

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4295 STAGECOACH ROAD SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 647			1 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	2 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre/Games Club	3 9:00-10:00 Pole Walking	4 LOCATIONS RED FONT= THE POINT
5	6 9:00-10:00 Indoor Walking	7 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	8 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	9 9:00-10:00 Cardio & Strength	10 9:00-10:00 Pole Walking	11 BLUE FONT= HARROWSMITH FREE METHODIST CHURCH
12	13 9:00-10:00 Indoor Walking	14 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	15 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	16 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre/Games Club	17 9:00-10:00 Pole Walking	18 PINK FONT= LIBRARY COMMUNITY ROOM
19	20 Programs cancelled for Victoria Day	21 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	22 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	23 9:00-10:00 Cardio & Strength	24 9:00-10:00 Pole Walking	25 GREEN FONT= ROYAL CANADIAN LEGION
26	27 9:00-10:00 Indoor Walking	28 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	29 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain 1:00- 3:00 Painting Workshop	30 9:00-10:00 Cardio & Strength	31 9:00-10:00 Pole Walking	

For more information regarding any of the programs or purchasing an Activity Pass please contact:
Natalee Lennox 613-376-6477 x 310 natalee.lennox@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 Harrowsmith Free Methodist Church. 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 at the Library community room 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.

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

Sydenham Library: 4412 Wheatley St, Sydenham, ON

Harrowsmith Free Methodist Church: 3876 Harrowsmith Rd, Harrowsmith, ON

The Point: 4410 Point Rd, Sydenham, ON