

GOLDEN NUGGET

SEPTEMBER 2025



SOUTH GATE ANNUAL CHARITY GOLF TOURNAMENT

THURSDAY SEPTEMBER 18, 2025

A few spots left

Online
FUNDRAISING
AUCTION

SEPT 8 AT NOON TO
SEPT 18 AT MIDNIGHT



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

A PLACE TO LAUGH

191 Old Wellington St. S., Woodstock, N4S 3J2
519-539-9817 www.southgatectr.ca

WHO WE ARE



**SOUTH GATE
CENTRE**

Our Vision

LIVE well PLAY well BE well

Our Mission

Engaging the 50+ Community in an open, active, social environment driven by volunteers.
To promote wellness to fill one's mind, body and soul.

Our Values

Building an inclusive community.
Fostering social engagement.
Promoting wellness of mind, body and soul.

South Gate Centre Board of Directors

Chair: Cristian Lagos	Jeff Gerber
Past Chair: Kathy Deweerd	Mike Houle
Treasurer: Patrice Hilderley	Audrey Price
Secretary: Connie Lauder	Jeff Workman

South Gate Centre Members Committee

Chair: Dave Clarke	Judy Tanguay	Linda Lee
Co-chair: Jodi Ziebarth	Bev Rajani	Kim Downs
Board Liaison & Co-chair: Mike Houle	They are always happy to answer questions and hear your suggestions and concerns, either in person or by dropping a note in the Suggestion Box located by the check-in desk.	
Secretary: Guy LaPlante		

BE IN THE KNOW...

Black Name Tag - Board Member

Gold Name Tag - Staff

Silver Name Tag - Members Committee Member

White Name Tag - Member



Front Cover: Top - Baseball players having fun.

Facebook

www.facebook.com/southgatectr

www.facebook.com/sgclocalroots

Instagram

www.instagram.com/south_gate_centre

www.instagram.com/local_roots_sgc

South Gate Centre is a registered Canadian charity. Business Number 119145209RR0001
Proudly funded partner of the City of Woodstock, and the province of Ontario. South Gate Centre acknowledges support we receive from all of our funders.

CALENDAR-AT-A-GLANCE

Thursdays	Lion's Club BINGO 7 pm
SEPTEMBER	
Mon Sep 1	LABOUR DAY - CENTRE IS CLOSED - NO PROGRAMMING
Tue Sep 2	Baseball League Tournament & Banquet
Tue Sep 9	VON Blood Pressure Clinic
Wed Sep 10	BUSTRIP - A Day in Port Dover 9 am - 6 pm
Tue Sep 16	Monthly Cruise-In at Movement Church 5 pm - 8 pm
Thu Sep 18	South Gate Annual Charity Golf Tournament - Ingersoll Golf Club
Fri Sep 19	BUSTRIP - Fallsview Casino 9 am - 6 pm
Thu Sep 25	Golf League Banquet
Sat Sep 27	BUSTRIP - Toronto Blue Jays 11:30 am - 8 pm
OCTOBER	
Thu Oct 2	BUSTRIP - St. Jacobs and Mennonite Country p.
Thu Oct 9	Thanksgiving Luncheon by Local Roots 11:30 am - 1 pm Members \$20
Mon Oct 13	THANKSGIVING - CENTRE IS CLOSED - NO PROGRAMMING
NOVEMBER	
Tue Nov 11	Remembrance Day Service at 11 am with Soup Lunch to follow
Nov 15-16	Creative Connections Art Show (more details to come in October issue)
Mon Nov 17	12 Days of Christmas Lottery Tickets Go On Sale
Thu Nov 20	South Gate Centre Expansion - Ribbon Cutting Ceremony 2 pm p22
Sat Nov 29	South Gate's Christmas Market 9 am - 2 pm Vendors contact Angela.
Sat Nov 29	In the Mood Big Bandemic - Feature event in the new SGC Great Hall p23
DECEMBER	
Sat Dec 6	South Gate Centre Open House 11 am - 3 pm Public Invited p22

Online Fundraising
Auction Sep 8 - 18
p. 26

Due to rising printing costs, we encourage you to view the Members' Newsletter online at www.southgatectr.com/newsletter. If you're taking a hard copy, please take only one - return it to the Centre when done so we can give to others. We will gradually reduce the number of newsletters printed.

MEMBERSHIP AT SOUTH GATE CENTRE

2025 Membership Rates

ALL-INCLUSIVE MEMBERSHIP	2025 RATE
Pre-authorized debit	\$25/Month
September 2025 - December 2025	\$100

All-Inclusive membership includes all Drop-In programs/activities, and members pricing on Registered Programs.

Credit/Debit/Cheque/Cash.

**Member name tags must be worn at ALL times.
Those without will be assumed to be a non-member.**

MEMBERSHIPS ARE NON-REFUNDABLE.

MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Save \$ on Registered Programs, Cultural Dinners, Bus Trips and more...
- Save 10% on Room Rentals at SGC
- Discounts offered at select community partner businesses.

Not a member; what are you waiting for? Sign up today!

NON-MEMBER FEES

All Instructor-Lead Drop-In Programs*	\$10/Class (hourly)
*Does NOT Include Registered Programs	
All Other Drop-In Programs	\$5/Activity/Day

WELCOME NEW MEMBERS

Lorraine Depaulo
Catherine Downing-Reinhart
Claude Gophier

Teresa Knox
Laurie Margerum
Marjorie Robinson

Karen Sample
William Taylor
Trevor Wilkinson

CONSTRUCTION UPDATE

This week drywall, mudding and taping continue. Things are really starting to take shape.

We made decisions on the "Feature Wall" at the new entrance and are making some decisions about furniture for the lounge and locations for the projectors and screens in the Great Hall. Heating lines are going in as are electrical rough-ins.

A lot will be coming together over the next month. Painting will start, doors installed, flooring, countertops, custom millwork, plumbing fixtures... You're going to LOVE IT!



PROGRAMMING UPDATE

Program Changes:

- Billiards Snooker and Beginner Billiards 8-ball on Tuesdays shifts to earlier timeslots. Beginner Billiards is every other week starting Sept. 2.
- Bid Euchre moves back to Tuesday Evenings in the café
- Stretch class moves outdoors on Wednesdays by the outdoor exercise equipment near South Gate Centre.

Program Cancellations:

- Tuesday, September 2 – Fitness, Bid Euchre, Cribbage, and Progressive Pepper
- Thursday, September 25 - Fitness, WOW and Euchre

Returning Programs (see schedule for dates)

- Darts, Carpet Bowling, Pickleball, Living History Education, Tech Literacy, Chair Yoga and VON Blood Pressure Clinic

LOCAL ROOTS UPDATE

Starting in September, we'll have two soups available daily. Our Grab & Go fridge is always stocked with staple selections — sandwiches, salads, fruit cups, hard-boiled eggs, protein packs, and more. When Kristin prepares entrées for our Frozen Meal program, she'll also place some fresh portions in the fridge, ready to heat quickly in the microwave. You can also order from the full Frozen Meal menu (page 35) at the Front Desk. Please note that the lids on the Frozen Meals are not microwave safe, please remove and discard.

DONATIONS

Every gift, large or small, helps South Gate Centre thrive. Thank you for making a difference in the lives of our members and our community.

ANNUAL GIVING

Wellington Street Denture Clinic
Cristian Lagos
Margaret McCurdy

CAPITAL CAMPAIGN

Deanna Jasmins
Dr. Leonard Reeves
Pharmasave
Rose Marie Nesbitt
Rotary Club

FOOD ANGEL PROGRAM

Linda Baker
Ruth Hartley
Suzanne Nagy
Rotary Club

GENERAL DONATIONS

Dave Clarke
Easy Way
Lorna Materi
Lorraine Petrie

IN KIND

Giant Tiger
Lorna Materi

IN MEMORY

In Memory of Sue Ann Martens
Marilyn & John Martin

In Memory of Gwen Lake
Marilyn & John Martin

PROGRAM DONATIONS

Judy Klages
Jeff Workman

RENAMING THE GOLDEN NUGGET

Acting on a proposal by the Members Committee to consider renaming the Golden Nugget newsletter to better reflect the vitality and diverse interests of our members, we have voted on a list of several suggested names and have narrowed them down to three.

We would now like to provide the opportunity for all South Gate members to vote on your new favourite name among these three (in alphabetical order).

- ON THE MOVE
- PRIME TIME
- WHAT'S THE BUZZ

Paper ballots and a drop box will be made available at the sign in desk for you to vote. Alternatively, you may vote online at www.southgatectr.com/newslettername. Voting closes September 12. We look forward to the choice you make for the new SGC newsletter.

With anticipation for your voice to be heard,
The Members Committee

STRAIGHT FROM THE GATE

Welcome Fall—and a new season of fresh beginnings. After a hot and eventful summer, we're ready for cooler days and to welcome you back from your travels and adventures.

Our expansion is in the home stretch—less than three months until the ribbon cutting, open house, "members only" event, and Big Band night! The new spaces are more beautiful than I ever imagined, and I can't wait to share them with you. Thank you for your patience and perseverance—your resilience has been remarkable.

A heartfelt thank-you to our remarkable volunteers for a truly incredible summer, and to our staff whose passion and dedication make South Gate such a vibrant place. Together, you keep our mission alive.

Whether you're a long-time member, a volunteer, or just joining us, know that you are a vital part of our story. Staying active and thriving after 50 has never looked so good. You are enough. You are amazing. And the best is yet to come.

With gratitude and a smile

Chris Cunningham
Executive Director



WELCOME TO THE TEAM

Trish hails from Nova Scotia, having moved to Woodstock in 1997 with her husband and 3 sons.

A varied career in the field of senior care followed, mostly putting her recreation background to work in the Long-Term Care sector.

While volunteering on the SGC Steering Committee for the grand re-opening of our new edition, Trish knew that the SGC team was where she truly felt the most at home and jumped at the chance to get back in the recreation "saddle" again when this position became available!

Trish enjoys spending her down-time with her three, beautiful grandchildren, living an active life with her husband and laughing as much as possible! In her role, Trish will focus on office administration, internal systems, and membership support. She'll also co-lead volunteer coordination and contribute to special events and program planning in close collaboration with Angela, our Program & Volunteer Coordinator. Together, they'll form a dynamic, balanced partnership that supports our members and strengthens our community.

We're so excited for all that's ahead — please join us in giving Trish a warm South Gate welcome!



MEMBERS' COMMITTEE MESSAGE

After a great summer, we're back and looking forward to the exciting months ahead as we get closer to the opening of our new facility.

September 30th marks the end of my six years on the Members Committee, and it's been a privilege to work alongside such dedicated, enthusiastic members, each bringing unique skills in representing the diverse interests of all South Gate members.

The Committee continues to share your concerns and ideas with staff and the board, and follows up to ensure progress. Now, you have the opportunity to be a part of it as we currently have two vacancies—if you'd like to help shape South Gate's future, we'd love to hear from you.

Though my term is ending, I leave knowing the Committee is in capable hands and that new members will bring fresh energy. I look forward to continue enjoying South Gate's many programs and events alongside you.

Warm regards,
Dave Clarke
Chair – Members Committee



Dave



Jodi



Mike



Guy



Bev



Linda



Judy

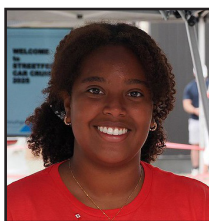


Kim

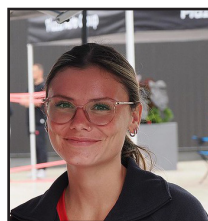
THANK YOU & FAREWELL



Ryan McNamara
Marketing
Assistant



Hannah Crosdale
Program & Volunteer
Assistant



Jordan Gallagher
Office
Assistant

This summer, we had the pleasure of working with three incredible students who brought energy, positivity, and dedication to South Gate Centre. No matter the task, they approached it with enthusiasm and a willingness to help wherever needed—providing vital support to staff during a busy season. We are truly grateful for their hard work and the spirit they brought to our team. As they move forward, we wish them every success in their future endeavors. Please don't be strangers—we look forward to seeing you continue to grow and thrive!

PROGRAM & VOLUNTEER COORDINATOR MESSAGE

Welcome back! September always feels like a fresh start as we return from summer adventures and step back into routine. At South Gate, that means our programs are ramping up, excitement is building, and our community is buzzing with energy.



We're especially looking ahead to November, when our new expansion will finally be unveiled. This milestone wouldn't be possible without your patience, flexibility, and encouragement. We know that schedules have shifted, and some programs have temporarily been set aside, but please know these changes are not permanent. Every adjustment has been made with the goal of bringing the most value to our members while we balance space and resources during these final months of transition.

To our volunteers – thank you. This summer, you've shown incredible dedication, pivoting as needed, staying positive, and keeping our members connected. You are the heart of our Centre, and your commitment keeps us moving forward.

Together, we are almost there. Let's hang in just a little longer — the best is yet to come!

Warmly,
Angela Hess

SPECIAL EVENTS COMMITTEE MESSAGE

First, we'd like to welcome everyone back from your fun in the sun! We can't wait to get things wound up and running for a fantastic fall season. We still have one more monthly cruise-in, and then it's straight into the grand unveiling events of the long awaited SGC expansion.



Before that...A huge THANK YOU to all of our incredible SGC volunteers! Your contributions, dedication, and hard work made Streetfest Cruise 2025 a success – we couldn't have done it without you! This year's event brought in \$3,786 to go towards all we do at South Gate!

We have lots happening and many ways to be a part of the action - Interested in volunteering for South Gate Centre, don't hesitate to contact Angela Hess at 519-539-9817 or angela@southgatectr.ca.



THESE VOLUNTEERS WORK HARD TO PLAY IT COOL

MEMBERS ON DUTY



DAVID
HILDERLEY



CRISSY
CASSELLS



JEFF
WORKMAN

David Hilderley – As a steadfast community champion, Dave has been a visible presence behind South Gate Centre’s expansion, guiding it as a key part of the team from vision through to reality. Beyond this, he continues to give generously of his time—advocating for seniors, volunteering at events, and standing as a proud supporter of all we do.

Crissy Cassels – Though often behind the scenes, Crissy plays a key role on the planning team for our annual charity golf tournament, bringing invaluable experience in fundraising, event planning, and execution. She is a shining example of a community volunteer whose dedication elevates South Gate Centre’s success, even before becoming a member herself.

Jeff Workman – As a valued member of our Board of Directors and fundraising committee. Jeff brings exceptional expertise in financial planning and investment. This year, he has stepped forward in a big way, taking on a leadership role with the Charity Golf Tournament planning team and strengthening the event with his guidance.



REGISTERED PROGRAMS

There are NO Drop-In Options available for Registered Programs unless noted in the current program listing. Register in person at South Gate, over the phone, or online at <https://bit.ly/3wt82ae>.

EDUCATION

LIVING HISTORY

(Session 1) September 23rd – October 28th (excluding October 14th)
(Session 2) November 4th – December 9th (excluding November 11th)
Instructors: Deward Yates, Dave Hayes, Brian Cox

DAY	TIME	LOCATION	FEE PER SESSION
Tue	1:30 pm – 3:30	SGC, Reeves Room	Members: \$25+HST Non-Members: \$35+HST

Drop-In Fee: \$8 per class

Step into the pages of history where mystery meets fact. From fleeing Peruvian nobility in Polynesia to Norse explorers on our shores, fearless Canadian women to spies next door — join us for a season of secrets, surprises, and stories that will change how you see the past.

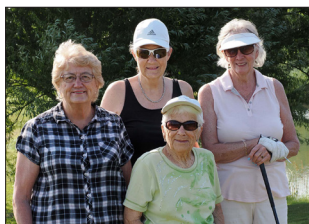
TECH LITERACY

September 17 - October 22 (excluding October 8)
Instructor: Henry Bruines

DAY	TIME	LOCATION	FEE
Wed	1:30 pm – 3:30 pm	South Gate Centre Small Hall	Members: FREE Non-Members: \$25+HST

Learn to use your tablet and smartphone. Our instructor helps you work through learning basic operations and applications. Bring your own device and your list of things to learn. Space limited.

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” – Malcolm X



REGISTERED PROGRAMS

EDUCATION

LEARNING UNLIMITED

16 Speakers over 8 weeks

Members \$50

Non-Members \$60

Wednesdays, Sept 17 - Nov 5 10:30 am and 1:15 pm

Lunch Package for 8 weeks is \$80 includes coffee, tea, dessert

TOPICS INCLUDE:

Taking Care Of Your Health · The Great Cycle Challenge ·

Sharing Knowledge With African Farmers · Recreating Yourself After 65·

Exploring AI: From Basics To Practical Applications ·

Snowy Owls: Arctic Visitors · South Gate Centre Update ·

Wayward Paws Wildlife Rehabilitation Service · Loving The Harvard Aircraft ·

Oxford Growing Stronger Together · My Mother's 40 Year Secret ·

Transit Supervisor, City Of Woodstock ·

Early Conversations In Palliative Care · Following Tom Thomson And The G7 ·

John Morrison - Television Director / Producer · Jeff and Dan Unplugged

*Tell Your
Friends*

at Movement Church
65 Lansdowne Ave, Woodstock

*Everyone
Welcome*

W.O.W. (WELLNESS OVERCOMES WEIGHT)

Leads: Paulette Whiteford & Mary Aucoin

DAY TIME

Thursdays 10 am – 11 am

LOCATION

Altadore Hall

FEE for the year

Members: FREE

Non-Members: \$70

W.O.W. is a group that discusses overall wellness, not just weight loss. Some topics include Healthy Eating, Home Safety, Confidence Building, Fitness, Mindfulness and some of our meetings are just for fun. Each week offers group discussions, friendship, support, sharing and empowering tools.

*The beautiful thing about learning is that no one can take it away from you. –
B.B. King*

REGISTERED PROGRAMS

FITNESS

BEGINNER NORDIC POLE WALKING

Instructor: Deanna Jasmins

DRESS FOR THE WEATHER.

Session 1: Sept 5 - 26 (4 week session)

Session 2: Oct 3 - 24 (4 week session)

DAY	TIME	LOCATION	FEE
Fridays	10 am	Meet at Local Roots Cafe	Members: FREE Non-Members: \$20+HST

Nordic Pole Walking is a low-impact, full-body exercise that engages up to 90% of your muscles while reducing strain on joints. It improves posture, balance, and cardiovascular health while increasing calorie burn compared to regular walking. Suitable for all fitness levels, it's an enjoyable way to stay active and boost overall well-being.

It is recommended that participants attend from the first class of the month since each week is a progression.

CHAIR YOGA

Session 1: Sept 9 - Oct 14 (6 week session)

Session 2: Oct 21 - Dec 2 (excluding Nov 11) (6 week session)

Instructor: Pam Genge, co-founder of Bodymindconnect Yoga

DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am - 10:30 am	Altadore Hall	Members: \$50+HST Non-Members: \$65+HST

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.

PICKLEBALL - BEGINNER

Dates will be available August 27th. Visit www.southgatectr.com/programs.

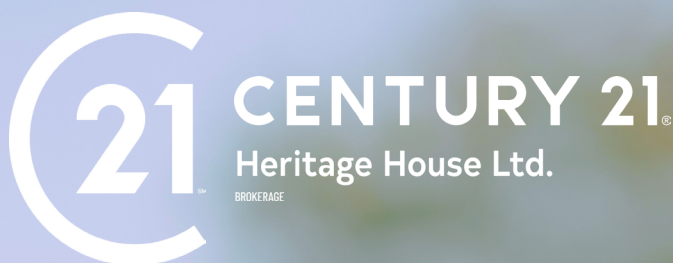
Instructor: Scott Revell

Equipment included.

DAY	TIME	LOCATION	FEE per session
		Goff Gym	Members: \$30+HST
		Reeves Community C.	Non-Members: \$45+HST

Scott instructs and assists with improving your technique as you play. Come 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.

GOLF TOURNAMENT MASTER SPONSOR



We are proud to show our strong support for the South Gate Centre by being the Master Sponsor for the annual Golf Tournament and Food sponsor for the BBQ. We will continue to show our overall community involvement.



SOUTH GATE CENTRE

FOR ACTIVE ADULTS

South Gate Centre does not endorse or take responsibility for products / services of these paid advertisers.

REGISTERED PROGRAMS

FUN LEAGUES - EVERYONE WELCOME

CORNHOLE

Starts October 20 – **Register early**. Spaces limited.

DAY	TIME	LOCATION	FEE
Mondays	7 pm – 9 pm	SGC, Altadore Hall	Members: FREE Non-Members: \$40

INDOOR GOLF

Coming This Fall – Watch For Details

FUNDRAISING

BBQ FUNDRAISER SUCCESS WITH GIANT TIGER

On June 20, we hosted a lively fundraising BBQ outside Giant Tiger in celebration of Seniors Month. Thanks to their wonderful team and our amazing volunteers, the day ran smoothly and brought together both new and familiar faces. Together, we raised \$933 in support of our food services for seniors—an incredible boost during our expansion. Huge thanks to Giant Tiger for their generosity and support!

AND, WE'RE DOING IT AGAIN!

Giant Tiger has offered us Saturday, September 13 to hold another fundraiser. We look forward to seeing you there! Bring your family and friends.

BBQ
FUNDRAISER

SAT SEPT 13
11 AM - 2 PM

Hotdog & Drink

Give what you can.

**All proceeds go to South Gate's
Food Services for Seniors.**

at

**GIANT
TIGER**



930 Dundas St, Woodstock

GOLF TOURNAMENT MASTER SPONSOR



**We're proud to support
South Gate Centre's Annual
Charity Golf Tournament**



519-533-1919

62 Wellington Street South
wsdcoffice@gmail.com
wellingtonstreetdentures.com

DROP-IN PROGRAMS CONTINUED

OFF-SITE (but not out of mind) PROGRAMS

Bunka	Tuesdays	
Klaverjas	Mondays, 1 pm – 3:30 pm	Oxford Gardens
Musicares	Practices on Thursdays, 1 pm – 3 pm	Oxford Gardens
Crafters Connection	Fridays, 1 pm – 3 pm	Oxford Gardens

"GOOD FOR THE SOUL" Social Program

DAY	TIME	LOCATION	FEE
Fri Sept 19	12:15 pm – 1:15 pm	Southside Park	Members: FREE

Good for the Soul will continue outdoors while the good weather and good times last!! Join us at Southside Park near the outdoor exercise equipment (near South Gate Centre) as we continue our Bocce Ball Fun Tournament. You don't need to know how to play bocce - you need to know how to laugh and have fun!!

Come rain or shine. Bring your lawn chair.



SGC BOOK CLUB

BOOK CLUB

DAY	TIME	BOOK
Thu Sept 11	1 pm – 3 pm	Lessons in Chemistry
Thur Oct 16	1 pm – 3 pm	Any book by Kristin Hannah

SGC BOOK CLUB meets monthly for thoughtful, respectful discussion where all voices are heard! We read, reflect, rate and enjoy lively conversation and different perspectives – plus tasty snacks and great company. We are currently at capacity due to limited Book Kits, if you can source your own copy, email Jodi Ziebarth at jodizie@hotmail.com to join our waitlist.



TRAILWALKERS

Fridays 10:15 am

Weekly walking group that utilizes the local trail systems around Woodstock. Please feel free to invite friends to join us on the trails. We have fast and slow walkers...so please join us any Friday.

More info? Stella, sliwanpo@gmail.com.

Sept. 5	Pittock Dam to Lansdowne	Sept. 19	Hickson
Sept. 12	Lansdowne	Sept. 26	Burgess River Trail

SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY		TUESDAY	
8 am - 9 am Full Standing Fitness		8 am - 9 am Full Standing Fitness	
9 am - 12 Noon Billiards - Snooker		8 am - 11 am Billiards - Snooker	
9:30 - 10:30 am Full Standing Fitness		9:30 am - 10:30 am Chair Yoga	R
11 am - 12 Noon Seated Fitness		11 am - 1 pm Every other week Beginners Billiards - 8 Ball	
1 pm - 4 pm Starts Sep 8 Darts		11 am - 12 pm Total Body Workout	
1 pm - 4 pm Euchre		1 pm - 4 pm Carpet Bowling Starts Sep 9 Cribbage Progressive Pepper	
7 pm - 9 pm Starts Late Cornhole October	R	1:30 pm - 3:30 pm Education - Living History	R
R Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.		5 pm - 9 pm Billiards - Snooker	
		6 pm - 9 pm Starts Sep 9 Bid Euchre	
		6 pm - 9 pm Come Dancing	

MON SEP 1	THU OCT 9	MON OCT 13	TUE NOV 11	NOV 15 - 16
Labour Day CLOSED	 Thanksgiving Lunch	Thanksgiving Day CLOSED	 Remembrance Day Service & Soup Lunch	19th Annual Oxford Creates Juried Artisan Market

DATES TO MAKE NOTE OF

Details to come

THU NOV 20	SAT NOV 29	SAT NOV 29	SAT DEC 6	WED DEC 31
Ribbon Cutting Ceremony	Christmas Market Book Vendor Table Now! Email Angela.	 In The Mood Big Band Concert	South Gate Centre Open House	 Toast the New Year Breakfast

Watch for upcoming information about a Members-Only Event

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights	8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Beginners Billiards 8 Ball	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Stretch in the Park Weather permitting	10 am - 11 am Men's Coffee Club	9:30 am - 10:30 am Full Standing Fitness
1 pm - 4 pm Progressive Pepper	10 am - 11 am WOW Wellness Over Weight R	10 am - 11 am Nordic Pole Walking R
1:30 pm - 3:30 pm Tech Literacy R	11:15 am - 12:15 pm Seated Fitness	1 pm - 3:30 pm BINGO
<p>Save the planet and the cost of paper cups. BRING YOUR REUSABLE WATER BOTTLE.</p> 	1 pm - 4 pm Euchre Art Classes (start late Oct)	<div>PLEASE BRING INDOOR SHOES FOR PROGRAMS.</div> <p>Welcome Fall</p>
	5 pm - 9 pm Billiards - 8 Ball/Snooker	
	7 pm - 10 pm Bingo - Lions Club	

PROGRAMS OFF-SITE OR 1/MONTH

DATE & TIME	LOCATION
OFF-SITE	
Bunka	Tuesdays
Crafters Connection	Fridays, 1 pm - 3 pm
Klaverjas	Mondays, 1 pm - 3:30 pm
Learning Unlimited	Wednesdays 10:15am & 1:15 pm
SGC Musicares Practice	Thursdays, 1 pm - 3 pm
TrailWalkers	Fridays, 10 am - 11:30 am
	Private Residence Oxford Gardens Oxford Gardens Movement Church Oxford Gardens See pg. 17
1/MONTH	
Good for the Soul	Fri Sep 19, 12:15 pm - 1:15 pm
SGC Book Club	Thu Sep 11, 1 pm - 3 pm
VON Blood Pressure Clinic	Tue Sep 9, 9 am - 12 noon
	Southside Pk Private Residence SGC - Cafe

BUS TRIPS

EVERYONE
is welcome here!



St Jacobs and Mennonite Country

Join us for a guided journey through Mennonite Country! Discover the rich culture, history, and contributions of this unique community. Includes lunch at Anna Mae's, plus free time to shop at the St. Jacobs Farmers Market & Outlet Centre.

THU OCT 2

9 AM - 5 PM

Member \$99

Non-Member \$104



Titanic: The Artifact Exhibition

FRI NOV 7

9 AM - 6 PM

Member \$115

Non-Member \$125

Discover the extraordinary story of the Titanic in a new light. Admire + 200 authentic artifacts recovered from the wreck of the Titanic at a depth of almost 10,000 feet, visit the reconstruction of the ship's rooms, and uncover poignant accounts of the passengers present at the time of the shipwreck comes to life like never before, allowing you to witness the Titanic's journey in a truly unforgettable way. Includes lunch at the Mandarin and a stop at Toronto Premium Outlet Mall.

Bus Trip tickets are transferrable; not refundable.



**SOUTH GATE
CENTRE**



BOOK AT
South Gate Centre or Sally
Creek Community Centre or
Call us 519-539-9817

BUS TRIPS

Fallsview Casino

Niagara Falls

Price includes \$35 slot credit.
Must be 19+ years of age.



FRI NOV 14

9 AM - 6 PM

Members \$50

Non-Members \$55

**STARBRIGHT
CHRISTMAS**

2025

*A
Glorious
Tradition*



Includes
transportation on a
luxury motorcoach,
break at Tim Horton's
before the show.
Matinee performance
of Starbright followed
by a full turkey
dinner with all the
fixings at John's
Restaurant.

**BOOK
NOW**

FRI DEC 5

10 AM - 7:15 PM

Member \$155

Non-Member \$165

Fallsview Casino

Niagara Falls



Enjoy time at the casino, plus take in a thrilling
high-paced spectacle of world-class ice skating
and holiday cheer. Featuring a winter
wonderland of national championship ice
skaters, dancers and singers that will fill you
with the magic of the season.

\$35 slot credit included.
Must be 19+ years of age.

THU DEC 11

9 AM - 6 PM

Member \$90

Non-Member \$95

GRAND UNVEILING EVENTS

SOUTH GATE CENTRE'S *Ribbon CUTTING Ceremony*

We are thrilled to invite you to the official ribbon cutting ceremony and unveiling of The Reeves, the much-anticipated expansion of South Gate Centre — made possible thanks to the incredible support of our community.

Join us at 191 Old Wellington St. S. on
**Thursday, November 20, 2025
at 2 pm.**



SOUTH GATE CENTRE

THIS EVENT IS FOR OUR MEMBERS, DIGNITARIES AND SPONSORS.

OPEN HOUSE

SAT DEC 6 11 am - 3 pm

**Unveiling our new
space – come
explore the
possibilities!**



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GRAND UNVEILING EVENTS

OUR KICK-OFF EVENT IN THE NEW EXPANSION

BIG BAND IS BACK

IN THE *Mood*

featuring

Big Bandemic

17-piece big band with 2 terrific
crooners + a 10-piece string section

Saturday November
29

6:30 pm - 12 midnight

**TICKETS AVAILABLE
ONLINE SEPTEMBER 15**

Concert Seating \$50
Table (seats up to 8) \$500



Concert with a dance floor · Limited seating · Dress: 1940's era formal or semi-formal



SOUTH GATE CENTRE

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

MARILYN'S MUSINGS

"Many people will walk in and out of our life, but only true friends will leave footprints in your heart." - Eleanor Roosevelt, the longest serving first lady of the United States during her husband, Franklin D. Roosevelt's four terms as President from 1933 – 1945.

Welcome September! Welcome back friends! And most importantly, welcome back to "almost" normalcy at South Gate. Over the course of the renovations, we've moved from location to location, had good times, trying times and bad times, but along the way, through this experience, we have made new friends, reconnected with some from long ago and sadly, even lost some.

I recently attended the funeral of a dear family friend. Seems like I've known her my entire life. She lived across the street and four houses down from us. She had three daughters – one was my age. She and her husband operated the London Free Press office on Dundas Street. They were close friends of my parents. My dad got hired on as a part time local news correspondent for the LFP. That's where I got my love of news reporting. I'd accompany dad to hockey games at the Perry Street Arena, then run across the street with him to the telegraph office located on the corner so he could send his report to London for publication. Turns out her husband also collected the money from the paper carriers, my husband being one of them, long before I ever met him. They attended every one of our family weddings, funerals, and celebrations. She lost her oldest daughter to ALS and was a great mentor for me when I lost mine. Whenever one of my Marilyn's Musings appeared, within a couple of days I would get a call from her to talk about what I had written and what she liked when she read it. She loved the South Gate bus trips as much as I did. We were at so many events, sharing stories and laughter. I missed seeing her at the June BBQ. I had other plans that day, never knowing that I wouldn't have that opportunity ever again. This is my first "Musings" since she passed. There will be no phone call this time. I am going to miss you, Betty Wright – your kindness, your smile, your hugs, but you will always be in my heart. A truly great friend.

Over the years I've made so many friends through the SG golf league, reconnected and reminisced with former school mates, co-workers and sports enthusiasts. No matter whether it is golf, baseball, fitness classes, cards or just a social time, it is very easy to find friends and form lasting relationships at South Gate. When you do, always remember to be kind, tread lightly and lovingly and leave some indelible footprints, like Betty did.

Until next time.....

Marilyn

marilyn.watson@execulink.com

PROGRAM HIGHLIGHT

Urban Nordic Pole Walking

August was Spinal Health Awareness Month—as we move into September, give your spine some TLC. Your spine supports your body, protects your nervous system, and enables movement, yet up to 75% of Canadians will experience back pain in their lifetime. Prevention is key, and one simple, effective option is urban poling (Nordic walking).

Benefits for Your Spine & Overall Health:

- Better posture – encourages an upright stance and aligns the spine.
- Core engagement – strengthens muscles that stabilize your back.
- Reduced joint impact – gentle on hips, knees, and spine.
- Added stability – the poles offer extra support and shock absorption.
- Improved mobility & balance – lowers fall risk and increases confidence.



This month, take steps—literally—for spinal health. Stand tall, grab your poles, and enjoy a stronger back, improved mobility, and an active, pain-free lifestyle.

See our Registered Fitness Programming listings (pg.13) to get started with Deanna as she instructs beginners in this incredible exercise!



FUNDRAISING



SOUTH GATE CENTRE

Online FUNDRAISING AUCTION

@32auctions.com/sgcgolf25
SEPTEMBER 8 AT NOON TO
SEPTEMBER 18 AT MIDNIGHT

RESOURCES

Replacing TeleHealth Ontario is a free, confidential service to get health advice or information. Simply dial 811.

Senior Support Line

Help is available for Oxford Seniors.
Call 1-888-866-7518.

211 - www.211ontario.ca

211 Information and Referral Specialists are experts on community and social services. They can help you find 56,000 programs/services in Ontario.

MEMBERSHIP DISCOUNTS

Cheesy Cow - 10% off regular priced merchandise.

Wellington Street Denture Clinic

-10% off new complete dentures or new partial dentures for both new and existing patients.

Mackey Moving - 10% off for South Gate members.

PharmaSave Woodstock - 15% off regular price (excluding prescriptions) on most merchandise.

The Hallmark Shoppe/The Card Shoppe - 10% off regular priced merchandise.

FUNDRAISING



Betty Brown (fondly known as Betty Boop)

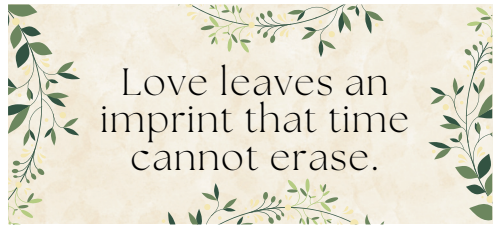
For 18 years, Betty Brown gave her time and heart to South Gate Centre — recording nearly 15,000 volunteer hours in service, greeting guests at the front desk, helping in the office, painting, knitting, or simply helping at an event, betting was always ready to jump in wherever needed. South Gate wasn't just a place she volunteered — it was her happy place, and she helped make it that for so many others.

Today, we honour Betty as a **Lifetime Legacy Volunteer** — a title that reflects her extraordinary service and the lasting imprint she leaves on our Centre and in our hearts.

She will be deeply missed, but never forgotten.

THOUGHTS & PRAYERS

Betty Brown - passed
Ruth Carter - passed
Cheryl Milatz - son-in-law passed
Betty Wright - passed



SOUTH GATE CENTRE STAFF

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Food Services Coordinator
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**Gordon D.
Williams**
CPA, CMA

These final steps of our journey feel the hardest—not because the work is greater, but because our members, staff, and community can already feel how close we are to opening the doors of our new expansion.

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10 Entrees + 5 Soups + 5 Desserts.

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Chili (Beef - no cilantro) 🌾
Chicken Pot Pie
Lasagna (Beef)
Mac n' 3 Cheeses 🌿
Shepherd's Pie 🌾
Spaghetti and Meatballs



VEGETARIAN ENTREES - \$7

Chili (No cilantro) 🌿
Lasagna 🌿
Stir-Fry 🌿



MEALS includes sides - \$8

Chicken Teriyaki Stir-Fry
Chicken Wing (boneless honey garlic)
Ham and Scalloped Potatoes
Hot Hamburger 🌾
Meatloaf
Roast Beef 🌾
Salmon Fillet 🌾
Smoked Pork Loin 🌾

DINNER FOR 2 - \$13

Lasagna (with beef and three cheeses)
Shepherd's Pie

FAMILY LASAGNA

(Beef with three cheeses) Serves 5-6
\$35 or with garlic bread \$40

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SMALL 8 oz - \$3 LARGE 16 oz - \$5

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Cream of Mushroom 🌿
Italian Wedding
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DESSERTS - \$3

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Texas Cake

Sugar Free Desserts

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