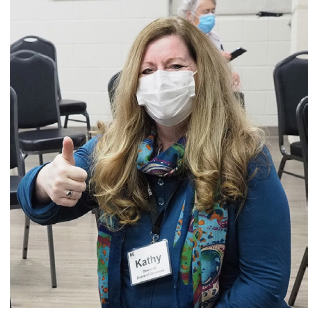


GOLDEN NUGGET

APRIL 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
Board Liaison: Deborah Almost
Secretary: Guy LaPlante
Larry Baer

Dave Clarke
Mary Donlevy
Jean Hilton
Marilyn Martin

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

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

APRIL CALENDAR-AT-A-GLANCE

Sat. Apr. 2	Rib Dinner - LOCAL ROOTS (see back cover)
Thurs. Apr. 7	Lions Club BINGO at 7 pm
Thurs. Apr. 14	Easter Social (see pg. 11)
Thurs. Apr. 14	Lions Club BINGO at 7 pm
Fri. Apr. 15	Good Friday - SGC is CLOSED - No programming.
Sat. Apr. 16	Easter Dinner - Ham and Scalloped Potato Dinner (see back cover)
Sun. Apr. 17	Happy Easter
Mon. Apr. 18	Easter Monday - SGC is CLOSED - No programming.
Thurs. Apr. 21	Lions Club BINGO at 7 pm
Thurs. Apr. 28	Lions Club BINGO at 7 pm
Wed. May 11, 18 & 25	Reducing the Risk for Dementia - 3 Part Series FREE (Details on pg. 17)

SGC COVID POLICY



Although mask mandates have been lifted for stores, restaurants, etc., South Gate Centre, as a Centre for adults over 50, has decided that masks must be worn during the month of April.

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.

SGC will no longer require proof of vaccination upon entry to the facility.

Thank you for helping us be extra diligent in keeping all of our SGC family, clients, and staff safe!

MEMBERSHIP AT SOUTH GATE CENTRE

2022 Membership Rates

All-Inclusive Membership (10 months) \$150.00

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.



15 Members Enjoyed the March Paint Party

Thank you to staff member Angela Houle for organizing and leading this class. Thank you to all participants! And thank you to Toyota Motor Manufacturing for the funds to hold this class free to all. We look forward to doing this again soon.

MESSAGES

Message from the Board of Directors

Spring is finally here! A new season brings new changes, opportunities and growth. With so much disruption over the last couple of years it is refreshing to see a return to what we remember as normal. Our Centre is beginning to buzz again, programs and activities are returning, congregate dining is back and so is the amazing fellowship amongst our membership.

March marked the beginning of our Capital Campaign, and the realization of a vision that has been in the works for over a decade, the hard work of so many is now a reality. Our expansion and renovation will secure our ability to serve our growing membership into the future. It will be an opportunity for continued community growth and partnerships. I'm encouraged by the future potential, possibilities and opportunities this expansion will bring. It will be the place to be in Woodstock!

We encourage you to spread the word of this new endeavour! Celebrate it with us! Share it amongst your family, friends and co-workers. Spread the message on social media. This is exciting news for our Centre and our Friendly City! Consider supporting the Capital Campaign, together we can reach our goal - We can't do this without you!

On behalf of the board, Welcome back! Take advantage of your membership and the opportunities that are gradually coming available. Sign up for a program and activities, bring a friend for lunch, enjoy a coffee and fellowship. AND! Share the wonderful expansion and renovation news!

Cristian Lagos on behalf of the Board

A PLACE TO BE.

EXPANDING THE POSSIBILITIES

Providing enrichment to active adults in Oxford County, and developing premier event spaces.

OUR GOAL IS TO RAISE \$1.5 MILLION TOWARDS THE EXPANSION OF SOUTH GATE CENTRE

BE A PART OF IT!

Join our community in supporting South Gate Centre.
www.southgatectr.ca/
APlaceToBe



Supporting the Capital Campaign

I have so appreciated being able to display my paintings at South Gate Centre for the past few months. I hope you have had a chance to view them as programs have started reopening.

I'm so excited that South Gate's Capital Campaign has been launched. It marks the beginning of a very exciting time. From April 1 until April 22 I will be donating 20% of any sales of the paintings that are on display to the Capital Campaign. So, if there is one you have had an eye on, your purchase will also contribute to South Gate's future new addition. All paintings will be coming down on April 25. Again special thanks to South Gate Centre for the wonderful display space.

Vonnie Snyder



MESSAGES

Members' Committee Message

LET'S CELEBRATE OUR VOLUNTEERS!!

April is designated as volunteer appreciation month. This is the month when we acknowledge the many volunteers at South Gate Centre. Our volunteers bring a diversity of talents, interest and backgrounds which are applied with such enthusiastic commitment to make possible the programs and experiences that all of us enjoy at South Gate.

Whether you are thinking of volunteering again, or for the first time, please know that your unique skills, experiences, and commitment is making a difference to all the people around you at South Gate. Our volunteers will be the first to agree that volunteering provides a sense of community and purpose, helps you meet new friends, improves self esteem, teaches you valuable skills and brings even more fun into your life.

Our volunteers have helped to keep South Gate alive, especially during the last couple of years when their contribution was even more valuable. As we return to more familiar and favourable conditions that lie ahead our volunteers will be an integral part of South Gate Centre.

We are so grateful for the dedicated commitment of all our volunteers. On behalf of the entire Member's Committee please accept our sincere thanks and our heartfelt gratitude for always being there to help. You are more appreciated than words can express.

THANK YOU, THANK YOU, THANK YOU!!!

VOLUNTEER HOURS

January 1, 2020-March 1, 2022

Over the last two and half years through the pandemic with several closures and limited programs activities being offered at the Centre over 200 volunteers contributed over 13,600 volunteer hours.

Volunteer Service Type	Volunteer Hours
Local Roots Cafe/Catering	400
Committee/Board Meetings	1,200
Program Contact Person	400
Event Volunteer	824

CAPITAL FUNDRAISING CAMPAIGN UPDATE

Message from Chair - David Hilderley

On Wednesday, March 23, South Gate Centre held its Capital Fundraising Campaign Kickoff. At this event we announced that we have raised 75% of our \$1 million as part of our share of the approximate \$6.5 million Capital costs for the expansion to our facility. Our total goal is a target of \$1.5 million, with the additional \$500,000 allocated for equipment and furnishings required to maintain our business model for the sustainability of programs here at the Centre.

"We are very fortunate to have Dr. Leonard Reeves as one of our most generous supporters. Len Reeves has been a champion of the community in so many areas for a long time.

Good corporate citizenship is truly personified by the Toyota Motor Manufacturing Company in our community. Their willingness to financially support social endeavours of all ages and dimensions is greatly appreciated and acknowledged by so many organizations." Thanks again to the Dr. Leonard Reeves Foundation and TMMC for their generous donations and thanks also to the numerous other donors who have helped us attain a strong start to the campaign.

Special thanks to Adrienne Van Haeren's team Isabella & Amanda at Signify Design for their conceptual work of materials & video, to our Prospects Team Members (Wilma Boughtflower, David Harris, Chris Martin, John Goodbun, Brad Janssen and Kathy Deweed) and our SGC Staff, Chris Cunningham and Sarah Sheehan.

There has been excellent media response to this announcement, which you can see online in this article in the Woodstock Sentinel-Review from March 24, 2022 and on the Heart FM website here. As well, Rogers TV recorded the entire presentation and it is airing now.

Going forward we will collectively gather energy and donations to complete this amazing facility!

To learn more, please visit www.southgatectr.ca/aplacetobe or visit the Centre to pick up a brochure about the expansion.



VOLUNTEERS

Message from the Volunteer Manager

WE LOVE OUR VOLUNTEERS

SOUTH GATE VOLUNTEERS BRING HEART TO SOUTH GATE CENTRE TO BE A VOLUNTEER AT SOUTH GATE IT TAKES VOLUNTEERS LIKE YOU WHO SHOW THAT YOU ARE.....

GENEROUS, A willingness to give us your time;
COMPASSION, To truly care about making someone else's life better and making South Gate Centre Members and guests feel welcome;
PATIENCE & UNDERSTANDING, Because the program/activity you have volunteered for doesn't always go as smoothly as we might like;
DEDICATED, That you stick with the program/activity and see it through which in turn makes our programs/events so very successful;
LAUGHTER, That you have fun while you are volunteering and enjoy the gift of giving.

South Gate Centre volunteers show these qualities and so much more.
THANK YOU SO VERY MUCH FOR ALL YOU DO!

To all our amazing volunteers don't forget to mark this date on your calendar: Monday, April 25, 2022 from 11:30 am to 1:00 pm. It's Time for Us to have Fun and Clown Around Again!

With Heartfelt Thanks

Bonnie Ward,
Volunteer Manager



TO OUR INCREDIBLE VOLUNTEERS



While others work their way towards being different, you strive towards making a difference. Your passion and energy are unparalleled, and you continue to make South Gate Centre a wonderful place to be!



We are so very grateful for your smiles, heartfelt laughter and hard work! Thank you for being so selfless and always taking the time to make a tangible difference in the lives of so many!



FROM THE STAFF AT SOUTH GATE CENTRE



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
- Front Desk
- Special Events
- Seasonal Decorators

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

Volunteers Needed in APRIL

PIANO ACCOMPANIEST
for SGCC Musicares,
BINGO CALLERS
and Gardeners (soon)

Volunteer Profile - Carol Taplay

My name is Carol Taplay, and together with my rescue dog Lexi, am enjoying the retired life. I have been a member at South Gate Centre for fourteen years, and in that time, have assisted off and on with different projects.

Presently, I have been asked to organize the card game of Klaverjas and thankfully, we are once again up and running. For the time being, we are playing on Thursday afternoons at 1:00 pm.

Also, I do volunteer work at the hospital, and enjoy being part of the Care Team at my church.

I feel it is very important to have South Gate Centre available to seniors in Woodstock where friendship, comradery and goodwill abound.



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

Thursday, April 14 10:30 am Bradley's Top 10 Travel Destinations
Thursday, April 28 10:30 am Tourists Love to Taste These Unique Canadian Foods

IN-PERSON SOCIAL PROGRAMS

Easter Social Tea & Goodies

Join us for an Easter Social and enjoy a cup of tea/coffee and some Easter Goodies.

Thursday, April 14, 2022 1:00 pm to 2:30 pm Café

Trivia with Bonnie - Drop-In

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, April 27 1:30 pm - 2:30 pm Kinsmen Room

REGISTERED PROGRAMS

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

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 \$60.00 + HST Non-members \$80 + HST

REGISTERED PROGRAMS (CONTINUED)

Evening Beginner Line Dancing Classes

Have you always wanted to learn how to Line Dance? Then this one hour class for 4 weeks is designed for YOU. These classes will teach you the steps so you're able to move forward into ever the regular line dancing classes or get you ready for your next wedding, dance or party! We will teach using a variety of music "country, rock, pop" etc. Dancing is good for the body and your mind but is also just plain FUN.

DAY	DATES	TIME	LOCATION
Tuesdays	April 12 to May 17 No Class May3	7 - 8 pm	Kinsmen Rm.

FEE

Members – \$20.00 Non-Members - \$40.00 + HST

Afternoon Paint Class

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.



DATE	TIME	LOCATION
Wednesday, May 4	2 pm to 4 pm	Kinsmen Room

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

Fit Minds – In-Person

A cognitive stimulation coaching program that supports brain health and improves the quality of life for those 55 +. This program is presented by Chartwell Oxford Gardens. 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	DATES	LOCATION
Mondays	10:30 am	April 4 to May 6	Kinsmen Room

No Fee for this Class

NEW DROP-IN PROGRAMS

Carpets Bowling

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

DAY	START DATE	TIME	LOCATION
Tuesdays	April 5	1:00 pm to 3:30 pm	Hall

HAPPY TUESDAY EVENINGS Starts April 5, 6:30 pm to 9:00 pm

South Gate Centre is opening its doors on Tuesday evenings for a fun evening of programs and activities:

Activities available to Members and Non-Members will include:

- Beginner Line Dancing Classes
4 weeks of classes – 7 pm to 8 pm
Starts April 12th – Registration Required
No class Tuesday, May 3, 2022
- Billiards (Snooker)
- Come Dancing – 6:30 pm to 9:00 pm
Starts April 12th – Partners Required
- Library
- Toning Table Room
- Woodworking classes - Late Spring

Fees for Non-Members can be found on page 4 of this newsletter.



WOODWORK

Interested in Tuesday evening Beginner Woodworking Classes?

If enough people are interested we'll start classes April/May.

Email sgc@southgatectr.ca or call us to be added to the interest list.

Easter Social

Join us for an Easter Social and enjoy a cup of tea/coffee and some Easter Goodies.

Thursday, April 14, 2022
1:00 pm to 2:30 pm
Café

Everyone Welcome

PROGRAMS

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
9:00 am	Snooker ¹ Toning Tables ²	Snooker ¹ Toning Tables ²
9:30 am	Full Standing Fitness ⁺⁺⁺	Bunka Chair Yoga*
10:00 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 [†] Pickleball - Cowan Sportsplex
6:30 pm - 9:00 pm		Come Dancing ^{††} Library Toning Tables
7 pm		Beginner Line Dancing ^{†† **}

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

PROGRAMS

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
Snooker ¹ Toning Tables ²	Beginner Billiards ¹ Toning Tables ²	Snooker ¹ Toning Tables ²
Seated Fitness ^{†††}		Full Standing Fitness
	Line Dancing	
		Trail Walkers
		W.O.W ^{**}
Pepper Snooker	Billiards - 8 Ball Klaverjas Tai Chi	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. Sign in at anytime.

* Registered Program - register at Front Desk.

** No class May 3

*** April 25 starts at 1:30 pm

† No class April 19

†† Starts April 12

††† No class April 20

†††† No Class April 25

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

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 5	8:00 am to 10:00 am

FEES - Payable at the Front Desk

SGC Member \$28.25 (includes HST)

Non-member \$45.20 (includes HST)

Price for walking or taking a cart will be available in the May newsletter.

Sign up at the Front Desk.

South Gate Centre Lobball

We are now preparing to play Lobball at South Gate Centre. We play in a league with teams from other Older Adult Centres in our area. Ingersoll, Stratford and Tillsonburg. All teams are co-ed. Practice is once per week in May. The season ends in late August or early September depending on the schedule, with a season ending tournament held at one of the team sites.

Players of all skill levels are welcome. All you need is enthusiasm and a baseball glove. As well, anyone who wants to assist a team as a manager or with keeping score that would be greatly appreciated.

Starts Tuesday, May 24

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.

Larry Baer or Guy LaPlante will contact you for when we practice and any other important details. If you have any concerns or questions contact Larry Baer at larrybaer13@gmail.com or at 519-421-1116. Hope to see you on the field.

SOUTH GATE CENTRE SPORTS LEAGUES

NEW Outdoor Cornhole League

Are you interested in playing on a SGC outdoor Cornhole League? SGC is planning on offering a Cornhole League on Thursday evenings at the centre from 5:00 pm to 7:00 pm. An outdoor BBQ on the Patio and Refreshments are currently being considered. If you are interested in playing, please sign up at the Front Desk. Further details to follow in our May newsletter.



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

Wednesdays

TIME

1 pm to 3 pm

LOCATION

Kinsmen Rm

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

PROGRAMS OFF-SITE

Bicycle Group

The Bicycle Group will head out every Thursday in the Spring/Summer/Fall at 9:00 am for bicycle trips in Woodstock and surrounding towns/cities and we welcome new bicyclists anytime.

Start up date will be dependent on weather. If you have any questions regarding the Bicycle Group or how to get involved, please contact Judy Hollinger by email rvlife@live.ca.

SGC Coed Pickleball (Cowan Sportsplex) Learn to Play Pickleball

Learn how to play the fastest growing sport in North America. Pickleball is played on a badminton court, with the nets lowered to tennis height, a ping pong type paddle and wiffle ball. Teams consist of two players on each team. Physical abilities to play pickleball would be similar to badminton but much easier on your joints.

Scott Revell, SGC member teaches you how to play Pickleball. One court will be used for instruction and the other three courts will be used for playing the game. Pickleball equipment and instruction included.

DAY	TIME	LOCATION	FEE
Tuesdays	1 pm to 3 pm	Cowan Sportsplex	Members - Free Non-Members - \$3.25

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
April 1	Roth Park
April 8	Landsdowne
April 15	Tollgate
April 22	Vansittart
April 29	Beachville

ROTH PARK, CITY OF WOODSTOCK

For a description of the location that the Trail Walkers meet at, pick up a copy of the Program Description Guide at the Front Desk.

DONATIONS

South Gate Centre is a charity. Tax receipts are given for donations. Donations are welcome at anytime, online or in person. As you may know, South Gate Centre cannot operate on membership fees and Local Roots food sales alone.

Our staff and volunteers write grants for funding for a variety of items. For example, when our cloth chairs could no longer be used due to COVID protocol we secured funding for vinyl chairs and were able to sell the cloth chairs. There are many things that happen behind the scenes that you may not be aware of. We encourage you to ask questions and learn more about how the Centre operates.

Tax Credit You Receive 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.

SPRING DINNER & DANCE

MAY 13, 2022

\$25

ONLY 80
TICKETS
AVAILABLE

DJ &
CASH BAR



**SOUTH GATE
CENTRE**

**DOORS OPEN AT 6 PM
OVEN-FRIED CHICKEN BUFFET DINNER AT 7 PM
DANCING 8 PM - 11 PM**

ORDER TICKETS AT THE FRONT DESK OR
ONLINE AT WWW.LOCALROOTSCAFE.CA
GO TO SPECIAL DINNERS



**LOCAL ROOTS
CAFÉ**

EASTER TREAT BOX - \$18

Boxes include a variety of
Hot Cross Buns,
Chocolate Nests,
Easter Cream Egg Cookies and
Frosted Cupcakes

Pick up April 14 from 9 am to 2 pm

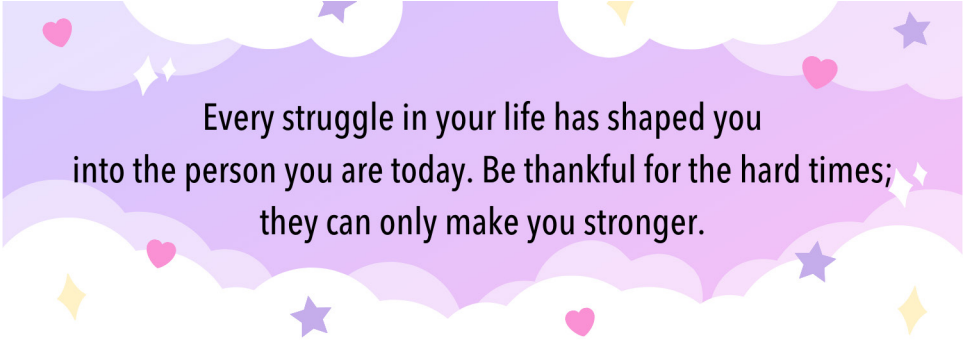


Order online at www.LocalRootsCafe.ca, visit the Front Desk or Call 519-539-9817

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.



Every struggle in your life has shaped you into the person you are today. Be thankful for the hard times; they can only make you stronger.

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 - Benefits of Flexibility Exercises

Flexibility or Range of Motion exercises are important to keep us living independently. In 12 weeks, one can improve joint movement in shoulder by 8% and ankle movement by 48% and have a self-report of absence of stiffness.

Range of motion exercises include a variety of movements in your warm-up and cool down. The main joints are neck, shoulder, fingers, wrists, hip, knee and ankle. Some examples include: arm reaches up, side and out, shoulder rolls, shrugs, wrist circles and flexes, piano playing, finger touches to thumb, single standing leg controlled movements to front, side and back, one leg bicycle circles, and ankle circles, toe points up and down. Stretches be done when muscles are warm (at end of workout/walk) and should not hurt. Never bounce when stretching. Do not lock joints. Hold stretches for 15 - 20 seconds.

Source: Get Fit For Active Living - Diabetes Strategy (Canadian Centre for Activity & Aging).

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

Larrie Blancher
Facilities Manager
larrie@southgatectr.ca, x223

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

Heather Hayman, Bookkeeper
heather@southgatectr.ca

Angela Houle
Administrative Specialist
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Shelley Davis
Local Roots & Hospitality Manager
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FOR FUN

Which type of bow can't be tied?

A rainbow.

What falls but never gets hurt?

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Why are frogs so happy?

Because they eat whatever bugs them.

960

100 1 3 10 4 5

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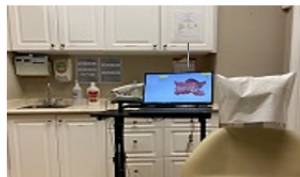
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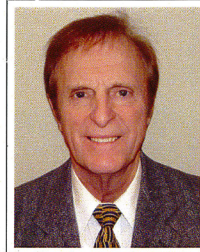


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