon filled with colouring and calming music.
Thursday May 11th @ 1:30-3:00pm
FREE

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 May 11th @ 2:00-3:00pm
FREE Pre-registration required



PET THERAPY

Paws 4 Healing with Kim & Whiskey
Thursday May 18th @ 1:00-2:00pm
FREE
Pre-registration required

COOK WITH THE DIETITIAN

Healthy Eating on a Budget
Thursday May 25th @ 2:00-3:00pm
Cost \$5
Pre-registration required

Activities Calendar



CYPRES 55+



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
1 1:00-3:00 Game Day 	2 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30  Bingo	3 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet/Craft	4 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00 – 2:00 The Ground Gets Lower Tips & Tricks for the Aging Gardener Presentation & Discussion	5 12:00-2:00 Game Day 
8 1:00-3:00 Game Day 	9 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30  Bingo	10 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet/Craft	11 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:30-3:00 Mindful Art 2:00–3:00 Tech Savvy with Phil	12 12:00-2:00 Game Day 
15 1:00-3:00 Game Day 	16 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 1:30-12:30 Grab & Go Lunch 12:30-1:30  Bingo 5:00-6:30 Join Us For Dinner St. Paul's Anglican Church	17 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet/Craft	18 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 1:00-2:00 Paws 4 Healing Kim & Whiskey	19 12:00-2:00 Game Day 
22 CSCHN Closed for Victoria Day	23 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30 Birthday Party & Bingo!!	24 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet/Craft	25 9:30-10:15 Chair Zumba 10:30-11:45 Yoga 2:00-3:00 pm Cooking with the Dietitian Healthy Eating on a Budget	26 12:00-2:00 Game Day 
29 1:00-3:00 Game Day 	30 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Grab & Go Lunch 12:30-1:30  Bingo	31 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet/Craft	Happy Birthday! Adele B, Helen D Helen H, Peggy F Susan H, Kathy Jo Candy P 	<u>Colour Legend</u> Community Support Centre Caledonia Studio of Dance St Paul's Anglican Church