

GOLDEN NUGGET

December 2022

SOUTH GATE CENTRE'S

12 DAYS OF CHRISTMAS Lottery

ON
SALE
NOW

DAILY CASH PRIZES

December 26, 2022 - January 6, 2023

GRAND PRIZE \$10,000 DRAW

January 6, 2023

TICKETS RE-ENTERED FOR EVERY DRAW

You've got to be in it to win it!

TICKETS \$25

Buy Yours Online
www.southgatectr.ca/shop

Available in Woodstock
FirstOntario Credit Union | Jack-O's Sports Bar
AND South Gate Centre

Presented By



A PLACE TO BE

Licensee: South Gate Centre. Licensee Number: M545255
All proceeds go to South Gate Centre.



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

191 Old Wellington St. S. Woodstock · N4S 3J2

519.539.9817 · www.southgatectr.ca

South Gate Centre is a registered Canadian charity



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: Linda Baker

Co-Chair: Kathy Deweerd

Treasurer: Chad Williams

Judy Grimson

Connie Lauder

Cristian Lagos

South Gate Centre Members Committee

Chair: Dave Clarke

Board Liaison: Judy Grimson

Secretary: Guy LaPlante

Larry Baer

Carol Egan

Jean Hilton

Nancy Jarrett

Bev Rajani

Heather Wilks

Your Members Committee can be identified by their silver name tags.

They are always happy to answer questions and hear your suggestions or concerns.

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

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

DECEMBER CALENDAR-AT-A-GLANCE

Tues. to Fri.	Indoor Dining 11:30 am to 1 pm
Thursdays	Lion's Club BINGO 7 pm (Public welcome)
Wed. Nov. 30	Final Day to make a donation to Memorial Tree of Lights
Thurs. Dec. 1	Armchair Travel with Bradley Walters Phone-In Program
Wed. Dec. 7	Holiday Shutter Workshop at 7 pm
Thurs. Dec. 8	Scam and Fraud Prevention Presentation; 1 pm - 3 pm
Fri. Dec. 9	Memorial Tree of Lights 6 pm
Tues. Dec. 13	Members' Mingle & Jingle 9 am - 11 am
Thurs. Dec. 15	Christmas Centrepiece Workshop at 1 pm
Fri. Dec. 16	Christmas Lunch <i>with SG Musicares</i> at 12 noon
Thurs. Dec. 22	LOCAL ROOTS - Turkey Dinner - Curbside Pickup
Fri. Dec. 23	Final day to purchase Early Bird 2023 Membership - IN PERSON
Fri. Dec. 23	Final day to purchase 12 Days of Christmas Lottery tickets (while quantities last)
Fri. Dec. 23	12 noon South Gate Centre and Local Roots Close Until January 3
Sun. Dec. 25	<i>Merry Christmas</i>
Wed. Dec. 28	Niagara Falls Casino and Winter Light Festival Bus Trip
Sat. Dec. 31	New Years Eve Dinner/Dance at 5 pm (pg. 23)
Sun. Jan. 1	<i>Happy New Year</i>
Tues. Jan. 3	8:30 am South Gate Centre and Local Roots Re-open

WELCOME NEW MEMBERS

Diane Boyce

Paul Brunt

Caroline Carlson

Garry Clement

Cheryl Doidge

Michael Kerr

Mike Rosborough

Larry Stone

MEMBERSHIP AT SOUTH GATE CENTRE

2022 Membership Rates

All-Inclusive Membership (1 month) \$50.00. All 2022 memberships expire December 31, 2022.

Member name tags must be worn at ALL times.

MEMBERSHIPS ARE NON-REFUNDABLE.

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

2023 Membership Rates

TYPE OF MEMBERSHIP	2023 FEES	EARLY BIRD RATES Purchase by Dec. 31, 2022*
All-Inclusive (12 months)*	\$195	\$185
All-Inclusive (9 months)	\$150	\$140
All-Inclusive (3 months)	\$60	NA

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

* Can be paid in monthly installments (pre-authorized debit) at \$18 month.

2023 Membership – All Inclusive - Early Bird Price = \$3.70 a week or \$.74 a day (based on 5 days a week for 50 weeks)

MEMBERSHIP ADVANTAGES

MEMBER PRICES for Registered Programs and Room Rentals at South Gate Centre.

Wellington Street Denture Clinic -10% off new complete dentures or new partial dentures for both new and existing patients.

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

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

Mackey Moving - 10% off for South Gate members.

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

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



BOARD OF DIRECTORS' MESSAGE

The Board of Directors continues to be busy elves planning for the remainder of the year and looking forward to “The Build” in the new year.

This Christmas make South Gate your Charity of Choice; what a lovely way to give a gift for those people in your life that are difficult to buy for and that might even include you!

As the year is drawing to a close it is hoped that you take the many opportunities to support South Gate; renew your membership (pg. 4), contribute to the Capital Campaign (pg. 14-15), purchase your 12 Days of Christmas Lottery ticket for yourself or as a gift, support the Memorial Tree Lights with a donation, do your holiday baking through purchasing baked goodies from Local Roots and share a coffee or a meal in the Cafe with friends.

Planning for the Christmas Season is upon us, there are decorations to be hung, carols to be sung and listened to and the aroma of baking to tickle our senses at home or at Local Roots.

The Board would like to wish you Happy Holidays and a Very Merry Christmas with family and friends.

MEMBERS' COMMITTEE MESSAGE

We, at the Members' Committee, have enjoyed a year of many changes, opportunities and accomplishments, including the following:

- As we emerged from the pandemic we created a sub-committee to recommend and implement safe steps to re-opening of South Gate.
- Helped launch the Capital Expansion Fundraising Campaign by greeting guests as they arrived and participated in a fitness routine demonstration.
- Participated in the Victoria Day Parade
- Brought Cops & Rodders cruise events to South Gate throughout the summer
- Organized and ran most of Woodstock Streetfest



MEMBERS' COMMITTEE MESSAGE (CONTINUED)

- Participated in Cowapalooza - handled car parking direction
- Created a sub-committee to relaunch a much improved Suggestion Box program resulting in more suggestions, responses and better communication
- Promoted SGC at the Woodstock Recreation and Leisure Show
- Organized and ran the Photo Sessions Fundraiser
- Attendance at the Farmers' Market through November and December to promote SGC and sell Christmas Lottery tickets

Total funds raised by the Members' Committee in 2022 was \$14,280.40.



These accomplishments were achieved while we needed to replace four members whose term had ended during 2022, with four new enthusiastic members through our “Join The Team” advertising campaign.

Most recently, Mary Donlevy has reached the end of her term and we thank her for her valued contribution over six years in representing you on this committee.

We also welcome Bev Rajani as the newest committee member and we look forward to her enthusiastic involvement, already demonstrated in her volunteer work.

And now, Christmas is approaching - a time for remembering the past and hoping for the future. We wish that the message of love and peace of this wonderful season fills you with joy and comfort.

Dave Clarke
Chair
Members' Committee



PROFILES

Board Profile - Judy Grimson



Judy Grimson joined the Board of Directors in June 2022. A week after her first Board meeting, she retired from her position as Talent Acquisition Partner with Assistance Services Group in London.

Judy graduated from the University of Waterloo in Mechanical Engineering, and after 15 years as a professional engineer completely changed her focus to customer service. She was a board member for 13 years in the plastics industry and has volunteered with Habitat for Humanity and the YMCA of Southwestern Ontario.

Judy is no stranger to South Gate Centre and has many happy memories of time spent here with her parents, long time South Gate members Bruce and Grace Runnalls. Her father Bruce Runnalls was a former board member involved with planning for the building expansion. After his passing in 2021, Judy felt the urge to continue his legacy by joining the South Gate Centre Board of Directors.

Judy enjoys walking, yoga and swimming. She also has a passion for home renovation projects and HGTV.

As a recent retiree, Judy is excited to build new friendships and relationships, contribute her ideas and skills, and reconnect with her Woodstock roots.

Volunteer Profile - Don Nace



Don has been volunteering in the Woodshop ever since he retired in 2010. He enjoys woodworking and creating all kinds of products. He is also involved in all aspects of Scouting as a leader and a resource for the past 30 years.

His favourite hobbies are canoeing, camping and hiking and has spent much time in Northern Ontario exploring the rivers and trails.

He is happily married to Linda for 44 years. They have three children and four grandchildren who all live in Woodstock.

Don looks forward to spending many more hours in the South Gate Centre Woodshop creating new and interesting projects with the new CNC machine!

PROFILE & MESSAGE

Volunteer Profile - Don Wilson



Many years ago, I was a city bus driver and I would bring many people to South Gate Centre on my bus schedule. So, when I retired from the bus in 2005 I began going to the Centre myself. I started playing shuffleboard, and then I discovered many other things such as cards, the kitchen and the woodshop. I discovered I was having a great time and all the people who went there were my kind of people. Fun and friendly. The staff were also very friendly and kind to me.

As well, I had planned to do woodworking in my retirement years in my garage but I found the South Gate Woodshop was just perfect for me and all the people there were so helpful as I had hardly any experience.

Growing up on a farm, I had never ever worked in the kitchen at home. I discovered that doing dishes and waiting was just my cup of tea. I also participating in events with my antique automobile, which has been so enjoyable.

Tell me where can you go in this day and age where when you walk in the door, everybody treats you with a smile and a "Hi. How are you doing?"



Message from Program Coordinator

Wow, where has the year gone? With the end of 2022 fast approaching, South Gate is definitely a "happening place" with so many wonderful programs, activities and special events. I would like to extend my thanks and appreciation to all the wonderful program leads and volunteers who give of their time to make South Gate the amazing place that it is. You're the heart and soul of the Centre and your gift of time truly makes a difference. May peace, love and laughter surround you during the Christmas season. I am looking forward to working with all of you next year.

Angela Houle
Program/Events Coordinator



2022 REMEMBRANCE DAY SERVICE AT SOUTH GATE CENTRE



Many SGC members and friends attended our Remembrance Day Service and lunch here at South Gate Centre on November 11, 2022.

Deward Yates presented our service and we all remembered those brave men and women who have fought for our freedom and our country. We would like to thank Deward and also Eddie Patterson (Piper) for this touching service.

QUESTION OF THE MONTH

"What were your main reasons for becoming a member of South Gate?"

Please summarize your response on one of the forms available beside the comment box, located to the right of the check-in desk and indicate your name and method of contact. Then drop the completed form in the box so that we may follow up with you regarding your idea.



Your ideas are valuable to South Gate. Every entry will be taken seriously. There are no bad ideas.

Thank you, from your Members' Committee



Christmas Treat Boxes

Available December 1
\$20 for 2 Dozen

Assortment Includes:

Macaroons, Brownies,
Peppermint Crinkles,
Shortbread, Sugar Cookies,
Almond Thumbprints



LOCAL ROOTS
Bake Shoppe

191 Old Wellington St S Woodstock, ON

REGISTERED PROGRAMS - JANUARY 2023

Registration for these programs can be done online in your Perfect Mind account, in person or by calling the Centre, Monday to Friday, 8:30 am - 4 pm.

PROGRAM	DATES	TIMES	DAY	FEES
Chair Yoga with Pam Genge	Jan 03, 2023 - Feb 21, 2023	09:30AM - 10:30AM	Every Tue	Member: \$60+HST Non Member: \$80+HST
Cornhole League	Jan 11, 2023 - Mar 22, 2023	07:00PM - 09:00PM	Every other Wed	Member: \$15+HST Non Member: \$20+HST
Fit Minds	Jan 09, 2023 - Feb 27, 2023	09:30AM - 10:30AM	Every Mon	Member: FREE Non Member: \$20+HST
History Class	Jan 10, 2023 - Feb 07, 2023	01:30PM - 03:30PM	Every Tue	Member: \$20+HST Non Member: \$25+HST
Pickle Ball	Jan 10, 2023 - Feb 28, 2023	01:00PM - 03:00PM	Every Tue	Member: \$30+HST Non Member: \$40+HST
Snooker League	Jan 11, 2023 - Mar 01, 2023	07:00PM - 09:00PM	Every Wed	Member: \$20+HST Non Member: \$30+HST
Tai Chi	Jan 04, 2023 - Feb 22, 2023	09:00AM - 10:00AM	Every Wed	Member: \$45+HST Non Member: \$60+HST

Register Early to Secure Your Spot

PROGRAM SCHEDULE December 2022

MONDAY	TUESDAY
7:45 am - 8:45 am Full Standing Fitness	8 am - 9 am Why Weights
9 am - 9:30 am Stretch & Go	9 am - 9:30 am The Blitz
9 am - 11 am Pickleball (off-site)	9 am - 10:45 am Bunka
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
9:30 am - 10:30 am Fit Minds R	10 am - 11 am Chair Yoga with Pam Genge R
9:45 am - 10:45 am Full Standing Fitness	1 pm - 3 pm Beginner's Pickleball R
11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Beginners Billiards - 8 Ball
11 am - 12 Noon Latin Fitness R	1 pm - 3:30 pm Progressive Pepper / Klaverjas
1 pm - 3 pm Darts	1:30 pm - 3:30 pm Education (formerly History) R
1 pm - 3 pm Klaverjas	6:30 pm - 9 pm Billiards - Snooker
1 pm - 3:30 pm Beginners Billiards - Snooker	6:30 pm - 9 pm Come Dancing
5 pm - 6 pm Yogalates with Gail R	6:30 pm - 8 pm Fitness Room
6:30 pm - 9 pm Euchre	

MONDAY - FRIDAY

8 am - 11 am Woodshop
9 am - 3 pm Fitness Room
8:30 am - 3:30 pm Library

PROGRAM CANCELLATIONS

Bridge Cancelled as of Nov. 30
Beginner Line Dancing 8:30 am and
Line Dancing 9:30 am on Dec. 22

PROGRAM GUIDE

For a complete description of the classes, pick up a Program Guide or visit www.southgatectr.ca/programs.

Week at a Glance

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 noon Billiards - Snooker	8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper	8:30 am - 9:30 am Beginner Line Dancing	9 am - 12 Noon Beginners Billiards - Snooker
7 pm - 9 pm R Cornhole League (every second week)	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
R This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.	9:30 am - 10:30 am Stretch	10 am - 11:30 am Trail Walkers (off-site)
	9:45 am - 11:15 am Line Dancing	10:30 am - 11:30 am WOW - Wellness Over Weight R
	11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm BINGO
	1 pm - 3 pm Badminton (off-site)	1 pm - 3:30 pm Crochet/Crafts
	1 pm - 3:30 pm Euchre	
	1 pm - 3:30 pm Musicares	
	7 pm - 10 pm Bingo - Lions Club	

FRIENDLY REMINDERS

Please bring and wear indoor shoes.

Keep your keys with you or use a locker.

Bring your own cup/mug for use at SGC.

WE NEED YOUR SUPPORT

Make South Gate Centre **YOUR** Charity of Choice this Year



SOUTH GATE
CENTRE

DONATE TO:

Capital Expansion Campaign
General Donation
Local Roots Cafe
In Memory of a friend or loved one

Charitable tax receipts issued for all donations.

Thank you

Drop-In Class Updates

Trivia with AI - Monday, December 12, 1:30 pm to 3 pm. Join AI for a fun afternoon of Trivia. With about 45 random trivia questions, the participant who gets the most correct answers wins a free meal from Local Roots Café.

Phone-In Program

Armchair Travel with Bradley Walters

Host Bradley Walters, travel and tour specialist for over 25 years provides information and entertaining sessions that you won't want to miss! Upcoming dates: Dec 1, Jan 12, Feb 9, March 9, April 6 at 10:30 am.

This is a Phone-In Program. At 10:28 simply dial one of these two numbers: 226-781-4229 or 1-866-279-1594.

Enter the passcode: 1 4 5 1 3 1, then press #.

Record your name or just stay on the line, then press #.



CAPITAL CAMPAIGN UPDATE

"The Expansion Fundraising Team is pleased to report that we have received individual donations of varying amounts that help us build the next \$500,000 that we need to raise for operational items like walk-in refrigeration units, cooking surfaces, tables, chairs, furniture, etc. We are very excited to have selected A+LINK Architects from London as the firm which will prepare the final drawings and manage the build, planned to start in 2023.

With 2022 drawing to a close, we encourage you, our membership, to consider donations and or let us know of any individuals or companies that might be interested in financial contributions to the Expansion. " South Gate Centre is a Charity and tax receipts are issued with every donation, including for the Expansion.

For those that have donated in 2022 we thank you. **Your donation shows your investment in South Gate Centre's future.**

Thanks to people like you, South Gate Centre is, A Place to Be...

2023 is our year.

Together, we will build this!

Thank you for your continued support.

Happy holidays and good health for the New Year.

David Hilderley, Capital Expansion Fundraising Campaign

CAPITAL CAMPAIGN

SOUTH GATE CENTRE
A PLACE TO BE. **GOAL \$1.5 M**
EXPANDING THE POSSIBILITIES **RAISED \$1.15M**

Thank you to these generous donors!

Dr. Leonard Reeves Foundation POW Laboratories
 Century 21 Heritage House Toyota Motor Manufacturing Canada
 The Dispensary Pharmasave Wellington Street Denture Clinic
 Maglin Site Furniture

Linda & Philip Baker	\$1,500,000	100%
Agnes Barnard	\$1,425,000	95%
Yvonne Boniface	\$1,350,000	90%
Jacquelin Bouchard	\$1,275,000	85%
Wilma Boughtflower	\$1,200,000	80%
Diane & David Broad	\$1,200,000	80%
Ruth Carter	\$1,125,000	75%
Elaine & Allan Campbell	\$1,125,000	75%
Chris & David Cunningham	\$1,050,000	70%
David & Patrice Hilderley		
Kathryn Innes		
Barry & Elaine Kipp	\$900,000	60%
Connie Lauder		
Margaret McCurdy		
Pat McFarland	\$750,000	50%
Dr. Ross & Fran McElroy		
Don Post		
Geraldine Shearer	\$600,000	40%
Sarah Sheehan		
Yvonne Snyder		
Cheryle St. Aubin	\$450,000	30%
Barry Tate		
Heather Wilks		
John Wylie	\$300,000	20%
Christine Uchacz		
W.O.W. Group at SGC	\$150,000	10%

- In memory of Allan Murray
- Mary Ann Armstrong
 - Mervi Ahopelto
 - Barnim Family
 - Heather Buchanan
 - Hope Hay
 - Paul & Stacy Irwin
 - Elinor Redden
 - David Parsons
 - Priscilla Perrotti
 - Cecilia Tofflemire
 - The Canadian Treads Family

- In memory of John Blakeley
- Florence Blakeley
- In memory of Ellen Hutchison
- Ronald Hewitt Harrison

- In memory of Marlene Preiss
- Janice & James Post

- In memory of Janette Ratcliffe
- Verna Jeanne McIntyre

- In memory of Doug Reeves & Bruce Runnals
- Donna Neabel

Donations can be made at the Centre or on our website.

WELLNESS WITH SHEILA PICKNELL

Snowflakes that Glisten Keep Shining and Fit through the Season!

(Tune to "Walking in a Winter Wonderland")

Snowflakes glisten can you see them,
as they swirl can you feel them;
have fun and believe,
keep exercising through your festivities;
walking, stretching, dancing, through a winter wonderland!



The winter season is upon us! Soon we will be seeing the results when "tiny ice crystals in clouds, stick together to become snowflakes!" Snowflakes glistening in the sunlight as they make their way down to the ground.

Now for some of you, that will excite you, as you prepare for the new season! For some of us, a thought of hibernation may be entering our thoughts! For others, a warmer climate might be on the horizon!

Regardless, it is important to remember that exercise releases those endorphins, which help relieve pain, reduce stress and improve your sense of well-being.

Why A Good Exercise Routine Is So Important For Seniors

<https://bit.ly/3OaaSsW>

Then there is the importance of getting your natural dose of dopamine! Getting an adequate amount of sleep, exercise, enjoying your favourite tunes, as well as taking time for some P&Q (peace and quiet), all help to improve your sense of well being.

Senior Tip: How Physical Exercise Benefits Mental Health

<https://bit.ly/3GmhK4t>

Bundle up and keeping moving!

Maybe, it's time to try something new this season?

Whether you are exercising at home, attending your favourite exercise classes, our spending precious time with family and friends, health and wellness is important.

I recently attended a seminar in Portugal, and the speaker said, "Self-care is for others, that's why it's important to take care of yourself." As you learn and practice the benefits of "self care," you will be like a "sparkling snowflake!"

Your positive mindset, will produce a domino effect and warm not only your heart, but others!

Blessings, peace and joy, is being sent to you and your loves ones!

WELLNESS

FLU VACCINATION

Flu shots are widely available at local pharmacies, and this is your first stop for a flu shot. Given that flu is already circulating widely, do not wait! We have limited supply of vaccine at our offices, so you may also be able to get your flu shot if you have a regular appointment scheduled with us in the coming weeks, depending on supply.

COVID VACCINATION

Keep up to date with your vaccination schedule – particularly if you are at risk of severe complications from infection. [This resource](https://bit.ly/3GqLq0a) (from Ontario Family Physicians - <https://bit.ly/3GqLq0a>) clarifies when it's time to get a COVID-19 booster. Booster doses are available for those 5 years+ who have completed their primary COVID-19 vaccine series.

Book your boosters through the provincial portal or by calling 1-833-943-3900; check <https://bit.ly/3E6qQzH> for a list of places to get vaccinated.

Flu and COVID-19 vaccines can be given at the same time for those over 5 years of age, where available.

COVID-19 treatment: If you get COVID-19 and are at higher risk for severe illness, you may be eligible for treatment with the antiviral Paxlovid – learn more [here](https://bit.ly/3EysmMf) (<https://bit.ly/3EysmMf>).

Judy Williams & Marins Jordeen

Invite you to their Wedding Celebration

January 14, 2023 at 6 pm

CEREMONY FOLLOWED BY DANCING AT
SOUTH GATE CENTRE

We look forward to celebrating with you during
an evening of dancing, laughter and fun.

The only gift we request is your presence.



*Thank you
for a year full of terrific
memories and your support*

A PLACE TO LAUGH



FOR FUN

CORNHOLE LEAGUE SCORES

NOVEMBER WEEK 1

Team #	W	L	Total Points
8 Mike/Steve	8	1	112
1 Gerry/Scott	7	2	101
10 Bonnie / Earl	7	2	99
3 Jet / Mary Lou	6	3	92
4 Angela / Guy	6	3	89
9 Moe/Bev	5	4	78
6 Carl/Gorden	5	4	75
7 Dennis / Rick	2	7	47
11 Cheryl/Chrissy	1	8	46
5 Deb / Irene	2	7	44
2 Brad/Marg	1	8	25

NOVEMBER WEEK 2

Team #	W	L	Total Points
5 Jet/Irene	9	0	117
8 Marylou/Thornton	6	3	96
10 Donna/Doris	6	3	87
7 Steve/Chrissy	6	3	85
4 Laurel/Carl	5	4	73
1 Geri/Alan	4	5	67
9 Donna/Angela	4	5	64
2 Mary Lynn/Scott	2	7	63
6 Beverley/Scott	2	7	53
3 Earl/Yvonne	1	8	52

KLAVERJAS SCORES

October 25	November 1	November 8
5644. Walter Ferguson	5074. Marie DesForges	5934. Carol Taplay
5311. George Wall	4469. Walter Ferguson	4955. Walter Ferguson
4922. Emile Michiels	4299. Jan Vleuten	4935. Bill Kruis

Additional Klaverjas Mondays 1-3 p.m. starting Dec.5.

LARGE PEPPER SCORES

John Skitch	1	Frank Holman	1	Rose Hartnett	1
Bill Kraus	1	Don Post1		James Kendall	1
Emiel Michiels	3	Paul Brunt	2		

Ian's

**TEA-TIME
TEASERS**

You have 30 seconds to solve the number puzzle. The challenge is to use the numbers available and the four standard mathematical operations (+, -, x, %).

14		29
26	44	13

DONATIONS

Thank You

Your donations mean so much. Thank you.

Pat Avery, Flo Blakely, Larrie Blancher, Barb Brushett, Lou Campbell, Murray Farrell, Dave & Cheryl Luescher, Annabel Piggot, Maureen Shier, Marilyn Watson, John Wylie.

BECAUSE WE CARE

Thoughts and Prayers

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

Friends and family of:

Dan Ernwein (passed)

Saimum Akhter

Betty Thomas - In Hospital

Wilma Boughtflower- Sister Passed

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.



CONGRATULATIONS to Natalie and Dean Wood, new South Gate members, who recently won the trivia prize at Come Dancing on Tuesday evenings.

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

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.



South Gate Centre Staff

Chris Cunningham
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chris@southgatectr.ca, x222

Saimum Akhter
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Larrie Blancher
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Kristin Burke
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Shelley Davis
Local Roots & Hospitality Manager
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Heather Hayman
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Ange Hess
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Coordinator
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Angela Houle
Program & Events Coordinator
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Sarah Sheehan
Marketing and Communications
Manager
sarah@southgatectr.ca

Gail Wijesundera
Local Roots Assistant Manager
gail@southgatectr.ca, x231

Happy Holidays!

ADVERTISEMENT

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

2023 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.

DID YOU KNOW? As a member you receive a 10% discount on room rentals at South Gate Centre. Please consider us for your next family celebration or club meeting. **NOW BOOKING WEDDINGS & EVENTS FOR 2023.** Email shelley@southgatectr.ca.

2023 New Year's Eve Dinner & Dance

December 31

Doors Open at 5 pm

Smoked Pork Loin Dinner at 6 pm

Dancing at 7 pm

\$30

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Order by Tuesday at noon
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December LUNCH MENU

EAT IN OR TAKEOUT - \$8

Tuesday - Friday 11:30 am to 1 pm

Tuesdays - Pork egg rolls served with an Asian coleslaw

Wednesdays - Monte Cristo served with soup

Thursdays - Shepherd's pie with salad

Fridays - Schnitzel with mashed potatoes, steamed vegetables and apple sauce

Assorted soups, sandwiches and desserts available Monday - Friday.

*Want Something
Other than the Daily
Lunch Special?*

Order off menu at the
Check-In Desk.

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GIFT CARD**
Can be used at LOCAL ROOTS



The PERFECT holiday gift!

Upcoming Curbside Dinner \$25

Pick up between 4:00 and 4:30 pm

THURS. DEC. 22

Traditional Turkey Dinner

Roasted dark & white turkey meat with mashed potatoes with rich turkey gravy, stuffing, carrots & turnips, cranberry coleslaw, dinner roll with butter and sticky toffee pudding



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