

Wednesday's in AUGUST

Movie Afternoon:

Luncheon:

Picnic in the Park. Pot luck. Kinsmen Park—Caithness Street. Pot Luck

Computer Training: \$15.00/ Session

Several Stages of Computer Training: . CYPRES Active Living Centre. Call to register at 905-765-0060.

Drop-In Coffee Morning:

CYPRES Active Living Centre, Drop-in fee \$1

Book Club:

Meet at CYPRES at 1:00 p.m. Discuss the recent book the group has read. Refreshments. \$2 fee

Trivia Quiz:

Lots of fun—gather in groups and test your knowledge from the 50's to the present. \$2 fee

Warm-Up Haldimand:

Knitting, crocheting and crafts for the needy in Haldimand

Happy Trails Walking Club . Meet at 103 Inverness

Natural Therapies Talks—see calendar for more details

ALL NEW PROGRAMS COMING IN SEPTEMBER

Crafts: See inside of calendar for details—starting in September

Euchre:

Every Tuesday & Thursday afternoon - non-competitive fun. CYPRES Active Living Centre. Refreshments. \$1 drop-in fee.

Games Afternoons:

Darts. Come and have fun with the two 'Bills'.

Wii Game(s): Bowling, tennis

Wii Fit: Step on the Balance Board and put your balance, strength and flexibility to the test with more than 40 fun activities. Check your BMI (body mass index) and do daily exercises.

Wii Sports:

Come and bowl, play baseball, tennis, etc. A fun challenge and social time.

****ALL NEW ****

EXTENDED TO INCLUDE TUESDAY & THURSDAY SIT TO BE FIT Classes

Chair available or you can stand. Professional and certified trainer will assess individually and conduct exercise classes.

**Sponsored by the
Haldimand Abilities Centre**



103 Inverness Street
Caledonia, ON N3W 1B6

Tel: 905-765-0060

ACTIVE LIVING CENTRE CYPRES

55+ PROGRAM

Calendar of Events

August 2011

*Ample Parking
Wheelchair Accessible*

*Recreational Activities
for Everyone 55+*

CYPRES Active Living Centre
is a program of the:

Community Support Centre Haldimand-Norfolk

103 Inverness Street
Caledonia, Ontario N3W 1B6
Tel: 905-765-4408
info@haldnor-communitysupport.ca



This project is funded in part by
the Government of Canada's
New Horizons for Seniors program.



*"Never complain about getting older.
It's a privilege denied to many."*

CYPRES Active Living Centre – 55+ Program

Calendar of Events - August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 10 a.m.—Sit to be Fit Class— 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 1-3 p.m.—Darts	3 9:30 a.m.—Warm-Up Haldimand 12:30 p.m.—MOVIE AFTERNOON	3 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre	5
8	9 10 a.m.—Sit to be Fit Class— 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 1-3 p.m.—Darts	10 9:30 a.m.—Happy Trails Walking Club—Meet at Cypres' new location: 103 Inverness St., Caledonia 1:00 p.m.—Benefits of Yoga, Meditation	11 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 1:00 p.m.—BOOK CLUB	12
15	16 10 a.m.—Sit to be Fit Class 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 1-3 p.m.—Darts	17 10 a.m.—11 a.m. Computer Class 11 a.m.—12:30 p.m. Coffee Drop-In 12:30 p.m.—3:00 p.m.—Trivial Afternoon	18 10:00 a.m.—Sit To Be Fit Class 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre	19
22	23 10 a.m.—Sit to be Fit Class 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 1-3 p.m.—Darts	23 10 a.m.—11 a.m. Computer Class 11 a.m.—12:30 p.m. Coffee Drop-In 12:30 p.m.—3:00 p.m.— Drop-in - flyers and brochures about new programs for the Fall/Winter	25 10:00 a.m.—Sit To Be Fit Class 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre	26
29	30 10 a.m.—Sit to be Fit Class 11 a.m.—12 p.m.— <i>Free Thought Coffee Social</i> 1-3 p.m. Darts	31 MONTHLY LUNCHEON PICNIC IN THE PARK Kinsmen Park—Caithness St. 'Under the dome' POT LUCK		