

GOLDEN NUGGET

MAY 2024

Garden

**EXTRAVAGANZA,
BAKE SALE & BRUNCH**

SATURDAY, MAY 11

9 am - 1 pm

*PLANTS, HANGING BASKETS,
BIRDHOUSES, PERENNIALS,
ONE-OF-A-KIND AND USED
GARDEN ACCESSORIES*

**BRING MOM TO
BRUNCH & SHOP**

MAY 3
NEW COUNTRY DANCE

MAY 8
SOUTH GATE CRUISE-IN

MAY 9
MOTHER'S DAY TEA

MAY 24
MURDER MYSTER DINNER
THEATRE

Enter South Gate's 50/50 Lottery at the Centre or at www.southgate5050.com



SOUTH GATE
CENTRE

A PLACE TO BE ACTIVE

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

WHO WE ARE



Our Vision

LIVE well PLAY well BE well

Our Mission

SOUTH GATE CENTRE

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

Our Values

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

South Gate Centre Board of Directors

| | |
|------------------------------|---------------------|
| Chair: Cristian Lagos | Linda Baker |
| Past Chair: Kathy Deweerd | Jeffery Gerber |
| Treasurer: Patrice Hilderley | Audrey Price *NEW |
| Secretary: Connie Lauder | Dianne Reeves-Denby |

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 |
| APRIL | |
| 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. |
| Thur Apr 25 | Golf League Pre-Season Meeting |
| MAY | |
| Fri May 3 | New Country Dance with Neon Rain p.14 |
| Wed May 8 | 50/50 Early Bird Prize \$400 Deadline: 9:30 am Draw: 10 am |
| Wed May 8 | South Gate Cruise-In Season Opener Rib Dinner Available! p.14 |
| Thurs May 9 | VON Blood Pressure Clinic |
| Thurs May 9 | Mother's Day Afternoon Tea p.15 |
| Sat May 11 | Garden Extravaganza (9 am - 1 pm) & Brunch (9 am - 12 pm) |
| Sun May 12 | <i>Happy Mother's Day</i> |
| Wed May 15 | Asian American Cultural Dinner p.36 |
| Sat May 18 | Bus Trip: Blue Jays vs. Tampa Bay SOLD OUT |
| Mon May 20 | SGC & Local Roots are Closed for Victoria Day |
| Mon May 20 | Join us at the Victoria Day Parade |
| Fri May 24 | Murder Mystery: The Great Gaspé p.16 |
| Mon May 27 | Trivia with Al |
| Tues May 28 | 50/50 May Draw Closes at 11:59 pm |
| Wed May 29 | 50/50 Grand Prize Draw: 10 am June Lottery Opens at 11:59 am |
| JUNE | |
| Mon Jun 3 | Bus Trip: Whistling Gardens p.22 |
| Tues Jun 4 | Senior's BBQ - FREE All are welcome. |
| Wed Jun 5 | SOUTH GATE CENTRE ANNUAL GENERAL MEETING at 4 pm |
| Sat Jun 15 | Woodstock's Premiere Casino Night. Charity Fundraiser for SGC. p.17 |

MEMBERSHIP AT SOUTH GATE CENTRE

2024 Membership Rates

| TYPE OF MEMBERSHIP | 2024 FEES | |
|--------------------------------------|-----------|---------------------------------|
| All-Inclusive (8 months) MAY - DEC.* | \$135 | MEMBERSHIPS ARE NON-REFUNDABLE. |
| 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.

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

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.

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

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.

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

Happy Spring!

Participating in recreation is a key determinant of health status and quality of life. Overwhelming 93% of over 500 Ontarians surveyed, believe that recreation has a positive impact on health, well-being and quality of life. All you must do is ask any of our members that come to play, learn, volunteer or socialize here at the Centre and they'll tell you about the positive impact South Gate has had on them and the changes in their well-being.

We invite you to come see what everyone is talking about, South Gate Centre – The Place to BE...

Thank you for your ongoing support and generosity. We appreciate YOU!

Hope to see you at the Centre.

Chris 😊

ANNUAL GIVING APPEAL

South Gate Centre is a registered not-for profit charity that relies on the generosity of both its volunteers and its donors to keep the doors open, the lights on and the programs rolling at the only recreation centre dedicated to active adults 50+ in Woodstock.

As the average age in Woodstock continues to climb, the demand for services from our Centre continues to increase as well. Help ensure that South Gate Centre is available to meet this ongoing need in our community by making a gift to the Centre. Your generous donation helps improve life right here, at home, in Woodstock and for that we thank you sincerely.

WE NEED YOUR FINANCIAL SUPPORT TODAY.

Brock & Visser Funeral Home will match the first \$6,500 in donations.

Yes. I will support South Gate Centre

- | | |
|---|---|
| <input type="checkbox"/> with a monthly gift of \$10, \$20 or _____. Contact me to set up my | <input type="checkbox"/> by naming South Gate Centre in my will. Contact me about planned giving information. |
| <input type="checkbox"/> monthly donation. with this single gift of \$30, \$50, \$100 or _____. | <input type="checkbox"/> by donating my securities or mutual fund shares. Contact me about this donation. |

Please make cheques payable to: South Gate Centre.

South Gate Centre is a not-for-profit charity.

All donations are eligible for a tax receipt.

Charitable Registration # 11914 5209

BOARD OF DIRECTORS MESSAGE

"Believe you can and you're halfway there." - Theodore Roosevelt

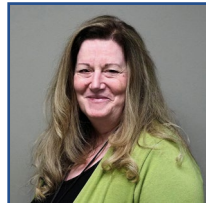
The Board of Directors truly have stayed the course by believing in the Expansion and the loyalty of all of our South Gate members and volunteers.

As times change so do some of our Board members. We would like to extend a warm welcome to Audrey Price and Jeffrey Gerber. Both of these individuals have shared their commitment to our Mission, Vision and Values.

Audrey, a new comer to Woodstock, is thrilled to bring her skills of governance, non profit, fundraising, strategic planning, finance and project planning will compliment the needs of South Gate
Jeff, the new co-owner of Brock & Visser, has certainly become a familiar face at South Gate and has graciously supported many of our fundraising events. Jeff is a "how can I help" guy. We are thrilled to have his expertise in community engagement and fundraising skills being utilized for South Gate.

A new month and a new goal? How about Celebrate You. Take stock of what makes your community a great place to grow older, as well as the integral role our members play in making Woodstock a better place to live. Discover your past. Share stories about the changes you have seen throughout the years and how they have made a positive change in your life. Embrace Change. South Gate is changing and improving well respecting our core vision of Live Well Play Well Be Well.

Kathy Deweerd
Past Chair
Board of Directors



SOUTH GATE CENTRE, INC. ANNUAL GENERAL MEETING

Wednesday, June 5 at 4 pm

Members Welcome
Strawberry Shortcake, Coffee & Tea to Follow



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

191 Old Wellington St. S. Woodstock, ON N4S 3J2

MEMBERS' COMMITTEE MESSAGE

As we look forward to warmer weather and longer daylight hours we feel, as your Member's Committee, it is important to reflect on the recent successes of South Gate Centre, while outlining exciting things on the horizon. From Cultural Dinners, to booming participation in Learning Unlimited, Fitness Classes and Bus Trips; the possibilities for you to become involved are limitless!

With the Special Events Committee working very hard to fill your spring calendar, we encourage you to reach out and volunteer for an event that is particularly interesting for you, find upcoming opportunities to get involved on the Volunteer Board found at the check-in area.

We thank those members who have been volunteering, which has ensured that the programs and events that we have been enjoying are made available. Imagine the possibilities as additional volunteers step up.

We continue to welcome your ongoing feedback via the suggestion box at the check-in desk.

There are so many opportunities to be your best, healthy active self. Please continue to 'live simply and bloom wildly,' SGC family!

See you in and around the centre,
Jodi Ziebarth
Member's Committee



WELCOME NEW MEMBERS

Theresa Agyeman
Nancy Always
Glenna Batsford
Ngalula Bidinga
Jacklin Charron- Chapman
Gary Cooper
Margaret Darling

Elaine Gyimesi
Harbhajan Hayre
Menender Hayre
Stephanie Kaitting
Carolyn Kenny
Deb Lemon
John Martin

Andrea Morrison
Debbie Peterman
Sabina Phillipsz
Robert Ricard
Maureen Ralph
Bill Shaw

*"My Mother: She is beautiful, softened at the edges and tempered with a spine of steel.
I want to grow old and be like her."*
— Jodi Picoult

SPECIAL EVENTS MESSAGE

Hello once again from your South Gate Centre Special Events Committee! We have a lot going on in May but want to highlight some key events.

- Friday, May 3rd – New Country Western Dance featuring the popular live band performance of "NEON RAIN". Doors open at 6:30 pm with the music beginning at 7:00 pm till 11:00 pm. There will be a delicious light buffet prepared by Local Roots at 9:00 pm. All this for only \$25.00 per person. Don't be disappointed, get your tickets now.
- Wednesday, May 8th – Season opener monthly car show "Cruise-in at South Gate Centre". Free entry begins at 4:00 pm and runs till 8:00 pm. Full rib dinner including dessert available from 5:00 – 6:00 pm for only \$20. Great food, music, prizes and more. Parking is available for all show cars, spectators welcomed (no charge), but must park elsewhere.
- Monday, May 20th – Annual Victoria Day Parade – South Gate is once again taking part in our city's Victoria Day Parade. Thanks to our amazing volunteers and float planners we came away with an award last year. We're looking for a repeat win this year. We are still looking for participants, but would love your support on the parade route too!

As always, we appreciate your feedback of 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



When you see this symbol  in the Nugget or on posters, the TVs, you'll know that it is an event brought to you by the Special Event Committee.



VOLUNTEER APPRECIATION CELEBRATION

On the evening of Monday, April 15 we came together to celebrate the over 160 volunteers that contribute to South Gate Centre every day of the year. Local Roots staff with a little help from our friends from Wellington Denture Clinic and Chartwell Oxford Gardens prepared and served a delicious steak and shrimp dinner for all in attendance.

It was shared that, "...volunteers so often work tirelessly, preparing every detail that goes into organizing a program, activity or event, and stay long after the applause has silenced. Even when you're not in the spotlight, YOU are the backbone of each and every thing we do at South Gate. And it matters not the size of your contribution, because EVERY MOMENT MATTERS.

We are so appreciative for the time, effort and heart our volunteers put into their work. We cherish and are forever thankful for the memories we've made and will continue to make with you!



CAPITAL CAMPAIGN UPDATE

Exciting news!

The Expansion Plans went to Tender April 5.

Twenty general contractors attended a mandatory meeting for interested applicants on April 11th. Tender closes May 2nd at which time, the City will review the applicants and choose the qualifying Contractor.

The plan is that at the May 16th Woodstock City Council meeting, the General Contractor will be approved and appointed. Once approved, we will meet with the General Contractor to discuss the Construction start date.

In June we plan to host an OPEN HOUSE - Expansion Update. This event will showcase the final architectural drawings, introduce the General Contractor, Architect and some of our community donors, share details and the projected timelines of the build with you (Date and details to be determined).

Our Capital Fundraising Campaign continues as we are now raising monies for chattels.

A Wall of Donors will recognize the names of donors donating \$1,000 or more. Room Naming opportunities are still available for donations of \$10k and up.

Tax receipts will be issued for donations of all sizes big or small, as we appreciate them ALL. 😊

Stay tuned for more exciting news and updates on the SGC Capital Expansion.

Thank you!



REGISTERED PROGRAMS

EDUCATION

SGC MINI-SPEAKER SERIES

Register by May 23

| DAY | TIME | LOCATION | FEE |
|---------------------|--------------------|---------------|--|
| Wed. | 10:30 am - 2:30 pm | Altadore Hall | Members: \$20+HST Non-Members: \$30+HST |
| May 29, June 5 & 12 | | | |

If you'd like a taste of our Learning Unlimited program or you just LOVE learning, this 3 week, 6 speaker mini-series is for you!

| TIME | SPEAKER | TOPIC |
|--|-------------------|---|
| May 29 | | |
| 10:30 am | Tim Westhead | Survive & Thrive with Humour |
| 1:00 pm | Cathy Groulx | Gardening for 4 Seasons |
| June 5 | | |
| 10:30 am | Carol Bossenberry | Oxford Genealogy Society The Route to Oxford Roots (expanded) |
| 1:00 pm | Jim Groulx | The Age of Jazz |
| June 12 | | |
| 10:30 am | Stephen Smith | Oxford County's Military Heritage |
| 1:00 pm | Patty Lefkos | NEPAL - IT'S NEVER TOO LATE |
| Rediscovering Love, Connection and Personal Resilience on the Great Himalayan Trail. | | |

TECH LITERACY - TABLETS & SMARTPHONES

Instructor: Henry Bruines

| DAY | TIME | LOCATION | FEE per session |
|-----------|-------------------|-----------|-----------------|
| Thursdays | 1:30 pm – 3:30 pm | Boardroom | Members: FREE |

Session: May 9 - June 13

Space per session is limited.

W.O.W. (Wellness Overcomes Weight)

Leads: Paulette Whiteford & Mary Aucoin

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

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

REGISTERED PROGRAMS

FITNESS

BEGINNERS NORDIC POLE WALKING ♥

Session 1: May 17 - 31 Register by April 26 Instructor:
Session 2: June 7 - 28 Register by May 31 Deanna Jasmins

| DAY | TIME | LOCATION | FEE per session |
|---------|---------------|---------------------------|--|
| Fridays | 10 am – 11 am | Meet at SGC Cafe Doors | Members: FREE Non-Members: \$20+HST |

This program consists of four weeks of one-hour sessions 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 of the month since each week is a progression.

CHAIR YOGA with Pam ♥

| DAY | TIME | LOCATION | FEE per session |
|--|--------------------|---------------|---|
| May 14 - June 18 (6 weeks) Tuesdays | 9:30 am – 10:30 am | Altadore Hall | Instructor: Pam Genge Members: \$50+HST Non-Members: \$65+HST |

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

PAY-AS-YOU-GO CLASSES

| DAY | TIME | LOCATION | FEE |
|--|----------------|---------------|---|
| CARDIO DRUMMING 2nd & 4th Wednesdays | 6:30 – 7:30 pm | Altadore Hall | Instructor: Gail Wijesundera 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.

DROP IN PROGRAMS

FUN & GAMES - BOCCE BALL

| DAY | TIME | LOCATION |
|---------------------------|----------------|--------------|
| Tuesday, May 28 & June 25 | 1:30 – 3:00 pm | Back Gardens |

Come play Bocce Ball with us this summer! Great social time with just an edge of competitive fun! Can't wait to see you there.

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.

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.

| | | | | | |
|--------|-------------|--------|--------------------------|--------|----------|
| May 3 | Hickson | May 17 | Beachville | May 31 | Tollgate |
| May 10 | River Trail | May 24 | Pittock Park North Shore | | |

LEAGUE NEWS

Baseball (Lobball) League

It's Time to Sign-up and PLAY BALL!

Co-ed Fun League with some travel to Ingersoll, Tillsonburg and Stratford, 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.

Register by May 7 at the Front Desk.

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

League Play Starts approx. Tuesday, May 21.

FEES: SGC Members \$25

Non-members \$85 (\$60 League 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 @ scott.revell@hotmail.com.



LEAGUE NEWS

Golf League - Register by May 2, 2024

Interested in joining SGC Fun Golf League? EVERYONE WELCOME. The SGC Golf League will play at Creekside Golf Club for the 2024 season. 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.

COMING EVENTS



NEW COUNTRY DANCE

Live Music by Neon Rain



Friday, May 3, 7 pm

Draws, Prizes and a Light Buffet at 9 pm



TICKETS STILL AVAILABLE **ONLY \$25**

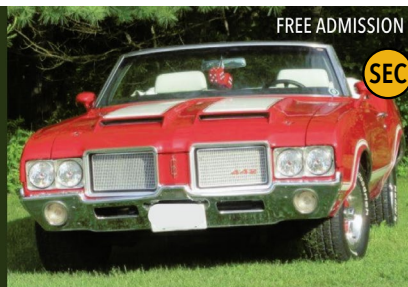
SOUTH GATE MONTHLY CRUISE-IN

Great fun, music, prizes
and much more.

Local Roots' Rib Dinner - \$20



SOUTH GATE
CENTRE



FREE ADMISSION



Wednesday, May 8 & June 12
5 pm - 8 pm

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

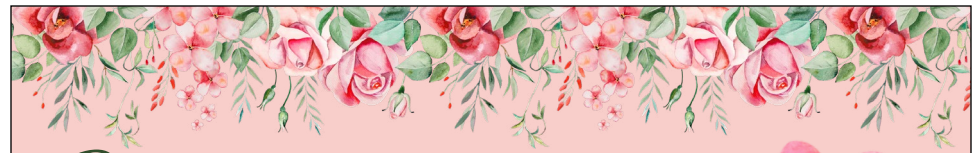
COMING EVENTS

Mother's Day Afternoon Tea

Tea & Refreshments

Thursday, May 9
2 pm - 4 pm

\$15



Mother's Day BRUNCH

SAT MAY 11

9 AM - 12 PM

Have your kids bring you to

SOUTH GATE'S MOTHER'S DAY BRUNCH

during the Garden Extravaganza.

Menu:

Eggs Benedict, Quiche, Sausage, Fruit for only \$20.

Mimosas for \$5.



GET YOUR TICKETS IN ADVANCE

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

COMING EVENTS

YOU'RE INVITED TO THE THE GREAT GASPE MURDER MYSTERY DINNER THEATRE

A story told by Mick Faraway, who is Gaspè's neighbour. It's 1922 in New York and Mick is recounting his first impressions of the friends of his neighbour. They live privileged lives, contrasting sharply with Mick's more modest and grounded lifestyle.

Flapper dresses & zoot suits welcome, or come as you are.



**SOUTH GATE
CENTRE**

**6 PM
MAY 24**

\$40

Purchase by
May 17

191 Old Wellington St. S.
Woodstock, ON

519-539-9817

**CHARITY
FUNDRAISER**



WOODSTOCK'S PREMIERE

CASINO NIGHT

JUNE 15 · 7 PM - 11 PM

THOUSAND\$ IN PRIZES

TICKETS \$100

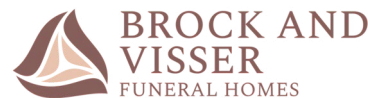
Come join us for an evening of exhilarating fun and luxury!
Bustling style Vegas games including Poker and Roulette!
Tickets are LIMITED and available at South Gate Centre.



**SOUTH GATE
CENTRE**

Held at 191 Old Wellington St. S. Woodstock, ON

Sponsored By



**BROCK AND
VISSER**
FUNERAL HOMES



**Wellington Street
DENTURE CLINIC**

PROGRAM SCHEDULE MAY 2024


| 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) | Baseball |
| 9 am - 12 Noon Billiards - Snooker | 8:30 am - 10:30 am Bunka |
| 9:30 am - 10:30 am Full Standing Fitness | 9 am - 12 Noon Billiards - Snooker |
| 10 am - 11:30 am Cribbage | 9:30 am - 10:30 am Chair Yoga with Pam R |
| 11 am - 12 Noon Seated Fitness | 11 am - 12 Noon Total Body Workout |
| 1 pm - 4 pm Klaverjas & Euchre | 1 pm - 3 pm Carpet Bowling |
| 1 pm - 3:30 pm Billiards - Snooker | 1 pm - 3:30 pm Beginners Billiards - 8 Ball |
| 1 pm - 3 pm Darts | 1 pm - 3:30 pm Progressive Pepper |
| DAILY PROGRAMS MONDAY - FRIDAY | 1:30 pm - 3:30 pm Education - History R |
| 8 am - 11 am Woodshop* | 6:30 pm - 9 pm Billiards - Snooker |
| 8:30 am - 3:30 pm Library | 6:30 pm - 9 pm Come Dancing |
| FITNESS ROOM* | |
| 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 R Learning Unlimited | Golf League at Creekside Golf Course | 9 am - 12 Noon Billiards - Snooker |
| 1:30 pm - 4 pm Progressive Pepper | 9 am - 12 Noon Beginners Billiards - 8 Ball | 9:30 am - 10:30 pm Full Standing Fitness |
| 6:30 pm - 7:30 pm May Cardio Drumming 8&22 | 9:45 am - 10:45 am May 2&16 Tea & Tales Friendship Club | 10 am - 11 am R Beginners Nordic Pole Walking |
| 6:30 pm - 9 pm Bid Euchre | 9:45 am - 11:15 am Beginners Line Dancing | 10:15 am - 11:30 am Trail Walkers (off-site) |
| 6:30 pm - 8 pm R Hand Built Pottery | 9:45 am - 10:30 am Stretch | 10:30 am - 11:30 am R WOW - Wellness Over Weight |
| 7 pm - 9 pm Billiards - Snooker | 11 am - 12 Noon Seated Fitness | 1 pm - 3:30 pm BINGO |
| <p>Want a chance to win thousands and support South Gate at the same time???</p> <p>Get your tickets to South Gate's 50/50 Lottery TODAY.</p> <p>Get 400 tickets for \$40, 100 tickets for \$20 and 10 tickets for \$10.</p> <p>You have to be in it to win it!</p>  <p>www.southgates050.com</p> | 1 pm - 3 pm Badminton (Drop-In at WBC) | 1 pm - 3:30 pm Crafters Connection |
| | 1 pm - 3:30 pm Euchre | |
| | 1 pm - 3:30 pm Musicares | |
| | 1:30 pm - 3:30 pm R Tech Literacy | |
| | 6:30 pm - 9 pm Billiards - Open | |
| 7 pm - 10 pm Bingo - Lions Club | | |
| "May is the month of expectation, the month of wishes, the month of hope." - Emily Brontë | | |
| <p>No Programs on Monday, May 20. SGC & Local Roots Closed for Victoria Day.</p> | | |

PROGRAM GUIDE
For a complete description of the classes, pick up a Program Guide or visit 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.

VOLUNTEERS NEEDED




EVENT VOLUNTEERS

Garden Extravaganza

Available Saturday, May 11th from 8:30 am – 1pm.
Shifts available.

Victoria Day Parade

All volunteers need to go to the Fairgrounds on Nellis Street. 
Float decorators should arrive by 8:30 am and all others (walkers, riders and drivers and the band) should arrive no later than 9:00 am

Fitness Instructors

- to lead weekly drop-in fitness classes (see Nancy LaPlante)

Kitchen Prep Helpers

Available mornings to prepare ingredients, package food, and assist with a variety of tasks in a commercial kitchen atmosphere.

Catering Crew

Available to assist with serving food and clean-up of tables during meetings and events. May include service from a buffet line or table service.

Delivery Drivers

Available for 1-2 hours once a week to deliver meals within Woodstock.

JOIN US



If you're interested in becoming a volunteer, please fill out a Volunteer Application at the Front Desk or email Angela Hess, angela@southgatectr.ca

YOUR GARDENING HELP AND GARDEN ITEMS WANTED

Construction will begin SOON at South Gate but we need to DIG IN first!

We are looking for a team of hardworking, knowledgeable gardeners to help us dig up, pot and label the many perennials in our front gardens which we will sell at our Garden Extravaganza!

GARDENERS INTERESTED IN VOLUNTEERING:

Friday, May 3 - Meet in Cafe at 1:30 pm - 2 pm
for an information/planning meeting for the DIG!

Tuesday, May 7 - Meet in Cafe at 1:30 pm
to Dig, Pot and Label Perennials.

Friday, May 10 - Meet in Cafe at 1:30 pm
Planting pots and containers for sale at Garden Extravaganza.



GARDEN ITEMS NEEDED

We are also looking for old garden tools, garden art, benches, chairs, pots, planters, house plants/perennials/annuals from your gardens.

Please drop off, between the double doors:
Garden Items - Anytime;
After May 6th potted plants (labelled).

GIFTS FOR MOM NEEDED

Gently used Purses, Jewelry and Silk Scarves.

**Thank you for your donations of time, work and items.
It is going to make this the BEST GARDEN EXTRAVAGANZA YET!**



BUS TRIPS

Whistling Gardens

Monday, June 3
9 am - 4:30 pm
\$99

Purchase by
May 17

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.



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 Tommy Ten and Amélie van Tass are an extraordinary Austrian magician and mentalist duo. Their full-length show features magic, illusions and much more.

TUES JUNE 25 10 am - 7 pm
Purchase by May 31
\$89 INCLUDES \$35 SLOT PLAY

Starlight Casino

Point Edwards

JULY 17 9 am - 6 pm

\$25 Includes \$5 in slot play
SPECIAL INTRODUCTORY OFFER

Purchase by June 21



Join us as we explore another casino gem, this time on the shores of the St Clair River. Featuring 11 table games and more than 400 of your favourite slot machines, including the High Limit Room for a higher stakes slot play experience.

Day in Port Dover

Includes a morning activity to be decided, Lunch at the Erie Beach Hotel and the Norm Foster play "Lakefront" at The Lighthouse Festival Theatre.

SEPT 5 9 am - 6pm \$145
Purchase by Aug 5.



Call to book, stop into the Centre or book online at <http://bit.ly/3IQATfV>.
Confirm the Cancellation Policy before you book.

FASHION SHOW

Thank you to our local Giant Tiger Store, owned by Bob and Pamela Armstrong, who graciously sponsored this year's "Embarking on a New Season" Spring Fashion Show. Bob and Pamela are widely known for their community involvement. It was an excellent experience to work with them and their staff in preparation for the event.

Thank you to all the establishments that donated Door Prizes for the Fashion Show: Chloe Weir - Singing Coach, Craigowan Golf Club, Giant Tiger, Hush Beauty Bar, Jacob Masters - Massage Therapist, Nathan Picknell Investment Advisor RBC Dominion Securities, Shopper's Drug Mart East End, Suzanne Phillips Massage Therapist, and Woodstock Little Theatre.

The Fashion Show was a "Sell Out!" There were lots of compliments on the decor, which was a combination of rustic, and a splash of vibrant spring blossoms. The models glowed with class and elegance! Volunteers were involved in many capacities, and were greatly appreciated! The guests enjoyed an interactive intermission where they got to place a "positive attribute" describing themselves on a rock, and creatively design it. Laughter and wholesome conversations filled the hall. The dessert/fruit trays were quickly emptied and enjoyed by all! Winners of all the door prizes were pleasantly surprised.

Thank You to everyone for their role in making this event a success for South Gate Centre.

Sheila Picknell



WELLNESS WITH SHEILA PICKNELL

Unified For Success

I am overjoyed to say that as the Coordinator for the "Embarking on a New Season," Fashion Show that was held in April, was truly a blessing to be part of. Once again, I am reminded why I love to work with inter generations. The uniqueness of personalities, gifts, thoughts, ideas, and styles, inspires and encourages me. The empowerment of cohesiveness, is something that can only be achieved, if each person involved gives their ultimate best. That in my opinion, knowing that we were all dedicated volunteers trying our best, was successfully achieved at the event.

At an intermission, each guest had the opportunity to think of a "positive" word that described them. Then place that attribute on a rock, and decorate it. The interaction in the room was infectious, filled with a beautiful energy, as creativity, giggles and conversations happened. Reflecting, I thought about how one can be in a crowded room surrounded by many people, and still feel alone or lonely. I further reflected on the importance of being in a safe, and nurturing environment, where one can feel valued, and accepted. That to me needs to be a top priority!

I truly hope that each and every person whether guest, or volunteer felt the warmth that South Gate Centre so passionately works towards. Because "Every Moments Matters!"

How about you?

What are some positive words that describes you!
You are a one-of-a-kind original!

No matter what your age, background, nationality!
Each of us has something unique to give, as well as receive!
Investing in L.I.F.E. (Leave Imprints Formed from Excellence)
Embarking on yet another new month!
May it be filled with peace and healing from the inside out.



Remember
"Kindness is a
Flower Always in Season"

Never Underestimate the
Power That You Hold to Empower
Positive Health and Wellness
To Someone!

contactsheilamary@gmail.com



COMING EVENTS

Community
FOAP
Theatre



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

Presents...

OUR LITTLE Secret

a one act comedy
by Rollin Jewett

Directed by Kim Di Lello

Produced by Ted McLaughlin

At South Gate Centre

Friday, June 21, 2024 at 7:30 pm

Saturday, June 22, 2024 at 2:00 pm

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

for tickets and information

Tickets \$20.00

Refreshments and Cash Bar



By arrangement with Lazy Bee Scripts
Stockport, UK



What does a 31-year-old theatre kid do when a DNA test reveals that his biological parents aren't quite who he thought they were? Write a musical, of course! In this hilarious, moving and true story, Noam Tomaschoff grapples with questions of family, identity and just how many brothers and sisters he really has.

SOUTH GATE CHARITY GOLF TOURNAMENT

Book Now

SAT SEPT 7, 2024

Ingersoll Golf Club

Members: \$115 Non-members: \$135

Master Sponsor

CENTURY 21

Heritage House Ltd.



SOUTH GATE
CENTRE

519-539-9817

Register your foursome at
<https://bit.ly/3Jr47Bl>, call
the Centre or drop in,
Monday to Friday,
8:30 am - 4:00 pm.

Interested in sponsoring this year's
tournament or have auction items to
donate? Reach out to Sarah at
sarah@southgatectr.ca.

MARILYN'S MUSINGS

"All things seem possible in May." – Edwin Way Teale

Edwin Way Teale (June 2, 1899 – October 18, 1980) was an American influential naturalist, author and photographer who won a Pulitzer Prize in 1966 for his book "Wandering Through Winter". There is a plaque erected in his honour in Chesterton, Indiana which reads, in part, "During his life he wrote, edited and contributed to over 30 books about nature's importance and beauty."

I love May! It's my favourite month of the year. So many wonderful events! By the time you read this, my flowers will be up, my garden box planted, and I will be on the course for my eighteenth year as a member of the South Gate Golf League - so efficiently organized and managed by Evelyn and Biff Hetherington. South Gate Cruise-Ins begin on May 8 with free admission, fun, music, prizes and a Local Roots Dinner for only \$20. On May 9, it's a Mother's Day Afternoon Tea for \$15. (Gotta dig out my fascinator for that one!) May 11 there's one of my "don't miss" events – The Garden Extravaganza and Mother's Day Brunch. The fun never stops at South Gate with a Murder Myster Dinner "The Great Gaspe" on May 24 for \$40. And to top it off, Woodstock's Victoria Day parade. Have only missed one since I've been alive.



With all the Mother's Day happenings, it brought back memories of my mother. I hate to brag, but she was an incredible woman. She raised a family of seven kids, five of them on her own after my dad died suddenly and unexpectedly at the age of 44. She had a knack for making each of us feel as if we were her favourite. (I know I was because she told me so! Turns out she told the other six the same thing.) My mom taught us to love unconditionally, to deal with adversity in our lives as best we could, to work hard at what we chose to do in life and most importantly to stick together as a family even when she is gone.

I miss you so much mom. I still laugh to myself at our once-a-month trips to the old Zellers store for Seniors' Day. We'd take turns buying each other lunch at their little restaurant. When we'd get to the checkout, I'd go first so I would be able to help her with her purchases. She'd always give me that "Flo look" when I'd say, "I'm a senior." She'd say, "Whenever you do that it makes me feel old." I'd respond with, "Mom, I love being a senior and getting those discounts and perks."

To all the mothers out there, to those of you who are still blessed to have your mother in your life (I envy you!), I wish you a very Happy Mother's Day. Enjoy every minute of the love and attention you will receive. I know I will.



...until next time.

Marilyn, marilyn.watson@execulink.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

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



ADVERTISEMENTS



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

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

THOUGHTS & PRAYERS

To the friends and families of:
Donna Rose - sister passed.
Graham Becker - sister passed.

DONATIONS

Your donation means so much.
Thank you.

ANNUAL GIVING APPEAL

Linda Baker
Harbhagwan Singh Bath
Theresa Agyeman
Wayne Bertrand
Donna Butson
Allan Campbell
Diana Gorbould
Dianne Reeves-Denby
Shirley Drew
Wilma Farr
William Koleszar
Bill Mahoney
Debra Moss
Lorraine Petrie
Arthur Roefs
Mary Seaman
Diane Vanmeer
John Wilkins

CAPITAL DONATIONS

Wilma Boughtflower
Dr Leonard Reeves
Pat Taplay
Barry & Betsy Tate
Christine Uchacz

GENERAL DONATIONS

Gord & Betty Anderson
Foundation

IN MEMORY OF

In Memory of Bud Ernewein:
Lois Whalley

SGC STAFF

Chris Cunningham
Executive Director
chris@southgatectr.ca, x222

Chantal McDonald
Office Manager
chantal@southgatectr.ca, x230

Angela Hess
Program & Volunteer Coordinator
angela@southgatectr.ca, x233

Sarah Lindsay
Marketing & Communications
Manager
sarah@southgatectr.ca

Larrie Blancher
Facilities Manager
larrie@southgatectr.ca, x223

Shelley Davis
Local Roots Chef & Hospitality
Manager
shelley@southgatectr.ca, x231

Kristin Burke
Baker/ Assistant Manager
kristin@southgatectr.ca, x231



The winner of the March South Gate 50/50 Lottery was Pat Taplay. This name may sound very familiar as Pat also won the Grand Prize for the March Lottery. Talk about luck - WOW! Pat took home \$3,025.

South Gate thanks Pat for her donation to the Capital Campaign with part of her winnings.

A sincere thank you to all of you who play our lottery.

ADVERTISEMENT

**2024 GOLDEN NUGGET
Advertising Rates**

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

Email sarah@southgatectr.ca.

**Personalized
TAX Preparation**

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

519-536-3635

317 Willowgrove Crescent
Woodstock, ON

Gordon D. Williams
CPA, CMA



GATEWAY
CASINOS
WOODSTOCK

**2024 Exclusive Offer for
South Gate Members**

**Join MY Club
Rewards**



Receive an
**EXCLUSIVE
gift***

Becoming a My Club Rewards member is free and easy. Just visit our Guest Services desk, present your valid ID, and we'll sign you up for a membership. More prizes and more ways to earn points – right at your favourite slot machine!

You must be 19 years of age or older to enter the gaming floor, and to participate in any promotions offered by Gateway. You must provide valid government-issued identification. You may not enter our facilities if you have voluntarily self-excluded under a responsible gaming program, or if you have been barred from entry by Gateway or OLG. Terms and conditions apply to all promotions offered by Gateway.

*while quantities last; new memberships only

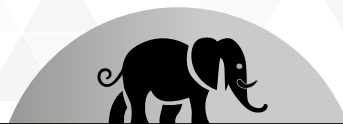
ADVERTISEMENT



Woodstock Hearing Centre is an independently owned hearing clinic that is committed to providing the highest quality of hearing healthcare service.

OUR SERVICES:

- Cerumen Management
- Hearing Tests
- Hearing Aids



WOODSTOCK HEARING

345 Norwich Ave, Woodstock, ON N4S 3W1 | **519.537.3478**

At the corner of Norwich Ave. and Parkinson Rd.

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

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

**2024
COFFEE
SPONSOR**

Offering Services for:

Digital and Implant Dentures
Complete and Partial Dentures
Immediate Dentures
Same Day Relines and Repair

**Call for a No fee
consultation
Today!**

Proudly Serving
Woodstock
20
Years



Wellington Street
DENTURE CLINIC
By Changing Smiles Changing Lives

62 Wellington Street South
519-533-1919
wsdcoffice@gmail.com
wellingtonstreetdentures.com

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

CELEBRATE LIVING WELL



LIMITED TIME ONLY

**FULLY FURNISHED
1-BEDROOM SUITE**

SPACES AVAILABLE!

CALL NOW 519.771.4973

Ask about our specials! Book a tour and enjoy a complimentary lunch with us!



511 Finkle Street Woodstock, Ontario N4VOC4 • 519.602.0282

Please visit us at the community for a personalized tour or for more information go to

CedarviewSeniorLife.com



ReImagine Senior Living

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

ADVERTISEMENT



466 Dundas St.
519-537-8411

Register online!
woodstockmuseum.ca

Hours
Tuesday to Saturday
10 a.m. – 5p.m.
Open on Mondays
starting May 27



Hand Embroidery Workshop

May 9 at 6:30 – 8:30 p.m. | Ages 16+

Learn the art of hand embroidery with a variety of decorative and useful stitches. \$30 (Members \$27)



Museum Month Tours

May 17 at 1 p.m. and May 21 at 7 p.m. | Ages 14+

May is Museum Month! Explore Woodstock's history with a guided tour of the museum. \$5 (Members FREE!)



Historic Walking Tours of Southside Park

May 28 at 7 p.m. and May 29 at 1 p.m. | Ages 14+

Learn about the park's historic features and hear stories from the past. \$5 (Members FREE!)



Cultural Canvas Heritage Tours

June 8 at 3 p.m., 4 p.m. and 5 p.m.

Join the Heritage Advisory Committee for a 45-min bus tour of local heritage sites and buildings. FREE!



Drawn to Directions: An Exhibition of the Historical Maps of Woodstock

On now until June 29

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

ADVERTISEMENT

LIVE IT UP!



EVERY WEDNESDAY

\$7.77

BREAKFAST SPECIAL • 9AM - 12PM



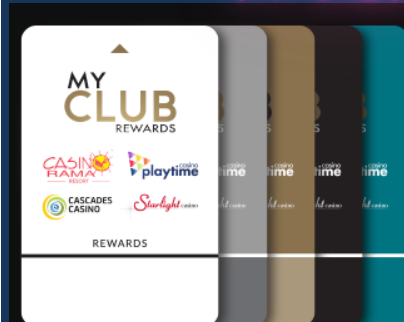
GATEWAY CASINOS
WOODSTOCK

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 with your South Gate Membership card to receive 20% off any* entree



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

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



LOCAL ROOTS

The South Gate Kitchen

Public Welcome

519-539-9817

191 Old Wellington St. S., Woodstock, ON

www.southgatectr.com/local-roots

All homemade food, locally sourced.

MAY Lunch Menu

Lunch is served 11:30 am - 1 pm

EAT IN OR TAKEOUT - \$8

| MON | | TUES | | WED | | THURS | | FRI | |
|-------------------|-------------------|------|--|-----|--|-------|---------------------------|-----|---|
| 29 | | 30 | | 1 | | 2 | Oven Fried Chicken Dinner | 3 | Breakfast - 9 am - 1 pm. Choice of eggs, meat and toast |
| Soup & Sandwiches | | | | | | | | | |
| 6 | | 7 | | 8 | | 9 | Sweet & Tangy Chicken | 10 | Liver & Onions |
| Soup & Sandwiches | | | | | | | | | |
| 13 | | 14 | | 15 | | 16 | Pork Loin Dinner | 17 | Shepherd's Pie & Salad |
| Soup & Sandwiches | | | | | | | | | |
| 20 | | 21 | | 22 | | 23 | Pizza & Salad | 24 | Beef Lasagna |
| Closed | Soup & Sandwiches | | | | | | | | |
| 27 | | 28 | | 29 | | 30 | Liver & Onions | 31 | Chicken Pot Pie and Salad |
| Soup & Sandwiches | | | | | | | | | |

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 MAY & JUNE

Indoor Dining - Purchase Tickets at Front Desk well in advance.

WED MAY 15 Asian American Buffet Dinner - Members \$20 | Non-members \$25
Indoor Dining (Buffet at 5 pm)
Mango & shrimp summer rolls, pork satay with peanut sauce, vegetable fried rice, Kung pao chicken, caramel custard

WED JUNE 19 Indigenous Buffet Dinner - Members \$20 | Non-members \$25
Indoor Dining (Buffet at 5 pm)
Three sister's soup, BBQ chicken, fry bread tacos, maple brown butter sweet corn, bannock and berries