

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.

Tuesday's @ 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.
Tuesday's & Thursday's @ 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.

Tuesday's @ 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.

Monday's @ 11:15 am - 12:15 pm
Wednesday's @ 10:30 am - 12:00 pm
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.

Book Club

Please come and join our book club.
Thursday, June 25th 1:00 pm - 2:00 pm
Activity Card or \$2 drop-in.

Workshops

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

Card Making with Kim

Please come and create two Birthday Cards with Kim from Stampin Up.
Friday, June 12th 1:00 pm - 2:30 pm
Pre-registration Required. \$6.00

Start with Art - HAC

Discover your creativity as you make an art piece with all materials provided.
Tuesday, June 23rd from 2:00 pm - 3:30 pm
Pre-Registration is Required. FREE

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.

Pelvic Health

Joanna & Xana from Haldimand Family Health Team will be here to educate us about Pelvic Health.

Thursday, June 18th 1:00 pm - 2:00 pm
Pre-Registration is Required. FREE

Safety at Home Presentation

Senior Support Services will be here to talk about the free SAH Program they offer.
Friday, June 19th @ 1:00 pm - 2:00 pm
Pre-registration is required. FREE



Activities Calendar



June

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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Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	2 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	3 10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class	4 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	5 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
8 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	9 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	10 10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class	11 9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103	12 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social 1:00-2:30 Card Making With Kim
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22 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	23 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	24 10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class	25 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Book Club	26 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
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