

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00-10:00 Total Body  15:15-16:00 Zumba	3 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength	4 9:00-10:00 Tai Chi  10:15-11:15 Tone & Tighten	5 9:30-10:30 Cardio & Strength  11:00-12:00 Meet n' Greet Café	6 9:00-10:00 Making Strides	7
8	9 9:00-10:00 Total Body  15:15-16:00 Zumba	10 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength	11 9:00-10:00 Tai Chi  10:15-11:15 Tone & Tighten	12 9:30-10:30 Cardio & Strength  11:00-12:00 Meet n' Greet Café	13 9:00-10:00 Making Strides	14
15	16 9:00-10:00 Total Body  15:30-16:00 * Zumba	17 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength  11:00-12:00 Book Club	18 9:00-10:00 Tai Chi  10:15-11:15 Tone & Tighten	19 9:30-10:30 Cardio & Strength  11:00-12:00 Meet n' Greet Café	20 9:00-10:00 Making Strides	21
22	23 VICTORIA DAY (CLOSED)	24 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength	25 9:00-10:00 Tai Chi  10:15-11:15 Tone & Tighten  19:00-20:00 Karaoke Night	26 9:30-10:30 Cardio & Strength  11:00-12:00 Meet n' Greet Café	27 9:00-10:00 Making Strides	28
29	30 9:00-10:00 Total Body  15:15-16:00 Zumba	31 9:00-11:00 Good Graces Café  9:30-10:30 Cardio & Strength				

**IMPORTANT**  
IF YOU PLAN TO ATTEND AN ON-SITE PROGRAM OR PARTICPATE ONLINE YOU MUST CALL/EMAIL  
  
Denzel Maradza  
613-376-6477 x 310  
denzel.maradza@sfcsc.ca

RED FONT = ACTIVITIES @ THE GRACE CENTRE  
  
ORANGE FONT = ACTIVITIES @ THE GRACE CENTRE + ONLINE  
  
GREEN FONT = ACTIVITIES @ ROYAL CANADIAN LEGION & ONLINE

\*See reverse for additional details

(F)- Fitness Activity  
(S)- Social Activity  
(R)- Registration Required



## GRACE ACTIVITIES DESCRIPTIONS

**Book Club (S)(R)**- Every third Tuesday of the month. The KFL&A Public Library provides books from a list of current titles for group members to read and discuss.

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

**Good Grace's Café (S)**- Join friends and neighbours in the Grace Hall. Coffee, tea, and light breakfast is available for a small fee.

**Karaoke (S)**- Open to all! Join friends and neighbours at the Grace Center for a night of singing, snacks, refreshments, and fun!

**Making Strides Walking Program (F)(R)**- A walking class of medium to high intensity. Indoors at the Grace Centre as well as outdoors starting in the Spring at the Sydenham track.

**Meet n' Greet Café (S)**- SFCSC invites all adults 55+ and volunteers for a meet and greet. Hot lunches available for \$8.00, or light lunch for \$6.00. Order the Tuesday before the café by contacting Joanne Silver ext. 303 or [Joanne.silver@sfcsc.ca](mailto:Joanne.silver@sfcsc.ca). Light refreshments are provided.

**Tai Chi (F)(R)**- 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 to improve balance and flexibility.

**Tone n' Tighten (F)(R)**- Jewel leads a medium-to-high impact fitness class to increase strength, mobility and range of motion.

**Total Body Fitness (F)(R)**- Denzel leads a medium to a high impact fitness class at the Grace Centre.

**Zumba (F)(R)**- Denzel leads a low to medium-impact dance fitness class with music and choreography from Latin influences.