

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	2 9:00-11:00 Tai Chi 9-10 Stronger Together	3 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	4 9:00-10:00 Indoor Walking
7 CLOSED FOR LABOUR DAY	8 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	9 9:00-11:00 Tai Chi 9-10 Stronger Together	10 9:00-10:00 Cardio & Strength	11 9:00-10:00 Indoor Walking
14 9:00-10:00 Indoor Walking 1:00-3:00 Jam Session	15 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	16 9:00-11:00 Tai Chi 9-10 Stronger Together 1-3 OTAGO	17 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	18 9:00-10:00 Indoor Walking 11:00-1:00 SALT Presentation
21 9:00-10:00 Indoor Walking 10-11 Yoga	22 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	23 9:00-11:00 Tai Chi 9-10 Stronger Together 1-3 OTAGO	24 9:00-10:00 Cardio & Strength 1-3 Painting Workshop	25 9:00-10:00 Indoor Walking
28 9:00-10:00 Indoor Walking	29 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	30 9:00-11:00 Tai Chi 1-3 OTAGO		



LOCATIONS

BLUE FONT=
Grace Hall

PINK FONT=
Royal Canadian
Legion

ORANGE FONT=
Battersea United
Church

PURPLE FONT=
Storrington Centre

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.

Yoga (F)(R)- Enjoy a relaxing beginner friendly yoga class with friends.

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

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

Tai Chi (F)- Chris 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.

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

OTAGO (F)(R)- The Otago Exercise Program can reduce your risk of falling by improving muscle strength, flexibility, balance and reaction time. This Otago program will be delivered by the RFLA Allied Health Team kinesiologist in collaboration with the AVOID Frailty Program.

Stronger Together (F)(R)- Community strength class, using bodyweight and equipment such as resistance bands & exercise balls. Focus on strength, balance, mobility and flexibility in a friendly, supportive environment.

Euchre (S)- Join together to play some friendly games of Euchre, light snacks and refreshments provided.

LOCATIONS:

Grace Hall: 4295 Stagecoach Road, Sydenham, ON

Royal Canadian Legion: 4361 Amelia Street, Sydenham, ON

Storrington Centre: 3910 Battersea Rd, South Frontenac, ON

Battersea United Church: 2219 Wellington Street, Battersea, ON