

GOLDEN NUGGET

JULY/AUGUST 2025

THE ANNUAL SOUTH GATE

Streetfest Cruise

**Sunday
July 20**
9 am - 2 pm



\$10 Car Registration Fee

T-Shirts | Music | Food | Prizes | 50/50

SPECTATORS GET IN FREE

Dundas St. Woodstock, ON

www.southgatecarmcruise.com

INGERSOLL
GOLF CLUB



SOUTH GATE

CHARITY GOLF TOURNAMENT



**THURSDAY
SEPTEMBER 18**



**SOUTH GATE
CENTRE**

A PLACE TO LAUGH

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	Jeff Gerber
Past Chair: Kathy Deweerd	Mike Houle
Treasurer: Patrice Hilderley	Audrey Price
Secretary: Connie Lauder	Jeff Workman

South Gate Centre Members Committee

Chair: Dave Clarke	Bev Rajani	Judy Tanguay
Co-chair: Jodi Ziebarth	Linda Lee	Kim Downs
Board Liaison & Co-chair: Mike Houle	They are always happy to answer questions and hear your suggestions and concerns, either in person or by dropping a note in the Suggestion Box located by the check-in desk..	
Secretary: Guy LaPlante		

BE IN THE KNOW...

Black Name Tag - Board Member

Gold Name Tag - Staff

Silver Name Tag - Members Committee Member

White Name Tag - Member



**LIKE, FOLLOW,
SHARE AND
COMMENT**

Facebook

www.facebook.com/southgatectr
www.facebook.com/sgclocalroots

Instagram

www.instagram.com/south_gate_centre
www.instagram.com/local_roots_sgc

Front cover: Streetfest and Golf Tournament promotion.

South Gate Centre is a registered Canadian charity. Business Number 119145209RR0001
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

Thursdays	Lion's Club BINGO 7 pm
JUNE	
Tue Jun 24	Get Your Groove On - FREE Dance Class Demo with Dance in Style Studio
Wed Jun 25	Annual General Meeting & Strawberry Social at 4 pm at South Gate Centre
Mon Jun 30	ALL SALLY CREEK PROGRAMS MOVE TO SOUTH GATE CENTRE p.16-17
Mon Jun 30	South Gate 50/50 Lottery Closes at 11:59 pm
JULY	
Tue Jul 1	CENTRE CLOSED - HAPPY CANADA DAY 
Tue Jul 1	South Gate June 50/50 Grand Prize Draw at 9 am
Thu Jul 10	CENTRE CLOSED FOR CONSTRUCTION WORK (ELECTRICAL) Open for Lions Bingo.
Fri Jul 18	Good for the Soul - Bocce Ball Fun Tournament p.13
Sun Jul 20	Streetfest Cruise - Downtown Woodstock (Front cover)
Wed Jul 23	Christmas in July Luncheon p. 32
AUGUST	
Mon Aug 4	CENTRE CLOSED - HAPPY CIVIC HOLIDAY
Fri Aug 15	Good for the Soul - Bocce Ball Fun Tournament p.13
Tue Aug 19	Monthly Cruise-In at Movement Church p.14
SEPTEMBER	
Mon Sep 1	CENTRE CLOSED - HAPPY LABOUR DAY

PROGRAMMING UPDATE

AUGUST

Stability ball - Cancelled on Wednesdays.

Carpooling is strongly encouraged on Fridays in August and August 20 - 25 due to Baseball Tournaments in Southside Park.

MEMBERSHIP AT SOUTH GATE CENTRE

2025 Membership Rates

ALL-INCLUSIVE MEMBERSHIP	2025 RATE
Pre-authorized debit	\$25/Month
July 2025 - December 2025	\$130
August 2025 - December 2025	\$110

All-Inclusive membership includes all Drop-In programs/activities, and members pricing on Registered Programs.

Credit/Debit/Cheque/Cash.

Member name tags must be worn at ALL times. Those without will be assumed to be a non-member.

MEMBERSHIPS ARE NON-REFUNDABLE.

MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Save \$ on Registered Programs, Cultural Dinners, Bus Trips 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!

NON-MEMBER FEES

All Instructor-Lead Drop-In Programs*	\$10/Class
*Does NOT Include Registered Programs	
All Other Drop-In Programs	\$5/Activity/Day

WELCOME NEW MEMBERS

Dona Saunders Stella Walker

**THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED
BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS.**

EXECUTIVE DIRECTOR'S MESSAGE

A NOTE ON CHANGE

Change, while sometimes difficult, is also a natural part of life. Some people come into our lives for a season or two, and others for longer.

Either way, each one leaves a mark — and that's something to be grateful for.

As we work through the details of what's next, please know that our incredible team — Angela, Chad, Kristin, Sarah, Krista, Vicky, Phil, and me — is here for you. We remain fully committed to providing the high-quality service, support, and programming that you expect and deserve.

While faces may change, our mission, our vision, and our commitment to you — our members — remain as strong and steady as ever. We are so proud to serve this community, and we thank you for walking this journey with us.

Chris Cunningham
Executive Director



FAREWELL SHELLEY DAVIS

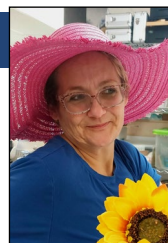
After eight incredible years with South Gate Centre, Shelley Davis, our beloved Local Roots Chef and Hospitality Manager, will be moving on to new adventures. While change is never easy, we want to take this opportunity to celebrate Shelley and all that she has meant to our community.

Shelley has been instrumental in making our food services something to be incredibly proud of. Under her leadership, Local Roots has generated well over \$1 million in revenue through daily lunches, frozen meals, catering, and special events — directly supporting our programs and mission. Through it all, the kitchen has truly remained the heart of South Gate, filled with warmth, laughter, and the comforting aroma of something delicious on the stove.

Shelley's soups and chili have won local awards, but it's her fun-loving spirit, warm heart, and extraordinary creativity that have left a lasting mark. She had the gift of turning anything into something amazing — and doing it with care, thrift, and love for the people she served.

We will miss her deeply, but we're also cheering her on as she begins her next chapter. Shelley, no matter where your journey takes you, we hope you carry your South Gate family with you — just as we will always carry you in our hearts.

Thank you, Shelley. Good luck, and all the very best.



FAREWELL CHANTAL MCDONALD

Wishing Chantal McDonald All the Best

Please join us in sending our best wishes to Chantal McDonald, who will be leaving her role as Office Manager after nearly two wonderful years with South Gate Centre. Chantal's warm smile, kind heart, and genuine care for our seniors have made a lasting impression. Her knowledge, steady presence, and passion for community — along with the support of her incredible crew of front desk volunteers — will be truly missed by staff, members, and visitors alike.

Chantal is returning to the world of retirement living, stepping into an exciting new Recreation role in Kitchener. While we're sad to see her go, we're thrilled for her next chapter and proud of the impact she's made here.

Thank you, Chantal, for being part of our South Gate family. We wish you every success — and hope you won't be a stranger!



MEMBERS COMMITTEE TRIBUTE TO HEATHER WILKS

After 3 years on the Members Committee, Heather Wilks is stepping down. A dedicated South Gate member since 2008, Heather has generously volunteered in many roles, including over 10 years on the fitness team. As our top social media contributor, she helped raise awareness of South Gate's offerings. We'll miss her thoughtful ideas and unique perspective, but we're glad she'll still be a friendly, familiar face at events—always with her warm smile and sense of humour.



DONATIONS

ANNUAL APPEAL

Beverley & John Weaver

CAPITAL DONATIONS

Crafters Connections Friday Group

Rose Nesbitt

Sharon Hart

FOOD ANGEL PROGRAM

Linda Baker

Suzanne Nagy

Gateway Casinos - Woodstock

GENERAL DONATIONS

Lorna Materi

Rick & Donna Rose

Sandra Crozier

IN MEMORY OF

In Memory of Roy Bragg

Marilyn & John Martin

Thank you for your donations!

CANADA SUMMER EMPLOYMENT GRANT

PROGRAMMING & VOLUNTEER ASSISTANT

Hi everyone! My name is Hannah Crosdale.

I recently completed two years in the Social Service Worker program at Conestoga College, and this September I'll be starting the Social Development Studies program at the University of Waterloo, on my way to earning my Bachelor's of Social Work. For fun, I love to colour, crochet, scrapbook, play soccer, swim, try new foods, and enjoy summer activities — I'm always up for trying new adventures! I'm inspired by the chance to make a difference, no matter how big or small, and I'm passionate about bringing awareness to silent and vulnerable voices. My dream is to work with the United Nations in pursuit of doing humanitarian work, social work, human rights and more. I'm really looking forward to connecting with the Woodstock community through the South Gate Centre. See you soon!



OFFICE ASSISTANT

Hi! I'm Jordan Gallagher. I am currently in my second year of an Executive Administration Diploma through Algonquin College. Outside of school I enjoy staying active by kayaking and running. Along with spending quality time with my friends and family. I really enjoy travelling, my favourite trip was in 2023 where I travelled all over Europe with friends. I'm looking forward to helping at the Centre this summer!



NEW MEMBER'S COMMITTEE MEMBER

Hi, I'm Kim Downs! After retiring from teaching and moving to Woodstock, I found a warm and welcoming community at South Gate Centre. Since then, I've enjoyed being a Fitness Instructor, joining the Book Club, and volunteering at events like the Recreation and Leisure Fair and Best U Health Expo.



Now, I'm excited to join the Member's Committee. I'll work to represent your ideas and promote Healthy Active Living and lifelong learning. With the Centre's upcoming expansion, we'll continue to showcase the talents of our vibrant 50+ community.

I welcome your ideas and feedback—together, let's grow and thrive at South Gate!

MEMBERS' COMMITTEE MESSAGE

Isn't it amazing that nearly all our programs are back at South Gate Centre for the summer? Yes, there's a bit of construction happening, but the alternative would be no programming at all. What a boring summer that would be! Thanks for adapting with us and for sharing your voice with the Member's Committee! Your ideas and suggestions have been invaluable in helping us communicate your priorities to staff. It's comforting to know that we are now in the home stretch before moving into the new building! As your committee, we are also thrilled to be involved in planning South Gate's Grand Reopening---stay tuned for a variety of upcoming events!

A special thank-you to Heather Wilks for her three years of dedicated service on this Committee---we'll miss her insight and thoughtful presence. We warmly welcome Kim Downs to the Member's Committee team! We also have one open spot---if you're interested in shaping our future, we'd love to have you join us!

Whatever your summer plans, we hope it is safe, fun, and filled with great moments.

Dave Clarke
Chair, Members Committee



Dave



Jodi



Mike



Guy



Bev



Linda



Judy



Kim

SPECIAL EVENTS COMMITTEE MESSAGE

Sunny weather is here and the team is making it HOT with summer events!

Mark your calendars:

July 20 – Streetfest Cruise on Dundas Street

July 23 – Christmas in July Luncheon

August 19 – Monthly Car Show @ Movement Church

September 16 – Monthly Car Show @ Movement Church

Our team is working hard to prepare for Streetfest Cruise – every year it brings in over 300 hundred classic cars. Once again we'll have food trucks, and great rock & roll, plus watch for some very cool military vehicles. Right now the only thing missing is YOU! Spectators are FREE to attend!

Interested in volunteering in any capacity for South Gate Centre, don't hesitate to contact Angela Hess at 519-539-9817 or angela@southgatectr.ca

Rick Rose, Chair
Special Events Committee



PROGRAM & VOLUNTEER COORDINATOR MESSAGE

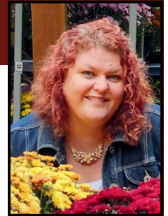
Squeezed but Sun-Soaked

With both Reeves Community Centre and Sally Creek Community Centre unavailable for the summer, we're all cozied up a little tighter back at the Centre. Yes, parking may be a bit more "creative" and program spots fill fast—but the energy is buzzing, and summer smiles are in full bloom! Let's make the most of the warmth, the friends, and the air conditioning.

The Value of Volunteers

Did you know, that to date - 2025, our volunteers have clocked an incredible 6,885.08 hours—equivalent to \$96,390.93 in value. That's what it would cost to hire the magic you all bring freely every day. From check-ins to clean-ups and everything in between, your time is the heartbeat of this place. We couldn't do it without you! Thank you!

**"Those who bring sunshine to the lives of others
cannot keep it from themselves." – J.M. Barrie**





THESE VOLUTEERS WORK HARD TO PLAY IT COOL

MEMBERS ON DUTY



PAULETTE
WHITEFORD



RON & DONNA
NEABEL



SALLY
DAY

Paulette Whiteford – When organization is the name of the game, Paulette comes to mind! Whether she's greeting members with a cheerful smile at the front desk or keeping our bus trips running smoothly, Paulette brings energy and precision to everything she does. As a program lead for WOW – Wellness Overcomes Weight – she's always researching and planning fresh, engaging content. And when it comes to events, she's often first to step up and help with the financial side, ensuring everything stays on track.

Ron & Donna Neabel – Another of our dynamic duos! This team quietly makes it happen! We don't see much of Ron, but you can be sure he's busy helping weekly with food deliveries. Donna teams up with Ron, but you can also find her helping with food prep in the kitchen or delivering amazing content in our WOW program alongside her other partner, Paulette.

Sally Day – Our seasonal decorations around the centre and many of our events have a touch of class, a little pizzaz or something a little special to elevate and entertain! Many times, it's the work of a small team which Sally is a big part of! Our décor team comes in before an event to add just the right elements to make the right impression. As part of the team, Sally brings creative ideas, a critical eye and a whole lot of experience when it comes to making a space look great!



REGISTERED PROGRAMS

There are NO Drop-In Options available for Registered Programs unless noted in the current program listing.
Register in person at South Gate Centre Centre,
or online at <https://bit.ly/3wt82ae>.

EDUCATION

Learning Unlimited

FALL 2025 PROGRAM



REGISTRATION STARTS AUGUST 1, 2025

SCHEDULE AVAILABLE SEPTEMBER 1

This 8 week speaker series spans a variety of topics and ideas that gives the educational stimulation older adults need. Hear from local entrepreneurs, engage with professionals and experts passionate about their field, or discover new ideas and trends happening both here at home and around the globe.

16 Speakers, Every Wednesday for 8 Weeks
September 17 - November 5

10:30 am and 1:15 pm

Cost for all Speakers: Members \$50 Non-Members \$60

Lunch Package for all 8 weeks is \$80 includes coffee, tea and dessert.

W.O.W. (WELLNESS OVERCOMES WEIGHT)

Leads: Paulette Whiteford & Mary Aucoin

DAY	TIME	LOCATION	FEE for the year
Thursdays	10 am – 11 am	Altadore Hall	Members: FREE Non-Members: \$70

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.

**SELF-CARE IS NOT A WASTE OF TIME. SELF-CARE IS ESSENTIAL
TO YOUR SURVIVAL AND YOUR WELL-BEING.**

REGISTERED PROGRAMS

FITNESS

BEGINNER NORDIC POLE WALKING

Instructor: Deanna Jasmins
Session 1: July 4 - 25 (4 week session)

DRESS FOR THE WEATHER.
Session 2: August 1 - 22

DAY	TIME	LOCATION
Fridays	10 am	Meet at Local Roots Cafe

FEE
Members: FREE
Non-Members: \$20+HST

Nordic Pole Walking is a low-impact, full-body exercise that engages up to 90% of your muscles while reducing strain on joints. It improves posture, balance, and cardiovascular health while increasing calorie burn compared to regular walking. Suitable for all fitness levels, it's an enjoyable way to stay active and boost overall well-being.

It is recommended that participants attend from the first class of the month since each week is a progression.

FUN LEAGUES - EVERYONE WELCOME

BASEBALL (LOBBALL)

They're in Full Swing and Knockin' it outta the park!! South Gate has 3 full teams out having a ball. Be sure to come out to watch the games and cheer them on Tuesday mornings - 9:30 am at the Southside Park Ball diamonds.

GOLF LEAGUE

Another golf year has started, and we have 120 very excited golfers playing this year. We play Thursday mornings at Creekside on 59 South, a beautiful course, very senior friendly.

Every year I have a few new golfers ask the same question; how good do I need to be to play in the South Gate Seniors Golf league. My response is always the same. You don't have to be good! Yes, we keep scores, this is to form a handicap to keep everyone on the same playing field. BUT no one cares what your score is. No one cares if it is a 33 or 70. Just get out there. Enjoy the game. Savor the great drives but let the mistakes roll off your back. Just have fun, this is a social league. If you're not having fun you're wasting your minutes, and we all know that we only get so many minutes in our life-time. Let's not waste them with mental anguish.

So next spring when you are trying to decide what to do, to get you off the couch. Come out and play some golf with South Gate, enjoy your time with others, and enjoy the fresh air and sunshine.

Evelyn Hetherington

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 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.

More info? Stella, slivanpo@gmail.com.

July 4 Upper Trail
July 11 Roth Park
July 18 Lansdowne
July 25 Hickson

Aug 1 River Trail*
Aug 8 Beachville
Aug 15 Pittock North Shore
Aug 22 Tollgate
Aug 29 Upper Trail*

DROP-IN PROGRAMS

"GOOD FOR THE SOUL" Social Program

BOCCE BALL FUN TOURNAMENT

DAY	TIME	LOCATION
Friday, July 18	12:15 pm – 1:30 pm	Southside Park
Friday, August 15		

Good for the Soul has moved outdoors for the summer months!! Join us at South Side Park (in the pavilion near the play ground). We are going to begin our Bocce Ball Fun Tournament. You don't need to know how to play bocce you need to know how to laugh and have fun!! Come rain or shine and bring your lawn chair. See you there



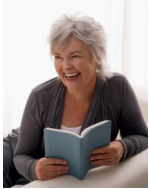
Mayor Jerry Acchione presents Members Committee Chair, Dave Clarke, with a proclamation that June is Senior's Month in the City of Woodstock.



DROP-IN PROGRAMS

SGC BOOK CLUB

BOOK CLUB



DAY

Thursday July 17

July Book: Vera Wong's Unsolicited Advice for Murderers

Thursday August 14

August Book: Camino Island

TIME

1 pm - 3 pm

1 pm - 3 pm

LOCATION

Contact Jodi

We are a wonderfully diverse and dynamic group of avid readers, and we invite NEW members to join at any time, email Jodi @ jodizie@hotmail.com for more information:)

Come join our group of passionate readers!

COMING EVENTS

Show Cars | Big Rigs | Military Vehicles

SOUTH GATE PRESENTS

MONTHLY CRUISE-IN

MOVEMENT CHURCH

65 Lansdowne Ave

August 19 | September 16



**Tuesdays,
5pm - 8pm**

Weather Permitting

**MUSIC by
DJ Dave Melchert**

**FOOD by
Todd's Dogs**

PRIZES



SOUTH GATE CENTRE



SOUTH GATE CHARITY GOLF TOURNAMENT



THU. SEPT. 18, 2025

Ingersoll Golf Club

**18 holes, Scramble, Lunch,
Cart, Snacks, Prizes, Dinner,
Bar and Silent Auction**



Master Sponsors

CENTURY 21.
Heritage House Ltd.



**BROCK AND
VISSER**
FUNERAL HOMES



**Wellington street
DENTURE CLINIC**
WOODSTOCK


SOUTH GATE
CENTRE

**Members \$120
Non-Members - \$145**

UPCOMING BUS TRIPS

Book Early To Avoid Disappointment

Day in Port Dover

WED SEP 10

9 AM - 6 PM

Member \$145

Non-Member \$155

A fab end-of-summer trip on a luxury motorcoach Including a step-on guide in the morning with lunch at the Erie Beach Hotel. In the afternoon, enjoy The Lighthouse Festival Theatre's current show - Here on the Flight Path.



**Selling
Out Fast**

2 Fallsvew Casino Bus Trips

Niagara Falls

Price includes \$35 slot credit.
Must be 19+ years of age.



FRI SEP 19
AND

FRI NOV 14
(BOOK EARLY)

9 AM - 6 PM

Members \$50

Non-Members \$55

SAT SEP 27

11:30 AM - 8 PM

Member \$140

Non-Member \$150



BLUE JAYS
VS
TAMPA BAY
Toronto



St Jacobs and Mennonite Country

Join us for a guided journey through Mennonite Country! Discover the rich culture, history, and contributions of this unique community. Includes lunch at Anna Mae's, plus free time to shop at the St. Jacobs Farmers Market & Outlet Centre.

Spots are limited—book today!

THU OCT 2
9 AM - 5 PM

Member \$99

Non-Member \$104



**SOUTH GATE
CENTRE**

Bus Trip tickets are
transferrable; not
refundable.



BOOK AT
South Gate Centre or Sally
Creek Community Centre or
Call us 519-539-9817

SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY

8 am - 9 am
Full Standing Fitness

9 am - 12 Noon
Billiards - Snooker

9:30 - 10:30 am
Full Standing Fitness

11 am - 12 Noon
Seated Fitness

1 pm - 4 pm (Summer Only)
Billiards

1 pm - 4 pm
Euchre

TUESDAY

8 am - 9 am
Full Standing Fitness

9 am - 12 Noon
Billiards - Snooker

9:30 am - 10:30 am
Stretch

9:30 am - 11 am
Baseball

11 am - 12 pm
Total Body Workout

1 pm - 3:30 pm
Beginners Billiards - 8 Ball

1 pm - 4 pm
Bid Euchre
Cribbage
Progressive Pepper

5 pm - 9 pm
Billiards - Snooker

6 pm - 9 pm
Come Dancing

R

Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.

Stay Hydrated

MEMBERSHIP DUE

Enjoying your South Gate Membership?

For those of you who signed up and took advantage of the Early Bird Offer, this is a quick reminder:

Your second \$100 installment is due by September 15, 2025.

Pay anytime — it's easy!





✓ Online: www.southgate.perfectmind.com.

Click on "Buy Membership."

✓ At the front desk

Stay connected, stay active — we're so glad you're part of the South Gate community!

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights	8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Beginners Billiards 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 4 pm Progressive Pepper	9 am - 12 Noon Golf League 	9:30 am - 10:30 am Full Standing Fitness
 <p>Save the planet and the cost of paper cups. BRING YOUR REUSABLE WATER BOTTLE.</p>	10 am - 11 am Men's Coffee Club	10 am - 11:30 am TrailWalkers
	10 am - 11 am WOW Wellness Over Weight 	10 am - 11 am Nordic Pole Walking
	11:15 am - 12:15 pm Seated Fitness	1 pm - 3:30 pm BINGO
	1 pm - 4 pm Euchre	
	5 pm - 9 pm Billiards - 8 Ball/Snooker	
	7 pm - 10 pm Bingo - Lions Club	

**DO NOT PARK IN THE APARTMENT BUILDING PARKING LOT.
IT IS PRIVATE PROPERTY.**



**As construction continues and
programs return to
South Gate Centre,
we encourage you to carpool
with friends.**

**It's fun, easy—and helps save
valuable parking spaces!**

Thanks for doing your part.

PROGRAM HIGHLIGHT

MUSICARES

Do you like to sing, play an instrument and perform for others?

Musicares is a group of talented, fun loving and entertaining singers that share their love of music and song with several groups and seniors residences around Oxford County.

If this sounds melodious to your ears, this might be the group for you. They will be starting again late summer to practice for their Fall Program circuit.

Practices:

DAY	TIME	LOCATION
Thursdays	1 pm – 3:30 pm	Chartwell Oxford Gardens

Contact Dave Smyth, coordinator at davesmyth543@bell.net if you are thinking about joining.



COME DANCING

Long-time SG member and program volunteer, Dennis LeMay (centre), celebrates his birthday with his Tuesday Come Dancing friends.



RECENT EVENTS

What an incredible month we've had celebrating YOU for Senior's Month!

COMMUNITY BBQ

We kicked it off with our annual Senior's Community BBQ with an attendance of 300 people. Thank you Century 21, our incredible sponsor. Thanks to Local Roots and Sysco, the food was fantastic. Thanks to Shoppers Drug Mart (west) for the ice cold drinks. The day couldn't have been better. It was so lovely to see you there!



LIVE WELL TALKS

These talks connected members with community services and information to live vibrant lives and keep health and wellness in the front of their minds.

SENIORS FITNESS MARATHON

What a great day! On Wednesday, June 11th, we had an amazing time celebrating Seniors Month with our Fitness Marathon. We held five fantastic classes, with many participants joining in the fun -- some even attended all five classes!



A big thank you to Local Roots for the delicious and healthy snacks that kept us energized throughout the day. Congratulations to Carol Boyce, the lucky recipient of our Marathon Raffle!"



RECENT EVENTS



RECENT EVENTS

DADFEST

Dadfest revved up the community with an unforgettable Father's Day celebration, featuring nearly 100 incredible vehicles—from military and off-road rigs to vintage classics and sleek showstoppers—as part of a vibrant Sunday experience. Partnerships like this are vital to our organization, giving us both the opportunity to engage with new audiences and a welcoming space to keep our cruise-in tradition alive during our construction phase.



**FATHER'S DAY
FUN**

WELLNESS WITH SHEILA PICKNELL

Stretching Your Perspective—While Staying True to Your Core Values

Stretching your perspective—without straying from your core values—can spark powerful, life-enhancing change. A positive mindset helps shift your focus: from what's declining to what's still possible and full of potential. This Canada Day, let's stretch toward a brighter outlook and embrace the spirit of S.O.S.—Search Out Solutions—to celebrate and cherish life. Remember: Where there's a will, there's a way.

Why Stretch Yourself?

Because the benefits reach far beyond the physical:

Increased flexibility

Greater range of motion

Less muscle tension

Relief from stress

Better blood flow

Improved brain health

Enhanced posture

Relief from chronic pain

Try This: The Standing Plank

This gentle yet powerful full-body stretch promotes both strength and balance.

Instructions:

1. Stand facing a wall, feet hip-width apart.
2. Place your hands on the wall and slowly walk them upward.
3. Extend your arms fully and step back a little, forming a straight "plank" line from head to heels.
4. Engage your core.
5. For an extra challenge, try lifting your heels.
6. Hold for 15 seconds to start and build from there.

Safety Tip:

Prefer extra support? Stand behind a sturdy chair instead of using the wall, and raise one or both arms.

Expand the Stretch—Body and Mind

With mindful movement practices such as:

Tai Chi Pilates Yoga

Be motivated — and then inspire others.

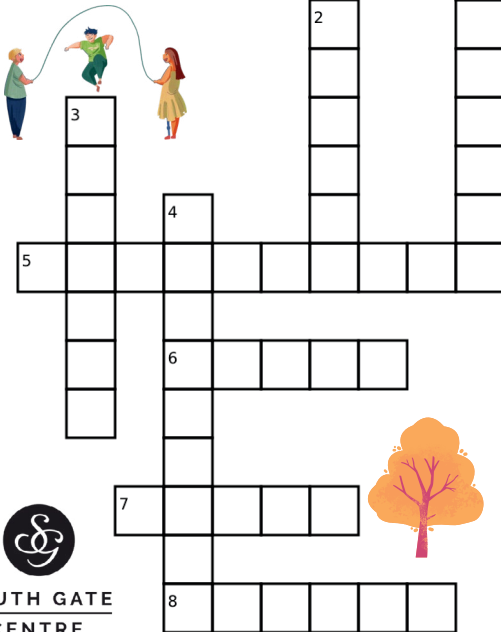
Whitewater rafting anyone?

*"The body benefits from movement, and
the mind benefits from stillness."*



GAME TIME

Puzzled on the Park



Down:

- 1 - Monthly car show event with food and tunes
- 2 - South Gate's monthly newsletter
- 3 - Worn by staff & volunteers
- 4 - The Park beside the Centre

Across:

- 5 - Process of updating a building
- 6 - South Gate takes these by bus
- 7 - Call out numbers and mark your card
- 8 - Classic card game in which South Gate recently hosted a tournament

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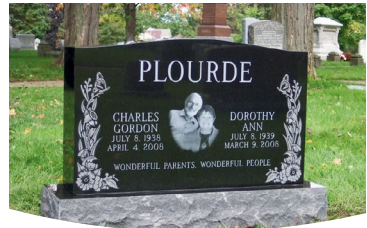
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Senior Support Line

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SOUTH GATE CENTRE STAFF

Chris Cunningham
Executive Director
chris@southgatectr.ca, x222

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Facility & Operations Manager
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Sarah Lindsay
Marketing & Communications
Manager
sarah@southgatectr.ca

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



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Beef Chili (No cilantro) \$7
Beef Lasagna with three cheeses \$7
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Chicken Teriyaki Stir-Fry \$7
Grilled Salmon \$8
Ham and Scalloped Potato Dinner \$8
Honey Garlic Boneless Chicken Wings \$8
Hot Hamburger \$7
Liver and Onions \$7
Mac n' Cheese (three cheese) \$7
Meatloaf \$7
Roast Beef Dinner \$8
Shepherd's Pie \$7
Smoked Pork Loin Dinner \$7
Spaghetti and Meatballs \$7
Vegetarian Chili (No cilantro) \$7

DINNER FOR 2 - \$13

Beef Lasagna with three cheeses
Shepherd's Pie

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AVAILABLE IN 2 SIZES
Small - \$3 or Large - \$5**

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Butternut Squash
Chicken Noodle
Cream of Mushroom
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Cheddar

DESSERTS - \$3

Apple Crumble Pie Slice
Baked Lemon Pudding
Carrot Cake
Chocolate Cake
Peach Cobbler
Pumpkin Pie Slice
Rhubarb Crisp

SUGAR-FREE DESSERTS

Pumpkin Pie Slice
Rhubarb Crisp



LOCAL ROOTS

The South Gate Kitchen



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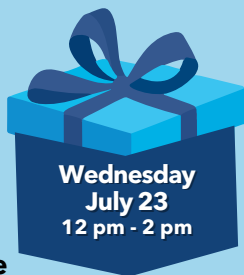
Thursdays at the South Gate Centre Patio - 11:15am - 12:30pm.

Contact kristin@southgatectr.ca if you'd like to volunteer.

Christmas in July

Luncheon

Turkey Buffet Lunch
At South Gate Centre



Wednesday
July 23
12 pm - 2 pm

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