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 @ 10:15 am - 11:00 am
Fitness Pass required or $10 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 $10 drop-in.

Hatha Yoga
Hatha Yoga is a gentle yoga that focuses on controlled movements and stretching.
Tuesdays & Thursdays @ 10:30 am -11:45
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 (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 $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.
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.

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.

Book Club
Please come and join our book club.
Thursday, January 29th 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, Jan 6th @ 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

SAD Presentation
Haldimand Family Health will be here talking about Seasonal Affective Disorder and provide tips on what we can do during the cold winter months.
Thursday, Jan 15th @ 1:00 pm
Pre-registration is required. FREE

Financial Planner Tracy
Tracy will be here to discuss how to let loved ones know what your future financial plans are and why it is so important.
Thursday, Jan 22nd 1:00 pm - 2:30 pm
Pre-registration is required. FREE

Women's Social Group
Come out for great conversations and a laugh with friends. Coffee & Tea provided.
Friday, Jan 9th & 23rd
Activity Card or $2 drop-in.

CYPRES 55+
TOGETHER IN WELLNESS

Activities Calendar

JANUARY

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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United Way Haldimand & Norfolk
COMMUNITY SUPPORT CENTRE HALDIMAND-NORFOLK
Ontario

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday Anita Carm Catherine Collette Desiree Diane Edith Evelyn Jill Karen Lori Louisa	Happy Birthday Mary Nadine Pearl Roberta Rosa Ross Russell Shirley Sue Willie Yvonne		1 *Happy New Year* *Community Support Centre* *Haldimand-Norfolk* *Is Closed Today*	2 10:15-11:00 Tabata 11:15-12:15 Line Dancing
5 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	6 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	7 10:30-11:30 Tai Chi 1 :00-3 :00 Craft/Knit Group	8 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	9 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
12 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	13 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	14 10:30-11:30 Tai Chi 1 :00-3 :00 Craft/Knit Group	15 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Seasonal Affective Disorder Presentation	16 NO TABATA CLASS TODAY 11:15-12:15 Line Dancing
19 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	20 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	21 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	22 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Financial Planner Tracy	23 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
26 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	27 9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	28 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	29 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Book Club	30 10:15-11:00 Tabata 11:15-12:15 Line Dancing