

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> 9:30-10:30 Cardio Mix-Up \$7 10:45-12:15 Yoga \$7 <b>1-4 Open Social Time</b>	<b>4</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone <b>11:30-12:30 Toonie Tuesday Lunch \$2</b> <b>1:00 Euchre/Skip-Bo</b>	<b>5</b> 10-11:30 Yoga \$7 <b>9:30 Senior Fitness Hour (York)</b> <b>1-3 Drop in knitting/crochet</b> 5:30-7 Join Us for Dinner Zehrs Caledonia	<b>6</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone 11-11:45 Men's Fitness \$5 11:30-1:30 Recipe Share \$2	<b>7</b> 10-11 Classic Cardio/Tone \$7 <b>11-12:30 Café Lunch</b> <b>1-4 Open Social Time</b>
<b>10</b> 9:30-10:30 Cardio Mix-Up \$7 10:45-12:15 Yoga \$7 <b>1-4 Open Social Time</b>	<b>11</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone <b>11:30-12:30 Toonie Tuesday Lunch \$2</b> <b>1:00 Euchre/Skip-Bo</b>	<b>12</b> 10-11:30 Yoga \$7 <b>9:30 Senior Fitness Hour (York)</b> <b>1-3 Drop in knitting/crochet</b>	<b>13</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone 11-11:45 Men's Fitness \$5 11:30-1:30 Recipe Share \$2	<b>14</b> 10-11 Classic Cardio/Tone \$7 <b>11-12:30 Café Lunch</b> <b>1-4 Open Social Time</b>
<b>17</b> 9:30-10:30 Cardio Mix-Up \$7 10:45-12:15 Yoga \$7 <b>1-4 Open Social Time</b>	<b>18</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone <b>11:30-12:30 Toonie Tuesday Lunch \$2</b> <b>1:00 Gingerbread Cookie            Decorating \$2 Please Sign-Up</b>	<b>19</b> <b>No Yoga</b> <b>9:30 Senior Fitness Hour (York)</b> <b>1-3 Drop in knitting/crochet</b>	<b>20</b> 8:30-9:30 Urban Pole Walking Registration Required 9-9:45 Chair Cardio & Tone 11-11:45 Men's Fitness \$5 <b>No Recipe Share</b> <b>1:00 Bingo!</b>	<b>21</b> 10-11 Classic Cardio/Tone \$7 <b>12:00-1:30 Café Turkey Dinner            Please Sign up</b> <b>1-4 Open Social Time</b>
<b>24</b> 9:30-10:30 Cardio Mix-Up \$7 10:45-12:15 Yoga \$7 <b>CLOSED @ 12:30</b>	<b>CLOSED</b>		<b>27</b> 8:30-9:30 Urban Pole Walking Registration Required 10-10:45 Chair Cardio & Tone 11-11:45 Men's Fitness \$5 <b>No Recipe Share</b> <b>CLOSED @ 12:30</b>	<b>28</b> 10-11 Classic Cardio/Tone \$7 <b>11-12:30 Café Lunch</b> <b>CLOSED @ 12:30</b>
<b>31</b> 9:30-10:30 Cardio Mix-Up \$7 10:45-12:15 Yoga \$7 <b>CLOSED @ 12:30</b>	 <h1 style="color: red; text-decoration: underline;">December 2018</h1> 			

## Health & Wellness

### CHAIR CARDIO & TONE

This 45 minute chair class focuses on cardio, toning, balance, flexibility & relaxation.

**Tuesday/Thursday 10-10:45**

**FREE**

### CARDIO MIX-UP \$7

Build strength and endurance and improve your cardio through shadow boxing, line dancing and resistance training.

**Mondays 9:30-10:30**

### HATHA YOGA \$7

Hatha Yoga consists of stretching, breathing and meditation techniques to increase body awareness and positive self-image.

**Mondays 10:45-12:15**

**Wednesdays 10:00-11:30**

### URBAN POLE WALKING

This class offers toning, calorie-burning and posture benefits.

If you have poles the class is **FREE**

No poles \$3

**Tuesday/Thursdays 8:30-9:30**

## Recreation

### HOLIDAY CLOSURES

Please note that we will be closing at 12:30pm on Dec 24th, 27th, 28th & 31st.

**We wish everyone a safe and happy holiday!**

### URBAN POLE WALKING

Pole walking will continue into December! In case of inclement weather we will be meeting at the arena to walk.

**Tues/Thurs 8:30-9:30am**

### TOONIE TUESDAY

New in the Community Café!

Join us for a sandwich and homemade soup.

Cost is (you guessed it!) \$2

**Every Tuesday 11-12**

### COMMUNITY CAFÉ

Join us for an absolutely delicious meal prepared by Chef

Lynda! All are welcome, donations are appreciated.

**Every Friday 11-12:30**

## About Us

### CYPRES 55+ PROGRAM

Our drop in Centre is a place where seasoned adults come together to improve their overall health and well-being through friendship, activities and education.

### For More Information

905-765-4408

info@cschn.org

www.cschn.org

### Annual Membership \$45

The CYPRES Program is provided by:



# Activities Calendar



# DECEMBER 2018

