

GOLDEN NUGGET

February 2023

With Love



A PLACE TO BE SOCIAL

191 Old Wellington St. S., 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: Linda Baker
Co-Chair: Kathy Deweerd
Treasurer: Chad Williams
Judy Grimson

Patrice Hilderley
Connie Lauder
Cristian Lagos
Diane Reeves-Denby

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.

FEBRUARY CALENDAR-AT-A-GLANCE

Tues. to Fri.	Indoor Dining 11:30 am to 1 pm
Thursdays	Lion's Club BINGO 7 pm (Public welcome)
Thurs. Feb. 2	Chilly Charlie Breakfast & Prognostication (Public welcome)
Fri. Feb. 10 12 pm - 1 pm	Valentine's Lunch (see back cover)
Fri. Feb. 10	DANCE PARTY - Girls Night Out 7:30 pm
Wed. Feb. 14	Happy Valentine's Day
Mon. Feb. 20	CLOSED FOR FAMILY DAY
Wed. Feb. 22	Fallsview Niagara Casino Bus Trip (SOLD OUT)
Sat. Feb. 25	RIB DINNER - Local Roots (back cover)
Sat. Mar. 4	Century 21 Golden Gala (https://bit.ly/3DbRHkQ)

CHILLY CHARLIE'S PREDICTION & BREAKFAST



Thursday, February 2, 2023

7:30 am - 9:00 am
Pancake Breakfast - \$5
8:10 am Prognostication

Everyone Welcome

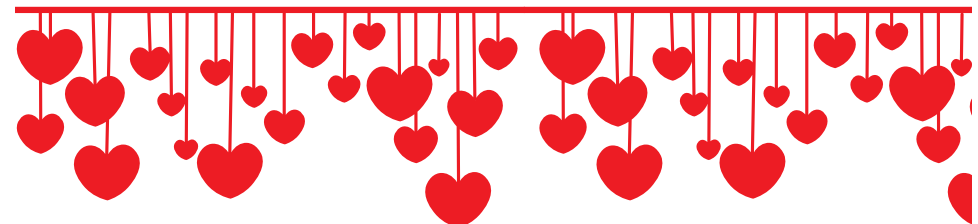
Sponsored by



191 Old Wellington St. S.
Woodstock, ON
www.southgatectr.ca



You're invited!



MEMBERSHIP AT SOUTH GATE CENTRE

2023 Membership Rates

TYPE OF MEMBERSHIP	2023 FEES
All-Inclusive (12 months)*	\$180
All-Inclusive (9 months)	\$150
All-Inclusive (3 months)	\$60

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

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

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

MEMBERSHIPS ARE NON-REFUNDABLE.

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

The last day to purchase a 9-months membership is March 31st the 3 months that are excluded in a 9-month membership, as per the member's request, have to be consecutive.

SEE MEMBERSHIP ADVANTAGES ON PAGE 23.

WELCOME NEW MEMBERS

Ed Brown
Diane L Clark
Gail Cox
Christen Currie
Vi Curry
Jim Denby
Roberto Fiorino
Anne Marie Gates-Porter
Cathy Groulx
Joe Hampson
Susan Hampson
Larry Hewitt

Bonnie Hewitt
Jim Hoult
Rebecca Hucsko
Steven Hucsko
Tim Irving
Audrey Joosse
Stanley Justason
Brigitte Kaufman
Warren Kelly
Eric Kendall
Anna MacNeil
Bonnie McVicar

Deb Meadows
Ron E Miller
Connie Parking
Ron Porter
John Scott
Mauna Jane Scott
Deborah Smith
Norman Stinson
Ruth Stinson
Annette Taylor
Henrietta Welbourn
Ray Welch

EXECUTIVE DIRECTOR'S MESSAGE

What does February mean to you? Groundhog Day? The 'love' month? Lunar New Year? The year of the Rabbit? Spring just around the corner?

This months Nugget is packed with things to LOVE. Be sure to read it cover to cover.

Kick the month off with us on Groundhog Day. Chilly Charlie, Woodstock's resident groundhog will be making an appearance on February 2 at 8:10 am. Come out and join in the community fun...will he see his shadow... will spring be early this year or will we have 6 more weeks of winter?

May you take time this month to reflect on the things you love, work on loving yourself and freely show love to others. Use the word LOVE often, "I love the snow." "Love sunshine days!", " You look lovely." "I love your smile." "Love you Man!" "I LOVE that you Love South Gate Centre!"

Come, discover the wonders of South Gate Centre. You're going to LOVE it!

Chris
Executive Director

***The best things in life
ARE THE PEOPLE WE LOVE, THE
PLACES WE'VE BEEN, AND THE
MEMORIES THAT WE'VE MADE
along the way.***



Join me in giving thanks and wishing Angela Houle a wonderful healthy and adventurous retirement. Angela was with SGC for a year, first helping to implement and launch a new POS system for the office and later tackling the coordination and rebuilding of our programming and events. She came, she conquered, left a lasting positive impression and is now embarking on the biggest adventure of her life... Retirement.

I'm thrilled to report, Angela and her husband Mike plan to play, participate and volunteer at the Centre for 2023. Thank you Angela, Love YOU!

BOARD OF DIRECTORS' MESSAGE

Welcome to February - a month where we often celebrate love. Let's celebrate the love we have for the friends we have made at South Gate Centre. Reflect on the joy we get from programs or joining friends in the café for good conversation and lots of laughter.

This month the Board welcomes our new Directors who will join us for their first meeting; Patrice Hilderley who has a wide breadth of experience in finance and Dianne Reeves-Denby with extensive experience in sales and marketing.

Thank you everyone for your support of South Gate. Your donation of time is priceless as is your attendance at programs. We thank you for your past donation(s) and future ones to the Capital Fundraising Campaign. South Gate Centre is the place to be and it is because of you that we are thriving and the Centre is filled with love.

Have a wonderful February. LIVE Well PLAY Well BE Well

QUESTION OF THE MONTH



"Have you considered volunteering at South Gate, but unanswered questions may have held you back?" If so, let us know what those questions or concerns might be.

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

"Friendship love may have saved more lives than any other kind of love! Friendship love may help people through hard times as much as any other type of love! Friendship love is often the longest lasting type of love in many people's lives. For lots of people friendship love has been the most reliable kind of love in their lives."
- Dr. J. Richard Cookerly



MEMBERS' COMMITTEE MESSAGE

Well, here we are in February. A time when we Canadians, who are experiencing yet another month of shorter days and longer nights, can always find a way to do so much to overcome the effects of sunlight deprivation and bone chilling cold, especially if you are a South Gate member.

We have the opportunity to give ourselves a boost by taking part in the numerous physical exercise programs to suit our most beneficial level of intensity whether standing or sitting.

You can get yourself in motion in other ways too, like participating in the line dancing or the ballroom and latin dancing programs. The dance instructors love to guide enthusiastic beginners through the steps.

If you are presently involved in a favourite activity offered at South Gate, try spicing things up a bit by participating in another program that you have never done before. It could be playing cards or trying out billiards, carpet bowling or darts. You may be surprised how much you enjoy it while also making another circle of friends.

Volunteer. You'll find yourself enjoying what you're doing and will find support and guidance from other volunteers. You will discover that your contribution is making a positive difference to others at South Gate and will meet new friends in the process.

So, as a member you can ignore the so-called February blahs with the many opportunities to bring "sunshine" into your life. You will find the effects of availing yourself of these opportunities will fill your heart, mind and soul.

Dave Clarke
Chair, Members Committee

MEMBERS COMMITTEE



Front: Carol Egan, Guy LaPlante, Heather Wilks
Middle: Nancy Jarrett, Bev Ranjani
Back: Judy Grimson (Board Liaison), Dave Clarke, Jean Hilton, Larry Baer

NEW BOARD MEMBER PROFILES

Dianne Reeves Denby - Board of Directors



Dianne Reeves Denby has been the Director of Sales and Marketing for Horse Media Group for more than 30 years. Marketing, fundraising and membership growth will be key goals for Dianne in her position as a Director on the South Gate board.

Her father, Douglas Reeves, was a great ambassador for South Gate Centre. Doug was loved by many at the centre, and was a positive role-model who always had a smile for everyone. "The success of South Gate Centre mattered a great deal to my Dad, as it does to myself and my family. It is an honour to pay tribute to him in this way, and an honor to sit on the board of a centre that is so vital to our community. I'm sure Dad is smiling down from heaven today and telling all his friends."

Patrice Hilderley - Board of Directors

Patrice Hilderley has recently retired as the Director of Administrative Services after a 45 year career with the City of Woodstock. She brings a financial background and previous board experience with a number of organizations in the community to her new position as a director on the Board of South Gate Centre.

She is excited to begin this new adventure. As she says "South Gate Centre is an integral part of Woodstock and provides excellent support, programming and services to 50+ Adults." She is looking forward to the capital expansion and all of the new programs and activities that we will be able to offer to our growing community.



"There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer."
— Gertrude Jekyll

VOLUNTEER PROFILES

Mary Aucoin

My name is Mary Aucoin. Myself and my husband, Brendan, moved from Newfoundland in September 2011 and we both joined South Gate Centre a month later. We decided to move to Woodstock after we retired (I was a maternity nurse). We wanted to be closer to our children, Sheryl, Darrell, and Sean; and grandchildren, Olev, Evan and Luke.

I started volunteer work in March 2012 at the Cafe Desk and for events until COVID-19. Now I volunteer for the South Gate Wellness Overcomes Weight (WOW) Program as coordinator with Paulette Whiteford and also for events.

I enjoy my exercise classes where I join my South Gate friends. I also enjoy reading, embroidery, Tai Chi and watching YouTube webinars on health and nutrition, which I pass on to the WOW Program.

South Gate is my Happy Place where I feel like family. Everyone is so friendly and helpful - a reason to get up every morning and start my day.

The inspiration and generosity of South Gate members and staff brings joy and compassion into our lives. Thank you.



Eleanor Wood



The first time I heard of South Gate Centre was April 25, 1974. I lived in Windsor at the time. My sister Florence (Flo) called to say my dad was getting married at the Centre, which at that time was above the Sentinel Review on Dundas Street. Being the youngest of seven we were all there. My father was in the choir. He married Dorothy, who also sang in the choir. My brothers were watching them sing and Kenny said to Don, "I know why the old man married Dorothy, she's the only one without purple hair!"

It became a family place for us. Florence then married John Blakeley. Howard and Pat Wood taught Bridge; Ken and Gail did exercise for a year. On liver and onion days my sister Harriet Ball was always there; Don and his family came as well. It is the best place to meet wonderful people. My mother called them "salt of the earth." I have four Ernie Hardeman Volunteer Awards. Thank you Ernie – a great guy! I also have a 10 year service award with the Canadian Cancer Society.

I love South Gate Centre. It is my Happy Place – volunteering, making friends in the kitchen. Not too many places you can go for a good old belly laugh.

UPDATES AND ANNOUNCEMENTS

Vicky Roi Joins Facilities Staff

I joined South Gate to play baseball and meet new people after I retired in 2020. I played cards and Bingo, belong to the Trail Walkers group and take exercise classes.

I was born and raised in Woodstock. My hobbies including baseball, trail walkers and gardening.

In 2022 South Gate gave me the opportunity to work here and I'm very grateful as I enjoy my new job.



Angela Houle Retires

One word to describe Angela would be 'go-getter.' She is incredibly ambitious and passionate about her roles and responsibilities.

However, Angela is more than just a smart individual. She is empathetic, a health fanatic, funny, and above all, a friend to all.

We will miss her presence in the office but she is now officially a member of SGC! We cannot wait to hear all the cool stories of her exotic travel adventures.

All the best on your second retirement, Angela!



Wedding Announcement



Thank You

South Gate family and friends,
Together you made our day
spectacular!
~ Judy & Marius

Judy Williams and Marius Jordaan were married at South Gate Centre on Saturday, January 14 in front of family and friends. Guests enjoyed a wonderful evening of dance following the ceremony. Congratulations and thank you for a great party!

PROGRAM NEWS

Drop-In Class Updates

Heads Up for Healthier Brains

Wednesday, February 8, 10:00 – 11:00 am

Jessica Lawson will be your facilitator. 'The Heads Up for Healthier Brains' program illustrates how certain lifestyle choices can help to reduce many of the risk factors for Alzheimer's disease. Making healthy lifestyle choices, being socially active, protecting our heads and keeping the brain challenged are ways to keep the brain healthy. Additionally, the presentation provides an overview of Alzheimer's disease and other dementias; their impact on the brain and on a person's behaviour. A Q&A time follows the presentation and attendees will have the opportunity to learn about other programs and services offered by the Alzheimer Society.

Trivia with AI

Monday, February 13, 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: Feb 9, March 9, April 6 at 10:30 am.

This is a Phone-In Program. At 10:28 am 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 #.



Learn How To Use Our Online Booking System

Are you interested in learning more about South Gate's online booking system and website? Are you ready to setup your online account so you can book classes, dinner/dances and bus trips online? Would you like an overview of South Gate's website?

Call to Centre to book a private session with our Office Manager, Saimum Akhter.



Mondays from 1 pm - 2 pm.

PROGRAM SCHEDULE February 2023

MONDAY	TUESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
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 	9:30 am - 10:30 am Chair Yoga with Pam Genge 
9:30 am - 10:30 am Full Standing Fitness	11 am - 12 Noon Total Body Workout
10 am - 11:30 am Cribbage	1 pm - 3 pm Beginner's Pickleball 
11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Beginners Billiards - 8 Ball
1 pm - 3 pm Carpet Bowling	1 pm - 3:30 pm Progressive Pepper
1 pm - 3 pm Darts	1:30 pm - 3:30 pm Education (formerly History) 
1 pm - 3 pm Klaverjas	5 pm - 6 pm 2003 - A New You (Latin Fitness) 
1 pm - 3:30 pm Beginners Billiards - Snooker	6:30 pm - 7:30 pm Seated 'OM' (Yogalates) 
6:30 pm - 9 pm Euchre	6:30 pm - 9 pm Billiards - Snooker
MONDAY - FRIDAY 8 am - 11 am Woodshop* 8:30 am - 3:30 pm Library FITNESS ROOM* 9 am - 9 pm Monday - Thursday 9 am - 3 pm Friday	6:30 pm - 9 pm Come Dancing
	*No class Feb. 2 No classes Mon. Feb. 20. Closed for Family Day.

*Orientation is required for both the Fitness Room and the Woodshop.
Ask at the Front Desk.

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 - 12 noon Board Games - Cafe	8:30 am - 9:30 am* Beginner Line Dancing	9 am - 12 Noon Beginners Billiards - Snooker
10:30 am - 11:45 am Ballroom & Latin Line Dancing	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper	9 am - 9:45 am Stretch	10 am - 11:30 am Trail Walkers (off-site)
7 pm - 9 pm  Cornhole League (every second week)	9:45 am - 11:15 am Line Dancing	10:30 am - 11:30 am WOW - Wellness Over Weight 
7 pm - 9 pm Snooker/Billiards	10 am - 10:25 am The Blitz	1 pm - 3:30 pm BINGO
	10:30 am - 10:55 am The Blitz	1 pm - 3:30 pm Crochet/Crafts
	11 am - 12 Noon Seated Fitness	
	1 pm - 3 pm Badminton (off-site)	
	1 pm - 3:30 pm Euchre	
	1 pm - 3:30 pm Musicares	
	5 pm - 5:45 pm CardioFit	
	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.



This symbol indicates a program which requires registration.
Register by calling the Centre, stopping in or online in your
PerfectMind account.

PROGRAM GUIDE

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

PROGRAM NEWS



Woodshop Workshop

Join Don Nace and Angela Houle in this beginners workshop. Learn how to use tools and equipment in the woodshop to create a unique cutting board and a birdhouse!



THURSDAYS

February 16 - March 23

1 pm - 3 pm

Woodshop, 6 Sessions

Members \$45+HST

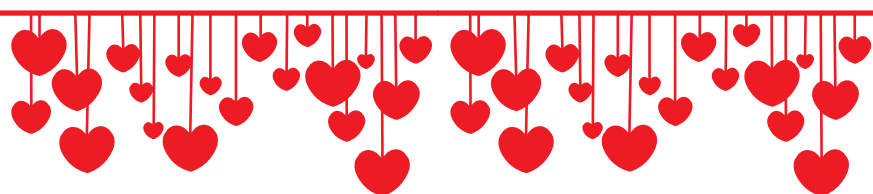
Non-Members \$60 +HST



SOUTH GATE
CENTRE

REGISTER BEFORE FEBRUARY 13

519-539-9817



Chocolates for Valentine's Day

A dozen chocolates including lemon truffles, peanut butter balls, almond bark, coconut macaroons, cream filled chocolates

\$18



Order by Feb. 10 for pick up on Feb. 14 by calling the Centre or emailing kristin@southgatectr.ca.

EVENTS AND ACTIVITIES



**FRI
FEB
10**

7:30 pm to 11 pm

\$25

Dance the night away with your girlfriends to popular dance music from the 50's to today



SOUTH GATE
CENTRE

CASH BAR
SNACKS

Book before Feb. 6

Fallsvew Casino Bus Trip

Niagara Falls

**BOOK BY
FEB. 21**

WEDNESDAY, MARCH 22

9 AM - 6 PM

\$48 (slot credit of \$35)



SOUTH GATE
CENTRE

EVERYONE 19+ WELCOME

CONFIRM CANCELLATION POLICY WHEN YOU BOOK YOUR SEATS

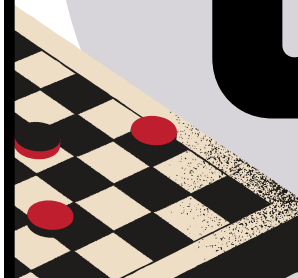
CALL

519-539-9817



Join us for game time

**BOARD
GAMES
are BACK**



WEDNESDAYS IN THE CAFE
FEB. 1 - FEB. 22 10 AM - 12 PM

CAPITAL CAMPAIGN UPDATE

The Expansion Team continues to meet with the architects as they finalize the plans and obtain costings.

With the build set to start in August the fundraising team continues to work on securing donations, but we need your support. All donations big or small are appreciated. Every dollar counts.

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

Donations of \$1,000+ will receive recognition on the Donor Wall in the expansion.



+ MANDARIN



= **Bus Trip**



Join your friends on a trip to the Cambridge Butterfly Conservatory, with a buffet lunch at Mandarin Restaurant, visit National Service Dogs to learn about the dogs and how they are trained and visit Bo-De Foods.



MARCH 30 9 am - 5:30 pm \$110

Call South Gate Centre to book today! 519-539-9817



Volunteers Wanted in Marketing Department



WANTED - Two volunteers to help in South Gate Centre's marketing department. Meetings with marketing manager at least once a month. This assistance would be done from home on your own computer.

Marketing Assistant - Schedule free ads for events on classified or events pages.

Social Media Assistance on Facebook - Must be willing to subscribe to a number of Facebook Groups with the intent to share South Gate Centre's and Local Roots' social media posts.

Email Sarah@southgatectr.ca to express your interest.

NEW YEAR'S EVE DANCE

Once again a sold out crowd partied in the new year on December 31, 2022. After a delicious meal by South Gate's Local Roots and served by our amazing banquet volunteers. Guests danced the evening away to a variety of dance styles and music.



The 50/50 went to Frances Flock, Door prize winners were Carol Moffit and Lynda Williams.

Thank you once again to our incredible Dance Committee who has recently retired. Thanks for the great memories!



Left to right: Dale Egan, Lynda Williams, Carol Egan, Rob Williams, Mary Becker and Graham Becker. Also on the committee, but not available for the photo are Kathleen and Wayne Noseworthy.

**Do you want to
see the
Dinner Dances
continue?**

**Volunteers
Needed**

If you would like to volunteer to organize dances at South Gate Centre, please contact Ange Hess, our Volunteer Coordinator at ext. 221 or ange@southgatectr.ca.

Prior special event organization experience would be extremely beneficial.

WELLNESS WITH SHEILA PICKNELL

Giving Your Brain A Workout!

I am a firm believer and advocate for keeping our heart, body, and soul, as well as our brain, which is our power center, in the best possible condition. So often our brain can be powered by negative thoughts. We constantly need to be energizing it with positive thoughts, to combat the negative thoughts, that so often try to plague us! Yes, we can go through many rough trials, and each one of them need to be addressed with special care! It is key to discover ways to balance that care, and strengthen positive outcomes as best as we can.

Keeping physically active is of the utmost importance, regardless of the season, however, let's talk about activities that can nicely compliment your physical activities.

Games Anyone? Pick a favourite or try a new one!

I must say in the past several months, I have once again discovered how much fun it is to play cards and board games. It is not only a wonderful activity to improve your social interactions with people, but it is also good for your brain. Our brain needs us to keep it stimulated! I have recently been introduced with Phase 10, SkipBo, as well as I found my crib board, dominoes, and scrabble game.

How about you? Do you have some games that have been collecting dust?

It's time to get them out, bring them to South Gate Centre to play with friends, call up some family and/or friends, and let the fun begin. How about those grandchildren, it's a great way to spend time with them and can also spark wonderful conversations! Look forward to fun and laughter, and yes, the competitiveness will most likely arise in many of you. I know that it has been in me!

Explore the Benefits:

- Relieves Stress
- Boost the Immune System
- Increase Memory Function
- Enhance Motor Skills
- Increase Socialization



Reading this online? Check out these resources:

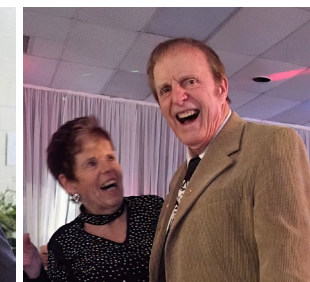
[7 Surprising Mental Benefits of Card Games | YouAligned.com](https://www.youaligned.com/7-surprising-mental-benefits-of-card-games/)

[8 Reasons Why You Should Play Board Games | Bead.Game](https://www.beadgame.com/8-reasons-why-you-should-play-board-games/)

Hmm...I wonder what game you will pick, and who will be the lucky people that get to join you?

My circle of game players are increasing, and I hope yours will too!

WASN'T THAT FUN?



MORE FUN...



FOR FUN

CORNHOLE LEAGUE SCORES

Team #	Player 1	Player 2	Win	Loss	Total Points
2-Red	Joe	Guy	6	0	138
3-Blue	Yvonne	Scott	4	2	123
1-Red	Judy	Mary Lou	4	2	115
3-Red	Pat	Jet	5	1	115
6-Red	Geri	Doris	4	2	114
1-Blue	Ron	Larry	4	2	110
6-Blue	Jeff	Deb	3	3	110
2-Blue	Alyssa	Gord	4	2	102
4-Blue	Jayna	Ruth Ann	3	3	91
5-Blue	Mary Lynn	Dan	2	4	86
5-Red	Diane	Dave	3	3	84
7-Red	Nancy	Chrissy	1	5	49
7-Blue	Al	Betty	0	6	44
4-Red	Deanna	Marie	0	6	18

KLAVERJAS SCORES

December 12 2022		December 19, 2022		January 9, 2023	
Inge Bystrek	5650	Walter Ferguson	5647	Jan Vleuten	5670
Carol Taplay	5601	Marie DesForges	5396	George Wall	5445
Emile Michiels	5336	Case Ypma	4935	Carol Taplay	4970
Jan Vleuten	4964	Carol Taplay	4895	Kathy Wilson	4753

LARGE PEPPER SCORES

James Kendall	Barbara Brushett
Rose Hartnett	Bill Miller
Don Post	Peggy Miller



SELL POST

Having no allotment, rather like a bad movie.

Tea Time
TEASERS
With Ian



DONATIONS

Thank You

Your donations mean so much. Thank you.

Deb Melanson donated to the Angel Program.

Don Wilson made a Donation in Kind.

Nora Burke made a General Donation.

In Memory of Marg Holman - Kay Nahrgang

South Gate Friends of John Wilkins made a donation in celebration of his 80th birthday. Happy Birthday John.

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.

SOUTH GATE CENTRE STAFF

Chris Cunningham
Executive Director
chris@southgatectr.ca, x222

Saimum Akhter
Office Manager
saimum@southgatectr.ca, x230

Larrie Blancher
Facilities Manager
larrie@southgatectr.ca, x223

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

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

Heather Hayman
Bookkeeper
heather@southgatectr.ca

Ange Hess
Office Assistant and Volunteer Coordinator
ange@southgatectr.ca, x221

Sarah Sheehan
Marketing and Communications Manager
sarah@southgatectr.ca

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

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:

Stella Greenfield - Passed

Stella Pippin - In Recovery

Jean Brain-Stringer - In Hospital

Susie (Leonard Herb's Spouse) - In Hospital

Boyce Blair - Brother passed



The Tuesday evening Come Dancing group celebrated the Christmas season together on December 20th.

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.

RESOURCES

Crisis Services Canada 1-833-456-4566

www.crisisservicescanada.ca/en/

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

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Tuesdays - Butter chicken with chick pea salad

Wednesdays - Pulled pork mac and cheese with bread

Thursdays - Vegetable quiche and soup

Fridays - Liver and onions

Assorted soups, sandwiches and desserts available Monday - Friday.

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SAT. FEB.25

\$20

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Chocolates for Valentine's see page 14.



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