

PROGRAM GUIDE

January/February/Marc 2024

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SOUTH GATE CENTRE
FOR ACTIVE ADULTS

MEMBERSHIP RATES

All-Inclusive (February - 11 months) \$180 *

All-inclusive (March - 10 months) \$165

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.

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 Programs
(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)
Motorama Custom Car & Motorsport Expo	Join us as we travel to Toronto for Motorama, the 2024 edition of Canada's biggest and best automotive and racing enthusiast show.	Friday	9:30 am - 6:30 pm	March 8, 2024		\$110.00
Johnny Cash Official Concert Experience (SOLD OUT)	Trip includes transportation by coach bus, show ticket and a full buffet dinner at the Sherwood Restaurant in Brantford	Saturday	10:00 am - 7:00 pm	March 23, 2024		\$89.00

REGISTERED CLASSES

ART

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Felting Workshop - Landscape	Learn this traditional craft technique from local instructor, Leslianne Holmes. She will be using the dry felting technique to create beautiful landscapes you'll love in your home for years to come.	Wednesday	9:30 am - 12: pm	February 12, 2024		Members: \$65+HST Non-Members: \$70+HST
Drawing Fundamentals w/ Graphite	Local artist, Aaron Smith teaches the fundamentals of drawing with graphite, focusing on techniques to finesse your skills to properly proportion the hand, head and figure. Supplies : purchase or bring your own - sketchpad, graphite pencils, erasers and sharpener.	Wednesday	1:00 pm - 2:30 pm	February 14 - February 28, 2024		Members: \$40+HST Non-Members: \$50+HST Supplies: \$35 (optional)
Paint 'N' Sip	Beach Theme - Come paint with us! Janine walks you step by step through painting something magical for your home! You'll be amazed at the artist within you. All supplies provided. Includes one glass of wine to sip!	Wednesday	2:00 p.m - 4:00 p.m.	February 21, 2024		\$45+HST
		Monday	6:30 p.m - 8:30 p.m.	February 26, 2024		

REGISTERED CLASSES

EDUCATION

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Learning Unlimited	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 Registration Opens February 1st		Cost: \$50.00 <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	January 16 - February 13, 2024		Member: \$25.00 + HST Non-Member: \$35.00 + HST per session
				February 27 - March 26, 2024		
				April 9 - May 7, 2024		
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	Friday	10:00 a.m. - 12:00 pm	January 12 - February 16, 2024		FREE
				February 23 - April 5, 2024	March 29/24	
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

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.	February 8 - February 29, 2024 March 7 - March 28, 2024		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	March 1 - March 29, 2024		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	January 9 - January 30, 2024 February 6 - February 27, 2024 March 5 - March 26, 2024		Member: \$35+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
Gentle Yoga ♥	Theresa will lead the participant through yoga poses (asanas), breath and energy work (pranayama) and meditation. Each class will focus on different aspects of body, mind, and spirit and illuminates a path to maintain healthy practices. Please bring your own mat, water and a shawl or light blanket	Wednesday	8:30 a.m. - 9:30 a.m.	February 7 - February 28, 2024 March 6 - March 27, 2024		Member: \$35+HST Non-Member: \$50.00+HST

REGISTERED CLASSES

FITNESS (con't)

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

Program	Description (Event)	Days	Time	Dates	Exclusion Dates	Program Fee (if applicable)
Mindful Movements & Meditation ♥	These classes in the classical hatha style will include a combination of practices that will keep us balanced through movement, breathing techniques, relaxation and meditation suited to the season. This will be done using the ancient wisdom of yoga and Ayurveda, the sister science to yoga. Participation on the floor or in a chair. Please bring your own mat, cushion, blanket and water. (75 min class)	Tuesday	6:15 p.m.-7:30 p.m.	Come Try Class February 20, 2024		Cost: \$15+HST
				Come Try Class February 27, 2024		Cost: \$15+HST
				March 5 - March 26, 2024		Members: \$50+HST Non-Member: \$60+HST
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	February 8 - February 29, 2024		Member: \$35+HST Non-Member: \$50+HST
				March 7 - March 28, 2024		
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	February 20 - March 26, 2024		Member: \$22.50+HST Non-Member: \$30.00+HST
Cornhole League ♥	Cornhole is considered a 'backyard' game but is now played in facilities indoors and outdoors all year long. It is a very easy game to play but very hard to master.	Monday	7:00 pm - 9:00 pm	January 8 -March 4, 2024		Member: \$20+HST Non-Member: \$30+HST
				March 11 - May 6, 2024		Drop-in: \$5.00 ea. week

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		
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		
LEARN BID Euchre	Come learn this fun game in a relaxed fun league atmosphere. 4 classes only.	Wednesday	10:00 am - 11:30 am	February 7 - February 28, 2024		
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	

DROP-IN CLASSES

LEISURE PROGRAMS (con't)

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	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		
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 AI	Join AI for a fun afternoon of Trivia. AI 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	January 15, February 12, March 18, April 15		
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	

DROP-IN CLASSES

LEISURE PROGRAMS - SOCIAL and CRAFT

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 <i>(formerly Crafts/ Crochet)</i>	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 <i>(formerly BBNK Giggles)</i>	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	February 6, 2024		

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.	Third Thursday of the month	9:00 am - 12:00 pm	January 18, 2024		FREE

OUR AMAZING VOLUNTEER FITNESS INSTRUCTORS



Corrie Franssen



Elizabeth Brekelmans



Marni Connor



Nancy LaPlante



Karmelle Taylor



Christine Uchacz



Sheila Picknell



Donna Rose

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	All Year		
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	January 31 - February 28, 2024	Feb 21, 2024	
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		

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	All Year		
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DROP-IN CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

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

DROP-IN CLASSES

FITNESS

Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

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

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		

COMING EVENTS

WHAT'S HAPPENING AT SGC

BUS TRIP **Book Now**

ebay motors presents



at The International Centre, Toronto

\$110/pp Includes full buffet dinner at the Sherwood Restaurant in Brantford

FRIDAY MARCH 8
9:30 am - 6:30 pm
191 Old Wellington St. S. Woodstock
519-539-9817



SOUTH GATE CENTRE

SAVE THE DATE

BEST

Point The Way
BEST U HEALTH EXPO 2024
Friday, March 8 from 11 am to 3 pm

FREE ADMISSION

at South Gate Centre 519-539-9817

The Seniors Active Living Fair is being hosted by South Gate Centre in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.




SOUTH GATE CENTRE
FOR ACTIVE ADULTS



OACAO
The Voice of GREAT ADULT CENTRES
La voix des CENTRES pour ADULÉS

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50
years of service

Funding provided by:

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You have to be in it to win it!



50 SOUTH GATE CENTRE **50**

MONTHLY DRAWS

400 for \$40
100 for \$20
10 for \$10

www.SouthGate5050.com
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A Perfect Pairing:
An Evening of Wine & Cheese

Save the Date
March 22



191 Old Wellington St. S.
Woodstock, ON



SOUTH GATE CENTRE