

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, July 30th 1:00 pm - 2:00 pm
Activity Card or \$2 drop-in.

Workshops

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.

Summer BBQ

Good Food, friendly faces, and summer fun await! Join us for a hot dog lunch.

Wednesday, July 15th @ 12:00 pm - 2:00 pm
Pre-registration is required. Cost: \$5

Trivia @ The Train Station

Looking for something different to do? Join us for an hour of trivia.

Thursday, July 2nd & 16th @ 1:00pm
Pre-registration is required.
Activity Card or \$2 drop-in.

Indoor Shuffleboard

Looking for a fun way to stay active & socialize? Join us for a friendly game of shuffleboard. Beginners welcome.

Thursday, July 9th & 23rd @ 1:00pm
Pre-registration required.
Activity Card or \$2 drop-in.

Summer Scrapbook

Interested in Scrapbooking but do not know where to start? Just bring your pictures & creativity and we will help you out!

Wednesday, July 8th & 22nd @ 1:00 pm
Pre-registration required.
Activity Card or \$2 drop-in.



Activities Calendar



JULY

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, Program Coordinator
ncurrell@cschn.org
(905) 765-4408 Ext 0226
www.cschn.org
103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday Aleta Barb Bonnie Caralyn Christine Deb Don Doreen Heather Helen Jackie Jean	Happy Birthday Joan Joe Linda Lori Marg Marina Muriel Peter ReJane Ria Rick Sharon	1 Happy Canada Day  The CSCHN is closed today.	2 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00- 2:00 Trivia (Train Station)	3 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
6 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	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	8 10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-2:30 Scrapbooking	9 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Shuffleboard	10 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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20 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	21 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	22 10:30-12:00 Tai Chi 1:00-3:00 Craft/Knit Group	23 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Shuffleboard	24 9:00 – 10:00 Walking Group 10:15-11:00 Tabata NO LINE DANCING TODAY 12:30-2:00 Women’s Social
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