

GOLDEN NUGGET



May
2022

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
Co-Chair: Linda Baker
Treasurer: Chad Williams
Sarah Acchione
Deborah Almost

Kathy Deweerd
Patrick King
Connie Lauder
Cristian Lagos

South Gate Centre Members Committee

Co-Chair: Rick Rose
Co-Chair: Dave Clarke
Board Liaison: Deborah Almost
Secretary: Guy LaPlante
Larry Baer

Mary Donlevy
Carol Egan
Jean Hilton
Marilyn Martin
Heather Wilks

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

SGC MASK POLICY

Masks must be worn in May at South Gate Centre.

Upon entry, exiting and movement throughout the facility, you will be required to wear a mask. Some programs will require the wearing of masks and others will be optional. Your instructor/program guide will provide that information.

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

MAY CALENDAR-AT-A-GLANCE

Mon. May 2	Fit Minds pg.12
Tues. May 3	Chair Yoga with Pam Starts pg.11
Tues. May 3	Carpet Bowling Starts pg.13
Wed. May 4	Afternoon Paint Class 2 to 4 pm pg.12
Wed. May 4	Bridge Starts pg.13
Thurs. May 5	South Gate Musicares Starts pg.13
Thurs. May 5	LIONS BINGO 7 pm
Fri. May 6	Nordic Pole Walking Starts pg.15
Sun. May 8	HAPPY MOTHER'S DAY
Sun. May 8	Mother's Day Brunch - LOCAL ROOTS pg.22
Wed. May 11, 18 & 25	Reducing the Risk for Dementia - 3 Part Series pg.18
Thurs. May 12	Golf League Starts pg.14
Thurs. May 12	Zumba GOLD Starts pg.12
Thurs. May 12	Gentle Yoga & Meditation Starts pg.11
Thurs. May 12	LIONS BINGO 7 pm
Fri. May 13	Spring Dinner Dance pg. 22
Mon. May 16	Cops & Rodders Cruise Night at SGC pg. 23
Wed. May 18	Trivia with Bonnie pg.18
Thurs. May 19	LIONS BINGO 7 pm
Sat. May 21	Rib Dinner - LOCAL ROOTS pg.22
Mon. May 23	SGC Closed - HAPPY VICTORIA DAY
Tues. May 24	Lobball Starts pg. 14
Tues. May 24	Evening Slow Flow Yoga with Pam Starts pg.11
Wed. May 25	Stamp with Nadine V. 1 to 4 pm pg.13
Thurs. May 26	LIONS BINGO 7 pm

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

MEMBERSHIP AT SOUTH GATE CENTRE

2022 Membership Rates

All-Inclusive Membership (8 months) \$135.00

All 2022 memberships expire December 31, 2022.

Member name tags must be worn at ALL times.

NO MEMBERSHIP REFUNDS

NON-MEMBERS ALWAYS WELCOME

FEES

All Fitness & Dance Drop-In Programs
(Does NOT include Registered Programs)

\$10/activity/day

All other Drop-In Programs

\$5/activity/day

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, and pocketed bras.

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. Ask for more information at the Front Desk.

WELCOME NEW MEMBERS

Marian Baker
Phil Chambers
Nancy Jarrett
Dan Molinaro

Lorraine Petrie
Bev Rajani
Adrian Smith
Karen Vreeker

MESSAGES

Message from the Board of Directors

As we move into May, spring continues to unfold a favourite time for me. The buds on our trees popping open, all those bulbs you planted in the fall are now beginning to flower and grass cutting is in full swing.

The first big celebration is Mother's Day on May 8th a day we celebrate and appreciate all that our mothers do for us. Did you know that Mother's Day in the UK is not celebrated on the same day we celebrate it? This year in UK it was celebrated on March 14th.

The Campaign Fundraising Committee is working hard to reach their goal of \$1.5 million. The quicker this is accomplished it brings us ever closer to seeing the long awaited addition become a reality.

Staff are busy accommodating many rental requests for our facilities - weddings, meetings, conferences etc. As we see this happening, it indicates how much the proposed addition is required in our community.

All you avid golfers come join up to play golf on Thursday mornings commencing in May at Cedar Creek Golf Course lots of fun and comradery even if you aren't the greatest golfer. Spring also brings the opportunity to join the baseball team. Come get out in the fresh air and get your exercise.

So spring is proving to bring many exciting opportunities for all when we add in the numerous programs now offered inhouse at South Gate.

Everyone is welcome so come out enjoy yourself even if it is just for a coffee and chat.

Connie Lauder on behalf of the Board of Directors

MAY

The Prettiest Name by Lenore Hetrick

All the months have pretty names, but I like the name of May the best.
It makes me think of meadow lands in all their spring gowns neatly dressed.
Their bonnets are of marigolds, for buttons they use daisy eyes, and for a sash
they use a brook, bluer even than Maytime skies.
The word October calls to mind maples leaves a fiery red.
December ames you think of snow, and soolly blankets on your head.
But May! That sweet name makes me think of music on a sprintime night!
I think it is the prettiest of all, just made of blossoms, pink and white.

MESSAGES

Members' Committee Message

With the warmer spring weather upon us, we are reminded that this is a time of renewal, not only for May flowers, but for people as well.

IT'S TIME to take advantage, once again, of the opportunity to enjoy more outdoor and indoor programs and activities currently available to us. IT'S TIME to consider returning to South Gate Centre to meet old friends or to make new ones.

Your member's committee has been active in preparing for this season and in the challenges ahead while welcoming new members on the committee and showing a heart felt appreciation for committee members whose term has ended.

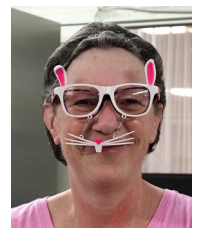
We continue to put in the effort to represent the interests of South Gate members and encourage your participation by keeping us informed of any ideas and suggestions that you may have by dropping a note in the suggestion box.

We also welcome the opportunity to chat with you about your ideas and suggestions. You can recognize us by our grey coloured nametags. Please don't hesitate to reach out; we'd love to hear what you have to say.

Your members committee reminds everyone to stay safe, follow the recommendations of local health authorities and do only what you feel comfortable with.

Last and certainly not least, May is the month when we celebrate mothers everywhere sooo "HAPPY MOTHERS DAY" from your Members Committee.

SOMETHING FOR YOUR FUNNY BONE, ENJOY:
SPRING IS HERE, I'M SO EXCITED, I WET MY PLANTS!!



VOLUNTEERS

Message from the Volunteer Manager

Benefits of Volunteering - Volunteering is one of the most rewarding things you can do.

And thinking about how you want to benefit from volunteering is a good start to finding an opportunity that's right for you.

Gain Confidence – Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.



Make A Difference – Volunteering can have a real and valuable positive affect on people.

Meet People – Volunteering can help you meet different kinds of people and make new friends.

Part of a Community – Volunteering can help you feel part of something outside your family and friends.

Learn New Skills – Volunteering can help you learn new skills, gain experience and sometimes even new qualifications.

Take on a Challenge – Through volunteering you can challenge yourself to try something different and discover hidden talents.

Have Fun- Most volunteers have a great time, regardless of why they do it.

Interested in finding out our volunteer opportunities? Contact me at bonnie@southgatectr.ca

With thanks,
Bonnie Ward, Volunteer Manager

CAPITAL FUNDRAISING CAMPAIGN UPDATE

Message from Chair - David Hilderley

We are thrilled with the support of the expansion from our community. The progress towards our goal is extraordinary. Thank everyone who has made a donation to the Capital Campaign so far. We look forward to formally thanking everyone at our Senior's BBQ on June 23. Watch for more information in the June newsletter.



VOLUNTEERS

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
- Check-In Desk
- Special Events
- Seasonal Decorators

**Garden
Volunteers
Needed
this month.**

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



MORE THAN JUST TONING TABLES



What we have called the Toning Tables or Toning Room is truly much more than that. You will notice on the Program Schedule pg. 16-17, that we are now referring to this room as the Fitness Room.

It is a place for personal, individual exercise containing several different types of exercise equipment.

1. For those who like bicycling there is a recumbent bicycle.
2. There are two treadmills for walking enthusiasts.
3. Also available are the Toning Tables which provide exercise with no stress on your joints.
4. The T-Zone Type Vibration Technology machine provides exercise through vibration.
5. There are a few small hand weights available to increase intensity when desired.

Please note that for safety reasons an Orientation Session is required before use. Contact the Centre to arrange an Orientation Session and for hours of operation.

SOCIAL PHONE-IN PROGRAMS

To participate in a Phone-In Program Call this number at the start of your program. 226-781-4229 or 1-866-279-1594. Enter the Passcode 145131#. Record your name or just stay on the line then press #.

Armchair Travel with Bradley Walters

Host Bradley Walters, travel and tour specialist for over 25 years provides informative and entertaining sessions that you won't want to miss! Bradley chooses a new topic weekly to discuss. Follow his Facebook page for topics.

Thursday, May 12 10:30 am

Thursday, May 26 10:30 am

REGISTERED PROGRAMS

Please visit the Front Desk to pre-register to pay for these programs.

Come Dancing

Enjoy practicing your Ballroom and Latin dance skills to great strict tempo music.

Day	Time	Location
Tuesdays	6:30 pm to 9 pm	Altadore Hall
Dance Schedule:		
Ballroom & Latin Line Dancing	6:30 pm to 7:00 pm	
Ballroom & Latin and Social Dancing	7:00 pm to 9:00 pm	

Non-members and non-dancers always welcome.

FEE: Non-members \$15/couple

Dance Instruction by Janice & Gary

Do you have a special event coming up? Are you planning a southern holiday, cruise, wedding, or anniversary party? Would dance lessons increase your enjoyment? Learn to Waltz, Foxtrot, Quickstep, Rumba, Cha Cha, Samba, Swing, Bachata, Mambo, Merengu or Night Club 2 Step.

For more information contact Janice & Gary at 519-539-3678.

REGISTERED PROGRAMS (CONTINUED)

Chair Yoga with Pam Genge

May 3 to June 21, 2022 (8 weeks)

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	Altadore Hall	Members \$60 + HST Non-members \$80 + HST

Gentle Yoga and Meditation with Yoyi Cuban Guru

May 12 to July 7, 2022 (8 weeks) No class May 26

"A state where nothing is missing". Bring an open mind, your body and Let's Do Yoga. Yoyi's classes are based on diversity, movement and colour for the heart, mind and spirit, at the level you feel comfortable depending on how you feel. Gentle Yoga Flow heals you not only physically, but also emotionally and energetically as you progress through meditation.

DAY	TIME	LOCATION	FEE
Thursdays	9:45 am	Kinsmen Room	Members \$60 + HST Non-members \$80 + HST

Evening Slow Flow Yoga with Pam Genge

May 24 to June 28, 2022 (5 weeks) No class June 7

A gentle yoga class that focuses on mindful movement. It encourages movement by listening to your body: to accept your. You will leave the class feeling blissful. All levels of yogis welcome. Please bring your own mat.

DAY	TIME	LOCATION	FEE
Tuesdays	7:00 pm	Kinsmen	Members \$37.50 + HST Non-Members \$50 + HST

REGISTERED PROGRAMS (CONTINUED)

Zumba Gold with Yoyi La Cubana

May 12 - July 7 No class May 26

This one hour class is a combination of Zumba Gold and a blend of Latin-International Rhythms. This class is for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

DAY	TIME	LOCATION	FEE
Thursdays	8:40 am	Kinsmen Room	Members \$60 + HST Non-members \$80 + HST

Afternoon Paint Class

Wednesday, May 4 2 pm to 4 pm

Kinsmen Room

Have fun with your SGC Friends and enjoy an afternoon creating this beautiful painting and supporting a much needed cause.

Easy to follow, step-by-step instructions on how to paint a beautiful image of this sunflower. You'll learn simple painting techniques that will help you to create this realistic piece of art which is sure to compliment the wall of any home.



FEE - Minimum donation of \$20. Funds raised from this will be given to the Red Cross for the Ukraine.

Fit Minds – In-Person

May 2 to May 30 No class May 23

A cognitive stimulation coaching program that supports brain health and improves the quality of life for those 55 +. This program is presented by Oxford Manor. This series builds cognitive resilience and creates a healthy brain fitness routine while building community and encouraging interaction. Participants will receive a workbook package when they register for the program at the Centre.

DAY	TIME	LOCATION	FEE
Mondays	10:30 am	Kinsmen Room	FREE

REGISTERED PROGRAMS (CONTINUED)

Stamp With Nadine V

Wednesday, May 25 1 pm - 4 pm Kinsmen Room

Please join Nadine for a fun relaxed afternoon to take home 4 home made greeting cards made by you for the special persons in your life.

In this session, you'll create 4 super sweet and trendy cards (4 different designs, envelopes and accessories included). No experience or creativity required, Nadine will help you & be along side you every step of the way.

This is a great session for any level stamper (beginner to avid). This is a great social and creative event? Register today at the Front Desk. Happy Stamping!

FEE

Members \$30.00 + HST

Non-members \$35.00 + HST

NEW DROP-IN PROGRAMS

Bridge

Bridge is a team trick taking game played with 2 pairs of people. The objective is to win as many games to 100 as possible. Everyone welcome.

DAY	STARTS	TIME	LOCATION
Wednesdays	May 4	1:00 pm to 3:30 pm	Reeves Room

Carpet Bowling

Carpet Bowling is just like lawn bowling, but indoors. Come out, it's fun and easy to learn. No experience necessary.

DAY	STARTS	TIME	LOCATION
Tuesdays	May 3	1:00 pm to 3:30 pm	Altadore Hall

South Gate Musicares

If you're interested in singing or playing an instrument, consider joining the South Gate Musicares. Please contact Judith Williams for further information 519-608-4422.

DAY	STARTS	TIME	LOCATION
Thursdays	May 5	1:00 pm to 3:30 pm	Reeves Room

SOUTH GATE CENTRE SPORTS LEAGUES

Golf League

The SGC Golf League will play at Creekside Golf Club, 594733 Hwy 59, Woodstock for the 2022 season. This 18-hole executive course provides a challenge for everyone. Even the most experienced golfer will have to use every club in their bag and will need to play well to score well. Creekside is the ideal course for challenging your short game and working on your irons.

DAY	START DATE	TEE TIME FROM
Thursdays	May 12	8:30 am to 10:30 am

FEES - Payable at the Front Desk
SGC Member \$28.25 (includes HST)
Non-member \$45.20 (includes HST)

Green Fees

One Time	Book of Five
Walkers \$19.00	\$95.00
With Cart \$28.00	\$140.00



South Gate Centre Lobball

May 24 - Sept 6
Tournament September 13

FEES - Payable at the Front Desk
Members \$15
Non-members \$75 for a League
Membership (which includes \$15 fee)

Sign up at the Front Desk. You will be contacted by the program coordinator.



NEW Outdoor Cornhole League

Are you interested in playing in a Cornhole League? If you are interested in playing, please sign up at the Front Desk. You will be contacted with more details.

PROGRAMS OFF-SITE

Bicycle Group

The Bicycle Group will head out every Thursday in the Spring/Summer/Fall at about 9:00 am for bicycle trips in Woodstock and surrounding towns/cities and we welcome new bicyclists anytime. For further information email merk@execulink.com.

Start up date is dependent on weather.

Trail Walkers

Weekly walking group that utilizes the local trail system around Woodstock.

Sign in 10:00 am to 10:15 am.
Join us any Friday.

We have fast and slow walkers.

DATE	LOCATION
May 6	Pittock Park North Shore
May 13	River Trail
May 20	Tecumseh
May 27	Upper Trail



For a description of where the Trail Walkers meet, pick up a copy of the Program Description Guide or view it online on the Program page.

Beginner's Nordic Pole Walking

First session starts May 6 (Next session starts June 3)

The complete program consists of four weeks of one-hour sessions, at Southside Park. The original Urban Poles are used to teach the technique. Poles are available for use at South Gate Centre. It is recommended that participants attend from the first class, since each week is a progression.

Contact Deanna.jasmins@hotmail.com for further information.

DAY	TIME	LOCATION
Fridays	10:00 am to 11:00 am	Meet at SGC Café

PROGRAM SCHEDULE - Week at a Glance

TIME	MON	TUES
8:00 am	Full Standing Fitness	Why Weights
8:30 am	Wood Shop ¹ Library ²	Wood Shop ¹ Library ²
8:40 am		
9:00 am	Snooker ¹ Fitness Room ²	Snooker ¹ Fitness Room ²
9:30 am	Full Standing Fitness	Bunka Chair Yoga*
10:00 am		
9:45 am		
10:15 am		
10:30 am	Fit Minds	
11:00 am	Seated Fitness	
1 pm	Darts Euchre Snooker	Carpet Bowling Billiards - 8 Ball History Class [†]
6:30 pm - 9:00 pm		Billiards Come Dancing Library Fitness Room
7:00 pm		Slow Flow Yoga

NON-MEMBERS ALWAYS WELCOME

FEES

All Fitness & Dance Drop-In Programs
Does NOT include Registered Programs
All other Drop-In Programs

\$10/activity/day

\$5/activity/day

For a complete description of the classes, pick up a Program

PROGRAM SCHEDULE - Week at a Glance

WED	THURS	FRI
Full Standing Fitness		Stretch Fitness
Wood Shop ¹ Library ²	Wood Shop ¹ Library ² Line Dancing - Beginners	Wood Shop ¹ Library ²
	Zumba Gold* ††	
Snooker ¹ Fitness Room ²	Beginner Billiards ¹ Fitness Room ²	Snooker ¹ Fitness Room ²
Seated Fitness		Full Standing Fitness
	Line Dancing	Beginners Nordic Pole Walking
	Gentle Yoga & Meditation	
		Trail Walkers
		W.O.W*
Pepper Bridge	Klaverjas Tai Chi Musicares	BINGO Crafts and Crochet

PROGRAM REGISTRATION INFORMATION

All onsite programs, with the exception of Chair Yoga are now DROP-IN for all 2022 members and non-members.

Visit the Programs page of the website to see required fitness equipment and instructor.

NOTES ABOUT THE ABOVE CLASSES

¹ Runs until 12 noon.

² Runs until 3:30 pm.

* Registered Program - register at Front Desk.

† Last class - May 17

†† Cancelled May 26

**NO PROGRAMS
MON. MAY 23**

Description Guide or visit www.southgatectr.ca/programs.

EDUCATION SESSION

Reducing the Risk for Dementia FREE

May 11, 18 and 25

Do you ever wonder if there's anything you can do to reduce your risk of developing dementia? Join Patricia Godfrey, Public Education Coordinator, Alzheimer Society Southwest Parnters, for a free 3-week series covering a variety of topics including: brain exercises, healthy eating, physical activity, managing stress and much more!

DAY	TIME	LOCATION
Wednesdays	1 pm to 3 pm	Small Hall

Register at the Front Desk or by calling the Centre. We need a minimum of 10 people to participate in this 3 week series.

TRIVIA WITH BONNIE

Join Bonnie for a fun game of trivia. Bonnie will be asking participants about 45 random trivia questions. The participant who gets the most answers right will win a free meal from our Local Roots Café. Refreshments and goodies will be served.

Wednesday, May 18 at 1:30 pm

Kinsmen Room

Trivia with Bonnie - Thank You

The laughter could be heard throughout the Centre during the recent Trivia with Bonnie social events that were held in March and April. Thank you to everyone who participated in this fun event.

Congratulations to our winners: March – Dale Egan; April – Al Bohn

Easter Social – April 14th

Easter was celebrated this year with our members coming to the Centre to enjoy a cup of coffee, some delicious Easter Goodies and to wish everyone a Happy Easter. Many thanks to Shelley and her amazing volunteers for hosting this wonderful event for our members. The Easter Goodies were delicious and enjoyed by all those who participated.



CLOWNING AROUND AGAIN

THANK YOU TO ALL OUR AMAZING VOLUNTEERS

We enjoyed clowning around with you and having fun at our Volunteer Appreciation Lunch.

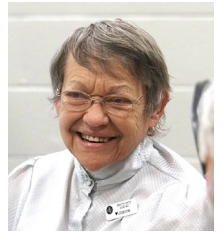
On behalf of all the Staff at South Gate, we would like to extend our heartfelt thanks and appreciation to all our wonderful volunteers. You continue to show us your love and support for the Centre. It was our greatest pleasure to recognize all of you and host the Volunteer Appreciation Lunch. This allowed us to show you how much we appreciate all you do to make South Gate Centre the success that it is.

Special thanks is extended to our partners and guests for making this year's event successful:

- Acting Mayor – Connie Launder
- Board Co-Chair – Linda Baker
- MPP – Ernie Hardeman
- Caressant Care Nursing and Retirement Homes Ltd.



WE ENJOYED CELEBRATING YOU



VOLUNTEER APPRECIATION LUNCH





LOCAL ROOTS
CAFÉ

LUNCH OPTIONS AT SOUTH GATE CENTRE

MONDAY TO FRIDAY

Grab & Go

TUESDAY TO FRIDAY

Order from the Curbside Pickup Menu. Place your order at the Front or Back Desk before noon.

WEDNESDAYS

In addition to Curbside Pickup we also have one hot lunch special. Place your order at the Cafe Food Order Desk.



UPCOMING EVENTS AND SPECIAL DINNERS

MOTHER'S DAY BRUNCH - Sunday, May 8 **\$25**

Pick up 11 - 11:30 am

Freshly baked orange cranberry scones; mushroom, onion, spinach quiche with aged cheddar; braised peameal bacon; roasted beet salad with orange vinaigrette; fresh sliced seasonal fruits; cheesecake with chocolate dipped strawberry.

MAY DINNER DANCE - MAY 13 **\$25**

Book your spot at the Front Desk.

RIB DINNER - MAY 21 **\$20**

Order yours from the Front or Back Desk.

UPCOMING EVENTS/ACTIVITIES

Cops & Rodders Monday Night Cruise at South Gate Centre

Starts Monday, May 16, 2022

5:00 pm till 8:00 pm.

Admission is free.

This weekly event is a collaboration between South Gate Centre and the Cops & Rodders car club. Half of the proceeds from the 50/50 draw will be donated to SGC's capital building expansion campaign. Supporting the event, also supports SGC.



Come out and enjoy the fun.

JUNE IS SENIOR MONTH

June is Seniors Month in Ontario. It's a time when we recognize our amazing older community members and the contributions they have made in Woodstock and Oxford County. The Ontario wide theme is Stay Active, Connected, and Safe.

Look for more information about our Senior Celebrations in the June issue of the Golden Nugget.

SGC Bus Trips Are Back

Duc d'Orleans River Cruise

June 28, 2022

Cost \$110

Includes coach transportation, cruise on the beautiful St Clair River, boxed lunch and admission to Stones and Bones Museum (an international collection of over 6,000 objects all artistically displayed in a historic gallery setting). Happy travels.

We expect this trip to sell out fast, so book your spot today at the Front Desk at SGC.

Everyone is Welcome!

Paulette Whiteford



DONATIONS

Thank You

Thank you to everyone that donated last month.

Geraldine Shearer, Dave Schell, Barry Tate, Christine Uchacz,
Marie VanBeek, Don Wilson, Case Ypma

Tax Credit for Your Donation

As part of our Capital Fundraising Campaign, some of you may be considering a large gift to South Gate Centre. Our accountant has prepared this chart to demonstrate what the actual cost of a donation is once your tax credit is returned to you. Your return is based on your income level. For example, if your annual income is \$50,000, and you make a \$5,000 donation, South Gate Centre receives the \$5,000. You then receive a \$1,967.78 tax credit and your overall out of pocket is \$3,032.22.

Income \$50,000

Donation	\$1,000.00	\$5,000.00	\$10,000.00	\$25,000.00	\$50,000.00
Tax Credit	\$361.38	\$1,967.78	\$3,975.78	\$10,117.81	\$20,393.87
Net Cost	\$638.62	\$3,032.22	\$6,024.22	\$14,882.19 (over 2 years)	\$29,606.13 (over 4 years)

Income \$100,000

Donation	\$1,000.00	\$5,000.00	\$10,000.00	\$25,000.00	\$50,000.00
Tax Credit	\$417.04	\$2,251.68	\$4,371.28	\$10,544.20	\$20,584.20
Net Cost	\$582.96	\$2,748.32	\$5,628.72	\$14,455.80	\$29,415.80

We realize that not everyone can give at the above levels and we are grateful for every single donation, no matter the size.

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.

FOR YOU

Thoughts and Prayers

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

Chris Cunningham (mother-in-law passed)
David Hilderley - knee surgery
Rose Nesbitt - unwell

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!

Exercise of the Month

Upright Row (lateral deltoids) Standing with your feet hip-width apart. Grasp a hand held weight in each hand and hold them in front of your body with your palms facing your legs. Bend your elbows and lift the hand held weights up towards your shoulder. Do not lift your shoulders up during this action. Return back to the starting position.

Note: When hand-held weights are raised, your wrists should be in front or just below your shoulders and elbows should be out to the sides. Repeat 8- 12 times. Perform 1 - 2 sets.

Source: Canadian Centre for Activity & Aging SFIC Resource manual



Fill Mom's Freezer for

Mother's Day

10 ENTREES | 5 SOUPS | 5 DESSERTS

ONLY \$80



www.localrootscafe.ca

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.

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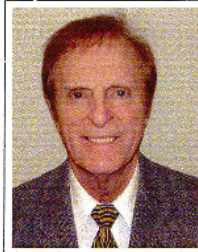
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Interested in advertising in the Golden Nugget, contact Sarah at sarah@southgatectr.ca .	Size	1 mo.	3 mo.	6 mo.	1 year
	Eighth Page	\$ 40	\$100	\$200	\$380
	Quarter Page	\$ 60	\$160	\$300	\$580
	Half Page	\$ 80	\$220	\$400	\$780
	Full Page	\$140	\$400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

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May 4	Oven Fried Chicken	\$8	Sun May 8	Mother's Day Brunch	\$25
May 11	Liver & Onions	\$8	Sat May 21	Rib Dinner	\$20
May 18	Battered Cod	\$8	Sat June 4	Oven Fried Chicken Picnic	\$20
May 25	Roast Beef	\$8	Sat June 18	Father's Day Steak Dinner	\$20

Mother's Day Brunch
See page 22.

Fill Mom's Freezer
For Mother's Day see page 25.

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