

Monday

Tuesday

Wednesday

Thursday

Friday

February 2019

COLOUR LEGEND:

- NEW & EXCITING
- CAFÉ
- YORK PROGRAM
- CHANGE IN TIME OR LOCATION

1
 10-11 Classic Cardio/Tone \$7
 11-12:30 Café Lunch
 12:30 Skip-Bo/ Euchre/ Darts
 1-2:30 Movie Day- The Man & The Gun

4
 9:15-10:15 Cardio Mix-Up \$7
 10:30-11:45 Yoga \$7
 12:30 Valentines Card Making \$5
Registration Required
 2-2:45 55+ Fitness
 with Jess - FREE

5
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10:15-11 Chair Cardio & Tone
 11:30-12:30 Toonie Tuesday \$2
 12:30 Presentation by HNSSS
 Resources Available for Seniors

6
 10:15-11:30 Yoga \$7
 9:30 Senior Fitness Hour (York)
 1-3 Drop in Knitting/Crochet

7
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10-10:45 Chair Cardio & Tone
 11-11:45 Men's Strength & Conditioning 101 FREE
 12-1:30 Recipe Share \$2

8
 10-11 Classic Cardio/Tone \$7
 11-12:30 Café Lunch
 12:30-2 Skip-Bo/ Euchre/ Darts
 2:30-3:30 Spanish Class

11
 9:15-10:15 Cardio Mix-Up \$7
 10:30-11:45 Yoga \$7
 12:30 Hand Cream Making \$5
Registration Required
 2-2:45 55+ Fitness
 with Jess -FREE

12
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10:15-11 Chair Cardio & Tone
 11:30-12:30 Toonie Tuesday \$2
 12:30 Tech Class

13
 10:15-11:30 Yoga \$7
 9:30 Senior Fitness Hour (York)
 1-3 Drop in Knitting/Crochet
 5:30 Join us for Dinner
 Hosted by Zehrs Caledonia

14
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10-10:45 Chair Cardio & Tone
 11-11:45 Men's Strength & Conditioning \$5
 12-1:30 Recipe Share \$2
 1:30 Valentines Bingo!



15
 10-11 Classic Cardio/Tone \$7
 11-12:30 Café Lunch
 12:30 Skip-Bo/ Euchre/ Darts
 1-2:30 Documentary Day

18

CENTRE CLOSED

19
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10:15-11 Chair Cardio & Tone
 11:30-12:30 Toonie Tuesday \$2
 12:30 Johnny Cash Birthday Party

20
 10:15-11:30 Yoga \$7
 9:30 Senior Fitness Hour (York)
 1-3 Drop in Knitting/Crochet

21
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10-10:45 Chair Cardio & Tone
 11-11:45 Men's Strength & Conditioning \$5
 12-1:30 Recipe Share \$2
 1:30 Intro to Shuffle Board!

22
 10-11 Classic Cardio/Tone \$7
 11-12:30 Café Lunch
 12:30-2 Skip-Bo/ Euchre/ Darts
 2:30-3:30 Spanish Class

25
 9:15-10:15 Cardio Mix-Up \$7
 10:30-11:45 Yoga \$7
 2-2:45 55+ Fitness
 with Jess -FREE

26
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10:15-11 Chair Cardio & Tone
 11:30-12:30 Toonie Tuesday \$2
 12:30 Medication Advice with Pharmacist Jeff

27
 10:15-11:30 Yoga \$7
 9:30 Senior Fitness Hour (York)
 1-2 Tastes of Colombia \$5
 1-3 Drop in Knitting/Crochet
 5:30 Join us for Dinner
 Hosted by Evers Financial Group

28
 8:30-9:30 Urban Pole Walking
 Meet at LaFortune Park
 10-10:45 Chair Cardio & Tone
 11-11:45 Men's Strength & Conditioning \$5
 12-1:30 Recipe Share \$2

Fun Fact: February was added to the Roman calendar in 713 BC. The length of the month changed over time and at on time it had as few as 23 days.

Health & Wellness

CHAIR CARDIO & TONE

Free 45 minute chair class focuses on cardio, balance, Flexibility.

Tuesday 10:15-11

Thursday 10-10:45

CARDIO MIX-UP \$7

Build strength and endurance and improve your cardio through a variety of exercises.

Mondays 9:15-10:15

HATHA YOGA \$7

Stretching, breathing and meditation techniques to increase body awareness.

Mondays 10:30-11:45

Wednesdays 10:15-11:30

URBAN POLE WALKING

This class offers toning, calorie-burning and posture benefits. If you have poles the class is **FREE**
No poles \$3

TASTES OF COLOMBIA \$5

Join Chef Lynda to sample Empanadas and to learn how to make them with a new healthier recipe.

Wednesday February 27th.

Call to reserve a space.

Recreation

MEN'S STRENGTH & CONDITIONING 101

Join us for a **FREE** Men's only demo & info session with Deb on **February 7th**

Bring your questions and see what it's all about!

SENIOR FITNESS HOUR

A new fitness class held in York at Maranatha York CRC (33 King Ave, York, ON). Join instructor Jenna for strength training and gentle cardio.

Appropriate for all fitness levels.

Wednesdays 9:30am

\$10 drop in or \$30 for 4 weeks

JOHNNY CASH BIRTHDAY PARTY!

Come Celebrate all our February Birthdays with a Musical performance and cake!
Please see the **SIGN-UP Sheet** in the Wellness Room for more information.

COMMUNITY CAFÉ

Join us for an absolutely delicious meal prepared by Lynda & Paula! All are welcome, donations are appreciated.

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

Aura Rempel
Program Coordinator
905-765-4408
arempel@cschn.org
info@cschn.org
www.cschn.org

Annual Membership \$45

The CYPRES Program is provided by:



Activities Calendar



February 2019

