

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, August 11th & 25 @ 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. **Starting September 2025**
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

Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions. **Tuesday, August 5th 2:00-3:30 pm**
Pre-registration is required. **FREE**

Financial Planner Tracey

Tracey will be here to discuss "handling changes". Topics include, retiring, downsizing, financial changes. **Wednesday, Aug 20th 1:00-2:00 pm**
Pre-registration is required. **FREE**

Line Dancing Group

Come and practice your line dancing skills with fellow members. All levels welcome. **Friday, Aug 8th, 15th, 22nd @ 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, Aug 8th, & 22nd 12:00-1:00 pm**
Pre-registration is required.
Activity Card or \$2 drop-in.

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, Aug 28th 2:00-3:00 pm**
Pre-registration is required. **FREE**

Book Club

Please come and join our book club. **Thursday, Aug 28th 1:00-2:00 pm**
Activity Card or \$2 drop-in.



Activities Calendar



AUGUST

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
Happy Birthday Alison Alex Beth Darlene L Darlene M Don Gord Helen Karen Kellie Lisa Lydia	Happy Birthday Mary Lee Mary Mike Neisje Phil Rolfe Ruthann Shirley Soon Susan	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.		1 9:15-10:15 Walking Group
4 CIVIC DAY HOLIDAY The CSCHN IS CLOSED TODAY!	5 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:00 Canvas & Mocktails	6 10:30-11:30 Tai Chi	7 9:30-10:15 Dance Fit 10:30-11:45 Yoga	8 9:15-10:15 Walking Group 11:00-12:00 Line Dancing 12:00-1:30 Women's Social
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25 1:00-3:00 Euchre Club 10:30 – 11:15 Pound Full-Body	26 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	27 10:30-11:30 Tai Chi	28 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00 – 2:00 Book Club 2:00 – 3:00 Tech Savvy	29 9:15-10:15 Walking Group