

# July 2021

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|---|--|---|--|---|
|  |  |   |  | <b>1</b><br><br><b>SFCSC</b><br><b>CLOSED for CANADA DAY</b> | <b>2</b><br><b>8:30-9:30</b><br>Making Strides– walking program  | <b>3</b><br><div style="border: 1px solid blue; padding: 5px;"> <p><b>RED FONT = ACTIVITIES @ THE GRACE CENTRE</b></p> <p><b>ORANGE FONT = ACTIVITIES @ THE GRACE CENTRE + ONLINE</b></p> <p><b>BLACK FONT = ACTIVITIES @ SYDENHAM TRACK</b></p> <p><b>GREEN FONT = ACTIVITIES OUTDOORS &amp; ONLINE</b></p> </div> |
| <div style="border: 2px solid red; padding: 5px;"> <p><b>IMPORTANT</b></p> <p>IF YOU PLAN TO TAKE PART IN AN IN-PERSON PROGRAM , OR PARTICPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT.</p> <p><b>RED &amp; ORANGE FONT</b><br/>           613-376-6477 x 310<br/>           ashley.bates@sfcsc.ca</p> <hr/> <p><b>BLACK FONT</b><br/>           613-376-6477 x310<br/>           ashley.bates@sfcsc.ca</p> <hr/> <p><b>GREEN FONT</b><br/>           613-376-6477 x 310</p> </div> | <b>4</b><br><b>5</b>                                   | <b>6</b><br><b>9:00–11:00</b><br>Good Graces Café<br><br><b>9:30-10:30</b><br>Cardio & Strength   | <b>7</b><br><b>9:30-10:30</b><br>Mobile Y Senior Fitness   | <b>8</b><br><b>9:30-10:30</b><br>Cardio & Strength  | <b>9</b><br><b>8:30-9:30</b><br>Making Strides– walking program  | <b>10</b><br><div style="border: 1px solid blue; padding: 5px;"> <p><b>BLACK FONT = ACTIVITIES @ SYDENHAM TRACK</b></p> <p><b>GREEN FONT = ACTIVITIES OUTDOORS &amp; ONLINE</b></p> </div>  |
| <b>11</b>  | <b>12</b><br><b>1:00-3:00</b><br>Creative Writing Club | <b>13</b><br><b>9:00–11:00</b><br>Good Graces Café<br><br><b>9:30-10:30</b><br>Cardio & Strength  | <b>14</b><br><b>9:30-10:30</b><br>Mobile Y Senior Fitness<br><br><b>1:00-2:00</b><br>Education Session– Getting Help with Technology | <b>15</b><br><b>9:30-10:30</b><br>Cardio & Strength   | <b>16</b><br><b>8:30-9:30</b><br>Making Strides– walking program | <b>17</b>   |
| <b>18</b>  | <b>19</b>  | <b>20</b><br><b>9:00– 11:30</b><br>Good Graces Café   | <b>21</b><br><b>9:30-10:30</b><br>Mobile Y Senior Fitness  | <b>22</b>   | <b>23</b>  | <b>24</b>   |
| <b>25</b>  | <b>26</b><br><b>1:00-3:00</b><br>Creative Writing Club | <b>27</b><br><b>9:00– 11:30</b><br>Good Graces Café<br><br><b>9:30-10:30</b><br>Cardio & Strength | <b>28</b><br><b>9:30-10:30</b><br>Mobile Y Senior Fitness  | <b>29</b><br><b>9:30-10:30</b><br>Cardio & Strength   | <b>30</b><br><b>8:30-9:30</b><br>Making Strides– walking program | <b>31</b>   |