

# 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, June 2<sup>nd</sup>, 16<sup>th</sup>, 30<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, June 9<sup>th</sup> & 23<sup>rd</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.**

## 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.**

## Dream Catcher Canvas Craft

Come and create a beautiful Dream Catcher on canvas.  
**Wednesday, June 11<sup>th</sup> 1:00-3:00 pm**  
**Pre-registration is required.**  
**Activity Card or \$2 drop-in.**

## Walking Group

Please come walk for exercise, fun, and fellowship. Rain or Shine.  
**Friday's at 9:15 –10:15 am.**  
**Group meets at Front Reception**

# Workshops

## Healthy Sleep Habits

Haldimand Family Health Team will be here to educate us on Healthy Sleep Habits.  
**Thursday, June 5<sup>th</sup> 1:00-2:00 pm**  
**Pre-registration is required. FREE**

## Seated Meditative Reiki

Come experience a 30-minute seated Reiki Session with certified Reiki Instructor Laurie. Reiki can calm the mind, reduces stress, promotes relaxation, and release negative energy. **Thursday, June 12<sup>th</sup>**  
**Pre-registration is required. Cost: \$40**

## Human Trafficking Awareness

Victim Services will be here to give a presentation on Human Trafficking.  
**Thursday, June 19<sup>th</sup> 1:00-2:00 pm**  
**Pre-registration is required. Cost: FREE**

## Safety at Home Presentation

Come and learn about Senior Support Services Fall Prevention program. Topics include free home safety assessments, safety recommendations, funding for devices, and fall prevention education.  
**Tuesday, June 24<sup>th</sup> 2:00-3:00 pm**  
**Pre-registration is required. Cost: FREE**

## Why Working with a Financial Planner is a Good Thing!

Tracy will be here to discuss the benefits of working with a Financial planner and why it is not too late to work with one.  
**Wednesday, June 25<sup>th</sup> 12:30-1:30 pm**  
**Pre-registration is required. FREE**



# Activities Calendar



# JUNE

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  
[ncurrell@cschn.org](mailto:ncurrell@cschn.org)  
(905) 765-4408 Ext 226  
[www.cschn.org](http://www.cschn.org)

103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:30-11:15      Pound Full-Body  1:00-3:00              Euchre Club	<b>3</b> 9:30-10:15              Cardio Fit 10:30-11:45              Yoga 12:30-1:30              Bingo 1:30-3:00              Dementia Group 2:00-3:30      Canvas & Mocktails	<b>4</b>  10:30-11:30              Tai Chi  1:00-3:00              I Love to Make Things Group	<b>5</b> 9:30-10:15              Dance Fit  10:30-11:45              Yoga 1:00 – 2:00              Healthy Sleep Habits	<b>6</b>  9:15-10:15      Walking Group  11:00-12:00      Line Dancing
<b>9</b> 10:30-11:30              Mindfulness Meditation  1:00-3:00              Euchre Club	<b>10</b> 9:30-10:15              Cardio Fit 10:30-11:45              Yoga 12:30-1:30              Bingo 1:30-3:00              Dementia Group	<b>11</b>  10:30-11:30              Tai Chi  1:00-3:00              Dream Catcher Canvas Craft	<b>12</b> 9:30-10:15              Dance Fit  10:30-11:45              Yoga 12:00-3:00              Meditative Reiki	<b>13</b> 9:15-10:15      Walking Group  11:00-12:00      Line Dancing 12:00-1:30      Women’s Social
<b>16</b> 10:30 – 11:15      Pound Full-Body  1:00-3:00              Euchre Club	<b>17</b> 9:30-10:15              Cardio Fit 10:30-11:45              Yoga 12:30-1:30              Bingo 1:30-3:00              Dementia Group	<b>18</b> 10:30-11:30              Tai Chi  1:00-3:00              I Love to Make Things Group	<b>19</b> 9:30-10:15              Dance Fit  10:30-11:45              Yoga 1:00-2:00              Human Trafficking Awareness Presentation	<b>20</b>  9:15-10:15      Walking Group  11:00-12:00      Line Dancing
<b>23</b> 10:30-11:30              Mindfulness Meditation  1:00-3:00              Euchre Club	<b>24</b> 9:30-10:15              Cardio Fit 10:30-11:45              Yoga 12:30-1:30              Bingo 1:30-3:00              Dementia Group 2:00-3:00              Safety at Home Presentation	<b>25</b> 10:30-11:30              Tai Chi  1:00-3:00              I Love to Make Things Group 12:30-1:30      Financial Planner Tracy	<b>26</b> 9:30-10:15              Dance Fit  10:30-11:45              Yoga 1:00 – 2:00              Book Club	<b>27</b> 9:15-10:15      Walking Group  11:00-12:00      Line Dancing 12:00-1:00      Women’s Social
<b>30</b> 10:30 – 11:15      Pound Full-Body  1:00-3:00              Euchre Club	<b>Happy Birthday</b>  Betty Catherine Corry Dawn Jane Janet John Joseph June	<b>Happy Birthday</b>  Karen Lauren Lorraine Mary Michelle Stephen Valerie	Reiki is universal life force energy flowing within us and all around us like water & air.  A Reiki practitioner is attuned to channel this energy in a way that is beneficial in assisting your own body to release negative energy.	ALS Awareness Month als.ca  National Aboriginal History Month