

# PROGRAM SCHEDULE MAY 2024

MONDAY	TUESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 11 am Pickleball (Drop-In at WBC)	Baseball
9 am - 12 Noon Billiards - Snooker	8:30 am - 10:30 am Bunka
9:30 am - 10:30 am Full Standing Fitness	9 am - 12 Noon Billiards - Snooker
10 am - 11:30 am Cribbage	9:30 am - 10:30 am Chair Yoga with Pam <b>R</b>
11 am - 12 Noon Seated Fitness	11 am - 12 Noon Total Body Workout
1 pm - 4 pm Klaverjas & Euchre	1 pm - 3 pm Carpet Bowling
1 pm - 3:30 pm Billiards - Snooker	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3 pm Darts	1 pm - 3:30 pm Progressive Pepper
<b>DAILY PROGRAMS MONDAY - FRIDAY</b>	1:30 pm - 3:30 pm Education - History <b>R</b>
8 am - 11 am Woodshop*	6:30 pm - 9 pm Billiards - Snooker
8:30 am - 3:30 pm Library	6:30 pm - 9 pm Come Dancing
<b>FITNESS ROOM*</b>	
9 am - 9 pm Monday - Thursday	
9 am - 3 pm Friday	
*Must have orientation first.	



## FRIENDLY REMINDERS

Please bring and wear indoor shoes.  
Keep your car keys on your person or use a locker.  
Bring your own cup/mug for use at SGC.

# Week at a Glance

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 noon Billiards - Snooker	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
10 am - 3 pm <b>R</b> Learning Unlimited	Golf League at Creekside Golf Course	9 am - 12 Noon Billiards - Snooker
1:30 pm - 4 pm Progressive Pepper	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
6:30 pm - 7:30 pm May Cardio Drumming 8&22	9:45 am - 10:45 am May 2&16 Tea & Tales Friendship Club	10 am - 11 am <b>R</b> Beginners Nordic Pole Walking
6:30 pm - 9 pm Bid Euchre	9:45 am - 11:15 am Beginners Line Dancing	10:15 am - 11:30 am Trail Walkers (off-site)
6:30 pm - 8 pm <b>R</b> Hand Built Pottery	9:45 am - 10:30 am Stretch	10:30 am - 11:30 am <b>R</b> WOW - Wellness Over Weight
7 pm - 9 pm Billiards - Snooker	11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm BINGO
	1 pm - 3 pm Badminton (Drop-In at WBC)	1 pm - 3:30 pm Crafters Connection

**Want a chance to win thousands and support South Gate at the same time???**

**Get your tickets to South Gate's 50/50 Lottery TODAY.**

**Get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.**

**You have to be in it to win it!**



1 pm - 3 pm Euchre	
1 pm - 3:30 pm Musicares	
1:30 pm - 3:30 pm <b>R</b> Tech Literacy	
6:30 pm - 9 pm Billiards - Open	
7 pm - 10 pm Bingo - Lions Club	

**"May is the month of expectation, the month of wishes, the month of hope."**

- Emily Brontë

## PROGRAM GUIDE

For a complete description of the classes, pick up a Program Guide or visit [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs).

**R** This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.

**No Programs on Monday, May 20. SGC & Local Roots Closed for Victoria Day.**