

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 9:00-10:00</b> Tai Chi <b>10:15 -11:15</b> Fitness & Your Brain	<b>2 9:00-10:00</b> Cardio & Strength <b>1:00-3:00</b> Euchre Club	<b>3</b>  <b>CLOSED FOR GOOD FRIDAY</b>
<b>6</b>  <b>CLOSED FOR EASTER MONDAY</b>	<b>7 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café	<b>8 9:00-10:00</b> Tai Chi <b>10:15 -11:15</b> Fitness & Your Brain <b>1:00-3:00</b> Jam Session	<b>9 9:00-10:00</b> Cardio & Strength	<b>10 9:00-10:00</b> Indoor Walking <b>10:00-12:00</b> OTAGO
<b>13 9:00-10:00</b> Indoor Walking <b>1:30-3:00</b> Healthy Aging Through Movement: Info Session & Dance Party!	<b>14 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café	<b>15 9:00-10:00</b> Tai Chi <b>10:15 -11:15</b> Fitness & Your Brain	<b>16 9:00-10:00</b> Cardio & Strength <b>1:00-3:00</b> Euchre Club	<b>17 9:00-10:00</b> Indoor Walking <b>10:00-12:00</b> OTAGO
<b>20 9:00-10:00</b> Indoor Walking <b>10:00-11:00</b> Yoga	<b>21 9:00-10:00</b> Cardio & Strength <b>9:00-11:00</b> Good Graces Café <b>10:30-11:30</b> Book Club	<b>22 9:00-10:00</b> Tai Chi <b>10:15 -11:15</b> Fitness & Your Brain <b>12:30-3:30</b> Hearing Care Clinic	<b>23 9:00-10:00</b> Cardio & Strength	<b>24 9:00-10:00</b> Indoor Walking
<b>27 9:00-10:00</b> Indoor Walking	<b>28 9:00-10:00</b> Cardio & Strength  <b>OFFICE CLOSED STAFF TRAINING DAY</b>	<b>29</b>  <b>OFFICE CLOSED STAFF TRAINING DAY</b>	<b>30 9:00-10:00</b> Cardio & Strength <b>1:00-3:00</b> Painting Workshop	



**LOCATIONS**

**BLUE FONT=**  
**GRACE HALL**

**PINK FONT=**  
**Royal**  
**Canadian**  
**Legion**

Scan the QR Code to  
visit our website!



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

(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)**- 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.

**Euchre/Games Club (S)**- Join friends 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.

**Healthy Aging Through Movement: Info Session & Dance Party! (R)** Come learn some mental tricks and strategies to help yourself be more active followed by a fun dance party for all abilities!

### LOCATIONS:

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

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