

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's 10:30-11:15 am
Fitness Pass required or \$8 drop-in.

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.

Bingo

Join us for a friendly game of Bingo.
Tuesdays @ 12:30-1:30 pm FREE

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
CSCHN Boardroom 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.

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.

Book Club

Please come and join our book club.
Thursday, Sept 25th 1:00-2:00
Activity Card or \$2 drop-in

Workshops

Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions. All levels welcome.
Tuesday, Sept 2nd 2:00-3:30 pm
Pre-registration is required. FREE

Fall Prevention Presentation

Right at Home will be giving an especially important presentation on how you can protect ourselves and your family members from falls.
Wednesday, Sept 17th 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's 11:00 – 12:00 pm
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.
Pre-registration is required. FREE
Coming in October

“Anything but a Sourdough Loaf”

Learn how to make other things from a sourdough starter. Examples include SD crackers, cookies, bagels, pita, and more. Please bring a jar with a lid if you would like to take home a sourdough starter.
Friday, Sept 26th 1:00-2:00 pm
Pre-registration is required. \$4.00



Activities Calendar



SEPTEMBER

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
<div>1</div> <div>Labour Day</div> <div>The CSCHN is closed today</div>	<div>2</div> <div>9:30-10:15 Cardio Fit</div> <div>10:30-11:45 Yoga</div> <div>12:30-1:30 Bingo</div> <div>1:30-3:00 Memory Group</div> <div>2:00-3:00 Canvas & Mocktails</div>	<div>3</div> <div>10:30-11:30 Tai Chi</div> <div>1 :00-3 :00 I Love To Make Things Group</div>	<div>4</div> <div>9:30-10:15 Dance Fit</div> <div>10:30-11:45 Yoga</div>	<div>5</div> <div>9:15-10:15 Walking Group</div> <div>11:00-12:00 Line Dancing</div> <div>12:00-1:30 Women's Social</div>
<div>8</div> <div>10:30 – 11:15 Pound Full-Body</div> <div>1:00-3:00 Euchre Club</div>	<div>9</div> <div>9:30-10:15 Cardio Fit</div> <div>10:30-11:45 Yoga</div> <div>12:30-1:30 Bingo</div> <div>1:30-3:00 Memory Group</div>	<div>10</div> <div>10:30-11:30 Tai Chi</div> <div>1 :00-3 :00 I Love To Make Things Group</div>	<div>11</div> <div>9:30-10:15 Dance Fit</div> <div>10:30-11:45 Yoga</div>	<div>12</div> <div>9:15-10:15 Walking Group</div> <div>11:00-12:00 Line Dancing</div>
<div>15</div> <div>10:30 – 11:15 Pound Full-Body</div> <div>1:00-3:00 Euchre Club</div>	<div>16</div> <div>9:30-10:15 Cardio Fit</div> <div>10:30-11:45 Yoga</div> <div>12:30-1:30 Bingo</div> <div>1:30-3:00 Memory Group</div>	<div>17</div> <div>10:30-11:30 Tai Chi</div> <div>1 :00-3 :00 I Love To Make Things Group</div> <div>1:00-2:00 Fall Prevention Presentation</div>	<div>18</div> <div>9:30-10:15 Dance Fit</div> <div>10:30-11:45 Yoga</div>	<div>19</div> <div>9:15-10:15 Walking Group</div> <div>12:00-1:30 Women's Social</div>
<div>22</div> <div>10:30 – 11:15 Pound Full-Body</div> <div>1:00-3:00 Euchre Club</div>	<div>23</div> <div>9:30-10:15 Cardio Fit</div> <div>10:30-11:45 Yoga</div> <div>12:30-1:30 Bingo</div> <div>1:30-3:00 Memory Group</div>	<div>24</div> <div>10:30-11:30 Tai Chi</div> <div>1 :00-3 :00 I Love To Make Things Group</div>	<div>25</div> <div>9:30-10:15 Dance Fit</div> <div>10:30-11:45 Yoga</div> <div>1:00 – 2:00 Book Club</div>	<div>26</div> <div>9:15-10:15 Walking Group</div> <div>11:00-12:00 Line Dancing</div> <div>1:00-3:00 Sourdough Workshop</div>
<div>29</div> <div>10:30-11:15 Pound Full-Body</div> <div>1:00-3:00 Euchre Club</div>	<div>30</div> <div>9:30-10:15 Cardio Fit</div> <div>10:30-11:45 Yoga</div> <div>12:30-1:30 Bingo</div> <div>1:30-3:00 Memory Group</div>	<div>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.</div>	<div>Happy Birthday</div> <div>Betty P Betty W Chris</div> <div>Dianne Duncan Elaine</div>	<div>Happy Birthday</div> <div>Elizabeth Janice Nancy</div> <div>Peggy Vivian Sharon</div>