

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.

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.

Women's Social Group

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

Friday, Mar 6th & 20th 12:30 pm – 2:00 pm
Activity Card or \$2 drop-in.

Spring Craft Market

Come out and shop local craft vendors in our CYPRES 55+ Wellness Room.

Saturday, March 28th

10:00 am – 2:00 pm

Free Entry, Lots of Parking

Workshops

Canvas & Mocktails

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

Tuesday, March 3rd @ 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

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.

Start with Art - NEW

Discover your creativity as you make an art piece with all materials and inspiration provided.

Tuesday, March 24th from 2:00-3:30 pm
Pre-Registration is Required. FREE

Book Club

Please come and join our book club.

Thursday, March 26th 1:00 pm - 2:00 pm
Activity Card or \$2 drop-in.

Easter Card Making

Please come and create two festive Easter Cards with Kim from Stampin Up.

Friday, Mar 27th 12:00 pm – 1:30 pm
Pre-registration Required. \$6.00



Activities Calendar



MARCH

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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103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	3 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Canvas & Mocktails	4 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	5 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	6 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
9 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	10 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	11 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	12 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	13 10:15-11:00 Tabata 11:15-12:15 Line Dancing
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23 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	24 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Start with Art	25 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	26 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Book Club	27 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:00-1:30 Easter Card Making
30 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club	31 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	Happy Birthday Alexis Brenda Debbie Deborah Dianne Don Donna M Donna S Eleanor Gail Joanne Karen	Happy Birthday Larry Linda W Lise Margo Mark Pam Patricia Randy Ria Sharon M Sharon B Sharon L Sheila Vicki Wendy	Spring Craft Market Saturday, March 28 th 10:00 am - 2:00 pm Community Support Centre CYPRES 55+ Wellness Room 103 Inverness St, Caledonia