

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, July 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's 1:00-3:00pm
Activity Card or \$2 drop-in.

Bingo

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

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.
Pre-registration is required.

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.

Bingo and Fish & Chip Lunch

Join us in the wellness room for some BINGO and takeout lunch. We will be ordering from JVK fish & chips.
Friday, July 26th at 12:00pm
Cost: TBD

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

Line Dancing Group

Come and practice your line dancing skills with fellow members. We will be practicing with videos on the big screen.
Friday, July 5th 11:00-12:00pm
Pre-registration is required.
Activity Card or \$2 drop-in.

CRA Presentation

Nicole from Canada Revenue Agency will be giving a presentation about benefits you can apply for like OAS, CPP, the Survivors Benefit and more.
Friday, July 12th 12:30-1:30pm
Pre-registration is required. FREE

Card Making with Kim

Come meet Kim from Stampin' Up and create two beautiful handmade cards.
Friday, July 19th 11:00-12:00pm
Pre-registration is required. Cost is \$5.00

Book Club

Please come and join our CYPRES 55+ book club. Meetings held monthly.
Thursday, July 25th 1:00-2:00pm
Pre-registration is required. FREE

Memory Dementia 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. Refreshments will be provided.
Tuesdays @ 1:30-3:00 pm
Pre-registration is required. FREE

Activities Calendar



TOGETHER IN WELLNESS

COMMUNITY
SUPPORT CENTRE
HALDIMAND-NORFOLK



Monday	Tuesday	Wednesday	Thursday	Friday
1 The Centre is closed today in honour of Canada Day.	2 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 1:30-3:00 Dementia Group	3 10:30-11:30 Tai Chi	4 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00 – 2:00 Rock Painting	5 9:15-10:15 Walking Group 11:00-12:00 Line Dancing Group
8 10:30-11:15 Meditation Class 1:00-3:00 Euchre Club	9 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 1:30-3:00 Dementia Group	10 10:30-11:30 Tai Chi 12 :00-2 :00 Games Day	11 9:30-10:15 Zumba Class 10:30-11:45 Yoga	12 9:15-10:15 Walking Group 12:30-1:30 CRA Talk
15 1:00-3:00 Euchre Club	16 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 1:30-3:00 Dementia Group	17 10:30-11:30 Tai Chi 5:00-6:00 Join Us for Dinner	18 9:30-10:15 Zumba Class 10:30-11:45 Yoga	19 9:15-10:15 Walking Group 11:00-12:00 Card Making
22 10:30-11:15 Meditation Class 1:00-3:00 Euchre Club	23 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 1:30-3:00 Dementia Group	24 10:30-11:30 Tai Chi 12:00-2:00 Games Day	25 9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Book Club	26 9:15-10:15 Walking Group 12:00-2:00 Bingo Fish & Chips
29 1:00-3:00 Euchre Club	30 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo 1:30-3:00 Dementia Group 2:00-4:00 Lighthouse Theatre	31 10:30-11:30 Tai Chi	Happy Birthday Aleta Caralyn Don Helen Jackie Jean Lori Marg Marina Muriel Ria Rick	Disability Pride Month National Minority Mental Health Awareness Month International Self-Care Day