

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, Dec 18th 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

Canvas & Mocktails

Come and paint your own masterpiece.

Tuesday, Dec 2nd @ 2:00 pm
Pre-registration is required. FREE

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

Coping with the Holidays

Haldimand Family Health will be here talking about grief & loss and how we can manage stress and anxiety during the holidays.

Thursday, Dec 4th @ 1:00 pm
Pre-registration is required. FREE

Christmas Craft

Come and get creative and make a festive Christmas craft.

Tuesday, Dec 16th 2:00 pm – 3:00 pm
Pre-registration is required.
Activity Card or \$2 drop-in

Luau Christmas Lunch

Join us for a light lunch, and some music from Heartstrings Ukulele Group. Wear your favorite Christmas, or Hawaiian attire.

Wednesday, Dec 17th 12:30 pm - 2:30 pm.
Pre-registration is required. Cost: \$6

Gingerbread Men

Come out and decorate some Gingerbread.

Friday, Dec 19th 1:00 pm - 2:30 pm
Pre-registration is required. Cost: \$4



Activities Calendar



DECEMBER

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
(905) 765-4408 Ext 226
www.cschn.org

103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	2 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	3 10:30-11:30 Tai Chi 1:00-3:00 I Love To Make Things Group	4 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Coping With The Holidays	5 10:15-11:00 Tabata 11:15-12:15 Line Dancing
8 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	9 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	10 10:30-11:30 Tai Chi 1:00-3:00 I Love To Make Things Group	11 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	12 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women’s Social
15 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	16 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 Christmas Craft	17 10:30-11:30 Tai Chi 12:30 -2:30 Christmas Lunch	18 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Book Club 2:00-3:00 Tech Savvy	19 10:15-11:00 Tabata 11:15-12:15 Line Dancing 1:00-2:30 Gingerbread Men Decorating
22 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	23 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	24 Community Support Centre Haldimand-Norfolk Is Closed Today	25 <i>Merry Christmas</i> Community Support Centre Haldimand-Norfolk Is Closed Today	26 <i>Boxing Day</i> Community Support Centre Haldimand-Norfolk Is Closed Today
29 10:30 – 11:15 Pound Full-Body 1:00-3:00 Euchre Club	30 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	31 Community Support Centre Haldimand-Norfolk Is Closed Today	Happy Birthday Anita Ann Bill Carol Cathy David Dawn Diane Donna Frank Heather Jessie Loraine Louise Mark Mike	