

GOLDEN NUGGET

MAY 2025



Together, We Grow



SOUTH GATE
CENTRE

A PLACE TO SUPPORT

191 Old Wellington St. S., Woodstock, N4S 3J2
519-539-9817 www.southgatectr.ca



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 Board of Directors

Chair: Cristian Lagos	Jeff Gerber
Past Chair: Kathy Deweerd	Mike Houle
Treasurer: Patrice Hilderley	Audrey Price
Secretary: Connie Lauder	Jeff Workman

South Gate Centre Members Committee

Chair: Dave Clarke	Heather Wilks	Bev Rajani
Co-chair: Jodi Ziebarth	Judy Tanguay	Linda Lee
Board Liaison & Co-chair: Mike Houle	They are always happy to answer questions and hear your suggestions and concerns, either in person or by dropping a note in the Suggestion Box located by the check-in desk.	
Secretary: Guy LaPlante		

BE IN THE KNOW...

Black Name Tag - Board Member

Gold Name Tag - Staff

Silver Name Tag - Members Committee Member

White Name Tag - Member



Facebook

www.facebook.com/southgatectr
www.facebook.com/sgclocalroots

Instagram

www.instagram.com/south_gate_centre
www.instagram.com/local_roots_sgc

South Gate Centre is a registered Canadian charity. Business Number 119145209RR0001
Proudly funded partner of the City of Woodstock, and the province of Ontario. South Gate Centre acknowledges support we receive from all of our funders.

CALENDAR-AT-A-GLANCE	
Thursdays	Lion's Club BINGO 7 pm
APRIL	
Wed Apr 30	South Gate 50/50 Lottery Closes at 11:59 pm
MAY	
Thu May 1	SGC 50/50 April Lottery Winner Draw at 9 am May Lottery opens at 9:30 am
Fri May 2	Memories of Motown Tribute Show
Tue May 6	Little Caesars Pizza Fundraiser 3pm - 8 pm Mention SGC when ordering.
Sat May 10	Mother's Day Brunch & Boutique
Thu May 15	SGC May 50/50 Lottery EARLY BIRD DEADLINE 9:30 am DRAW at 10 am - \$250
Thu May 15	VON Blood Pressure Clinic - Sally Creek CC 9 am - 12 noon
Mon May 19	CLOSED for Victoria - No programming at all locations
Tue May 20	Monthly Car Show at Movement Church 5 pm - 8 pm
Wed May 21	LOCAL ROOTS Cultural Dinner - Mexican
Thu May 22	Lunch & Learn - Ask a Pharmacist - Mixing Medications & Vitamins
Mon May 26	ALL PROGRAMS FROM REEVES CC MOVE BACK TO SOUTH GATE CENTRE
Sat May 31	SGC May 50/50 Lottery Closes at 11:59 pm
Sun Jun 1	SGC May 50/50 Lottery Winner Draw at 9 am June Lottery opens at 9:30 am
Fri Jun 6	FREE Seniors BBQ - Southside Park - Pavillion beside the children's playground

Because she deserves it!

Mother's Day Brunch & Boutique

SAT
MAY

10

9 AM - 1 PM

BRUNCH
\$20

Advanced Tickets & Reservations Welcome - Walk-Ins Too!

Please donate items for the Boutique.

Previously loved in great shape, jewelry, purses, plants, scarves, etc.
Drop off at South Gate Centre.

CONSTRUCTION UPDATE

- Elgin Contracting continues to make strong progress on the expansion, keeping on pace with the schedule. Here are the latest updates from the site:
- Exterior wall framing and parapet walls on the roof have been completed as planned.
- Green rigid foam insulation is now being installed, offering improved energy efficiency and a noticeable pop of colour.
- Roof construction is expected to begin in approximately three weeks.
- As the structure becomes more enclosed, interior work will begin, allowing the overall pace of the project to pick up.
- Over the next month, members will see more visible signs of progress, both outside and soon within the new space.



PROGRAMMING UPDATE

- Carpet Bowling ENDS April 29
- Casual Cornhole BEGINS May 6
- Beginner PLUS Line Dancing ENDS May 7
- Monday, May 26 ALL PROGRAMS FROM REEVES COMMUNITY CENTRE MOVED BACK TO SGC

LOCAL ROOTS UPDATE

- Cultural Dinners return to South Gate Centre on Wednesday, May 21 at 5 pm.



MEMBERSHIP AT SOUTH GATE CENTRE

2025 Membership Rates

ALL-INCLUSIVE MEMBERSHIP	2025 RATE
Pre-authorized debit	\$25/Month
May 2025 - December 2025	\$170

All-Inclusive membership includes all Drop-In programs/activities, and members pricing on Registered Programs.

Credit/Debit/Cheque/Cash.

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

MEMBERSHIPS ARE NON-REFUNDABLE.

MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Save \$ on Registered Programs, Cultural Dinners, Bus Trips and more...
- Save 10% on Room Rentals at SGC
- Discounts offered at select community partner businesses.

Not a member; what are you waiting for? Sign up today!

NON-MEMBER FEES

All Instructor-Lead Drop-In Programs*	\$10/Class (hourly)
*Does NOT Include Registered Programs	
All Other Drop-In Programs	\$5/Activity/Day

WELCOME NEW MEMBERS

Nancy Sieber Sandra Norman

QUICK FACTS

The South Gate building and land is owned by the City of Woodstock. South Gate Centre does not pay rent, but we are responsible for the cost of maintaining the building and its grounds. The Capital Expansion contract is owned by the City.

EXECUTIVE DIRECTOR'S MESSAGE

As spring breathes new life into our surroundings, we are thrilled to welcome back our cherished members from satellite locations and our dedicated League members. Your return fills our community with renewed energy and joy.

Our building expansion is progressing beautifully, symbolizing not just physical growth but the blossoming of opportunities for our community of active adults over 50.

This progress is made possible by the unwavering dedication of our volunteers and the generous contributions from supporters like you. Your gifts during our Annual Giving Campaign have been instrumental in turning our vision into reality. To those who have donated, we extend our heartfelt thanks. For those considering a contribution, know that your support will help us continue to build a vibrant, inclusive community.

Together, we're not just constructing a building—we're nurturing a community where every individual thrives. With your continued support, the future holds even more promise.

With deep appreciation, Chris

ANNUAL GENERAL MEETING

June 25 at 4 pm at South Gate Centre



QUICK FACTS

SGC 2025 BUDGET

Where is the money coming from?

REVENUE

Fundraising	\$281,000 or 28% of total revenue
Government Grants	\$241,000 or 24% of total revenue
Food Services	\$233,000 or 23% of total revenue
Memberships Fees	\$ 91,000 or 9% of total revenue
Registered Events	\$ 67,000 or 6% of total revenue
Donations	\$ 57,000 or 6% of total revenue
Function Rentals	\$ 27,000 or 3% of total revenue
<u>Sales & Advertising</u>	<u>\$ 11,000 or 1% of total revenue</u>
TOTAL	\$1,008,000

Where is the money going?

EXPENSES

Salaries & Benefits	\$422,000 or 42% of total expenses
Food Services	\$246,000 or 25% of total expenses
Fundraising Costs	\$127,000 or 12% of total expenses
Office & Admin	\$102,000 or 10% of total expenses
Heat, Hydro, Building	\$ 82,000 or 8% of total expenses
<u>Registered Events</u>	<u>\$ 29,000 or 3% of total expenses</u>
TOTAL	\$1,008,000

MEMBERS' COMMITTEE MESSAGE

Hi everyone!

Here's a quick look at what the Members Committee has been up to this past month on your behalf:

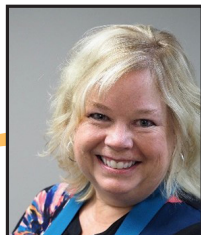
- We are working with the Special Events Committee to brainstorm exciting ideas for the Grand Re-Opening this fall.
- We've teamed up with staff to create a more efficient way to respond to your concerns and make sure timely action is taken when needed.
- Following your feedback from the Golden Nugget survey, we've worked with staff to follow up on your suggestions and share the outcomes with you. They are available at South Gate and Sally Creek at the Front Desks.
- We're working with the staff in building a volunteer database to connect with those who've shown interest and share opportunities that match their preferences.
- Our booth at the Best U Health Expo was a big success—thanks for helping us spread the word about South Gate's services in such a fun way!

We love hearing from you! Look for our committee members wearing silver name plates, and feel free to drop suggestions or comments in the suggestion box—we're always listening.

Your Members Committee



Dave



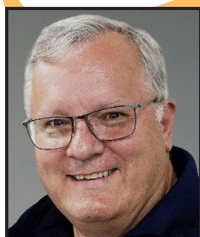
Jodi



Mike



Heather



Guy



Bev



Linda



Judy

SPECIAL EVENTS COMMITTEE MESSAGE

South Gate Centre is showing their appreciation to Mothers and all that they do by hosting a Mother's Day Brunch and Boutique Event on Saturday, May 10 between 9 am and 1 pm. Tickets are available now at Sally Creek Community Centre and South Gate Centre.



Watch for details on these upcoming special events as well:

- May 2 Memories of Motown Music Tribute at South Gate Centre
- May 10 Mother's Day Brunch at South Gate Centre
- May 20 Monthly Car Show at Movement Church
- June 15 Dadfest Car Show at Movement Church
- July 20 Streetfest Cruise on Dundas Street
- Aug 19 Monthly Car Show at Movement Church
- Sept 16 Monthly Car Show at Movement Church

Interested in volunteering in any capacity for South Gate Centre, don't hesitate to contact Angela Hess at 519-539-9817 or angela@southgatectr.ca

Rick Rose, Chair

Special Events Committee

MESSAGE FROM PROGRAM & VOLUNTEER COORDINATOR

As we head into May, there's a sense of momentum and anticipation around the Centre. Programs have begun to return to our space, and while we're still very much under construction, each week brings us closer to the vibrant, expanded home we're building together. Be sure to drive by to see all the physical changes as walls go up! By the end of this month (May 26), even more programs will be making their way back—thank you for your continued patience and flexibility as we transition.



April was also a special time to honour the volunteers who bring our Centre to life. We held a Volunteer Appreciation Dinner with entertainment and good company, a small way to say thank you to the many hands and hearts that make this community what it is. We'll be sharing highlights from that evening in our June issue, but I want to say here: your time, energy, and care are noticed and deeply valued.

Whether you're attending programs, helping behind the scenes, or navigating construction detours with a smile—thank you for being part of this journey.

Angela Hess

Program & Volunteer Coordinator



**THESE
VOLUTEERS
WORK HARD TO
PLAY IT COOL**

MEMBERS ON DUTY



**DEANNA
JASMINS**



**SCOTT
REVELL**



**EVELYN
HETHERINGTON**

Deanna Jasmins – Deanna has stepped up in many ways over the years, especially in fitness! Her current passion is to introduce our members to the benefits of Nordic Pole Walking. Take time to take a walk with her.

Scott Revell – All winter Scott kept us active instructing Beginners Pickleball, but now that it's warming up he's ready to take it outdoors with South Gate's Baseball League. Currently, Scott helps guide the Older Adult Centres Baseball League as commissioner – a big job, for sure!

Evelyn Hetherington – FORE! Watch for this dynamo! Evelyn, single-handedly takes on our very popular Golf League. Her organization skills and approachable personality serve her well as she manages over 120 golfers each season, as well as being a big part of our annual charity golf tournament.

COME JOIN US at Chartwell Oxford Gardens

Klaverjas

Mondays

1 pm - 4 pm

West Wing - Downstairs

Musicares

Thursdays

1 pm - 3 pm

Chapel. Contact Dave Smyth davesmyth543@bell.net for group practice schedule.

Crafter's Connection

Fridays

1 pm - 3 pm

Fireside Lounge

REGISTERED PROGRAMS

There are NO Drop-In Options available for Registered Programs unless noted in the current program listing. Register in person at South Gate Centre or Sally Creek Community Centre, or online at <https://bit.ly/3wt82ae>.

SOUTH GATE ART SERIES

"The true value and beauty of art and craft isn't just in the final piece, but in the joy of learning, creating, and expressing yourself along the way."

SPRING FLOWER EMBROIDERY

REGISTER BY MAY 2

Instructor: Mercedes Victoria, local artist

DAY	TIME	LOCATION
Thu May 8	1 pm - 2:30 pm	Sally Creek C.C.

FEE

Members: \$20+HST

Non-Members: \$25+HST

Skill Level: No sewing experience needed—open to all!

Join Mercedes for a relaxing embroidery class and bring a spring flower to life. Use provided templates or create your own design. Build skills, enhance focus, and express your creativity. Take home your finished piece in a keep-sake hoop. Come stitch, unwind, and let your creativity bloom!



BYZANTINE CHAINMAILLE BRACELET

REGISTER BY MAY 23

Instructor: Diane Roberts

DAY	TIME	LOCATION
Thu May 29 & June 5	1 pm - 4	Sally Creek C.C.

FEE

Members: \$50+HST Non-Members: \$60+HST

Skills required: None but some hand strength is required.

Learn one of the basic Chainmaille techniques in this beginner Byzantine Chainmaille Bracelet Class. Diane will guide you through this fun project using jump rings and a simple clasp. Instructor will provide all materials, hand tools and magnification for your use during class.



REGISTERED PROGRAMS

EDUCATION

Lunch & Learn

AT SALLY CREEK COMMUNITY CENTRE



Ask a Pharmacist: Mixing Vitamins & Medications

Thursday May 22 12:15 pm - 1:15 pm

Pre-register at South Gate Centre, Sally Creek Community Centre or by calling the South Gate at 519-539-9817.

Lunch is available for purchase.

Everyone is welcome.

TECH LITERACY

April 23 - May 21

Instructor: Henry Bruines

DAY	TIME	LOCATION	FEE
Wed	1:30 pm – 3:30 pm	South Gate Centre Reeves Room	Members: FREE Non-Members: \$25+HST

Learn to Use your Tablet & Smartphone. Our instructor helps you work through learning basic operations and applications. Bring your own device and your list of things to learn. Space limited.

W.O.W. (WELLNESS OVERCOMES WEIGHT)

Leads: Paulette Whiteford & Mary Aucoin

DAY	TIME	LOCATION	FEE for the year
Thursdays	10 am – 11 am	Altadore Hall	Members: FREE Non-Members: \$70

W.O.W. is a group that discusses overall wellness, not just weight loss. Some topics include Healthy Eating, Home Safety, Confidence Building, Fitness, Mindfulness and some of our meetings are just for fun. Each week offers group discussions, friendship, support, sharing and empowering tools.

EDUCATION IS NOT PREPARATION FOR LIFE; EDUCATION IS LIFE ITSELF.

- JOHN DEWEY

REGISTERED PROGRAMS

FITNESS

BEGINNER NORDIC POLE WALKING

Instructor: Deanna Jasmins

DRESS FOR THE WEATHER.

Session 1: May 2 - 23 (4 week session)

Session 2: June 6 - 27 (4 week session)

DAY	TIME	LOCATION	FEE
Fridays	10 am	Meet at Local Roots Cafe	Members: FREE Non-Members: \$20+HST

Nordic Pole Walking is a low-impact, full-body exercise that engages up to 90% of your muscles while reducing strain on joints. It improves posture, balance, and cardiovascular health while increasing calorie burn compared to regular walking. Suitable for all fitness levels, it's an enjoyable way to stay active and boost overall well-being.

It is recommended that participants attend from the first class of the month since each week is a progression.

CHAIR YOGA

May 20 – June 24 (6 weeks session)

Instructor: Pam Genge, co-founder of Bodymindconnect Yoga

DAY	TIME	LOCATION	FEE per session
Tuesdays	9:30 am - 10:30 am	Sally Creek CC Hall	Members: \$50+HST Non-Members: \$65+HST

This class 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 is done seated and instrumental music is used for motivation and for relaxation.

GOOD MORNING YOGA

May 20 – June 24 (6 week session)

Instructor: Pam Genge, co-founder of Bodymindconnect Yoga

DAY	TIME	LOCATION	FEE per session
Tuesdays	8 am - 9 am	Sally Creek CC Hall	Members: \$50+HST Non-Members: \$65+HST

A flow-style class that's suitable for all levels, with a consistent sequence of poses and sun salutations. This class is good for beginners to learn pose names and alignment, and for experienced practitioners to refine their postures. Calm your mind, feel alive and revived! Please bring a mat and water.

REGISTERED PROGRAMS

FUN LEAGUES - EVERYONE WELCOME

BASEBALL

Baseball season is fast approaching! Things to know:

- To play, you must register as a Member and pay League Fees; Ladies must be 50+ years of age, Men must be 55+; have a baseball glove and enthusiasm for the game.
- We play in an Older Adult League - We travel to Stratford & Ingersoll.
- Co-ed league, plays weekly from mid-May to early September.
- Practice days will be at Victoria Park on Tuesday May 6 and 13.

DAY	DATES
-----	-------

Tuesdays	May 20 (weather permitting) - August 26 September 2 - Tournament & Banquet
----------	---

REGISTER & PAY LEAGUE FEES. SGC Members \$25. Non-members \$85

More info contact Scott Revell at scott.revell@hotmail.com.



GOLF LEAGUE

The SGC Golf League will play at **Creekside Golf Club**.

This 18-hole executive course provides a challenge for everyone.

DAY	DATES	TEE TIME FROM
-----	-------	---------------

Thursdays	May 8 - September 11	8 am to 11 am (depending on league size)
-----------	----------------------	---

REGISTER & PAY LEAGUE FEES SGC Members \$35 Non-Members \$50
League Fee includes the End of Season Banquet (meal and prizes) on
Thursday, September 25.

\$23 – 9 holes or \$34 with a cart. Cash paid weekly at the golf course.

Looking forward to another great season!!

More info? Email us, Evelyn & Biff at play_time@rogers.com.

QUICK FACTS

Your issues, concerns and suggestions are important. Use the tools to make these known by approaching any of the Members' Committee members, by using the suggestion box and/or speaking directly to any of the staff.

OFF-SITE PROGRAMS

BICYCLE GROUP

The Bicycle Group rides every Thursday in the good weather on different trails in Woodstock and surrounding area. It is not a fast pace ride, just an enjoyable one sometimes stopping for lunch. Start time depends on where the ride begins.

For further information email merk@execulink.com.

TRAILWALKERS

Fridays 10:15 am

Weekly walking group that utilizes the local trail systems around Woodstock. Please feel free to invite friends to join us on the trails. We have fast and slow walkers...so please join us any Friday.

More info? Stella, slivanpo@gmail.com.

May 2	Tollgate	May 16	Pittock Dam to Lansdowne	May 30	Hickson
May 9	Upper Trail*	May 23	Lansdowne		

DROP-IN PROGRAMS

CASUAL CORNHOLE

Starts Tuesday, May 6

DAY	TIME	LOCATION
Tue	1 pm – 3:30 pm	South Gate Centre Altadore Hall

Join us for a more relaxed version than our competitive league.

Cornhole is considered a backyard lawn game but is now played in facilities indoors and outdoors all year long. It is a very easy game in which players take turns throwing corn or beanbags at a raised platform (board) with a hole in the far end.

SGC BOOK CLUB

BOOK CLUB

Next Book: All the Light We Cannot See

DAY	TIME	LOCATION
Thu May 22	1 pm – 3 pm	Sally Creek Library

Come join our group of passionate readers! We meet monthly, to share thoughts on the chosen book and engage in lively discussions about various aspects of the story. Some of the benefits of reading are: reading stimulates the brain, reduces stress and aids in memory and delays dementia.

For more information about this group and current book list, email jodizie@hotmail.com.



BUS TRIPS

EVERYONE
is welcome here!

**TIMELESS
GENTLEMEN
OF THE OPR**

**DINNER THEATRE,
SHOPPING AT THE
IROQRAFTS STORE**

TUES MAY 27

9:15 AM - 4 PM

Member \$130

Non-Member \$140

**JESUS CHRIST
SUPERSTAR**

**LAMBTON COUNTY
MUSEUM,
LUNCH AT GROG'S
PUB & GRILL**

FRI JUN 27

8 AM - 5:30 PM

Members \$150

Non Members \$160

**Fallsvievw
Casino**

Niagara Falls



Price includes \$35 slot credit.
Must be 19+ years of age.

FRI JULY 18

9:15 AM - 4 PM

Member \$50

Non-Member \$55



**SOUTH GATE
CENTRE**

**BOOK
NOW**



BOOK ONLINE CLICK HERE or
South Gate Centre or Sally
Creek Community Centre or
Call us 519-539-9817

50 SOUTH GATE CENTRE **50**

You have to be in it to win it!

EARLY BIRD PRICE \$250

Deadline May 15

GRAND PRIZE

Deadline MAY 31



*Leap
into*
**May's
Lottery**



BUY TICKETS AT WWW.SOUTHGATE5050.COM or at South Gate Centre in Woodstock

License No.
RA71443117

SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY

TUESDAY

9 am - 12 Noon
Billiards - Snooker

1 pm - 3 pm
Darts

1 pm - 4 pm **STARTS APR 28**
Euchre



9 am - 12 Noon
Billiards - Snooker

9:30 am - 10:30 am
Stretch No Class Apr 29

1 pm - 3:30 pm
Casual Cornhole

1 pm - 3:30 pm
Beginners Billiards - 8 Ball

1 pm - 4 pm
Progressive Pepper

6 pm - 9 pm
Come Dancing

**ALL LOCATIONS CLOSED
MONDAY**

REEVES COMMUNITY COMPLEX

381 Finkle Street

MONDAY

TUESDAY

8 am - 9 am G
Full Standing Fitness

9:30 am - 10:30 am G
Full Standing Fitness

11 am - 12 pm G
Seated Fitness



8 am - 9 am G
Full Standing Fitness

11 am - 12 noon G
Seated Fitness

R Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.

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


PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 2 pm ENDS MAY 7 Beginners Plus Line Dancing	10 am - 11 am Men's Coffee Club	1 pm - 3:30 pm BINGO
1 pm - 4 pm Progressive Pepper	10 am - 11 am WOW Wellness Over Weight	
1:30 pm- 3:30 pm Tech Literacy 	11:15 am - 12:15 pm Seated Fitness	
	1 pm - 4 pm Euchre	
	7 pm - 10 pm Bingo - Lions Club	

VICTORIA DAY MAY 19

PROGRAM SCHEDULE

G = Goff Gymnasium M = Mezzanine

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am G Why Weights		8 am - 9 am G Full Standing Fitness
9:15 am - 10:15 am G Full Standing Fitness		9:30 am - 10:30 am G Full Standing Fitness
10:45 am - 11:45 am G Stability Ball Bring your own ball		

All fitness classes from Reeves Community Complex move back to SGC starting May 26.

SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive

H = Hall L = Lounge

TUESDAY

8 am - 9 am Good Morning Yoga	R	H
10 am - 12 pm Cribbage		L
9:30 am - 10:30 am Chair Yoga	R	H
11:30 am - 1 pm Lunch - Sandwiches & Baking		L
1:30 pm - 3:30 pm Education	R	H
6 pm - 10 pm Bid Euchre		H

THURSDAY

8 am - 9 am Full Standing Fitness		H
9 am - 12 noon VON Blood Pressure Clinic		L
9:30 am - 10:30 am Total Body Workout		L
12 pm - 1 pm Lunch - Sandwiches & Baking		H
1 pm - 2 pm Board Games, Mahjong, etc.		L
1 pm - 3 pm Book Club		L

COMING EVENTS



**FREE
COMMUNITY BBQ**
in celebration of Seniors' Month
FRIDAY JUNE 6 AT NOON

BBQ sponsored by

CENTURY 21.
Heritage House Ltd.

Southside Park, Bandshell Pavillion
near children's playground



SOUTH GATE CENTRE

QUICK FACTS

Membership Fees only cover the expenses to keep the heat, lights and maintain the building in good condition. All other expenses are covered by fundraising, grants and donations.

COMING EVENTS

Show Cars | Big Rigs | Military Vehicles

SOUTH GATE PRESENTS

MONTHLY CRUISE-IN

MOVEMENT CHURCH
65 Lansdowne Ave



Tuesdays, 5 pm - 8 pm

Weather Permitting

May 20

August 19

September 16

MUSIC by

DJ Dave Melchert

FOOD by Todd's Dogs

PRIZES

Sunday, June 15 9 am - 2 pm

DADFEST FREE FOOTLONGS & ROOTBEER



SG Car Cruise



SOUTH GATE CENTRE

519-539-9817



PROGRAM HIGHLIGHT

LEARNING UNLIMITED

Learning Unlimited (Oxford), founded in 1982, owes its existence to Eva Latham (1909-1990), a brilliant and inspirational leader through whose vision and will this organization came into being. She believed that “using the mind preserves it” and that older people need educational stimulation if they are to stay active in the community. That belief is still here today.

In 2022, Learning Unlimited (Oxford) became a program of South Gate Centre, part of whose mission is to promote wellness to fill one’s mind, body and soul. This eight week speaker series runs twice per year, spanning a variety of topics and ideas that gives the educational stimulation older adults need.

Tasked with organizing this hugely successful program is a dedicated group of nine that meticulously chooses and contacts the speaker line-up. They are present each week to oversee all the details with support from our program coordinator, and the registration and Local Roots Catering teams.

If you have a curious mind, love to learn, and want to continue challenging your brain – this program is worth its weight! Watch for the new listing in the September issue of the Golden Nugget.



Learning Unlimited organizing committee.



QUICK FACTS

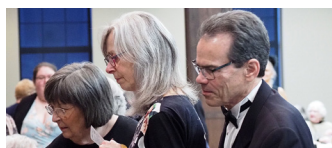
During these challenging economic times, fundraising has become a challenge as people do not have extra funds to donate or to participate in fundraising activities. For example, sales of the 50/50 and 12 Days of Christmas lotteries have seen steep declines.

RECENT EVENTS

MURDER MYSTERY DINNER THEATRE

On Saturday, March 29, the suspense was high and the guests...glamorous! Everyone was there for a glimpse at the one-of-a-kind Peace Diamond. But not everyone had good intentions! Guests were winned, dined and kept in stitches by the incredible collection of odd characters milling about the auction. Thankfully, James Blonde was on the case, keeping an eye on everyone! There were surprises around every corner – who knew we had such talent, even among the guests!

Many thanks to the Murder For Hire troupe, Local Roots team, and our many volunteers that made the evening so memorable!



SHEILA PICKNELL

May is Mental Health Awareness Month

This year's theme, "Unmasking Mental Health," reminds us that hidden struggles can affect anyone, quietly stifling growth like vines around a flower. Whether slow or sudden, mental health challenges impact every generation, home, and culture.

So, what does this have to do with movement?

Simple: Movement is essential for wellness.

As they say: "We must, we must, or we will rust." Staying active helps combat the physical and emotional exhaustion that pain can bring.

Easy Ways to Get Moving:

- Gardening
- Walking, hiking, jogging
- Daily exercise: cardio, strength, stretching, balance
- Canoeing, kayaking
- Fishing

On Rainy Days:

- Bowling
- Swimming
- Darts, pool
- Grab an umbrella and walk in the rain!

Movement boosts circulation, oxygenates your body, sharpens your mind, and lifts your spirit. Healthy eating and good sleep also play a big role in mental health.

Mental health challenges often pull us into darkness. Stepping out, even slowly, begins the journey back to light. Maybe this message is for you—or someone you care about.

And remember, May is Smile Month too—give a smile, get a smile. Keep shining.

Contact: contactsheilamary@gmail.com



UPCOMING FUNDRAISER



Little Caesars®



SOUTH GATE
CENTRE

**TUESDAY
MAY 6**
11 am - 8 pm

South Gate Centre

FUNDRAISER!

Order on Tuesday May 6 between 11 am and 6 pm at Little Caesars Woodstock (corner of Dundas/Springbank) and 25% of your order will go towards the South Gate Centre fundraiser.

How to place an order

IN STORE OR BY PHONE - Before you pay, let the staff member know that you would like to support the South Gate Centre fundraiser. 519-533-1616.

ONLINE - Choose either of our touchless options: Pizza Portal Pick Up or Delivery. Once your order has been placed, email your receipt to LCpizzaWoodstock@gmail.com and your order will be included in the fundraiser.

*Offer is only available on May 6th, 2025 between 11am-8pm at the Little Caesars Woodstock location. Customer must mention participation before paying in-store or customer must provide receipt from online purchase to qualify. 25% of order placed will be donated back to the South Gate Centre. 2025 Little Caesar of Canada ULC CR0021363.



**ORDER CUSTOM PIZZAS OR PICK UP
HOT-N-READY® ITEMS IN-STORE.**

Thanks for supporting the South Gate Centre Fundraiser!

We make our Dough *fresh* in-store, every day!

Our Cheese is made from *100% Canadian* dairy

Our Sauce is made from *wine-ripened* crushed tomatoes and made from scratch daily, in-store.

*Excludes Thin Crust

QUICK FACTS

Though the expansion will bring additional costs (heat, hydro and maintenance), these should be offset with the increase in rental income generated by weddings and other functions at the Centre. Hopefully this anticipated revenue will allow for a balanced budget.

RECENT EVENTS

LADIES NIGHT OUT - EMBRACE CREATIVITY!

It was a pleasure to be part of the first "Ladies Night Out," where music, laughter and creativity was the ambience for the evening.

The evening was full of interactivity, beginning with creatively designing charms (thanks Angela), games, trivia, and delicious appetizers.

The grand finale was each lady uniquely creating two vibrant, and beautifully designed ceramic coasters. Sunita Harry, Creator's Divine Art, and her team did an amazing job. Sunita went above and beyond, making sure that each lady, had the resources and directions on how to seal and secure the coasters after they had dried. Her art workshop was first class all the way.

creatorsdivineart@gmail.com
contactsheilamary@gmail.com

Sheila Picknell



RESOURCES

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.

211 - www.211ontario.ca
211 Information and Referral Specialists are experts on community and social services. They can help you find 56,000 programs/services in Ontario.

MEMBERSHIP DISCOUNTS

Cheesy Cow - 10% off regular priced merchandise.

Wellington Street Denture Clinic
-10% off new complete dentures or new partial dentures for both new and existing patients.

Mackey Moving - 10% off for South Gate members.

PharmaSave Woodstock - 15% off regular price (excluding prescriptions) on most merchandise.

The Hallmark Shoppe/The Card Shoppe - 10% off regular priced merchandise.

SOUTH GATE CENTRE STAFF

Chris Cunningham
Executive Director
chris@southgatectr.ca, x222

Chad Williams
Facility & Operations Manager
chad@southgatectr.ca, x223

Chantal McDonald
Office Manager
chantal@southgatectr.ca, x230

Angela Hess
Program & Volunteer Coordinator
angela@southgatectr.ca, x233

Sarah Lindsay
Marketing & Communications
Manager
sarah@southgatectr.ca

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

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

QUICK FACTS

South Gate has a mandate to provide seniors with food at reasonable costs under its Operational Guidelines. This explains the fact that the Food Services costs and expenses are the same. Essentially, South Gate feeds its members at cost. South Gate is also a strong supporter of various food-related initiatives including Food Rescue, Feeding Oxford and Second Harvest.

ADVERTISEMENT

ewyn weight loss studios

Stay Active, Feel Great, Age Strong!

Rediscover your energy and
confidence with a gentle,
natural approach to weight loss
— tailored just for YOU!

Enjoy 60% OFF
ALL WEIGHT LOSS PROGRAMS

EWYN Studios Woodstock

519-421-1881

9 Huron Street, Woodstock, Ontario



Call today or visit us to claim your FREE consultation!

South Gate Centre does not endorse or take responsibility for products / services of these paid advertisers.

Offering Services for:

Digital and Implant Dentures
Complete and Partial Dentures
Immediate Dentures
Same Day Relines and Repair

**Call for a No fee
consultation
Today!**

Proudly Serving
Woodstock
20
Years



Wellington Street
DENTURE CLINIC
By Changing Smiles Changing Lives

62 Wellington Street South
519-533-1919
wsdcoffice@gmail.com
wellingtonstreetdentures.com

ADVERTISEMENT

Next Chapter with **Mellissa King**

Your *Trusted Realtor®* for Life's Transitions



Are you or someone close to you thinking about downsizing? Let's ensure this transition is seamless and enjoyable.

Choose **Mellissa King** for:

- Customized Marketing Strategies: Adaptable plans designed to meet your specific needs, accompanied by competitive commission rates.
- Reliable Network of Professionals:
 - Gain access to trustworthy experts, including painters, packers, organizers, landscapers, handypersons, movers, and tradespeople.

Mellissa King
REALTOR®
519-320-0203



LET'S MEET FOR COFFEE OR TEA! WHETHER YOU'RE READY TO SELL OR SIMPLY EXPLORING OPTIONS, REACH OUT TO ME TO SCHEDULE A CONVERSATION AND LEARN ABOUT YOUR HOME'S VALUE.



WANT TO ADVERTISE HERE?

Contact
Sarah Lindsay at
[sarah@
southgatectr.ca](mailto:sarah@southgatectr.ca)
for information on
Advertising Rates in
this newsletter and in
our weekly email to
members.

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

ADVERTISEMENT

Your Savvy Senior's Realtor

SHEILA BROOKS

Seniors Real Estate Specialist®
Sales Representative



REVEL.

REALTY INC., BROKERAGE

519.421.3240

111 Huron St., Woodstock, ON
sheila@revelrealty.ca



**REGISTER
YOUR
FOURSOME
TODAY!**

**Register at
SGC or on our
website.**



**SOUTH GATE
CHARITY GOLF
TOURNAMENT**



THURSDAY SEPTEMBER 18, 2025

Ingersoll Golf Club \$145/person \$120/South Gate Member



**BROCK AND
VISSER**
FUNERAL HOMES

Master Sponsors

CENTURY 21.
Heritage House Ltd.



**Wellington street
DENTURE CLINIC**
WOODSTOCK

South Gate Centre does not endorse or take responsibility for products / services of these paid advertisers.

ADVERTISEMENT



cedarview
retirement living

**TOUR &
LUNCH**
with us!

CALL TODAY
519.771.4973


Learn more about our
community, meet new
friends & find your new
home!

Your forever home awaits



CedarviewSeniorLife.com

511 Finkle Street Woodstock, Ontario N4V 0C4

Professionally Managed by  **brightwater**



ReImagine Senior Living

South Gate Centre does not endorse or take responsibility for products / services of these paid advertisers.

DONATIONS

Your donation means so much.
Thank you.

FOOD ANGEL PROGRAM

Linda Baker
Ruth Hartley
Gateway Casinos - Woodstock

GENERAL DONATIONS

Wayne Bertrand
Wilma Farr
Richard Skevington
Lorna Materi

ANNUAL APPEAL

Donations to the Annual Appeal will all be recognized in the June issue of the Golden Nugget.

Thank you so much to everyone who has donated so far. Your support is greatly appreciated. The campaign runs until Monday, May 19. All donations receive a tax receipt.

IN KIND

A heartfelt thank you to Sue Nagy for her ongoing donations of butter to the kitchen.

THE ANNUAL SOUTH GATE

Streetfest Cruise

Sunday, July 20

9 am - 2 pm

Dundas St., Woodstock, ON

**Spectators
FREE**

ADVERTISEMENT

Woodstock Memorials



Specializing in the
Personalization of Cemetery
Monuments & Markers

Contact us to schedule an
appointment with a Memorial Counsellor.



2-1057 Parkinson Rd. Woodstock, ON
519-421-2427

jmcmahon@stratfordmemorials.com
www.superiormemorials.com

FREEZER MEALS

AVAILABLE INDIVIDUALLY OR AS PART OF A PACK

NUTRITIOUS AND DELICIOUS. LOCALLY SOURCED.

ENTREES \$6 - \$8

Beef Pot Pie \$7

BREAKFAST – Meat Lover's Skillet \$7

Cabbage Roll Casserole \$6

Chili \$7

Chicken Pot Pie \$7

Chicken Stir-Fry with Teriyaki Sauce \$7

Grilled Salmon \$8

Ham and Scalloped Potato Dinner \$8

Ham Steak with Pineapple Sauce \$6

Honey Garlic Boneless Chicken Wings \$8

Hot Hamburger \$7

Lasagna \$7

Lemon Pepper Haddock \$7

Liver and Onions \$6

Low Carb Sausage & Veggie Bake \$7

Low Carb Unstuffed Cabbage Rolls \$7

Mac n' Cheese \$6

Meatloaf \$7

Pasta Primavera (Vegetarian) \$7

Pulled Pork Mac n' Cheese \$7

Roast Beef Dinner \$8

Shepherd's Pie \$6

Smoked Pork Loin Dinner \$7

Spaghetti and Meatballs \$7

Sweet and Sour Meatballs \$7

Vegetarian Chili \$6

SOUPS - SMALL - \$3

Beef Stew

Butternut Squash

Chicken Noodle

Cream of Turkey Vegetable

Italian Wedding

Sweet Potato Bisque

Split Pea & Ham

Tomato Macaroni Beef

SOUPS - LARGE - \$5

Chicken Noodle

Clam Chowder

Cream of Mushroom

Loaded Potato with Bacon

Upper Thames Beer &

Cheddar

Roasted Red Pepper &

Tomato Bisque

DESSERTS - \$3

Apple Crumble Pie Slice

Baked Lemon Pudding

Caramel Raisin Pudding

Peach Cobbler

Pumpkin Pie Slice or

Sugar-Free Pumpkin Pie

Rhubarb Crisp or

Sugar-Free Rhubarb Crisp

**FILL YOUR
FREEZER
TODAY**

BEST DEAL - A VARIETY PACK

10 entrees of your choice, 5 small soups, and 5 desserts.

\$90



LOCAL ROOTS

The South Gate Kitchen

ORDER 24 HRS IN ADVANCE

Online at www.localrootscafe.ca/collections/frozen-food

Or Call 519-539-9817 for Pickup or Delivery.

Curbside pickup 11:30 am - 12:30 pm

Or in-house pick up 9 am - 4 pm



LOCAL ROOTS

The South Gate Kitchen


519-539-9817

Check out our Frozen Food menu.

www.southgatectr.com/local-roots

Public Welcome
at all locations

May Menu

SOUTH GATE CENTRE		Entree \$9	Eat In or Take Out	
TUE	11:30 am - 1 pm	WED 9 am - 1 pm	THU	11:30 am - 1 pm
April 29	Beef Pot Pie + Side	BREAKFAST WITH BOB & BEV FORMERLY OF MISS WOODSTOCK Omelet \$10 Breakfast \$9 	3	Fish 'n Chips + Coleslaw
6	Shepherd's Pie + Side		8	Grilled Chicken Summer Rice Bowl
13	Pork Loin Dinner		15	Liver & Onions Dinner
20	Beef Lasagna		22	Chicken Pot Pie + Side
27	Meatloaf + Side		29	Salmon Dinner

Mother's Day Brunch & Boutique

Saturday, May 10 9 am - 1 pm \$20 at South Gate

Peameal benny's on an english muffin, Fruit salad, Hashbrowns, Croissants, Coffee/tea
Walk-ins welcome or make a reservation and get tickets in advance.



CULTURAL DINNER MOVES BACK TO SOUTH GATE CENTRE

**WED
MAY
21**

5 pm - 6:30 pm
at
South Gate
Centre

MEXICAN CULTURAL DINNER

- Street corn salad
- Chicken enchiladas
- Slow cooked pork tacos al pastor
- Mexican rice
- Churro Cheesecake bars



Members \$20 Non-Members \$25

**SAT
MAY
24**

CURBSIDE
PICK UP
4 pm - 4:30 pm
at
South Gate
Centre

RIB DINNER

- 1/2 rack of pork back ribs
- Baked potato
- Homemade baked beans
- Coleslaw
- Cornbread
- Dessert



\$20

South Gate Centre



CAFE IS OPEN



MONDAY TO FRIDAY

Coffee, Tea, Grab & Go, Soup,
Sandwiches, Baking & Treats.

JOIN US. EVERYONE WELCOME.



COFFEE or TEA

it's *Always*
FREE

Thanks to
Wellington Street
Denture Clinic.