

# GOLDEN NUGGET

October 2022

LET US

*Give Thanks*



**A PLACE TO LAUGH**



191 Old Wellington St. S., Woodstock · N4S 3J2  
519.539.9817 · [www.southgatectr.ca](http://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  
Sarah Acchione

Deborah Almost  
Judy Grimson  
Connie Lauder  
Cristian Lagos

## South Gate Centre Members Committee

Co-Chair: Rick Rose  
Co-Chair: Dave Clarke  
Board Liaison: Chad Williams  
Secretary: Guy LaPlante  
Larry Baer

Mary Donlevy  
Carol Egan  
Jean Hilton  
Nancy Jarrett  
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.

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

# OCTOBER CALENDAR-AT-A-GLANCE

Tues. to Fri.	Indoor Dining 11:30 am to 1 pm
Wednesdays	No programming in the Hall (Probus/Learning Unlimited)
Thursdays	Lion's Club BINGO 7 pm (Public welcome)
Wed. Oct. 5	Fall Pumpkin Craft
Thurs. Oct. 6	FREE Ice Cream Social - David & Patrice Hilderley
Mon. Oct. 10	THANKSGIVING DAY - SGC is CLOSED
Wed. Oct. 12	Stamp Club Starts
Sat. Oct. 15	LOCAL ROOTS - Curbside dinner - RIBS (back page)
Mon. Oct. 17	Trivia with Al (see below)
Tues. Oct. 18	Fall Colours Bus Trip
Mon. Oct. 31	HAPPY HALLOWEEN - BOO!



**Trivia with Al** - Monday, October 17, 1:30 pm to 3 pm. Join Al 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.

# MEMBERSHIP AT SOUTH GATE CENTRE

## 2022 Membership Rates

All-Inclusive Membership (3 months) \$75.00.

All 2022 memberships expire December 31, 2022.

Member name tags must be worn at ALL times.

NO MEMBERSHIP REFUNDS

### NON-MEMBERS ALWAYS WELCOME

### FEES

Instructor-Led 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.

*Coming Soon*

PHOTO SESSION  
FUNDRAISER



More information to come from South Gate Centre regarding this fundraiser.

## EXECUTIVE DIRECTOR'S MESSAGE

At South Gate Centre we have so very much to be thankful for,

- Dynamic & passionate SGC Members/Friends
- 100's of supportive Volunteers
- Amazing dedicated Staff
- City of Woodstock for their support and our beautiful facility
- Generous donors, sponsors and community supporters
- SGC's programming, special events/activities, Local Roots

SGC would not be what it is today without YOU.

Thank you and thank you!

Help us keep growing... WANTED 100 New SGC Members.

Join now for only \$75 – October - December, 2022

See you at the Centre,



Chris

P.S. Welcome Back to SGC: Lions Club, Rotary Club, Women's Probus, Open Circle, Philatelic Society. Welcome Learning Unlimited!

## WELCOME NEW MEMBERS

Elizabeth (Betty)  
Bauman  
Marnie Bowcott  
Gisela Charette  
Margaret Charron  
Frank daCosta

Lucy daCosta  
Leslie David Johnson  
Lindy Giofu  
Marjorie Kuruliak  
Gillian (Jill) Lavin  
Pam Livingston

Julie Marsh  
Martha Meyer  
Pam Peters  
Margaret Randall  
Theresa Skillings  
Marcia Snyder

## BOARD OF DIRECTORS' MESSAGE

At the last Board meeting South Gate's Strategic Plan was updated for 2022-2023. Our plan has six areas of focus: Administration, Communication, Finance/ Business.Program/Membership Services and Volunteer Management and will continue to be updated throughout the year. We are moving forward as we work on Board Committees.

It was great to see the Board of Directors' and the community support of the Bob McFarland Golf Tournament. It was a beautiful day and was sold out!

With Thanksgiving arriving very soon it is very easy to be thankful! As Directors we are thankful for being an important piece in moving the South Gate journey forward. We are thankful for you, the members, all the committed volunteers, incredibly hardworking staff and all the wonderful ideas and fun that we all get up to in support of the South Gate community!

Have a wonderful Thanksgiving with family and friends or just being out in the sunshine and watching the colourful leaves as they blanket the city and countryside.

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### MEMBERS' FALL DINNER / DANCE



A slightly smaller but enthusiastic group enjoyed a pork dinner with all the trimmings. The potted plant was graciously donated by Carol Sutherland. Door prize winners: AnneMarie Bucek Nancy LaPlante. 50/50 went to Brenda Coombs.

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### THANK YOU

**Thank you to W.O.W.** for their donation to the Capital Expansion Fundraising Campaign. Being creative in our fundraising efforts will help us all achieve our goal.

**Thank you to everyone** who made the Cops & Rodders and Streetfest Show & Shine a success. These fundraising events raised \$6,249.64 and \$4,690.65. The combined total is \$10,940.29.

## MEMBERS' COMMITTEE MESSAGE

### THANK YOU.

In this month of Thanksgiving, we find ourselves so grateful for so many things; including:

- The many volunteers who have contributed to the success of several SG events,
- The increased involvement of the membership in sharing your thoughts and ideas verbally with us committee members and through your use of the suggestion box, and
- The dedication of the members on this committee and the increased interest in SG members to join us on the committee. We welcome Nancy Jarrett as the most recent to become a committee member.

Finally, we are thankful for the tremendous contribution that Rick Rose has made on the committee. He has kept us focused on its goals and has enthusiastically taken a key role in several SG events while recruiting several willing volunteers needed for these events.

During my three years on this committee, I have very much appreciated the example he has set for us.

Thank you Rick for your continuing dedication to everything you take on.

Dave Clarke, Co-Chair

Now, we owe Rick the honour of having the last word:

“With October being my final Member’s Committee meeting, I would like to take this opportunity to acknowledge and thank all former and present committee members for their guidance and support during the past six-plus years. I have learned so much from everyone during that time. It has been my honour to have been part of this group

I would like to commend the current members of this committee for stepping up and continuing to represent the entire membership. With the current committee members, I know that you are in very good hands now and in the future.

Hope to see you at the Centre real soon.”

Rick Rose, Co-Chair

SOUTH GATE CENTRE  
**A PLACE TO BE.**  
EXPANDING THE POSSIBILITIES



UPDATE - David Hilderley, Capital Campaign Chair and Chris Cunningham, Executive Director met with the City of Woodstock employees - Craig Wallace, Chief Building Official and Chief Administrative Officer, David Creery - to review the top two Request for Proposals from architects on Friday, September 23, 2022. We are one step closer to having our expansion started.

David Hilderley  
Capital Campaign Fundraising Chair

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*Thank you to our generous donors!*

Dr. Leonard Reeves Foundation

The Dispensary Pharmasave

Century 21 Heritage House

Maglin Site Furniture

POW Laboratories

Toyota Motor Manufacturing Canada

Wellington Street Denture Clinic



## CAPITAL CAMPAIGN

### *Thank you to our generous donors!*

Mary Ann Armstrong in memory of  
Allan Murray

Mervi Ahopelto in memory of  
Allan Murray

Linda & Philip Baker  
Agnes Barnard

Barnim Family in memory of  
Allan Murray

Florence Blakeley in memory of  
John Blakeley

Yvonne Boniface

Jacquelin Bouchard

Wilma Boughtflower

Diane & David Broad

Heather Buchanan in memory of  
Allan Murray

Ruth Carter

Elaine and Allan Campbell

Chris and David Cunningham

Hope Hay in memory of  
Allan Murray

David & Patrice Hilderley

Ellen Hutchison in memory of  
Ronald Hewitt Harrison

Paul & Stacy Irwin in memory of  
Allan Murray

Barry & Elaine Kipp

Connie Lauder

Margaret McCurdy

Pat McFarland

Dr. Ross and Fran McElroy

Verna Jeanne McIntyre in memory  
of Janette Ratcliffe

Elinor Redden in memory of  
Allan Murray

Donna Neabel in memory of  
Doug Reeves & Bruce Runnals

David Parsons in memory of  
Allan Murray

Priscilla Perrotti in memory of  
Allan Murray

Geraldine Shearer

Sarah Sheehan

Yvonne Snyder

Cheryle St. Aubin

Barry Tate

Cecilia Tofflemire in memory of  
Allan Murray

The Canadian Treads Family in  
memory of Allan Murray

Heather Wilks

Christine Uchacz

W.O.W. Group at SGC

# MIXED BAG

## QUESTION OF THE MONTH

If you have attended any of the Dinner and Dances this year at South Gate, what thoughts or comments would you like to share about them?

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



## Used Book Sale

in the Café  
during October.

Pay for books at  
Check-In Desk.

Funds raised will go to the  
Capital Campaign



Thank you to Elda Playford for your many years volunteering in the South Gate Centre Library. We appreciate everything you have done Elda.



**FROM  
THE  
LIBRARY**

What are YOU looking for in YOUR library?

Our first feature was a tribute to Queen Elizabeth. What can we do to help make your library experience more rewarding?

Can we find you an author, a theme, a subject, etc. Leave your requests, labelled, "For Library," in the Suggestion Box beside the Check-In Desk.

Thank you Karmelle and Brenda.

## BUS TRIPS



**FALL COLOURS  
BUS TRIP**

**Tues Oct 18**  
9 am - 6 pm  
\$90

**SOLD OUT!**  
Put your name on a wait list in case of a cancellation.

*Book Early to  
Secure Your  
Spot*

### Why do we say "book by" for Bus Trips?

We require a certain number of people for each bus trip in order to break even. We need to pay a non-refundable deposit to the bus company in order to secure the bus for that day. Once we have passed the "book by" date you can still book the trip if (it hasn't been cancelled).

If you are interested in attending any of these trips, please book your spot as soon as you can so we can determine if we can run the trip.



**MUSICAL**

A GLORIOUS TRADITION  
**STARBRIGHT  
CHRISTMAS**

Fri Nov 25 | 9 am - 6 pm | \$165



**Book by Monday, October 24**



Niagara Falls  
**Fallsvew Casino &  
Winter Festival of Lights**

WED DEC 28 | 10 am - 7:30 pm | \$55



EVERYONE  
19+ YEARS OLD  
WELCOME

BUS TRIPS ARE NON-REFUNDABLE.

**Book by Friday, November 25**

Purchase in person, by phone or online (<https://bit.ly/3cwffGB>)  
Bus Trips are non-refundable if you cancel. If we cancel, the trip is refundable.

## Clearing the Way So Constipation Doesn't Ruin Your Day

Please make sure to check with your doctor concerning "all" health issues first.

### Cardio

Cardio exercises that get your blood pumping are probably the simplest form of physical activity to help avoid constipation. Whether it's running, swimming, cycling, or dancing, a cardio workout will increase your breathing, boost your heart rate, and stimulate your bowels. Fifteen to twenty minutes a day just might keep the blockage away!

### Yoga

Practicing yoga is another great way to help get your bowels moving and relieve constipation.

Certain yoga poses work to massage the digestive tract and help to move stool through your intestines, particularly those that involve sustained twisting of your torso or crunching of your stomach muscles.

### Seated twist



### Supine twist



Two poses that can help to massage your digestive tract and stimulate blood flow to your stomach muscles.

### Pelvic floor exercises

Your pelvic floor is the layer of muscles at the bottom of your pelvis that include your bladder and bowel. By working these muscles out, you can build up their strength and help them to push stool through your colon more easily.

### Chair variation

Bring knee into chest, do other side.

### Deep breathing exercises

Practicing deep breathing is another easy way to help improve your digestive functioning and relieve any stress that may be contributing to your constipation. The great thing about deep breathing exercises is that they only take a few minutes and can be performed virtually anywhere.

### Exercise regularly

You might not feel like taking a trip to the gym when you're backed up, but exercise may provide the relief you need. Going for a walk or run, for example, can help stimulate the muscles in your

# WELLNESS WITH SHEILA PICKNELL

intestines and colon. Any physical movement helps the bowels move things through.

## Stay hydrated

Drinking enough fluids can also help prevent and treat constipation. It can help move food through your digestive system and stop stool from hardening.

## Eat enough dietary fiber

You may think that cutting back on food will help "clear out" your colon. That's not the case. Do this: Eating, especially healthy whole foods that contain fiber, helps your body move stool.

Getting enough fiber in your diet is crucial. There are two main types of fiber: soluble fiber soaks up water, which helps keep your stool soft; insoluble fiber adds bulk to your stool, which helps it move through your digestive

system faster.

## What Types of Exercise Help You Stay Regular?

- Activities that involve running, jogging, 1/2 jacks, and dancing
- Resistant training: squatting and lunging movement such as, reverse lunges
- Yoga stretches and poses that stimulate the digestive tract, such as cat-cow, lunge, and extended triangle

## Resources

[www.healthline.com/health/constipation/exercises#](http://www.healthline.com/health/constipation/exercises#)

Cardio - [www.healthline.com](http://www.healthline.com) › health › digestive-health

- Each month, Sheila Picknell, writes article for the Nugget.

**L.I.F.E. = Leave Imprints Formed from Excellence**

**NEW**

## Monday Fitness Schedule

*Starts October 3*

07:45 AM	Full Standing (1 hr)
09:00 AM	Stretch & Go (30 mins)
09:45 AM	Full Standing (1 hr)
11:00 AM	Seated Fitness (1 hr)



SOUTH GATE CENTRE  
FOR ACTIVE ADULTS

Note new times for Monday classes.

## NEW CLASS

Stretch & Go at 9 am.

This half hour seated chair class is designed to build awareness of tight spots within your body and how to best release the knots!

It is set to "comfort music" and is built to please. No equipment needed.  
Instructor: Gail Wijesundera

## REGISTERED PROGRAMS

For more details on these classes please pick up a copy of the October/November/December Program Guide or visit our website.

Registration for these programs can be done online in your Perfect Mind account, in person or by calling the Centre, Monday to Friday 9 am to 12 pm and 1 pm to 4 pm. If viewing this newsletter online you can click on the title of the class that you would like to take and it will link you direction to the registration page in PerfectMind.

**PLEASE NOTE: Monday, October 10 is Thanksgiving Day and the Centre will be closed.**

## EDUCATION PROGRAMS

### ART CLASSES

**WOODEN PUMPKIN CRAFT**  
WED OCT 5 | 7 pm - 9 pm



Members \$30  
Non-Members \$40



**CHARCOAL DRAWING**  
WED NOV 2  
7 pm - 9 pm

Members \$30  
Non-Members \$40

**HOLIDAY SHUTTER SIGN**



**December 7**  
7 pm - 9 pm

Members \$30  
Non-Members \$40



## FITNESS PROGRAMS

### Fitness Intensity Levels

Light ♥ Medium ♥♥ High ♥♥♥

**BALLROOM & LATIN LINE DANCING** ♥♥ MONDAYS 11:00 AM - 12:15 PM

OCTOBER 3 - 31

Altadore Hall

Instructors: Janice Landers and Gary Zelinka

**NEW**

Members \$30

Non-Members \$40

**CORNHOLE LEAGUE** ♥ EVERY SECOND WED 7 PM - 9 PM

OCTOBER 19 - DECEMBER 14

**NEW**

Member \$10

Non-Member \$15

**NORDIC POLE WALKING** ♥ FRIDAYS 10 AM - 11 AM

OCTOBER 7 - 28

Meet at Local Roots Cafe at South Gate Centre

Instructor: Deanna Jasmins

Members: FREE

Non-Members: \$20

**PICKLEBALL (BEGINNERS)** ♥♥♥ TUESDAYS 1 PM - 3 PM

OCTOBER 4 - NOVEMBER 22

Cowan Park Sportsplex

Instructor: Scott Revell

**NEW**

Member \$30

Non-Member \$40







## CALLING ALL CRAFTERS

We are looking for a group of individuals who would like to form a craft group. A group of individuals who love creating things and would like to make some items for South Gate Centre to sell as a fundraising opportunity at the Centre.

If you are interested please contact Sarah Sheehan by email [sarah@southgatectr.ca](mailto:sarah@southgatectr.ca).



**SEWING JEWELRY WOOD WORKING CROCHET  
KNITTING NATURE GLASS THREAD BEADS FABRIC  
CARDS WREATHS TOYS PETS PAINT YARN WIRE**

# PROGRAM SCHEDULE October 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 am - 10 am Tai Chi 	
9:30 am - 10:30 am Fit Minds 	
9:30 am - 10:30 am Full Standing Fitness	
	10 am - 11 am Chair Yoga with Pam Genge 
11 am - 12 Noon Seated Fitness	
11 am - 12:15 pm Ballroom & Latin Line Dancing 	
1 pm - 3 pm Darts	1 pm - 3 pm Beginner's Pickleball 
1 pm - 3:30 pm Billiards - Snooker	1 pm - 3:30 pm Billiards - 8 Ball
<b>MONDAY - FRIDAY</b> 8 am - 11 am Woodshop 9 am - 3 pm Fitness Room 8:30 am - 3:30 pm Library	1 pm - 3:30 pm Progressive Pepper / Klaverjas
	1:30 pm - 3:30 pm Education (formerly History) 



# Week at a Glance - Day Schedule

WEDNESDAY	THURSDAY	FRIDAY
	8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
	8:30 am - 9:30 am Beginner Line Dancing	
9 am - 12 noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 3:30 pm Bridge	9 am - 10:30 pm Bicycle Group (off-site)	9:30 am - 10:30 pm Full Standing Fitness
1:30 pm - 4 pm Progressive Pepper		
	9:30 am - 10:30 am Stretch	
	10 am - 11 am Line Dancing	10 am - 11 am Nordic Pole Walking 
		10 am - 11:30 am Trail Walkers (off-site)
		10:30 am - 11:30 am WOW - Wellness Over Weight 
	11 am - 12 Noon Seated Fitness	
	1 pm - 3 pm Badminton (off-site)	1 pm - 3:30 pm BINGO
	1 pm - 3:30 pm Euchre	1 pm - 3:30 pm Crochet/Crafts
	1 pm - 3:30 pm Musicares	

SEE PROGRAM GUIDE FOR SPECIFIC CLASS CANCELLATIONS.



See definition on next page.

# PROGRAM SCHEDULE October 2022

MONDAY	TUESDAY
5 pm - 6 pm Yogalates with Gail <b>R</b>	
	6:30 pm - 9 pm Billiards - Snooker
	6:30 pm - 9 pm Come Dancing <b>R</b>
	6:30 pm - 9:30 pm Fitness Room
	6:30 pm - 9:30 pm Klaverjas
7 pm - 9 pm Euchre	

## PROGRAM GUIDE


For a complete description of the classes, pick up a Program Guide or visit [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs).

## PROGRAM CANCELLATIONS

Fri Sept 30 - All on-site programs cancelled.  
Mon Oct 10 - SGC is closed for Thanksgiving.  
SEE PROGRAM GUIDE FOR SPECIFIC CLASS CANCELLATIONS.



# Week at a Glance - Evening Schedule

WEDNESDAY	THURSDAY	FRIDAY
7 pm - 9 pm Cornhole League 	7 pm - 10 pm Bingo - Lions Club	



This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account. If you are viewing this newsletter online you can click on the R symbol beside the program that you would like to register for it will link directly to that program in PerfectMind.

## Golf League Wrap-Up

Below is a message from our wonderful volunteer Evelyn who we appreciate so much and we give thanks to her and Biff for all they do for the South Gate Golf League!

September marked the end of the South Gate golf league for the season. This year marks my 15th year running this league and I've loved every moment. We've went from 20 golfers in 2007 to 79 this year, biggest ever and best, hoping 2023 will be bigger and better. Our league plays every Thursday morning at Creekside Golf course but this year we did something different we traveled to area golf courses every other Monday, something everyone seemed to really enjoy and something we will continue.

I'm looking forward to all my golfers returning next year, please stay safe during the off season. None of this would be a success without each and every one of our golfers.

- Evelyn Hetherington



# BOB MCFARLAND MEMORIAL GOLF CLASSIC

What a fun fabulous beautiful day for 140 golfers at our golf tournament on September 10 at Tamarack Ridge Golf Club. The tournament raised more than \$19,500 for South Gate Centre. Thank you the donors, golfers and guests, and to the Golf Tournament Committee: Sarah Acchione, Chris Cunningham, David Hilderley, Evelyn Hetherington, and Sarah Sheehan.



# THANK YOU

## SOUTH GATE CENTRE BOB McFARLAND MEMORIAL GOLF CLASSIC

*Thank You*

to these generous organizations  
and individuals who sponsored  
this year's tournament.

### MASTER SPONSOR

**CENTURY 21**

Heritage House Ltd.

DISCOUNT

### GOLF PRO SPONSORS

Action Medical Home Health  
Easy Way  
Toyota Motor Manufacturing  
Wellington Street Dental Clinic

### SNACK SPONSORS

Challoner Family  
First Ontario Credit Union  
David Hilderley  
Smith Le-Roy Funeral Home  
Timberland Equipment Ltd

### HOLE SPONSORS

Jerry Acchione  
Allen Lumber Holding Ltd.  
Adam's Building Supply  
AP Hurley  
Bigham Movers  
Challoner Family  
Charles Dickens Pub  
Dr. Choi  
Crabby Joe's  
First Ontario Credit Union  
Friendly City Tire  
Home Hardware  
Last 1 Out  
Connie Lauder  
Wes Mazur  
PC Options  
Ray's Autobody  
RBC Dominion Securities  
Revel Realty Inc  
Mike Rozand  
Sacwal Flooring  
Jaspreet Sandhu  
Shoppers Drugmart  
Smith Le-Roy Funeral Home  
The Yates Team, Century 21  
Deb Tait  
Timberland Equipment Ltd  
Total Equipment Rentals  
Water Depot  
Woodstock Ford  
Your Home Team, Century 21

# DONATIONS

## Thank You

Your donations mean so much. Thank you.

Cecilia Grace  
Guy LaPlante  
Dave Melchert

## 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 those who have passed recently:**  
Connie Lauder's brothers, Melvin Alexander Matheson  
and Thomas Bruce Matheson, passed  
Queen ElizabethII

### 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.



HAPPY  
Thanks  
giving



# FOR FUN

**E N I D F R E D**  
**O N E T R A C E**

*Ian's*



*TEA  
TIME*

**TEASERS**

## LARGE PEPPER SCORES - SEPTEMBER (Up to Sept. 22)

Dennis Hopper  
 Laraine Kitching  
 Mary Metherer  
 John Skitch  
 Sandra Siroky

Kathy Wilson (2)  
 Edith McAuley (2)  
 Donna Butson  
 Emiel Michels (2)  
 Jan Vleuten

Bill Kruis  
 Marie Desforges  
 Don Post  
 Nancy Jarrett  
 Pam Livingston (2)

## Fall Jokes

1. How do you mend a broken pumpkin?
2. What's the best thing to put into a pumpkin pie?
3. What do you get when you drop a pumpkin?
4. What has ears but can't hear a thing?
5. What is a tree's least favorite month?
6. What did the little tree say to the big tree?
7. What kind of coat goes on wet?
8. Why do trees hate tests?
9. What's an elephant's favorite vegetable?
10. How do trees get onto the internet?

1. With a pumpkin patch!
2. Your teeth.
3. Squash.
4. A cornfield.
5. Sep-Timber!
6. Leaf me alone.
7. A coat of paint.
8. Because they get stumped
- by the questions.
9. Squash.
10. Easy, they just LOG on.

ANSWERS

# RESOURCES & SOUTH GATE STAFF

## Resources

**Crisis Services Canada** 1-833-456-4566

[www.crisisservicescanada.ca/en/](http://www.crisisservicescanada.ca/en/)

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

**TeleHealth Ontario** is a free, confidential service to get health advice or information. A Registered Nurse will take your call 24/7.

Toll-free: 1-866-797-0000.

### Senior Support Line

Help is available for Oxford Seniors. Call 1-888-866-7518

Local love in a global crisis.

## 211

[www.211ontario.ca](http://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  
Executive Director  
[chris@southgatectr.ca](mailto:chris@southgatectr.ca), x222

Saimum Akhter  
Office Manager  
[saimum@southgatectr.ca](mailto:saimum@southgatectr.ca), x230

Larrie Blancher  
Facilities Manager  
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Kristin Burke  
Local Roots Assistant Manager  
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Shelley Davis  
Local Roots & Hospitality Manager  
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Heather Hayman  
Bookkeeper  
[heather@southgatectr.ca](mailto:heather@southgatectr.ca)

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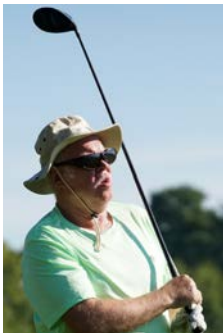
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## Lobball Season Ending Tournament and Banquet for 2022

South Gate Centre hosted the Senior League Lobball Tournament for 2022 and once again it was a resounding success. This year, due to the rain, the games were played a week after the banquet was held. One hundred and thirty individuals from seven teams attended the banquet. They enjoyed speeches, a great meal provided by the Local Roots staff and volunteers and many door prizes up for offer. The Tillsonburg Vergegghe Team were our league champions for this year. Congratulations, to all the teams for a wonderful and competitive season.

The following week the tournament was played. Six teams were able to participate, and the tournament champions were Tillsonburg Vergegghe who persevered over Tillsonburg Scotia. It was a competitive day with the top four teams with identical 2 and 1 records. Congratulations, to South Gate Team Orange and South Gate Team Teal for being tough competitors but losing out on playing in the final game by run differential.

Many persons made this a wonderful and successful year. Thank you to South Gate staff, Local Roots staff and volunteers, Tom Wilson (official photographer of South Gate Lobball, [www.flickr.com/photos/tomw1942](http://www.flickr.com/photos/tomw1942), Marilyn and John Martin (our ever-supportive 50/50 ticket agents) and our fans who came to cheer each game. As well, thank you to

the coaches of the three South Gate teams, David Clarke, Rick Rose, John MacDonald, Larry Ernevien and Guy LaPlante and our commissioner "The" Larry Baer for his guidance through this season.



The picture of the two gentlemen above are my mentors and fine advocates for an active life. Both Roy and Nestor are 95 years young. They were both active and contributing members of their respective teams, Roy with Team Stratford and Nestor with Team South Gate Orange. Lastly, get well Dave Renaud and hope your recovery is swift. We are all pulling for you.

Thank you and see you next spring.

- Guy LaPlante



# SGC Staff's Favourite Parts of a Thanksgiving Meal

## ANGELA

My favourite part of a Thanksgiving meal is spending time with family and friends when everyone takes time out of their busy schedules to be grateful for all we have.

## GAIL

The family mayhem followed by the food coma.

## KRISTIN

I am very thankful for being able to share special moments with family once again, especially our new addition to the family, my granddaughter, Penelope. As for the meal, I will eat gravy on just about anything. I also love dessert, imagine that lol.

## SAMUM

DESSERTS!!! Pumpkin pie, apple pie, cherry cheesecake, almost anything that is sweet!

## SARAH

Juicy dark meat turkey, mashed potatoes, gravy, stuffing AND DESSERTS - especially my mom's butter tarts with fresh whip cream. Mmmm!

## CHERYL

Family getting together

## CHRIS

It's all about the stuffing for me. My husband makes it delicious and moist with onions, celery and sausage. I've been known to omit the turkey and just go for the stuffing! (Shelley's stuffing is yummy too!)

## LARRIE

Reconnecting with family, in the true spirit of sharing a meal, fellowship and being truly thankful for all that I have.

## SHELLEY

It's hard to pick one food I'm looking forward to at Thanksgiving. I look forward to all of it (turkey, stuffing and gravy the most!) and spending the day with my family.

I'm also excited to spend it this year at my mom's and my aunt Marge will be here from BC! It's been quite a few years since I've visited with her.



*We wish you all wonderful family gatherings and a Happy Thanksgiving.*

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