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, Nov 26th 1:00 pm - 2:00 pm
Activity Card or $2 drop-in.

Indoor Shuffleboard

Looking for a fun way to stay active.
Thursday, Nov 12th, 19th, 26th 2:00 pm
Activity Card or $2 drop-in.

Workshops

Brain Fit – Alzheimer's Society

Alzheimer's Society will be here to talk about how we can reduce the risk of Alzheimer's and educate us on healthy brain habits.
Thursday, Nov 5th 2:00 pm - 3:00 pm
Pre-registration is required. FREE

Diabetes Awareness Month

Haldimand Family Health Team will be here to educate us about diabetes.
Tuesday, Nov 17th 2:00 pm
Pre-registration is required. FREE

Tech Savvy

Do you need a little help navigating technology? Sara will be here to help.
Tuesday, Nov 10th 1:30 pm – 3:00 pm
Pre-registration is required. FREE

Connect Hearing Presentation

Daniel will be talking about hearing loss, hearing help, and how to be proactive about your hearing health.
Thursday, Nov 19th 12:30 pm – 1:30 pm
Pre-registration is required. FREE

Trivia

Looking for something different to do? Join us for an hour of trivia in the boardroom.
Thursday, Nov 5th & 19th 1:00 pm
Activity Card or $2 drop-in.

Christmas Card Making

Come tune into your creative side and create two handmade Christmas Cards with Kim from Stampin Up.
Friday, Nov 27th 1:00 pm – 2:30 pm
Pre-registration is required. Cost: $6

CYPRES 55+
TOGETHER IN WELLNESS

Activities Calendar



NOVEMBER

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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www.cschn.org
103 Inverness St, Caledonia ON

United Way Golden Horseshoe
COMMUNITY SUPPORT CENTRE HALDIMAND-NORFOLK
Ontario

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club	**3** 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:00 Canvas & Mocktails	**4** 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class	**5** 9:30-10:15 Dance Fit 10:30-11:45 Hatha Yoga 1:00-2:00 Trivia 2:00-3:00 Brain Fit Presentation Alzheimer Society	**6** 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing
9 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club	**10** 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Tech Savvy	**11** 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class Remembrance Day	**12** 9:30-10:15 Dance Fit 10:30-11:45 Hatha Yoga 2:00-3:00 Indoor Shuffleboard	**13** 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 12:30-2:00 Women's Social
16 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club	**17** 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 1:30-3:00 Memory Group 2:00-3:00 Diabetes Awareness Presentation	**18** 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 12:00-2:00 Cooking 103 2:30-3:30 Parkinsons Functional Movement Class	**19** NO DANCE FIT TODAY 10:30-11:45 Hatha Yoga 12:30-1:30 Connect Hearing Presentation 1:00-2:00 Trivia 2:00-3:00 Indoor Shuffleboard	**20** 9:00 – 10:00 Walking Group NO LINE DANCING TODAY 10:15-11:00 Tabata
23 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club	**24** 9:30-10:15 Strength & Tone 10:30-11:30 Yoga Flow 55+ 12:30-1:30 Bingo 2:00-3:30 Start with Art	**25** 10:30-11:30 Tai Chi 1:00-3:00 Craft/Knit Group 2:30-3:30 Parkinsons Functional Movement Class	**26** 9:30-10:15 Dance Fit 10:30-11:45 Hatha Yoga 1:00-2:00 Book Club 2:00-3:00 Indoor Shuffleboard	**27** 9:00 – 10:00 Walking Group 10:15-11:00 Tabata 11:15-12:15 Line Dancing 1:00 – 2:30 Card Making
30 11:00-12:00 Tai Chi 1:00-3:00 Euchre Club		Christmas Craft Market Saturday, November 28th 10:00 – 2:00 pm CSCHN – Wellness Room 103 Inverness St. Free Entry, Lots of Parking	Diabetes Awareness Month www.diabetes.ca Fall Prevention Month www.parachute.ca	November Birthdays Beth Cathryn Charles Evelyn Helene Ilda Jo-Ann Joan Jose Judith Julia Laurie Margaret Mary Mary-Beth Sandy Sue