

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.

55+ Walking Group

Come walk for exercise, fun, and fellowship.

Friday's 9:00 am
Walkers meet at our front reception.

Small Town Grand Fashion

Sunday, April 26th, 1:00 – 3:30 pm

Featuring: Wild Ginger Boutique, A Day in My Closet, & Helping Hands Haldimand.

Refreshments, Light Snacks, Door Prizes.
\$20 per person

Workshops

Canvas & Mocktails - HAC

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

Tuesday, April 7th @ 2:00 pm
Pre-registration is required. FREE

Sourdough for Beginners

Come on out and learn how to make sourdough. Please bring an apron and a jar.

Wed, April 8th 1:00 pm – 3:30 pm
Pre-registration is required. Cost: \$5

Cooking 103

Join us for a fun, hands on cooking class.
Thursday's 12:00 pm - 1:30 pm
Pre-registration is required. \$6.00 per class

Motivation & Fighting off Depression

Haldimand Family Health Team will be here to talk about how to motivate yourself and fight off depression.

Thursday, April 23rd 1:00 - 2:00 pm
Pre-registration is required. FREE

Wondering what to do following the death of a loved one?

Service Canada will be here providing a 45-minute presentation on survivor benefits within the CPP & OAS.

Friday April 17th 1:30 am – 2:30 pm
Pre-registration is required. FREE

Start with Art - HAC

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

Tuesday, April 28th from 2:00-3:30 pm
Pre-Registration is Required. FREE



Activities Calendar



APRIL

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

103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Barb Carrie Cathy Cheryl Cindy Dorothy Douglas Elaine Elena Elvira Gail Gary George Geraldine Gil Harriet Helana</p>	<p>Happy Birthday Jackie Jayne Joan Joanne Linda Linda R Lorraine C Louise Marjorie Marvin Melanie Peter Robin Steve Susan Tammy</p>	<p>1 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class</p>	<p>2 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103</p>	<p>3 Good Friday The CSCHN is closed today.</p>
<p>6  The CSCHN is closed today.</p>	<p>7 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</p>	<p>8 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-3:30 Sourdough for Beginners 2:30-3:30 Parkinsons Functional Movement Class</p>	<p>9 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103</p>	<p>10 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing</p>
<p>13 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p>14 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group</p>	<p>15 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group</p>	<p>16 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103</p>	<p>17 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women’s Social 1:30-2:30 Service Canada Presentation</p>
<p>20 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p>21 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group</p>	<p>22 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class</p>	<p>23 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00–2:00 Motivation & Fighting off Depression</p>	<p>24 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing</p>
<p>27 10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p>28 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</p>	<p>29 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-2:30 Plant Based Cooking 2:30-3:30 Parkinsons Functional Movement Class</p>	<p>30 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Book Club</p>	<p>Small Town Grand Fashion Sunday, April 26th 1:00 pm - 3:30 pm Community Support Centre 103 Inverness St, Caledonia Tickets \$20.</p>