southern frontenac community services

NOVEMBER 2026

GRACE SOCIAL ACTIVITY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	LOCATIONS
2 **9:00-10:00** Indoor Walking **10:00-11:00** Yoga	**3** **9:00-10:00** Cardio & Strength **9:00-11:00** Good Graces Cafe	**4** **9:00-11:00** Tai Chi **9:00-10:00** Stronger Together **1:00-3:00** OTAGO	**5** **9:00-10:00** Cardio & Strength **1:00-3:00** Euchre	**6** **9:00-10:00** Indoor Walking	BLUE FONT= GRACE HALL PINK FONT= ROYAL CANADIAN LEGION ORANGE FONT= BATTERSEA UNITED CHURCH PURPLE FONT= GOLDEN LINKS HALL RED FONT= VERONA FREE METHODIST CHURCH
9 **9:00-10:00** Indoor Walking **10:00-11:00** Yoga **1:30-3:00** Move to the Music	**10** **9:00-10:00** Cardio & Strength **9:00-11:00** Good Graces Cafe	**11** **9:00-11:00** Tai Chi **9:00-10:00** Stronger Together **1:00-3:00** OTAGO	**12** **9:00-10:00** Cardio & Strength	**13** **9:00-10:00** Indoor Walking	
16 **9:00-10:00** Indoor Walking **10:00-11:00** Yoga	**17** **9:00-10:00** Cardio & Strength **9:00-11:00** Good Graces Café **10:30-11:30** Book Club	**18** **9:00-11:00** Tai Chi **9:00-10:00** Stronger Together **1:00-3:00** OTAGO	**19** **9:00-10:00** Cardio & Strength **1:00-3:00** Euchre	**20** **9:00-10:00** Indoor Walking **11:00-1:00** SALT Presentation	
23 **9:00-10:00** Indoor Walking **10:00-11:00** Yoga **1:00-3:00** Jam Session	**24** **9:00-10:00** Cardio & Strength **9:00-11:00** Good Graces Cafe	**25** **9:00-11:00** Tai Chi **9:00-10:00** Stronger Together **1:00-3:00** OTAGO	**26** **9:00-10:00** Cardio & Strength **1:00-3:00** Painting Workshop	**27** **9:00-10:00** Indoor Walking	
30 **9:00-10:00** Indoor Walking **10:00-11:00** Yoga					

For more information regarding any of the programs or purchasing an Activity Pass please contact:
Natalee Shannon 613-376-6477 ext 310 or natalee.Shannon@sfcsc.ca

(F) – Fitness Activity
(S)- Social Activity
(R)- Registration Required

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INDOOR WALKING (F) (R) – Follow a fun and challenging aerobic fitness video while surrounded by friends.

YOGA (F) (R) – Enjoy a relaxing beginner friendly yoga class with friends.

CARDIO & STRENGTH (F) (R)- Sue, Robert, Kathy and Annelise lead a medium to high impact fitness class.

GOOD GRACES CAFÉ (S)- Join friends and neighbors at the Grace Centre for a visit or a game of crokinole. Coffee, tea and light breakfast is available for a small fee.

Tai Chi (F) (R)- Chris leads you through a series of traditional Tai Chi stretches, connecting mind and body through physical motion, leaving you refreshed and strengthen. Gentle sitting and standing exercises are included to improve balance and flexibility.

STRONGER TOGTHER (F) (R)- Community strength class, using bodyweight and equipment such as resistance bands, small weights and exercise balls. Focus on strength, balance and mobility in a friendly, supportive environment.

PAINTING WORKSHOP (S) (R)- Beginner to experienced painters are welcomed to a short painting lesson followed by full session with a monthly theme. Materials are provided.

EUCHRE (S)- Join together to play some friendly games of euchre, light snacks and refreshments provided.

JAM SESSION (S)- Join friends and fellow musicians to play some fun tunes together, bring your instrument or your voice.

LOCATIONS:

GRACE HALL: 4295 Stage Coach Road, Sydenham
ROYAL CANADIAN LEGION: 4361 Amelia Street, Sydenham
BATTERSEA UNITED CHURCH: 2219 Wellington Street, Battersea
GOLDEN LINKS HALL: 4186 Colebrook Road, Harrowsmith
VERONA FREE METHODIST CHURCH: 6804 Road 38, Verona