

Program Schedule & Local Roots Menu for September 2024

SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive

H = Hall L = Lounge

TUESDAY		THURSDAY	
9:30 am - 10:30 am Chair Yoga	R H	8 am - 9 am Full Standing Fitness	H
11:30 - 2 pm Lunch & Social	L	9:30 am - 10:30 am Total Body Workout	H
1 pm - 3 pm Education	R H		
6 pm - 9 pm Bid Euchre	L		



Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.

COWAN SPORTSPLEX

895 Ridgewood Drive

THURSDAY

1 pm - 3 pm
Kickball

Turf
C



WOODSTOCK BADMINTON CLUB

310 Hunter Street

MONDAY

THURSDAY

9 am - 11 am
Pickleball

1 pm - 3 pm
Badminton

SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY

TUESDAY

9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
1 pm - 3 pm Starts Sept. 23 Darts	1 pm - 3 pm Starts Sept. 24 Carpet Bowling
1 pm - 4 pm Klaverjas	1 pm - 3:30 pm Beginners Billiards - 8 Ball
	6 pm - 9 pm Come Dancing

LIBRARY OPEN Monday to Friday 8:30 am - 3:30 pm Starts September 23

REEVES COMMUNITY COMPLEX

381 Finkle Street

G = Goff Gymnasium M = Mezzanine

MONDAY

TUESDAY

8 am - 9 am G Full Standing Fitness	8 am - 9 am G Full Standing Fitness
9 am - 1 pm M Social in the Mezz	9 am - 10:30 am M Social in the Mezz
9:30 am - 10:30 am G Full Standing Fitness	10 am - 12 pm G Sports Circus
11 am - 12 pm G Seated Fitness	10:30 am - 12 pm M Cribbage
1 pm - 4 pm M Euchre	12 pm - 1 pm M Social in the Mezz
	1 pm - 4 pm M Progressive Pepper



Indicates a program which requires registration. Pickleball registration see p.12.
Other programs register by calling the Centre, stopping in or online in PerfectMind.

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
	10 am - 11 am Men's Coffee Club	10 am - 11 am Nordic Pole Walking
	7 pm - 10 pm Bingo - Lions Club	1 pm - 3:30 pm BINGO

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9:30 am Advanced Pickleball R G	8:30 am - 9:30 am Beginner's Line Dancing M	8 am - 9:30 am Advanced Pickleball R G
8 am - 9 am Why Weights M	9:45 am - 11:15 am Line Dancing M	9 am - 10 am Social in the Mezz M
9:30 am - 10:30 am Stretch M	11:30 am - 1 pm Social in the Mezz M	9:30 am - 11 am Intermediate Pickleball R G
10 am - 11:30 am Beginner Pickleball (Instructor) R G	1 pm - 4 pm Euchre M	10 am - 11 am W.O.W. Wellness over Weight R M
11 am - 12 pm Stability Ball* M		11 am - 12 pm Seated Fitness G
12:15 pm - 1 pm Social in the Mezz M		11 am - 12 pm Social in the Mezz M
1 pm - 4 pm Progressive Pepper M		*Bring your own ball.



LOCAL ROOTS

The South Gate Kitchen

Public Welcome

519-539-9817

191 Old Wellington St. S., Woodstock, ON

www.southgatectr.com/local-roots

All homemade food, locally sourced.

LOCAL ROOTS CAFE will be closed September 9 - 20.
You can still order meals for delivery only during this time.

September Lunch Menu 11:30 am - 1 pm EAT IN OR TAKEOUT - \$8

SOUTH GATE CENTRE - CAFE

MON	TUES	WED	THURS	FRI
2 CLOSED	3 Soup & Sandwiches	4	5 Roast Beef Dinner includes salad & dessert - \$15	6 Breakfast 9am-1pm Choice of egg, meat, toast

**SATURDAY, SEPTEMBER 14
RIB DINNER - \$20**

Park on Old Wellington St. S. near the North Driveway between 4 pm and 4:30 pm
and food will be delivered to your car.

1/2 Rack of Pork Back Ribs, Baked Potato with Sour Cream, Homemade Baked Beans, Coleslaw,
Cornbread, and a dessert.

SALLY CREEK COMMUNITY CENTRE - LOUNGE

TUESDAY		THURSDAY	
10	Lasagna	12	Liver & Onions
17	Lunch - Meatloaf	19	Oktoberfest \$10 Sausage or schnitzel on a bun with perogies and potato salad
17	Hispanic-Latino Buffet Dinner 4:30 - 6:30 pm Members \$20 Non-Members \$25 Menu: Empanadas, Tacos, Stuffed Peppers, Elote (corn) and Tres Leches Cake		
24	Ham and scalloped potatoes	26	No Lunch

**Grab & Go Items
and Fresh Baking**

Available
at Reeves Community Complex, Sally Creek
Community Centre and South Gate Centre



COFFEE or TEA
it's *Always*
FREE

Thanks to
Wellington Street
Denture Clinic.