

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4295 STAGECOACH RD, SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 6477	1 9:00-10:00 Indoor Walking 10:00-11:00 Yoga 1:00-3:00 Minds In Motion	2 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	3 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	4 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle	5 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	6 LOCATIONS BLUE FONT= GRACE HALL GREEN FONT =ROYAL CANADIAN LEGION RED FONT= THE POINT
7	8 9:00-10:00 Indoor Walking 1:00-3:00 Minds In Motion	9 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	10 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain 1:00-3:00 Jam Session	11 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre 1:30-3:00 Women's Empowerment Circle	12 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	13
14	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 10:15-11:15 Fitness & Your Brain	18 9:00-10:00 Cardio & Strength	19 9:00-10:00 Pole Walking 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	20
21	22	23	24	25	26	27
28	29	30	31			



Holiday Break!

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 and Robert 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.

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.

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

The Point: 4410 Point Rd, Sydenham, ON