

GOLDEN NUGGET

JUNE 2025



CELEBRATING SENIORS MONTH



Last ever online 50/50 this month



**SOUTH GATE
CENTRE**

A PLACE TO BELONG

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

WHO WE ARE



Our Vision

LIVE well PLAY well BE well

Our Mission

**SOUTH GATE
CENTRE**

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



**LIKE, FOLLOW,
SHARE AND
COMMENT**

Facebook

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

Instagram

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

Front cover: A collection of photos from our Volunteer Appreciation event.

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
MAY	
Sat May 31	SGC May 50/50 Lottery Closes at 11:59 pm
JUNE	
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
Sat Jun 7	Trails Festival 2025 - TrailWalkers lead 4 km walk. p. 20
Tue Jun 10	LivingWell Talks: Downsizing Your Life and How to be a Good Patient p. 20
Wed Jun 11	NO PROGRAMS AT SOUTH GATE CENTRE
Wed Jun 11	LOCAL ROOTS - No breakfast today.
Wed Jun 11	Ontario Senior Games: Euchre Qualification Tournament p.15
Wed Jun 11	Seniors Month Fitness Marathon at Sally Creek p.21
Sun Jun 15	Happy Father's Day
Sun Jun 15	SGC Cruise-In at DADFEST at Movement Church p.22
Sun Jun 15	South Gate June 50/50 Early Bird Prize Deadline at 9:30 am
Tue Jun 17	"Celebrate Your Story" Social Program p.21
Fri Jun 20	Giant Tiger Woodstock, Fundraising BBQ for South Gate Centre p.22
Tue Jun 24	Get Your Groove On - FREE Dance Class Demo with Dance in Style Studio p.21
Wed Jun 25	Annual General Meeting & Strawberry Social at 4 pm at South Gate Centre
Mon Jun 30	South Gate 50/50 Lottery Closes at 11:59 pm
Tue Jul 1	South Gate June 50/50 Grand Prize Draw at 9 am



SOUTH GATE
CENTRE

ANNUAL GENERAL MEETING
WEDNESDAY JUNE 25 AT 4 PM
at South Gate Centre

Strawberry Social to Follow



*It's not the years in your
life that count, it's the life in
your years." - Abraham Lincoln*



Happy Seniors Month!

CONSTRUCTION UPDATE



Elgin Contracting has been working hard to make up for time lost due to earlier weather delays. Here's a quick update on their progress:

- The installation of green rigid foam insulation is now complete.
- Roof construction is well underway and progressing nicely.
- All concrete work—including the main foundation slab—has been poured (see photo above), allowing interior work to accelerate.
- Electrical and other rough-ins are currently in progress.
- With summer weather on our side, construction is expected to pick up even more, and observers will start to see visible progress day by day.

PROGRAMMING UPDATE

We're Back — With a Little Extra Buzz!

Most programs have now returned to South Gate Centre, and we're so excited to welcome you back!

While construction is still underway, parking is a bit limited—so if you're able to carpool with a friend, we'd really appreciate it.

Thanks for your patience as construction continues! Only a few more months!

- No Programming on Thursdays at Sally Creek for the summer
- Totally Body Workout has been cancelled for now.
- Monday, May 26th ALL PROGRAMS FROM REEVES COMMUNITY CENTRE MOVED BACK TO SOUTH GATE CENTRE
- Wednesday, June 11:
 - OSGA Qualifying Euchre Tournament at South Gate Centre. pg.15
 - All Programming Moved to Sally Creek
- Wednesday, June 18 – Morning Fitness Programming Cancelled

LOCAL ROOTS UPDATE

- No breakfast on Wednesday, June 11.
- Cultural Dinners will resume in September.

MEMBERSHIP AT SOUTH GATE CENTRE

2025 Membership Rates

ALL-INCLUSIVE MEMBERSHIP	2025 RATE
Pre-authorized debit	\$25/Month
June 2025 - December 2025	\$150

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

*Does NOT Include Registered Programs

All Other Drop-In Programs

\$5/Activity/Day

WELCOME NEW MEMBER

Brad Gillett



**AGING IS NOT A CURSE BUT A
PRIVILEGE, AND THE GOOD NEWS IS
THAT WE CAN ALL BECOME BETTER
VERSIONS OF OURSELVES WITH AGE."**
– MARY BUCHAN



ANNUAL APPEAL DONATIONS

OUR 2025 ANNUAL APPEAL FUNDRAISING CAMPAIGN TOTAL IS



\$13,508.87

THANK YOU!



Anonymous (4)
Marie Aucoin
Linda Baker
Sharon Baker
Nancy Berg
Alice Bingham
Robert Blackwell
Florence Blakeley
Elizabeth Brekelmans
Grace Bruines
Allan Campbell
Phil Chambers
Gil Charters
Diane Clark
Dave Clarke
Jan Clifton
Lion's Club of Woodstock
Mariya Cooper
Susan Cote
Sandra Crozier
Catherine Currie
Cathie Davies
Judy Dent

Cheryl Douglas
Shirley Drew
Patricia Foord
Ruth Hartley
David Hilderley
Anne King
Guy LaPlante
Connie Lauder
Linda Lee
Sarah Lindsay
Gwen Marchant
Lorna Materi
Pat McFarland
Bonnie McVicar
Madeleine Mitchell
Suzanne Nagy
Karen Palmer
Dave Parker
Ann Pearce
Ellen Peeters
Lorraine Petrie
Gwen Pooley
Lavy Purola

Marion Raddatz
Donna & Rick Rose
David Schell
Merv & Jean Scott
James Seabrook
Carol Tabor
Barry Tate
Karmelle Taylor
Chuck Toplis
Diane Vanmeer
Easy Way
Beverley & John Weaver
Wellington Street Denture
Clinic
Ted Wettlaufer
Paulette Whiteford
Paul Whitehead
John Wilkins
Heather Wilks
Marie Wood
Case & Antoinette Ypma



COMMUNITY FUNDRAISING



A Sincere Thank You to Little Caesars Woodstock and YOU!

We extend our heartfelt thanks to Little Caesars Woodstock for their incredible generosity during our first fundraising day on May 6.

Thanks to the 37 orders placed using South Gate Centre's name—and Little Caesars' added contribution—\$350 was donated to support our programs and services.

We are truly grateful for this wonderful show of community spirit and support from you and great companies like this. These partnerships help us continue making a difference in the lives of older adults in Woodstock.

Thank you, Little Caesars, for being a valued part of our South Gate family!

DONATIONS

CAPITAL DONATIONS

Christine Uchacz
Deanna Jasmins

FOOD ANGEL PROGRAM

Linda Baker
Gateway Casinos - Woodstock

GENERAL DONATIONS

Ross McElroy
Lorna Materi
Vuteq Canada
Rick & Donna Rose

IN MEMORY OF

In Memory of Carl Braun:
Billiards Group
Karen & Chuck McIntyre
Ron & Carol Boyse
Anne Holdsworth

In memory of Joseph Roy Cote:
Susan Cote

In memory of Pat Singler:
Marion Raddatz

Thank you for your donations!

EXECUTIVE DIRECTOR'S MESSAGE

June has arrived, and with it, a special time of year that fills my heart with pride and gratitude—Seniors Month in Ontario! This year's theme, "Fit, Active, and Healthy Seniors," couldn't describe our vibrant community better. Each day, I am inspired by your energy, kindness, resilience, and zest for life.



As your Executive Director, I want to take this moment to extend my deepest thanks for your continued support, patience, and encouragement—especially during this exciting (and yes, sometimes noisy!) construction phase. Your understanding and positivity during this time have meant the world to our team. Just remember, "this too shall pass"—and in just six short months, we'll be enjoying a brand new space filled with music, laughter, movement, creativity, and connection. Imagine dancing, painting, exercising, playing cards and billiards, sipping tea, enjoying fresh baking, and socializing—all under one roof!

June is bursting at the seams with complimentary programs and activities to keep you moving, learning, and connecting. There are too many to list here, so I encourage you to read this newsletter cover to cover—you won't want to miss a thing!

And don't forget—our Annual General Meeting is coming up on Wednesday, June 25th, and we would love to see you there. It's a chance to hear the latest updates on your Centre, celebrate what we've achieved together, and look ahead to an exciting future.

Thank you for being the heart of this Centre. I truly love what I do, and it's all because of you—our amazing members. Here's to a month of celebration, connection, and continued joy.

See you at the Centre!

Chris Cunningham

CANADA SUMMER EMPLOYMENT GRANT

We are excited to welcome Ryan McNamara to the team. Ryan is working with us for 9 weeks thanks to a grant from the federal government.

Ryan shares, "I'm excited to be part of the South Gate Centre team this summer. I'm currently a student at Western University studying Philosophy and Public Policy, with a strong interest in working in the non-profit and community service sector. I'll be helping with marketing, design, and social media projects around the Centre. I look forward to meeting and working with all of you!"



MEMBERS' COMMITTEE MESSAGE

As we celebrate Seniors Month this June, we're grateful for the special recognition the province gives to older adults and the meaningful contributions we all make to our communities. Like you, the Members Committee deeply values the many ways South Gate enriches our daily lives.

Here are a few recent highlights of what we've been involved in:

- **Grand Reopening Planning:** We're part of the Steering Committee planning several exciting events to celebrate the completion of our new facilities. These events will welcome both our members and the broader community and we expect there will be many opportunities for all interested volunteers among you as we implement these plans.
- **Volunteer Connections:** We continue to work closely with staff to build a volunteer database. This will help us better connect with those who've expressed interest and match you with opportunities that align with your preferences.
- **Your Feedback Matters:** Whether through conversations or the suggestion box, we continue to share your ideas and feedback with staff and the board. Your voice is important, and we're always listening.

Please keep in touch.

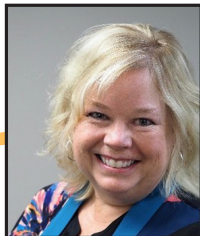
Warm regards,

Dave Clarke

Chair, Members Committee



Dave



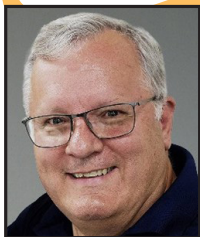
Jodi



Mike



Heather



Guy



Bev



Linda



Judy

SPECIAL EVENTS COMMITTEE MESSAGE



Greetings from the team!

June is here — bringing sunshine, longer days, and the excitement of getting one step closer to our newly expanded building. We can't wait to explore it with you!

Mark your calendars:

- June 15 – Dadfest Car Show at Movement Church
- July 20 – Streetfest Cruise on Dundas Street
- August 19 – Monthly Car Show at Movement Church
- September 16 – Monthly Car Show at Movement Church

Stay tuned for more details — summer's just getting started!

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

Got an idea for a future special event or feedback on a past event, let us know by putting your written idea in the SUGGESTION/COMMENTS BOX located near the check-in desk at South Gate Centre or email me at rose.rick85@yahoo.com.

PROGRAM & VOLUNTEER COORDINATOR MESSAGE



June is here, and with it comes the vibrant energy of Seniors Month in Ontario—a time to celebrate the incredible contributions, spirit, and strength of our 50+ community. We're already feeling that energy as we gear up for summer with the launch of our baseball and golf leagues, and we continue to look ahead with excitement toward our upcoming expansion.

This month also marks a shift in our programming. With our satellite sites unavailable over the summer, many of our activities are returning to South Gate. That means more programs, more people... and yes, more cars. Our space will be buzzing—and at times, tight.

We know it won't be easy. Parking will be limited, and things may feel a bit crowded. But as we navigate this together, let's lead with patience, understanding, compassion, and consideration—the values that make this community so special.

A heartfelt thank you to all our volunteers and members for your flexibility and support. The finish line is in sight—and we're getting closer every day.

Here's to a meaningful, active, and connected June!

SGC Volunteer Legacy Award - Nancy LaPlante



Over the past year, Nancy has contributed more than 1,100 hours to South Gate Centre. Her list of contributions certainly paint an elaborate picture.

She leads our volunteer fitness team, has been the guiding hand behind our Best U Health Expo for eight years, taken on leadership for Streetfest Cruise, and is a key member of our Special Events Committee.

Volunteers naturally want to work with her — not just because of what she gets done, but because of how she does it. With clarity. With compassion — the kind of person who lifts others quietly, consistently, and powerfully. With a genuine love for this Centre and its people.

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>.

EDUCATION

LIVING WELL TALKS (previously Lunch & Learn)

DAY	TIME	LOCATION
Tuesday, June 10	1 pm – 2:30 pm	Sally Creek C.C.
Downsizing Your Life with Monica de Wit & Your Oxford Connection		

Tuesday, June 10	3 pm – 4:15 pm	Sally Creek C.C.
Being a Good Patient as You Age with Dr. Amber Macleod		

You don't want to miss these! MORE INFORMATION ABOUT THESE ON PAGE 20-21.

PRE-REGISTER at the Front Desk by June 6! You can still attend if you sign up afterwards.

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.

REGISTERED PROGRAMS

FITNESS

BEGINNER NORDIC POLE WALKING

Instructor: Deanna Jasmins
Session 1: June 6 - 27 (4 week session)

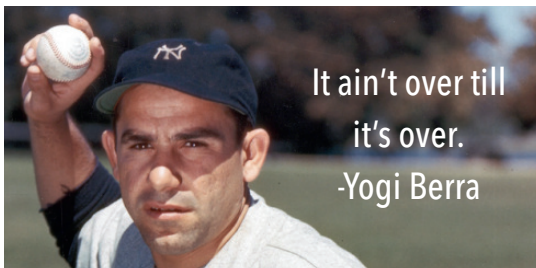
DRESS FOR THE WEATHER.
Session 2: July 4 - 25

DAY	TIME	LOCATION
Fridays	10 am	Meet at Local Roots Cafe

FEE
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.



FUN LEAGUES - EVERYONE WELCOME

BASEBALL (LOBBALL)

We have 3 full teams ready to go to represent South Gate for the 2025 Lobball season. Be sure to come out to watch the games and cheer them on Tuesday mornings - 9:30 am at the Southside Park Ball diamonds.



REGISTERED PROGRAMS

GOLF LEAGUE

Our ever-popular golf league is in full swing, once again with 120 golfers now teeing off on Thursdays and enjoying the beautiful spring weather at Creekside Golf Club. We are super excited to hear about all their hits and misses as they go through the season!

If you are still interested in joining the league, please contact the front office or reach out to Evelyn Hetherington at play_time@rogers.com.

DAY

Thursdays

DATES

NOW - September 19

TEE TIME FROM

8 am to 10 am

LEAGUE FEES - Register at South Gate Centre

SGC Members \$35 (HST included)

Non-Members \$50 (HST included)

League Fee includes the end of the season banquet – meal and prizes \$23 – 9 holes or \$34 with a cart. Cash paid weekly at the golf course.
End of Season Banquet – Thursday, September 25



"The greatest thing about tomorrow
is, I will be better than I am today."

-Tiger Woods

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.

June 6

River Trail*

June 20

Pittcock North Shore

June 13

Beachville

June 27

Tollgate

See p. 20 for info about
a fun 4km walk that
we've been invited to
lead. Come join us!

DROP-IN PROGRAMS

CASUAL CORNHOLE

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.

"GOOD FOR THE SOUL" Social Program

BOCCE BALL FUN TOURNAMENT

DAY	TIME	LOCATION
Friday, June 20	1 pm – 3:30 pm	Southside Park

Good for the Soul has moved outdoors for the summer months!! Join us at South Side Park (in the pavilion near the play ground). We are going to begin our Bocce Ball Fun Tournament. You don't need to know how to play bocce you need to know how to laugh and have fun!! Come rain or shine and bring your lawn chair. See you there

SGC BOOK CLUB

BOOK CLUB



DAY	TIME
Thursdays June 12, July 17 & August 14	1 pm – 3 pm

Come join our group of passionate readers!

June is a great time to join us as we are asking that people bring a FAVOURITE BOOK to share in a rotating BOOK TALK format.

For more information about this group, email jodizie@hotmail.com.



ONTARIO SENIOR GAMES - EUCHRE

This June, South Gate Centre is hosting the Euchre Qualification Tournament for the Ontario Senior Games. More information is available below if you are interested in playing.

The Ontario Senior Games Association is welcoming and inclusive of all Ontarians 55+ looking to join in friendly local competition with the opportunity to progress to Provincial and National competitions in the sport or activity of your choice! With over 30 geographic Districts, they have over 36 sanctioned events that are sure to entice you no matter where you reside or what you are into. They are always looking to include more participants, volunteers and supporters, contact them today to get involved in the fitness and fun of the OSGA Games. For more information <https://osga55plus.ca>.

Euchre Qualification Tournament - Wednesday, June 11

Registration: 9:30 am Games start at 10 am \$20/person open to all!

Location: South Gate Centre

If you wish to play in the tournament you must also register with the OSGA: \$15, which can be paid the morning of the tournament along with your registration fee for the tournament.

Tournament will follow OSGA rules.

Six games played in the morning (20 minute rounds).

Lunch provided with morning snacks.

Six games in the afternoon (20 min rounds).

Partners to play together in the first round of each session.

First place will qualify for the Ontario Senior games in Sudbury - Aug. 5 – 7

See website for other events in our area! <https://osga55plus.ca>.

Questions? Contact Jackie at jackidavison@yahoo.ca.



UPCOMING BUS TRIPS

Book Early To Avoid Disappointment

Day in Port Dover

A fab end-of-summer trip on a luxury motorcoach Including a step-on guide in the morning with lunch at the Erie Beach Hotel. In the afternoon, enjoy The Lighthouse Festival Theatre's current show – Here on the Flight Path.

Set on adjoining balconies in a big city apartment building, the play follows John Cummings as he interacts with three women – Fay, Angel, and Gwen, who become his neighbours over a three-and-a-half year period. Hilarious and, at times, touching. A true Foster delight.

WED SEP 10
10 AM - 5:30 PM

Member \$145
Non-Member \$155

2 Fallsvew Casino Bus Trips

Niagara Falls

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



FRI JULY 18
(75% SOLD OUT)

and **FRI SEP 19**
(BOOK EARLY)

9 AM - 6 PM

Member \$50
Non-Member \$55

BLUE JAYS
VS
TAMPA BAY
Toronto



SAT SEP 27
11:30 AM - 8 PM

Member \$140
Non-Member \$150



Bus Trip tickets are
transferrable; not
refundable.



BOOK AT
South Gate Centre or Sally
Creek Community Centre or
Call us 519-539-9817

The Last Ever

50



50

Do you have the Golden Ticket?

*Send-off Special
700 tickets for \$50*

Final Grand Prize Deadline

11:59 pm Mon June 30

It's the Farewell 50/50 - One Last Chance to Win Big!

BUY TICKETS AT WWW.SOUTHGATE5050.COM

or at South Gate Centre in Woodstock

Licence No.: RAF1443117



SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY	TUESDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
9:30 - 10:30 am Full Standing Fitness	9:30 am - 10:30 am Stretch
11 am - 12 Noon Seated Fitness	9:30 am - 11 am Baseball R
1 pm - 3 pm Darts	11 am - 12 pm Seated Fitness
1 pm - 4 pm Euchre	1 pm - 3:30 pm Beginners Billiards - 8 Ball
R Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.	1 pm - 3:30 pm Casual Cornhole
	1 pm - 4 pm Progressive Pepper
	5 pm - 9 pm Billiards - Snooker
	6 pm - 9 pm Come Dancing

SALLY CREEK COMMUNITY CENTRE 330 Lakeview Drive	TUESDAY
H = Hall L = Lounge	8 am - 9 am Good Morning Yoga R H
	9:30 am - 10:30 am Chair Yoga R H
	10 am - 12 pm Cribbage L
	6 pm - 10 pm Bid Euchre H

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights	8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Beginners Billiards 8 Ball	9 am - 12 Noon Billiards - Snooker
10:45 am - 11:45 am Stability Ball Bring your own ball.	9 am - 12 Noon Golf League 	9:30 am - 10:30 am Full Standing Fitness
1 pm - 4 pm Progressive Pepper	10 am - 11 am Men's Coffee Club	1 pm - 3:30 pm BINGO
JUNE 11 - FITNESS MOVED TO SALLY CREEK COMMUNITY CENTRE SEE P.21 JUNE 18 FITNESS CANCELLED JUNE 25 PEPPER 1 pm - 3 pm	10 am - 11 am WOW Wellness Over Weight 	PROGRAM GUIDE For a complete description of the classes, pick up a Program Guide or visit www.southgatectr.ca/programs .
	11:15 am - 12:15 pm Seated Fitness	
	1 pm - 4 pm Euchre	
	5 pm - 9 pm Billiards - 8 Ball/Snooker	
	7 pm - 10 pm Bingo - Lions Club	



Help Keep Parking Accessible

We've added additional accessible parking signage to the right of the driveway to support members with mobility challenges—but signage alone isn't enough. We're kindly asking all members who are able-bodied to consider parking a little farther away—or even in the adjacent park lot or on Victoria St. It's a simple, healthy choice that can make a big difference for someone who truly needs a closer spot.

Thank you for making South Gate Centre welcoming and accessible for everyone!

FREE PROGRAMS FOR SENIORS MONTH



FREE COMMUNITY BBQ

in celebration of Seniors' Month

**FRIDAY JUNE 6
AT NOON**



BBQ sponsored by
CENTURY 21.
Heritage House Ltd.



**SOUTH GATE
CENTRE**

Southside Park, Bandshell Pavillion
near children's playground.

Bring a lawn chair if you have one.

TRAILWALKERS 4K WALK

**Saturday, June 7
Pittock North Shore**

Trails Festival 2025 — 10 am

Grab your friends, family and your own two feet for a hike during Oxford County's premier Trails Festival during Seniors Month! This year SGC's Trail-Walkers are leading a walk starting at Pittock Park North Shore - North on 59 to Pittock Park road, parking lot inside the park. The walk should last about one hour. Dress for the weather - Bring good walking shoes and water.

LIVE WELL TALKS

**Tuesday, June 10
Sally Creek Community Centre**

1 pm – 2:30 pm Rightsizing Made Easy: Helping To Simplify Your Move
Monica de Wit & Your Oxford Connection

Join us for a free Downsizing Seminar designed specifically for seniors and their families, hosted by HUGO and Company and Your Oxford Connection. This informative session will walk you through every step of the transition—from sorting belongings to selling your home—offering practical tips, expert advice, and trusted local resources. Whether you're planning a move now or in the future, learn how to make downsizing simpler, less stressful, and more manageable.

3 pm – 4:15 pm Being a Good Patient as You Age - Dr. Amber Macleod
Reprising her incredible talk from Best U Health Expo. Learn about how to advocate for yourself in the midst of an overburdened health care system. Dr. Macleod gives practical advice on best practices, important tests and age appropriate milestones to keep in mind as you prepare to visit your medical practitioner.

REGISTER AT THE FRONT DESK.

EVERYONE WELCOME TO THESE PROGRAMS

SENIORS MONTH FITNESS MARATHON

Wednesday, June 11
Sally Creek Community Centre

8 am - 12 noon 40 minute classes

8 am - 8:40 am Why Weight Sheila Picknell
Bring weights

8:50 am - 9:30 am Stretch on the Floor Elizabeth Brekelmans
Bring mat and theraband

9:40 am - 10:20 am Stability Ball Karmelle Taylor
Bring mat, large stability ball and weights

10:30 am - 11:10 am Seated Fitness Nancy LaPlante
Bring theraband

11:20 am - 12 noon Seated Stretch Nancy LaPlante
Bring theraband

CELEBRATE YOUR STORY

Tuesday, June 17 at 1 pm
Sally Creek Community Centre

Social Afternoon

Join us for an uplifting afternoon of reflection, connection, and celebration. Celebrate Your Story invites you to bring a photo of your younger self and a short story to share. We'll chat about honouring our life journeys, how to celebrate where we are at, and enjoy light refreshments together. Take home a meaningful project: write a letter to your younger self. A beautiful way to reflect, connect, and celebrate you.

GET YOUR GROOVE ON

Tuesday, June 24
Sally Creek Community Centre

Try a FREE Adult Dance Class Demo!

1:00 pm – 2:15 pm

Move, groove, and express yourself with a fun, no-pressure dance class designed for older adults with instructors from Dance In Style Studio in Woodstock! This free demo will introduce you to jazz, hip hop, and lyrical styles each in 20 minute segments — all adapted for every level of experience. Come for the music, stay for the joy!

REGISTER AT THE FRONT DESK.

COMING EVENTS

SOUTH GATE PRESENTS

MONTHLY CRUISE-IN

MOVEMENT CHURCH

65 Lansdowne Ave

Show Cars | Big Rigs | Military Vehicles



Sunday, June 15 9 am - 2pm
DADFEST FREE FOOTLONGS & ROOTBEER

FOOD DONATIONS ACCEPTED for Seniors in Food Crisis and
FINANCIAL DONATIONS for SGC's Food Angel Program



Tuesdays,
Aug 19 | Sep 16
5pm - 8pm

Weather Permitting

MUSIC by
DJ Dave Melchert

FOOD by
Todd's Dogs

PRIZES



SOUTH GATE CENTRE

519-539-9817



BBQ FUNDRAISER

FRIDAY JUNE 20
11 AM - 2 PM

Hotdog & Drink

Give what you can.

**All proceeds go to South Gate's
Food Services for Seniors.**

at

**GIANT
TIGER**

930 Dundas St, Woodstock



COMING EVENTS

THE ANNUAL **Streetfest** **Cruise** FREE ADMISSION



Sunday, July 20
9 am - 2 pm

Downtown Woodstock
Classic cars, prizes, 50/50 draw,
music, food trucks - \$10 entry.



SOUTH GATE
CHARITY GOLF
TOURNAMENT



THU. SEPT. 18, 2025
Ingersoll Golf Club

18 holes, Scramble, Lunch,
Cart, Snacks, Prizes, Dinner,
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 **Members \$120**
Non-Members - \$145

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RECENT EVENTS

VOLUNTEER APPRECIATION

What an incredible evening! We came together to celebrate the heart of South Gate — our volunteers — and it was clear from the smiles, laughter, and heartfelt conversations that the appreciation was deeply felt.

The night was filled with joy, gratitude, and a few special touches to honour the time, energy, and love our volunteers give throughout the year. The feedback has been overwhelmingly positive — and we're so glad everyone left feeling valued and celebrated.

Thank you, volunteers, for all that you do. South Gate simply wouldn't be the same without you!



MEMORIES OF MOTOWN

What a night! Memories of Motown brought the soul and sound of a musical era to life with incredible live vocals and a captivating video showcase of Motown's legendary history and artists. Approximately 60 of our members and friends enjoyed the show, along with delicious light buffet treats generously provided by Local Roots.

A heartfelt thank you to our amazing volunteers and talented performers who made the evening so memorable!

This event raised \$525.00 for South Gate Centre.



RECENT EVENTS

MOTHER'S DAY BRUNCH & BOUTIQUE

This year's Mother's Day Brunch & Boutique was a warm and joyful celebration, as families and friends came together to honour the special moms in their lives. Guests enjoyed a delicious eggs benedict buffet, and many found thoughtful treasures and gently loved gifts in our boutique — all generously donated by members.

A huge thank you to our volunteers, especially those who gave their time over Mother's Day weekend.

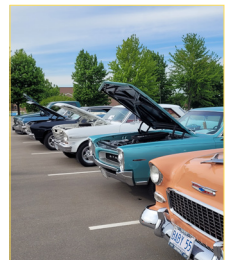
Although this year's event was scaled down due to ongoing construction, the spirit of celebration and appreciation was stronger than ever. We raised \$2,773.00. We're already looking forward to next year's full return!

SGC MONTHLY CRUISE – IN

The classics were rolling in to kick off this season's first Monthly Cruise-in. This year we've partnered with some fantastic community supporters! We're hanging out in a smooth parking lot thanks to Movement Church on Lansdowne, Todd's Dogs is serving up the good eats, and Dave Melchert has us bopping to classic hits and tunes! We loved seeing all the classic cars as they came rollin' in - showing off their style.

Be sure to make it out to our next cruise on Sunday, June 15 as we join Movement Church for their DADFEST starting at 10am. Free rootbeer and hotdogs at this event.

The next evening cruise-in will be Tuesday, August 19.





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

MEMBERS ON DUTY



**PATRICE
HILDERLEY**



**MARILYN & JOHN
MARTIN**



**PHIL
CHAMBERS**

Patrice Hilderley – Patrice has been an incredible supporter of South Gate in a variety of ways, mostly behind the scenes. She is the Treasurer on the Board of Directors and the Capital Build Fundraising Campaign and is the chair of our Finance Committee. She brings a wealth of knowledge and experience to the team that adds true value and accountability to so much that we do as a charity and a community contributor.

Marilyn & John Martin – One of South Gate's dynamic duos! Both John & Marilyn are long-standing volunteer members, currently on the Special Events Committee. They are constantly looking for ways to improve what we do and how we do it. If Marilyn wasn't "just thinking", you'll find her volunteering at our Friday Bingo program or working alongside John selling 50/50 tickets at any one of our events!!

Phil Chambers – New to our ranks, Phil has stepped up as part of our COBB Squad. Weekly, he and a small team head over to COBB's Bread to pick up the Food Donation that has been one of the more visible aspects of South Gate's Food Rescue initiatives. We are so grateful for his volunteer support.

"I GOT SUNSHINE ON A CLOUDY DAY..." – THE TEMPTATIONS, "MY GIRL"



DOLLARS AND SENSE

Donating Mutual Funds and Stocks - The 'Other' Benefit!

Each year, million's of Canadians reach into their pockets and give to organizations which hold a special place in their hearts. Most often, individuals gift cash, either that they've accumulated in their bank account, or by selling investments then gifting the proceeds to the charity. However, did you know that there are special tax rules which can make a donation less taxing to you? Let me explain, but don't worry...we'll keep it simple for now. We just want to get the general idea to you.

Let's imagine you have shares/stocks or mutual funds which you've owned for a while and these are held outside of your RRSP, RRIF or Tax Free Savings Account. Let's also imagine you paid \$25,000 for these investments, and they've grown in value to \$50,000. This means you have an unrealized gain of \$25,000 (unrealized, because you haven't sold the investment yet).

Let's now imagine you've decided to make a large donation of \$50,000 to that special charity. You have two options. One, you can sell the investments and give the cash to the charity. Doing so will trigger that capital gain, which will result in tax payable.

Option two is to give the shares directly to the charity. That means transferring the actual investment from your name to the charity without physically selling it. Here's the benefit: when investments are transferred directly to a charity, there is NO capital gain triggered, so there is NO tax payable!

Under both scenarios, you will receive a tax receipt for the full value of the donation. Option 2 leaves more money in your pocket.

Everybody's situation is unique, so your individual circumstances need to be considered. If you have shares/stocks or mutual funds and are thinking about making a contribution to a charity, talk to your financial or tax advisor about the best option for you.

Jeff Workman
Financial Advisor
Investment Planning Counsel
jworkman@ipcc.org
519-539-2076

The information in this publication should not be relied on as a basis for any decision or action and should not be used as a substitute for professional advice such as legal advice or tax. You should seek independent legal and/or tax professionals to get advice regarding your personal circumstances.

MARILYN'S MUSINGS

"Never stop learning because life never stops teaching." – Unknown

What is lifelong learning? It has been described as "the ongoing, and self-motivated pursuit of knowledge for either personal or professional reasons." Once you retire, learning takes on a new focus. There's no need anymore to upgrade your skills for your job or profession. Retirement hours are yours to do with as you please, yet most retirees don't want to stop learning. I'd spent decades either taking or teaching courses but when I retired in 2008, those days were done. I still craved the social interaction, the personal development, the need to stay active and informed. That's when I discovered Learning Unlimited. Started in 1982, it was a vision of Eva Latham, who retired as Executive Director of the Woodstock YWCA in 1975. She saw a lack of educational and intellectual opportunities for seniors in our area. So, together with the help of five of her closest friends, she began organizing Learning Unlimited. Eva believed that "using the mind preserves it."

Seniors wanted speakers who made them think and topics that dealt with their needs. Sixty people signed up for a \$5 fee. The first eight-week session began on Wednesdays in the fall of 1982 with three speakers each week. Lunch was available for \$2.50.

Over time, Learning Unlimited has grown from sixty members to more than 350. Forty years after its inception, LU became part of South Gate in 2022 and is now one of the Centre's most popular and highly successful programs. A perfect fit – intellectual stimulation for older adults combined with SG's mission of promoting wellness to fill one's mind, body and soul. While the Centre has been under construction, LU has been held at Movement Church where the fall session is scheduled for early November. The spring session ended on May 7th. Now there is one speaker in the morning and one in the afternoon. The price to join is \$50 for South Gate members and \$60 if you're not. A meal plan is in place for \$80 or a daily cost of \$12 per session. Meals are prepared by Local Roots, so they are not only delicious, but nutritious. It was announced on the final day that it will return to the Centre for the spring session where there will be room for 450 people. How far we've come!

I can attest to how popular Learning Unlimited is. A few years ago, I missed the sign-up deadline and was on a waiting list for two years. It is a fantastic program, well organized, very informative, well loved and highly recommended. To learn more, go to the South Gate website and you will find the history of LU and the story of Eva Latham, an incredible woman. Can't wait for the fall session. Hope to see you there. In the meantime, I will be golfing in the SG league – still learning!

Until next time....

Marilyn

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.

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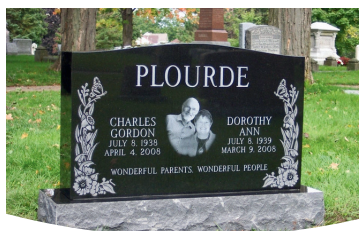
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Grilled Salmon \$8

Ham and Scalloped Potato Dinner \$8

Ham Steak with Pineapple Sauce \$6

Honey Garlic Boneless Chicken Wings \$8

Hot Hamburger \$7

Lasagna \$7

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Liver and Onions \$6

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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

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Baked Lemon Pudding

Caramel Raisin Pudding

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Rhubarb Crisp or

Sugar-Free Rhubarb Crisp

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The South Gate Kitchen





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Public Welcome
at all locations

JUNE 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
3	Honey Garlic Chicken & Rice	 <p>BREAKFAST WITH BOB & BEV FORMERLY OF MISS WOODSTOCK Omelet \$10 Breakfast \$9</p>  <p>No breakfast June 11</p>	5 Reuben & Soup or Salad
10	Chicken Caesar Salad & Garlic Bread		12 BBQ Hot Dogs & Hamburgers. Assorted Salads
17	Mac n Cheese & Salad		19 
24	Porkloin Dinner		26 

Celebrate Dad!



RIB DINNER - SAT JUNE 14

\$20

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

CURBSIDE PICK UP 4 - 4:30 PM

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Wednesday
July 23
12 pm - 2 pm

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South Gate Centre



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