

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|---|---|--|---|---|
|  | <b>Holiday Break!</b>  |   |   |  |   | <sup>3</sup> <b>LOCATIONS</b>   |
| 4 4295 STAGECOACH ROAD<br>SYDENHAM, ON<br>WWW.SFCSC.CA<br>(613) 376 - 6477        | 5 9:00-10:00<br>Indoor Walking   | 6 9:00-10:00<br>Cardio & Strength<br>9:00-11:00<br>Good Graces Café   | 7 9:00-10:00 Tai Chi<br>10:15 -11:15<br>Fitness & Your Brain<br>1:00-3:00 Jam Session           | 8 9:00-10:00<br>Cardio & Strength                              | 9 9:00-10:00<br>Pole Walking<br>9:00-10:00<br>Indoor Walking  | 10<br><br>BLUE FONT=<br>GRACE HALL  |
| 11  | 12 9:00-10:00<br>Indoor Walking<br>10:00-11:00 Yoga<br>1:00-3:00 Vision Workshop– Design your best years yet ! | 13 9:00-10:00<br>Cardio & Strength<br>9:00-11:00<br>Good Graces Café  | 14 9:00-10:00<br>Tai Chi<br>10:15 -11:15<br>Fitness & Your Brain                                | 15 9:00-10:00<br>Cardio & Strength<br>1:00-3:00<br>Euchre Club | 16 9:00-10:00<br>Pole Walking<br>9:00-10:00<br>Indoor Walking<br>10:00-12:00 OTAGO                    | 17<br><br>GREEN FONT<br>=ROYAL<br>CANADIAN<br>LEGION                        |
| 18  | 19 9:00-10:00<br>Indoor Walking  | 20 9:00-10:00<br>Cardio & Strength<br>9:00-11:00<br>Good Graces Café<br>10:30-11:30<br>Book Club<br>1:00-3:00 Jam Session | 21 9:00-10:00<br>Tai Chi<br>10:15 -11:15<br>Fitness & Your Brain                                | 22 9:00-10:00<br>Cardio & Strength                             | 23 9:00-10:00<br>Pole Walking<br>9:00-10:00<br>Indoor Walking<br>10:00-12:00 OTAGO                    | 24<br><br>RED FONT= THE<br>POINT<br><br>PINK FONT=<br>STORRINGTON<br>CENTRE |
| 25  | 26 9:00-10:00<br>Indoor Walking<br>10:00-11:00<br>Yoga   | 27 9:00-10:00<br>Cardio & Strength<br>9:00-11:00<br>Good Graces Café  | 28 9:00-10:00 Tai Chi<br>10:15 -11:15<br>Fitness & Your Brain<br>1:00-3:00<br>Painting Workshop | 29 9:00-10:00<br>Cardio & Strength                             | 30 9:00-10:00<br>Pole Walking<br>9:00-10:00<br>Indoor Walking<br>10:00-12:00 OTAGO<br>11:00-1:00 SALT | 31  |

For more information regarding any of the programs or purchasing an Activity Pass please contact:  
Natalee Shannon 613-376-6477 x 310 natalee.shannon@sfcsc.ca

(F)- Fitness Activity

(S)- Social Activity

(R)- Registration Required

## Grace Activities Descriptions & Information

**Indoor Walking (F)(R)**- Follow a really fun and challenging aerobic fitness video while surrounded by your friends.

**Cardio & Strength (F)(R)**- Sue and Robert lead a medium to high-impact fitness class.

**Good Grace's Café (S)**- Join friends and neighbours at the Grace Centre. Coffee, tea, and light breakfast is available for a small fee.

**Book Club (S)** -KFL&A Public Library provides books from current titles for group members to read and discuss.

**Tai Chi (F)**- David leads you through a series of traditional Tai Chi stretches, connecting mind and body through physical motion, leaving you refreshed and strengthened. Gentle sitting and standing exercises are included to improve balance and flexibility.

**Euchre/Games Club (S)**- Join friends for some games and social time.

**Fitness & Your Brain (F)**- A fun and entertaining way to stay physically and cognitively fit. Join a virtual class that works on strength, coordination, posture, balance and of course, improving the brain's efficiency and response time.

**Pole Walking (F)(R)**- Vicki leads a medium-to-high intensity outdoor walking program in Sydenham using urban poles (poles provided).

**Painting Workshop (S)(R)**- Beginner to experienced painters are welcomed to a short painting lesson followed by a full session. Materials are provided.

**LOCATIONS: Grace Hall:** 4295 Stagecoach Road. Sydenham, ON

**Royal Canadian Legion:** 4361 Amelia St, Sydenham, ON

**The Point:** 4410 Point Rd, Sydenham, ON

**Storrington Centre:** 3910 Battersea Road, Sunbury