

PROGRAM GUIDE

April

2024



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

MEMBERSHIP RATES

All-inclusive (April - 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.

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.

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Medieval Times	An EPIC Tournament like no other! The top knights of our kingdom will battle with brawn and steel to determine one victor to protect the throne. Join us as we feast and raise a goblet to our Queen.	Saturday	2:00 pm - 8:30 pm	April 13, 2024		\$130.00
Six Nations Bingo Hall - Oshweken	Come join the fun in Oshweken. Enjoy the day playing Bingo at Six Nations Bingo Hall. Trip includes travel by coach, \$20 in Bingo Play and a FREE lunch special	Tuesday	9:00 am - 4:00 pm	April 30, 2024		\$48.00
Oil Rush Musical in Petrolia	Coinciding with the town's 150th anniversary, this amazing story intertwines the past and present, paying tribute to Petrolia's enduring legacy. Trip also includes lunch.	Tuesday	9:00 am - 6:45 pm	May 14, 2024		\$145.00
Whistling Gardens/ Ramblin Road Brewery	One of Ontario's premier and award-winning horticultural gardens. Home to North America's largest peony collection & largest conifer collection, and one of Canada's largest computer run fountain shows. Stroll and explore over 20 acres of gardens displaying over 4,500 different plants. Lunch included. Stop 2 is a tour and beer tasting at Ramblin Road Brewery.	Monday	9:00 am - 5:00 pm	June 3, 2024		\$99.00
The Clairvoyants @ Fallsview	Enjoy free time at the Casino with \$35 in slot play included. Time for lunch on your own. Then enjoy the World's Greatest mind reading show "The Clairvoyants!"	Tuesday	10:00 am - 7:00 pm	June 25, 2024		\$89.00

REGISTERED CLASSES

WOODSHOP

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	March 12 - April 18		Member: \$125+HST Non-Member: \$150+HST

REGISTERED CLASSES

ART

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Painting - Monochromatic Still Life	Learn to paint a still life using only one main colour plus black and white. This is called monochromatic (one colour). 1st class: study and drawing with b/w, Class 2 and 3: add colour with tint/shade value. All supplies Included	Wednesday	1:30 pm - 3:30 pm	April 10, 17, 24		Members: \$55+HST Non-Members: \$70+HST
Indoor Gardens: Succulent Terrarium Workshop	Join Angela as she walks you through creating a delightful indoor terrarium to enjoy year-round. The goal is to get you as crazy excited about gardening with succulents and to see the entire world as one big planter waiting to happen!	Thursday	1:30 pm - 3:30 pm	April 25, 2024		Members: \$45+HST Non-Members: \$55+HST
Hand Building Pottery	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. The 3-class session will give you 4 different and unique projects to take home. All supplies included.	Wednesday	6:30 pm - 8:00 pm	May 1, 8, 22	No class May 15th	Members: \$105+HST Non-Members: \$120+HST

REGISTERED CLASSES

EDUCATION

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Fit Minds	Chartwell Gardens sponsors 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	Tuesday	10:30 am - 11:30 am	April 30 - June 18		Member: FREE Non-Member: \$15+HST
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 - 3:30 pm	March 6 - May 8, 2024		Cost: \$50+HST <i>Optional Meal plan available - \$80.00</i>
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	April 9 - May 7, 2024		Member: \$25.00 + HST Non-Member: \$35.00 + HST per session
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.	Friday	10:30 am - 11:30 am	All Year		Member: Free Non-Member: \$75.00 + HST

South Gate Centre's MONTHLY 50/50 Lottery

You have to be in it to win it!



Tickets available at the Centre or online at
www.SouthGate5050.com

Licence No.
RAF1357968

REGISTERED CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
A.B.B.A (Arms, Balance, Buns & Abs) ♥♥	This is a Mind/Body class focused on improving your Arms, Balance, Buns and Abs. Light weights and a chair is all that is required to make this dream come true.	Thursday	7:15 p.m. - 8:15 p.m.	April 4 - April 25		Member: \$35+HST Non-Member: \$50+HST
Blitz and the Beat ♥♥♥ to ♥♥♥♥	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!	Friday	10:45 am - 11:45 am	April 12 - May 3		Member: \$35+HST Non-Member: \$50+HST
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	April 2 - May 7 (6 weeks)		Member: \$50+HST Non-Member: \$65+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
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 - 11:30 am	April 5, 19th, and 26th (3 weeks - condensed)		Member: FREE Non-Member: \$20.00 + HST

REGISTERED CLASSES

FITNESS (con't)

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Zumba Gold ♥♥	Want to dance to your favorite Latin rhythms including Flamenco, Tango, Cha-Cha and Belly Dance with a focus of balance, coordination and range of motion? Then...this class is for YOU!	Thursday	6:00 pm - 7:00 pm	April 4 - April 25		Member: \$35+HST Non-Member: \$50+HST
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REGISTERED CLASSES

FITNESS - LEAGUES

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	April 2 - April 30		Member: \$22.50+HST Non-Member: \$30.00+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: \$25.00 Non-Member: \$85.00 (\$60 SGC social membership + \$25 League Fee)
Golf League	The SGC Golf League will play at Creekside Golf Club for the 2024 season. This 18-hole executive course provides a challenge for everyone. Green fees & cart fees paid weekly at the course. Cash only.	Every Thursday	TBA (mornings)	May 4, 2023 - Early Sept		Members: \$35.00 Non-Member: \$50.00

REGISTERED CLASSES

FITNESS - PAY AS YOU GO

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	April 10th & 24th		Member: \$5.00 Non-Member: \$10.00

DROP-IN CLASSES

LEISURE PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	Holiday Mondays / Fridays	
		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	All Year		

DROP-IN CLASSES

LEISURE PROGRAMS

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	Holiday Mondays	
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	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.	Monday	1:00 pm - 4:00 pm	All Year	Holiday Mondays	
		Thursday	1:00 pm - 4:00 pm	All Year	Holiday Mondays	
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	Holiday Mondays	
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	Holiday Mondays	
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	All Holidays	
		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.	Thursday	1:00 pm - 3:30 pm	All Year		

DROP-IN CLASSES

LEISURE PROGRAMS (con't)

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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		
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			
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	April 15	All Holidays	
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	All Holidays	
Woodshop - Hard Carving Group	We have opened up a time slot for a small group of experienced hand carvers. If you are interested in this group inquire on Mon or Wed afternoons.	Monday Wednesday	1:00 pm - 3:00 pm	All Year	All Holidays	

DROP-IN CLASSES

LEISURE PROGRAMS - SOCIAL and CRAFT

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.	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 May		

DROP-IN CLASSES

WELLNESS CLINIC

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Blood Pressure Clinic	VON joins us monthly to help you track your blood pressure numbers and share helpful information if needed.	Second Thursday of the month	9:00 am - 12:00 pm	March 14, 2024 April 11, 2024		FREE

DROP-IN CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

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).	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	Ends for the summer on May 2nd. Will start again in September. See Beginner Plus Line Dancing for Summer Schedule		
Beginner Plus Line Dancing ♥♥♥	A Line dancing class for those 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!	Wednesday	9:30 am - 10:30 am	May 9 - June 27		
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		Non Members: \$15.00 per couple
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		

DROP-IN CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	Ends for the summer on May 2nd. Will start again in September. See Beginner Plus Line Dancing for Summer Schedule		
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		
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		

DROP-IN CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
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	Until April 16, 2024		
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	Friday	10:00 am - 11:00 am	All Year		

WHAT'S HAPPENING AT SGC



**May
3**

7 pm - 11 pm

NEW COUNTRY DANCE

Live music by Neon Rain

Draws, Prizes and a Light Buffet at 9 pm.



\$25

**May
8**

5 pm - 7 pm

South Gate **CRUISE-IN**

Free Admission. Fun, Music, Prizes and
Local Roots' Rib Dinner \$20



FREE

**May
9**

2 pm - 4 pm

Mother's Day Afternoon Tea \$15

An elegant Tea Service with delightful English treats.
Host and speaker, Jean Hilton. We invite you to come
wearing an afternoon hat or fascinator if you choose.



**May
11**

9 am - 1 pm

Garden EXTRAVAGANZA, BAKE SALE & MOTHER'S DAY BRUNCH

FREE
PLANTS, HANGING BASKETS,
BIRDHOUSES, PERENNIALS,
ONE-OF-A-KIND ACCESSORIES

Outdoor Event