

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.

Pound Full-Body Fitness

This class combines cardio & strength training with yoga & Pilates inspired movements. Lightly weighted drumsticks are used for this class. **Mon, Feb 10th & 24th @ 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, Feb 3rd @ 10:30 - 11:30 am.**
Fitness Pass required or \$8 drop-in.
Pre-registration is required.

Recreation

Euchre

Join us for Euchre or Hoss. **Monday's 1:00-3:00 pm**
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**

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.

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, Feb 27th 1:00-2:00 pm**
Pre-registration is required.
Activity Card or \$2 drop-in.

Community Paramedics & Wellness Dogs

Come and meet the Community Paramedics and enjoy the benefits of animal therapy. Vital checks will be available if needed. **Monday, Feb 10th 3:15 - 4:15 pm**
Drop-in available to everyone.

Workshops

Seasonal Affective Disorder

Please come and listen to a presentation about SAD with Tania from HFHT. **Thursday, Feb 6th 1:00-2:00 pm**
Pre-registration is required. FREE

Elder Abuse Presentation

Victim Services will be here to educate us on Elder Abuse. **Thursday, Feb 13th 1:00-2:00 pm**
Pre-registration is required. FREE

Tech Savvy with Phil

Do you need a little help navigating technology? Please join Phil as he shows us the ins and outs of our electronics. **Thursday, Feb 20th 2:00-3:00 pm**
Pre-registration is required. FREE

Women's Social Group

Come out for great conversations and laughs with friends. Coffee, tea, and a treat will be provided. **Friday, Feb 7th & 21st @ 10:30-11:30 am**
Pre-registration is required.
Activity Card or \$2 drop-in.

Line Dancing Group

Come and practice your line dancing skills. **Friday, Feb 14th & 28th 11:00-12:00 pm**
Activity Card or \$2 drop-in.

Healthy Habits - Haldimand Family Health

Please join us for a 6-week program focusing on building diet and exercise habits to improve your health. **Program Starts Wednesday, Feb 19th.**
Pre-registration is required. FREE



Activities Calendar



FEBRUARY

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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Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 – 11:30 Mindfulness Meditation 1:00-3:00 Euchre Club	4 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	5 10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group 2:30-3:30 Canvas & Mocktails	6 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 SAD Presentation	7 10:30-12:00 Women's Social Group
10 10:30 -11:15 Pound Full-Body 1:00-3:00 Euchre Club 3:15-4:15 Community Paramedics	11 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	12 10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group	13 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Elder Abuse Presentation	14 11:00-12:00 Line Dancing Group Happy Valentines Day
17 FAMILY DAY The CSCHN is closed today.	18 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	19 10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group 1:00-3:00 Healthy Habits Program	20 9:30-10:15 Dance Fit 10:30-11:45 Yoga 2:00-3:00 Tech Savvy	21 10:30-12:00 Women's Social Group
24 10:30 – 11:30 Pound Full-Body 1:00-3:00 Euchre Club	25 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	26 10:30-11:30 Tai Chi 1:00-3:00 I Love to Make Things Group 1:00-3:00 Healthy Habits Program	27 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Book Club	28 11:00-12:00 Line Dancing Group 1:00-2:30 Fermented Vegetables
Happy Birthday Angela Beatrice Brenda Cindy Donna Joyce	Happy Birthday Kari Lori Marion Mary Jo Monica Sandy Tracy Virginia	Age-Related Macular Degeneration Awareness Month seethepossibilities.ca Preventative Health Awareness Month becometheceooofyourhealth.ca		<i>happy Valentine's day</i>