

GOLDEN NUGGET

September 2022

Welcome Back!



A PLACE TO BELONG



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
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
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. Got an idea for programming or a suggestion? Put it in the Suggestion Box.

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

SEPTEMBER 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) Cancelled Sept. 29
Mon. Sept. 5	LABOUR DAY - SGC is CLOSED
Mon. Sept. 5	Final Cops & Rodders Cruise for 2022 5 pm - 8 pm
Sat. Sept. 10	Bob McFarland Memorial Golf Classic - 12 pm start
Fri. Sept. 16	Welcome Back - Dinner Dance 5:30 pm (Public Welcome)
Sat. Sept. 17	LOCAL ROOTS - CURBSIDE DINNER - RIBS
Thurs. Sept. 29	Bingo & Bollywood Dancing Cancelled. (Gems & Java Fundraiser)
Fri. Sept. 30	All programs cancelled. (Gems & Java Fundraiser)



September days are here, with Summer's best of weather, and Autumn's best of cheer.

- Helen Hunt Jackson

MEMBERSHIP AT SOUTH GATE CENTRE

2022 Membership Rates

All-Inclusive Membership (4 months) \$90.00

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.

**Everything we do,
We do for you, our members.**

South Gate Centre Staff

EXECUTIVE DIRECTOR'S MESSAGE

September, new beginnings, new routines, an excellent reboot. Welcome!

The perfect place for a fresh start is South Gate Centre, "A Place to Be..."

The staff and I are extremely excited to share with you September's Golden Nugget, Program Guide and Local Roots Cafe menu. We have given you much to contemplate. You'll find many of your favourite programs as well as many new. Some dates, times and room locations have changed so be sure to read in entirety.

Don't see what you are looking for? Let us know. Use the suggestion box at the check-in desk.

This Fall brings us one step closer to our Expansion. Thank you for your continued support of our Capital Campaign. While we still have miles to go, your donations are bringing us closer and closer to our goals. Our future looks bright!

Here at South Gate Centre we continue to grow and evolve. You will notice that more and more we are moving to an online platform with our business. Registration, programming, ticket sales, purchasing, inquiries/requests, memberships, food services and special events are now all online.

For those of you that are not using computers, we see you, hear you and support you!!! Anything that is online will be available at the Front Desk, in person, or by calling the Centre.

Your wellness is our priority. We are committed to giving you a "Golden" opportunity to set yourself up for success.

LIVE well PLAY well BE well

We look forward to seeing you at the Centre.

Chris Cunningham



WELCOME NEW MEMBERS

Dolly Brown
Heather Cowell
Linda Curry
Beverly Fead
Cheryl Flynn
Wayne Gaudet
John Hardy
Joan Hill
Karen Hodgins
Sue Hornsby
Steven Iczkovitz

Izabella Irvine
Vic Jeanson
Susan Loney
Nancy MacDonald
Sandi McCormick
Susan McIntee
Brenda Richardson
Gay Lyn Scarfo
Hans Schilling
Joan Simpson

Cathy Smith
Catherine Spears
Cheryle St Aubin
Bonnie Stansfield
Donna Treleaven
Albert Vandenberg
Marilyn Wells
Bernia Wheaton
Yadvega Wilusz
Annette Zeyl

BOARD OF DIRECTORS' MESSAGE

The first meeting of the Board of Directors was held Wednesday the 31st of August. Although our last formal meeting was in June, committees have been active and we are excited and eager to restart and go forward with our goals. More details and updates in the October Golden Nugget.

1. The Capital Expansion Fundraising is important to our future growth for programming and equipment needs in addition to all the chattels that will be required.
2. Please support the Capital Expansion Fundraising through your donation(s) yearly/monthly or one time.
3. Another way to support:
 - When you are looking for a Memorial charity to support, list the South Gate Capital Expansion Fund.
 - Having a Birthday and you do not wish gifts perhaps ask for donations to the Capital Expansion Fundraising fund.

It has been a very busy summer! Thank you to everyone that made South Gate's summer full of outstanding activities from the volunteers, to the new programs, the Members' Committee, and the staff.

There is nothing more lovely than hearing the peals of laughter as you walk through the doors and halls.

Live Well, Play Well, Be Well.

Linda Baker
Co-chair, SGC Board of Directors

QUESTION OF THE MONTH TO SOUTH GATE MEMBERS

In what event or activity, not presently made available at South Gate, would you be interested in participating?

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



MEMBERS' COMMITTEE MESSAGE

September is upon us and that means we will soon be looking back at the summer that was. The outdoor activities and celebrations while enjoying the beautiful weather. Most children are returning to schools and in person learning and adults continue returning to their workplace and other activities resulting in life moving forward, cautiously, towards a more familiar lifestyle.

Streetfest Cruise 2022 was a "classic" SGC success. 30+ amazing fun loving SGC Volunteers parked and registered over 200 cars, sold 50/50 tickets/baking, and handed out prizes/water on Dundas St., Sunday August 14, 2022. Hundreds, if not 1,000 onlookers, came downtown to enjoy the sights, sounds and food.

Thank you to all the Cruisers and patrons that came out, the Woodstock BIA, City of Woodstock, Cops & Rodders, the vendors, our many sponsors, and to our incredible fleet of volunteers that worked their magic to make it all happen. The result was that almost \$4,700 was raised to support programming at South Gate Centre!

With the continuing involvement of our volunteers, we can now look forward to taking part in the events and activities at South Gate, some of which are returning or being introduced for the first time and some new ideas which are coming from members in person or through our suggestion / comment box (see bottom of page 6). September events also include the Welcome Back Dinner and Dance and the season ending tournaments for the SG golf group and the baseball teams.

As my time on the Members' Committee comes to an end in the near future, I would like to take this opportunity to acknowledge and thank all the committee members I have had the privilege of working with for the past 6+ years in an ongoing effort to better represent all South Gate Centre members.

I look forward to continuing helping at SGC whenever needed and wherever I can contribute.

I look forward to seeing you at the Centre soon.

Thank you,

Rick Rose
Co-chair, SGC Members' Committee



CAPTIAL FUNDRAISING CAMPAIGN

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

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

Ruth Carter
Elaine and Allan Campbell
Chris and David Cunningham
Hope Hay in memory of
Allan Murray
David & Patrice Hilderley
Barry & Elaine Kipp
Connie Lauder
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
Geraldine Shearer
Sarah Sheehan
Yvonne Snyder
Cheryle St. Aubin
Barry Tate
The Canadian Treads Family in
memory of Allan Murray
Christine Uchacz



David Hilderley
Capital Campaign
Fundraising Chair

Thank You
FOR YOUR SUPPORT

We've got a lot of work ahead of us, and your donation has made it that much easier to get things done and thrust us forward. We thank you for your support and for your desire to help us succeed.

VOLUNTEER PROFILES

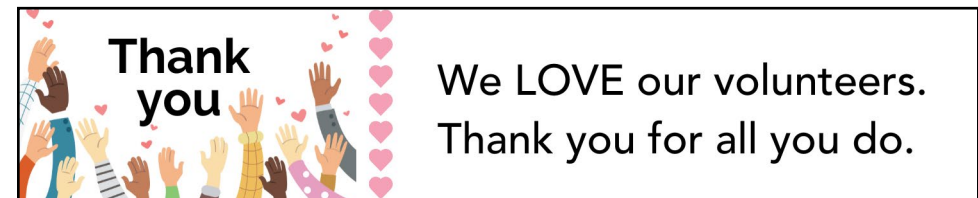
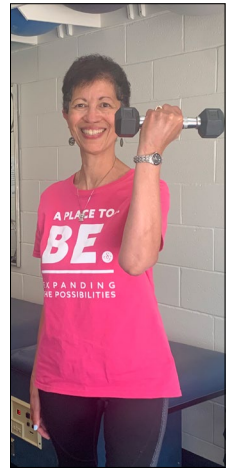
Sheila Picknell

Sheila is an energetic woman who loves to inspire, encourage, and motivate the people that she has the privilege of meeting and working along side with. She cherishes every moment she gets to spend with her family and loved ones.

Sheila is a volunteer fitness instructor at South Gate Centre since 2018. Along with being a Big Sister with B.B.S. she has been a motivational speaker advocating for "Take Back the Night" and "Shine the Light."

She enjoys kayaking, hiking, relaxing at the beach, building sandcastles and watching the beauty of a sunset.

Read Sheila's article on page 20 of this newsletter.



Myrna Miles

I love volunteering and have done this most of my adult life in one capacity or another. I have three children, two boys in Woodstock and a daughter in Cambridge. I am blessed with four grandchildren, three great grandchildren and two great-great grandchildren!

For some years and until COVID, the Day Surgery Ward at Woodstock General Hospital was my primary volunteer location.

I began volunteering at the 'in-house dining desk' at South Gate Centre in September 2021 and joined as a member later in the year.

I enjoy meeting people and every so I lend a hand with catering events as well.

I look forward to my time spent at the Centre and look ahead to the many exciting changes coming in the next year for South Gate.



A MESSAGE FROM THE OFFICE MANAGER

Dear Readers,

I would like to take this opportunity for a special shout-out to all the Saimum's Angels (my Volunteers).

They are my rock and I get strength from them every single day. Without my volunteers, I would not be able to do my job half as well.

My angels, I do not have very many words to describe my genuine gratitude towards you except to say thank you.

THANK YOU ALL for being there for me, for helping out South Gate Centre and for assisting our members in every way you can.

You ALL are the gifts that keep on giving and your hard work are appreciated by us all. Keep being AWESOME!

Gratefully,

Saimum Akhter
Office Manager



SUMMER 2022



Thanks for the memories



REGISTERED PROGRAMS

For more details on these classes please pick up a copy of the September/October 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.

REGISTRATION DEADLINE for each program is the business day before the program starts.

PLEASE NOTE: No classes will be held on Monday, October 10 as it is Thanksgiving Day and the Centre will be closed.

EDUCATION PROGRAMS

ART CLASSES WEDNESDAYS

WEDNESDAY, OCTOBER 5 Wooden Pumpkin Craft	7 pm - 9 pm	Members \$30 Non-Members \$40
WEDNESDAY, NOVEMBER 2 Charcoal Drawing	7 pm - 9 pm	Members \$30 Non-Members \$40
WEDNESDAY, DECEMBER 7 Holiday Shutter	7 pm - 9 pm	Members \$30 Non-Members \$40

FIT MINDS MONDAYS 9:30 AM - 10:30 AM

SEPTEMBER 12 - NOVEMBER 7 Boardroom	Members FREE Non-Members \$20
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LIVING HISTORY CLASSES TUESDAYS 1 PM - 3 PM

SEPTEMBER 27 - DECEMBER 6 Kinsmen Room Various Instructors	Members \$15 Non-Members \$20
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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	Members \$30 Non-Members \$40
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BOLLYWOOD DANCING ♥♥♥ THURSDAYS 6:30 PM - 7:30 PM

SEPTEMBER 15 - NOVEMBER 3 Kinsmen Room Instructor: Gail Wijesundera	Members \$60 Non-Members \$80
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CHAIR YOGA ♥ TUESDAYS 10 AM - 11 AM

SEPTEMBER 13 - NOVEMBER 1 Altadore Hall Instructor: Pam Genge	Members \$60 Non-Members \$80
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NORDIC POLE WALKING ♥ FRIDAYS 10 AM - 11 AM

SEPTEMBER 2 - SEPTEMBER 23 Meet at Local Roots Cafe at South Gate Centre Instructor: Deanna Jasmins	Members: FREE Non-Members: \$20
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PICKLEBALL (BEGINNERS) ♥♥♥ TUESDAYS 1 PM - 3 PM

OCTOBER 4 - NOVEMBER 22 Cowan Park Sportsplex Instructor: Scott Revell	Member \$30 Non-Member \$40
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TAI CHI ♥ MONDAYS 9 AM - 10 AM

SEPTEMBER 12 - NOVEMBER 7 Kinsmen Room Instructor: Michael Klein	Member \$60 Non-Member \$80
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YOGALATES ♥ MONDAYS 5 PM - 6 PM

SEPTEMBER 12 - NOVEMBER 7 Kinsmen Room Instructor: Gail Wijesundera	Member \$60 Non-Member \$80
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PROGRAM SCHEDULE September 2022

MONDAY	TUESDAY	WEDNESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Why Weights	8:30 am - 3:30 pm Library
8:30 am - 3:30 pm Library	8:30 am - 3:30 pm Library	9 am - 12 noon Billiards - Snooker
9 am - 11 am Pickleball (off-site)	9 am - 9:30 am The Blitz	8:30 am - 3:30 pm Library
9 am - 12 Noon Billiards - Snooker	9 am - 10:45 am Bunka	9 am - 3 pm Fitness Room
9 am - 3 pm Fitness Room	9 am - 12 Noon Billiards - Snooker	1 pm - 3:30 pm Bridge
9 am - 10 am Tai Chi	9 am - 3 pm Fitness Room	1:30 pm - 4 pm Progressive Pepper
9:30 am - 10:30 am Fit Minds	10 am - 11 am Chair Yoga with Pam Genge	
9:30 am - 10:30 am Full Standing Fitness	1 pm - 3 pm History Class	
11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Billiards - 8 Ball	WELCOME LEARNING UNLIMITED Starts Sept. 28
1 pm - 3 pm Darts	1 pm - 3:30 pm Progressive Pepper	
1 pm - 3:30 pm Billiards - Snooker	6:30 pm - 9 pm Come Dancing	
5 pm - 6 pm Yogalates with Gail	6:30 pm - 9 pm Billiards - Snooker	
7 pm - 9 pm Euchre	6:30 pm - 9:30 pm Fitness Room	
	6:30 pm - 9:30 pm Klaverjas	

R 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.

A Week at a Glance

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	8:30 am - 3:30 pm Library
8:30 am - 3:30 pm Library	9 am - 12 Noon Billiards - Snooker
9 am - 12 Noon Billiards - 8 Ball	9 am - 3 pm Fitness Room
9 am - 3 pm Fitness Room	9:30 am - 10:30 pm Full Standing Fitness
9 am - 10:30 pm Bicycle Group (off-site)	10 am - 11 am Nordic Pole Walking
9:30 am - 10:30 am Stretch	10 am - 11:30 am Trail Walkers (off-site)
10 am - 11 am Line Dancing	10:30 am - 11:30 am WOW - Wellness Over Weight
11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Crochet/Crafts
1 pm - 3 pm Badminton (off-site)	1 pm - 3:30 pm BINGO
1 pm - 3:30 pm Euchre	
1 pm - 3:30 pm Musicares	
6:30 pm - 7:30 pm Bollywood Dancing with Gail	
7 pm - 10 pm Bingo - Lions Club	

PROGRAM CANCELLATIONS

Mon Sept 5 - Labour Day
Thurs Sept 29 - Bollywood Dance and BINGO cancelled.
Fri Sept 30 - All on-site programs cancelled.

PROGRAM GUIDE

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

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COPS & RODDERS

at South Gate Centre this Summer



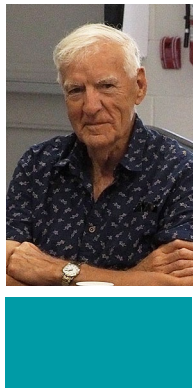
A huge thank you from all of us at South Gate Centre to an amazing group of volunteers who brought Cops & Rodders to the Centre every Monday this summer.

Your dedication is undeniable and support means the world to us.

Congratulations and thank you for raising \$5,400 as of August 31 with this endeavour.



SUMMER 2022



EVENTS

WELCOME BACK DINNER & DANCE

SEPT 16, 2022

\$30

LIMITED SPACE AVAILABLE

DOORS OPEN AT 5:30 PM

SMOKED PORK LOIN DINNER AT 6 PM

DANCING 7 PM - 10 PM DJ & BAR

Purchase online in PerfectMind, Call or Stop by the Front Desk

IT'S TIME TO BOOK YOUR

Christmas Party or Holiday Catering


SOUTH GATE CENTRE

191 Old Wellington St. South, Woodstock
519-539-9817 www.southgatectr.ca



BUS TRIPS

FALL COLOURS BUS TRIP

Tues Oct 18
9 am - 6 pm
\$90



Book by Friday, September 16

Niagara Falls Fallsview Casino Bus Trip

TUESDAY, OCTOBER 25

9 AM - 6 PM

\$48 (slot credit of \$35)

EVERYONE 19+ YEARS OF AGE WELCOME



Book by Friday, September 23

BUS TRIPS ARE NON-REFUNDABLE.

Book Early to Secure Your Spot

A GLORIOUS TRADITION STARBRIGHT CHRISTMAS

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



Book by Monday, October 24
BUS TRIPS ARE NON-REFUNDABLE.

Niagara Falls Fallsview 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.

WELLNESS WITH SHEILA PICKNELL

Connecting and Relationships are Important in L.I.F.E.*!

Are you cautiously, but consistently getting back into the things that you love to do? Maybe you have already taken that courageous step to re-ignite your passions. Maybe you have found that it's time to explore a new hobby.

Whatever it is having the realization of self-care and it's importance, is a great way to navigate your life's journey of having/keeping a healthy mindset that encompasses the heart, mind and soul and energizes the body.

As a Fitness Instructor, I recognize the importance of staying physically fit. It's great to see participants enjoying their fitness classes once again. For me I love to see the smiles, hear the hello's and the watch the energy of everyone as we complete the fitness routines.

It is important to give your body the time it needs to get back to the level you once were at or can be at!

Making sure that you warm up those joints before starting any physical activity is important. Pacing yourself, being aware of your body's capacity to reach "your" personal level of fitness.

Instead of the saying, "no pain, no gain" which started in the 1980's, I like the saying, "where there is a will, there is a way."

Then of course remembering to take the time to cool down your body with an adequate amount of time to allow for a gradual recovery of pre-exercise heart rate and blood pressure. [\(More\)](#)

Water is the drink of choice for regular exercise. Drink water, before, during and after physical activity to stay hydrated and replace lost fluid. [\(More\)](#)

Water makes up 75% of your brain mass and even a slight dip in hydration levels can quickly impact your brain health and cognition. [\(More\)](#)

Don't let dehydration ruin your activity! Dehydration leads to muscle fatigue and loss of coordination. Without an adequate supply of water the body will lack energy and muscles may cramp. [\(More\)](#)

- Each month, Sheila Picknell, will be writing an article for the Nugget. Read her profile on page 9 of this newsletter.

To read the (More) sections of this article, read the newsletter online at www.southgatectr.ca/newsletter.

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

DONATIONS

Thank You

Jacqueline Bouchard
Allan and Elaine Campbell in memory of James Gordanier
Chris and David Cunningham
Ifhan Hudda
Verna Jeanne McIntyre
Sharon Meek
Sarah Sheehan
Rick Staples
Lisa Silverthorne in memory of Allan Murray
Don Wilson

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.

Dave Renaud - Recovering from accident
Kristen Morse - Broken arm
Linda Runham - in hospital

Friends and family of those who have passed recently:

Deb Almost's mother, Joyce Gilchrist
Larrie Blancher's Aunt
Pauline Bragg
Chris Cunningham's father-in-law
Betty Donovan's sister, Rose
Doris Ernewin
Allan Murray
Mary Ross
Mary Seaman's daughter

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 FUN



LARGE PEPPER SCORES - JULY & AUGUST

JULY

Jan Vleuten
James Kendall
Bill Kruis
Mary Lynn Hinnegan
Emiel Michels

Sandra Sirosky
Marina Skitch

AUGUST

(2) June Milsom
John Skitch
Marina Skitch
Bill Kruis
Dennis Hopper

Roger Johnson
Bill Miller
Marlene Sim
Marie Deforges
Emiel Michels

Exercise of the Month

Knee Squeezes: Lie in bed with a pillow supporting head. Begin with knees bent and feet flat on bed. Place a pillow between knees and squeeze them together. Hold for 10 seconds. Relax and repeat. Muscles worked are core and inner thigh. Added benefit, this exercise is performing kegels for bladder control.

This exercise could also be performed seated in a chair. Sit towards the front of the chair with both feet on the floor. Place a pillow or small exercise ball between knees. Hold 10 seconds. Relax and repeat.

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

Local love in a global crisis

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
Executive Director
chris@southgatectr.ca, x222

Heather Hayman
Bookkeeper
heather@southgatectr.ca

Saimum Akhter
Office Manager
saimum@southgatectr.ca, x230

Angela Houle
Program & Events Coordinator
angela@southgatectr.ca

Larrie Blancher
Facilities Manager
larrie@southgatectr.ca, x223

Cheryl Milatz
Office Assistant
cheryl@southgatectr.ca, x225

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

Sarah Sheehan
Marketing and Communications Manager
sarah@southgatectr.ca, x229

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

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

ADVERTISEMENTS

2022 GOLDEN NUGGET Advertising Rates

Size	1 mo.	3 mo.	6 mo.	1 year
1/4 Pg	\$ 60	\$160	\$300	\$580
Half Pg	\$ 80	\$220	\$400	\$780
Full Pg	\$140	\$400	\$780	\$1380

Email sarah@southgatectr.ca.

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



Professional Foot Care

Includes:

- Full health assessment
- Identification & treatment of problem areas
- Care of skin & nails
- Compression-stockings fittings

Results:

- Reduced pain
- Improved mobility
- Improved foot health
- Improved overall health

Karen Murray, RN

519-318-5360

www.karenmurrayrn.ca

Medical receipts provided

Located at The Woodstonian; Mobile also available

Other Nursing Services offered

Is it time to RESIZE your LIFESTYLE?

How much of your home are you using?
How much do you travel?
How important is your outdoor space?

Let me help you sell your present home
and find your new HOME.

Marilou Ramerth

Real Estate Sales Representative

519.788.6333

CENTURY 21

Heritage House Ltd.

Independently owned and operated



Downsizing isn't about age; it's about having the financial freedom to do what you love at ANY age!

ADVERTISEMENT



Start your retirement living journey with Chartwell

Chartwell retirement residences are safe and social places to call home, where you or a loved one can benefit from support, connection and convenient services that can make life better. With safety precautions in place, our residents continue to enjoy safe social opportunities and engaging activities that bring them happiness and fulfillment.

More than 95% of residents, their family and friends feel their Chartwell residence has taken important measures to keep them safe during COVID-19.*

*Chartwell's Listening to Serve You Better Survey, 2020, from almost 13,500 respondents.

**Book your personalized virtual or on-site tour today
at 226-242-0899 or chartwell.com**

CHARTWELL OXFORD GARDENS
423 Devonshire Avenue, Woodstock



2022 COFFEE SPONSOR

Celebrating



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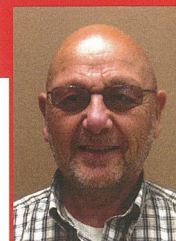
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