

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.

Dance Fit

Fun upbeat exercise to improve energy, core, muscular strength, cardiovascular endurance, and motor skills. **Thursday's @ 9:30-10:15 am**
Fitness Pass required or \$8 drop-in.

NEW Pound Full-Body Fitness

This class combines cardio & strength training with yoga & Pilates inspired movements. Lightly weighted drumsticks are used for this class.

Mon, Oct 7th & 21st @ 10:30-11:15 am
Fitness Pass required or \$8 drop-in.
Pre-registration is required.

Mindfulness Meditation Class

Breathing techniques, gentle stretching and meditation are the focus of this class. Lower your stress and improve your focus.

Mon, Oct 28th @ 10:30 am-11:30 am.
Fitness Pass required or \$8 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 @ 10:30-11:30 am**
Activity Card or \$2 drop-in.

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

Come on out for great conversations and laughs with friends. Coffee, tea, and a treat will be provided.

Friday, Oct 11th & 25th @ 10:30-11:30 am
Activity Card or \$2 drop-in.

Bingo

Join us for a friendly game of Bingo and get 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.

CYPRES 55+ Book Club

Please come and join our Book Club. Meetings are held monthly.

Thursday, Oct 31st 1:00-2:00 pm
Pre-registration is required. FREE

Line Dancing Group

Come and practice your line dancing skills with fellow members.

Friday, Oct 4th & 18th 11:00-12:00 pm
Pre-registration is required.
Activity Card or \$2 drop-in.

Community Cafe

Tasty Tuesday's @ 11:30-12:30
Cost \$6.00 or a Donation
Call 905-765-4408 ext. 241

Pre-registration required by Monday 12:00pm

Workshops

Haldimand Abilities Centre

Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions.

Wednesday, Oct 2nd 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, Oct 10th 2:00-3:00pm
Pre-registration is required. FREE

CRA & Service Canada

Join us for an information session on Senior Benefits & Programs and Tax Credits.

Friday, Oct 11th 12:30-2:00pm
Pre-registration is required. FREE

Avoiding Common Scams

Victim Services will be here to give a presentation on common scams and what you can do to protect yourself.

Thursday, Oct 17th 1:00-2:00 pm
Pre-registration is required. FREE

Brain Fit

Alzheimer Society will be here to discuss risk factors for Dementia and, practice some brain exercises to work your cognitive muscles.

Thursday, Oct 24th 1:30-2:30pm
Pre-registration is required. FREE



Activities Calendar



October

CYPRES 55+ 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
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www.cschn.org

103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday</p> <p>Barbara Bill Cindy David Gail Grace Hugh Kathy Kathy M Robert Roxanne Sharon Shelia Susan Wendy</p>	<p>1</p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 11:30-12:30 Tasty Tuesday 12:30-1:30 Bingo</p>	<p>2</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>3</p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga</p>	<p>4</p> <p>9:15-10:15 Walking Group 11:00-12:00 Line Dancing Group</p>
<p>7</p> <p>10:30 -11:15 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p>8</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>9</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group</p>	<p>10</p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga 2:00-3:00 Tech Savvy</p>	<p>11</p> <p>9:15-10:15 Walking Group 10:30-11:30 Woman's Social Group 12:30-1:30 CRA & Service Canada</p>
<p>14</p> 	<p>15</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>16</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>17</p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Avoiding Common Scams</p>	<p>18</p> <p>9:15-10:15 Walking Group 11:00-12:00 Line Dancing Group</p>
<p>21</p> <p>10:30 -11:15 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p>22</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>23</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group</p>	<p>24</p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:30-2:30 Brain Fit</p>	<p>25</p> <p>9:15-10:15 Walking Group 10:30-11:30 Woman's Social Group</p>
<p>28</p> <p>10:30-11:30 Mindfulness Meditation 1:00-3:00 Euchre Club</p>	<p>29</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>30</p> <p>10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group</p>	<p>31</p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Book Club</p>	<p>National Seniors Day - Oct 1st Breast Cancer Awareness Month cancer.ca Lupus Awareness Month lupusontario.ca</p>