

PROGRAM SCHEDULE APRIL 2024

MONDAY

8 am - 9 am
Full Standing Fitness

8:30 am - 9:30 am
Tai Chi **MEMBERS ONLY**

9 am - 11 am
Pickleball (Drop-In at WBC)

9 am - 12 Noon
Billiards - Snooker

9:30 am - 10:30 am
Full Standing Fitness

10 am - 11:30 am
Cribbage

11 am - 12 Noon
Seated Fitness

1 pm - 4 pm
Klaverjas & Euchre

1 pm - 3:30 pm
Billiards - Snooker

1 pm - 3 pm
Darts

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

*Must have orientation first.

TUESDAY

8 am - 9 am
Full Standing Fitness

8:30 am - 10:30 am
Bunka

9 am - 12 Noon
Billiards - Snooker

9:30 am - 10:30 am
Chair Yoga with Pam

10:30 am - 11:30 am
Fit Minds

11 am - 12 Noon
Total Body Workout

1 pm - 3 pm
Carpet Bowling

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

1 pm - 2:30 pm
Pickleball at Cowan Park

1 pm - 3:30 pm
Progressive Pepper

1 pm - 3:30 pm
Woodshop 101

1:30 pm - 3:30 pm
Education - History

6:30 pm - 9 pm
Billiards - Snooker

6:30 pm - 9 pm
Come Dancing

Week at a Glance

WEDNESDAY

9 am - 12 noon
Billiards - Snooker

10 am - 3 pm
Learning Unlimited

1:30 pm - 3 pm
Paint Class

1:30 pm - 4 pm
Progressive Pepper

6:30 pm - 7:30 pm Apr.
Cardio Drumming 10&24

6:30 pm - 9 pm
Bid Euchre

7 pm - 9 pm
Billiards - Snooker

Want a chance to win thousands and support South Gate at the same time???

Get your tickets to South Gate's 50/50 Lottery TODAY.

In April get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.

You have to be in it to win it!



THURSDAY

8 am - 8:45 am
Why Weights

8:30 am - 9:30 am
Beginners Line Dancing

9 am - 12 Noon
Beginners Billiards - 8 Ball

9:45 am - 10:45 am Mar 7&21
Tea & Tales Friendship Club

9:45 am - 11:15 am
Line Dancing

9:45 am - 10:30 am
Stretch

11 am - 12 Noon
Seated Fitness

1 pm - 3 pm
Badminton (Drop-In at WBC)

1 pm - 3:30 pm
Euchre

1 pm - 3:30 pm
Musicares

1 pm - 3:30 pm
Woodshop 101

6 pm - 7 pm
Zumba Gold

6:30 pm - 9 pm
Billiards - Open

7 pm - 10 pm
Bingo - Lions Club

7:15 pm - 8:15 pm
ABBA

FRIDAY

8 am - 9 am
Full Standing Fitness

9 am - 12 Noon
Billiards - Snooker

9:30 am - 10:30 pm
Full Standing Fitness

10 am - 11 am
Beginners Nordic Pole Walking

10:15 am - 11:30 am
Trail Walkers (off-site)

10:30 am - 11:30 am
WOW - Wellness Over Weight

10:45 am - 11:45 am
Blitz & The Beat

1 pm - 3:30 pm
BINGO

1 pm - 3:30 pm
Crafters Connection

PROGRAM GUIDE

For a complete description of the classes, pick up a Program Guide or visit 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.

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.

**No Programs on Fri. Mar. 29 or Mon. Apr. 1.
SGC & Local Roots Closed for Easter.**