

Health & Wellness

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.

Yoga Flow 55+

Move with ease, build strength, improve balance in this gentle, flowing yoga class.

Tuesday's 10:30 am – 11:30 am

Fitness Pass required or \$10 drop-in.

Dance Fit

Fun upbeat exercise to improve energy, core, muscular strength, and motor skills.

Thursday'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 stretching & breathing.

Thursday's 10:30 -11:45 am

Fitness Pass required or \$10 drop-in.

Tabata

High-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.

55+ Walking Group

Come for exercise, fun, and fellowship.

Friday's 9:00 am

Walkers meet at our front reception.

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 many health benefits of Tai Chi in a safe and friendly environment. No previous experience needed.

Monday's 11:00 am – 12:00 pm

Monday's Tai Chi Class is designed for beginners or participants who need a refresher.

Wednesday's 10:30 am – 11:30 am

Activity Card or \$2 drop-in.

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.

Book Club

Please come and join our book club.

Thursday, Oct 29th 1:00 pm - 2:00 pm

Activity Card or \$2 drop-in.

Indoor Shuffleboard

Looking for a fun way to stay active.

Thursday, Oct 15th, 22nd, 29th 2:00 pm

Activity Card or \$2 drop-in.

Workshops

National Seniors Day

Come celebrate National Seniors Day with cake & coffee in the Wellness Room.

Thursday, Oct 1st 12:30 pm - 1:30 pm

Pre-registration is required. FREE

Memory, Forgetfulness, Aging

Alzheimer's Society will be here to give us a presentation about memory changes and what to expect with aging.

Thursday, Oct 1st 2:00 pm -3:00 pm

Pre-registration is required. FREE

Craft, Knitting, Scrapbooking 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

Trivia At the Train Station

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

Thursday, Oct 8th & 22nd 1:00 pm

Pre-registration is required.

Activity Card or \$2 drop-in.

Women's Social Group

Come out for great conversations and a coffee.

Friday, October 2nd, 16th, 30 12:30 – 2:00 pm

Activity Card or \$2 drop-in.

Tech Savvy

Do you need a little help navigating technology? Sara will be here to help.

Wednesday, Oct 13th 1:30 pm – 3:00 pm

Pre-registration is required. FREE



Activities Calendar



OCTOBER

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 Barbara Cindy David Diane Eleanor Gail Grace Helmet Holly Hugh Jennifer Julie Karinn Kathy L	Happy Birthday Kathy M Kathy S Kevin Kim Mark Minnie Robert Roxanne Sandy Sharon Shelia Sue Susan Wendy	National Seniors Day Thursday, Oct 1st Come celebrate National Seniors Day with cake & coffee in the Wellness Room from 12:30-1:30 pm. Pre-registration is required.	1 9:30-10:15Dance Fit 10:30-11:45Hatha Yoga 12:30-1:30Cake & Coffee 2:00-3:00Memory, Forgetfulness Aging Presentation	2 9:00 – 10:00Walking Group 10:15-11:00Tabata 11:15-12:15Line Dancing 12:30-2:00Women’s Social
5 11:00-12:00Tai Chi 1:00-3:00Euchre Club	6 9:30-10:15Strength & Tone 10:30-11:30Yoga Flow 55+ 12:30-1:30Bingo 1:30-3:00Memory Group 2:00-3:00Canvas & Mocktails	7 10:30-11:30Tai Chi 1:00-3:00Craft/Knit Group 2:30-3:30Parkinsons Functional Movement Class	8 9:30-10:15Dance Fit 10:30-11:45Hatha Yoga 1:00- 2:00Trivia at the Station	9 9:00 – 10:00Walking Group 10:15-11:00Tabata 11:15-12:15Line Dancing
12 Happy Thanksgiving The CSCHN is Closed.	13 9:30-10:15Strength & Tone 10:30-11:30Yoga Flow 55+ 12:30-1:30Bingo 1:30-3:00Tech Savvy	14 10:30-11:30Tai Chi 1:00-3:00Craft/Knit Group 2:30-3:30Parkinsons Functional Movement Class	15 9:30-10:15Dance Fit 10:30-11:45Hatha Yoga 2:00-3:00Indoor Shuffleboard	16 9:00 – 10:00Walking Group 10:15-11:00Tabata 11:15-12:15Line Dancing 12:30-2:00Women’s Social
19 11:00-12:00Tai Chi 1:00-3:00Euchre Club	20 9:30-10:15Strength & Tone 10:30-11:30Yoga Flow 55+ 12:30-1:30Bingo 1:30-3:00Memory Group	21 10:30-11:30Tai Chi 1:00-3:00Craft/Knit Group 11:00-1:30Warplane Heritage Museum Trip 2:30-3:30Parkinsons Functional Movement Class	22 9:30-10:15Dance Fit 10:30-11:45Hatha Yoga 1:00-2:00Trivia at the Station 2:00-3:00Indoor Shuffleboard	23 9:00 – 10:00Walking Group 10:15-11:00Tabata 11:15-12:15Line Dancing
26 11:00-12:00Tai Chi 1:00-3:00Euchre Club	27 9:30-10:15Strength & Tone 10:30-11:30Yoga Flow 55+ 12:30-1:30Bingo 2:00-3:30Start with Art	28 10:30-11:30Tai Chi 12:00-1:00Cooking 103 1:00-3:00Craft/Knit Group 2:30-3:30Parkinsons Functional Movement Class	29 9:30-10:15Dance Fit 10:30-11:45Hatha Yoga 1:00-2:00Book Club 2:00-3:00Indoor Shuffleboard	30 9:00 – 10:00Walking Group 10:15-11:00Tabata 12:30-2:00Women’s Social