

# PROGRAM SCHEDULE FEBRUARY 2024


# Week at a Glance

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 <b>R</b>
10 am - 11:30 am Cribbage	11 am - 12 Noon Total Body Workout
11 am - 12 Noon Seated Fitness	1 pm - 3 pm Carpet Bowling
1 pm - 4 pm Klaverjas & Euchre	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3:30 pm Billiards - Snooker	1 pm - 2:30 pm Pickleball at Cowan Park
1 pm - 3 pm Darts	1 pm - 3:30 pm Progressive Pepper
7 pm - 9 pm - Every week Cornhole League <b>R</b>	Education 1:30 pm - 3:30 pm <b>R</b>
<b>DAILY PROGRAMS MONDAY - FRIDAY</b> 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 *Must have orientation first.	6:15 pm - 7:30 pm Mindful Movement & Meditation <b>R</b> 6:30 pm - 9 pm Billiards - Snooker 6:30 pm - 9 pm Come Dancing



## 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.

WEDNESDAY	THURSDAY	FRIDAY
8:30 am - 9:30 am Gentle Yoga <b>R</b>	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
9 am - 12 noon Billiards - Snooker	8:30 am - 9:30 am Beginners Line Dancing	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Beginner+ Line Dancing	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
10 am - 11:30 am <b>NEW</b> Learn BID Euchre	9:45 am - 10:45 am Feb.1&15 Tea & Tales Friendship Club	10 am - 12 pm Tech Literacy <b>R</b>
1:30 pm - 4 pm Progressive Pepper	9:45 am - 11:15 am Line Dancing	10:15 am - 11:30 am Trail Walkers (off-site) See pg. 13
7 pm - 9 pm Billiards - Snooker	9:45 am - 10:30 am Stretch	10:30 am - 11:30 am WOW - Wellness Over Weight <b>R</b>
<p><b>Want a chance to win thousands and support South Gate at the same time???</b></p> <p><b>Get your tickets to South Gate's 50/50 Lottery TODAY.</b></p> <p><b>In February get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.</b></p> <p><b>You have to be in it to win it!</b></p>  <p>WWW.SOUTHGATE5050.COM</p>	11 am - 12 Noon Seated Fitness	10:45 am - 11:45 am starts <b>NEW</b> The Blitz & The Beat Mar. 1 <b>R</b>
	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 (formerly Crochet/Crafts)
	1 pm - 3:30 pm Musicares	6 pm - 7 pm Zumba Gold <b>R</b>
	6:30 pm - 9 pm Billiards - Open	7 pm - 10 pm Bingo - Lions Club
7 pm - 10 pm Bingo - Lions Club	7:15 pm - 8:15 pm ABBA <b>R</b>	

## 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, February 19.**  
**SGC & Local Roots Closed for Family Day.**