

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, April 8th and 22nd 10:30am -11:15am**
Pre-registration is required.
Fitness Pass required or \$8 drop-in.

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

Recreation

Euchre

Join us for Euchre or Hoss. **Monday, April 8th & 22nd 1:00-3:00pm**
Activity Card or \$2 drop-in.

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.

CYPRES 55+ Walking Group

Come walk for exercise, fun, and fellowship. Rain or Shine. **Friday's @ 9:15-10:15am**

Game Days

Choose between a variety of games and activities to participate in. **Activity Card or \$2 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.

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

Workshops

Back and Shoulder Exercises

Dr. Peever will be here to show us the best exercises for our back & shoulders. Please wear running shoes. **Thursday, April 11th 12:00-1:00pm**
Pre-registration is required FREE.

Hand Drum Workshop

Please come and make your own hand drum. This is a 5-hour workshop with lunch included. **Please call the CSCHN for member and non-member pricing.** **Friday, April 19th 10:30-3:30pm**
Pre-registration is required.

Book Club Meeting

Meetings are held monthly. **Thursday, April 25th 1:00-2:00pm**
Pre-registration is required. FREE

New Haldimand Memory Group

Are you questioning if you have brain changes, or you live with Alzheimer's or other types of dementia. Please come and join this new social group. **Tuesday's 2:00-3:00pm**

Pre-registration is required. FREE

Line Dancing Class

Get your country on with Sheri and participate in a fun and energetic line dancing class. **Thursday, April 25th 4:00pm**
Pre-registration is required Cost: \$8

Right at Home Talk

Come out and learn about navigating health care and home care with Sharlene from Right at Home. **Friday, April 26th 10:30-12:00**
Pre-registration is required. FREE

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
1  The Centre is Closed Today.	2 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 2:00-3:00 Memory Group	3 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	4 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:30-3:00 Balms & Body Butters	5 9:15-10:15 Walking Group 12:00-2:00 Game Days
8 10:30-11:15 Meditation Class 1:00-3:00 Euchre Club 3:45-5:00 Harp Class	9 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 2:00-3:00 Memory Group	10 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	11 9:30-10:15 Zumba Class 10:30-11:45 Yoga 12:00-1:00 Dr. Callum exercises 2:00-3:00 Tech Savvy	12 9:15-10:15 Walking Group
15 12:00-2:00 Game Days 3:45-5:00 Harp Class	16 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 2:00-3:00 Memory Group	17 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	18 9:30-10:15 Zumba Class 10:30-11:45 Yoga	19 10:30-3:30 Hand Drum
22 10:30-11:15 Meditation Class 1:00-3:00 Euchre Club 3:45-5:00 Harp Class	23 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 2:00-3:00 Memory Group	24 10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet	25 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Book Club Meeting 4:00-4:45 Line Dancing Class	26 9:15-10:15 Walking Group 10:30-12:00 Right at Home
29 12:00-2:00 Game Days 3:45-5:00 Harp Class	30 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:15-1:30 Bingo 2:00-3:00 Memory Group	National Volunteer Appreciation Week April 21st - April 27th Thank you to all of our volunteers who dedicate their time & talents to CYPRES 55+ Program.	 Carrie Cathy Cheryl Cindy Dorothy Elvira Gail Geraldine Gill Helena	 Jackie Jayne Joanne Micheal Michele Miriam Susan Tammy Vicki