

Health & Wellness

Cardio Fit

Focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise. **Tuesdays @ 9:30-10:15 am**
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 @ 9:30-10:15 am
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. **Monday, Sept 9th & 23rd 10:30 am-11:15 am.**

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

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Recreation

Euchre

Join us for Euchre or Hoss.
Monday's 1:00-3:00 pm
Activity Card or \$2 drop-in.

Women's Social Group

Join us for a coffee, treat, a laugh, and some great conversation with friends.
Monday, Sep 16th & 30th @ 10:30-11:30 am
Activity Card or \$2 drop-in.

Bingo

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

I Love to Make Things Group

Crafters, Crocheters, and Creative Minds are all welcome to join. Bring your ideas, and projects to share in this fun social group.
Wednesday's 1:00-3:00 pm
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 @ 10:30-11:30 am
Activity Card or \$2 drop-in.

CYPRES 55+ Book Club

Meetings held monthly.
Thursday, September 26th 1:00-2:00 pm
Pre-registration is required. FREE

Men's Social Group

Join us for a coffee, treat and great conversation. **Friday, Sept 6th 10:30-11:30 am**
Activity Card or \$2 drop-in.

Workshops

Haldimand Abilities Centre

Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions.
Wednesday, September 4th 2:30-3:30 pm
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 electronics.
Thursday, Sept 12th 2:00-3:00pm
Pre-registration is required. FREE

Line Dancing Group

Come and practice your line dancing skills with fellow members.
Friday, Sept 13th & 27th 11:00-12:00 pm
Pre-registration is required.
Activity Card or \$2 drop-in.

Fire Safety for Seniors

Haldimand County Fire Department will be educating us on Fire Safety.
Thursday, Sept 19th 12:00-1:30pm
Pre-registration is required. FREE

Sourdough Sandwich

Come out and learn about the health benefits of sourdough bread.
Friday, Sept 20th @ 1:00-3:00pm
Pre-registration is required. Cost is \$3.00

Memory, Forgetfulness, Aging

Alzheimer Society will be here to give a presentation about memory changes and what to expect with aging.
Thursday, Sept 26th 1:30-2:30pm
Pre-registration is required. FREE

Activities Calendar



TOGETHER IN WELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>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</p>	<p>4</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group 2:30-3:30 Canvas & Mocktails</p>	<p>5</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga</p>	<p>6</p> <p>9:15-10:15 Walking Group 10:30-11:30 Men's Social Group</p>
<p>9</p> <p>10:30-11:15 Meditation Class 1:00-3:00 Euchre Club</p>	<p>10</p> <p>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</p>	<p>11</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group</p>	<p>12</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 2:00-3:00 Tech Savvy</p>	<p>13</p> <p>9:15-10:15 Walking Group 11:00-12:00 Line Dancing Group</p>
<p>16</p> <p>10:30-11:30 Woman's Social Group 1:00-3:00 Euchre Club</p>	<p>17</p> <p>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</p>	<p>18</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group 5:00-6:00 Join Us for Dinner</p>	<p>19</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 12:00-1:00 Fire Safety for Seniors</p>	<p>20</p> <p>9:15-10:15 Walking Group 1:00-3:00 Sourdough Sandwich</p>
<p>23</p> <p>10:30-11:15 Meditation Class 1:00-3:00 Euchre Club</p>	<p>24</p> <p>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</p>	<p>25</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group</p>	<p>26</p> <p>9:30-10:15 Zumba Class 10:30-11:45 Yoga 1:00-2:00 Book Club 1:30-2:30 Alzheimer's Society</p>	<p>27</p> <p>9:15-10:15 Walking Group 11:00-12:00 Line Dancing Group</p>
<p>30</p> <p>10:30-11:30 Woman's Social Group 1:00-3:00 Euchre Club NATIONAL DAY OF TRUTH AND RECONCILIATION</p>	 <p>Betty, Betty, Chris, Dianne, Elaine, Elizabeth</p>	 <p>Janice, Nancy, Peggy, Sharon</p>	<p>Arthritis Awareness Month arthritis.ca</p> <p>World Alzheimer's Month alzint.org</p>	<p>Ovarian Cancer Awareness Month ovariancanada.org</p> <p>Prostate Cancer Awareness Month prostatecanada.ca</p>