

MAY 2021



4295 STAGECOACH RD., BOX 43, SYDENHAM, ON
www.sfcsc.ca | (613) 376-6477

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <div> 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. </div> <div> BLUE FONT 613-376-6477 x310 ashley.bates@sfcsc.ca </div>	3	4 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	5 9:00-10:00 Tai Chi	6 9:30-10:30 Cardio & Strength	7 8:30-9:30 Making Strides walking program	8
9 <div> BLUE FONT 613-376-6477 x310 ashley.bates@sfcsc.ca </div>	10	11 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 11:00-12:00 Book Club	12 9:00-10:00 Tai Chi	13 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	14 8:30-9:30 Making Strides walking program	15
16 *May 17, 19, 25 Support Groups 613-376-6477 x205 sandy.whaley@sfcsc.ca <div> GREEN FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca </div>	17 1:30-3:00 VON Stroke Support Group	18 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	19 9:00-10:00 Tai Chi 9:00-12:00 Alzheimer's Private Caregiver Support Group 1:30-3:00 Caregiver Support Group	20 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	21 8:30-9:30 Making Strides walking program	22
23 <div> BLACK FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca </div>	24 VICTORIA DAY SFCSC CLOSED	25 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 1:00-3:00 Bereavement Support Group	26 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	27 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	28 8:30-9:30 Making Strides walking program	29
30 <div> RED & ORANGE FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca </div>	31 10:30-11:30 Mobile Y-Senior Fitness 1:00-3:00 Creative Writing Club	Due to the holiday closure on May 24th, Meals on Wheels will not be delivered on that day. However, we will supply clients with a frozen meal the week before to make sure a tasty meal is available on the holiday Monday.				

BLUE FONT
 ONLINE ACTIVITIES

GREEN FONT
 OUTDOOR &
 ONLINE ACTIVITIES

BLACK FONT
 OUTDOOR &
 SYDENHAM TRACK

RED FONT
 ACTIVITIES @
 THE GRACE CENTRE

ORANGE FONT
 ACTIVITIES @
 THE GRACE CENTRE
 + ONLINE