

GOLDEN NUGGET

JANUARY 2022



NEW YEAR, NEW BEGINNINGS...
LIVE WELL, PLAY WELL, BE WELL!

Happy New Year

191 Old Wellington St. South, Woodstock · N4S 3J2
519.539.9817 · www.southgatectr.ca



SOUTH GATE CENTRE
FOR ACTIVE ADULTS



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

Co-Chair: Vonnie Snyder	Deborah Almost
Co-Chair: Secretary: Linda Baker	Kathy Deweerd
Chad Williams	Patrick King
Sarah Acchione	Connie Lauder

South Gate Centre Members Committee

Chair: Rick Rose	Dave Clarke
Board Liaison: Deborah Almost	Mary Donlevy
Secretary: Guy LaPlante	Jean Hilton
Larry Baer	Marilyn Martin

Proud funded partner of the City of Woodstock, province of Ontario. South Gate Centre acknowledges support we receive from all of our funders.

While every effort is made to provide correct information in the Golden Nugget, occasionally some errors are made. Thank you for your understanding!

JANUARY CALENDAR-AT-A-GLANCE

Dec 25	<i>Merry Christmas</i>
Dec 26	12 Days of Christmas Lottery Draws Begin!
South Gate Centre closed December 24 at 1 pm to January 9	
Local Roots closed December 24 at 1 pm to January 3.	
Jan 1	<i>Happy New Year</i>
Tues. Jan 4	LOCAL ROOTS Opens for Curbside Pick Up
Thurs. Jan 6, 9 am	12 Days of Christmas Grand Prize Draw \$10,000 The draw will be broadcast on Facebook LIVE and the winner will be announced on 104.7 Heart FM.
Sat. Jan 8	LOCAL ROOTS - BBQ Ribs Dinner
Mon. Jan 10	SGC Opens for Programming
Wed. Jan 12, 11:30 am - 1 pm	LOCAL ROOTS Indoor Dining Reopens
Sat. Jan 22	LOCAL ROOTS - Roast Beef Dinner
Wed. Feb 2	Chilly Charlie Prognostication & Pancake Breakfast



Wishing you all the best in 2022!

MEMBERSHIP AT SOUTH GATE CENTRE

2022 Membership Rates

Starting January 1, 2022 an All-Inclusive Membership is \$175.00.

Membership is open to those 50 years young.

NO MEMBERSHIP REFUNDS.

MEMBERSHIP TAGS MUST BE WORN AT ALL TIMES AT THE CENTRE.

MEMBERSHIP ADVANTAGES

Wellington Street Denture Clinic Cristian B. Lagos 519-533-1919

10% off new complete dentures or new partial dentures for both new and existing patients.

Klassx Performance Auto Centre Larry Archer 519-421-1993

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

The Hallmark Shoppe/The Card Shoppe 519-539-5996

10% off regular priced merchandise storewide.

Mackey Moving 519-488-2128 10% off for South Gate members.

PharmaSave Woodstock, 94 Huron Street, 519-539-2888

15% off regular price (excluding prescriptions) on most merchandise.

Action Wellness 225 Main Street 519-421-4545

10% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, poAllison(Sam) Gowling

WELCOME TO OUR NEW 2022 MEMBERS

Brenda Alexander

Valerie Bergman

Nelda Black

Betty Bylsma

Anne Cliche

Kathleen Cormier

Norman Cormier

Glen Cousins

Lillian Cruickshank

Nora Demeester

Peter Ewing

Allison Gowling

Jennifer (Jenny) Holden

Keith Laycock

Stephen May

Martha Meyer

Jean Michaud

Lise Michaud

Lesley Michie

Myrna Miles

Peggy Miller

Sharon (Dianne) Morris

Jamie Rehel

Ruby Reid

Mary Seaman

Bob Spence

Jo-Anne Spence

Helen Thomson

Elizabeth Thornton

Louise Tuffnail

COVID-19 PROTOCOLS

Due to the ongoing COVID-19 situation, we are taking all precautions when it comes to programming. We will take our time introducing programs that can be done while maintaining social distancing. Continue to monitor our program development at www.southgatectr.ca/programs.

Program Safety Protocols:

- Masks are mandatory while at the Centre;
- Proof of double-vaccination required (must be 14 days prior to class);
- Sanitize your hands upon arrival at the Centre;
- Complete a COVID-19 Self-Assessment prior to going into a program;
- Practice physical distancing (6 feet or 2 meters) at all times;
- Do not linger in the Centre after your program/class as we need time to properly clean and sanitize before the next program starts.

PROGRAMS

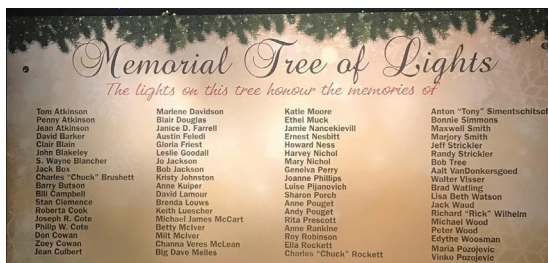
PROGRAM REGISTRATION INFORMATION

All programs, with the exception of Chair Yoga are now DROP IN for ALL 2021 Members ONLY.

In the event that a program has reached its capacity when you arrive, the Welcome/Check-In Desk volunteer will notify you. We do not expect programs to be filled but please be kind if you arrive and there is no space available.

DROP IN PROGRAM DETAILS

- Classes/Programs are currently available to South Gate 2022 Members Only who are doubly-vaccinated.
- There are safe maximum capacities on all classes/programs;
- Program schedule is SUBJECT TO CHANGE
- Please go to www.southgatectr.ca/programs for more detailed information on the program schedule;
- Fitness Classes – To view what Fitness Equipment and who the Instructor is for the class visit www.southgatectr.ca/programs.



Thank you for your donations to the Memorial Tree of Lights. Our Tree Lighting ceremony on December 11 was truly beautiful. Thank you for joining us.

PROGRAM SCHEDULE - Week at a Glance

SGC 2022 MEMBERS ONLY

TIME	MON	TUES	WED	THURS	FRI
8:00 am	Full Standing Fitness	Why Weights	Full Standing Fitness		Stretch Fitness*
8:30 am	Wood Shop	Wood Shop	Wood Shop	Wood Shop Line Dancing - Beginners	Wood Shop
9:00 am	Snooker Toning Tables (9 - 2)	Snooker Toning Tables (9 - 2)	Snooker Toning Tables (9 - 2)	Beginner Billiards Toning Tables (9 - 2)	Snooker Toning Tables (9 - 12)
9:30 am	Full Standing Fitness	Chair Yoga** Bunka	Seated Fitness		Full Standing Fitness
10:00 am				Line Dancing	W.O.W****
11:30 am			Indoor Dining	Indoor Dining	Indoor Dining
1:30 pm	Euchre Darts Library	Billiards - 8 Ball Come Dancing History Class ***	Pepper Bridge Library	Tai Chi Crafts and Crochet Billiards - 8 Ball	
3:00 pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7:00 pm				Lion's Club BINGO	

* Stretch Class - bring your own mat and Theraband or men's tie.

** Chair Yoga - Now a Registered Program. Visit the Front Desk to register.

*** History Class - Starts January 18

**** W.O.W. Starts January 21. See Programs section of this newsletter for more information.

COVID-19 and the Omicron variant

The best way to protect yourself from COVID-19, including the variant, is to get vaccinated and boosted



MESSAGES

Message from the Board of Directors

Here's to the New Year!

The last couple of years have been a challenge for everyone, with COVID affecting life in general. We have been looking for that "click of the switch" where things will return to normal. As a group, we can look to the New Year as a pivot point, a point in time where change in direction can happen. Ever since I was a child, I look to the New Year as an opportunity to start fresh, set new goals and new challenges. For 2021, I set the goal of becoming more active and focusing on my physical and mental health, which I feel I was able to do, by spending more time outside and finding the time to exercise. This year my goal is to spend more time with family and friends. I plan to do so in anyway possible, from scheduling phone/video calls with far away friends and family member, to outdoor playtime with my kids. Most of all I hope to get back to in person activity such as meeting regularly with my Board Game Group, and entertaining friends on the weekend.

With South Gate Centre open, it gives our members the opportunity to feel some of that return to normal by spending time with friends while in programs or even just grabbing something to eat. We can't wait to see new and returning members for an exciting new year! Let's thank all the staff and volunteers for making every effort to ensure we can do so safely.

Here's to 2022 - Cheers to South Gate Centre!

Patrick King

South Gate Centre 2021 Membership Statistics

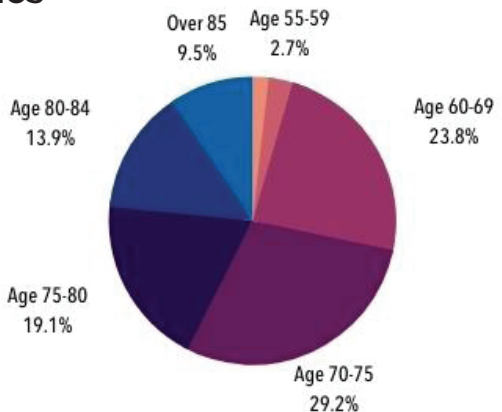


77%



23%

1.8%	Below 55 Years
2.7%	Age 55- 59 Years
23.7%	Between 60-69 Years
29.1%	Between 70-74 Years
19.0%	Between 75-79 Years
13.9%	Between 80-84 Years
9.5%	Over 85 Years



MESSAGES

Message from the Executive Director

You're wonderful!
When each one of us feels important inside
Loving and giving and glad we're alive
Oh, what a difference we make in each day
And all because someone decided to say...
"I think you're wonderful."

Well my friends, we made it to the final month of the year. As I take this time to reflect on the past year, I cannot help but smile when I think of how we showed the world what resiliency looks like.

"I think you're wonderful."

Hats off to the incredible South Gate Centre staff, Bonnie, Cheryl, Kristin, Larrie, Phil, Sarah, Shelley, Valerie and all of the amazing volunteers that helped us power through this year. True champions, rising above every challenge, forging forward into unknown territory and always delivering their services with a high level of excellence. I am so proud and thankful to have all of you by my side. We would not be where we are today if it was not for each one of you.

"I think you're wonderful."

A special note of thanks to those that made South Gate Centre their charity of choice this year. Your generous donations to SGC have helped us maneuver our way through the last 20 months. Because of your financial support we have been able to keep our seniors safe while re introducing programming and expanding our food services.

"I think you're wonderful."

Looking forward to 2022, providing you with quality programming, volunteer opportunities, food services, social opportunities and more.

Over the holidays remember to take a breath, be mindful, compassionate to others, smile often and laugh for no reason.

Merry Christmas and best wishes for the holidays.

"I think you're wonderful."

Chris xo

MESSAGES

Members' Committee Message

Hi all, hard to believe but here we are beginning a brand-new year. I sure hope that everyone was able to enjoy a safe and happy Christmas with some family and friends.

A new year is an opportunity for us to look forward to new beginnings with hope and excitement.

It is so good to see the attendance numbers increasing for the in-person activities that are available. Members can safely take part in many different activities that are happening every day including Fitness, Leisure and Educational.

Indoor dining is available to everyone including non-members, where you can enjoy excellent food prepared and served by our award-winning Local Roots kitchen led by Shelley and Kristin and many volunteers. Remember, you can also enjoy the food through take-out if you prefer. Either way you will thoroughly enjoy a wide variety of food to choose from.

By the way, if you haven't had an opportunity to renew your SGC membership, it's not too late and if you need help with the process, please don't hesitate to contact the Centre and someone will be glad to assist you.

The Members Committee recently said thank you and farewell to one of our committee members, Alan Bohn. Alan's insightful input on many different issues will be missed. We thank him for his efforts for the last 6+ years and wish him well in the future. If you think you might be interested in joining this committee, please contact me (Rick Rose) by email (rose_rick85@yahoo.com) or by calling SGC and someone will put you in touch with me. This is an opportunity for you to be part of something special for the future of SGC.

**Got an issue you want addressed, submit it in writing (with your contact info) and drop it in the Comments Box at the Centre or by emailing me or you can speak to any committee member. All comments will be addressed immediately or at the next monthly meeting.

Please check the Golden Nugget for specific details on all the latest events happening or you can call South Gate Centre (519) 539-9817 or you can check out the [SGC website](#).

Remember, we are not aging, we are ripening to perfection!

VOLUNTEERS

Message from the Volunteer Manager

My New Year Wish for You

My Happy New Year wish for you is for your best year yet,
A year where life is peaceful, and what you want, you get.

A year in which you cherish the past year's memories,
And live your life each new day, full of bright expectancies.

I wish for you a holiday with happiness galore,
And when it's done, I wish you Happy New Year, and many more.

Volunteering is a wonderful opportunity to make new friends in 2022 while helping out South Gate Centre.

CONSIDERING VOLUNTEERING AT SOUTH GATE CENTRE IN 2022.

Bonnie Ward,
Volunteer Manager

Volunteer Profile - Lillian Cruikshank

Lillian moved to Woodstock just over a year ago and heard about South Gate Centre from her niece. She wanted to continue to be active and joined South Gate Centre in October 2021. She immediately wanted to become a volunteer and get involved and contribute in any way she could.

In the month of December Lillian volunteered at our South Gate Marketplace and helped put the orders together. She is looking forward to continuing to volunteer in 2022. Welcome Lillian!



CHILLY CHARLIE'S PREDICTION & BREAKFAST

Wednesday, February 2, 2022

7:30 am - 9:00 am

Drive Thru Pancake Breakfast - \$5

8:10 am Prognostication

EVERYONE WELCOME

Sponsored by



VOLUNTEER THANK YOU



Our heartfelt thanks is extended to ELAINE CAMPBELL and CATHIE DAVIES for all their hard work and dedication in coordinating and organizing South Gate's Marketplace. Our Marketplace would not have been a success without their outstanding volunteer commitment, time and energy.

Special thanks is also extended to Barb Brushett, Lillian Cruikshank, Nancy Bell and Carol Egan for their contributions to this venture.

VOLUNTEERS NEEDED

Are you looking to meet new people, make new friends and do something that has purpose and have fun while doing it? This could be it!

South Gate Centre and Local Roots Café are looking for enthusiastic volunteers. For many positions, no experience is necessary, as training is provided for each position. If you can volunteer a few hours a week, or only occasionally, we would love to talk to you about joining our team!

- LOCAL ROOTS Café/Catering Team
- Fitness Volunteers
- Front Desk
- Special Events
- Seasonal Decorators

**BINGO CALLER
NEEDED**

If you are interested in becoming a volunteer, please contact Bonnie Ward, bonnie@southgatectr.ca or call the Centre.

REGISTERED PROGRAMS

Chair Yoga with Pam Genge

NOW A REGISTERED PROGRAM

THIS IS NOW A REGISTERED PROGRAM. PLEASE REGISTER AT THE FRONT DESK PRIOR TO THE CLASS STARTING.

This is a one hour class that 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 will be done in seated position and instrumental music is used for motivation and for relaxation.

DAY	TIME	LOCATION	FEE
Tuesdays	9:30 am to 10:30 am	Hall	\$30.00

Dates: January 18 to February 23, 2022 (6 Weeks)

W.O.W - Wellness Overcomes Weight

NEW

THIS IS A REGISTERED PROGRAM FOR NON-MEMBERS. THE PROGRAM IS FREE FOR SOUTH GATE 2022 MEMBERS. PLEASE REGISTER AT THE FRONT DESK PRIOR TO THE PROGRAM STARTING.

DAY	TIME	LOCATION	FEE
Fridays	10:30 am -11:30 am	Kinsmen	\$75 Non-members Free Members

Starts Jan. 21

Optional Weigh-in at 10:00 am in the Ladies Washroom

RETURNING PROGRAMS

Bridge

With the highest safety protocols in place for this close contact program, it is mandatory that all Bridge Players wear a mask during the program.

You will also play with the same four players throughout the program duration.

DAY	TIME	LOCATION
Wednesdays	1:30 pm to 3:00 pm	Kinsmen Room

Woodstock Badminton Club

Our partnership with Woodstock Badminton Club is back. 2022 South Gate Members can access the Club (with name tag) on Monday mornings for Pickleball, 9 - 11 am and Thursdays for Badminton, 1 -3 pm. At your initial visit you will complete a registration form and waiver.

PROGRAM INFORMATION

SOCIAL PHONE-IN PROGRAMS BACK BY POPULAR DEMAND

To participate in a Phone-In Program Call this number at the start of your program. 226-781-4229 or 1-888-279-1594. Enter the Passcode 145131. Record your name or just stay on the line then press #.

Fit Minds

NEXT SESSION STARTS JAN. 11

A cognitive stimulation coaching program that supports brain health and improves the quality of life for those 55+.

This program is presented by Chartwell Oxford Gardens. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction.

All participants will receive a workbook package prior to the start date of the program.

Day	Time	Session
Tuesdays	10:30 am	Jan 11 to Mar 1, 2022

Travel with Bradley Walters

Thursday, Jan 6 - 10:30am - New Years Traditions Around the World
Thursday, Jan 20 - 10:30am - Travel Advice in COVID-19 Times

One-on-One with Ian IT Support

NEW

Each session will span one hour. 10 am - 11 am.
The first session will be held on January 17, 2022.
Ian will be available at the same time on the third Tuesday of the month, unless otherwise notified. Please reach out to Ian in advance of prior to January 17 at 1on1withian@gmail.com. Your question should address the problem/difficulty that you are experiencing. Alternatively, if you are seeking advice Ian will attempt to facilitate an answer within the session or through further research. Once Ian has received your email he will provide you with a link. This will enable you to meet in a Facebook room.

A Facebook account isn't required to participate.

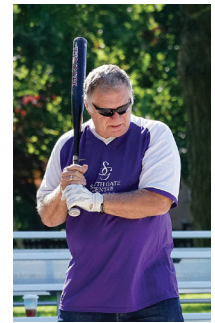
Trail Walkers

Weekly walking group that utilizes the local trail system around Woodstock. Sign in from 10:00 am to 10:15 am. We have fast and slow walkers... so please join us any Friday.

January 7 Pittock Park North Shore
January 14 Tecumseh
January 21 Upper Trail
January 28 Roth Park

Refer to the Program page of the website for details about each trail or ask at the Front Desk for a list.

GOODBYE 2021



THANKS, THAT WAS FUN!!!



Work out the film anagram titles:

Fa Fibre Loin – Eric really nailed it when he sang Always Look on the Bright Side of Life.

Heap Slinker See Ova – About six years before the film was finally made, Julia Roberts was cast as Viola.

Achiest Fir Roof – Ian Holm who starred in this film also played Bilbo Baggins in "The Lord of the Rings"

A Deb Intense Nil Sissy – Emma Thompson's first draft of the screenplay consisted of 350 handwritten pages.



TEASERS

Exercise of the Month

Benefits of Flexibility Exercises: Flexibility or Range of Motion exercises are important to keep us living independently. In 12 weeks, one can improve joint movement in shoulder by 8% and ankle movement by 48% and have a self report of absence of stiffness.

Range of motion exercises include a variety of movements in your warm up and cool down. The main joints are neck, shoulder, fingers, wrists, hip, knee and ankle. Some examples include: arm reaches up, side and out, shoulder rolls, shrugs, wrist circles and flexes, piano playing, finger touches to thumb, single standing leg controlled movements to front, side and back, one leg bicycle circles, and ankle circles, toe points up and down.

Stretches should not hurt and be done when muscles are warm (at end of workout/walk). Never bounce when stretching, do not lock joints and hold for 15 - 20 seconds.

Source: Get Fit For Active Living - Diabetes Strategy (Canadian Centre for Activity & Aging).

DONATIONS

Thoughts and Prayers

For our friends and neighbours of whom life is particularly stressful at this time through illness, loss, tragedy or isolation.

Martha Dunseth (Passed)

Doug Reeves (Passed)

Bruce Runnalls (Passed)

Audrey Shapton (Passed)

Marie Fleming (Hospital)

Thank You

Thank you to everyone that donated last month including:

Diane Angus, Judith Bell, John Rowell, Anne Sawtell,

Suzanne and Glen Shipp, Don Wilson, and

Toyota Manufacturing, Woodstock-Ingersoll & District Real Estate Board

Tribute Donation - Memorial Fund

Give a gift to honour someone special in your life or pay tribute to the memory of one that will be greatly missed. Making a tribute gift to South Gate Centre will not only honour someone near and dear to your heart but will have a positive impact on the lives of seniors in Woodstock and the surrounding area. An acknowledgment will be sent to the family/person, and a tax receipt will be issued to the donor.

Beth Lehrbass in memory of Bruce and Grace Runnalls

Lewis & Lavinia Tebbutt in memory of Bruce Runnalls

Well Wishes

Cards of sympathy, thinking of you and get well cards for our members are mailed from the Centre. If you know of any card that should be sent, please let us know. Now more than ever, we need your help to make sure that no one is missed. Everyone appreciates knowing that people are thinking of them. THANK YOU!

MY CHARITY, MY CENTRE, MY#1 CHOICE

DONATE TODAY... *so we can continue to enrich the lives of those 50+*



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

**DONATIONS to South Gate Centre can be made
online and a tax receipt is automatically generated.**

WWW.SOUTHGATECTR.CA

STARTING OFF THE NEW YEAR

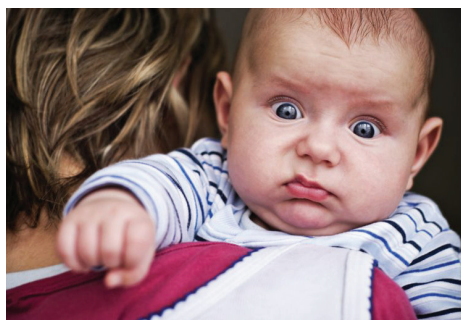
Have a good hearty laugh each day - it is good for your heart, lungs and more so, your soul!

Laughter is the best medicine.

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. - Robert Muller
Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming. - Anonymous

Keep your face always toward the sunshine, and shadows will fall behind you. - Walt Whitman



This January, start the year with an empty jar and fill it with notes about good things that happen. Then, on New Year's Eve, empty it to cherish all of the amazing things in your life.



Beauty is not in the face; beauty is a light in the heart. - Kahlil Gibran

The smallest act of kindness is worth more than the grandest intention. - Oscar Wilde



Vitamin D: Bone health and more!

For decades, we have known that vitamin D builds stronger bones by helping your body absorb calcium. Recent research suggests that vitamin D may also decrease your risk for breast, prostate, and colon cancer.

"We still don't know what the optimal vitamin D levels are or how it works to prevent cancer, but the relationship is there," she says. Vitamin D is often called the "sunshine vitamin" because under the right conditions in the sun, the skin can produce its own vitamin D. However, during the winter, people in Canada produce very little vitamin D. The sunlight is too weak and we need to wear a lot of clothing.

Even in the summer, people may not get enough vitamin D: Sunscreens and sun-protective clothing block the skin from producing vitamin D.

Dark skin does not produce vitamin D as efficiently as lighter-pigmented skin. Adults with highly pigmented skin need 10 to 20 times more sun exposure to make the same amount of vitamin D.

Older adults do not create vitamin D from sunlight as efficiently as younger people do. They may also spend less time outdoors.

For these reasons, many health organizations suggest that you increase your vitamin D intake through diet, supplements, or both. Food sources of vitamin D include fortified foods, such as cow's milk and soy or rice beverages. Margarine and fish, such as salmon and tuna, are also good sources of this vitamin.

Canada's Food Guide advises people over the age of 50 to take in three servings of milk or fortified soy beverages a day and a supplement of 400 IU (10 micrograms) of vitamin D every day.

"It's very hard to get enough from what you eat," says Dr. Kerry Siminoski, a specialist in bone disorder and bone health at the University of Alberta. "With supplements, you ensure that you get what you need without short-changing your other nutritional requirements or exceeding your caloric intake."

Because the benefits of vitamin D go beyond bone health, several organizations recommend taking more than Health Canada does. Despite the potential benefits, Health Canada cautions that high doses can be toxic. Taking between 1,000 and 2,000 IU of vitamin D a day (from food and supplements combined), you should be safe. "There's a huge safety margin for vitamin D as opposed to calcium," says Dr. Siminoski.

Talk with your doctor, pharmacist, or dietitian to see if you could benefit from a daily vitamin D supplement.

RESOURCES & SOUTH GATE STAFF

Resources

Crisis Services Canada 1-833-456-4566

www.crisisservicescanada.ca/en/

Available 24 hours/7 days a week/365 days of the year.

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

Local love in a global crisis

211

www.211ontario.ca

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



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During this time remember

We all need to support each other in our own way.
Leave baked goods on someones doorstep, make a
5 minute call to chat with a friend,

ADVERTISEMENT



Life is better,
TOGETHER.

Start your retirement living journey with Chartwell

Chartwell retirement residences are safe and social places to call home, where you or a loved one can benefit from support, connection and convenient services that can make life better. With safety precautions in place, our residents continue to enjoy safe social opportunities and engaging activities that bring them happiness and fulfillment.

More than 95% of residents, their family and friends feel their Chartwell residence has taken important measures to keep them safe during COVID-19.*

*Chartwell's *Listening to Serve You Better* Survey, 2020, from almost 13,500 respondents.

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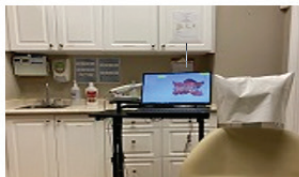
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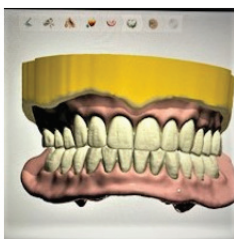


www.wellingtonstreetdentures.com

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WE HAVE GONE DIGITAL!



What does this mean for you?

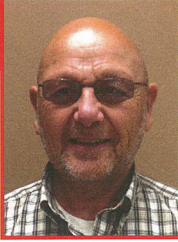
Painless scanning of your mouth and in some

Cases with no traditional impression. As always our custom fitted dentures and superior aesthetics are our top priority, but are now fabricated with digital technology. Fewer Appointments, more accuracy and quicker start to finish process.

Give us a call to book an appointment for a free consultation to see how our digital dentistry can work for you!

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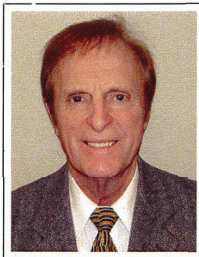
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David M. Thomas

Broker

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2022 GOLDEN NUGGET Advertising Rates

Interested in advertising in the Golden Nugget, contact Sarah at sarah@southgatectr.ca .	Size	1 mo.	3 mo.	6 mo.	1 year
	Eighth Page	\$ 40	\$100	\$200	\$380
	Quarter Page	\$ 60	\$160	\$300	\$580
	Half Page	\$ 80	\$220	\$400	\$780
	Full Page	\$140	\$400	\$780	\$1380



CLOSED DECEMBER 25 - JANUARY 3
OPEN FOR CURBSIDE PICKUP JANUARY 4 - 7
INDOOR DINING RESUMES JANUARY 12

DINING IN - Hot homemade lunches are available at South Gate Centre Wednesday through Friday for \$8 from 11:30 am to 1 pm. Also available are soup, sandwiches, salads and dessert options.

JANUARY LUNCH MENU

WEDNESDAY

12 Lasagna,
Garlic Bread &
Caesar Salad

THURSDAY

13 Chicken
Pot Pie & Soup

FRIDAY

14 Salmon, Rice
and Vegetable

Desserts Jan 12 - 14 Chocolate Cake / Peach Cobbler

19 Roast Beef
Dinner

20 Fettucini
Alfredo

21 Cod & Wedge
Fries, Coleslaw

Desserts Jan 19 - 21 Texas Cake / Apple Crumble Pie

26 Beef Pot Pie &
Soup

27 Chicken Stirfry
with Rice

28 Salmon, Rice
and Vegetable

Desserts Jan 26 - 28 Rice Pudding / Rhubarb Crisp

Upcoming Special Takeout Dinners

Sat. Jan. 8 - ½ Rack Rib Dinner \$20

Sat. Jan. 22 - Roast Beef Dinner \$15

For our COMPLETE CURBSIDE PICK UP LUNCH MENU and FROZEN MENU visit us at www.localrootscafe.ca or pick up a copy in South Gate Centre's mailbox, located outside of the front doors by South Side Park.

Did you know? Local Roots Cafe offers FREE DELIVERY of lunch from our Curbside Pick Up Lunch Menu and our Frozen Menu.