

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00-10:00 Indoor Walking
4 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	5 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	6 9:00-10:00 Tai Chi 1:00-3:00 OTAGO	7 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	8 9:00-10:00 Indoor Walking
11 9:00-10:00 Indoor Walking 1:00-3:00 Jam Session	12 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	13 9:00-10:00 Tai Chi 10:00-11:00 Stronger Together 1:00-3:00 OTAGO	14 9:00-10:00 Cardio & Strength	15 9:00-10:00 Indoor Walking
18  <b>CLOSED FOR VICTORIA DAY</b>	19 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	20 9:00-10:00 Tai Chi 10:00-11:00 Stronger Together 1:00-3:00 OTAGO	21 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	22 9:00-10:00 Indoor Walking 11:00-1:00 SALT Event
25 9:00-10:00 Indoor Walking	26 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	27 9:00-10:00 Tai Chi 10:00-11:00 Stronger Together 1:00-3:00 OTAGO	28 9:00-10:00 Cardio & Strength 1:00-3:00 Painting Workshop	29 9:00-10:00 Indoor Walking



### LOCATIONS

BLUE FONT=  
Grace Hall

PINK FONT =  
Royal Canadian  
Legion

ORANGE FONT=  
Battersea United  
Church

Scan the QR Code  
to visit our  
website!

[www.sfsc.ca](http://www.sfsc.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@sfsc.ca](mailto:natalee.shannon@sfsc.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 & 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.

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

**Jam Session (S)(R)**- Come together, play, sing, and enjoy the music! Our acoustic Song Circle welcomes all talents—you are welcomed to bring instruments and share timeless tunes in a fun, uplifting setting.

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

**Royal Canadian Legion:** 4361 Amelia St, Sydenham, ON

**Battersea United Church:** 2219 Wellington St, Battersea