

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

1 pm - 4 pm **STARTS APR 28**
Euchre

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



Save the planet
and the cost of paper
cups.
**BRING YOUR
REUSABLE
WATER BOTTLE.**

1 pm - 4 pm
Progressive Pepper

6 pm - 9 pm
Come Dancing

**ALL LOCATIONS CLOSED
APRIL 18 AND**

REEVES COMMUNITY COMPLEX

381 Finkle Street

MONDAY

TUESDAY

8 am - 9 am G
Full Standing Fitness

8 am - 9 am G
Full Standing Fitness

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

9:30 am - 10:30 am G
Stretch

11 am - 12 pm G
Seated Fitness

11 am - 12 noon G
Seated Fitness

1 pm - 4 pm **LAST DAY HERE M**
Euchre **APR 21**



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

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 2 pm STARTS APR 23 Beginners Plus Line Dancing	10 am - 11 am Men's Coffee Club	10 am - 11 am BAM BOUNCER Rebound Class R
1 pm - 4 pm Progressive Pepper	10 am - 11 am WOW Wellness Over Weight STARTS APR 24	1 pm - 3:30 pm NO BINGO APR 25
1:30 pm- 3:30 pm Tech Literacy	11:15 am - 12:15 pm Seated Fitness	
	1 pm - 4 pm STARTS APR 24 Euchre	
	7 pm - 10 pm Bingo - Lions Club	

GOOD FRIDAY AND EASTER MONDAY APRIL 21

PROGRAM SCHEDULE

G = Goff Gymnasium M = Mezzanine

**NO FITNESS
APRIL 11**

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am G Why Weights	1 pm - 4 pm M Euchre LAST DAY HERE APR 17	8 am - 9 am G Full Standing Fitness
9:15 am - 10:15 am G Full Standing Fitness	10 am - 11 am M WOW Wellness Over Weight LAST DAY HERE APR 21	9:30 am - 10:30 am G Full Standing Fitness
10:45 am - 11:45 am G Stability Ball Bring your own ball		

PROGRAM GUIDE

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

SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive

H = Hall L = Lounge

TUESDAY		THURSDAY	
8 am - 9 am Good Morning Yoga	R H	8 am - 9 am Full Standing Fitness	H
10 am - 12 pm Cribbage	L	9 am - 11 am Board Games, Mahjong, etc.	L
9:30 am - 10:30 am Chair Yoga	R H	9 am - 12 noon April 17 VON Blood Pressure Clinic	L
11:30 am - 1 pm Lunch - Sandwiches & Baking	L	9:30 am - 10:30 am Total Body Workout	L
1:30 pm - 3:30 pm Education	R H	12 pm - 1 pm Lunch - Sandwiches & Baking	H
6 pm - 10 pm Apr 16 starts at 7 pm Bid Euchre	H		

Ladies Night Out Embrace Creativity

Thursday, April 10

AT SALLY CREEK COMMUNITY CENTRE

7 pm - 9 pm

Craft a stunning set of tile coasters!

- Take home wine charms
- Cash bar
- Icebreakers
- Prizes, music and more

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



Featuring Sunita Harry, Creator's Divine Art



SOUTH GATE
CENTRE

Members \$30 Non-Members \$35

GET TICKETS AT South Gate Centre or Sally Creek Community Centre

COMING EVENTS

Easter Craft Sale by SGC's Crafters Connection

Friday, April 11

12 pm – 3 pm

Chartwell Oxford Gardens
423 Devonshire Ave, Woodstock
Main Dining Hall



VISIT US AND EXPLORE OUR
HANDMADE CREATIONS!

TRIBUTE CONCERT

Memories of MOTOWN

Step back in time to an era where music sparked a revolution!

This one-of-a-kind show blends captivating video with dynamic live audio, celebrating legendary artists and iconic hits from the MOTOWN Recording Studio.

Friday, May 2

7 pm - 10 pm
South Gate Centre

Members \$20
Non-members \$25

Cash bar, light buffet

BOOK TODAY at SGC or Sally Creek Community Creek.