




PROGRAM SCHEDULE July 22 - August 31

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 - 10:30 am Chair Yoga with Pam 
11 am - 12 Noon Seated Fitness	11 am - 12 Noon Total Body Workout
1 pm - 4 pm Euchre	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 4 pm Klaverjas	1 pm - 3:30 pm Progressive Pepper

TRAILWALKERS







Fridays – Start Time – 10:15 am
Weekly walking group that utilizes the local trail systems around Woodstock. Please feel free to invite friends to join us on the trails. We have fast and slow walkers...so please join us any Friday. For further information contact Stella at slivanpo@gmail.com.


July 19	Pittock Park North Shore	August 2	Upper Trail
July 26	Tollgate	August 9	Roth Park
		August 16	Lansdowne
		August 23	Pittock Dam
		August 30	River Trail

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
8:15 am - 9 am Stability Ball	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
9 am - 12 noon Billiards - Snooker	9 am - 12 Noon Beginners Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
10 am - 11 am Beginner Plus Line Dancing	9:45 am - 10:30 am Stretch	10:15 am - 11:30 am Trail Walkers 
1:30 pm - 4 pm Progressive Pepper	11 am - 12 Noon Seated Fitness	10:30 am - 11:30 am WOW - Wellness Over Weight 
6:30 pm - 9 pm Bid Euchre 	1 pm - 3 pm Badminton (Drop-In at WBC) 	1 pm - 3:30 pm BINGO
	1 pm - 3:30 pm Euchre	1 pm - 3:30 pm Crafters Connection (Drop-In at Oxford Gardens) 
	7 pm - 10 pm Bingo - Lions Club	

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

 This program is held off-site.

PROGRAM GUIDE

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

DAILY PROGRAMS MONDAY - FRIDAY
8:30 am - 3:30 pm Library

Enjoy summer!

COMMUNICATIONS REMINDER

Construction, Program and Local Roots Updates are available in our weekly email, Chris' weekly phone call and on our Communications Board at the Centre. You can also find updates at www.southgatectr.com/construction.