

NOV 2020



4295 STAGECOACH RD., BOX 43, SYDENHAM, ON
WWW.SFCSC.CA | (613) 376-6477

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 IMPORTANT IF YOU PLAN TO ATTEND AN ON-SITE PROGRAM OR PARTICIPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT.	2	3 9:00–11:30 Good Graces Café 9:30–10:30 Outdoor Cardio & Strength	4 9:00–10:00 Tai Chi	5 9:30–10:30 Cardio & Strength	6 9:30–10:30 Yoga w/ Hanna 1:00-3:00 Volunteer Social	7
8 RED & ORANGE FONT * 613-376-6477 x 310 ashley.bates@sfcsc.ca *Wed. Nov. 25 Bereavement Support 613-376-6477 x205 sandy.whaley@sf csc.ca *Fri. Nov. 13 SALT 613-376-6477 x303 joanne.silver@sfcsc.ca *Fri. Volunteer Social 613-376-6477 x209 melissa.elliott@sfcsc.ca BLACK FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca BLUE FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca PURPLE FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca PINK FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca	9	10 9:00–11:30 Good Graces Café 11:00–12:00 Book Club 9:30–10:30 Cardio & Strength 12:00–4:00 Foot Care Clinic 1:30–2:30 Online Caregiver Support Group	11 9:00–10:00 Tai Chi	12 9:30–10:30 Cardio & Strength	13 9:30–10:30 Yoga w/ Hanna 11:00–12:30 SALT 1:00-3:00 Volunteer Social	14 RED FONT ACTIVITIES @ THE GRACE CENTRE ORANGE FONT ACTIVITIES @ THE GRACE CENTRE + VIRTUAL BLACK FONT ACTIVITIES @ FRONTENAC COMMUNITY ARENA (PICCADILLY) + VIRTUAL BLUE FONT ONLINE ACTIVITIES PURPLE FONT ACTIVITIES @ SYDENHAM PUBLIC LIBRARY PINK FONT ACTIVITIES @ SHARBOT LAKE RETIREMENT & RETREAT
15	16	17 9:00–11:30 Good Graces Café 9:30–10:30 Outdoor Cardio & Strength	18 9:00–10:00 Tai Chi 1:30 Caregiver Support Group w/ Alzheimer Society KFLA	19 9:30–10:30 Cardio & Strength	20 9:30–10:30 Yoga w/ Hanna 1:00-3:00 Volunteer Social	21
22	23	24 9:00–11:30 Good Graces Café 9:30-10:30 Cardio & Strength 1:00-4:00 Foot Care Clinic	25 9:00–10:00 Tai Chi 1:00 Bereavement Support Group	26 9:30–10:30 Cardio & Strength 1:00 Bereavement Support Group	27 9:30–10:30 Yoga w/ Hanna 1:00-3:00 Volunteer Social	28
29	30					