

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 the 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, Sept 24th 1:00 pm - 2:00 pm

Activity Card or \$2 drop-in.

Indoor Shuffleboard

Looking for a fun way to stay active.

Thursday, September 10th 1:00 pm

Pre-registration required.

Workshops

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.

Project Lifesaver Presentation

Learn about a proven search & rescue tool that uses wearable technology to help locate individuals who may wander due to cognitive or developmental conditions.

Wednesday, Sept 23rd 1:00 pm

Pre-registration is required.

Trivia @ The Train Station

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

Thursday, Sept 3rd & 17th 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, September 4th & 18th 12:30 – 2:00.

Activity Card or \$2 drop-in.

Fall Heritage Tea Train Ride - Bus

Trip to Waterloo Central Railway

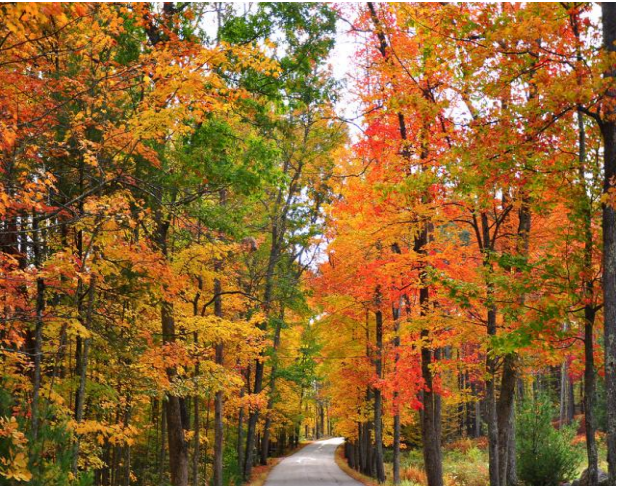
Step aboard the historic Waterloo Railway for an unforgettable journey through the countryside of Woolwich Township in the heart of Mennonite County. Guests will enjoy an amuse-bouche, salad, handcrafted sandwiches paired with a selection of teas, scones, and a dessert. Transportation is included.

Sunday, Sept 27th Bus Departs at 10:45 am

Limited Tickets, Registration required. Cost: \$70



Activities Calendar



SEPTEMBER

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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Monday	Tuesday	Wednesday	Thursday	Friday
31 10:15 – 11:00 Pound Full-Body 11:15-12:15 Tai Chi 1:00-3:00 Euchre Club	1 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Canvas & Mocktails	2 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	3 NO DANCE FIT 10:30-11:45 Hatha Yoga 1:00- 2:00 Trivia at Train Station	4 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women’s Social
7 Labour Day The CSCHN is closed today!	8 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Memory Group	9 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group	10 9:30-10:15 Dance Fit 10:30-11:45 Hatha Yoga 1:00-2:00 Shuffleboard	11 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
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28 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club	29 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:30 Start with Art	30 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class National Day for Truth and Reconciliation	<i>September Birthdays</i> Betty Carol Anne Christine Connie Dianne Dominic Duncan Elaine Elizabeth Eva Gwen	<i>September Birthdays</i> Janice Lee-Ann Marylin Nancy K Nancy R Patricia Peggy Robert Sharon Vicki Vivian