

## Wednesday's in SEPTEMBER

### 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

### Warm-Up Haldimand:

Knitting, crocheting and crafts for the needy in Haldimand

### Meditation:

Relaxing and breathing techniques with meditation

### Yoga:

Can use the floor or a chair. Non-invasive techniques. Strength building.

### OPP Talks by Mark Foster

Thursday Sept. 22—  
Scam Protection—bank safety, computer fraud, identity theft

## **ALL NEW PROGRAMS**

**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'.

**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**



103 Inverness Street  
Caledonia, ON N3W 1B6

Tel: 905-765-0060



ACTIVE LIVING CENTRE  
CYPRES

55+ PROGRAM



Calendar of Events

**September 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



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



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



# CYPRES Active Living Centre – 55+ Program

## Calendar of Events - September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 10:00 a.m.—Sit To Be Fit Class 11:00 a.m. <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre	<b>2</b>
<b>5</b>	<b>6</b> 10 :00a.m.—Sit to be Fit Class  11:00 a.m. <i>Free Thought Coffee Social</i> 1:00p.m.—Darts & Euchre	<b>7</b> 9:30 a.m.—Warm-Up Haldimand  10:00 a.m.—Meditation with Amy  12:30 p.m.—MOVIE AFTERNOON	<b>8</b> 10:00 a.m.—Sit To Be Fit Class 11:00 a.m. <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre 1:00 p.m.—BOOK CLUB	<b>9</b>
<b>12</b>	<b>13</b> 10:00 a.m.—Sit to be Fit Class  11:00 a.m. <i>Free Thought Coffee Social</i> 1:00 p.m.—Darts & Euchre	<b>14</b> 10:00 a.m.—Yoga with Tracy  11:00 a.m.—12:30 p.m. Coffee Drop-In  1:00p.m.—Open Forum with Senior Aide from Diane Finlay’s office	<b>15</b> 10:00 a.m.—Sit To Be Fit Class 11:00 a.m. <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre	<b>16</b>
<b>19</b>	<b>20</b> 10:00 a.m.—Sit to be Fit Class  11:00 a.m. <i>Free Thought Coffee Social</i> 1:00p.m.—Darts & Euchre	<b>21</b> 10:00 a.m.—Meditation with Amy  11:00 a.m.—12:30 p.m. Coffee Drop-In  1:00 p.m.—Computer Class	<b>22</b> 10:00 a.m.—Sit To Be Fit Class 11:00 a.m. <i>Free Thought Coffee Social</i> 1:00 p.m.—SCAM PROTECTION Presented by the OPP	<b>23</b>
<b>26</b>	<b>27</b> 10:00 a.m.—Sit to be Fit Class  11:00a.m. <i>Free Thought Coffee Social</i> 1:00p.m. Darts & Euchre	<b>28</b> 10:00 a.m.—Yoga with Tracy  MONTHLY LUNCHEON 12:00 p.m. \$7.00 members - \$9.00 non-members	<b>29</b> 10:00 a.m.—Sit To Be Fit Class 11:00 a.m. <i>Free Thought Coffee Social</i> 12:30 p.m.—3:00 p.m.—Euchre	<b>30</b>