

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4295 STAGECOACH ROAD SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 6477		1 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	2 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	3 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle	4 9:00-10:00 Pole Walking	5 LOCATIONS BLUE FONT= GRACE HALL
6	7 9:00-10:00 Indoor Walking	8 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	9 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	10 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre Club	11 9:00-10:00 Pole Walking	12 GREEN FONT =ROYAL CANADIAN LEGION
13 	14 Program Closed Happy Thanksgiving!	15 NO CARDIO & STRENGTH 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	16 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	17 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle	18 9:00-10:00 Pole Walking	19 RED FONT= THE POINT PINK FONT= STORRINGTON HALL
20	21 9:00-10:00 Indoor Walking	22 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	23 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	24 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre Club	25 9:00-10:00 Pole Walking 11:00-1:00 SALT Event	26
27	28 9:00-10:00 Indoor Walking	29 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	30 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain 1:00– 3:00 Painting Workshop	31 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle		29

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.

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.

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

Euchre Club— Join friends at the Grace Hall for some games and social time, snacks provided.

LOCATIONS:

Grace Hall: 4295 Stagecoach Road, Sydenham, ON

Royal Canadian Legion: 4361 Amelia St, Sydenham, ON

The Point: 4410 Point Rd, Sydenham, ON

Storrington Centre: 3910 Battersea Road, Battersea, ON