

# GOLDEN NUGGET

October 2023



**A PLACE TO BELONG**



**SOUTH GATE CENTRE**  
FOR ACTIVE ADULTS



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

191 Old Wellington St. S., Woodstock · N4S 3J2  
519.539.9817 · [www.southgatectr.ca](http://www.southgatectr.ca)



# WHO WE ARE



**SOUTH GATE  
CENTRE**

## Our Vision

LIVE well    PLAY well    BE well

## Our Mission

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

## Our Values

Building an inclusive community.  
Fostering social engagement.  
Promoting wellness of mind, body and soul.  
South Gate Centre is a registered Canadian charity.

## South Gate Centre Board of Directors

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

## South Gate Centre Members Committee

Chair: Dave Clarke	Jean Hilton
Secretary: Guy LaPlante	Nancy Jarrett
Larry Baer	Bev Rajani
Carol Egan	Heather Wilks

Your Members Committee can be identified by their silver name tags. They are always happy to answer questions and hear your suggestions or concerns.

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

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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.

# OCTOBER CALENDAR-AT-A-GLANCE

Thursdays	Lion's Club BINGO 7 pm
Sat Oct 1	50/50 October Online Lottery Begins
Tues Oct 3	BBNK Giggles
Fri Oct 6	Local Roots - Thanksgiving Lunch p.31
Mon Oct 9	<b>Happy Thanksgiving</b> - SGC Closed for Programming
Th Oct 12	VON Blood Pressure Clinic 9 am - 12 noon
Th Oct 12	Be Crafty, Be Creative - Spooky Cat p.11
Sun Oct 15	50/50 Early Bird Draw
Sun Oct 15	BUS TRIP - Price is Right/Casino - SOLD OUT
Mon Oct 16	Trivia with Al at 1 pm
Tues Oct 17	Oktoberfest Pepper Tournament p.19
Wed Oct 18	Local Roots - Italian Themed Dinner p.31
Th Oct 19	BUS TRIP - Fall Colour Tour p.14
Mon Oct 23	Paint Class w/Janine - Perfectly Pumpkin p.11
Mon Oct 30	Be Crafty, Be Creative - Christmas Rag Wreath Part 1 p.11
Tues Oct 31	50/50 October Lottery Closes at Midnight
Wed Nov 1	50/50 November Online Lottery Begins
Mon Nov 6	Be Crafty, Be Creative - Christmas Rag Wreath Part 2 p.11
Fri Nov 10	Western Dance with Neon Rain (see below)
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
Wed Nov 15	Be Crafty, Be Creative - Winter Shutter Box p.11
Wed Nov 15	Local Roots - Special Dinner. Details to come.
Sat Nov 18	Christmas Bazaar & Silent Auction p.9

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

## WESTERN DANCE

**Friday, November 10**

Doors Open at 6:30 pm  
Dancing Starts at 7 pm  
Tickets: \$25  
Draws, Prizes and  
a Light Buffet at 9 pm



Music by Neon Rain



Tickets available at the Front Desk.  
191 Old Wellington St. S. Woodstock, ON

# MEMBERSHIP AT SOUTH GATE CENTRE

## 2023 Membership Rates

TYPE OF MEMBERSHIP	2023 FEES
All-Inclusive (October - December)	\$60

Pay in full, online or in person. Credit/Debit/Cheque/Cash.

Member are required to wear their SGC name tags when in the Centre. 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. See Special Membership Advantages p.24.

## NEW MEMBERS ARE ALWAYS WELCOME.

Call ahead to book a tour, or drop in and we will be happy to show you around. You can also drop-in and try a class.

## EXECUTIVE DIRECTOR'S MESSAGE



Giving Thanks. Good bye summer and hello autumn. Last month saw the wrap up of our super successful baseball and golf leagues, Annual General meeting, new programs and the return of some favourites, we welcomed back many familiar faces and many that were new. Staff have added much newness to share with you this month, Local Roots Café October menu, monthly cultural themed dinners (Italian – October), seasonal crafting classes, bus trips, registered programs...

This October, let our hearts be full of both thanks and giving. Please consider, giving thanks to your South Gate Centre by making a donation to the Capital Expansion Campaign, our General Fund or to the Angel Food Program. It could be in memory of someone special or simply from you. Big or small, we sure can use it all! (tax receipts for all donations)

This Thanksgiving, may you give thanks for everything you are blessed with. From my home to your home, my heart to yours, Happy Thanksgiving my friends. XO



# CAPITAL EXPANSION UPDATE

The following CAPITAL EXPANSION UPDATE was delivered by David Hilderley, Capital Campaign Chair at the September 20, SGC Annual General Meeting.

Have you ever been on a roller coaster ride that had so many twists and turns that you begged for it to end as soon as possible? That summarizes how the Expansion Committee is feeling right now.

The South Gate Centre community of membership, staff and Board of Directors have been aware of the immediate need for an Expansion to accommodate the growing 50+ population and membership. The Expansion is designed to provide more programming space, more opportunities and settings for social interaction and more opportunities to provide nutritious sustenance to members and those that rent our facilities for weddings and special events.

I am sure you are aware of the timeline that this roller coaster has been riding for quite some time. Now we have a wonderful model that we are very excited to present to you today. We are grateful for City Council's support when we required a \$2 million boost to funding due to increased construction costs over the delay of construction time. Much remains to be done in fundraising and SGC is required to raise an additional \$200,000 as part of our share to the original \$1 million for the City and \$500,000 for SGC chattels. Thank you to those that have donated and to those that are planning to donate. If you know anyone or any company/business that might be a possible donor, please let us know so we may contact them.

I would also like to acknowledge the SGC Expansion Committee, Chris Cunningham, Larrie Blancher & Nelia Hunt for their contributions and to City Staff members, Craig Wallace and Lorraine Neil.

Stay tuned for future updates...

## CAPITAL CAMPAIGN DONOR LEVELS

**VISIONARIES** \$500,000 to \$999,99

**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.

## BOARD OF DIRECTORS' MESSAGE

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves." - Ann Drake

It seems like all of a sudden fall is in the air - have you noticed the shorter days, cooler nights, and changing weather? Fall may be a slower season in general, but there is a lot happening at South Gate Centre. We've had an extremely busy year so far with many events and accomplishments. Perhaps you've signed up for a Bus Trip, played cards, taken a fitness class, or enjoyed a delicious Local Roots meal. There is an endless list of options for you to stay active, make friends, and just be.

Of course, South Gate would not be the special place it is without our wonderful staff and many volunteers who give countless hours of their time to create a welcoming and inclusive safe space for the entire community. The Board of Directors thanks all of you for your priceless gifts.

Fall may be a season to wind down, however your Board of Directors is ramping up to manage both present and future challenges to ensure that our Centre continues to thrive. We are here to implement South Gate's mission to engage the 50+ community in an open, active, social environment and to promote wellness to fill one's body, mind and soul. This involves a lot of strategic planning behind the scenes, plus a lot of work!

Every Board member has a special black name tag. Feel free to approach us, say hello, and express your concerns. We will do our best to address them.

We hope that you find your happy place here at South Gate Centre. It truly is THE Place to BE!

Judy Grimson on behalf of the Board of Directors

## WELCOME NEW MEMBERS

Sandy Campney

Teresa Carter

Pam Dale

Juanita Fanning-May

Maria Teresa Magliano

Arie MarkVoort

Dominic Minotti

Ann Pearce

Paula Piraino

Geraldine Rich

Nancy Ross

Mike Schonemann

Donna Stemmler

Terry Thompson

# ORDER YOUR THANKSGIVING PIES TODAY

## 519-539-9817

## MEMBERS' COMMITTEE MESSAGE

### Be the change! Make a difference!

What happens at South Gate is a reflection of the volunteers' desires and contributions of their time, to help make those things happen. If you would like South Gate to mirror your desires and interests, then consider volunteering.

Look around you. You'll see many enthusiastic volunteers who are sometimes surprised how much they have made a difference and how much their efforts and applied skills are accepted by so many other members like you, who see the results of their volunteering and how it has made their membership at SG so much more enjoyable.

If you observe more closely, you will notice some of the same volunteers are appearing over and over again in various roles. Members who have not volunteered either benefit from committed volunteers or may not benefit because they would like to see other things offered that they would like.

If that is the case, consider volunteering in your area of interest and you have a much better chance of South Gate mirroring your preferences.

You can be assured that many of your interests at South Gate may not be catered to because you're not there volunteering and applying whatever skills you have honed through life.

You can make a difference for yourself as a SG member and many others like you who share your interests. You may be surprised how many people jump on the bandwagon after you become involved in being the change.

Dave Clarke  
Chair, Members Committee

## WELCOME NEW VOLUNTEER

Christina Poplata-Mayer

"In the entire circle of the year there are no days so delightful as those of a fine October, when the trees are bare to the mild heavens, and the red leaves bestrew the road, and you can feel the breath of winter, morning and evening—no days so calm, so tenderly solemn, and with such a reverent meekness in the air." — Alexander Smith

## WELCOME TO THE TEAM

Bob Rajani

Hi! My name is Bob Rajani. I was born in 1954 in Pakistan. In 1974 I travelled to the US on a student visa. I went to school and worked in Miami for awhile, then made my way to Chicago. From there I went to Toronto. Eventually I ended up in St. Thomas. It was here that I entered an apprenticeship program to become a chef. I trained for four years and wrote my exams in 1983. I also received my Chef de Cuisine certification from the Canadian Culinary Institute.



St. Thomas is where I met my wife, Bev. In 1986 we moved to Woodstock when we purchased, "Miss Woodstock" restaurant. We owned and operated our restaurant for 34 years until January 2020 when we retired. It was here that we met and became friends with many of our loyal customers. My wife and I raised our two children in Woodstock and we have two grandsons and a granddaughter.

I accepted a position here at South Gate in the Local Roots kitchen in June 2023 and I'm having a great time.

## SOUTH GATE 50/50



City Council has given us permission to once again put out our 50/50 signs around Woodstock. Please help support our lottery!

## SHE'S A CLASSIC





NOV 18  
9 am – 1 pm

# SOUTH GATE CHRISTMAS BAZAAR & SILENT AUCTION

Vendor Info: Sign up at Front Desk before Friday, November 3 - \$30 per table.  
No holds. Space is Limited.

Silent Auction: Need Donations of new items. Drop off between Nov 3 and 15 at  
the Front Desk.

191 Old Wellington St. S., Woodstock, ON



SOUTH GATE  
CENTRE



## 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.

PLEASE NOTE: No classes will be held on Monday, October 9 as it is Thanksgiving Day and the Centre will be closed.

## EDUCATION CLASSES

### FIT MINDS

November 7 - December 19 Instructor: Chantal Rivard

DAY	TIME	LOCATION	FEE
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Tuesdays	10:30 am – 11:30 am	Kinsmen Rm	Members: FREE Non-Members: \$15+HST
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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)
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Tuesdays	1:30 pm - 3:30 pm	Kinsmen Rm	Members: \$25+HST Non-Members: \$35+HST
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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
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Fridays	10 am - 12 pm	Boardroom	Members: FREE
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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



### SPOOKY CAT

Thurs Oct 12, 1 pm - 3 pm

Members: \$20      Non-Members: \$30



### LANTERN DECOR

Wed Oct 18, 1 pm - 3 pm

Members: \$30      Non-Members: \$40



### 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



### PERFECTLY PUMPKIN

Paint Class with Janine

Mon Oct 23

6:30 - 8:30 pm

\$45.00

Includes instruction,  
supplies and a glass  
of wine!



SOUTH GATE  
CENTRE



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# 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

October 6 – 27 (4 weeks) Instructor: Deanna Jasmins  
November 3 – 24 (4 weeks)

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

### CHAIR YOGA with Pam

November 14 – December 19 (6 weeks) Instructor: Pam Genge

DAY	TIME	LOCATION	FEE
Tuesdays	9:30 am – 10:30 am	Altadore Hall	Members: \$45+HST Non-Members: \$55+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

#### 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

October 16 – December 4 (8 weeks)			Instructor: Guy LaPlante
DAY	TIME	LOCATION	FEE
Mondays	7 pm – 9 pm	Altadore Hall	Members: \$20+HST Non-Members: \$30+HST

#### PICKLEBALL

October 17 – December 5 (8 weeks)			Instructor: Scott Revell
DAY	TIME	LOCATION	FEE
Tuesdays	1 pm – 3 pm	Cowan Park	Members: \$35+HST Non-Members: \$45+HST

## PROGRAM NEWS

### DROP-IN PROGRAMS

#### CARPET BOWLING - NEW DATE

Starts October 10

DAY	TIME	LOCATION
Tuesdays	1 pm – 3 pm	Altadore B

No program on October 17 to accommodate Oktoberfest Pepper Tournament.

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

October 6 Beachville

October 13 Pittock Park North Shore

October 20 Tollgate

October 27 Upper Trail

## BUS TRIPS

*Everyone Welcome*

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

Niagara Falls  
**Fallsvier  
Casino  
Bus Trip**



**TUESDAY, NOVEMBER 14**

**9 AM - 6 PM**

**\$48 (slot credit of \$35)**

**EVERYONE WELCOME**

**BUS TRIPS ARE NON-REFUNDABLE**



**SOUTH GATE  
CENTRE**

**FALL COLOUR  
TOUR**

**Thursday October 19**

**9 am - 5:30 pm**

**\$95**

**Lunch Included.**



**SOUTH GATE  
CENTRE**

**Book by Monday October 5**

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

**Bus Trips are Non-Refundable.**

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

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



**SOUTH GATE  
CENTRE**



**STARBRIGHT  
CHRISTMAS  
IN PETROLIA**

**Bus Trip**

**Sun Dec 3**

**11:30 am - 9:30 pm**

**\$150**

**Includes Dinner**

**Call the Centre to Book Your Trip!**





*Chantal*

# WE GIVE THANKS FOR YOU,

and for  
pumpkins,  
autumn  
breezes,  
fall colours,  
cooler  
weather,  
turkey,  
family,  
friends,  
apple pie,  
pumpkin pie,  
smiles,  
laughter and  
one another.



*Angela*



*Larrie*



*Gail*



*Shelley & Kristin*



*Sarah*

# PROGRAM SCHEDULE OCTOBER 2023

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 Baseball
10 am - 11:30 am Cribbage	9:30 am - 10:30 am Chair Yoga with Pam 
11 am - 12 Noon Seated Fitness	10:30 am - 11:30 am Fit Minds
1 pm - 4 pm Klaverjas & Euchre	11 am - 12 Noon Total Body Workout 
1 pm - 3:30 pm Billiards - Snooker	1 pm - 3 pm Carpet Bowling
1 pm - 3 pm Darts (Starts Sept. 19)	Starts Oct. 10 No class Oct. 17
5 pm - 8 pm (BBQ 5 pm - 7 pm) Cops & Rodders Cruise	1 pm - 3:30 pm Beginners Billiards - 8 Ball
7 pm - 9 pm - Every week Cornhole League (Starts October 16)	1 pm - 3 pm Pickleball at Cowan Park
<b>DAILY PROGRAMS MONDAY - FRIDAY</b> 8 am - 11 am Woodshop* 8:30 am - 3:30 pm Library <b>FITNESS ROOM*</b> 9 am - 9 pm Monday - Thursday 9 am - 3 pm Friday  *Orientation required for Fitness Room and the Woodshop. Ask at the Front Desk.	1 pm - 3:30 pm Progressive Pepper
	Education 1:30 pm - 3:30 pm 
	6 pm - 7 pm Zumba Gold 
	6:30 pm - 9 pm Billiards - Snooker
	6:30 pm - 9 pm Come Dancing
	7:15 pm - 8:15 pm ABBA 

# Week at a Glance

WEDNESDAY	THURSDAY	FRIDAY
8:30 am - 9:30 am <b>R</b> Gentle Yoga	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
9 am - 12 noon Billiards - Snooker	Golf League at Creekside	9 am - 12 Noon Billiards - Snooker
9:30 am - 2:30 pm <b>R</b> Learning Unlimited	8:30 am - 9:30 am Beginners Line Dancing	9:30 am - 10:30 pm Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper	9 am - 12 Noon Beginners Billiards - 8 Ball	10 am - 11 am <b>R</b> Nordic Pole Walking
7 pm - 9 pm Billiards - Snooker	9 am - 9:30 am The Blitz	10 am - 12 pm <b>R</b> Tech Literacy
<b>FRIENDLY REMINDERS</b>  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.	9:45 am - 10:45 am <sup>Oct. 7 &amp; 21</sup> Tea & Tales Friendship Club	10:15 am - 11:30 am Trail Walkers (off-site) See pg. 14
	9:45 am - 11:15 am Line Dancing	10:30 am - 11:30 am <b>R</b> WOW - Wellness Over Weight
	9:45 am - 10:30 am Stretch	1 pm - 3:30 pm BINGO
	11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Crochet/Crafts
	1 pm - 3 pm Badminton (Drop-In at WBC)	
	1 pm - 3:30 pm Euchre	<b>PROGRAM GUIDE</b> 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> .  <div> <b>R</b> This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.                 </div>
	1 pm - 3:30 pm Musicares	
	5 pm - 5:45 pm CardioFit	
	6:15 pm - 7:30 pm Classical Hatha Yoga	
	6:30 pm - 9 pm <b>R</b> Billiards - Open	
<b>UPCOMING CLOSURES</b>  Monday, October 9 Thanksgiving Day	7 pm - 10 pm Bingo - Lions Club	



## WELLNESS WITH SHEILA PICKNELL

May you "Embrace Your Abilities" as you reflect on the goodness of this season of your life!

Autumn is upon us! A Fun Fact: "Autumn is also called Fall, or the leaf peeping season." People like to get out and peep at the spectacular array of colours!

Are you someone who loves to go for a walk and admire the beauty of leaves? Do you still get the urge to gather a pile together and let them fly in the wind? How about taking a drive through the countryside?

Have you ever wondered where Fall is the longest in Canada? Prince Edward Island. Because of it's moderate climate, you can experience warmer waters and warmer weather heading into the Fall. Now that would definitely be an adventurous countryside drive! Hmm...

A season of harvest; pumpkins, apples, squash, brussel sprouts and more. Packed full of vitamins and minerals!

Then there is Thanksgiving, a holiday to reflect on being grateful for what we have.

There's a quote by Mary Davis, "The more grateful I am, the more beauty I see."

How about take this month and do something new. Whether it be a solo, small or large group activity.

I encourage you the get involved in something that will be spiritually, physically, emotionally, intellectually and socially uplifting.

Oh yes, and for all you hockey fans, October is the month that hockey night in Canada begins!

Whatever you do, my hope is that you have a healthy, fun filled and safe month!



# VOLUNTEERS NEEDED

## November 18th Christmas Bazaar & Silent Auction Volunteers: Vendor Organizer • White Elephant Room Lead

Dishwashers/Catering Servers/Food Prep  
4 hr / once a week commitment

Delivery Driver  
One day a week for about an hour

Set-up/Tear-down Crew for Events  
Many hands make light work, called as needed

Special Events Committee  
Are you good at compiling detailed information? Organized?  
Tech Savvy? We could use your help!

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.



## CPR FIRST AID TRAINING



The full time and part time staff, Angela, Chantal, Chris, Gail, Kristin, Larrie, Phil, Shelley, Val, Vicky and fitness instructors, Nancy LaPlante, Louise Baer, Donna Rose, Christine Uchez spent 2 days recertifying themselves so that they can be better prepared in case of any emergencies that may arise. Congratulations and thank you for taking responsibility to make this a priority.



**TUESDAY OCTOBER 17**

1 pm  
\$5 Entry at the Door



**SOUTH GATE  
CENTRE**

191 OLD WELLINGTON ST. S.  
WOODSTOCK, ON



# AS SUMMER FADES TO FALL

## Lob Ball Tournament and Banquet

South Gate Centre hosted the Senior League Lob Ball Tournament for 2023 and once again it was a resounding success. This year, again due to the rain, the games were played a week after the banquet was held. Many of our players from eight teams attended the banquet. They enjoyed speeches, a great meal provided by the Local Roots staff and volunteers and many door prizes up for offer.

Congratulations to our Tournament Champions - The Tillsonburg Verheghe Team. And a big kudos to all the teams for a wonderful and competitive season.

Congratulations to all three of our South Gate Teams (Orange, Teal and Purple) for being tough competitors, starting the tournament in the top 4 for this year's league.

Many persons made this a wonderful and successful year. Thank you to all who have given of their passion, experience and skill to make this league what it is!! Can't wait to see you all next spring.



## Golf League

September marked the end of the South Gate golf league for the season. This year we had our largest turn out since 2007 at 90 golfers!! This season our league played every Thursday morning at Ingersoll Golf course! It was an exceptional season with lots to enjoy. We also continued with a group that traveled to area golf courses every other Monday. Evelyn and Biff are looking forward to all the golfers returning next year, please stay safe during the off season. None of this would be a success without each and every one of our golfers.

A special shout out and thank you to our wonderful volunteer Evelyn who we appreciate so much and we give thanks to her and Biff for all they do for the South Gate Golf League!

# SOUTH GATE CHARITY GOLF TOURNAMENT

THANK YOU GOLFERS, SPONSORS,  
DONORS, AND VOLUNTEERS.

**\$29,441**  
raised

## MASTER SPONSOR

**CENTURY 21**  
Heritage House Ltd.

Thank you to WestJet for the  
Gift of Flight Raffle Prize.

## MEDIA SPONSOR



## PRO-AM SPONSORS

Coach Contracting, Woodstock Telecom

## GOLF PRO SPONSORS

Action Medical Home Health, CL Routenburg, Easyway, Timberland Equipment Ltd

## SNACK SPONSORS

David Hilderley  
Dentistry on Dundas

First Ontario Credit Union  
Hyd Mech

Wellington Street Dental Clinic  
Shannon Woolley

## HOLE SPONSORS

Active Physiotherapy Solutions &  
Woodstock Physiotherapy Clinic  
Adams Building Supply Limited  
AP Hurley  
Bigham Movers  
Cheesy Cow  
Connie Lauder, City Councillor  
Crabby Joe's  
Deb Tait, County & City Councillor  
Fanshawe College

First Ontario Credit Union  
Friendly City Tire  
Gunning Wildlife  
Home Hardware  
Ideal Supply  
Jennifer Gale Realty  
Khanna, Arpan  
Last 1 Out  
Linda Bruce, C21  
Little Caesar's Pizza

Oxford Pool & Spa  
PC Options  
RBC Dominion Securities  
Sacwall Flooring  
Shelley Yates, C21  
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Special Thanks to the Golf Committee: Dianne & Jim Denby, Judy Grimson, Evelyn & Biff Hetherington, David & Patrice Hilderley, Chad & Kelly Williams, Chris Cunningham, Sarah Sheehan

## MARILYN'S MUSINGS

"Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots, but you have to play the ball where it lies." – Bobby Jones

Robert Tyre Jones (March 17, 1902 – December 18, 1971), who was an amateur golfer and a lawyer by profession, was one of the most influential figures in the history of the sport. He founded and helped design the Augusta National Golf Club and co-founded the Masters Tournament. He became the first man to achieve the golf Grand Slam by winning in a single year the four major tournaments at the time – the British Open, the U.S. Open and both the British and U.S. amateur championships. From 1923 to 1930 he won 13 championships in those four annual tournaments. His record remained unequaled until 1973 when it was surpassed by Jack Nicklaus.

Bobby Jones' quote came around the time he was diagnosed with Syringomyelia, a fluid filled cavity in the spinal cord that caused him first severe pain, then loss of feeling and muscle atrophy. He wound up in a wheelchair and weighed under 100 pounds when he died.

You might ask why I am telling you this. Perhaps you already know about Bobby Jones and his achievements. I am writing this piece because it is October, the time when many put away their clubs for the season or pack them up ready to take to Florida, Mexico or wherever one chooses to spend the winter or part of it. Or perhaps the clubs are sitting handily by in case we get some pleasant days in the month, like we sometimes do, and there's a chance to get a round or two in. Maybe you are staycationing and plan to get some indoor golf in during the colder months.

Sometimes in October, the start of the last quarter of the year, it is good to take some time to look back at your "shots," your good or back "breaks" and how you played the "ball". Life can sometimes be complicated. Reflecting on your "game" and how you played it can help you prepare for "games" yet to come.

Okay, folks! You probably think I dwell too much on golf. I wrote about it in September and now this. Like I've said many times, golf is my passion and my go-to pastime. When I can't sleep at night, I don't count sheep. I pick a course that I have played and see how many holes I can get in before I finally nod off. More often than not, I don't get past the fifth tee. I am just so grateful that at my age, I am well and fit enough to still play.

Thanksgiving happens in October. So, I say, it's time to give thanks for what you have, who you love, where you've been, how you got there and what you've done. For some, there might have been some bad rounds. For others, maybe it's been an even better "game" than you ever imagined. Happy Thanksgiving everyone. May your drives be long, your putts be short, your breaks be good and your pars and birdies plentiful.

Until next time.....

Marilyn

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

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Buy tickets at

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## 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.

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**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.

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

**Mackey Moving** - 10% off for South Gate members.

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

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







**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.**



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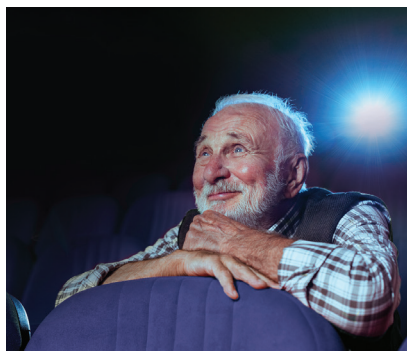
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## DID YOU KNOW?

LOCAL ROOTS has a Catering Menu?

They do trays of Meat, Cheese & Crackers, Veggie & Dip, Fruit, Sandwiches, Pickles, Sweets.

They also do large Salads, Appetizers, Dessert Trays, Cakes and Cupcakes.

Ask for a menu at the front desk or go to <https://www.southgatectr.com/rentalsandcatering> and click on Catering Menu.

## Fantastic & Affordable Frozen Food

Soups | Entrées | Desserts

Entrees - \$6 - \$8

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Order by calling the Centre or online at  
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LOCAL ROOTS  
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## ITALIAN THEMED DINNER \$20

WEDNESDAY, OCTOBER 18 5 pm - 7 pm

- Italian salad with homemade Italian dressing,
- Rigatoni served with Greg Alonzo's authentic meatballs and sauce (from Grandma),
- Fettuccini Alfredo,
- Sweet Italian Sausage with fennel served with sautéed peppers and onions,
- Garlic bread,
- Shelley's Italian wedding soup,
- Tiramisu dessert by Kristin.



Tickets at Front Desk



## RIB DINNER - SAT OCT 21

1/2 rack of pork back ribs, baked potato with sour cream, homemade baked beans, coleslaw, cornbread, and a homemade dessert.

\$20



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**LOCAL ROOTS**

**Public Welcome**

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**All homemade food, locally sourced.**

## October Lunch Menu

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

Served 11:30 am - 1 pm

Our lunches will rotate between these items:

Cod	Beer battered cod, wedge fries, coleslaw
Chicken Pot Pie	Chicken pot pie, salad
Cabbage Rolls	Cabbage rolls, mashed potatoes
Vegetable Lasagna	Vegetable lasagna, garlic bread
Salmon	Salmon, rice, vegetables

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Soup & Sandwiches	3	Chicken Pot Pie	4	Cod	5	Cabbage Rolls	6	Thanksgiving Lunch \$20
9	Closed	10	Salmon	11	Vegetable Lasagna		Chicken Pot Pie	13	Cabbage Rolls
16	Soup & Sandwiches	17	Vegetable Lasagna	18	Cabbage Rolls		Salmon	20	Pot Pie
23	Soup & Sandwiches	24	Cabbage Rolls	25	Chicken Pot Pie		Vegetable Lasagna	27	Salmon
30	Soup & Sandwiches	31	Witches Cauldron Soup & Monster Fingers	1	Vegetarian Chili	2	Liver & Onions	3	Pork Loin

## THANKSGIVING LUNCH

**Friday, October 6**



Oven roasted turkey (white & dark meat) topped with a rich gravy with stuffing, mashed potatoes, brown sugar glazed carrots and turnips with cranberry sauce, fresh dinner rolls, cranberry coleslaw and pumpkin pie for dessert!

Dine-In or Take-Out

**\$20**