

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 PROGRAM CLOSED Happy Labour Day!	3 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	4 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	5 9:00-10:00 Cardio & Strength	6 9:00-10:00 Pole Walking	7 LOCATIONS BLUE FONT= GRACE HALL
8	9 9:00-10:00 Indoor Walking	10 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	11 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	12 9:00-10:00 Cardio & Strength	13 9:00-10:00 Pole Walking	14 GREEN FONT =ROYAL CANADIAN LEGION
15	16 9:00-10:00 Indoor Walking	17 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	18 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	19 9:00-10:00 Cardio & Strength	20 9:00-10:00 Pole Walking	21 RED FONT= THE POINT
22	23 9:00-10:00 Indoor Walking	24 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	25 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain 1:00– 3:00 Painting Workshop	26 9:00-10:00 Cardio & Strength	27 9:00-10:00 Pole Walking	28 WWW.SFCSC.CA (613) 376 - 6477
29	30 9:00-10:00 Indoor Waking					

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.

Tai Chi (F)- David 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.

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.

Book Club (S)- KFL&A Public Library provides books from current titles for group members to read and discuss.

LOCATIONS:

Grace Hall: 4295 Stagecoach Road, Sydenham, ON

Royal Canadian Legion: 4361 Amelia St, Sydenham, ON

The Point: 4410 Point Rd, Sydenham, ON