

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 LOCATIONS BLUE FONT= Grace Hall PINK FONT= Royal Canadian Legion ORANGE FONT= Battersea United Church PURPLE FONT= Glenburnie United Church
		1 CLOSED FOR CANADA DAY	2 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	3 9:00-10:00 Indoor Walking	
6 9:00-10:00 Indoor Walking	7 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	8 9:00-11:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	9 9:00-10:00 Cardio & Strength	10 9:00-10:00 Indoor Walking	
13 9:00-10:00 Indoor Walking 1:30-3:00 Grandparent & Grand- child Fun!	14 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	15 9:00-11:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	16 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	17 9:00-10:00 Indoor Walking 11:00-1:00 SALT Event	
20 9:00-10:00 Indoor Walking	21 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	22 9:00-11:00 Tai Chi 1:00-3:00 OTAGO	23 9:00-10:00 Cardio & Strength	24 9:00-10:00 Indoor Walking	
27 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	28 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	29 9:00-11:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	30 9:00-10:00 Cardio & Strength 1:00-3:00 Painting Workshop	31 9:00-10:00 Indoor Walking	

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

Glenburnie United Church: 1028 Unity Road, Glenburnie, ON

Battersea United Church: 2219 Wellington Street, Battersea, ON