

# 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 - 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, May 28<sup>th</sup> 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**

## **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, May 6<sup>th</sup> & 27<sup>th</sup> 1:00-3:00 pm**  
**Pre-Registration is Required. FREE**

## **Brain Health**

Haldimand Family Health Team  
**Thursday, May 28<sup>th</sup> 1:00 - 2:00 pm**  
**Pre-registration is required. FREE**

## **Start with Art - HAC**

Discover your creativity as you make an art piece with all materials provided.  
**Tuesday, May 26<sup>th</sup> from 2:00-3:30 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.**

## **Ontario Seniors Dental Screen**

Come and learn about the Ontario Seniors Dental Care Plan for individuals over the age of 65. Free Dental Screening will be provided onsite for those that qualify.  
**Friday, May 22<sup>nd</sup> from 1:00-3:30 pm**  
**Pre-Registration is Required. FREE**



# Activities Calendar



# May

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](http://www.cschn.org)  
103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Happy Birthday</b></p> <p>Adele Betsy Bev Candy Darlene Dianne Fran Helen Helen H Joyce Karen Kathy</p>	<p align="center"><b>Happy Birthday</b></p> <p>Lisa Nancy Patrick Peggy Peter Sharon Tim Sue Wendy Yvonne</p>			<p><b>1</b></p> <p>9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social</p>
<p><b>4</b></p> <p>10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p><b>5</b></p> <p>9:30-10:15 Strength &amp; Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Canvas &amp; Mocktails</p>	<p><b>6</b></p> <p>10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-2:30 Plant Based Cooking 2:30-3:30 Parkinson's Functional Movement Class</p>	<p><b>7</b></p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103</p>	<p><b>8</b></p> <p>9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing</p>
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<p><b>18</b></p> <p align="center"><b>Victoria Day</b></p> <p>The CSCHN is closed today.</p>	<p><b>19</b></p> <p>10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group</p>	<p><b>20</b></p> <p>10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinson's Functional Movement Class</p>	<p><b>21</b></p> <p>9:30-10:15 Cardio Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103</p>	<p><b>22</b></p> <p>9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 1:00-3:30 Ontario Seniors Dental Care Plan</p>
<p><b>25</b></p> <p>10:15 – 11:00 Pound Full-Body 1:00-3:00 Euchre Club</p>	<p><b>26</b></p> <p>9:30-10:15 Strength &amp; 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><b>27</b></p> <p>10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-2:30 Plant Based Cooking 2:30-3:30 Parkinson's Functional Movement Class</p>	<p><b>28</b></p> <p>9:30-10:15 Dance Fit 10:30-11:45 Yoga 12:00-1:30 Cooking 103 1:00-2:00 Brain Health 1:00-2:00 Book Club</p>	<p><b>29</b></p> <p>9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social</p>