

SOUTH GATE CENTRE

REGISTERED PROGRAMS

January 2023



A PLACE TO BE.
EXPANDING THE POSSIBILITIES



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

519-539-9817
191 Old Wellington St. S.
Woodstock, ON
www.southgatectr.com

Category	Program	Description
Arts & Crafts	Charcoal Drawing	Charcoal Drawing Explore the dramatic effects achieved with charcoal. Supplies provided
Arts & Crafts	Landscape Pen Drawing	Landscape Pen Drawing Learn to draw different textures to make a landscape drawing. Supplies provided.
Arts & Crafts	Valentine's Card Making Workshop	Valentine's Card Making Workshop Give handmade cards to family and friends this Valentine's day. Bring pens, markers, pencil crayons and let's have some fun.
Dancing	Ballroom And Latin Line Dancing	We're back!!! This popular Line Dancing class is returning for another fun-filled 4 week session in January! Learn 7 exciting new dances! Exercise your body and your brain to lively Latin and beautiful Ballroom music. Sign up early. Please wear non-marking and smooth soled shoes.
Education	Education Class	Details to come. Watch the Programs page of our website.
Education	Fit Minds	A cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+ and better. This program is presented by Chartwell Oxford Gardens; it builds cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction. Arrangements will be made for a workbook package to be given to you prior to the program beginning.

Dates	Time	Days	All Fees
Jan 05, 2023	1:00PM - 3:00PM	Once	Member: \$30.00 Non-Member: \$40.00
Jan 12, 2023	1:00PM - 3:00PM	Once	Member: \$30.00 Non-Member: \$40.00
Jan 19, 2023	1:00PM - 3:00PM	Once	Member: \$30.00 Non-Member: \$40.00
Jan 04, 2023 - Feb 22, 2023	10:30AM - 11:45AM	Every Wed. No classes: Jan.18, Feb. 15	Member: \$45.00 Non-Member: \$60.00
Jan 10, 2023 - Feb 07, 2023	1:30PM - 3:30PM	Every Tuesday	Member: \$20.00 Non-Member: \$25.00
Jan 9, 2023 - Feb 27, 2023	9:30AM - 10:30AM	Every Monday No class Feb. 20	Member: FREE Non-Member: \$20.00

Category	Program	Description
Fitness	Chair Yoga with Pam Genge	This is a one hour class that 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 will be done in seated position and instrumental music is used for motivation and for relaxation.
Fitness	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.
Fitness	2023 - A New You! (Latin Fitness)	Standing Fitness Class incorporating Latin Dance, will help improve your cardiovascular fitness while targeting abs, glutes and arms! Please bring your mats, weights and water.
Fitness Off-site	Pickle Ball at Cowan	Learn how to play this fastest growing sport in North America. 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 teaches you how to play Pickleball. One court will be used for instruction and the other three courts will be used for playing the game. Equipment and instruction included.

Dates	Time	Days	All Fees
Jan 3, 2023 - Feb 21, 2023	9:30AM - 10:30AM	Every Tuesday	Member: \$60.00 Non-Member: \$80.00
Jan 11, 2023 - Mar 22, 2023	7:00PM - 9:00PM	Every Second Wed. No classes Jan.18, Feb.1, Feb.15, Mar.3, Mar.15	Member: \$15.00 Non-Member: \$20.00
Jan 10, 2023 - Feb 28, 2023	5:00PM - 6:00PM	Every Tuesday	Member: \$30.00 Non-Member: \$40.00
Jan 10, 2023 - Feb 28, 2023	1:00PM - 3:00PM	Every Tuesday	Member: \$30.00 Non-Member: \$40.00

Category	Program	Description
Fitness	Seated "OM" (Yogalates)	As the name suggests, this yoga class is a conducted completely on a chair. The aim is to bring awareness to breath and joints while in a seated position. No mats, just water and two chairs per participant.
Fitness	Tai Chi	<p>Traditional Teachings:</p> <ul style="list-style-type: none"> - Yang's Ten Essential Points, - Chi Lin Four Golden Rules <p>Class structure (one hour):</p> <ul style="list-style-type: none"> - Warm Up, - Four Gates, Individual posture moving line basics - Group form practice, - Q&A - Supplemental training, push hand drills, silk reeling or open practice <p>Student Learning Outcomes:</p> <p>The student will demonstrate their knowledge by:</p> <ul style="list-style-type: none"> - Understand and demonstrate the posture sequence(s) in group practice. - Identify basic principles of the Tai Chi form. - Discussion and application of these principles will be applied to formal practice.
Leisure	Snooker League	A new and exciting South Gate snooker league. Get your pool cues ready and enjoy a game of Snooker with your South Gate friends. Must supply your own pool cue and chalk.

Dates	Time	Days	All Fees
Jan 10, 2023 - Feb 28, 2023	6:30PM - 7:30PM	Every Tuesday	Member: \$60.00 Non-Member: \$80.00
Jan 04, 2023 - Feb 22, 2023	9:00AM - 10:00AM	Every Wed. No classes: Jan.18, Feb. 15	Member: \$45.00 Non-Member: \$60.00
Jan 11, 2023 - Mar 1, 2023	7:00PM - 9:00PM	Every Wed.	Member: \$20.00 Non-Member: \$30.00

MEMBERSHIP AT SOUTH GATE CENTRE

2023 Membership Rates

TYPE OF MEMBERSHIP	2023 FEES	EARLY BIRD RATES Purchase by Dec. 31, 2022*
All-Inclusive (12 months)*	\$195	\$185
All-Inclusive (9 months)	\$150	\$140
All-Inclusive (3 months)	\$60	NA

Pay in full, online or in person. Credit/Debit/Cheque/Cash.

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

Early Bird Price (based on 5 days a week for 50 weeks) = \$3.70 a week or \$.74 a day

Regular Price (based on 5 days a week for 50 weeks) = \$3.90 a week or \$.78 a day

Things to Know

Please bring and wear indoor shoes.

Keep your keys with you or use a locker. Bring your own lock.

Bring your own cup/mug.

**Register for a program
by calling or visiting
the Front Desk at South Gate Centre.**

REGISTER EARLY

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Instagram www.instagram.com/south_gate_centre



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