

# 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.  
**Monday, July 14<sup>th</sup> @ 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, July 7<sup>th</sup> & 21<sup>st</sup> @ 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.  
**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.**

## Memory 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 supportive social group.  
**Tuesdays @ 1:30-3:00 pm**  
**Pre-registration is required.** **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**  
**Starting September 2025**

## Walking Group

Please come walk for exercise, fun, and fellowship. Rain or Shine.  
**Friday's at 9:15 -10:15 am.**  
**Walkers meet at Reception.**

# Workshops

## Card Making with Kim

Come meet Kim from Stampin' Up and create two beautiful handmade cards.  
**Monday, July 7<sup>th</sup> 11:00-1:00 pm**  
**Pre-registration is required.** **Cost: \$5.00**

## Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions.  
**Tuesday, July 8<sup>th</sup> 2:00-3:30 pm**  
**Pre-registration is required.** **FREE**

## Line Dancing Group

Come and practice your line dancing skills with fellow members. All levels welcome.  
**Friday, July 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> @ 11:00-12:00 pm**  
**Activity Card or \$2 drop-in.**

## Women's Social Group

Come out for great conversations and a laugh with friends. Coffee & Tea provided.  
**Friday, July 11<sup>th</sup> & 25<sup>th</sup> 12:00-1:00 pm**  
**Pre-registration is required.**  
**Activity Card or \$2 drop-in.**

## Summer BBQ

Come and enjoy our new outdoor space! Participate in some fun outdoor games while socializing with friends. BBQ lunch provided.  
**Wednesday, July 16<sup>th</sup> 12:30-2:30 pm**  
**Pre-registration is required.** **Cost: \$5**

## Book Club

Please come and join our book club.  
**Thursday, July 25<sup>th</sup> 1:00-2:00 pm**  
**Activity Card or \$2 drop-in.**



# Activities Calendar




# JULY

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   |
|--|--|---|---|--|
| <b>Happy Birthday</b><br><br>Aleta Bonnie Caralyn Don Doreen<br>Heather Helen Jackie Lynn Jean N<br>Jean S Joan Joe Lori Marg Marina<br>Muriel Ria Sharon H<br>Sharon    | <b>1</b><br><br><b>CANADA DAY</b><br><br><br><b>The CSCHN is closed today</b>   | <b>2</b><br><br><b>10:30-11:30</b><br><br><b>Tai Chi</b>  | <b>3</b><br><br><b>9:30-10:15</b><br><br><b>Dance Fit</b><br><br><b>10:30-11:45</b><br><br><b>Yoga</b>                                    | <b>4</b><br><br><b>9:15-10:15</b><br><br><b>Walking Group</b><br><br><b>11:00-12:00</b><br><br><b>Line Dancing</b>   |
| <b>7</b><br><b>10:30-11:30</b><br><br><b>Mindfulness Meditation</b><br><br><b>11:00-1:00</b><br><br><b>Card Making</b><br><br><b>1:00-3:00</b><br><br><b>Euchre Club</b> | <b>8</b><br><b>9:30-10:15</b><br><b>10:30-11:45</b><br><b>12:30-1:30</b><br><b>1:30-3:00</b><br><b>2:00-3:00</b><br><br><b>Cardio Fit</b><br><b>Yoga</b><br><b>Bingo</b><br><b>Memory Group</b><br><b>Canvas &amp; Mocktails</b> | <b>9</b><br><br><b>10:30-11:30</b><br><br><b>Tai Chi</b>  | <b>10</b><br><br><b>9:30-10:15</b><br><br><b>Dance Fit</b><br><br><b>10:30-11:45</b><br><br><b>Yoga</b>                                   | <b>11</b><br><b>9:15-10:15</b><br><b>11:00-12:00</b><br><b>12:00-1:30</b><br><br><b>Walking Group</b><br><b>Line Dancing</b><br><b>Women’s Social</b>  |
| <b>14</b><br><b>10:30 – 11:15</b><br><br><b>Pound Full-Body</b><br><br><b>1:00-3:00</b><br><br><b>Euchre Club</b>  | <b>15</b><br><b>9:30-10:15</b><br><b>10:30-11:45</b><br><b>12:30-1:30</b><br><b>1:30-3:00</b><br><br><b>Cardio Fit</b><br><b>Yoga</b><br><b>Bingo</b><br><b>Memory Group</b>   | <b>16</b><br><br><b>10:30-11:30</b><br><br><b>Tai Chi</b><br><br><b>12:30 – 2:30</b><br><br><b>Summer BBQ</b> | <b>17</b><br><br><b>9:30-10:15</b><br><br><b>Dance Fit</b><br><br><b>10:30-11:45</b><br><br><b>Yoga</b>                                   | <b>18</b><br><br><b>9:15-10:15</b><br><br><b>Walking Group</b><br><br><b>11:00-12:00</b><br><b>1:30-2:30</b><br><br><b>Line Dancing</b><br><b>Tai Chi/Craft</b>  |
| <b>21</b><br><b>10:30-11:30</b><br><br><b>Mindfulness Meditation</b><br><br><b>1:00-3:00</b><br><br><b>Euchre Club</b>   | <b>22</b><br><b>9:30-10:15</b><br><b>10:30-11:45</b><br><b>12:30-1:30</b><br><b>1:30-3:00</b><br><br><b>Cardio Fit</b><br><b>Yoga</b><br><b>Bingo</b><br><b>Memory Group</b>   | <b>23</b><br><br><b>10:30-11:30</b><br><br><b>Tai Chi</b>   | <b>24</b><br><br><b>9:30-10:15</b><br><br><b>Dance Fit</b><br><br><b>10:30-11:45</b><br><br><b>Yoga</b>                                   | <b>25</b><br><br><b>9:15-10:15</b><br><br><b>Walking Group</b><br><br><b>12:00-1:30</b><br><br><b>Women’s Social</b>   |
| <b>28</b><br><br><b>1:00-3:00</b><br><br><b>Euchre Club</b>  | <b>29</b><br><b>9:30-10:15</b><br><b>10:30-11:45</b><br><b>12:30-1:30</b><br><b>1:30-3:00</b><br><br><b>Cardio Fit</b><br><b>Yoga</b><br><b>Bingo</b><br><b>Memory Group</b>   | <b>30</b><br><br><b>10:30-11:30</b><br><br><b>Tai Chi</b>   | <b>31</b><br><b>9:30-10:15</b><br><b>10:30-11:45</b><br><br><b>1:00 – 2:00</b><br><br><b>Dance Fit</b><br><b>Yoga</b><br><b>Book Club</b> | CSCHN supports the full inclusion of persons with disabilities in all our programs and services as set out in the Canadian Charter of Rights and Freedoms, Ontario Human Rights Code, the Ontarians with Disabilities Act (ODA), 2001 and the Accessibility of Ontarians with Disabilities Act (AODA), 2005. |