

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	2 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	3 9:00-10:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	4 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	5 9:00-10:00 Indoor Walking
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 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	11 9:00-10:00 Cardio & Strength	12 9:00-10:00 Indoor Walking
15 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	16 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	17 9:00-10:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	18 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	19 No Programs SFCSC Annual General Meeting 8:30-10:30
22 9:00-10:00 Indoor Walking	23 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	24 9:00-10:00 Tai Chi 9-10 Stronger Together 1:00-3:00 OTAGO	25 9:00-10:00 Cardio & Strength 1:00-3:00 Painting Workshop	26 9:00-10:00 Indoor Walking
29 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	30 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café			



LOCATIONS

BLUE FONT=
Grace Hall

PINK FONT=
Royal Canadian
Legion

ORANGE FONT=
Battersea United
Church

Scan the QR Code
to visit our
website!
www.sfcsc.ca



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.

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

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

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

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.

Euchre/Games Club (S)- Join friends at the Grace Centre for some games and social time.

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.

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

LOCATIONS: Grace Hall: 4295 Stagecoach Road. Sydenham, ON

Royal Canadian Legion: 4361 Amelia St, Sydenham, ON