

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, Nov 4th & 18th @ 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, Nov 11th & 25th @ 10:30 - 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, Nov 15th & 29th @ 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, Nov 28th 1:00-2:00 pm**
Pre-registration is required. FREE

Line Dancing Group

Come and practice your line dancing skills with fellow members. **Friday, Nov 8th & 22nd 11:00-12:00 pm**
Pre-registration is required.
Activity Card or \$2 drop-in.

Community Paramedics & Wellness Dogs

Come and meet our Community Paramedics and enjoy the benefits of animal therapy. Vital checks will be available if needed. **Monday, Nov 18th 3:15 - 4:15 pm**
Drop-in available to everyone.

Workshops

Mr. Fowler Presentation

Mr. Fowler from McCarthy and Fowler will be here to talk about Wills, Power of Attorney, and Estates. **Friday, November 1st 10:15-11:15 am**
Pre-registration is required. FREE

Diabetes Awareness Month

Haldimand Family Health Team will be here educating us on Diabetes. **Tuesday, November 5th 2:00-3:00 pm**
Pre-registration is required. FREE

"How's your Balance?"

Dr. Callum Peever from Caledonia Chiropractic will be here talking about balance and the importance of proper footwear. Bring your footwear. **Thursday, November 7th 12:00-1:00 pm**
Pre-registration is required. FREE

Fermented Vegetables

Attendees will learn about the health benefits of fermented vegetables. Please bring a glass jar to this workshop. **Friday, Nov 22nd 1:00-2:30pm**
Pre-registration is required. Cost: \$3.00

MIND Diet

Alzheimer Society will be here to discuss how diet and lifestyle choices can improve brain health. **Tuesday, Nov 26th 1:30-2:30pm**
Pre-registration is required. FREE

Christmas Card Making

Come make 2 festive Christmas Cards with Kim from Stampin Up. **Friday, Nov 29th 12:00-1:00pm**
Pre-registration is required. Cost: \$5.00



Activities Calendar



NOVEMBER

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>Beth Ilda Joan Judith Betty Margo Sue</p>	<p>Diabete's Awareness Month diabetes.ca</p> <p>Osteoporosis Month www.osteoporosis.ca</p>	<p>Fall Prevention Month fallpreventionmonth.ca</p> <p>Crohn's & Colitis Month crohnsandcolitis.ca</p>	<p>SALE</p> <p>November 18th to December 6th the I Love to Make Things group will selling some of their crafts & creations. A table will be set up in the Wellness Room.</p>	<p>1</p> <p>10:15 - 11:15 Power of Attorney & Wills with Mr. Fowler</p>
<p>4</p> <p>10:30 -11:15 Pound Full-Body</p> <p>1:00-3:00 Euchre Club</p>	<p>5</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Tasty Tuesday</p> <p>12:30-1:30 Bingo</p> <p>1:30-3:00 Dementia Group</p> <p>2:00-3:00 Diabetes Talk</p>	<p>6</p> <p>10:30-11:30 Tai Chi</p> <p>1:00-3:00 I Love to Make Things Group</p> <p>1:00-3:00 Healthy Habits</p> <p>2:30- 3:30 Canvas & Mocktails</p>	<p>7</p> <p>9:30-10:15 Dance Fit</p> <p>10:30-11:45 Yoga</p> <p>12:00-1:00 Dr. Callum How's your balance?</p>	<p>8</p> <p>11:00-12:00 Line Dancing Group</p>
<p>11</p> <p>10:30-11:30 Mindfulness Meditation</p> <p>1:00-3:00 Euchre Club</p> <p>REMEMBRANCE DAY</p>	<p>12</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Tasty Tuesday</p> <p>12:30-1:30 Bingo</p> <p>1:30-3:00 Dementia Group</p>	<p>13</p> <p>10:30-11:30 Tai Chi</p> <p>1:00-3:00 I Love to Make Things Group</p> <p>1:00-3:00 Healthy Habits</p>	<p>14</p> <p>9:30-10:15 Dance Fit</p> <p>10:30-11:45 Yoga</p> <p>2:00-3:00 Tech Savvy</p>	<p>15</p> <p>10:30-11:30 Woman's Social Group</p>
<p>18</p> <p>10:30 -11:15 Pound Full-Body</p> <p>1:00-3:00 Euchre Club</p> <p>3:15-4:15 Community Paramedics</p>	<p>19</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Tasty Tuesday</p> <p>12:30-1:30 Bingo</p> <p>1:30-3:00 Dementia Group</p>	<p>20</p> <p>10:30-11:30 Tai Chi</p> <p>1:00-3:00 I Love to Make Things Group</p> <p>1:00-3:00 Healthy Habits</p>	<p>21</p> <p>9:30-10:15 Dance Fit</p> <p>10:30-11:45 Yoga</p>	<p>22</p> <p>11:00-12:00 Line Dancing Group</p> <p>1:00-2:30 Fermented Vegetables</p>
<p>25</p> <p>10:30-11:30 Mindfulness Meditation</p> <p>1:00-3:00 Euchre Club</p>	<p>26</p> <p>9:30-10:15 Cardio Fit</p> <p>10:30-11:45 Yoga</p> <p>11:30-12:30 Tasty Tuesday</p> <p>12:30-1:30 Bingo</p> <p>1:30-3:00 Dementia Group</p> <p>1:30-2:30 Alzheimer's Talk</p>	<p>27</p> <p>10:30-11:30 Tai Chi</p> <p>1:00-3:00 I Love to Make Things Group</p> <p>1:00-3:00 Healthy Habits</p>	<p>28</p> <p>9:30-10:15 Dance Fit</p> <p>10:30-11:45 Yoga</p> <p>1:00-2:00 Book Club</p>	<p>29</p> <p>10:30-11:30 Woman's Social Group</p> <p>12:00-1:00 Christmas Card Making</p>