

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. **Mondays & 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 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

BINGO & EARLY DINNER

Join us for bingo and delicious dinner with friends. **Pre-registration required**
Friday June 16th @ 2:00-3:30pm
Cost: \$7

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 : info@cschn.org
(905) 765-4408
www.cschn.org

Workshops

HERB PLANTER

WITH CATHERINE MCGILL
Thursday June 22nd @ 1:00-2:00pm
Cost \$20 Pre-registration required

REIKI WITH ANNE

Reiki is an energy healing method that is usually done hands-on or slightly above the body. It helps to activate the relaxation response & helps with balancing the body on a deeper level.
Thursday June 29th @ 12:30-3:00pm
Cost \$20 Pre-registration required

COOK WITH THE DIETITIAN

Heart Health
Thursday June 22nd @ 2:00-3:00pm
Cost \$5
Pre-registration required

MINDFUL ART




A relaxing afternoon filled with colouring and calming music. Bring your own coloured pens & pencils. A variety of designs to colour available.
Thursday June 29th @ 1:30 - 3:00pm
1:00-3:00pm if you wish! FREE

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday!</p> <p>Jack B, Janet H Mary M, Sandra M Lorraine P, Valerie R, Ed S</p> 	<p>Colour Legend</p> <p>Community Support Centre Caledonia Studio of Dance St. Paul's Anglican Church</p>		<p>01</p> <p>9:30-10:15 10:30-11:45</p> <p>Chair Zumba Yoga</p>	<p>02</p> <p>12:00-2:00</p> <p>Game Day</p> 
<p>05</p> <p>1:00-3:00</p> <p>Game Day</p> 	<p>06</p> <p>9:30-10:15 10:30-11:45</p> <p>Cardio Fit Yoga</p> <p>11:30-12:30 12:30-1:30</p> <p>Grab & Go Lunch Bingo</p> 	<p>07</p> <p>10:30-11:30</p> <p>Tai Chi</p> <p>1:00-3:00</p> <p>Knit/Crochet/Craft</p>	<p>08</p> <p>9:30-10:15 10:30-11:45</p> <p>Chair Zumba Yoga</p>	<p>09</p> <p>12:00-2:00</p> <p>Game Day</p> 
<p>12</p> <p>1:00-3:00</p> <p>Game Day</p> 	<p>13</p> <p>9:30-10:15 10:30-11:45</p> <p>Cardio Fit Yoga</p> <p>1:30-12:30 12:30-1:30</p> <p>Grab & Go Lunch Bingo</p> 	<p>14</p> <p>10:30-11:30</p> <p>Tai Chi</p> <p>1:00-3:00</p> <p>Knit/Crochet/Craft</p>	<p>15</p> <p>9:30-10:15 10:30-11:45</p> <p>Chair Zumba Yoga</p>	<p>16</p> <p>12:00-2:00</p> <p>Game Day</p> 
<p>19</p> <p>Parking Lot Paving. All programs at the Centre are closed.</p>	<p>20</p> <p>9:30-10:15 10:30-11:45</p> <p>Cardio Fit Yoga</p> <p>Parking Lot Paving. All programs at the Centre are closed.</p>	<p>21</p> <p>5:00-6:30</p> <p>Join Us For Dinner</p> <p>Parking Lot Paving. All programs at the Centre are closed.</p>	<p>22</p> <p>9:30-10:15 10:30-11:45</p> <p>1:00-2:00 pm 2:00-3:00 pm</p> <p>Chair Zumba Yoga</p> <p>Planter Workshop Cooking with the Dietitian Heart Health</p>	<p>23</p> <p>12:00-2:00</p> <p>Game Day</p> 
<p>26</p> <p>1:00-3:00</p> <p>Game Day</p> 	<p>27</p> <p>9:30-10:15 10:30-11:45</p> <p>Cardio Fit Yoga</p> <p>11:30-12:30 12:30-1:30</p> <p>Grab & Go Lunch Bingo</p> 	<p>28</p> <p>10:30-11:30</p> <p>Tai Chi</p> <p>1:00-3:00</p> <p>Knit/Crochet/Craft</p>	<p>29</p> <p>9:30-10:15 10:30-11:45</p> <p>12:30 1:00-3:00</p> <p>Chair Zumba Yoga</p> <p>Reiki with Anne Mindful Art</p>	<p>30</p> <p>12:00-2:00</p> <p>Game Day</p> 