

SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY	TUESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	8 am - 11 am Billiards - Snooker
9:30 - 10:30 am Full Standing Fitness	9:30 am - 10:30 am Chair Yoga R
11 am - 12 Noon Seated Fitness	11 am - 1 pm Every other week Beginners Billiards - 8 Ball
1 pm - 4 pm Starts Sep 8 Darts	11 am - 12 pm Total Body Workout
1 pm - 4 pm Euchre	1 pm - 4 pm Carpet Bowling Starts Sep 9 Cribbage Progressive Pepper
7 pm - 9 pm Starts Late October R	1:30 pm - 3:30 pm Education - Living History R
R Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.	5 pm - 9 pm Billiards - Snooker
	6 pm - 9 pm Starts Sep 9 Bid Euchre
	6 pm - 9 pm Come Dancing

MON SEP 1	THU OCT 9	MON OCT 13	TUE NOV 11	NOV 15 - 16
Labour Day CLOSED	 Thanksgiving Lunch	Thanksgiving Day CLOSED	 Remembrance Day Service & Soup Lunch	19th Annual Oxford Creates Juried Artisan Market


DATES TO MAKE NOTE OF

Details to come

THU NOV 20	SAT NOV 29	SAT NOV 29	SAT DEC 6	WED DEC 31
Ribbon Cutting Ceremony	Christmas Market Book Vendor Table Now! Email Angela.	 In The Mood Big Band Concert	South Gate Centre Open House	 Toast the New Year Breakfast

Watch for upcoming information about a Members-Only Event

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights	8 am - 9 am Full Standing Fitness	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
9:30 am - 10:30 am Stretch in the Park Weather permitting	10 am - 11 am Men's Coffee Club	9:30 am - 10:30 am Full Standing Fitness
1 pm - 4 pm Progressive Pepper	10 am - 11 am WOW Wellness Over Weight R	10 am - 11 am Nordic Pole Walking R
1:30 pm - 3:30 pm R Tech Literacy	11:15 am - 12:15 pm Seated Fitness	1 pm - 3:30 pm BINGO
Save the planet and the cost of paper cups. BRING YOUR REUSABLE WATER BOTTLE. 	1 pm - 4 pm Euchre Art Classes (start late Oct)	PLEASE BRING INDOOR SHOES FOR PROGRAMS.
	5 pm - 9 pm Billiards - 8 Ball/Snooker	
	7 pm - 10 pm Bingo - Lions Club	

Welcome Fall

PROGRAMS OFF-SITE OR 1/MONTH

	DATE & TIME	LOCATION
OFF-SITE Bunka Crafters Connection Klaverjas Learning Unlimited SGC Musicares Practice TrailWalkers	Tuesdays	Private Residence
	Fridays, 1 pm - 3 pm	Oxford Gardens
	Mondays, 1 pm - 3:30 pm	Oxford Gardens
	Wednesdays 10:15am & 1:15 pm	Movement Church
	Thursdays, 1 pm - 3 pm	Oxford Gardens
	Fridays, 10 am - 11:30 am	See pg. 17
1/MONTH Good for the Soul SGC Book Club VON Blood Pressure Clinic	Fri Sep 19, 12:15 pm - 1:15 pm	Southside Pk
	Thu Sep 11, 1 pm - 3 pm	Private Residence
	Tue Sep 9, 9 am - 12 noon	SGC - Cafe