

April 2024

REGISTERED PROGRAMS

Includes Program Schedule



Registered Programs are open to Members and Non-Members alike.

MEMBERSHIP has ADVANTAGES.

For more details on these classes please pick up a copy of the Program Guide or visit our website.

Registration for these programs can be done online, in person or by calling the Centre, Monday to Friday 9 am - 4 pm.

REGISTER EARLY FOR PROGRAMS TO ENSURE YOUR SPOT!!



**SOUTH GATE
CENTRE**

A PLACE TO LEARN

191 Old Wellington St. S., Woodstock, N4S 3J2
519-539-9817 www.southgatectr.ca

BE CREATIVE.

Indoor Gardens: Spring Terrarium Workshop



Instructor: Angela Hess

Thursday, April 25
Kinsmen Rm

1:30 – 3:30 pm

Members – \$45+HST
Non-members - \$55+HST

Supplies Included.

In recognition of Earth Day (April 22nd) join Angela to build your very own easy to tend succulent garden. Add a little green to your life!

Monochromatic Still Life



Instructor: Janine Jones

Wednesdays

1:30 pm - 3 pm

Reeves Room

Members: \$55+HST

Non-Members: \$70+HST

Session: April 10, 17 & 24

Learn to paint a still life using only one main colour plus black and white. This is called monochromatic (one color). 1st class: Study and drawing with black and white. Class 2 & 3: Add colour with tint / shade values. Instruction and supplies included.



Hand Building Pottery

Instructor: Amanda Robbins

Wednesdays

6:30 pm - 8 pm

Woodshop

Members: \$105+HST

Non-Members: \$120+HST

Session: May 1, 8, & 22

Learn the beautiful art of hand building pottery. Instruction explores a variety of techniques perfect for the beginner from creation and design through glazing and firing. This 3-class session will give you 4 different and unique projects to take home. All supplies included.

EDUCATION

EDUCATION - LIVING HISTORY

DAY	TIME	LOCATION	FEE per session
Tuesdays	1:30 pm - 3:30 pm	Kinsmen Rm	Members: \$25+HST Non-Members: \$35+HST

Session: April 9 – May 7 Instructors: Deward Yates, Dave Hayes, Brian Cox

Step into the world of the past as our instructors delve into a variety of topics on days past.

FIT MINDS

DAY	TIME	LOCATION	FEE per session
Tuesdays	10:30 am - 11:30 am	Kinsmen Rm	Members: FREE Non-Members: \$15+HST

Session: April 30 - June 4 Sponsored by Chartwell Oxford Gardens

Chartwell Gardens presents a cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+ and better. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction.

W.O.W. (Wellness Overcomes Weight)

Leads: Paulette Whiteford & Mary Aucoin

DAY	TIME	LOCATION	FEE for the year
Fridays	10:30 am – 11:30 am	Kinsmen	Members: FREE Non-Members: \$75

W.O.W. is a group that discusses overall wellness, not just weight loss. Some topics include Healthy Eating, Home Safety, Confidence Building, Fitness, Mindfulness and some of our meetings are just for fun. Each week offers group discussions, friendship, support, sharing and empowering tools.

SGC MINI-SPEAKER SERIES



DAY	TIME	LOCATION	FEE per session
Wednesdays	10:30 am -2:30 pm	Altadore	Members: \$20+HST
May 29, June 5 & 12		Hall	Non-Members: \$30+HST

Watch for program details in the May Nugget on this 6-speaker series following the Spring 2024 Learning Unlimited Session.

FITNESS

ABBA (Arms, Buns, Balance & Abs) ♥♥

April 4 - 25 (4 weeks) Instructor: Gail Wijesundra

DAY	TIME	LOCATION	FEE per session
Thursdays	6 pm – 7 pm	Kinsmen Rm	Members: \$35+HST Non-Members: \$50+HST

This is a Mind/Body class focused of improving your Arms, Balance, Buns and Abs. Light weights and a chair is all that is required.

NORDIC POLE WALKING ♥

Session 1: April 5, 19, 26 Instructor: Deanna Jasmins
Session 2: May 3 - 24

DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: FREE Non-Members: \$20+HST

This program consists of four weeks of one-hour sessions at Southside Park – the first Friday to the fourth Friday of each month. The original Nordic Urban Poles are used to teach the technique. Poles are provided for the program. It is recommended that participants attend from the first class of the month since each week is a progression.

THE BLITZ and the BEAT ♥♥—♥♥♥♥

April 12 - May 3 (4 weeks) Instructor: Gail Wijesundra

DAY	TIME	LOCATION	FEE per session
Fridays	10:45 am - 11:45 am	Altadore Hall	Members: \$35+HST Non-Members: \$50+HST

THE BLITZ is a quick-fire seated exercise program focusing on movement, coordination, rhythm and fun. **THE BEAT** is a standing exercise program using stability balls and drum sticks. In half an hour you recognize different tempos, beat your drum, use a wider range of motion and have loads of fun doing so!

MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Woodshop and Fitness Room – FREE for Members ONLY
- Save \$ on Registered Programs, Cultural Dinners and more...
- Save 10% on Room Rentals at SGC
- Discounts offered at select community partner businesses.

Not a member; what are you waiting for? Sign up today!

FITNESS

CHAIR YOGA with Pam ♥

April 2 - May 7 (6 weeks)	Instructor: Pam Genge		
DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: \$50+HST Non-Members: \$65+HST

This class incorporates the mindfulness of a yoga practice while promoting flexibility, range of motion, strength and functional movement.

INTRODUCTORY TAI CHI ♥



April 8 - April 29 (4 weeks)	Instructor: Charlie Thomson		
DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: \$20+HST

Tai Chi and Qigong are systems of coordinated body-posture and movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training. This MEMBERS ONLY 4-week introductory course will include the practice of Qigong for stretching, and proceed through a 10 form Tai Chi set.

ZUMBA GOLD ♥

April 4 - 25 (4 weeks)	Instructor: Gail Wijesundra		
DAY	TIME	LOCATION	FEE
Thursdays	7:15 pm – 8:15 pm	Kinsmen Rm	Members: \$35+HST Non-Members: \$50+HST

Want to dance to your favorite Latin rhythms with a focus of balance, coordination and range of motion? Then...This class is for YOU! The rhythms will include Flamenco, Tango, Cha-Cha and Belly Dance and more.

PICKLEBALL ♥—♥♥

Session: April 2 - 30	Lead: Scott Revell		
DAY	TIME	LOCATION	FEE per session
Tuesdays	1 pm – 2:30 pm	Cowan Park	Members: \$18.75+HST Non-Members: \$22.50+HST

Pickleball is played on a badminton court, with the nets lowered to tennis height, a ping pong type paddle and whiffle ball. Teams consist of two players on each team.

Scott Revell, SGC member instructs and assists with improving your technique as you play. Opportunity for both beginners and novice players. Equipment included.


PROGRAM SCHEDULE APRIL 2024

MONDAY		TUESDAY	
8 am - 9 am Full Standing Fitness		8 am - 9 am Full Standing Fitness	
8:30 am - 9:30 am Tai Chi MEMBERS ONLY	R	8:30 am - 10:30 am Bunka	
9 am - 11 am Pickleball (Drop-In at WBC)		9 am - 12 Noon Billiards - Snooker	
9 am - 12 Noon Billiards - Snooker		9:30 am - 10:30 am Chair Yoga with Pam	R
9:30 am - 10:30 am Full Standing Fitness		10:30 am - 11:30 am Fit Minds	R
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	R
1 pm - 3 pm Darts		1 pm - 3:30 pm Progressive Pepper	
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.		1 pm - 3:30 pm Woodshop 101	R
		1:30 pm - 3:30 pm Education - History	
		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.

Week at a Glance

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 noon Billiards - Snooker	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
10 am - 3 pm R Learning Unlimited	8:30 am - 9:30 am Beginners Line Dancing	9 am - 12 Noon Billiards - Snooker
1:30 pm - 3 pm R Paint Class	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper	9:45 am - 10:45 am Mar 7 & 21 Tea & Tales Friendship Club	10 am - 11 am R Beginners Nordic Pole Walking
6:30 pm - 7:30 pm Apr. 10 & 24 Cardio Drumming	9:45 am - 11:15 am Line Dancing	10:15 am - 11:30 am Trail Walkers (off-site)
6:30 pm - 9 pm Bid Euchre	9:45 am - 10:30 am Stretch	10:30 am - 11:30 am R WOW - Wellness Over Weight
7 pm - 9 pm Billiards - Snooker	11 am - 12 Noon Seated Fitness	10:45 am - 11:45 am R Blitz & The Beat
<p>Want a chance to win thousands and support South Gate at the same time???</p> <p>Get your tickets to South Gate's 50/50 Lottery TODAY.</p> <p>In April get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.</p> <p>You have to be in it to win it!</p>  <p>WWW.SOUTHGATE5050.COM</p>	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
	1 pm - 3:30 pm Musicares	<p>PROGRAM GUIDE</p> <p>For a complete description of the classes, pick up a Program Guide or visit www.southgatectr.ca/programs.</p> <p>R This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.</p>
	1 pm - 3:30 pm R Woodshop 101	
	6 pm - 7 pm R Zumba Gold	
	6:30 pm - 9 pm Billiards - Open	
	7 pm - 10 pm Bingo - Lions Club	
	7:15 pm - 8:15 pm R ABBA	

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• No Programs on Fri. Mar. 29 or Mon. Apr. 1. •

• SGC & Local Roots Closed for Easter. •

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UPCOMING EVENTS

**April
6**

Spring Fashion Show
Embarking on a New Season \$15



**April
13**

Bus Trip
Medieval Times \$130



**April
17**

Local Roots Culturally Themed
Indian Dinner
Members \$20, Non-Members \$25



**April
20**

Local Roots Roast Beef Dinner
Dine-In or Curbside Pick-up - \$20



**April
23**

Bus Trip - Fallsview Casino
\$48 (includes \$35 slot credit)



**May
3**

New Country Dance
with Neon Rain - \$25



**May
8**

South Gate Cruise-In, Free Admission,
Music, Prizes and Local Roots'
Rib Dinner \$20



**May
9**

Mother's Day Afternoon Tea - \$15



**May
14**

Bus Trip - Oil Rush - The
Musical, Oil Museum
and lunch, \$145



SOUTH GATE
CENTRE

**EVERYONE
WELCOME**

191 Old Wellington St. S.
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