



# DROP-IN PROGRAMS

Regular Programs do not require you to register. You may drop in as you please. If you take advantage of the SG All Inclusive Membership these programs are FREE.

## CARDS

### Euchre - Progressive

Come and have fun learning, or simply playing Euchre. There are prizes to be won, 50/50 and lots of great people! New players are always welcome.

DAY	TIME	LOCATION
Monday	7:00 pm - 10:00 pm	Hall

Contact: Roger Johnson 519-602-3332

DAY	TIME	LOCATION
Thursday	1:00 pm - 4:00 pm	Hall

### Cribbage

Come out and have fun learning or playing Cribbage.

Contact: Evan Horton 289-219-1979 & Roger Johnson 519-602-3332

DAY	TIME	LOCATION
Monday	1:00 pm - 3:30 pm	Small Hall

### Bridge

We play year round and are always looking for new players.

Contact: Judy Ratcliffe 519-539-3320

DAY	TIME	LOCATION
Tues & Thurs	1:00 pm - 3:30 pm	Reeves Room

### Klaverjas

Anyone interested in learning the game can contact Irene. This is a interesting Dutch card game. Why not give it a try? New players always welcome.

Contact: Irene Morris 519-608-1947

DAY	TIME	LOCATION
Tuesday	6:30 pm	Kinsmen

### American Mah Jongg

NEW

American Mah Jongg is played with four players using tiles stamped with Chinese symbols. The goal of the game is to be the first by picking and discarding to match ones tiles to a specific hand.

DAY	TIME	LOCATION
Mondays	2:00 pm - 4:00 pm	Kinsmen

## CARDS

### Pepper

Pepper is a variant of bid Euchre. If you enjoy Euchre you will love Pepper.

Contact: Roger Johnson 519-602-3332

DAY	TIME	LOCATION
Tues & Wed	1:00 pm - 4:00 pm	Hall

## CRAFTING

### Open Craft Session

Bring your scrapbooking, colouring or other craft projects and enjoy 2 hours of crafting with your South Gate friends.

Contact: Rose Nesbitt 519-539-2449

DAY	TIME	LOCATION
Wednesdays	1:00 pm - 3:00 pm	Cafe

### Knitting Group

Teach new knitters, introduce new techniques, share patterns and yarns, or just come to chat!

Contact: Barbara Radford 519-533-1588

DAY	TIME	LOCATION
Monday	9:30 am - 11:30 pm	Board Room

### Bunka

Bunka is the Japanese art that looks like an oil painting using a punch needle and rayon thread. Supplies are extra. Beginners are always welcome.

Contact: Rose Marie Geiling 519-533-0577

DAY	TIME	LOCATION
Tuesday	10:00 am - 12:00 pm	Reeves Room

### Beginners Crochet/Knitting

Are you interested in learning or relearning crochet? We're happy to have you join us.

Contact: Barbara Reynolds 519-539-9570

DAY	TIME	LOCATION
Friday	1:00 pm - 3:00 pm	Reeves Room

# DROP-IN PROGRAMS



## FITNESS

### Fitness Intensity Levels

LIGHT ♥ MEDIUM ♥ ♥ HIGH ♥ ♥ ♥

Fitness Facilitator: Louise Baer [baerfitness17@gmail.com](mailto:baerfitness17@gmail.com)

#### Fun Fit (Functional Fitness) ♥

Series of activities, partially seated, promoting balance, flexibility, range of motion, strength and fun, using balls and sometimes weights or bands.

DAY	TIME	LOCATION
Tuesday	10:15 am - 11:30 am	Kinsmen
Wednesday	11:15 am - 12:30 pm	Hall
Friday	11:00 am - 12:15 pm	Small Hall

#### Just Weights ♥ ♥

Utilizes warm-up, hand held weights for muscle strengthening and endurance of all major muscle groups, cool down and stretching. For all levels of ability.

DAY	TIME	LOCATION
Mon (2 <sup>nd</sup> , 4 <sup>th</sup> )	10:15 am - 11:00 am	Hall

#### Regular Fitness ♥ ♥

Includes a warm up, moderate to vigorous low impact cardio section, cool down, muscle strength & endurance (using a variety of handheld weights, resistance bands, small balls or isometric exercises), progressive balance training and stretches. Improves cardiorespiratory endurance, balance, bone & muscle strength and flexibility with no floor exercises. Music is used to motivate and for relaxation.

DAY	TIME	LOCATION
Mon, Wed, Fri	7:45 am - 8:45 am	Hall
Mon, Wed, Fri	9:00 am - 10:00 am	Hall

#### Total Fitness after 5 ♥ ♥ ♥

A perfect class to get that much needed burst of energy after a day at work.

Includes a warm up, moderate to vigorous low impact cardio, cool down and balance. Muscle strength and endurance exercises are done on a mat using a variety of hand held equipment. Class ends with relaxing stretching.

DAY	TIME	LOCATION
Thursdays	5:00 pm - 6:00 pm	Kinsmen

#### Stability Ball ♥ ♥ ♥

Higher intensity. Includes warm-up, balance and strength training using the ball for exercises in positions that include standing, sitting on ball, rolling out on ball and on a mat and relaxation and stretching. Balls provided

DAY	TIME	LOCATION
Mon (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> )	10:15 am - 11:00 am	Hall

#### Stretch Your Body ♥

Consists of gentle stretches for the body, both standing and on a mat. Music provided is for relaxation.

DAY	TIME	LOCATION
Thursday	8:55 am - 9:40 am	Kinsmen

#### Strictly Cardio ♥ ♥ ♥

Includes cardio warm-up and cool-down (5 minutes each) and 35 minutes high intensity cardio.

DAY	TIME	LOCATION
Monday	11:15 am - 12:00 pm	Hall
Wednesday	10:15 am - 11:00 am	SM Hall (Except 3rd Wed)

#### Total Body Workout ♥ ♥ ♥

Includes cardio warm-up, cool-down, balance, strength training both standing and on a mat, relaxation and stretching. 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.

DAY	TIME	LOCATION
Tues & Thurs	11:10 am - 12:10 pm	Hall





# DROP-IN PROGRAMS

## FITNESS

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#### Tai Chi - Workshop ♥

Chinese exercise system that uses slow, simple, low impact movements that increase flexibility, balance and range of motion. Note: Open Practice sessions are not instructor led.

##### Open Practice

DAY	TIME	LOCATION
Tuesday	2:00 pm - 3:00 pm	Hall
Friday	10:30 am - 11:30 am	Hall

#### Why Weight? To Be A Super Senior ♥ ♥

Class utilizes warm-up, hand held weights for muscle strengthening and endurance of all major muscle groups, cool down and stretching. For all levels of ability.

DAY	TIME	LOCATION
Tues & Thurs	8:00 am - 8:45 am	Kinsmen

## DANCING

#### Come Dancing! ♥ ♥

Join couples who love to dance for a fun evening dancing to great music. Coffee, tea and dessert. available. Non-members and non-dancers always welcome.

Contact: Janice & Gary 519-539-3678

DAY	TIME	LOCATION
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##### Ballroom & Latin Line Dancing

Tuesday	6:30 pm - 7:00 pm	Hall
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##### Ballroom & Latin and Social Dancing

Tuesday	7:00 pm - 9:00 pm	Hall
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#### Line Dancing

This is a beginners line dancing class. Learn the basic steps of different line dances.

Contact: Carol Sutherland 519-467-0429

DAY	TIME	LOCATION
Wednesday	10:10 am - 11:30 am	Large Hall

Class provides the opportunity to line dance to a variety of music. New dances taught regularly.

Contact: Graham 519-539-1883

DAY	TIME	LOCATION
Wednesday	8:30 am - 10:00 am	Kinsmen

#### Hiking ♥ ♥

Hikes, Mindful Meanders and Walks in Silence will be posted on both South Gate's and Be Inspired with Theresa's Facebook pages under the events tab. If you are not connected with Facebook and are interested in joining me, please send an e-mail to tcbeinspired@gmail.com with hike information in the subject line and I will add you to the mailing list. Most hikes, but not all, will take place on Sunday afternoons. All hikes will be posted several days in advance along with a description of the hike. Cancellations will be posted through the same avenues.

Contact: Theresa Corman, certified Hike Ontario leader

#### South Gate Sip & Swim ♥

Chartwell Oxford Gardens have partnered with South Gate Centre to offer an opportunity to enjoy the benefits of a leisure swim followed with a complimentary beverage at our Happy Hour. **Every 3rd Wednesday South Gate members are invited to take advantage of our therapeutic pool from 3pm - 4 pm** and continue to relax and socialize in the Fireside Lounge. With your South Gate badge you will be entitled to a complimentary beverage.

#### The Benefits of Aqua Therapy

Aquatic Therapy offered in our 92-94 degree therapeutic pool offers many advantages and benefits to individuals and may offer some relief from post-surgical, non-surgical, orthopedic, rheumatologic, and neurological to chronic pain. It is the therapeutic properties of the water that may improve your mobility and function. You do not have to be a swimmer to participate in or benefit from water therapy.



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## FITNESS

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### Trail Walkers



Weekly walking group that utilizes the local trail system around Woodstock. Sign in from 10:00 am - 10:15 am. Note: In the event of rain or stormy weather etc., it will be up to the individual walkers to decide if they wish to walk the trails. Another option would be to go to Cowan Park, in which case you will require a membership. Please feel free to invite friends to join us on the trails (not necessary to use poles). We have fast & slow walkers... so please join us any Friday.

#### With Stella

DAY	START	TIME	LOCATION
Friday	Apr 17 Jun 19 Aug 14	10:15 am	Vansittart Woods and Toyota Trail
North on Lansdowne, follow curve to Township Rd 3, turn right on Blandford Rd, Entrance and parking lot immediately to the right.			
DAY	START	TIME	LOCATION
Friday	Apr 24 Jun 12 Aug 7	10:15 am	Upper Trail Burgess Park
North on Vansittart, over Thames River, left on Tecumseh, entrance on right.			
DAY	START	TIME	LOCATION
Friday	May 1 Jun 26 Aug 21	10:15 am	Tecumseh
North on Vansittart to Hwy 59, over Thames River, left on Tecumseh, past Burgess Park entrance. Parking lot under the overpass.			
DAY	START	TIME	LOCATION
Friday	May 8 Jul 3 Aug 28	10:15 am	Burgess Park River Trail
North on Vansittart to Hwy 59, over Thames River, left on Tecumseh. Park entrance on right.			

DAY	START	TIME	LOCATION
Friday	May 15 Jul 10	10:15 am	Roth Park
North on Huron towards Pittock Lake, curve in road to parking lot.			
DAY	START	TIME	LOCATION
Friday	Apr 3 May 29 Jul 24	10:15 am	Lansdowne
North on Lansdowne towards Pittock Lake, parking lot at curve in road.			
DAY	START	TIME	LOCATION
Friday	Apr 10 Jun 5 Jul 31	10:15 am	Tollgate (Hickson Trail)
North on Hwy 59 to roundabout, turn right to Rd 17, parking lot and Hickson Trail entrance near intersection of Lakeview Drive.			
DAY	START	TIME	LOCATION
Friday	May 22 July 17	10:15 am	Beachville
West on Dundas to 45th Line. The entrance is on the south side of the road, but isn't well marked. There is a small sign at the tree-lined entrance to the parking lot.			

Duration: Ongoing

Cost: Members only FREE

### Bicycle Group

Interested in joining a Bicycle Group this spring?

START UP – Thursday, May 7 at 9 am in the South Gate Centre Café. We'll meet briefly to talk over expectations and plans. Weather permitting, we'll then go for a ride around the park. This is not a road riding group, but mostly trails and at a leisurely pace.

May 14, 21 we'll meet at Roth Park, main parking lot at 9 am to ride city trails and will be done by noon. Then later, we'll do out of town trails (Paris, Brantford, London) and we'll be back later.

Must be on an email list for weekly schedule updates.

For more information or be put on the email list, contact Bonnie @ bccohoe@gmail.com or text 519-788-3968.

Contact: Bonnie Cohoe



# DROP-IN PROGRAMS

## MUSIC

### South Gate Musicares

If you're interested in singing or playing an instrument, please consider joining the South Gate Musicares. Please call Jan Walden for further information.

Contact: Judy Williams 519-608-4422

DAY	TIME	LOCATION
Monday	1:00 pm - 3:00 pm	Reeves Room

### Olde Thyme Country, Blue Grass Jam Session

Do you have a Fiddle, Guitar, Mandolin, Ukulele or would like to Sing or play our Old Time Country and Blue Grass music.

Contact: Jim Town 519-537-2014 or by email james@tavproductions.ca

DAY	TIME	LOCATION
Wednesdays	12:00 pm - 12:50 pm	Reeves Room

## EDUCATION

### Let's "Talk Turkey"

This is a "chat room" to discuss nutrition and other subjects as they pertain to our healthy living.

Contact: Gayle Wilson

DAY	TIME	LOCATION
Fri (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> )	10:00 am - 10:45 am	Board Room

### Computer One-on-One

With Ian Robinson

DAY	DATE	TIME	LOCATION
1st & 3rd Tuesday of the month	May 5, 19 Jun 2, 16 Jul 7, 21 Aug 4, 18	10 am-11:30am	Cafe

## LEISURE

### Billiards

Contact: Doug Reeves 519-537-8467/Larry Baer 519-421-1116

DAY	TIME	LOCATION
Mon, Wed, Fri	9:00 am - 12:00 pm	Reeves Room

### Beginners Billiards

Contact: Susan Hobbins 519-421-0781

DAY	TIME	LOCATION
Thursday	9:00 am - 12:00 pm	Reeves Room

## LEISURE

### Billiards League

If you're interested in joining the Billiard League, please register for the League at the Front Desk.

Contact: Bob Peterman 519-539-7681

DAY	TIME	LOCATION
Tuesday	4:00 pm - 6:00 pm	Reeves Room

### Bingo

Fifteen games are played with one full card. Everyone is welcome to play for \$2.00. Bingo is great exercise for your BRAIN!

DAY	TIME	LOCATION
Friday	1:00 pm - 4:00 pm	Kinsmen

### Bowling

Cost of \$10.00 for 3 games, including shoe rental. Not a league, individual scores.

Contact: Marillon MacDougall 519-649-5035

DAY	TIME	LOCATION
Thursday	1:30 pm - 3:30 pm	C&D Lanes

### Carpet Bowling

It's just like lawn bowling, but indoors. Come out; it's fun and easy to learn. No experience is necessary.

Contact: Marillian MacDougall 519-649-8035

DAY	TIME	LOCATION
Monday	1:00 pm - 3:00 pm	Hall

### Darts

Come enjoy a fun evening of darts with your friends.

Contact: Jim Vernoooy 519-532-2967

DAY	TIME	LOCATION
Thursday	7:00 pm - 9:00 pm	Kinsmen

### Shuffleboard

We play several games, so you don't need to be here right at 8:30 am. You can join anytime.

Contact: Bill Balls 519-533-6130

DAY	TIME	LOCATION
Tues & Thurs	8:30 am - 10:30 am	Hall