

PROGRAM SCHEDULE JULY & AUGUST 2023

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)	8:30 am - 10:30 am Bunka
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Full Standing Fitness	9:30 am Baseball
10 am - 11:30 am Cribbage	9:30 am - 10:30 am Chair Yoga with Pam Genge (ends July 27) R
11 am - 12 Noon Seated Fitness	11 am - 12 Noon Total Body Workout
1 pm - 3 pm Klaverjas	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3:30 pm Beginners Billiards - Snooker	1 pm - 3:30 pm Progressive Pepper
1 pm - 4 pm Euchre	5 pm - 6 pm Latin Cardio (ends July 4) R
5 pm - 8 pm (BBQ 5 pm - 7 pm) Cops & Rodders Cruise	6:15 pm - 7:15 pm Stretch 'n Weights (ends July 4) R
	6:30 pm - 9 pm Billiards - Snooker
	6:30 pm - 9 pm Come Dancing

DAILY PROGRAMS MONDAY - FRIDAY

8 am - 11 am Woodshop*
8:30 am - 3:30 pm Library

FITNESS ROOM*

9 am - 9 pm Monday - Thursday
9 am - 3 pm Friday



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

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
1:30 pm - 4 pm Progressive Pepper	Golf League at Creekside	9 am - 12 Noon Beginners Billiards - Snooker
7 pm - 9 pm Snooker/Billiards	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
	9 am - 9:30 am The Blitz	10 am - 11 am Nordic Pole Walking R
	9:45 am - 10:45 am Tea & Tales Friendship Club (July 6 & 20 only)	10:15 am - 11:30 am Trail Walkers (off-site) See schedule pg. 12
	9:45 am - 11:15 am Line Dancing	10:30 am - 11:30 am WOW - Wellness Over Weight R
	9:45 am - 10:30 am Stretch	1 pm - 3:30 pm BINGO
	11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Crochet/Crafts
	1 pm - 3 pm Badminton (Drop-In at WBC)	ONCE A MONTH PROGRAMS Armchair Travel with Bradley Walters 10 am (Phone-In) See pg.15 1st Tuesday of month BBNK Giggles, 1:30 pm 2nd Thursday of month Blood Pressure Clinic
	1 pm - 3:30 pm Euchre	
	1 pm - 3:30 pm Musicares	
	5 pm - 5:45 pm CardioFit	
	7 pm - 10 pm Bingo - Lions Club	

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.
Reduce/Reuse.

PROGRAM GUIDE - For a complete description of the classes, pick up a Program Guide or visit www.southgatectr.ca/programs.

SUMMER CLOSURES

June 30 - Local Roots ONLY
July 3 - South Gate Centre (SGC)
Aug. 7 - SGC - Civic Holiday
Sept. 4 - SGC - Labour Day