

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4295 STAGECOACH ROAD SYDENHAM, ON WWW.SFCSC.CA				1 9:00-10:00 Cardio & Strength	2 9:00-10:00 Pole Walking	3 LOCATIONS BLUE FONT= GRACE HALL
4	5 CLOSED FOR CIVIC HOLIDAY	6	7	8	9	10 GREEN FONT =ROYAL CANADIAN LEGION
	<h1>Summer Break!</h1>					
11	12 9:00-10:00 Indoor Walking 2:00-3:00 Grandparent Grandchild Fun and Games	13 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	14 9:00-10:00 Fitness & Your Brain	15 9:00-10:00 Cardio & Strength	16 9:00-10:00 Pole Walking	17 RED FONT= THE POINT
18	19 9:00-10:00 Indoor Walking	20 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	21 9:00-10:00 Fitness & Your Brain	22 9:00-10:00 Cardio & Strength	23 9:00-10:00 Pole Walking 11:00-1:00 SALT Event	24
25	26 9:00-10:00 Indoor Walking	27 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	28 9:00-10:00 Fitness & Your Brain	29 9:00-10:00 Cardio & Strength 2:00-3:00 Grandparent Grandchild Fun and Games	30 9:00-10:00 Pole Walking	31

For more information regarding any of the programs or purchasing an Activity Pass please contact:
Natalee Lennox 613-376-6477 x 310 natalee.lennox@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 Harrowsmith Free Methodist Church. Coffee, tea, and light breakfast is available for a small fee.

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).

SALT Presentation- (S)(R) - A free information session presented by Seniors and Law Enforcement Together (SALT).

Grandparent Grandchild Fun and Games (S) (R) - Bring out the kids in your life for some summertime fun!

LOCATIONS:

Grace Hall: 4295 Stagecoach Road. Sydenham, ON

Royal Canadian Legion: 4361 Amelia St, Sydenham, ON

The Point: 4410 Point Rd, Sydenham, ON