

Health & Wellness

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 am - 11:15 am
Fitness Pass required or \$8 drop-in.

Cardio Fit

Focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise. All fitness levels welcomed.

Tuesdays @ 9:30 am - 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 am - 11:45 am
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 am - 10:15 am
Fitness Pass required or \$8 drop-in.

Tabata

Tabata is a form of High-Intensity Interval Training (HIIT) that consists of short intense bursts of exercise followed by brief periods of rest.

Friday's @ 10:15 am - 11:00 am
Fitness Pass required or \$8 drop-in.

Recreation

Euchre

Join us for Euchre or Hoss.

Monday's 1:00 pm - 3:00 pm
Activity Card or \$2 drop-in.

Bingo

Join us for a friendly game of Bingo.
Tuesdays @ 12:30 pm - 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 am - 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 pm - 3:00 pm
Activity Card or \$2 drop-in.

Book Club

Please come and join our book club.

Thursday, November 27 1:00 pm - 2:00 pm
Activity Card or \$2 drop-in

Line Dancing Group

Come and practice your line dancing skills with fellow members. All levels welcome.

Friday's 11:15 am – 12:15 pm
Activity Card or \$2 drop-in.

Workshops

Christmas Craft Market

Shop local vendors for your holiday décor & gifts. 20+ vendors will be in attendance.

Saturday, November 8th 10:00 am – 2:00 pm
Free Entry, Lots of Parking

Cooking 103

Join us for a fun, hands on cooking class designed for you in our Community Café.

Thursday's 12:00 pm - 1:30 pm
Pre-registration is required. \$6.00 per class

Clean Air, Healthy Lungs

Haldimand Family Health Team will be educating us on understanding the environmental impacts that effect our lungs.

Thursday, Nov 6th @ 1:00 pm
Pre-registration is required. FREE

Memory, Forgetfulness, & Aging

Alzheimer Society will be here to give a presentation about memory changes and what to expect as we age.

Thursday, Nov 20th @ 1:30 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, Nov 13th @ 2:00 pm
Pre-registration is required. FREE

Christmas Cards with Kim

Please come and make two festive cards.

Friday, Nov 28th 11:00 am - 12:30 pm
Pre-registration is required. \$6.00



Activities Calendar



NOVEMBER

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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103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	4 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Canvas & Mocktails	5 10:30-11:30 Tai Chi 1:00-3:00 Healthy Habits 2 1:00-3:00 I Love To Make Things Group	6 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Clear Air, Healthy Lungs Presentation	7 10:15-11:00 Tabata 11:15-12:15 Line Dancing Christmas Craft Market Saturday, Nov 8 th 10:00 am – 2:00 pm
10 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	11 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group REMEMBRANCE DAY	12 10:30-11:30 Tai Chi 1:00-3:00 Healthy Habits 2 1:00-3:00 I Love To Make Things Group	13 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 2:00-3:00 Tech Savvy	14 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women’s Social
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Happy Birthday Beth, Betty, Cathryn Charles, Evelyn, Helene Ilda, Jo-Ann, Joan	Happy Birthday Jose, Judith, Julia Laurie, Margaret, Mary Mary-Beth, Patti, Sue	Christmas Craft Market Saturday, November 8 th 10:00 – 2:00 pm CSCHN – Wellness Room 103 Inverness St. Free Entry, Lots of Parking	Deerfield Studios Memories of Elegance The Craftee Kitchen Breanne & Pam’s Crafts Ladybug Lane Teddy’s Craft Corner	Helga’s Hand Knits The Pottery Loft Simply Tallow Benji’s Bites & Hazelnut Café Designs by Marilyn Bard Owl Compostions