

# 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  
Darts

1 pm - 3 pm  
Carpet Bowling

**This calendar, on  
the top half of this  
page, is for ALL  
WEEKS of March,  
EXCEPT  
March 10 - 14**

1 pm - 3:30 pm  
Beginners Billiards - 8 Ball

1 pm - 4 pm  
Progressive Pepper

6 pm - 9 pm  
Come Dancing

6:30 pm - 9 pm  
Billiards

# SOUTH GATE CENTRE

191 Old Wellington Street South

## MONDAY

## TUESDAY

9 am - 12 Noon  
Billiards - Snooker

8 am - 9 am  
Full Standing Fitness

1 pm - 3 pm  
Darts

9 am - 12 Noon  
Billiards - Snooker

1 pm - 4 pm  
Euchre

9:30 - 10:30  
Stretch

**This calendar, on  
the bottom half of  
this page,  
is for the week of  
March 10 - 14  
ONLY**

11 am - 12 pm  
Seated Fitness

1 pm - 3 pm  
Carpet Bowling

1 pm - 3:30 pm  
Beginners Billiards - 8 Ball




1 pm - 4 pm  
Progressive Pepper

6 pm - 9 pm  
Come Dancing

6:30 pm - 9 pm  
Billiards

# PROGRAM SCHEDULE

March 3 - 7, March 17 - 21 and March 24 - 28

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 4 pm Progressive Pepper	10 am - 11 am Men's Coffee Club	10 am - 11 am BAM BOUNCER Rebound Class <b>R</b>
	7 pm - 10 pm Bingo - Lions Club	1 pm - 3:30 pm BINGO
	6:30 pm - 9:30 pm Billiards	
 Save the planet and the cost of paper cups. <b>BRING YOUR REUSABLE WATER BOTTLE, MUG OR CUP.</b>		

## MARCH BREAK SCHEDULE ONLY - MARCH 10 - 14

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights	9 am - 12 Noon Billiards - 8 Ball	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	10 am - 11 am Men's Coffee Club	9 am - 12 Noon Billiards - Snooker
9:15 am - 10:15 am Full Standing Fitness	10 am - 11 am W.O.W	10 am - 11 am BAM BOUNCER <b>R</b>
10:45 am - 11:45 am Stability Ball	1 pm - 4 pm Euchre	1 pm - 3:30 pm BINGO
1 pm - 2 pm Beginners Plus Line Dancing	7 pm - 10 pm Bingo - Lions Club	<b>R</b> Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.
1 pm - 4 pm Progressive Pepper	6:30 pm - 9:30 pm Billiards	



The City of Woodstock runs programs for school-age children during March Break. As such, programming that is held at the Reeves Community Centre has been moved for the week of March 10 - 14.

# REEVES COMMUNITY COMPLEX

381 Finkle Street

MONDAY		TUESDAY	
8 am - 9 am Full Standing Fitness	G	8 am - 9 am Full Standing Fitness	G
9 am - 12:30 pm Social in the Mezz	M	9 am - 10:30 am Social in the Mezz	M
9:30 am - 10:30 am Full Standing Fitness	G	9:30 am - 10:30 am Stretch	G
11 am - 12 pm Seated Fitness	G	10:30 am - 12 pm Cribbage	M
1 pm - 4 pm Euchre	M	11 am - 12 noon Seated Fitness	G

## 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).

# SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive



H = Hall L = Lounge

TUESDAY		THURSDAY	
8 am - 9 am Good Morning Yoga	<b>R</b> H	8 am - 9 am Full Standing Fitness	H
10 am - 12 pm Cribbage Starting March 11	L	9 am - 11 am Board Games, Mahjong, etc.	L
9:30 am - 10:30 am Chair Yoga	<b>R</b> H	9 am - 12 noon March 27 VON Blood Pressure Clinic	L
11:30 am - 1 pm Lunch	L	9:30 am - 10:30 am Total Body Workout	L
1:30 pm - 3:30 pm Education	<b>R</b> H	12 pm - 1 pm Lunch	H
7 pm - 10 pm Bid Euchre	H	7 pm - 9 pm Cornhole	<b>R</b> H

# PROGRAM SCHEDULE

G = Goff Gymnasium M = Mezzanine

**NO PROGRAMS  
MARCH 10 - 14**

WEDNESDAY		THURSDAY		FRIDAY	
8 am - 9 am Why Weights	G	11:30 am - 1 pm Social in the Mezz	M	8 am - 9 am Full Standing Fitness	G
9:15 am - 10:30 am Beginner Plus Line Dancing	M	1 pm - 4 pm Euchre	M	9 am - 10 am Social in the Mezz	M
9:15 am - 10:15 am Full Standing Fitness	G			9:30 am - 10:30 am Full Standing Fitness	G
10:45 am - 11:45 am Stability Ball Bring your own ball.	M		10 am - 11 am W.O.W. Wellness over Weight	 M	
			11 am - 12 pm Seated Fitness	G	
			11 am - 12 pm Social in the Mezz	M	

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



# Ladies Night Out

**Thursday, April 10**

7 pm - 9 pm

Gather your best friends for a fun and social evening of creativity! Craft a stunning set of painted "blown art" tile coasters.

Enjoy a cash bar with a signature drink, light appetizers, great music, door prizes, and more.

Don't miss this unforgettable night of laughter, friendship, art, and good vibes!

Featuring Sunita Harry, Creator's Divine Art

**Members \$30 Non-Members \$35**



SOUTH GATE  
CENTRE

A South Gate Centre event  
at Sally Creek Community Centre  
330 Lakeview Drive, Woodstock, ON

Buy Tickets at  
South Gate Centre or  
Sally Creek Community Centre