

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 10:30-11:15 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 @ 9:30-10:15 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.

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 @ 10:15-11:00 am

Fitness Pass required or \$8 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

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.

Book Club

Please come and join our book club.

Thursday, October 30th 1:00-2:00

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 – 12:15 pm

Activity Card or \$2 drop-in.

Workshops

Cooking 103

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

Thursday's 12:00-2:00 pm

Pre-registration is required. \$6.00 per class

Back & Shoulder Exercises

Dr. Callum Peever will be teaching us the best exercises for our back & shoulders.

Thursday, Oct 9th 12:00-1:00 pm

Pre-registration is required. FREE

Healthy Habits Level 2

This 6-week program is open to participants who have completed the Haldimand Family Health Team Healthy Habits Level 1.

Wed, Oct 15th & 22nd @ 1:00 – 3:00 pm

Pre-registration is required. FREE

Fire Safety for Seniors

Haldimand County Fire Department will be here educating us on Fire Safety.

Thursday, Oct 16th @ 1:00 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, Oct 16th @ 2:00 pm

Pre-registration is required. FREE

Halloween Bingo & Pizza Lunch

Friday, October 31st 12:30-2:00 pm

Pre-registration is required. \$6.00



Activities Calendar



OCTOBER

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday Barb Bill David Diane Eleanor Gail Grace Hugh Jennifer Julie Kathy L	Happy Birthday Kathy M Kathy S Kevin Kim Maureen Minnie Robert Roxanne Sharon Shelia	1 10:30-11:30 Tai Chi 1:00-3:00 I Love To Make Things Group National Senior's Day	2 9:30-10:15 Dance Fit 10:30-11:45 Yoga	3 9:00-9:45 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
6 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	7 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	8 10:30-11:30 Tai Chi 1:00-3:00 I Love To Make Things Group	9 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-2:00 Cooking 103 12:00-1:00 Back & Shoulder Presentation	10 9:00-9:45 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
13 	14 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	15 10:30-11:30 Tai Chi 1:00-3:00 Healthy Habits 2 1:00-3:00 I Love To Make Things Group	16 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-2:00 Cooking 103 1:00-2:30 Fire Safety Presentation 2:00-3:00 Tech Savvy	17 9:00-9:45 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
20 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	21 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	22 10:30-11:30 Tai Chi 1:00-3:00 Healthy Habits 2 1:00-3:00 I Love To Make Things Group	23 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-2:00 Cooking 103	24 9:00-9:45 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
27 10:30-11:15 Pound Full-Body 1:00-3:00 Euchre Club	28 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	29 10:30-11:30 Tai Chi 1:00-3:00 I Love To Make Things Group	30 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-2:00 Cooking 103 1:00 – 2:00 Book Club	31 9:00-9:45 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Halloween Bingo & Lunch