

Health & Wellness

Cardio Fit

Focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise. **Tuesdays @ 9:30-10:15am**
Fitness Pass required or \$8 drop-in.

Hatha Yoga

Hatha Yoga is a gentle yoga that focuses on controlled movements and stretching. **Tuesdays & Thursdays @ 10:30-11:45am**
Fitness Pass required or \$8 drop-in.

Zumba

Fun upbeat exercise to improve energy, core, muscular strength, cardiovascular endurance, and motor skills. You can sit or stand during exercise and light weight dumbbells can be added.
Thursday's @ 9:30-10:15am
Fitness Pass required or \$8 drop-in.

Mindfulness Meditation Class

Breathing techniques, gentle stretching and meditation are the focus of this class. Lower your stress, improve focus, reduce brain clutter. You can sit in a chair or lay down.
Monday, February 5th, 12th & 26th
10:30am -11:15am
Pre-registration is required.
Fitness Pass required or \$8 drop-in.

Tai Chi

Enjoy the many health benefits of Tai Chi in a safe and friendly environment. No previous experience is necessary.
Wednesdays @ 10:30-11:30am
Activity Card or \$2 drop-in.

Recreation

Bingo

Join us for Bingo in the café and a chance to win a prize.
Tuesdays @ 12:15-1:30pm FREE.

Knitting and Crochet

Come and learn knitting and crocheting with some experienced knitters while socializing with friends.
Wednesdays @ 1:00-3:00pm
Activity Card or \$2 drop-in.

Game Days

Choose between a variety of games and activities to participate in. Scrabble, Chess, Sudoku, Puzzles, and Brain Games. There is something for everyone.
Activity Card or \$2 drop-in.

Community Cafe

Tasty Tuesday's @ 11:30-12:30
Cost \$5.00 or Donation
Call 905-765-4408 ext. 241
Pre-registration required by Monday 12:00pm

CYPRES 55+

CYPRES provides a friendly gathering place for adults 55+ to meet new friends, learn new skills, and participate in leisure activities.

For more information

Contact: Nicole Currell
ncurrell@cschn.org
(905) 765-4408 Ext 226
www.cschn.org
103 Inverness St
Caledonia ON N3W 1B1

Workshops

Puzzle Wreath Craft

Come out and create and paint a puzzle wreath while socializing with others.
Friday, Feb 9th 12:00-2:00pm
Pre-registration is required.
Activity Card or \$2 drop-in

Good Grief Group

Rev. Glen Wells from Grace United will be here for a 5 week "Good Grief" program. This is a safe space for everyone to find healing.
Tuesday, Feb 6 & 13 @ 1:30-3:00pm
Pre-registration is required FREE.

Crafty Friday

Come out and enjoy an afternoon of crafts while socializing with others.
Friday, Feb 23 12:00-2:00pm
Pre-registration is required.
Activity Card or \$2 drop-in

Handmade Healing Balms

Dede will be demonstrating how to make handmade healing lip balms, salves, and body butters. Recipes will be included, and samples will be provided to take home.
Thursday, Feb 22nd 1:30-3:00pm
Pre-registration is required. Cost is \$3.00

Book Club Introduction


Please come and help us plan and select novel titles to read at our Cypres 55+ book club.
Thursday, Feb 29 1:00-2:00pm
Pre-registration is required.

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
 Angela, Beatrice, Brenda, Kari, Lori, & Mary Jo	Age -Related Macular Degeneration Awareness Month (AMD) www.seethepossibilities.ca	Preventative Health Awareness Month www.becometheceoofyourhealth.ca	1 9:30-10:15 Zumba 10:30-11:45 Yoga	2 12:00-2:00 Game Days
5 10:30-11:15 Meditation Class	6 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 1:30-3:00 Good Grief Group	7 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	8 9:30-10:15 Zumba Class 10:30-11:45 Yoga	9 12:00-2:00 Puzzle Wreath
12 10:30-11:15 Meditation Class	13 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 1:30-3:00 Good Grief Group	14 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet Happy Valentine's Day	15 9:30-10:15 Zumba Class 10:30-11:45 Yoga	16 12:00-2:00 Game Days
19 Happy Family Day! The Centre is closed today.	20 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo	21 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	22 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:30-3:00 Handmade Healing	23 12:00-2:00 Crafty Friday
26 10:30-11:15 Meditation Class	27 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo	28 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	29 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Intro to Book Club	Happy Valentine's Day February, 14th, 2024 