

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4295 STAGECOACH RD, SYDENHAM, ON WWW.SFCSC.CA (613) 376 - 6477	2 9:00-10:00 Indoor Walking	3 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	4 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain	5 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	6 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	7 LOCATIONS BLUE FONT= Grace Hall
8	9 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	10 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	11 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain 1:00-3:00 Jam Session	12 9:00-10:00 Cardio & Strength	13 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	14 PINK FONT = Royal Canadian Legion
15 	16 9:00-10:00 Indoor Walking	17 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café 10:30-11:30 Book Club	18 9:00-10:00 Tai Chi 1:30-3:00 Grandparent & Grandchild Fun	19 9:00-10:00 Cardio & Strength 1:00-3:00 Euchre	20 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO 11:00-1:00 SALT Event	21 ORANGE FONT= Verona Free Methodist Church
22	23 9:00-10:00 Indoor Walking 10:00-11:00 Yoga	24 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café	25 9:00-10:00 Tai Chi 10:15-11:15 Fitness & Your Brain 1:00-3:00 Painting Workshop	26 9:00-10:00 Cardio & Strength	27 9:00-10:00 Indoor Walking 10:00-12:00 OTAGO	28
29	30 9:00-10:00 Indoor Walking	31 9:00-10:00 Cardio & Strength 9:00-11:00 Good Graces Café				

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

Verona Free Methodist Church: 6804 Rd. 38, Verona, ON