



January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Holiday Break!			¹	²	³ <u>LOCATIONS</u>
4 4295 STAGECOACH ROAD SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 6477	5 9:00-10:00 Indoor Walking	6 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	7 9:00-10:00 Tai Chi 10:15 -11:15 Fitness & Your Brain 1:00-3:00 Jam Session	8 9:00-10:00 Cardio & Strength	9 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking	10 BLUE FONT= GRACE HALL
11	12 9:00-10:00 Indoor Walking 10:00-11:00 Yoga 1:00-3:00 Vision Workshop— Design your best years yet !	13 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	14 9:00-10:00 Tai Chi 10:15 -11:15 Fitness & Your Brain	15 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre Club	16 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	17 GREEN FONT =ROYAL CANADIAN LEGION
18	19 9:00-10:00 Indoor Walking	20 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club 1:00-3:00 Jam Session	21 9:00-10:00 Tai Chi 10:15 -11:15 Fitness & Your Brain	22 9:00-10:00 Cardio & Strength	23 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	24 RED FONT= THE POINT PINK FONT= STORRINGTON CENTRE
25	26 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	27 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	28 9:00-10:00 Tai Chi 10:15 -11:15 Fitness & Your Brain 1:00-3:00 Painting Workshop	29 9:00-10:00 Cardio & Strength	30 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO 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