

# Health & Wellness

## Pound Full-Body Fitness

This class combines cardio & strength training. Lightly weighted drumsticks are used for this class.

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

## Strength & Tone

Light cardio and targeted exercises are used to strengthen weak muscles, improve balance, and posture. This class includes both chair and standing exercises.

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

## Hatha Yoga

Hatha Yoga is a gentle yoga that focuses on controlled movements and stretching.  
**Tuesdays & Thursdays @ 10:30 -11:45 am**  
**Fitness Pass required or \$10 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 \$10 drop-in.**

## Tabata

Tabata is a form of High-Intensity Interval Training 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 \$10 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. Coffee & Tea provided and a chance to win a prize.

**Tuesdays @ 12:30 pm - 1:30 pm**  
**Activity Card or \$2 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 am - 11:30 am**  
**Activity Card or \$2 drop-in.**

## Memory Group

Come join this fun social group for members who are experiencing memory changes or live with Alzheimer's or Dementia.

**Tuesdays @ 1:30 pm – 3:00 pm**  
**FREE**

## Craft & Knitting 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.**

# Workshops

## Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions while sipping on a mocktail.

**Tuesday, Feb 3<sup>rd</sup> @ 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**

## Women's Social Group

Come out for great conversations and a laugh with friends. Coffee & Tea provided.

**Friday, Feb 6<sup>th</sup> & 20<sup>th</sup> 12:30 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.**

## Cooking with Plant Based Protein

Registered Dietitian Hannah from Haldimand Family Health Team will be here to teach us how to cook with plant-based proteins.

**Wednesday, Feb 18<sup>th</sup> from 1:00-3:00 pm**  
**Pre-Registration is Required. FREE**

## Book Club

Please come and join our book club.

**Thursday, February 26<sup>th</sup> 1:00 pm - 2:00 pm**  
**Activity Card or \$2 drop-in.**



# Activities Calendar



# FEBRUARY

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](mailto:ncurrell@cschn.org)  
(905) 765-4408 Ext 226  
[www.cschn.org](http://www.cschn.org)

103 Inverness St, Caledonia ON



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>2</b><br>10:15 - 11:00    Pound Full-Body<br>1:00-3:00        Euchre Club        | <b>3</b><br>9:30-10:15        Strength & Tone<br>10:30-11:45        Yoga<br>12:30-1:30        Bingo<br>1:30-3:00        Memory Group<br>2:00-3:30        Canvas & Mocktails | <b>4</b><br>10:30-11:30        Tai Chi<br>1:00-3:00        Craft/Knit Group   | <b>5</b><br>9:30-10:15        Dance Fit<br>10:30-11:45        Yoga<br>12:00-1:30        Cooking 103                                | <b>6</b><br>10:15-11:00        Tabata<br>11:15-12:15        Line Dancing<br>12:30-2:00        Women's Social                  |
| <b>9</b><br>10:15 - 11:00    Pound Full-Body<br>1:00-3:00        Euchre Club        | <b>10</b><br>9:30-10:15        Strength & Tone<br>10:30-11:45        Yoga<br>12:30-1:30        Bingo<br>1:30-3:00        Memory Group                                       | <b>11</b><br>10:30-11:30        Tai Chi<br>1:00-3:00        Craft/Knit Group  | <b>12</b><br>9:30-10:15        Dance Fit<br>10:30-11:45        Yoga<br>12:00-1:30        Cooking 103                               | <b>13</b><br>10:15-11:00        Tabata<br>11:15-12:15        Line Dancing   |
| <b>16</b><br><b>FAMILY DAY</b><br>The CSCHN is closed today.                        | <b>17</b><br>9:30-10:15        Strength & Tone<br>10:30-11:45        Yoga<br>12:30-1:30        Bingo<br>1:30-3:00        Memory Group                                       | <b>18</b><br>10:30-11:30        Tai Chi<br>1:00-3:00        Craft/Knit Group<br>1:00-3:00        Cooking with Plant Based Protein | <b>19</b><br>9:30-10:15        Dance Fit<br>10:30-11:45        Yoga<br>12:00-1:30        Cooking 103                               | <b>20</b><br>10:15-11:00        Tabata<br>11:15-12:15        Line Dancing<br>12:30-2:00        Women's Social                 |
| <b>23</b><br>10:15 - 11:00    Pound Full-Body<br>1:00-3:00        Euchre Club       | <b>24</b><br>9:30-10:15        Strength & Tone<br>10:30-11:45        Yoga<br>12:30-1:30        Bingo<br>1:30-3:00        Memory Group                                       | <b>25</b><br>10:30-11:30        Tai Chi<br>1:00-3:00        Craft/Knit Group  | <b>26</b><br>9:30-10:15        Dance Fit<br>10:30-11:45        Yoga<br>12:00-1:30        Cooking 103<br>1:00-2:00        Book Club | <b>27</b><br>10:15-11:00        Tabata<br>11:15-12:15        Line Dancing   |
| Happy Birthday<br>Beatrice Bob Brenda E<br>Brenda V Cathy Cindy<br>Helen Joyce Kari | Happy Birthday<br>Lori Marilyn Marion<br>Mary Jo Monica Nancy<br>Sandy Tracy Virginia   |  <b>World Cancer Day</b><br>4 February       | <br>Happy Valentines Day<br>Sat, February 14  | <br>Happy Family Day<br>Mon, February 16 |