

# GOLDEN NUGGET

November 2023



NOV 18  
9 am - 1 pm

## CHRISTMAS BAZAAR

HANDMADE ITEMS - BAKE SALE - UNIQUE VENDORS

TEA ROOM - WHITE ELEPHANT SALE - WOODSHOP WONDERS



SOUTH GATE CENTRE  
FOR ACTIVE ADULTS

191 Old Wellington St. S., Woodstock, N4S 3J2  
519-539-9817 [www.southgatectr.ca](http://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	Nancy Jarrett
Secretary: Guy LaPlante	Bev Rajani
Carol Egan	Heather Wilks

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.

## NOVEMBER CALENDAR-AT-A-GLANCE

Tuesdays	Indoor Dining - LOCAL ROOTS CAFE - 11:30 am to 1 pm
Thursdays	Lion's Club BINGO 7 pm
Wed Nov 1	50/50 November Online Lottery Begins
Mon Nov 6	Be Crafty, Be Creative - Christmas Rag Wreath Part 2 p.10
Tues Nov 7	BBNK Giggles Bingo - Cafe at 1:30 pm
Wed Nov 8	50/50 Early Bird Draw - \$250 (Wellington Street Denture Clinic)
Thurs Nov 9	VON Blood Pressure Clinic 9 am - 12 noon
Fri Nov 10	Western Dance with Neon Rain p.14
Sat Nov 11	Remembrance Day - Lest We Forget - SGC Closed
Tues Nov 14	BUS TRIP - Fallsview Casino p.14
Wed Nov 15	50/50 Early Bird Draw - \$500 (Wellington Street Denture Clinic)
Wed Nov 15	Be Crafty, Be Creative - Winter Shutter Box p.10
Wed Nov 15	Local Roots - Mexican Dinner p.32
Sat Nov 18	Christmas Bazaar 9 am - 1 pm
Mon Nov 20	Trivia with Al at 1 pm
Thurs Nov 30	50/50 November Lottery Ends at Midnight
Sat Dec 2	50/50 December Lottery Begins at noon
Mon Dec 3	BUS TRIP - Starbright Christmas in Petrolia p.14
Wed Dec 6	Sleigh Bells Ring Fitness Bonanza 9:30 am - 11 am p.22
Fri Dec 8	50/50 December Early Bird Draw - \$250
Fri Dec 8	Candlelight Christmas Concert Sing-a-Long with SG Musicares at 7 pm
Sun Dec 10	Christmas Tea - Tea's the Season p.23
Mon Dec 11	Paint & Sip - Vintage Christmas Truck p.10
Wed Dec 13	Members' Mingle & Jingle 9 am - 11 am in the Cafe
Wed Dec 13	Dutch Themed Dinner - details in December issue
Fri Dec 15	50/50 December Early Bird Draw - \$500
Fri Dec 15	Memory Tree of Lights p.23
Wed Dec 20	Christmas Lunch - details in December issue

**EVERYONE  
WELCOME**  
You don't need  
to be a member  
for these  
activities



**12 DAYS OF  
CHRISTMAS  
Lottery**

*You have to be in  
it to win it!*

**TICKETS ON SALE SOON.**  
Watch for an eBlast or listen for  
a phone message.

## MEMBERSHIP AT SOUTH GATE CENTRE

### 2023 Membership Rates

All-Inclusive Membership (2 months) \$45. November to December 31, 2023. All 2023 memberships expire December 31, 2023. Member name tags must be worn at ALL times.

MEMBERSHIPS ARE NON-REFUNDABLE.

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

### 2024 Membership Rates

TYPE OF MEMBERSHIP	2024 FEES	EARLY BIRD RATES Purchase by Dec. 31, 2023*
All-Inclusive (12 months)*	\$195	\$185
All-Inclusive (9 months)	\$150	\$140
All-Inclusive (3 months)	\$60	NA

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

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

**2024 Membership – All Inclusive - Early Bird Price = \$3.70 a week or \$.74 a day (based on 5 days a week for 50 weeks)**

## 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.

**\*\*\* New! 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



### REMEMBERING...

November 4, 1999, twenty four years ago, SOUTH GATE CENTRE celebrated their grand opening at our present location.

### REMEMBRANCE DAY - NOVEMBER 11

November is a time to remember those brave men and women who without hesitation have gone to faraway places fighting for our freedom and our Country. Let us honour these brave individuals for their selfless actions. Those that have served and those serving today deserve our thoughts and prayers.

South Gate's **TWELVE DAYS of CHRISTMAS LOTTERY** fundraiser Tickets go on sale early November. We're giving away 12 days of prizes totally \$16,600, including a grand prize of \$10,000!! Will you be one of the 12 lucky winners? Tickets are only \$25.

Perfect for gift ideas, stocking stuffers, family, friends, colleagues, service providers and don't forget YOU!

Daily cash draws December 26 – January 6. "YOU'VE GOT TO BE IN IT TO WIN IT!"

The success of this fundraiser lies with each and every one of you. 100% of the proceeds support programming at South Gate and help subsidize your memberships. Without the support of Fundraising/Donations, your membership would cost \$350 - \$400 per person. Thank you for your support!

Our **CHRISTMAS BAZAAR** is Back after 3 long years.

South Gate's ANNUAL CHRISTMAS BAZAAR, Saturday, November 18 from 9 am - 1 pm. This is our largest annual members' generated fundraiser.

We're calling upon **ALL** members to assist by way of donating handiwork, new gift items big or small, gift cards for our Silent Auction, Christmas decor or CASH.

Please bring your Donations to the front desk just as soon as possible. Thank you in advance for your generosity and support.

Thank you,  
Chris



## BOARD OF DIRECTORS' MESSAGE

"In Flanders Fields the poppies blow, Between the crosses row on row"

October brought us Thanksgiving, and so does November. It is a different kind, but equally important. Take a few moments and think of the lines from this famous Remembrance Day poem as we honour and remember all of those who have served and who continue to serve for our freedom, particularly now.

On another note, there are a lot of exciting activities coming up this month at South Gate that will entertain, educate and provide opportunities for fitness and fellowship. We encourage you to check out the Golden Nugget for the complete list.

On November 18th, the Christmas Bazaar is returning after 3 years. Please take the opportunity to explore and get an early start on your Christmas shopping or for those more organized, finish it up!

Your Board of Directors continues to meet and plan for the future. We all enjoyed seeing the drawings for the new addition and will keep members updated as the project moves forward. As you know, fundraising is critical to its success and we appreciate all donations, large and small.

As mentioned by Judy in last month's newsletter, each board member has a special black name tag. Please feel free to talk to us, make suggestions or ask questions. We want to make sure that the programs and services offered reflect what you want and need because South Gate is The Place to BE.

As December approaches, please take time to look after yourself, enjoy family and friends and keep warm, in case the "gales of November come early".

Patrice Hilderley on behalf of the Board of Directors

### WELCOME NEW MEMBERS

Lorraine Larmond  
Bill Robertson  
Diana St.Clair  
Karen Whitehead  
Paul Whitehead



Pepper Tournament Hosts

## MEMBERS' COMMITTEE MESSAGE



So, it's November friends! I have heard from so many that this month is not their most favourite time of year. Most of the leaves have already fallen. It's colder outside and there are fewer daylight hours. Ahead of us is winter with it's promise of even lower temperatures and snow piling up to make it more difficult for us to get around.

But, as resilient north country human beings, we have always managed to get through this period by choosing to appreciate what we have been blessed with. As members of South Gate we can appreciate the opportunities we have to take part in the things that uplift our spirits, like the time we spend together in social activities and the benefits of the many physical exercise programs available to us.

We can still enjoy the outdoor weather in November as we wrap ourselves in warm clothing and take in the fresh air and return to relax in our homes with our favourite warm beverage and snack. We can also begin to plan and look forward to the following month when the festive holiday season begins.

We can choose to be thankful that we live in this great country of ours as we remember, on Remembrance Day this month, those who sacrificed their lives for us to allow us to enjoy our lives in freedom.

Let's choose to be happy.

Dave Clarke

## DONATIONS OF BUTTER NEEDED

Chefs Shelley and Kristin put that  in everything.

Please drop off your pound with the volunteer at the back desk.





## WELCOME TO THE TEAM



Welcome to Andrew Turner, South Gate's new Assistant Facilities and Maintenance Manager.

Here's more about Andrew in his own words, I just moved to Woodstock from Strathroy, ON where I was the General Manager for another registered charity (Second Chance Community Store, owned and operated by the Strathroy Community Christian School, very similar to Habitat for Humanity).

I enjoy woodworking, sports, nature trails, and we have just purchased kayaks. Looking forward to finding baseball and hockey teams to join. At the moment, I am enjoying unpacking and settling in, and doing some small reno's. At this time of the season, I definitely miss volunteering, at the Texas Longhorn Ranch where I helped with trail rides.

I've been blessed by joining the team at South Gate. It is a great place, great people, as well as a very open and positive environment. Thank you for all the warm welcomes. Please reach out if you need anything.

## THANK YOU

The Members Committee has accepted the decision of Larry Baer and Jean Hilton to retire from this committee, thus allowing the opportunity for new members to fill the two vacancies created.

Larry, who has been involved in many other volunteer roles in the past is moving on after two years of service. Jean has dedicated five and a half years to the Members Committee while volunteering in many other roles at South Gate, which she intends to continue doing. Thank you to both of you for your service.

The departure of these two members now provides the opportunity for two other South Gate members to join the Members Committee. If you think you may be interested and you wish to know more about this committee's important role and how you can make a difference, please contact Dave Clarke by email at [clarkes2@rogers.com](mailto:clarkes2@rogers.com) or discuss it with any member of this committee, whose names are listed in this Nugget on page 2, and who may be identified by the silver coloured name tag they wear.

## REGISTERED PROGRAMS

For more details on these classes please pick up a copy of the October 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.

### EDUCATION CLASSES

#### FIT MINDS

November 7 - December 19		Instructor: Chantal Rivard	
DAY	TIME	LOCATION	FEE
Tuesdays	10:30 am – 11:30 am	Kinsmen Rm	Members: FREE Non-Members: \$15+HST

Chartwell Gardens presents a cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+ and better. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction.

#### EDUCATION - LIVING HISTORY

Instructors: Deward Yates, Dave Hayes, Brian Cox			
October 31 – December 5 (Session 2)			
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 and Smartphones

November 3 - December 8		Instructor: Brad Vincent	
DAY	TIME	LOCATION	FEE
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.

*Space per session is limited.*

## REGISTERED PROGRAMS



### CHRISTMAS RAG WREATH

Mon Oct 30 & Mon Nov 6, 1:30 pm - 3:30 pm

Members: \$15 Non-Members: \$20



### WINTER SHUTTER BOX

Wed Nov 15, 1 pm - 3 pm

Members: \$40 Non-Members: \$50

## December Paint Class

### Paint and Sip – Vintage Christmas Truck

Monday, December 11

6:30 pm – 8:30 pm

Class Fee: \$45+HST includes instruction, supplies and a glass of wine!  
Watch for sample in the December Nugget.



## REGISTERED PROGRAMS

### FITNESS CLASSES

#### ABBA (Arms, Buns, Balance & Abs)

October 24 - November 28 (6 weeks)

Instructor: Gail Wijesundra

DAY	TIME	LOCATION	FEE
Tuesdays	7:15 pm – 8:15 pm	Kinsmen Rm	Members: \$40+HST Non-Members: \$55+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 to make this dream come true.

#### BEGINNER'S NORDIC POLE WALKING

November 3 – 24 (4 weeks)

Instructor: Deanna Jasmins

DAY	TIME	LOCATION	FEE
Fridays	10 am – 11 am	Meet at Local Roots Cafe	Members: FREE Non-Members: \$20+HST

This is a Beginners Nordic Pole Walking Program at Southside Park – the first Friday to the fourth Friday of each month. The original Nordic Urban Poles are used to teach the technique. Poles are provided for the program. It is recommended that participants attend from the first class, since each week is a progression.

#### CHAIR YOGA with Pam

November 14 – December 12 (5 weeks)

Instructor: Pam Genge

DAY	TIME	LOCATION	FEE
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: \$35+HST Non-Members: \$45+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.

## REGISTERED PROGRAMS

### FITNESS CLASSES

#### CLASSICAL HATHA YOGA - 75 min class

These Classical Hatha Yoga Classes will include a combination centering, movement, breathing techniques, relaxation and meditation and specifically focused on practices that will keep us balanced through the fall season using the ancient wisdom of yoga and Ayurveda, the sister science to yoga. Please bring your own mat, cushion, and a blanket.

#### Come try sessions!

November 9 & 16	Instructor: Julie Boyse
DAY            TIME	LOCATION        FEE
Thursdays    6:15 pm – 7:30 pm	Kinsmen Rm    \$15+HST/class

#### Finding Calm in the Chaos of Christmas

December 7 – 21 (3 weeks)	Instructor: Julie Boyse
DAY            TIME	LOCATION        FEE
Thursdays    6:15 pm – 7:30 pm	Kinsmen Rm    Members: \$35+HST Non-Members: \$45+HST

### GENTLE YOGA

November 8 - December 13 (6 weeks)	Instructor: Theresa Corman
DAY            TIME	LOCATION        FEE
Wednesdays    8:30 – 9:30 am	Kinsmen Rm    Members: \$50+HST Non-Members: \$60+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.

### ZUMBA GOLD

October 24 – November 28 (6 weeks)	Instructor: Gail Wijesundra
DAY            TIME	LOCATION        FEE
Tuesdays        6 pm – 7 pm	Kinsmen Rm    Members: \$40+HST Non-Members: \$55+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.

## FALL / WINTER LEAGUES

### CORNHOLE

Runs until December 4	Instructor: Guy LaPlante
DAY            TIME	LOCATION        DROP-IN FEE
Mondays        7 pm – 9 pm	Altadore Hall    \$5

### PICKLEBALL

Runs until December 7	Instructor: Scott Revell
DAY            TIME	LOCATION        DROP-IN FEE
Tuesdays        1 pm – 3 pm	Cowan Park        \$4

## OFF-SITE PROGRAMS

### 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 [sliwanpo@gmail.com](mailto:sliwanpo@gmail.com).

November 3      Roth Park	November 17      Hickson
November 10    Lansdowne	November 24      River Trail

### FORE GOLF with the Indoor Golf Simulator

November 7 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.

**Details at the Registration Meeting on Thursday, November 2 at 1 pm in the Kinsmen Room.**

Allan Campbell    Larry Baer





## BUS TRIPS & DANCES

*Everyone Welcome*

**We expect to Sell Out!**  
**BOOK NOW! 519-539-9817**

Niagara Falls  
**Fallsview  
Casino  
Bus Trip**



**TUESDAY, NOVEMBER 14**

9 AM - 6 PM

\$48 (slot credit of \$35)

EVERYONE WELCOME  
BUS TRIPS ARE NON-REFUNDABLE



A GLORIOUS TRADITION  
**STARBRIGHT**  
Christmas in  
Petrolia  
Bus Trip

Sun Dec 3  
11:30 am - 9:30 pm  
\$150  
Includes Dinner

Niagara Falls Bus Trip  
**Fallsview Casino &  
Winter Festival of Lights**

WED DEC 28 | 10 am - 7:30 pm | \$55



To date, in 2023, the Bus Trips at South Gate Centre have raised more than \$10,000.

The bus trip organizers, Pat Catt and Paulette Whiteford, both volunteers, have done an outstanding job with this year's trips.

We are all incredibly grateful for their hardwork and congratulate them on their success!

**WESTERN DANCE**

Friday, November 10



Doors Open at 6:30 pm  
Dancing Starts at 7pm

Draws, Prizes and a  
Light Buffet at 9 pm

Live Music by  
Neon Rain

\$25

**Rockin' Eve Dance**

with Rob & the Rydells

December 31, 2023

Cocktail Hour 7 pm

Dancing from 8 pm - 12:15 am

Light Buffet, Door Prizes,  
Midnight Toast and more!!

Tickets available at the  
Front Desk only.

\$40/person



# Think Local Roots

for ALL of Your  
Holiday Entertaining Needs

### Meat Tray

Serves 12 \$69.99

### Cheese & Cracker Tray

Serves 20-25 \$54.99

### Sandwiches

Serves 12 \$54.99

### Fruit Tray

Serves 25 \$64.99



**LOCAL ROOTS**  
CATERING

### Veggie & Dip Tray

Serves 20-25 \$59.99

### Pickle Tray

Serves 20 \$29.99

### Salads

Serves 20 \$59.99

### Sweet Tray

Serves 25 \$59.99

**Call 519-539-9817 ext 333 or Email [Shelley@southgatectr.ca](mailto:Shelley@southgatectr.ca)**



**LOCAL ROOTS**  
*Bake Shoppe*

## Pre-Order Sweets

**Order 2 Days Prior  
to Pickup Day**

### PIES - 9" \$14

Coconut Cream Pie, Pecan,  
Rhubarb Custard

### TARTS

Butter Raisin or Butter Pecan  
\$18 Dozen / \$9 ½ Dozen

### MUFFINS

Bran/Bran Raisin/Orange  
Cranberry  
\$15 Dozen / \$7.50 ½ Dozen

### CUPCAKES

Vanilla or Chocolate  
\$24/dozen

**Order by emailing [Kristin@southgatectr.ca](mailto:Kristin@southgatectr.ca).**

## PROGRAM SCHEDULE NOVEMBER 2023

### MONDAY

8 am - 9 am Full Standing Fitness
9 am - 11 am Pickleball (Drop-In at WBC)
9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Full Standing Fitness
10 am - 11:30 am Cribbage
11 am - 12 Noon Seated Fitness
1 pm - 4 pm Klaverjas & Euchre
1 pm - 3:30 pm Billiards - Snooker
1 pm - 3 pm Darts
7 pm - 9 pm - Every week Cornhole League <b>R</b>
<b>DAILY PROGRAMS MONDAY - FRIDAY</b> 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

Without donations and fundraising your membership would cost between \$350 and \$400. Please give generously.

### TUESDAY

8 am - 9 am Full Standing Fitness
8:30 am - 10:30 am Bunka
9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Chair Yoga with Pam <b>R</b>
10:30 am - 11:30 am Fit Minds <b>R</b>
11 am - 12 Noon Total Body Workout
1 pm - 3 pm Carpet Bowling
1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3 pm Pickleball at Cowan Park <b>R</b>
1 pm - 3:30 pm Progressive Pepper
Education 1:30 pm - 3:30 pm <b>R</b>
6 pm - 7 pm Zumba Gold <b>R</b>
6:30 pm - 9 pm Billiards - Snooker
6:30 pm - 9 pm Come Dancing
7:15 pm - 8:15 pm ABBA <b>R</b>

## Week at a Glance

### WEDNESDAY

8:30 am - 9:30 am <b>R</b> Gentle Yoga
9 am - 12 noon Billiards - Snooker
9:30 am - 2:30 pm <b>R</b> Learning Unlimited
1:30 pm - 4 pm Progressive Pepper
7 pm - 9 pm Billiards - Snooker

### 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.  
Reduce/Reuse.



### THURSDAY

8 am - 8:45 am Why Weights
8:30 am - 9:30 am Beginners Line Dancing
9 am - 12 Noon Beginners Billiards - 8 Ball
9 am - 9:30 am The Blitz
9:45 am - 10:45 am Nov.2&16 Tea & Tales Friendship Club
9:45 am - 11:15 am Line Dancing
9:45 am - 10:30 am Stretch
11 am - 12 Noon Seated Fitness
1 pm - 3 pm Badminton (Drop-In at WBC)
1 pm - 3:30 pm Euchre
1 pm - 3:30 pm Musicares
5 pm - 5:45 pm CardioFit
6:15 pm - 7:30 pm <b>R</b> Classical Hatha Yoga
6:30 pm - 9 pm Billiards - Open
7 pm - 10 pm Bingo - Lions Club

### FRIDAY

8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 pm Full Standing Fitness
10 am - 11 am Nordic Pole Walking <b>R</b>
10 am - 12 pm Tech Literacy <b>R</b>
10:15 am - 11:30 am Trail Walkers (off-site) See pg. 13
10:30 am - 11:30 am <b>R</b> WOW - Wellness Over Weight
1 pm - 3:30 pm BINGO
1 pm - 3:30 pm Crochet/Crafts

### PROGRAM GUIDE

For a complete description of the classes, pick up a Program Guide or visit [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs).

**R** This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.

You can help South Gate's fundraising efforts this holiday season by making a donation to your favourite charity, South Gate Centre. Every financial donation receives a tax receipt.

season by making a donation to your favourite charity, a tax receipt.

## YOUR DONATIONS MATTER! NO MATTER THE SIZE.

Explore the Financial Benefits of Charitable Giving  
Make South Gate your charity of choice...

See the difference that charitable donation tax credits make when you donate to your favourite charity and claim your donation receipts. Not only is giving to South Gate a great way to make a difference to your favourite cause, but when you claim your charitable tax credits you can also take advantage of federal and provincial government tax incentives.

Calculate your savings here <https://bit.ly/3FpITCV>.

You have the freedom to choose where you would like your donation to go. Your choices are to make a general donation which helps us run the Centre, the Food Angel Program giving at risk seniors a warm meal, an In Memory Donation to honour a loved one, an In-Kind donation of product or services, or designate your donation to the Capital Fund.

### CAPITAL CAMPAIGN DONOR LEVELS

**VISIONARIES** \$500,000 to \$999,999

**CHAMPIONS** \$250,000 to \$499,999

**BUILDERS** \$100,000 to \$249,999

**PARTNERS** \$25,000 to \$99,999

**PROVIDERS** \$10,000 to \$24,999

**SUPPORTERS** \$5,000 to \$9,999

**INITIATORS** \$1,000 to \$4,999

### WALL OF RECOGNITION

ALL DONORS will be recognized in the Nugget and all donations will receive a tax receipt.

### Sleigh Bells Ring Fitness Bonanza

Wed Dec 6  
9:30 am - 11 am

1.5 hour Christmas Fitness Program with Nancy, Corrie and Gail.  
Weights, Balance, Stretch, Blitz  
*Free Will Donations to the South Gate Centre's Angel Food Program.*

Sign up at the Front Desk.



## BE A FOOD ANGEL THIS HOLIDAY SEASON

### SOUTH GATE CENTRE



This wonderful initiative will let an older adult in our community know that someone cared enough to make sure they had a nutritious meal on their table. We presently have a number of seniors on our list that greatly benefit from a FOOD ANGEL.

You can make a difference. Be a FOOD ANGEL.

Donate to feed a senior, for a week, a month, or a year. A combination of fresh, hot, frozen, healthy home cooked meals will be delivered to a senior from you, their FOOD ANGEL. A friendly volunteer will deliver meals 4 days a week (7 meals a week) to a senior in need.

Food insecurity is rising amongst seniors at an alarming rate. Seniors dealing with underlying health issues, isolation and not eating a healthy meal live at risk. Fortunately, South Gate Centre has repositioned ourselves, working hard to be innovative, creative and caring in new ways.

Our team of caring volunteers are seniors themselves, helping with delivery and packing our food orders. Seniors helping Seniors.

### Be a FOOD ANGEL at one of the following levels:

Donation Amt	Provide food for 1 person for:	Recognition in the newsletter
\$ 60	1 week	-
\$250	1 month	1 issue
\$750	3 months	3 issues
\$1,500	6 months	6 issues
\$3,000+	1 year	11 issues (1 year), social media, in-house recognition



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



## WELLNESS WITH SHEILA PICKNELL

### November is Osteoporosis Month in Canada

Osteoporosis can go unnoticed for years. Statistics say that 1-3 women, and 1-5 men are affected by osteoporosis. The most common one is primary osteoporosis. At the present time the statistics also say that it is incurable. So what does one do about it? Search out solutions on what are preventive measures that you can take.

I am wondering if some reading this are thinking, "yes I know all that Sheila, but..." The great big "BUT!" Let's turn that "BUT" into WHAT!

Osteoporosis Canada has an abundance of knowledge and resources - Check them out.

The earlier you begin a program to strengthen your bones and muscles, the better.

### Take Some time to Reflect-Rethink-Revive - The 12 Re's

1. Resist first, resist the urge to give up
2. Refresh yourself by gaining knowledge about osteoporosis and then use that knowledge wisely
3. Remind yourself it might not be curable, but it's treatable
4. Readjust your posture often, as your trunk is stabilized by your core muscles, which affects every way you move
5. Remember exercise is not only a great way to offset a decline in osteoporosis; but using your muscles helps protect, build and strengthen your bones
6. Review your lifestyle and modify as needed
7. Reset your mind if, and when it starts going down a road that leads to despair
8. Refuel your body, with healthy nutrition
9. Recheck your supplement intake and adjust accordingly
10. Reboot yourself, with a good nights sleep
11. Refrain from over-doing or under-doing; discerning the difference is essential
12. Reignite the flame of hope and may it warm you from the inside out

### A Few Exercises Ideas Research and Give Them A Try!

My favourite and is recommended: Plank (there is a version that will fit you), weight-bearing aerobics, walking, dancing, low-impact aerobics.

Just keep moving, and as always, be safe and have fun!

OSTEOPOROSIS IS A DISEASE WHERE INCREASED BONE WEAKNESS INCREASES THE RISK OF A BROKEN BONE.



## VOLUNTEERS NEEDED

**Front Desk Volunteer** – one day a week commitment of 6 – 8 hrs

- Responsible for performing a variety of reception and general office duties supporting the daily operation of the Centre
- Efficiently process a variety of data entry functions and payments using the computer POS system. Comfortably moving quickly between different applications.
- Multi-task and/or pivot frequently during duties
- Pleasantly and accurately respond to telephone and in-person inquiries.
- Maintain a calm and professional demeanor during high traffic periods of the day

**Special Events Committee - Special Events Record Keeper**

- Record and distribute minutes of monthly meetings
- Maintain event records (familiar with spreadsheet format – Excel)
- Communication with staff and committee

**Christmas Bazaar Volunteers** – Sign Up at the Back Desk.

If you're interested in becoming a volunteer, please contact Chantal McDonald [chantal@southgatectr.ca](mailto:chantal@southgatectr.ca) or Angela Hess, [ange@southgatectr.ca](mailto:ange@southgatectr.ca) or pick up forms at the Front Desk.



Thank you to all of our volunteers.



## MARILYN'S MUSINGS

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." – Franklin D. Roosevelt.

November is the month to remember. As we sit glued to our televisions watching what is happening throughout the world – war, terrorism, unprovoked attacks on innocent women and children, people fighting against each other - all that makes for an uneasy and worried world. We need to take the time to remember, to never forget the price that men and women have paid for the "privileges" we so often take for granted.

This month I want to pay tribute to my dad who fought, was injured and declared missing in action following the D-Day invasion. Ask as I might, he never wanted to talk about it. My dad and his three brothers arrived in Canada as youngsters to find happiness and a new life. The four sons all went back across the ocean as young men to fight for Canada. Thankfully, they survived.

My dad was only sixteen when he signed up. He was the youngest of the four Atkinson brothers and wanted to be just like them. He never got to do what most sixteen-year-olds do. When he came back after the war, his dad and mom – my grandparents – had both passed away. He married my mom as soon as he returned to Woodstock. That twinkle in his eye became me in a little over a year later. Six other twinkles later and I had three brothers and three sisters. Sadly, he never got to see his youngest son as he died of a massive heart attack at the age of 44 before he was born.

I often "muse," that is, "think deeply" about my dad. I wonder if what he saw – losing friends and colleagues before his eyes, what he experienced as a Canadian soldier, the wounds he suffered both physically and mentally, the gruelling task of fighting in that war contributed to his untimely demise.

I am grateful that my generation – the Baby Boomers – did not have to fight in any world wars. Some, I know, enlisted and fought in the Vietnam War. We are fortunate that we have, and hopefully never will, in our lifetime, see our sons, daughters, grandsons or granddaughters head off to fight for our country. We are free. We are blessed. We are Canadian.

On November 11th, wherever you are, whether it is at a service at a cenotaph, at home in front of your TV or even driving in your vehicle. remember those whose names are on the monuments and those whose aren't, like my dad.

Lest We Forget.

.....until next time.

Marilyn

[marilyn.watson@execulink](mailto:marilyn.watson@execulink)



## Christmas Tea

TEA'S THE SEASON

Sunday, December 10

10:30 am and 1:30 pm

Tickets at the Front Desk

\$15

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

A graphic of a Christmas tree made of colorful, glowing circles (red, yellow, green, blue, pink) on a black background.

## Memorial Tree of Lights

In memory of those we have loved

**JOIN US FOR THE**  
*Lighting of the Tree*

Held outdoors at South Gate Centre  
191 Old Wellington St S, Woodstock

**FRIDAY, DECEMBER 15**  
at 6 pm

Each \$20 donation will add a light to the tree and a name on the memorial sign.

Donations accepted at the Front Desk until Dec 4. No receipts issued. Cash only.

Sponsored by  
Brock & Visser Funeral Home

All proceeds go to South Gate Centre.



## An Array of Autumn Fashion Show

Guests were delighted to walk into an atmosphere tastefully decorated in Autumn colours; rich and vibrant, yet warm and cozy. We were sponsored once again by Robert's and Co. Ladies Wear and Zabian's Men's Wear. Both stores created outfits for the models that ranged from casual to evening wear. All models, including a surprise addition of Tom and Kathy Wilson's two grandsons, presented each outfit with grace, poise, and elegance.

The room was filled with "awes of delight" throughout the afternoon, including Kendra's (Robert's) mix and match demonstration, and the Local Roots Café desserts and beverages we enjoyed. Thank you to Hush Day Spa, Lazio Fine Wines, Home Depot, Zabian's, Robert's, and Embrace Your Abilities Program, for donating the door prizes.

I would like to say a great big "thank you" as it was once again a privilege, and honour to work with a wonderful group of volunteers and staff, to bring forth another successful event for South Gate Centre.

Sheila Picknell



## DONATIONS

### Thank You

Your donation means so much.  
Thank you.

### CAPITAL DONATIONS

Christine Uchacz  
Lorraine Pettrie

### FOOD ANGEL PROGRAM

Linda Lee  
Linda Baker  
Cecelia Grace

## THOUGHTS & PRAYERS

Larrie Blancher (shoulder surgery)  
Elaine Campbell (in hospital)



2

### EARLY BIRD DRAWS IN NOVEMBER

Nov. 8 \$250 and Nov. 15 \$500

Thanks to  
Wellington Street Denture Clinic

AND

**400 tickets for \$40 is back.**

Other ticket prices are 10 tickets for \$10  
and 100 tickets for \$20.

Buy tickets at  
**WWW.SOUTHGATE5050.COM**  
or at South Gate Centre

Licence No.: RAF1298355

## SGC STAFF

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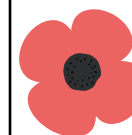
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November 11  
WE REMEMBER



## RESOURCES

**TeleHealth Ontario** is a free, confidential service to get health advice or information. A Registered Nurse will take your call 24/7. Toll-free: 1-866-797-0000.

### Senior Support Line

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

**211** - [www.211ontario.ca](http://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.

## CARD SCORES FOR THE FUN OF IT!

### KLAVERJAS SCORES

September 11	September 18	September 25
Inge Bystrek 4809	George Wall 5130	Carol Taplay 5400
Pete Bess 4629	Carol Taplay 4944	George Wall 5207
Rose Hartnett 4604	Rose Hartnett 4621	Walter Ferguson 5195
Jan Vleuten 4476	Inge Bystrek 4490	Inge Bystrek 4552

### TOP PEPPER SCORES

September 5	September 6	September 12	September 19	September 20
Susan Cote	James Kendall	Susan Cote	Sandra Siroky	Jan Vleuten
Donna Butson	Marie Desforges	June Milsom		Dennis Hopper
Chuck Toplis	Larry Stone			
	Chuck Toplis			

September 26	September 27
Bill Kruis	Bill Kruis
Frank Holman	
Paul Brunt	



*Candlelight Concert*  
Sing-a-long with SG Music Cares  
Fri Dec 8 - 7 pm - 8 pm  
Altadore Hall  
Free will offering 191 Old Wellington St. S.

## ADVERTISEMENTS

### Mike Schonemann

### Handyman / Small Repairs

*Very reasonable rates.*

Install new fixtures, plumbing, curtain installation, door installation, assembly of furniture, deck installation and repairs, plus, plus, plus. Advice is always free.

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## ADVERTISEMENTS



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 want to continue to show our overall community involvement.



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

YOU ARE INVITED

# OPEN HOUSE

2-4 PM Every Thursday

519.771.4973

511 Finkle Street  
Woodstock, ON N4V 0C4



Local Roots can cater your turkey Dinner this holiday season. Contact Shelley at 519-539-9817 ext. 333 or email her at [shelley@southgatectr.ca](mailto:shelley@southgatectr.ca).

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**2023  
COFFEE  
SPONSOR**

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**20**  
Years



**62 Wellington Street South  
519-533-1919**

**[wsdcoffice@gmail.com](mailto:wsdcoffice@gmail.com)  
[wellingtonstreetdentures.com](http://wellingtonstreetdentures.com)**

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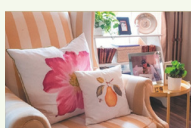
## ADVERTISEMENTS



FOR MORE INFORMATION  
**519.539.0219**  
[www.parkplaceretirement.ca](http://www.parkplaceretirement.ca)



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### Amenities & Services Include

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- Emergency call bell system
- Hair salon
- Exercise and wellness programs
- Furnished suites for guest stays
- Garden areas
- Outdoor parking
- Assistance with bathing
- Medication Administration
- 24-hour support by the wellness team
- Weekly laundry and Housekeeping

Offering health, wellness, meals, laundry, housekeeping, safety, security, and so much more. Our dedicated team of over 35 trained professionals provides care and services 24 hours a day, 7 days a week.

We look forward to speaking with you, guiding you on a tour, and sharing a meal. Call us at your convenience, and we will make all the arrangements. ...

**One  
Month  
FREE!**

**Join Us!**

### Remembrance Day Celebration

Saturday, Nov. 11th @ 10 AM

### Wine & Cheese with Tracey Kenedy

Monday, Nov. 20th @ 2 PM

### Birthday Party with the Goldie's Band

Monday, Nov. 27th @ 2 PM

RSVP to Jordan at (226) 228-5092

"Remember that the happiest people are not those getting more, but those giving more." - H. Jackson Brown Jr.

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## LOCAL ROOTS

# Fantastic & Affordable Frozen Food

Soups | Entrées | Desserts

Entrees - \$6 - \$8

Soups - \$3 - \$5

Desserts - \$3

**\*Best Value Frozen Variety Pack**  
5 Soups, 10 Entrées, 5 Desserts for \$85

Order by calling South Gate Centre or online at <https://bit.ly/3Jt3tnv>.

## ADVERTISEMENTS

### 2023 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](mailto:sarah@southgatectr.ca).

### Personalized TAX Preparation

- E-filing available
- Free pick up
- Special consideration for seniors

**519-536-3635**

317 Willowgrove Crescent  
Woodstock, ON

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**LOCAL ROOTS**

**The South Gate Kitchen**

**Public Welcome**

**519-539-9817**

**191 Old Wellington St. S., Woodstock, ON**

**[www.southgatectr.com/local-roots](http://www.southgatectr.com/local-roots)**

**All homemade food, locally sourced.**

## November Lunch Menu

**EAT IN OR TAKEOUT - \$8**

Served 11:30 am - 1 pm

Our lunches will rotate between these items:

**Chili** - Vegetarian Chili with a roll

**Liver** - Liver & Onions with mashed potatoes, gravy and vegetables

**Pork** - Pork Loin with roasted vegetables

**Enchilada** - Beef Enchilada

**Turkey** - Turkey, mashed potatoes, gravy and vegetables

**Beef Bowl** - Beef Vegetable Noodle Bowl

**Quesadilla** - Chicken Quesadilla served with salad

**Ham** - Ham Steak with pineapple sauce and rice

**Shepherd's Pie** - Shepherd's pie with salad

**Chicken** - Oven Fried Chicken with baked potato and vegetables

**Grab & Go Items  
and  
Fresh Baking  
Available  
Monday to Friday  
8:30 am - 4 pm**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30	Soup & Sandwiches	31	Witches Cauldron Soup & Monster Fingers	1	Vegetarian Chili	2	Liver	3	Pork
6	Soup & Sandwiches	7	Enchilada	8	Turkey	9	Beef Bowl	10	Quesadilla
13	Soup & Sandwiches	14	Beef Bowl	15	Quesadilla	16	Pork	17	Enchilada
20	Soup & Sandwiches	21	Quesadilla	22	Ham	23	Enchilada	24	Pork
27	Soup & Sandwiches	28	Pork	29	Shepherd's Pie	30	Chicken	1	Liver

**MEXICAN DINNER** served Buffet Style

**Quesadillas, Tacos, Enchiladas, Rice, Salad, Soup**

WEDNESDAY, NOVEMBER 15 5 pm - 7 pm Only \$20

Prepurchase Tickets at the Front Desk



**LOCAL ROOTS**