

PROGRAM GUIDE

2024



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

MEMBERSHIP RATES

All-inclusive (Full Year) \$195*

All-inclusive (9 months) \$150*

All-Inclusive (3 months) \$60

* Can be paid in monthly installments (pre-authorized debit) at \$18 month.

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.

Class confirmations are decided 7 days prior to class start date. If there are not enough participants registered for a class/program/event by this date it will be cancelled. Register early to avoid disappointment.

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

FEES

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

\$10/Class (hourly)

All Other Drop-In Programs

\$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.

**~ For a Listing of Current and Upcoming Bus Trips ~
please see the monthly Golden Nugget newsletter**

REGISTERED CLASSES



WOODSHOP

Program	Description (Event)	Days	Time	Dates
Woodshop 101 - Novice	6-week course improving woodshop machinery skills, as well as wood finishing techniques. Learn the required skills to confidently make 3 projects: Candle Holders, a Cutting Board, and a Coat Tree. All supplies Included.	Tuesday Thursday	1:00 pm - 3:30 pm	See schedule and pricing in Nugget

REGISTERED CLASSES



EDUCATION

Program	Description (Event)	Days	Time	Dates
Learning Unlimited (FULL)	Learning Unlimited (Oxford), founded in 1982, is an 8 week speaker series designed with the belief that "using the mind preserves it" and that older people need educational stimulation if they are to stay active in the community. Join us today to continue your learning on a variety of topics spanning local interests and worldwide happenings.	Wednesday	10:00 am - 2:30 pm	8 weeks bi-annually in March & September
Living History (Education)	Let our instructors bring history to life as they explore a variety of topics that have highlighted our past. Course topics available at the front desk.	Tuesday	1:30 pm - 3:30 pm	5-week segments from Sept thru May
Tech Literacy	Learn to Use your Tablet & Smartphone. Our instructor helps you work through learning basic operations and applications. Including a step-by-step instruction guide to take home. Bring your own device or use one on loan. Space limited. Free with Membership		1:30 pm - 3:30 pm	See schedule in Nugget
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. Register annually. Free with Membership	Friday	10:30 am - 11:30 am	Year round program.

REGISTERED CLASSES



FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates
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.	Tuesday	9:30 am - 10:30 am	See schedule in Nugget
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
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.	Friday	10:00 am - 11:30 am	Seasonally from April - November

See Golden Nugget for NEW Registered Programs

REGISTERED CLASSES



FITNESS - LEAGUES

Program	Description (Event)	Days	Time	Dates
Pickle Ball League - Cowan Sportsplex ♥ or ♥♥	Pickleball is played on a badminton court, with the nets lowered to tennis height, a ping pong type paddle and whiffle ball. Scott Revell, SGC member, instructs and assists with improving your technique as you play. Opportunity for both beginners and novice players. Equipment included.	Tuesday	1:00 pm - 2:30 pm	Sept - April See schedule in Nugget
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 to mid-September. The season will end with a Tournament.	Every Tuesday	9:30 am - 12:00 noon	May - Sept
Golf League	The SGC Golf League plays at Creekside Golf Club for the 2024 season. It is fun, co-ed league on a course that provides a challenge for everyone. Register for the league at the front desk. Green fees & cart fees paid weekly at the course. Cash only.	Every Thursday	8:00 am - 12:00 pm	May - Early Sept

REGISTERED CLASSES



FITNESS - PAY AS YOU GO

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates
Cardio Drumming ♥♥♥	Cardio drumming is a fun way to improve coordination, do some mild cardio and stretching moves while enjoying every minute of it. Chairs are available to adapt exercises for mobility. Space Limited to Number of Stability Balls Available. Come early or bring your own ball.	Wednesday	6:30 pm - 9:30 pm	Year Round

DROP-IN CLASSES

(Free with Membership)

LEISURE PROGRAMS

Program	Description (Event)	Days	Time	Dates
Bingo	Lets keep our brain active! Come have an afternoon of fun. First three cards are \$2.00 and any extra is \$0.50 a card.	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. Must supply your own pool cue and chalk.	Mon, Tues, Wed, Fri	9:00 am - 12 noon	All Year
		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.	Tuesday	1:00 pm - 3:30 pm	All Year
		Thursday	9:00 am - 12 noon	All Year
Carpet Bowling	If you're interested in playing, please come on out and join the fun. New players are always welcome.	Tuesday	1:00 pm - 3:00 pm	September - June
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.	Monday	10:00 am - 11:30 am	All Year
Darts	If you're interested in playing, please come on out and join the fun. New players are always welcome and will be taught the game.	Monday	1:00 pm - 3:00 pm	September - June
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.	Monday	1:00 pm - 4:00 pm	All Year
		Thursday	1:00 pm - 4:00 pm	All Year

DROP-IN CLASSES

(Free with Membership)

LEISURE PROGRAMS

Program	Description (Event)	Days	Time	Dates
BID Euchre	Bid Euchre is similar to Pepper. Based on the game of euchre, it introduces an element of bidding, where the trump suit is decided by which player can bid to take the most tricks. Bid Euchre is played in teams of two.	Wednesday	6:30 pm - 9:00 pm	All Year
Klaverjas	Klaverjas is the Dutch name for a four player trick-taking card game using the piquet deck of playing cards.	Monday	1:00 pm - 4:00 pm	All Year
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
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.	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.	Tuesday	1:00 pm - 3:30 pm	All Year
		Wednesday	1:30 pm - 4:00 pm	All Year
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 orientation is required.	Every weekday	8:00 am - 12:00 pm	All Year

DROP-IN CLASSES

(Free with Membership)

LEISURE PROGRAMS - SOCIAL and CRAFT

Program	Description (Event)	Days	Time	Dates
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.	Tuesday	8:30 am - 10:30 am	All Year
Crafter Connection	Bring your crocheting, scrapbooking, colouring or other craft projects and enjoy 2.5 hours of crafting and socializing with your South Gate friends.	Friday	1:00 pm - 3:30 pm	All Year
Fun & Games	Come join the fun and meet new friends as you participate in a variety of games and activities. Something new each month. Refreshments available!	Tuesday	1:00 pm - 3:30 pm	Watch for us in the Nugget
Tea & Tales Friendship Club	Are you looking to be social and searching to learn something new? Come join us for coffee, tea and treats companionship, friendship, camaraderie and learn something new every week!! Park Place is hosting fun filled theme based programs like; St Patrick's Day, Oscars History, International Children's Book Day, May Day for starters...	First & third Thursday	9:45 am - 10:45 am	All Year
Trivia with Al	Join Al for a fun afternoon of Trivia. Al will be asking participants about 45 random trivia questions. The participant who gets the most correct answers wins a free meal from Local Roots Café.	Third Monday of every month <i>(unless it falls on a holiday)</i>	1:30 pm - 3:00 pm	All Year See Dates in Nugget

DROP-IN CLASSES

WELLNESS CLINIC

Program	Description (Event)	Days	Time	Dates
Blood Pressure Clinic	VON joins us monthly to help you track your blood pressure numbers and share helpful information if needed. FREE to attend	Second Thursday of the month	9:00 am - 12:00 pm	All Year

DROP-IN CLASSES

(Free with Membership)

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates
Badminton ♥	SGC members have access the Woodstock Badminton Club (with their SGC name tag).	Thursday	1:00 pm - 3:00 pm	All Year
Beginner Line Dancing ♥♥	This program is designed for beginners. These classes will teach you the steps so you're able to move forward into the regular Line Dancing classes. We teach using a variety of music "country, rock, pop", etc. Dancing is good for body and your mind and is fun!	Thursday	8:30 am - 9:30 am	September - April
Beginner Plus Line Dancing ♥♥	A Line dancing class for those just above Beginner level but not quite ready to move on to the regular class. Carol's style is fun and innovative with a great vibe!	Thursday	9:45 am - 11:15 am	May - August
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. For more information contact Janice Landers & Gary Zelinka at 519-539-3678.	Tuesday	6:30 pm - 9:00 pm	All Year
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.	Monday, Tuesday and Friday	8:00 am - 9:00 am	All Year
		Monday and Friday	9:30 am - 10:30 am	All Year
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!	Thursday	9:45 am - 11:15 am	September - April
Pickleball ♥♥	SGC members have access to the Woodstock Badminton Club (with their SGC name tag).	Monday	9:00 am - 11:00 am	All Year
Seated Fitness ♥	Seated Fitness Classes are for those individuals who are physically unable to participant 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.	Monday and Thursday	11:00 am - 12:00 pm	All Year

DROP-IN CLASSES

(Free with Membership)

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates
Stretch ♥	One hour class including gently 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.	Thursday	9:00 am - 9:45 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.	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.	Thursday	8:00 am - 8:45 am	All Year
Fitness Room	Toning machines, a T-Zone Machine, 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
		Tuesday - Thursday	6:30 pm - 9:00 pm	All Year

OUR AMAZING VOLUNTEER FITNESS INSTRUCTORS



Corrie Franssen



Elizabeth Brekelmans



Marni Connor



Nancy LaPlante



Karmelle Taylor



Christine Uchacz



Sheila Picknell



Donna Rose

OFF-SITE PROGRAMS

GENERAL INTEREST

Indoor Golf Group \$\$	Join other golf enthusiasts at local business, Fore Oxford - indoor golf simulator & clubhouse to play a few rounds. This is not a competitive league, but whack-a-ball entertainment. Connect with Allan Campbell at AC1950cambell@gmail.com for more information or to sign up with the group.	Tuesday	10:30 am - 12:30 pm	September - April
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. FREE with membership	Friday	10:00 am - 11:00 am	All Year