

## Wednesday's in JUNE

**Movie Afternoon:** Letters to Juliet. is a 2010 American romantic comedy drama film

### **Luncheon:**

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

### **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

**Intergenerational :** Every Thursday from 3:30—4:30 See inside calendar for details

**Crafts:** 3rd Friday of the month. See inside of calendar for details

### **Euchre:**

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

### **Games Afternoons:**

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

**WiiGame(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**



11 Argyle Street North  
(behind Scotiabank)  
Caledonia, ON N3W 1B6  
Tel: 905-765-0060



**Ample Parking  
Wheelchair Accessible**

ACTIVE LIVING CENTRE  
CYPRES

55+ PROGRAM



Calendar of Events

**June 2011**

Recreational Activities  
for Everyone 55+

CYPRES Active Living Centre  
is a program of the:

**Community Support Centre**  
Haldimand-Norfolk

38 Orkney Street West  
Caledonia, Ontario N3W 1B1  
Tel: 905-765-4408  
info@haldnor-communitysupport.ca

Community Support  
Centre  
Haldimand-Norfolk

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

Canada

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



# CYPRES Active Living Centre – 55+ Program

## Calendar of Events - June 2011

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30 a.m.—Warm-Up Haldimand 12:30 p.m.—MOVIE AFTERNOON <u>Letters to Juliet</u>	<b>2</b> 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 3:30 p.m.—4:30 p.m.— Intergenerational—Spring Flower Ornament	<b>3</b>
<b>6</b>	<b>7</b> 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	<b>8</b> 9:30 a.m.—Happy Trails Walking Club—Meet at Cypres’ new location: 103 Inverness St. Caledonia 1:00 p.m.—Keep Your Body Moving - Talk	<b>9</b> 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 3:30 p.m.—4:30 p.m.— Intergenerational—Breathing for Better Health	<b>10</b>
<b>13</b>	<b>14</b> 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	<b>15</b> 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	<b>16</b> 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 3:30 p.m.—4:30 p.m.— Intergenerational—Career day	<b>17</b>
<b>20</b>	<b>21</b> 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	<b>22</b> 10 a.m.—Relaxation Techniques Amy Marr—Natural Health Therapy 11 a.m.—Coffee/tea to discuss talk 1 p.m.— BOOK CLUB	<b>23</b> 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 3:30 p.m.—4:30 p.m.— Intergenerational—	<b>24</b> 1 p.m.— <b>CRAFT AFTERNOON</b> Stamp it Up—make 3 birthday cards \$6.00 p/p
<b>27</b>	<b>28</b> 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	<b>29</b> MONTHLY LUNCHEON PICNIC IN THE PARK Kinsmen Park—Caithness St. ‘Under the dome’	<b>30</b> 10:00 a.m.—Sit To Be Fit Class 12:30 p.m.—3:00 p.m.—Euchre 3:30 p.m.—4:30 p.m.— Intergenerational—Canada Day Cookie Bake	