

GOLDEN NUGGET

February 2024



Membership
starts at
\$18/month

Chilly Charlie,
our resident groundhog
will make his prediction
February 2 at 8:10 am

Everyone Welcome!

Pancake Breakfast
7:30 am - 9 am \$6

Valentine's Lunch
Feb 14th
\$20

Support South Gate by purchasing 50/50 tickets - southgate5050.com



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

A PLACE TO MAKE FRIENDS

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

WHO WE ARE



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**

South Gate Centre Board of Directors

Chair: Cristian Lagos	Linda Baker
Past Chair: Kathy Deweerd	Dianne Reeves-Denby
Treasurer: Patrice Hilderley	Chad Williams
Secretary: Connie Lauder	

South Gate Centre Members Committee

Chair: Dave Clarke	Mike Houle*	Heather Wilks
Secretary: Guy LaPlante	Nancy Jarrett	Jodi Ziebarth
Carol Egan	Bev Rajani	*New

They are always happy to answer questions and hear your suggestions or concerns.

Have an idea for programming or a suggestion? Put it in the Suggestion Box located by check-in desk.

BE IN THE KNOW...

- Black Name Tag - Board Member
- Gold Name Tag - Staff
- Silver Name Tag - Members Committee Member
- White Name Tag - Member



South Gate Centre is a registered Canadian charity. 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

Tuesdays	Indoor Dining - LOCAL ROOTS CAFE - 11:30 am to 1 pm
Thursdays	Lion's Club BINGO 7 pm

JANUARY

Wed Jan 31	50/50 Grand Prize Draw at 10 am
Wed Jan 31	50/50 February Lottery Begins at 12 noon

FEBRUARY

Fri Feb 2	Ground Hog Day - Chilly Charlie's Breakfast & Prognostication pg.6
Sat Feb 3	Local Roots Rib Dinner - Curbside Pickup OR Dine-In pg.30
Tues Feb 6	Fun & Games (formerly BBNK) 1:30 pm - Everyone Welcome p.18
Thur Feb 8	VON Blood Pressure Clinic 9 am - noon
Sun Feb 11	Chocolate Lover's Tea 10:30 am and 1 pm \$15 pg.32
Mon Feb 12	Trivia with AI at 1:30 pm in the Boardroom p.18
Wed Feb 14	50/50 February Early Bird Deadline at 9:30 am Early Bird Draw at 10 am
Wed Feb 14	Local Roots Valentine's Luncheon - 12 pm - 1 pm with Jim Cocchetto pg. 19
Mon Feb 19	HAPPY FAMILY DAY - SGC and Local Roots are Closed
Wed Feb 21	Local Roots Hawaiian Dinner at 5 pm pg.32
Tues Feb 27	50/50 February GRAND PRIZE Deadline at 11:59 pm
Wed Feb 28	50/50 February Grand Prize Draw at 10 am
Wed Feb 28	50/50 March Lottery Begins at 12 noon

MARCH

Fri Mar 8	Bus Trip - Motorama at the International Centre, Toronto pg.19
Fri Mar 8	Best U Health Expo - Active Living Fair - FREE Everyone Welcome pg. 9
Tues Mar 12	St. Patrick's Pepper Tournament 1 pm - 4 pm p.19
Wed Mar 13	50/50 March Early Bird Deadline at 9:30 am Early Bird Draw at 10 am
Mon Mar 18	Trivia with AI at 1:30 Boardroom p.18
Wed Mar 20	Local Roots Ukrainian Dinner (details in March issue)
Fri Mar 22	A Perfect Pairing: An Evening of Wine & Cheese p.19

DROP IN FOR A TOUR, A CLASS OR A FREE CUP OF COFFEE!
Monday - Friday 8:30 am - 4 pm

MEMBERSHIP AT SOUTH GATE CENTRE

2024 Membership Rates

TYPE OF MEMBERSHIP	2024 FEES
All-Inclusive (11 months)*	\$180
All-Inclusive (9 months)	\$150
All-Inclusive (3 months)	\$60

Pay in full at the Front Desk. Credit/Debit/Cheque/Cash.

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

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

MEMBERSHIPS ARE NON-REFUNDABLE.

All-Inclusive membership includes all programs with the exception of Registered Programs.

The last day to purchase a 9-months membership is March 31st. The 3 months that are excluded in a 9-month membership, as per the member's request, must be consecutive.

SPECIAL MEMBERSHIP ADVANTAGES

MEMBER PRICES for Registered Programs and 10% Off Room Rentals at South Gate Centre.

Action Wellness - 10% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, and pocketed bras.

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.

Klassx Performance Auto Centre -10% discount off regular shop charges, parts and labour. Does not apply to specials or oil changes.

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.

EXECUTIVE DIRECTOR'S MESSAGE

We talk about what we are GOING to do tomorrow or next month when we are not so tired, busy or overwhelmed. Meanwhile, our life whizzes by. The truth is, we will never have more time than we have right now.

With South Gate, you can make your 2024 the best it can be.

This is the time to try something new or different. Join in on a class, an activity, lunch or one of our special dinners, book a bus trip, ask a friend to join you at the Chocolate Lovers Tea, or the Valentine's Luncheon. Learn to play pickleball, paint, line dance, drum, meditate, do yoga, craft, do woodworking, Zumba, play Pepper, sing...



Pope John Paul II

Maybe you have talked about volunteering someday, making a difference in this world.

Maybe you are feeling a bit lonely and wondering what comes next. Maybe you have the winter blahs.

Maybe you are new to the City or newly retired.

Well today's your lucky day!

South Gate Centre can help you on your way.

Curious?? Come on down and check it out for yourself.

We would love to show you what everyone is talking about.

South Gate A PLACE TO BE...

Chris

Chris Cunningham

PS The coffee's always free! (TY Wellington St. Denture Clinic)

I look forward to seeing you at the Centre ~ where the smiles are always free.

You have to be in it to win it!



50



SOUTH GATE CENTRE



50

EARLY BIRD PRIZE

Feb 14 - \$400

500 for \$40, 100 for \$20, 10 for \$10

GRAND PRIZE DRAW FEB 28

www.SouthGate5050.com

Licence No.: RAF1357968

GET YOUR LUCKY TICKETS TODAY

BOARD OF DIRECTORS' MESSAGE

We are almost halfway through the winter and are anxiously awaiting to hear from Chilly Charlie when we can expect to see some spring weather (please not 6 more weeks of winter!). I always look forward to February as we start to see longer periods of daylight that help keep those winter blahs away.

South Gate Centre is a great place to come if you are feeling a little blue! Join friends for a free cup of coffee compliments of Wellington Street Denture Clinic. There's always lots going on at the centre so feel free to drop by and join a game of cards, billiards or chat with someone new. One of the most special things about South Gate is the opportunity for **social connection** which is so important for our overall health!

Connie Lauder
Board Member



CHILLY CHARLIE'S PREDICTION & BREAKFAST

Friday, February 2
7:30 am - 9:00 am

Pancake & Sausage Breakfast - \$6
8:10 am Prognostication



Chilly's 2023 Prediction
6 more weeks of winter.



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

WELCOME NEW MEMBERS

Michael Day	Darlene Leighton	Kerri Mills
Lois Durbridge	Jim Lundrigan	Deb Morris
Steve Ficzero	Cheryl Lundrigan	Arthur Roefs
Dan Frei	Brian Maier	Judy Roefs
Wendy Gregory-Frei	Alena Makarava	Judy Serviss
Mary Jacobs	Dariel McIntyre	Linda Wavell
James Ketchabaw	Janet McKay	Dave Wheeler
Anita Lagos	John Miller	Gloria White

We're so glad you're here!

MEMBERS' COMMITTEE MESSAGE

When my fellow South Gate members mention what they enjoy most about being a member, the comment I hear expressed most often is that **they value the wonderful opportunities made available to us all, to be with others who have a variety of interests and outlooks.** In this process we all develop some bonds of friendship as we practice our listening skills to try to truly understand each other's unique personalities, experiences and perspectives.

Rather than keeping ourselves cut off during the cold winter months, isn't it great that we have the option to spend some time with each other while enjoying all the various activities offered here at South Gate?

February traditionally is a month when we often start to feel weary of the prolonged winter and we start doing silly things just to get together, like sitting down together to enjoy a pancake and sausage breakfast and then bundling up to see, whether or not Chilly Charlie predicts an early spring, simply by not seeing his shadow.

On Valentine's Day we celebrate love, not only in the traditional romantic sense, but in the feelings of friendship we have in each other's company.

We, in the Members Committee, are also your friends as we continue to ensure that your voice is heard by all. We are all so fortunate to be with one another and this being a leap year, we even have an extra day for it in February.

So, friends, let's be grateful for our time together here at South Gate, where we surely are all special to each other.

Dave Clarke
Members Committee



Check Out Our
NEW
Frozen Meal Packages
PAGE 31
There's something for everyone.



VOLUNTEERS



Rick Rose

VOLUNTEER SPOTLIGHT

Celebrating another one of our more than 120 volunteers. This month we would like to introduce you to Rick Rose.

Rick has volunteered with us since April 2016 and he loves being a part of the Special Events Committee, where he currently holds the position of Chairperson. He has logged countless hours endeavoring to make the member's experience a phenomenal one! Over the years Rick has served in many roles at various events including Streetfest Cruise, Weekly Cruise Nights, Best U Health Expo, Victoria Day Parade, and so many more.

What does Rick love about volunteering with us? "I love that it keeps me active and gives me a purpose. I get to make new friends, meet other volunteers and feel like I'm a part of something. It opens the doors to new opportunities."

If you, like Rick, are interested in volunteering with any (or all) of our many volunteer opportunities here at South Gate please submit a volunteer application at the Front Desk or contact Chantal McDonald chantal@southgatectr.ca or Angela Hess, angela@southgatectr.ca.

VOLUNTEERS NEEDED

Fitness Instructors - To lead Drop-In fitness classes (see Nancy LaPlante)

Dishwashers - Operate the commercial dishwasher for various events

Kitchen Prep - Prepare ingredients, package food, and assist with a variety of tasks in a commercial kitchen atmosphere

Catering - Variety of positions and times available

Set up: Decor & table setting

Servers: Food service during luncheons & events, clean-up duties



REGISTERED PROGRAMS

For more details on these classes please pick up a copy of the FEBRUARY Program Guide or visit our website.

Registration for these programs can be done online in your Perfect Mind account, in person or by calling the Centre, Monday to Friday 9 am to 12 pm and 1 pm to 4 pm.

REGISTRATION DEADLINE for each program is the business day before the program starts.

ART CLASSES

BE CRAFTY. BE CREATIVE.

Felted Landscape Class

Instructed by Leslianne Holmes

Learn this traditional craft technique.

DAY	TIME	LOCATION
Mon Feb 12	9:30 am - 12 noon	Boardroom

FEE - Members \$65+HST Non-Members \$70+HST
Supplies included.



Art Class: Drawing Fundamentals with Graphite

Instructed by local artist, Aaron Smith

DAY	TIME	LOCATION
Wednesdays	1pm - 2:30 pm	Reeves Rm
Feb 14, 21, 28		

FEE - Members: \$40+HST Non-Members: \$50+HST
Supplies Cost (optional) \$35



Learn the fundamentals of drawing on paper with graphite, focusing on techniques to finesse your skills to properly proportioning the hand, head and figure.

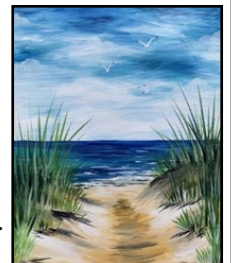
Paint 'N' Sip - Beach

Instructed by local artist, Janine Jones

DAY	TIME	LOCATION
Wed Feb 21	2 pm - 4 pm	Altadore Hall
Mon Feb 26	6:30 pm - 8:30 pm	Kinsmen Rm

FEE - \$45+HST

Price includes instruction, supplies and a glass of wine.



REGISTERED PROGRAMS

EDUCATION CLASSES

LEARNING UNLIMITED - Registration Opens February 1st \$50^{+HST}

Register Online at <https://bit.ly/4b6KwmF>. Note this link will go live at 12:01 am on February 1.

Register In Person at 191 Old Wellington St. S., Woodstock, ON.

Register By Calling (credit payment only) 519-539-9817.

Session starts March 6 10 am - 2:30 pm

This 8 week speaker series spans a variety of topics and ideas that gives the educational stimulation older adults need. Hear from local entrepreneurs, engage with professionals and experts passionate about their field, or discover new ideas and trends happening both here at home and around the globe.

Lunch Plan Available - \$80.

EDUCATION - LIVING HISTORY

Session 2 - February 27 – March 26

Session 3 - April 9 – May 7

Instructors: Deward Yates, Dave Hayes, Brian Cox

DAY	TIME	LOCATION	FEE per session
Tuesdays	1:30 pm - 3:30 pm	Kinsmen Rm	Members: \$25 ^{+HST} Non-Members: \$35 ^{+HST}

Step into the world of the past as our instructors delve into a variety of topics on days past.

TECH LITERACY – Learn to Use TABLETS & SMARTPHONES

February 23 - April 5 (6 weeks) Instructor: Brad Vincent

DAY	TIME	LOCATION	FEE per session
Fridays	10 am - 12 pm	Boardroom	Members: FREE

Skills for Success: Free training in use of mobile device and personal tablet. Learn to set-up new devices, use email and map tools and more. Bring your own device or use the devices provided.



Great turnout for our Texas Dinner! Everyone enjoyed this delicious meal!
Next: Hawaiian Dinner pg.32

REGISTERED PROGRAMS

W.O.W. (Wellness Overcomes Weight)

Leads: Paulette Whiteford & Mary Aucoin

DAY	TIME	LOCATION	FEE for the year
Fridays	10:30 am – 11:30 am	Kinsmen	Members: FREE Non-Members: \$75

For more information about this program see page 18.

FITNESS CLASSES

ABBA (Arms, Buns, Balance & Abs) ♥♥

February 8 - 29 (4 weeks) Instructor: Gail Wijesundra

DAY	TIME	LOCATION	FEE per session
Thursdays	7:15 pm – 8:15 pm	Kinsmen Rm	Members: \$35 ^{+HST} Non-Members: \$50 ^{+HST}

This is a Mind/Body class focused of improving your Arms, Balance, Buns and Abs. Light weights and a chair is all that is required.

THE BLITZ and the BEAT ♥♥—♥♥♥



Session 1: March 1 - March 22 (4 weeks) Instructor: Gail Wijesundra

DAY	TIME	LOCATION	FEE per session
Fridays	10:45 am - 11:45 am	Altadore Hall	Members: \$35 ^{+HST} Non-Members: \$50 ^{+HST}

FREE INTRO CLASS: Wednesday, February 28 11 am - 12 noon.
Limited space.

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!

CHAIR YOGA with Pam ♥

Session 1: February 6 - 27 (4 weeks) Instructor: Pam Genge

Session 2: March 5 - 26 (4 weeks)

DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: \$35 ^{+HST} Non-Members: \$50 ^{+HST}

This class incorporates the mindfulness of a yoga practice while promoting flexibility, range of motion, strength and functional movement.

REGISTERED PROGRAMS

FITNESS CLASSES - continued

GENTLE YOGA ♥

Session 1: February 7 - 28 (4 weeks) Instructor: Theresa Corman
 Session 2: March 6 - 27 (4 weeks)

DAY	TIME	LOCATION	FEE per session
Wednesdays	8:30 am – 9:30 am	Kinsmen Rm	Members: \$35+HST Non-Members: \$50+HST

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.

MINDFUL MOVEMENT & MEDITATION - 75 min class ♥

Come Try It Class: Feb 21 (\$15+HST) Instructor: Julie Boyse
 Come Try It Class: Feb 28 (\$15+HST)
 Session: March 5 - 26 (4 weeks)

DAY	TIME	LOCATION	FEE per session
Tuesdays	6:15 pm – 7:30 pm	Kinsmen Rm	Members: \$50+HST Non-Members: \$60+HST

These classes in Classical Hatha style will include gentle mindful movements, breathing practices and meditation techniques to relax the body and calm the mind preparing for the evening routine of winding down at the end of your day.

Please bring your own mat, cushion, and a blanket.

ZUMBA GOLD ♥

Session 1: February 8 - 29 (4 weeks) Instructor: Gail Wijesundra
 Session 2: March 7 - March 28 (4 weeks)

DAY	TIME	LOCATION	FEE
Thursdays	6 pm – 7 pm	Kinsmen Rm	Members: \$35+HST Non-Members: \$50+HST

Want to dance to your favorite Latin rhythms with a focus of balance, coordination and range of motion? Then...This class is for YOU! The rhythms will include Flamenco, Tango, Cha-Cha and Belly Dance and more.



Happy Valentine's Day



WINTER LEAGUES

CORNHOLE ♥

Session March 11 - May 6 (8 weeks) Lead: Guy LaPlante

DAY	TIME	LOCATION	FEE per session
Mondays	7 pm – 9 pm	Altadore Hall	Members: \$20+HST Non-Members: \$30+HST Drop-in fee: \$5

No league on April 1 (Easter Monday)

Cornhole is considered a 'backyard' game, but is now played in facilities indoors and outdoors all year long, reminiscent of childhood's bean bag toss. It is a very easy game to play but very hard to master!

PICKLEBALL ♥—♥♥

Session: Feb 20 - March 26 (6 weeks) Lead: Scott Revell

DAY	TIME	LOCATION	FEE per session
Tuesdays	1 pm – 2:30 pm	Cowan Park	Members: \$22.50+HST Non-Members: \$30+HST

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 instructs and assists with improving your technique as you play. Opportunity for both beginners and novice players. Equipment included.

OFF-SITE PROGRAMS

FORE GOLF with the Indoor Golf Simulator

Now to April 16 (with a few exceptions)
 Tuesdays 10:30 am to 12:30 pm

This is not a competitive league. Consider it whack-a-ball entertainment.
Ask at the Front Desk for registration details.

TRAILWALKERS

Fridays – Start Time – 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. For further information contact Stella at slivanpo@gmail.com.

February 2	Pittock Park North Shore	February 16	Upper Trail
February 9	Tollgate	February 23	Roth Park

PROGRAM HIGHLIGHTS

Come Dancing – A South Gate Tradition Since 2010

2024 will mark the 14th year that **Come Dancing** has been running at South Gate Centre. Beginning as a 'Dancing With the Stars' event in 2010, it soon changed to an evening where couples taking Ballroom and Latin dance lessons at SGC could practice their skills.

Now, **Come Dancing** attracts dancers, ages 35 – 81, from as far away as London and St. Thomas to our Tuesday evenings. These are dance practices that have the feel of a real weekly dance.

Anyone can come to socialize with a fun crowd, dance, or just listen to a wide variety of beautiful strict tempo music played on our state-of-the-art Bose sound system. Come to improve your Waltz, Foxtrot, Quickstep, Tango, Viennese Waltz, Rumba, Samba, Cha Cha, Jive, Merengue, and Bachata or any other social dance.

Tuesdays, 6:30 pm - 9 pm in the large hall
 6:30 pm - 7:00 pm – Ballroom and Latin line dancing
 7:00 pm - 9:00 pm – Standard and Latin dancing

Free for SG members, or \$15/couple.

Call Janice or Gary for more information at 519-539-3678.

Dance Lessons, group or private, are available upon request.



Tuesday evening's Come Dancing wishes you a 'Happy New Year.' Why not join us in 2024 for fun evenings of great music, camaraderie, and dancing?



PROGRAM HIGHLIGHTS



It's been almost two years since we started the W.O.W. group. It's been a very good year with many successes. 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. You know the saying laughter is the best medicine.

Meetings are led by Mary Aucoin or Paulette Whiteford. We strongly urge member participation. We periodically have guest speakers.

If you are thinking about joining the WOW group but not sure yet, we invite you to sit in at one of our meetings. It's free to South Gate Members and \$75. a year for non-members.

WOW offers group discussions, friendship, support, sharing and empowering tools.

We meet every Friday morning 10:30 am until 11:30 am with an optional weigh-in before the meeting.

"Health is a state of body. Wellness is a state of being." – J. Standord.

DROP-IN CLASSES



Beginner Plus Line Dancing

January 31 – February 28 (No class Feb. 21)

DAY	TIME	LOCATION
Wednesdays	9:30 AM – 10:30 AM	Altadore Hall

for a Limited Time

A line dancing class for those above Beginner level but not quite ready to move on to the regular class on Thursdays. Carol's style is fun and innovative with a great vibe!

Learn Bid Euchre

February 7 – 28

DAY	TIME	LOCATION
Wednesdays	10:30 am -11:30pm	Kinsmen Room

For 4 weeks ONLY. Join Ed Brown and team as they teach the basics of gameplay for this enjoyable pastime.

PROGRAM SCHEDULE FEBRUARY 2024

Week at a Glance

MONDAY	TUESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 11 am Pickleball (Drop-In at WBC)	8:30 am - 10:30 am Bunka
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Full Standing Fitness	9:30 am - 10:30 am Chair Yoga with Pam R
10 am - 11:30 am Cribbage	11 am - 12 Noon Total Body Workout
11 am - 12 Noon Seated Fitness	1 pm - 3 pm Carpet Bowling
1 pm - 4 pm Klaverjas & Euchre	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3:30 pm Billiards - Snooker	1 pm - 2:30 pm Pickleball at Cowan Park
1 pm - 3 pm Darts	1 pm - 3:30 pm Progressive Pepper
7 pm - 9 pm - Every week Cornhole League R	Education 1:30 pm - 3:30 pm R
DAILY PROGRAMS MONDAY - FRIDAY 8 am - 11 am Woodshop* 8:30 am - 3:30 pm Library FITNESS ROOM* 9 am - 9 pm Monday - Thursday 9 am - 3 pm Friday *Must have orientation first.	6:15 pm - 7:30 pm Mindful Movement & Meditation R 6:30 pm - 9 pm Billiards - Snooker 6:30 pm - 9 pm Come Dancing



FRIENDLY REMINDERS

Please bring and wear indoor shoes.
Keep your car keys on your person or use a locker.
Bring your own cup/mug for use at SGC.

WEDNESDAY	THURSDAY	FRIDAY
8:30 am - 9:30 am Gentle Yoga R	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
9 am - 12 noon Billiards - Snooker	8:30 am - 9:30 am Beginners Line Dancing	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Beginner+ Line Dancing	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
10 am - 11:30 am NEW Learn BID Euchre	9:45 am - 10:45 am Feb.1&15 Tea & Tales Friendship Club	10 am - 12 pm Tech Literacy R
1:30 pm - 4 pm Progressive Pepper	9:45 am - 11:15 am Line Dancing	10:15 am - 11:30 am Trail Walkers (off-site) See pg. 13
7 pm - 9 pm Billiards - Snooker	9:45 am - 10:30 am Stretch	10:30 am - 11:30 am WOW - Wellness Over Weight R
<p>Want a chance to win thousands and support South Gate at the same time???</p> <p>Get your tickets to South Gate's 50/50 Lottery TODAY.</p> <p>In February get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.</p> <p>You have to be in it to win it!</p>  <p>WWW.SOUTHGATE5050.COM</p>	11 am - 12 Noon Seated Fitness	10:45 am - 11:45 am starts NEW Mar. 1 R The Blitz & The Beat
	1 pm - 3 pm Badminton (Drop-In at WBC)	1 pm - 3:30 pm BINGO
	1 pm - 3:30 pm Euchre	1 pm - 3:30 pm Crafters Connection (formerly Crochet/Crafts)
	1 pm - 3:30 pm Musicares	PROGRAM GUIDE For a complete description of the classes, pick up a Program Guide or visit www.southgatectr.ca/programs .
	6 pm - 7 pm Zumba Gold R	R This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.
	6:30 pm - 9 pm Billiards - Open	
7 pm - 10 pm Bingo - Lions Club		
7:15 pm - 8:15 pm ABBA R		

No Programs on Monday, February 19.
SGC & Local Roots Closed for Family Day.

NEW MEMBERS' COMMITTEE MEMBER

We Welcome Jodi Ziebarth

Since we have two feet firmly planted in 2024, it is time to get involved with all that South Gate Centre has to offer. Hello everyone, my name is Jodi Ziebarth and I am invested in making SGC even better than ever this year. Joining the centre one year ago, after retiring from a thirty-year teaching career, I have marvelled at the centre's programming. From fitness classes, to the baseball league, a welcoming woodshop and the family of volunteers that all contribute to the success of promoting healthy active adult living ~ you are all truly inspiring!

Recently being appointed to the Members Committee, I am excited to have a representing voice in my new position. I believe the general membership should be heard and look forward to being a liaison to foster the sharing of ideas.

I will strive for longevity and variety in programming and to increase the diversity of our younger 50+ membership.

I view myself as a goal oriented, lifelong learner and I look forward to being a representative for the general membership, joining with their opinions and suggestions, using the committee's platform for sharing with the South Gate staff and Board of Directors.

Hope to see you in and around the centre! Continue being Rock Stars everyone!

Jodi



UPCOMING EVENTS

Valentine's Day LUNCHEON

WED FEB 14 \$20
12 pm - 1 pm
Entertainment by Jim Coccheto

Chicken, roasted red baby potatoes, steamed veggies, spinach salad, dinner roll, white chocolate mousse with chocolate dipped strawberry



Tickets available at the Front Desk until Mon Feb 12.

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

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.

Funding provided by: **Ontario**

UPCOMING SOCIAL PROGRAMS

FUN & GAMES

-BE MY- Valentine-

TUES FEB 6
1:30 pm to 3 pm
Boardroom

NO REGISTRATION **ALL MEMBERS WELCOME**

Wear Red, Pink, or a Themed T-shirt
Play Games & Have Fun

TRIVIA

WITH AL

MON FEB 12 & MON MAR 18
1:30 PM
BOARDROOM

LOCAL ROOTS GIFT CARD FOR WINNER

St. Patrick's

PEPPER TOURNAMENT
Tuesday, March 12
1:00pm - 3:00pm
\$5 entry fee

Register at the Front Desk
191 Old Wellington St. S.

A Perfect Pairing: **Save the Date**
An Evening of Wine & Cheese **March 22**

191 Old Wellington St. S.
Woodstock, ON

SPECIAL EVENTS MESSAGE

Hello everyone and a belated Happy New Year to those who were unable to attend our South Gate's New Year's Eve dance. It was like "Putting on the Ritz!"

From the elegant décor, light buffet, complimentary champagne toast at midnight, with a balloon drop and singing a New Year's favorite - Auld Lang Syne. It couldn't have gotten much better than that. Yet it did.

Having sold 104 tickets you can imagine that the dance floor was never vacant especially when the live band was Rob and The Rydells. Everyone had a chance to dance to their favorite tune. Some tables even had a sing along.

Also a big hit were the complimentary photos of guests as they came into the hall at a festive backdrop. Thank you to our volunteer photographer Tom Wilson. Pictures can be viewed at: <https://bit.ly/3vUSP4H>.

There's more: An abundance of lovely door prizes were drawn.

This was a very successful event and can't wait to top this next year and we will!! We have a very wonderful team working behind the scenes already and it is a pleasure to be on this team.

A special thank you to all members of South Gate Centre and non-members that supported this event.

Carol Egan
Special Events Committee



HAPPY NEW YEAR ONE AND ALL



MARILYN'S MUSINGS

"You have been my friend', replied Charlotte." 'That in itself is a tremendous thing.' – from Charlotte's Web by E.B. White.

Elwyn Brooks White (July 11, 1899 – October 1, 1985) was an American writer of children's books. Charlotte's Web, one of my all time favourites was published in 1952. I've read this little 192 page book so many times. I think we all have – to ourselves, to our kids and to our grandkids – the story of a friendship between a spider and a pig.

The theme for this month's Nugget is the importance of friendship and social time.

I was in the midst of putting together my "Marilyn's Musings" column when I received a heart-breaking phone call. A very dear friend of mine had just died suddenly and unexpectedly. The news was devastating. We became friends through golf. Our same foursome played regularly every Wednesday afternoon for several years, travelled to other courses and played together in the South Gate Tournament last September. We always managed to meet during the winter months and had just had our Christmas lunch on December 19. I never ever thought for a moment that it would be the last time we would see each other.

As our friendship grew over the years, the four of us shared our laughter, our tears, our happiness, our sadness, our highs and our lows, our triumphs and our tragedies. It was rarely ever about the golf. It was all about friendship. We'd celebrate our pars, have a drink of "birdie juice" when we did that, take some good shots (and some bad ones...), tally up our scores at the end of the round and keep in touch by phone, messages or Facebook until the next time we got together.

My friend, by example, taught me patience, humility and how much being and having a friend through thick and thin truly means. It doesn't matter how old you are, where you're from, what you did or plan to do in life, how rich or poor you are, finding a friend who doesn't care is something to hold on to and to cherish. Laughing with you when you hit a tree or put a ball into water, inventing our own swear words when needed, celebrating loudly when we landed a good shot, won a skin or lead the leader board (usually her at the top of "B" Flite and me at the bottom of 'D") – that's what our friendship was all about. Pure fun at its finest.

Thank you and goodbye Diane. I will miss you so much. Having you as a friend was a tremendous thing.
- Marilyn Watson

BUS TRIPS

Oh, the places we have been!

2023 was an amazing year. We are thrilled with the record we set. We planned 16 trips, hosted 781 passengers and made a whopping \$14,500 for South Gate Centre while still keeping our prices very affordable and even lower than most of our competition. We are happy to say that we had zero trip cancellations and 80% of our trips actually SOLD OUT!

Some of our highlighted trips included:

Casino trips to Fallsview in Niagara

- The Cambridge Butterfly Conservatory
- A Blue Jays Game
- Dundurn National Historic Tour
- Fall Colour Tour
- Day in Port Dover
- Winter Lights Festival
- Stage Performances of
 - Menopause 2,
 - The Price is Right, and
 - Starbright



We could not have done this without the support of all our passengers, many of which are repeat travellers.

So now we are planning for 2024. We are planning to add a few more live theatre shows, a Wine Tasting Tour, and maybe an overnight trip to Orillia with casino and other attractions. Of course we'll still continue the Fallsview Trips and perhaps try a couple new casino. As requested, we're looking into another Blue Jays Game too.

We always welcome your suggestions and feedback. You can talk with Paulette or Pat, drop off a note at the front desk or in the suggestion box in the café.

Thank you for traveling with us. We appreciate our passengers. You are the BEST.

SGC Travel Committee
Pat Catt and Paulette Whiteford



WELLNESS WITH SHEILA PICKNELL

Staying Upright As You Take Flight with Exercises

Investing in developing and maintaining "Graceful Mobility"

Winter is upon us! Whether the snowflakes are falling gently from the sky, or the wind is whisking them around, it's important to keep upright. I don't know if you've ever fallen, I have, and I don't bounce back as easily anymore.

As I read the statistics, "Falls continue to be the No.1 cause of injury, and hospitalization for "older adults" in Canada." (Health Canada) With that in mind, let's keep our bodies in tune, and look at the necessity of balance exercises.

It's important to keep the synovial fluid, which is a thick fluid between the joints, moving. This helps reduce the friction between the joints. Thus the catchy phrase of "Motion is Lotion!"

Some great ways to create that lotion are:

Stretching: Improves your flexibility, posture and leads to better balance and stability. I might seem like a broken record. But once again, I want to stress the importance of warming up those 6 major joints. Which is a great strategy to remember, not only at the beginning of an activity. Continue it throughout the day if stiffness tries to invade. Shoulders, elbows, wrists, hips, knees and ankles, to help decrease the snap, crackle and pops in one's body.

Mobility Training: Get moving those stiff joints, leads to better balance and coordination. Once again improving flexibility, improving posture. Examples: Arm and shoulder circles, squats, hip circles, lunges, cat/cow

Exercises to strengthen: The muscles in your arms, core and legs can lead to wonderful improvements in your balance. Examples: Leg lifts, standing plank and mountain climbers, sit to stands, heel raises, are just a few. Go ahead and add some resistance strengthening with weights, bands and balls.



2023 12 DAYS OF CHRISTMAS WINNERS

December 26, 2023 - Day 1 \$100

Sponsored by
David Hilderley, Century 21 Heritage House
Dennis Eaton
Ticket Number 2023-0456

December 27, 2023 - Day 2 \$200

Sponsored by
Wellington Street Denture Clinic
Carol and Jeff Ebel
Ticket Number 2023-1688

December 28, 2023 - Day 3 \$300

Sponsored by
Brenda Kearley, eXp Realty
Nancy MacDonald
Ticket Number 2023-2302

December 29, 2023 - Day 4 \$400

Sponsored by
Nancy & Guy LaPlante
Nancy Walker
Ticket Number 2023-0396

December 30, 2023 - Day 5 \$500

Sponsored by
Hunt Homes
Christine Hanenburg
Ticket Number 2023-2164

December 31, 2023 - Day 6 \$600

Sponsored by
Wellington Street Denture Clinic
Jennifer Chard
Ticket Number 2023-1404

January 1, 2024 - Day 7 \$700

Debbie Reeves
Ticket Number 2023-0122

January 2, 2024 - Day 8 \$800

Dave Swiech
Ticket number 2023-2156

January 3, 2024 - Day 9 \$900

Gerald Neave
Ticket number 2023-0941

January 4, 2024 - Day 10 \$1,000

Pauline Weiss
Ticket number 2023-1493

January 5, 2024 - Day 11 \$1,100

Mike & Angela Houle
Ticket number 2023-1713

*Congratulations
to everyone!
And thank you to everyone
who bought tickets!*

**SOUTH GATE CENTRE'S
12 DAYS OF
CHRISTMAS
Lottery**

**January 6, 2024
Day 12 Winner
\$10,000
Linda Nace
Ticket number 2023-0659**

FOR THE FUN OF IT!

CRIBBAGE HIGH SCORES - DECEMBER

Sue Hornsby	484	Don Post	471
Barb Brushett	474	Sylvia Weiser-Sutherland	470

KLAVERJAS SCORES

NEW PLAYERS WELCOME

We are offering "one to one lessons" in 2024.
Call 519-290-4964 or 519-539-3491 for more info.

DECEMBER 4	DECEMBER 11	DECEMBER 18	
Pete Bess	5145	Carol Taplay	5144
Nell Hosteller	5019	Marie DesForges	5083
Larry Hewitt	5010	Arie Markvoort	4772
Arie Markvoort	4935	Jan Vleuten	4696
		Coen VanWely	6029
		Nell Hosteller	5873
		George Wall	5493
		Kathy Wilson	4973

LARGE PEPPERS FOR 2023

Jan Vleuten	23	John Skitch	5	James Kendall	2
Marie Desforges	20	Bill Kruis	5	Bill Vink	2
Emiel Michiels	19	Susan Cote	5	Jim Smith	2
Sandra Siroky	14	Rose Hartnett	5	Daniel Jacob	2
Dennis Hopper	13	Barbara Parent	4	Laraine Kitching	2
Don Post	13	Roberta Palmer	4	Peggy Miller	1
Donna Butson	10	Janis McKay	4	Pam Chabot	1
Kathy Wilson	8	Roger Johnson	3	Bill Miller	1
Frank Holman	8	Gerald Tellier	3	Barbara Brushett	1
June Milson	6	Paul Brunt	3	Mary Metherel	1
Larry Stone	6	Caroline Carlson	3	Nancy Jarrett	1
Mabel Westra	6	Margaret Kendall	3	Liz Toplis	1
Chuck Tuplis	5	Marina Skitch	3	Mary Lynn Hinnegan	1

CORNHOLE

Cornhole is a registered program at the South Gate Centre. The 8 week winter session has commenced with 23 players showing up to play on the first night. This activity is on Monday nights from 7 pm to 9 pm in the Altadore Hall. Players are randomly matched up in teams of two for the evening. A great opportunity to meet new members. The format was a round robin tournament and 11 games were played.

Top teams from the first session were:

Diane and Merv with an accumulated score of 217

John and Mike with an accumulated score of 198

Wally and Mike H. with an accumulated score of 196

If you have not registered to play you can drop in to play for \$5. The game is easy to play but you need skill to master. Everyone is welcome.

FOR THE FUN OF IT!

DARTS

Darts is available as an activity on Monday from 1 pm to 3 pm in the Kinsmen Room. All members are invited to play regardless of your skill level.

We have been fortunate to add several new players recently who have quickly learned the art of throwing the dart.

During the month of November the results were:

Top Doubles:

8 by Guy LaPlante

4 by Arlene Davidson

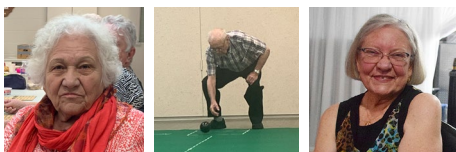
4 by Bonnie McVicar

Players with scores over 100:

121 by Evan Horton

105 by Wayne Noseworthy

Remember everyone is welcomed. *See you there.*



How many hearts can you find in this issue?



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DONATIONS

Your donation means so much. Thank you.

CAPITAL DONATIONS

Wilma Boughtflower
David Hilderley
Sharon Howlett
Janice Landers
Marilyn & John Martins
Bonnie McVicar
Karen Palmer
David Schell
Harvey Simmons
Norma & David Thomas
Gordon & Muriel Williams
Gary Zelinka

FOOD ANGEL PROGRAM

Brooksdale UCV
Jill Clowes
Anne Copeland
Susan Cote
David Cunningham
Dawne Fewster
Gwen Marchart
Donna McCallum
Ellenor Richarson
Shirley Zilke

GENERAL DONATION

Lorna Materl

IN MEMORY OF

Elaine Campbell
- Jane Adams
- Larry & Louise Baer
- Marian Baker
- Ronald Bergman
- Nancy & Randy Bergman
- Yvonne Boniface
- Ron & Carol Boyse
- Betty Brown
- Henry Bruines

- Fred & Katherine Chilvers

IN MEMORY OF

Elaine Campbell (continued)

- David & Marie Clarke
- Carl & Sharon Clayton Clayton
- Chris Cunningham
- Al & Karen Furtney
- Hickson United Church
- Norma Howe
- Nancy & Guy LaPlante
- Bob & Patricia Lester
- Karen & Chuck McIntyre
- Bob & Nora Morris
- Barbara Mosley
- Nora & Bob Norris
- Don & Jen Oliver
- Elizabeth Ottaway
- Dave Parker
- Jim & Jan Post
- Don Post
- Brandon Querin
- Dale Ross
- Bill & Lynda Rowell
- South Gate Friday Crafters
- Peter & Tilly Vandersar
- John Wilkins

Edna Hewitt - Marilyn & John Martin

Bob McFarland - Judith Bell

THOUGHTS & PRAYERS

To the friends and families of:
Bud Ernewein - passed
Evelyn Gable - passed
George Spilak - passed



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Please join us for Hugo and Company's

Downsizing Seminar

with Monica

- Thursday - February 8th 2:00 - 3:00PM
- 511 Finkle St. Woodstock, Ontario

Call Lisa **519.602.0282** to **RSVP**



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HAPPENING IN FEBRUARY



LOCAL ROOTS

GET YOUR TICKETS FOR THESE EVENTS AT THE FRONT DESK.

Note: Rib Dinner Curbside Pickup order online at www.LocalRootsCafe.com

FEB 3 RIB DINNER Curbside Pickup 4 pm - 4:30 pm Indoor Dining 5pm \$20	FEB 11 CHOCOLATE LOVERS TEA 10:30 AM and 1:30 PM \$15 	FEB 14 VALENTINE'S LUNCHEON with entertainment 12 noon - 1 pm \$20 	FEB 21 HAWAIIAN DINNER 5 pm \$20 
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Feb. 3 - 1/2 rack of pork back ribs, baked potato with sour cream, homemade baked beans, coleslaw, cornbread, and a homemade dessert.

Feb. 11 - White chocolate cranberry scones, Brownies, Chocolate macaroons, Magic bars with coconut, Rocky road bars, Chocolate chip cookies, Chocolate fudge

Feb. 14 - Chicken, roasted red baby potatoes, steamed veggies, spinach salad, dinner roll, white chocolate mousse with chocolate dipped strawberry

Feb. 21 - Tropical chilled mago souple, Hawaiian sweet rolls, Hawaiian macaroni salad, grilled chicken & pineapple skewers, sweet & sour meatballs, coconut rice, grilled vegetables, trifle

ADVERTISEMENTS

2024 GOLDEN NUGGET Advertising Rates

Size	1 mo.	3 mo.	6 mo.	1 year
1/3 Pg	\$ 65	\$173	\$324	\$626
Half Pg	\$ 90	\$238	\$432	\$842
Full Pg	\$151	\$432	\$842	\$1490

Email sarah@southgatectr.ca.

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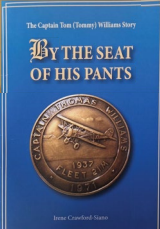
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317 Willowgrove Crescent
Woodstock, ON



Gordon D. Williams
CPA, CMA



"BY THE SEAT OF HIS PANTS" is the story of Sweaburg Ontario's decorated pilot, Captain Tom (Tommy) Williams. Tom was a World War I ACE Pilot, in the Guinness Book of World Records - Oldest Licensed Pilot, and inducted into the Canadian Aviation Hall of Fame. Written by Irene Crawford-Siano, and interspersed with Tom's own words. A few copies left for sale at South Gate Centre. \$25.00.



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NEW

FROZEN FOOD PACKS

MEALS

- 1 SOUP & BUNS** **\$30**
Six Large Frozen Soups with a Dozen Bakery Buns
- 2 MEATLOVER'S** **\$30**
Smoked Pork Loin, Beef Chili, Roast Beef Dinner, Beef Stew
- 3 PASTA LOVER'S** **\$30**
Spaghetti & Meatballs, Cheesy Beef Lasagna, Pulled Pork Mac n Cheese, Mac n Cheese and 2 Tomato Macaroni Beef Soups
- 4 FAMILY TRAY OF LASAGNA** **\$40**
5 lb Tray with a loaf of garlic bread (serves 4-8)
- 5 HEART HEALTHY** **\$50**
Salmon with rice & veggies, Lemon Pepper Haddock with rice & veggies, Pasta Primavera, Vegetarian Chili, Low Carb Sausage & Veggie Bake, Low Carb Cabbage Roll Casserole and 2 Large Roasted Red Pepper with Tomato Bisque Soups
- 6 EVERYBODY'S FAVOURITE** **\$74**
2 each of Ham & Scalloped Potatoes, Chicken Pot Pie, Meatloaf, Lasagna, Roast Beef
- 7 VARIETY PACK** **\$90**
10 entrees of your choice, 5 small soups, 5 desserts.

- DESSERTS
- A GRANDMA'S FAVOURITES** **\$15**
Caramel Raisin Pudding, Peach Cobbler, Rhubarb Crisp, Pumpkin Pie, Apple Crumble Pie
 - B CAKE LOVERS** **\$15**
Carrot Cake, Chocolate Cake, Texas Cake, Lemon Loaf Cake

Order Online at <https://bit.ly/3SfYAB7>
or Call 519-539-9817

LOCAL ROOTS Orders must be placed 24 hours in advance of pickup or delivery.



LOCAL ROOTS

The South Gate Kitchen

519-539-9817

191 Old Wellington St. S., Woodstock, ON

www.southgatectr.com/local-roots

All homemade food, locally sourced.

Public Welcome

FEBRUARY Lunch Menu

Lunch is served 11:30 am - 1 pm

EAT IN OR TAKEOUT - \$8

Mon/Tues	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COFFEE & TEA ARE ALWAYS FREE ! <i>Thanks to</i> WELLINGTON STREET DENTURE CLINIC		1 Apple pork chop, Potato & Vegetables	2 Beet Salad	3 \$20 Rib Dinner Curbside Pickup @ 4 pm (order online) OR Dine-In @ 5 pm (get tickets at Front Desk) Tix sales close Jan 31
Soup & Sandwiches 	7 Soup & Sandwiches 	8 Liver & Onions, Potato & Vegetables	9 Hawaiian or Pepperoni Pizza & Salad	Grab & Go Items and Fresh Baking Available Monday to Friday 8:30 am - 4 pm
Soup & Sandwiches 	14 Valentine's Day Luncheon \$20 at 12 pm	15 Over Easy Eggs/Bacon/Toast	16 Shepherd's Pie	
Soup & Sandwiches 	21 Soup & Sandwiches 	22 Meatloaf, Sweet Potato & Vegetables	23 Over Easy Eggs/Bacon/Toast	
Soup & Sandwiches 	28 Soup & Sandwiches 	29 Chicken Pot Pie & Salad	1 Liver & Onions	

Chocolate Lovers Tea

\$15

Sun. Feb. 11

10:30 am and 1:30 pm



White chocolate cranberry scones, Brownies, Chocolate macaroons, Magic bars with coconut, Rocky road bars, Chocolate chip cookies, Chocolate fudge



LOCAL ROOTS

Tickets available at the Front Desk until Wed. Feb. 7

Hawaiian Dinner

\$20

WED FEB 21

5 pm



Tropical chilled mango soup with flavours of coconut and lime, Hawaiian sweet rolls, Hawaiian macaroni salad, grilled chicken & pineapple skewers, sweet and sour meatballs, coconut rice, grilled vegetables, trifle



LOCAL ROOTS

Tickets available at the Front Desk until Mon. Feb. 19