

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Program Closed Happy Canada Day!	2 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	3 9:00-10:00 Fitness & Your Brain	4 9:00-10:00 Cardio & Strength	5 9:00-10:00 Pole Walking	6 LOCATIONS RED FONT= THE POINT
7 4295 STAGECOACH ROAD SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 6477	8 9:00-10:00 Indoor Walking	9 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	10 9:00-10:00 Fitness & Your Brain	11 9:00-10:00 Cardio & Strength 2:00-3:00 Grandparent Grandchild Fun and Games	12 9:00-10:00 Pole Walking	13 BLUE FONT= HARROWSMITH FREE METHODIST CHURCH
14	15 9:00-10:00 Indoor Walking	16 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	17 9:00-10:00 Fitness & Your Brain	18 9:00-10:00 Cardio & Strength	19 9:00-10:00 Pole Walking	20 GREEN FONT =ROYAL CANADIAN LEGION
21	22 9:00-10:00 Indoor Walking 2:00-3:00 Grandparent & Grandchild Fun and Games	23 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	24 9:00-10:00 Fitness & Your Brain	25 9:00-10:00 Cardio & Strength	26 9:00-10:00 Pole Walking	27 PINK FONT= LIBRARY COMMUNITY ROOM
28	29 9:00-10:00 Indoor Walking	30 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	31 9:00-10:00 Fitness & Your Brain 1:00- 3:00 Painting Workshop			29 BROWN FONT= Centennial Park PURPLE FONT= BELLROCK HALL

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).

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

Grandparent Grandchild Fun and Games (S) (R) - Bring out the kids in your life for some summertime fun! Please register ahead of time.

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

Sydenham Library: 4412 Wheatley St, Sydenham, ON

Harrowsmith Free Methodist Church: 3876 Harrowsmith Rd, Harrowsmith, ON

The Point: 4410 Point Rd, Sydenham, ON

Centennial Park: 4500 Centennial Park Road, Harrowsmith, ON

Bellrock Hall: 6020 Levesque Rd, Bellrock, ON