

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:00-10:00 Pole Walking	²LOCATIONS
3	4 9:00-10:00 Indoor Walking	5 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	6 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	7 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre Club	8 9:00-10:00 Pole Walking	9 BLUE FONT= GRACE HALL
10 	11 9:00-10:00 Indoor Walking	12 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	13 9:00-10:00 Tai Chi 10:15 –11:15 Fitness & Your Brain	14 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle	15 9:00-10:00 Pole Walking	16 GREEN FONT =ROYAL CANADIAN LEGION
17	18 9:00-10:00 Indoor Walking	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 10:15 –11:15 Fitness & Your Brain	21 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre Club	22 9:00-10:00 Pole Walking	23 RED FONT= THE POINT
24	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 10:15 –11:15 Fitness & Your Brain 1:00– 3:00 Painting Workshop	28 9:00-10:00 Cardio & Strength 1:30-3:00 Women's Empowerment Circle	29 9:00-10:00 Pole Walking	30 WWW.SFCSC.CA (613) 376 - 6477

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.

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.

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.

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

LOCATIONS:

Grace Hall: 4295 Stagecoach Road, Sydenham, ON

Royal Canadian Legion: 4361 Amelia St, Sydenham, ON

The Point: 4410 Point Rd, Sydenham, ON