

# GOLDEN NUGGET

APRIL 2024



## EVERY MOMENT MATTERS

***Celebrate***

NATIONAL VOLUNTEER  
MONTH *with us!*



SOUTH GATE  
CENTRE

**A PLACE TO VOLUNTEER**

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	Jeffery Gerber *NEW (see profile in May Nugget)
Treasurer: Patrice Hilderley	Dianne Reeves-Denby
Secretary: Connie Lauder	Chad Williams

## South Gate Centre Members Committee

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

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

TH - FR	Indoor Dining - LOCAL ROOTS CAFE - 11:30 am to 1 pm
Thursdays	Lion's Club BINGO 7 pm
<b>APRIL</b>	
Mon Apr 1	<i>CLOSED for Easter Monday</i>
Sat Apr 6	Spring Fashion Show - Embarking on a New Season p.13
Sat Apr 6	Local Roots - Roast Beef Dinner Curbside Pickup & Indoor Dining p.32
Wed Apr 10	50/50 Early Bird Prize \$400 Deadline: 9:30 am Draw: 10 am
Thurs Apr 11	VON Blood Pressure Clinic 9 am - 12 pm
Sat Apr 13	Bus Trip - Medieval Times p.15
Mon Apr 15	Volunteer Appreciation Dinner - By Invitation Only
Mon Apr 15	Trivia with Al at 1:30 pm
Wed Apr 17	Local Roots - Indian Dinner Indoor Dining at 5 pm p.32
Tues Apr 23	50/50 Grand Prize Deadline 11:59 pm
Wed Apr 24	50/50 Grand Prize Draw: 10 am May Lottery starts at noon.
Tues Apr 23	Bus Trip - Fallsview Casino w/ \$35 in slot play - SOLD OUT
Thur Apr 25	Golf League Pre-Season Meeting p.11
<b>MAY</b>	
Fri May 3	New Country Dance with Neon Rain p.13
Wed May 8	50/50 Early Bird Prize \$400 Deadline: 9:30 am Draw: 10 am
Wed May 8	South Gate Cruise-In p.13
Thurs May 9	Mother's Day Tea p.13
Sat May 11	Garden Extravaganza p.13
Tues May 14	Bus Trip - Oil Rush: The Big Discovery Musical, Oil Museum & Lunch p. 15
Sat May 18	Bus Trip: Blue Jays vs. Tampa Bay SOLD OUT
Fri May 24	Murder Mystery: The Great Gaspe p.13
<b>JUNE</b>	
Mon Jun 3	Bus Trip: Whistling Gardens p.15
Sat Jun 15	Woodstock's Premier Poker Tournament - Texas Hold 'Em Details in the May Nugget. Charity Fundraiser for SGC.

# MEMBERSHIP AT SOUTH GATE CENTRE

## 2024 Membership Rates

TYPE OF MEMBERSHIP	2024 FEES
All-Inclusive (9 months) APR. - DEC.*	\$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.

## MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Woodshop and Fitness Room – FREE for Members ONLY
- Save \$ on Registered Programs, Cultural Dinners and more...
- Save 10% on Room Rentals at SGC
- Discounts offered at select community partner businesses. Pg.27

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

*"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."* – Jean Vanier

# BOARD OF DIRECTORS MESSAGE

Spring is in the air, signaling growth and the promise of new beginnings!

We are blessed with an amazing ever-growing membership. To date you have generously donated your time, enthusiasm and support! Even in the face of uncertain times you have remained unwavering, and for this we thank you.

This month, we embark on our Annual Appeal Campaign. Our goal is not only to continue to provide the services, programming and social opportunities that you have come to depend on, but to expand on them and meet the ever-growing needs of our membership and centre.

***We can't do it without your help.***

We're reaching because you've demonstrated your commitment to growing and moving our Centre forward. With your support, we can impact South Gate Centre in a lasting way and maintain affordability for all!!! Please join us by making your gift online or in person. All funds raised will go directly to the operations of South Gate Centre.

***Exciting times lie ahead!***

On Behalf of the Board of Directors,  
Thank you for your continued support and generosity.

Cristian Lagos  
Chair, Board of Directors

## 2024 Board of Directors



Cristian Lagos



Linda Baker



Dianne Denby



Jeffery Gerber  
See profile in May Nugget.



Kathy Deweerd



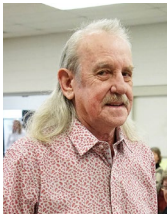
Patrice Hilderley



Connie Lauder



Chad Williams



We ♥ our Volunteers



## MEMBERS' COMMITTEE MESSAGE

As a volunteer in various roles at South Gate I would just like to share with you how much I continue to enjoy the opportunity to participate in meeting the challenges that face SGC and its members as we grow, especially in the company of my fellow dedicated members on the Members Committee.

I continue to be so grateful to have met so many friendly and motivated people among our members, staff and the board which has helped to enrich my life in my senior years. I have seen how volunteering has had a similar effect on the members of this committee and all the other volunteers I know at South Gate who contribute in making SGC the wonderful place that it is.

At South Gate we have several people with various backgrounds, skills and personalities who have taken the opportunity to volunteer and have found immense satisfaction in knowing their contribution has made a difference in their own lives and the lives of their fellow members.

So, if you have ever paused to consider volunteering here at SGC, hesitate no longer. From my own experience and from what I have seen in other South Gate volunteers, that I have had the privilege of knowing, I am sure you will find it very fulfilling.

Dave Clarke  
Chair, Members Committee



### 2024 Members Committee Members



Front (L to R): Heather Wilks, Mike Houle, Bev Rajani, Nancy Jarrett  
Read (L to R): Carol Egan, Dave Clarke (Chair), Jodi Ziebarth, Guy LaPlante (Secretary)

## MESSAGE FROM OUR VOLUNTEER COORDINATOR

This year's theme for National Volunteer Week highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our community.

Volunteers are fundamental to meeting this challenging moment. At SGC, our volunteers are, and have always been, the heart and soul of this organization. By coming together, committing support, and increasing our collective efforts and impact, we contribute exponentially to the quality of life we all strive for.

During National Volunteer Week, we come together to recognize and celebrate the importance of each and every volunteer's impact. Each action is a moment, and we may never know how it impacts those around us. What I do know, is that each day is a masterpiece made up of those individual moments and we are working together to bring our dreams and desires for this life to fruition through them. Now more than ever, Every Moment Matters.

Thank you volunteers, for all your shared moments!!

Ange Hess

Volunteer Coordinator

## VOLUNTEER APPRECIATION DINNER APRIL 15 AT 5 PM by Invitation Only



South Gate Centre's 50/50 Lottery has been running since March 1 of 2023. From the launch of the lottery until the end of February 2024, we've given away \$76,540! Thank you for your support over the last year.

We rely on your continued support of fundraisers like the 50/50 lottery to allow us to continue offering affordable programming and activities to you and other active adults like you. Proceeds from the lottery have been used for the following: woodshop supplies, smallwares and repairs for the kitchen, fitness equipment, volunteer fitness instructors training and certification, cloakroom chairs, laptops and desk for the cafe volunteers, LED bulbs, member check-in system and more!

Please continue to share the lottery with your friends, and don't forget to get your tickets at [www.southgate5050.com](http://www.southgate5050.com) or at the Centre.



# MESSAGES TO OUR VOLUNTEERS

I want to personally thank all volunteers who make a difference at South Gate Centre! Your enthusiasm and wanting to make a difference are immeasurable to making this place a success!! You are the pillars of successful programming, activities, and happiness in our community.

Each individual brings a piece of the puzzle that makes a beautiful portrait of South Gate Centre and everyone matters in the value they bring to it.

Thank You, Thank You, Thank You!!  
Chantal McDonald



Volunteering is the very core of being a human. No one has made it through life without someone else's help." – Heather French Henry

"Every moment you give of yourself matters to someone!"

– Angela

Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds! Thank you from the bottom of our hearts for helping us change the odds for so many people. You continue to inspire and drive us forward in everything we do!  
– Larrie

You are amazing. You are important. You make a difference. You are incredibly appreciated. Thank you for ALL you do! – Chris

"The smallest act of kindness is worth more than the grandest intention." ~ Oscar Wilde from Kristin

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." ~ Martin Luther King, Jr

Thank you for all that you do! You all make my heart full through your willingness to be a part of our team! -- Shelley

"VOLUNTEERS are just ordinary people with extraordinary hearts. They offer the gift of time to listen and to provide support to those in need. They expect no pay yet the value of their work knows no limits. They know the unexpected joy of a simple hug. Volunteers are just ordinary people who reach out and make a difference that can last a lifetime."

~ Teresa Roberts Thank you for being ordinary! - Sarah



# PROGRAMS

## PAY-AS-YOU-GO CLASSES

CARDIO DRUMMING Instructor: Gail Wijesundera

DAY	TIME	LOCATION	FEE
2nd & 4th Wednesdays	6:30 – 7:30 pm	Altadore Hall	Members: \$5 per class Non-Members: \$10 per class

Cardio drumming is a fun way to improve coordination, do some mild cardio and stretching moves while enjoying every minute of it. Chairs are available to adapt exercises for mobility. Space Limited to Number of Stability Balls Available. Come early or bring your own ball.

## OFF-SITE PROGRAMS

### BICYCLE GROUP

The Bicycle Group rides every Thursday in the good weather on different trails in Woodstock and surrounding area. It is not a fast pace ride, just an enjoyable one sometimes stopping for lunch. Start time depends on where the ride begins. For further information email [merk@execulink.com](mailto:merk@execulink.com).

### 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](mailto:slivanpo@gmail.com).

April 5	Tollgate	April 19	Roth Park
April 12	Upper Trail	April 26	Lansdowne



# LEAGUE NEWS

## Baseball (Lobball) League

We are once again preparing to play Baseball at South Gate Centre. We play in an Older Adult Centre league with other teams from our area including Ingersoll, Stratford and Tillsonburg, which means there is travel involved at times. It is a Co-ed league, playing once a week from the end of May to early September, with a season ending tournament and dinner. Requirements to participate are that you be a South Gate Member, be 50 years of age for the women and 55 for the men, have a baseball glove and enthusiasm for the game. Players of all skill levels are welcome.

Sign up at the Front Desk starting in April.

Practice is once per week in May, once the fields are dry.

League Play starts approximately on Tuesday, May 21

FEES - Payable at the Front Desk

SGC Members \$25

Non-members \$85 (\$60 SGC social membership + \$25 League Fee)

All players must be SGC members due to insurance requirements.

End of season Tournament & Banquet – Tuesday, September 10.

More info contact Scott Revell at [scott.revell@hotmail.com](mailto:scott.revell@hotmail.com).

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## Golf League

Interested in joining SGC Fun Golf League? EVERYONE WELCOME

Pre-season meeting – Thursday April 25 at 12:30 pm in the café.

Come out to hear all the details.

The SGC Golf League will play at Creekside Golf Club, 594733 Hwy 59, Woodstock for the 2024 season. This 18-hole executive course provides a challenge for everyone. Even the most experienced golfer will have to use every club in their bag and will need to play well to score well. Creekside is the ideal course for challenging your short game and working on your irons.

DAY

DATES

TEE TIME FROM

Thursdays May 9 - September 19

8 am - 10 am

(8:30 for the first few weeks)

LEAGUE FEES - Register at South Gate Centre

SGC Members \$35 (HST included)

Non-Members \$50 (HST included)

League Fee includes the end of the season banquet – meal and prizes.

\$22 – 9 holes or \$32 with a cart. Cash paid weekly at the golf course.

End of Season Banquet – Thursday, September 26.

More info contact Evelyn Hetherington at [play\\_time@rogers.com](mailto:play_time@rogers.com).



# Volunteers Needed



## EVENT VOLUNTEERS

- o May & June Cruise Nights – Available Wednesday, May 8 & Wednesday, June 12 from 5 pm – 8 pm to assist with a variety of activities for our monthly car show (see Rick Rose).
- o Garden Extravaganza – Available Saturday, May 11 from 8:30 am – 1 pm. Shifts available.
- o Victoria Day Parade – Float decorators & walking participants.

## GARDENERS

Dig up plants at the Centre – Last week of April

## FITNESS INSTRUCTORS

Lead weekly drop-in fitness classes (see Nancy LaPlante)

## TECHNOLOGY INSTRUCTOR

Teach and/or assist members, in-person, on a weekly basis in a small group or one-on-one sessions.

## CULTURAL DINNER SERVICE TEAM

Every 3rd Wednesday evening assist with a variety of duties including taking tickets, greeting and seating guests, refilling water pitchers, and clearing tables.

## ALSO NEEDED

**KITCHEN PREP HELPERS**  
**CATERING CREW**  
**DELIVERY DRIVERS**

If you're interested in becoming a volunteer, please fill out a Volunteer Application at the Front Desk or contact Chantal McDonald [chantal@southgatectr.ca](mailto:chantal@southgatectr.ca) or Angela Hess, [angela@southgatectr.ca](mailto:angela@southgatectr.ca).

# COMING EVENTS

**April  
6**

2 pm - 4 pm

## Embarking on a New Season

Clothing Sponsor



Spring Fashion Show



\$15

**May  
3**

7 pm - 11 pm

## NEW COUNTRY DANCE

Live music by Neon Rain

Draws, Prizes and a Light Buffet at 9 pm.



\$25

**May  
8**

5 pm - 7 pm

## South Gate **CRUISE-IN**

Free Admission. Fun, Music, Prizes and Local Roots' Rib Dinner \$20

FREE



**May  
9**

2 pm - 4 pm

## Mother's Day Afternoon Tea \$15

An elegant Tea Service with delightful English treats. Host and speaker, Jean Hilton. We invite you to come wearing an afternoon hat or fascinator if you choose.



**May  
11**

9 am - 1 pm

## Garden

**EXTRAVAGANZA,  
BAKE SALE &  
MOTHER'S DAY BRUNCH**

FREE

PLANTS, HANGING BASKETS,  
BIRDHOUSES, PERENNIALS,  
ONE-OF-A-KIND ACCESSORIES

Outdoor Event

**May  
24**

6 pm

## Murder Mystery Dinner THE GREAT GASPE

We invite you to dress up for this event. Think 1920's Gangsters. Flappers. Buffet style roast chicken dinner and the show.

\$40

Tickets available at the Front Desk..  
Get yours early to avoid disappointment.

## SPECIAL EVENTS MESSAGE

April 14 – 20 is National Volunteer Week in Canada.

The South Gate Centre (SGC) Special Events Committee (SEC) is made up of some of the hardest working, most talented and dedicated volunteers and staff that I have had the pleasure of working with.

The importance of having willing, reliable volunteers in most organizations is vital and immeasurable and SGC can boast that they have volunteers who are second to none.

Thank you does not adequately express the gratitude of SGC, so, as you can see below, there is a volunteer appreciation dinner planned for Monday, April 15th to celebrate all of our amazing volunteers.

Here are some of the events that your SEC is working on for the month of April and early May that should interest you:

- Spring Fashion Show - Embarking on a new adventure.
- Volunteer Appreciation Dinner
- Cultural Indian Themed Dinner
- New Country Dance (featuring Neon Rain)
- South Gate Car Cruise (season opener)

We appreciate your feedback on past events and welcome your suggestions and participation for future events by submitting them into the SUGGESTION / COMMENTS box located near the check-in desk.

Thanks,  
Rick Rose,  
Special Events Committee

## South Gate Centre has THE BEST VOLUNTEERS, EVER!!!



Book a Tour  
519-537-6446  
196 Ferguson Dr. Woodstock,  
ON, N4V1A6

[www.langdonretirementvilla.ca](http://www.langdonretirementvilla.ca)



Included in Monthly Fees:  
\* 24/7 PSW Care  
\*Medication Management  
\*Weekly Housekeeping and Laundry  
\*Daily Activities  
\*Meals, Drinks and Snacks  
\*Wifi, Cable, Phone

## BUS TRIPS

**April  
13**

2 pm - 8:30 pm

### **Medieval Times**

**\$130**

Four-Course Feast, Brace yourself for approximately two hours of heart pounding excitement. You'll see lance-shattering jousting, clashing swordsmanship, thrilling hand-to-hand combat, displays of extraordinary horsemanship and falconry as part of an unforgettable experience.

**May  
14**

9 am - 6:45 pm

### **Oil Rush**

**\$145**

The trip includes a morning tour of the Oil Museum in Petrolia, lunch at Actors, followed by the musical Oil Rush: The Big Discovery Musical. Coinciding with the town's 150th anniversary, this amazing story intertwines the past and present, paying tribute to Petrolia's enduring legacy.

**June  
3**

9 am - 6 pm

### **Whistling Gardens**

**\$99**

Whistling Gardens, one of Ontario's premier and award-winning horticultural gardens. Home to North America's largest peony collection, North America's largest conifer collection and one of Canada's largest computer run fountain shows. Stroll and explore over 20 acres of gardens displaying over 4,500 different plants including the rarest tree in the world; the Baishan Fir. Also included is lunch at the gardens, a tour of Ramblin Road Brewery, and a beer sample. Learn more about the gardens at [www.whistlinggardens.ca](http://www.whistlinggardens.ca).

**June  
25**

9 am - 7 pm

### **The Clairvoyants**

**\$89**

Enjoy free time at Fallsview Casino with \$35 slot play included. Time for lunch on your own. Then enjoy the World's Greatest mind reading show "The Clairvoyants! Award-winning performers Thommy Ten and Amélie van Tass are an extraordinary Austrian magician and mentalist duo. Their full-length show features magic, illusions and much more.

Book your seat early to avoid disappointment. Not listed here are 2 trips which have already sold out. Call to book or book online at <http://bit.ly/3IQATfV>.

# PROGRAM SCHEDULE APRIL 2024

## MONDAY

## TUESDAY


8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
8:30 am - 9:30 am Tai Chi <b>MEMBERS ONLY</b>	8:30 am - 10:30 am Bunka
9 am - 11 am Pickleball (Drop-In at WBC)	9 am - 12 Noon Billiards - Snooker
9 am - 12 Noon Billiards - Snooker	9:30 am - 10:30 am Chair Yoga with Pam
9:30 am - 10:30 am Full Standing Fitness	10:30 am - 11:30 am Fit Minds
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
<b>DAILY PROGRAMS MONDAY - FRIDAY</b>	1 pm - 3:30 pm Woodshop 101
8 am - 11 am Woodshop*	1:30 pm - 3:30 pm Education - History
8:30 am - 3:30 pm Library	6:30 pm - 9 pm Billiards - Snooker
FITNESS ROOM*	6:30 pm - 9 pm Come Dancing
9 am - 9 pm Monday - Thursday	
9 am - 3 pm Friday	
*Must have orientation first.	

## 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.



# Week at a Glance

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 noon Billiards - Snooker	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
10 am - 3 pm <b>R</b> Learning Unlimited	8:30 am - 9:30 am Beginners Line Dancing	9 am - 12 Noon Billiards - Snooker
1:30 pm - 3 pm <b>R</b> Paint Class	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper	9:45 am - 10:45 am Apr 4&18 Tea & Tales Friendship Club	10 am - 11 am <b>R</b> Beginners Nordic Pole Walking
6:30 pm - 7:30 pm Apr. Cardio Drumming 10&24	9:45 am - 11:15 am Line Dancing	10:15 am - 11:30 am Trail Walkers (off-site)
6:30 pm - 9 pm Bid Euchre	9:45 am - 10:30 am Stretch	10:30 am - 11:30 am <b>R</b> WOW - Wellness Over Weight
7 pm - 9 pm Billiards - Snooker	11 am - 12 Noon Seated Fitness	10:45 am - 11:45 am <b>R</b> Blitz & The Beat
<p><b>Want a chance to win thousands and support South Gate at the same time???</b></p> <p><b>Get your tickets to South Gate's 50/50 Lottery TODAY.</b></p> <p><b>In April get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.</b></p> <p><b>You have to be in it to win it!</b></p>  <p>WWW.SOUTHGATES050.COM</p>	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
	1 pm - 3:30 pm Musicares	<p><b>PROGRAM GUIDE</b></p> <p>For a complete description of the classes, pick up a Program Guide or visit <a href="http://www.southgatectr.ca/programs">www.southgatectr.ca/programs</a>.</p> <p><b>R</b> This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.</p>
	1 pm - 3:30 pm <b>R</b> Woodshop 101	
	6 pm - 7 pm <b>R</b> Zumba Gold	
	6:30 pm - 9 pm Billiards - Open	
	7 pm - 10 pm Bingo - Lions Club	
7:15 pm - 8:15 pm <b>R</b> ABBA		

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**: No Programs on Fri. Mar. 29 or Mon. Apr. 1. :**

**: SGC & Local Roots Closed for Easter. :**

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# CAPITAL CAMPAIGN UPDATE



**MULTI-USE HALL SPACES**

# CAPITAL CAMPAIGN UPDATE

Timeline - the South Gate Expansion project goes out to public tender for a General Contractor on April 4. The tender will close May 2. Bids will be reviewed and the winning bid will be presented at the May 23 City Council meeting for council to approve. Once approved, the construction start date may be as early as July 3, depending on the contractor.

Community partners and donor meetings continue.

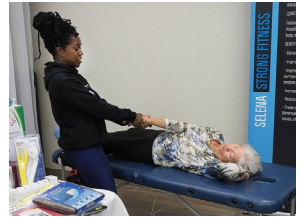


- |                             |                           |                             |
|-----------------------------|---------------------------|-----------------------------|
| 1. ENTRANCE CANOPY          | 8. EXTERIOR PATIO         | 15. MECHANICAL & ELECTRICAL |
| 2. VESTIBULE                | 9. ATRIUM                 | 16. STORAGE                 |
| 3. LOBBY                    | 10. CAFE / BAR            | 17. CORRIDOR                |
| 4. RECEPTION                | 11. HALL #1               | 18. COMMUNITY KITCHEN       |
| 5. SHARED OFFICE            | 12. HALL #2               | 19. STORAGE                 |
| 6. OFFICE                   | 13. HALL #3               | 20. GRAB N GO               |
| 7. LOUNGE                   | 14. VESTIBULE             | 21. CLOAK ROOM              |
| 22. CORRIDOR                | 29. BARRIER-FREE WASHROOM | 36. KITCHEN                 |
| 23. WORKSHOP                | 30. WOMEN'S WASHROOM      | 37. GAMES ROOM              |
| 24. CORRIDOR                | 31. WELLNESS ROOM         | 38. MEETING ROOM            |
| 25. UNIVERSAL W/R           | 32. VESTIBULE             |                             |
| 26. WASHROOMS               | 33. ATRIUM                |                             |
| 27. MECHANICAL & ELECTRICAL | 34. HALL #4               |                             |
| 28. MEN'S WASHROOM          | 35. STORAGE               |                             |

# FUN IN MARCH



SEATED FITNESS



# MARCH HIGHLIGHTS

## BEST U HEALTH EXPO 2024 - VOLUNTEERS

Vendor Comment: "The best U was the best one yet. You did a great job. We had an awesome time! "

Any plan needs good people to execute that plan. Because of the volunteers and staff listed, the 2024 Best U Health Expo was very successful.

Al Campbell

Ann Sawtell

Annie Davis

Barb Roth

Bev Rajani

Cathie Davies

Chuck McIntyre

Corrie Fransen

Dave Clarke

Deb Adams

Diane Clark

Donna Rose

Eleanor Woods

Elizabeth Brekelmans

Flo Blakely

Gary Magill

Graham Becker

Greg Alonzo

Guy LaPlante

Jenny Tonin

Jim Tonin

John Martin

John Wilkins

Karen McIntyre

Kathy Alonzo

Linda Curry

Marie Clarke

Marilyn Martin

Marion Baker

Mike Houle

Paulette Whiteford

Rick Rose

Shelly Roi

Suzanne Nagy

Tom Wilson

Yvonne Boniface

Kristin Burke

Larrie Blancher

Shelley Davis

Sarah Lindsay

We would also like to thank the more than 400 Exhibitors, Speakers, Participants, and South Gate Centre for making the 2024 Best U Health Expo an outstanding event.

*Nancy Scott, Ange Hess and Chantal McDonald*  
Coordinators, Best U Health Expo



## St. Patrick's Pepper Tournament

This year's St. Patrick's Pepper Tournament was well attended, and everyone had a great time. Many thanks to the Pepper Team for running this event, and to Chartwell Oxford Gardens for sponsoring some of our door prizes. We can't wait to see you all at the next one in October.

## Cornhole

Cornhole season wrapped up its Winter Season on March 4th with an average of 20 players participating each night.

## WELCOME NEW MEMBERS

Bill Allison  
Dottie (Dace) Berg  
Lisa Brodeur  
Kathy Campbell  
Patrick Coulas  
Lyne Crosson  
Nancy Fleming  
Peter Fortune

Kimberley Gee  
Sandra Gosselin  
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Ruth Hartley  
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Brian Kittmer  
Karen Moritz  
Gerald Neave  
Alecia Nicolls  
Valerie Reeves  
Arthur Roefs  
Graham Wallace

*"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."* – Helen Dyer



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## 2024 Exclusive Offer for South Gate Members

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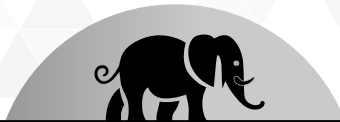
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## MARILYN'S MUSINGS

"The broadest and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good." – Ivan H. Scheier, PhD.

Ivan H, Scheier PhD. was a cutting-edge thinker in the field of volunteerism. He devoted most of his life promoting volunteerism until he died in 2008 at the age of 82. He was the author of numerous publications on this topic, his last being a book entitled "Making Dreams Come True Without Money, Might or Miracles" (Energize Inc. 2000) The intent of his book was to inspire and motivate you, volunteers and anyone who wants to make a difference.

April is Volunteer Month, a time to recognize and honour those who give of their time and energy to make a difference. Every time I use that expression, I think of a little journal I received as a gift from a friend. The cover and accompanying bookmark depict a big dog and a little one looking up to him with the caption, "No one is too small to make a difference." In that journal I have written about trips my friend and I took, adventures we had and events we shared over the years. I've stuffed it full of little mementoes – cards, brochures, restaurant menus, poems she wrote and pictures of the two of us when we were workmates. It was actually that journal that inspired me to find something I could do to make a difference. Over the course of my "career", I worked for many organizations with Boards of Directors and Committees, all of them volunteers. I was familiar with the procedures, the responsibilities and the commitment that was required to be a Board member. Being retired and wanting to do something meaningful, I decided I could do that. And so, I did. I applied, was interviewed and got a position on the Board. For nearly six years, I served on the South Gate Board as Secretary and later into my term as the Board liaison between them and the Members' Committee. For the past several years, I've spent a couple of hours every month preparing and writing this article (because they let me, and I enjoy doing it). Serving on the Board and Members' Committee as well as "Marilyn's Musings" are my contributions to South Gate as a volunteer. I often wish I could do more – help at the front desk or at Local Roots, teach a class or assist with one – so many things that would make a difference.

There's always a need for volunteers! Offer your life experiences, your talents, your energy and your support. To those of you who already do, thank you for your dedication, your hard work and the gift you give South Gate – the hours you spend helping make dreams come true without money, might or miracles. You make a difference.

Until next time.....  
Marilyn

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



## WANT MORE ENERGY?

One of the top reasons people skip their workouts – or don't work out at all! – is because they don't have the energy.

Here's a mind-blower for you: one of the best and easiest ways to get more energy fast is to **WORK OUT**.

But there's one important caveat: You have to work out the right way. All of this is backed by science.

First, the **WHY**. There are three big reasons exercise – aka moving your body – helps you have more energy:

1. It helps your body create energy at the cellular level – in the mitochondria of your cells. Exercise can help you create **MORE** mitochondria ... as well as spur them to create even **MORE** energy. It's like a 1-2 punch of energy!
2. It boosts oxygen circulation inside your body, which helps your body use its energy more efficiently.
3. Your body releases more feel-good hormones when you exercise.

The key to **HOW** to work out is to listen to your body! Research shows that when you are feeling blah and tired, it's best to get up and **MOVE** at a low to moderate pace for 10-20 minutes. This could be going for a walk, dancing, a round on the treadmill or elliptical, or some yoga or pilates.

Research shows that the most important thing is to be **CONSISTENT** with your workouts. A couple of findings:

- Doing regular, low-intensity exercise can help boost energy by 20% while cutting fatigue by as much as 65%.
- On days when people walked **MORE** total daily steps, they ended the day with **MORE** energy than on the days when they walked less.

REFERENCES: <https://bit.ly/4csyncv>



# WELLNESS WITH SHEILA PICKNELL

April is Volunteer Month

Wholistic Health and Wellness benefits through Volunteering have Limitless Possibilities

I think of the well known song Do-Re-Mi, that Julie Andrews so exquisitely sings. The lyrics of "Let's start at the very beginning, a very good place to start..." Are you singing or humming the tune?

This season is a great time to start new beginnings, and embrace those possibilities. Let's start with what are some things that are important to you?

What types of skills, passions, values, energy, and interests do you have that are waiting to burst forth?

One component that's important to me as volunteer Fitness Instructor at South Gate, is for you to develop an increased "range of motion." As well as an enhanced "daily quality of life." Nourishment for the soul, as we manoeuvre through this very important journey called life!

Poet William Cowper (1785) quote: "Variety's the very spice of life, That gives it all its flavour."

A dash of this spice, a splash of another, brings forth a fragrance and colour that transforms even the most basic meal! Now let's stretch that further, do some high stepping outside the box, and spice up your daily routine. I find life is more enjoyable, fun and interesting, when I step out and allow myself to tackle a new adventure. Each one of us has something unique to give. Think about what a smile, an encouraging word, or act of kindness can bring.

Giving of yourself, is not only beneficial for your health and wellness, but you'll be building a bridge of connectedness and Positivizing others around you. It's also a great way to expand your knowledge. It's said, "We should learn something new everyday." There's just something about being part of a team, having fun, building relationships, and memories along the way. Yes, it can be hard work sometime, but it's rewarding!

Haven't given it a try?...It's time to start at the very beginning...

[contactsheilamary@gmail.com](mailto:contactsheilamary@gmail.com)



# 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.

## THOUGHTS & PRAYERS

To the friends and families of:

Nancy Collins

Donna Csonto (passed)

Mary Helmuth (in hospital)

Jim Jones (recovering at home)

Inge Bystrek (recovering at home)

## DONATIONS

Your donation means so much.  
Thank you.

### CAPITAL DONATIONS

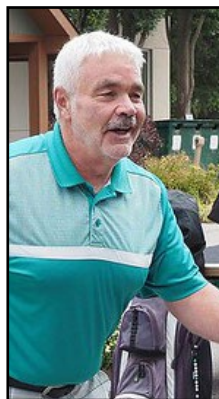
Susan Browning

Barbara Mosley

Wellington Street Denture Clinic

### FOOD ANGEL PROGRAM

Gateway Casino & Entertainment Ltd.



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Baker/ Assistant Manager  
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# JOINT HEALTH & SAFETY COMMITTEE

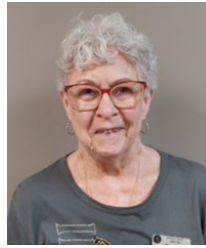
Your South Gate JHS Committee



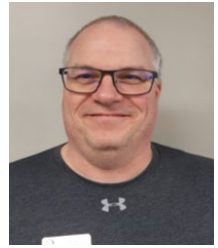
**Al Bohn**  
Volunteer Rep



**Ron Boyce**  
Volunteer Rep



**Heather Wilks**  
Volunteer Rep



**Larry Blancher**  
Management Rep

## MEMBERSHIP DISCOUNTS

**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.

## ADVERTISEMENTS

### 2024 GOLDEN NUGGET Advertising Rates

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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
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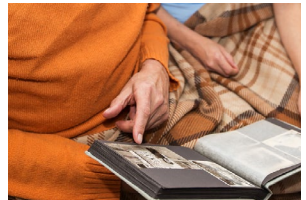
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# ADVERTISEMENT

# LIVE IT UP!



EVERY WEDNESDAY

# \$7.77

**BREAKFAST SPECIAL • 9AM - 12PM**



GATEWAY  
CASINOS  
WOODSTOCK

**Earn Double  
Points  
12PM- 1PM**

**1 PM  
WIN your AGE  
in  
FREE PLAY**

must be present to win

# MONDAY IS FOR *members*



Show us your  
My Club Reward card  
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to receive  
20% off any\* entree



\*Cannot be combined with any other offer or special; valid at Woodstock location only

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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.

## APRIL Lunch Menu

Lunch is served 11:30 am - 1 pm

EAT IN OR TAKEOUT - \$8

MON		TUES		WED		THURS		FRI	
1 CLOSED	2 	3 Soup & Sandwiches	4	5 Liver & Onions	6	7	8	9	10 Chicken breast with roasted potatoes
11	12 	13 Soup & Sandwiches	14	15 Meatloaf Dinner	16	17	18	19	20 Breakfast - 9 am - 1 pm. Choice of eggs, meat and toast
21	22 	23 Soup & Sandwiches	24	25 Ham & scalloped potatoes - \$10	26	27	28	29	30 Salmon with rice & vegetables
31	32 	33 Soup & Sandwiches	34	35 Pork Loin Dinner	36	37	38	39	40 Liver & Onions
41	42 	43 Soup & Sandwiches	44	45 Oven Fried Chicken Dinner	46	47	48	49	50 Breakfast - 9 am - 1 pm. Choice of eggs, meat and toast

### Grab & Go Items and Fresh Baking

Available

Monday to Friday

8:30 am - 4 pm



### COFFEE or TEA

it's *Always*

FREE

Thanks to Wellington Street Denture Clinic.

## SPECIAL DINNERS IN APRIL

Indoor Dining - Tickets at Front Desk | Curbside Pickup Order Online

### SAT Roast Beef Buffet Dinner - \$20

APR Curbside Pickup (4 - 4:30 pm) and Indoor Dining (Buffet at 5 pm)

6 AAA Roast Beef slowly cooked overnight while being smoked with hickory wood chips, Mashed potatoes, gravy, steamed vegetables, garden salad, buns, and a wonderful homemade dessert

### WED Indian Buffet Dinner - Members \$20 | Non-members \$25

APR Indoor Dining (Buffet at 5 pm)

17 Dahl Curry (lentil soup), Chick pea & potato salad with tamarind, Butter Chicken with Plain rice, Beef Biryani, Aloo-Gobi (cauliflower & potato), Kheer and Carrot Halwa, Followed by Indian tea.