



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

2023

July/August Program Guide

MEMBERSHIP RATES

All-Inclusive (Jul-Dec) \$105
All-Inclusive (Aug-Dec) \$90
All inclusive (3 months) \$60

NO MEMBERSHIP REFUNDS

Member nametags must be worn at ALL times.

South Gate Centre offers Drop-In Programs, which members can partake in as many programs as they wish every day. We also offer Registered Programs, which require an additional fee that helps us pay for the instructor and any program supplies. **Registration closes 3 days prior to start date.** The Registered Programs have two fees: one for members and one for non-members. We also offer programs to the public, like Bus Trips where all participants pay the same price.

NON-MEMBERS ALWAYS

WELCOME

All Instructor-Lead Drop-In
(Does NOT Include Registered Programs)
All Other Drop-In Programs

FEES

\$10/Class (hourly)
\$5/Activity/Day

TO REGISTER FOR A PROGRAM

Visit the Front Desk, call us or book online with your PerfectMind account.
Don't have an account? Ask at the Front Desk to get set up.
This Program Guide is also available online at www.SouthGateCtr.ca/programs.

BUS TRIPS

Cancellation Policy: If SGC cancels the bus trip, customers will receive a full refund. If customer cancels before SGC does the final confirmation to the provider (usually 30 day before the trip) you will be issued a credit on your account. If customer cancels after the trip is confirmed with the provider, NO REFUNDS. Substitutions are allowed.

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Fallsview Casino (SOLD OUT)	Fallsview Casino \$35 Slot Play	Monday	9:00 am - 6:00 pm	July 17,2023		\$48.00
Dundurn National Museum	Guided Tour of Dundurn Castle with lunch at One Duke Restaurant & Lounge, followed by a tour of the Stoney Creek Battefield	Tuesday	9:00 am - 6:00 pm	August 15, 2023		\$110.00
Fallsview Casino	Fallsview Casino \$35 Slot Play	Tuesday	9:00 am - 6:00 pm	September 19, 2023		\$48.00
Day in Port Dover	1hr cruise aboard the River Rider up the Lynn Valley River. Lake Erie Pickerel lunch. Opry Gold performance at the Lighthouse Theatre	Wednesday	9:00 am - 5:30 pm	September 13, 2023		\$145.00

**REGISTERED CLASSES
ART**

**Registration closes 3 days prior to
start date**

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
N/A						

REGISTERED CLASSES

EDUCATION

**Registration closes 3 days prior to
start date**

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
W.O.W. – Wellness Overcomes Weight	Whether you want to lose weight or just want that feeling of wellness, this program can help you achieve your goals by providing you with the tools, information, support and accountability you need to be successful.	Every Friday	10:30 am - 11:30 am	All Year	4/7/2023	Member: Free Non-Member: \$75.00 + HST

REGISTERED CLASSES

FITNESS

**Registration closes 3 days prior to
start date**

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Chair Yoga with Pam Genge ♥	This class incorporates the mindfulness of a yoga practice while promoting flexibility, range of motion, strength and functional movement. Participants will learn to listen to their own body and choose the variation of exercise that is best suited for them that day. This class is done seated and instrumental music is used for motivation and for relaxation.	Every Tuesday	9:30 am - 10:30 am	June 27, 2023 - July 25, 2023 (5 sessions)		Member: \$37.50+HST Non-Member: \$50+HST
Dance Instruction by Janice & Gary	Learn Waltz, Foxtrot, Quickstep, Rumba, Cha Cha, Samba, Swing, Bachata, Mambo, Merengue, or Night Club 2 Step. For more information contact Janice Landers & Gary Zelinka at 519-539-3678.	By Appt. Call to arrange times		All Year		Cost based on number of lessons

DROP-IN PROGRAMS

LEISURE PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Bingo	Let's keep our brain active! Come have an afternoon of fun. First three cards are \$2.00 and any extra is \$0.50 a card.	Every Friday	1:00 pm - 3:30 pm	All Year		
Billiards - Snooker	Get your pool cues ready and enjoy a game of Snooker with your South Gate friends. It is recommended to bring your own pool cue and chalk.	Every Mon, Tues, Wed, Fri	9:00 am - 12 noon	All Year	Holiday Mondays / Fridays	
		Every Tuesday Wednesday	6:30 pm - 9:00 pm	All Year		
Beginner Billiards - 8 Ball	Have you always wanted to learn how to play Billiards? This is a great way to learn while socializing with South Gate Centre friends. It is recommended to bring your own pool cue and chalk although we have some available for beginners.	Every Tuesday	1:00 pm - 3:30 pm	All Year		
		Every Thursday	9:00 am - 12 noon	All Year		
BBNK Giggles	Come join the fun and meet new friends as you participate in a variety of games and activities. Something new each month. Refreshments available!	First Tuesday of every month	1:30 pm - 3:00 pm	All Year	Holidays	
Cribbage	Cribbage is a card game, usually for two players, in which each player tries to form various counting combinations of cards. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board.	Every Monday	10:00 am - 11:30 am	All Year	Holiday Mondays	
Euchre	A card game for two to four players, usually played with the thirty-two highest cards, the aim being to win at least three of the five tricks played.	Every Monday	1:00 pm - 4:00 pm		Holiday Mondays	
		Every Thursday	1:00 pm - 3:30 pm	All Year		
Klaverjas	Klaverjas is the Dutch name for a four player trick-taking card game using the piquet deck of playing cards.	Every Monday	1:00 pm - 3:00 pm	All Year	Holiday Mondays	

DROP-IN PROGRAMS

LEISURE PROGRAMS - continued

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Library	Our Library is open five days per week to come in and take out books, puzzles etc.	Every weekday	8:30 am - 3:30 pm	All Year		
		Every Tuesday	6:30 pm - 9:00 pm	All Year		
Musicares	If you're interested in singing or playing an instrument, consider joining the South Gate Musicares. Please contact Judith Williams for further information at 519-608-4422.	Every Thursday	1:00 pm - 3:30 pm	All Year		
Progressive Pepper	Pepper is a trick taking game closely related to Euchre. Participants will be moving to different card tables during the program.	Every Tuesday	1:00 pm - 3:30 pm	All Year		
		Every Wednesday	1:30 pm - 4:00 pm	All Year		
Tea & Tales Friendship Club	Are you looking to be social and searching to learn new things? Come join us for coffee, tea and treats. Companionship, friendship, camaraderie and learn something new every week!! Lots of fun filled theme based programs. Something new each week!	Thursday	9:45 am - 10:45 am	Only on July 6, 2023 July 20, 2023		
Woodshop	South Gate Centre has a fully equipped Woodshop that is perfect for the experienced or beginner woodworking enthusiast. Drop into South Gate for a tour of the Woodshop and see some of the projects that members have created. Mandatory woodshop orientations are required.	Every weekday	8:00 am - 11:00 am	All Year	All Holidays	

DROP-IN PROGRAMS

CRAFT PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Bunka	Bunka is the Japanese art that looks like an oil painting using a punch needle and rayon thread. Supplies are extra and you must bring your own supplies to the class. Beginners are welcome. Please call Rose Marie Geiling at 519-533-0577 for information on what supplies are required.	Every Tuesday	8:30 am - 10:30 am	All Year		
Crochet / Crafts	Bring your crocheting, scrapbooking, colouring or other craft projects and enjoy 2.5 hours of crafting with your South Gate friends.	Every Friday	1:00 pm - 3:30 pm	All Year		

DROP-IN PROGRAMS

FITNESS PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Badminton ♥	SGC members have access the Woodstock Badminton Club (with their SGC name tag).	Every Thursday	1:00 pm - 3:00 pm	All Year		
Cardio Fit ♥♥	Class includes cardio warm-up and cool-down (5 minutes each) and 35 minutes high intensity cardio.	Every Thursday	5:00 pm - 5:45	All Year		
Come Dancing ♥♥	Enjoy practicing your Ballroom and Latin dance skills to great strict tempo music. Join couples who love to dance for a fun evening dancing to great music. Non Members and Non Dancers always welcome.	Every Tuesday	6:30 pm - 9:00 pm	All Year		Non Members: \$15.00 per couple

DROP-IN PROGRAMS

FITNESS PROGRAMS - continued

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Full Standing Fitness ♥♥	One hour class including a warm up, low impact cardio, cool down, balance, strength and endurance training (please bring your own handheld weights, resistance bands, or isometrics), and progressive balance training. This class is for participants interested in improving cardiorespiratory endurance, balance, bone and muscle strength and flexibility.	Every Monday, Tuesday and Friday	8:00 am - 9:00 am	All Year	Holiday Mondays	
		Every Monday and Friday	9:30 am - 10:30 am	All Year	Holiday Mondays	
Line Dancing ♥♥	We teach dances for those who have taken some line dancing classes to those who have experience. We teach using a variety of music "country, rock, pop", etc. Dancing is good for body and your mind and is fun!	Every Thursday	9:45 am - 11:15 am	All Year		
Pickleball ♥♥	SGC members have access to the Woodstock Badminton Club (with their SGC name tag).	Every Monday	9:00 am - 11:00 am	All Year	Holiday Mondays	
Seated Fitness ♥	Seated Fitness Classes are for those individuals who are physically unable to participate in a Full Standing Fitness. This class includes a series of activities, mostly seated. Class will promote balance, flexibility, range of motion, strength, cognitive functioning and plenty of fun. Please bring resistance bands.	Every Monday and Thursday	11:00 am - 12:00 pm	All Year	Holiday Mondays	
Stretch ♥	One hour class including gentle stretches for the body, both standing and on a mat. Participants must bring their own mat. Stretches are excellent for improving flexibility around stiff joints. Music provided is for relaxation.	Every Thursday	9:45 am - 10:30 am	All Year		

DROP-IN PROGRAMS

FITNESS PROGRAMS - continued

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
The Blitz ♥♥♥	The focus is on fun, music and beats. Better than an espresso or Red Bull! This will give you a pop of energy that is guaranteed to last the whole day! No equipment needed besides chairs, workout footwear and water.	Every Thursday	9:00 am - 9:30 am	All Year		
Total Body Workout ♥♥	Class includes cardio with warm-up and cool-down, balance, strength training both standing and on a mat, relaxation and stretching. Class also incorporates interval training 1-2 times a month. Interval training is a warm-up, cool-down, balance, intervals of 2-3 minutes cardio bursts and 5-7 minutes of strength training, both standing and on the mat, relaxation and stretching.	Every Tuesday	11:00 am - 12:00 pm	All Year		
Why Weights ♥	Forty-five minute class including a warm-up, weight training (please bring your own hand held weights and resistance bands for muscle strengthening and endurance of all major muscle groups) cool down and stretching. This class is for all levels of ability. Music is used both to motivate and for relaxation.	Every Thursday	8:00 am - 8:45 am	All Year		
Fitness Room	Six toning machines, a T-Zone Machine, 2 treadmills and bike will help you improve your cardio and exercise that does not stress your joints. The toning machines will increase your flexibility, mobility and improves coordination and core stability. This program is available for only those members who have already received an "Orientation" on the use of the equipment.	Every weekday	9:00 am - 3:00 pm	All Year	Holiday Mondays	
		Monday - Thursday	4:00 pm - 9:00 pm	All Year	Holiday Mondays	

Trail Walkers	Weekly walking group that utilizes the local trail system around Woodstock. Please feel free to invite friends to join us on the trails. We have fast & slow walkers... so please join us any Friday. For further information contact Stella Liwanpo at sliwanpo@gmail.com	Every Friday	10:00 am - 11:00 am	All Year		
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SGC SPORTS LEAGUES & OFFSITE PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Nordic Pole Walking	This is a Beginners Nordic Pole Walking Program 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, since each week is a progression.	Every Friday	10:00 am - 11:00 am	Session 1: July 7, 2023 - July 28, 2023 Session 2: Aug 4, 2023 - Aug 25, 2023		Member: FREE Non-Member: \$20.00 + HST
Baseball League (Lobball)	We play in a league with teams from other Older Adult Centre in our area (Ingersoll, Tillsonburg & Stratford). All teams are co-ed. Practice is once per week starting May 2 to mid-September 2023. The season will end with a Tournament on September 13th, 2022.	Every Tuesday	9:30 am - 12:00 noon	May 2, 2023 - Sept 5, 2023		Members: \$20.00 Non-Member: \$80.00 (\$60 SGC social membership + \$20 League Fee)
Golf League	The SGC Golf League will play at Creekside Golf Club, 594733 Hwy 59, Woodstock for the 2023 season. This 18-hole executive course provides a challenge for everyone. Even the most experienced golfer will have to use every club in their bag and will need to play well to score well. NEW THIS YEAR!! Green fees & cart fees paid weekly at the course. Cash only.	Every Thursday	TBA (mornings)	May 4, 2023 - Early Sept		Members: \$30.00 Non-Member: \$45.00
Cops & Rodder Cruise Nights	Come join us for an evening of classic cars, groovin tunes, games, prizes, 50/50, and the best BBQ this side of Southside Park.	Every Monday	5:00 pm - 8:00 pm	May 15, 2023 - September 25, 2023		Cruisers: By Donation Spectators: FREE

CALL IN PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Armchair Travel with Bradley	Host Bradley Walters, travel and tour specialist for over 25 years provides information and entertaining sessions that you won't want to miss!	various	10:00 am	July 22, 2023, Aug 17, 2023, Sept 14, 2023		Free