

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday</p> <p>Adele Candy Dianne Helen Kathy Peggy Peter Yvonne Peter Audrey Helen</p>		<p>1</p> <p>10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet</p>	<p>2</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 11:00-12:00 Card Making</p>	<p>3</p> <p>9:15-10:15 Walking Group 12:00-2:00 Community Paramedics</p>
<p>6</p> <p>1:00-3:00 Euchre Club 3:45-5:00 Harp Class</p>	<p>7</p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 2:00-3:00 Memory Group</p>	<p>8</p> <p>10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet</p>	<p>9</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Connect Hearing</p>	<p>10</p> <p>9:15-10:15 Walking Group 10:30-12:00 Drumming Circle</p>
<p>13</p> <p>10:30-11:15 Meditation Class 1:00-3:00 Euchre Club 3:45-5:00 Harp Class</p>	<p>14</p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 2:00-3:00 Memory Group</p>	<p>15</p> <p>10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet 5:00-6:00 JUFJ</p>	<p>16</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 2:00-3:00 Tech Savvy</p>	<p>17</p> <p>9:15-10:15 Walking Group 12:00-2:00 Game Days</p>
<p>20</p> <p>HAPPY VICTORIA DAY!</p> <p>CSCHN is closed today.</p>	<p>21</p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 2:00-3:00 Memory Group</p>	<p>22</p> <p>10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet</p>	<p>23</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga</p>	<p>24</p> <p>9:15-10:15 Walking Group 12:00-2:00 Game Days</p>
<p>27</p> <p>10:30-11:15 Meditation Class 1:00-3:00 Euchre Club</p>	<p>28</p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 2:00-3:00 Memory Group</p>	<p>29</p> <p>10:30-11:30 Tai Chi 1:00-3:00 Knit/Crochet</p>	<p>30</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Book Club</p>	<p>31</p> <p>9:15-10:15 Walking Group 12:00-2:00 Crafty Friday</p>

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, May 13th and 27th 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's 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 @ 12:30-1:30pm**
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

Card Making

Come out and create two handmade cards with Kim from Stampin Up.

Thursday, May 2nd 11:00-12:00pm

Pre-registration is required Cost: \$5

Community Paramedics

Haldimand County Community Paramedics will be here doing a presentation on all the services they offer. A light lunch will be served.

Friday, May 3rd 12:00-2:00pm

Pre-registration is required. FREE

Connect Hearing

Come and meet Daniel and learn about hearing loss, hearing help, and how to be proactive about your hearing health.

Thursday, May 9th 1:00-2:00pm

Pre-registration is required. FREE

Drumming Circle

Come and engage in a drumming circle with Jackie and Oliver from Kimisken Cultural.

Friday, May 10th 10:30-12:00pm

Pre-registration is required. FREE

Tech Savvy with Phil

Need a little help navigating technology? Please join Phil as he shows us the ins and outs of our electronic devices.

Thursday, May 16th 2:00-3:00pm

Pre-registration is required. FREE

Crafty Friday

Come out and enjoy an afternoon of crafts with Nicole.

Friday, May 31st 12:00-2:00pm

Pre-registration is required.

Activity Card or \$2 drop in

Activities Calendar



TOGETHER IN WELLNESS

