

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 Bingo game. Coffee & tea provided 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 - 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 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, August 27th 1:00 pm - 2:00 pm

Activity Card or \$2 drop-in.

Workshops

Discover the History of Caledonia

Lunch & Learn

Kinsmen Park Gazebo, Caledonia

Join Geneva Gillis from Haldimand Heritage Centre to learn about the history of Caledonia, along with lunch from Jones Bakery.

Thurs, August 13th from 12:00 pm - 2:00 pm

Pre-Registration is required. Cost: \$5.00

Rain or Shine Event

Trivia @ The Train Station

Canadian Edition

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

Thursday, August 6th @ 1:00 pm

Pre-registration is required.

Activity Card or \$2 drop-in.

Ruthven Mansion Tour, Cayuga

Enjoy a guided tour of the Historic Ruthven Mansion with tea & scones in the Coach House.

Tuesday, August 25th 12:30 - 2:30 pm

Pre-registration is required. Cost: \$8.00

Jungle Bingo with Haldi Camp

55+ members are encouraged to come and participate in Intergenerational Programming with children from Haldifun Camp.

We will be playing Jungle themed Bingo.

Thursday, August 27th @ 12:30 pm

Pre-registration is required.



Activities Calendar



AUGUST

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

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103 Inverness St, Caledonia ON



Monday	Tuesday	Wednesday	Thursday	Friday
3 Civic Holiday The CSCHN is closed.	4 NO STRENGTH & TONE TODAY NO YOGA TODAY 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Canvas & Mocktails	5 10:30-11:30 Tai Chi 1:00-3 :00 Craft/Knit Group	6 NO DANCE FIT TODAY NO YOGA TODAY 1:00 – 2:00 Trivia (Train Station)	7 9:00 – 10:00 Walking Group NO TABATA TODAY 11:15-12:15 Line Dancing 12:30-2:00 Women’s Social
10 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	11 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	12 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-3:00 Scrapbooking	13 NO DANCE FIT TODAY 10:30-11:45 Yoga 12:00-2:00 Lunch & Learn Kinsmen Park Gazebo	14 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
17 NO POUND CLASS TODAY 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	18 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 1:30-3:00 Memory Group	19 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	20 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Shuffleboard	21 9:00 – 10:00 Walking Group 10:15-11:00 Tabata NO LINE DANCING TODAY 12:30-2:00 Women’s Social
24 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	25 9:30-10:15 Strength & Tone 10:30-11:45 Yoga 12:30-1:30 Bingo 12:30-2:30 Ruthven Trip 1:30-3:00 Memory Group 2:00-3:30 Start with Art	26 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 1:00-3:00 Scrapbooking	27 9:30-10:15 Dance Fit 10:30-11:45 Yoga 1:00-2:00 Book Club 12:30 – 2:00 Haldimand Kids Camp Jungle Bingo	28 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
August Birthdays Alex Alison Barb Carolyn Darlene Don Beth Gord Helen Jim	August Birthdays Julie Karen Kellie Mary Lee Mike Phil Rolfe Ruthann Shirley Susan Suzanne	Discover the History of Caledonia Lunch & Learn Kinsmen Park Gazebo, Caledonia Thursday, August 13th 2:00 pm – 2:00 pm Pre-Registration is required. Cost: \$5.00 Rain or Shine Event	Looking for 55+members to play a fun game of Jungle Bingo with children from Halimand Kids Camp on Thursday, August 27th at 12:30.	Ruthven Park Mansion Tour 243 Hwy 54, Cayuga Tuesday, August 25th 12:30 pm– 2:30 pm Pre-Registration is Required Limited Space: \$8 per person