GOLDEN NUGGET

MAY 2023

SOUTH GATE CENTRE
FOR ACTIVE ADULTS

50 SOUTH GATE CENTRE 50

You have to be in it to win it!

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 is a registered Canadian charity.

South Gate Centre Board of Directors

Co-Chair: Linda Baker
Co-Chair: Kathy Deweerd
Treasurer: Chad Williams
Members Committee Liaison: Judy Grimson
Patrice Hilderley
Connie Lauder
Cristian Lagos
Dianne Reeves-Denby

South Gate Centre Members Committee

Chair: Dave Clarke
Board Liaison: Judy Grimson
Secretary: Guy LaPlante
Larry Baer
Carol Egan
Jean Hilton
Nancy Jarrett
Bev Rajani
Heather Wilks

Your Members Committee can be identified by their silver name tags.

They are always happy to answer questions and hear your suggestions or concerns.

Suggestion box located by check-in desk. Have an idea for programming or a suggestion? Put it in the Suggestion Box.

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.

MAY CALENDAR-AT-A-GLANCE

Tues. to Fri. 11:30 am to 1 pm	Daily Lunch Specials Offered by Local Roots (back cover)
Mondays	Cops & Rodders Cruise - Starting May 15 5pm - 7pm
Thursdays	Lion's Club BINGO 7 pm (Public welcome)
May 4	Fallsview Casino Bus Trip
May 5	50s and 60s Dance Party with Rob and the Rydells
May 10	Door Decor Workshop
May 11	Golf League Starts (pg. 12)
May 12	Mother's Day Afternoon Tea
May 13	Garden Extravaganza with Baking & BBQ 9 am - 1 pm
May 13	Local Roots Chicken & Rib Dinner see back cover
May 14	***Happy Mother's Day***
May 15	50/50 Early Bird Draw $500 courtesy of Easy Way
May 18	The Ultimate Power Trip - Bus Trip
May 22	**Victoria Day - South Gate Centre is closed. See you at the parade.**
May 23	Baseball League Starts (pg. 12)
May 31	Last Day to buy 50/50 May Lottery Tickets
June 1	South Gate 50/50 Grand Prize Draw at 9 am
June 2	Seniors BBQ - FREE
June 7 & 14	Home DIY with Jason (more details coming)
June 8	Tea & Tarts Musicares Concert 1 pm - 3 pm
June 9	From the Inside Out Wellness Expo (more details coming)
June 11	Blue Jays Bus Trip
June 13	Menopause the Musical Bus Trip
June 14	Financial Wellness - by FirstOntario Credit Union
June 14	South Gate Centre Inc. Annual General Meeting 3 pm
June 16	Standing Room Only Theatre Night
June 21	Lunch & Learn - Fraud Presentation by FirstOntario Credit Union
June 28	Fitness Marathon (more details coming)

MEMBERSHIP AT SOUTH GATE CENTRE

2023 Membership Rates

TYPE OF MEMBERSHIP	2023 FEES
All-Inclusive (MAY - Dec.)*	$135
All-Inclusive (3 months)	$60

Pay in full, online or in person. Credit/Debit/Cheque/Cash.

* Can be paid in monthly installments (pre-authorized debit) at $18 month.

Member are required to wear their SGC name tags when in the Centre. Those without will be assumed to be a non-member.

MEMBERSHIPS ARE NON-REFUNDABLE.

All-Inclusive membership includes all programs with the exception of Registered Programs.

NEW MEMBERS ARE ALWAYS WELCOME. Interested in a tour? Call ahead to book a tour, or drop in and we will show you around. You can also drop-in and try a class.

SPECIAL MEMBERSHIP ADVANTAGES

MEMBER PRICES for Registered Programs and 10% Off Room Rentals at South Gate Centre.

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

Klassx Performance Auto Centre -10% discount off regular shop charges, parts and labour. Does not apply to specials or oil changes.

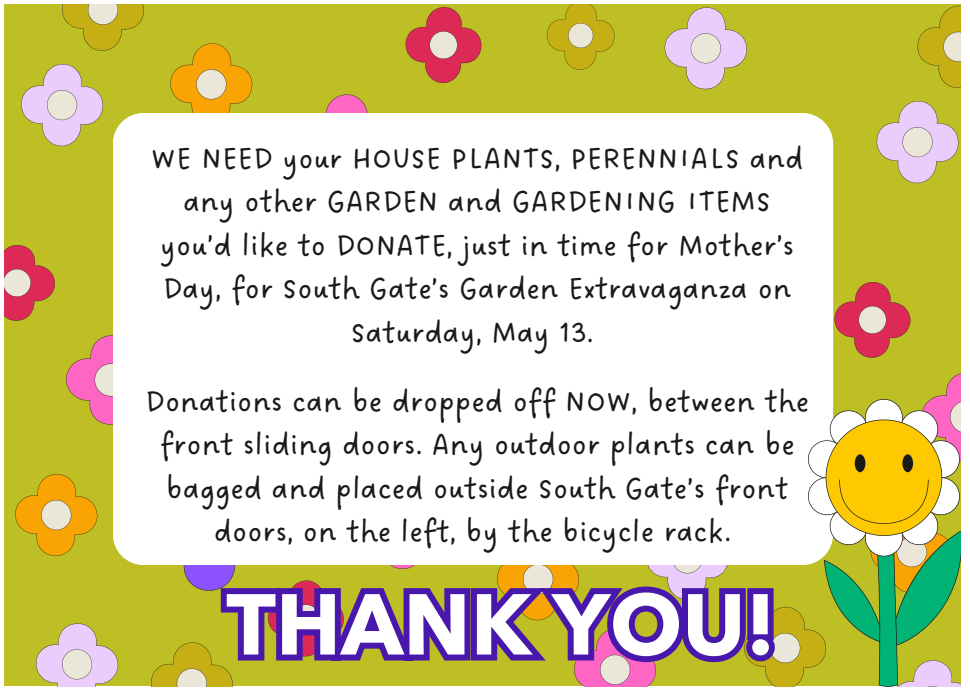
The Hallmark Shoppe/The Card Shoppe - 10% off regular priced merchandise.

Mackey Moving - 10% off for South Gate members.

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

Action Wellness - 10% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, and pocketed bras.

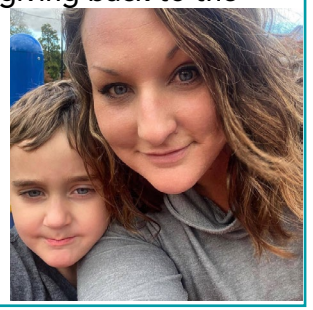
GARDEN EXTRAVAGANZA - MAY 13



WELCOME JILLIAN VANDEN BEUKEL

Hello Members! My name is Jillian Vanden Beukel. I am the new Office Coordinator here at the fabulous South Gate Centre. I was born and raised in Norwich, lived for a few years out in Alberta, and now reside in beautiful downtown Woodstock with my son Mason and two rescue dogs.

My passion has always been to give back to my community. I have worked for many charities including: the Calgary Humane Society, Shock Trauma Air Rescue Society, the Ronald McDonald House and St Mary's General Hospital Foundation. I'm super excited to join the South Gate gang because it means I will be giving back to the community in which I live. An opportunity I couldn't pass up!



Thank you to everyone for such a warm welcome. I look forward to greeting you with a big smile at the front desk. Please pop by and say hello!

Kindest regards,
Jillian

BOARD OF DIRECTORS' MESSAGE

Over the past couple of months, I've had the opportunity to meet many of you and look forward to more opportunities in the coming months.

I see so clearly now why my dad, Doug Reeves, loved South Gate and its members so very much. You are such a welcoming and enthusiastic group of people; no wonder he was so happy here. Dad talked a lot about the friends he had at South Gate and the many fun programs he enjoyed, but rarely mentioned his work on committees. I do recall one conversation in 2006 when he was part of a board that had to make some very tough moves. Memberships at the time were $25 with a $2 participation fee and the centre wasn't making ends meet. Dad seconded the motion to increase membership costs by 700%. A gutsy move to be sure, but one that proved vital for the Centre.

17 years later we find ourselves once again fighting to remain viable while faced with increased building costs on the long overdue expansion. In the same way that members rallied together in 2006 and took a 700% fee increase with grace, we rally together once again to fundraise for our sustainable future. Knowing the history of South Gate and meeting its unwavering members, I have no doubt that together we will raise the monies needed.

Thank you to every one of you for making our first month's 50/50 draw so very successful. Please keep spreading the word and buying tickets.

All of us at the board continue to be blown away by your support.

Dianne Reeves-Denby

WELCOME NEW MEMBERS

Dodie Babos
Lucille Koopman
Mike McGuire
Josie Miller
Janice Robertson
Liz Scott
Sally Thomas
Joe Timmons
Kathy Turner

"A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorselessly all that stands in its path."

- AGATHA CHRISTIE

MEMBERS' COMMITTEE MESSAGE

How do we describe the month of May? Spring flowers, warm weather and the start of outside activities. Golf, baseball and the ever popular, Cops & Rodders. We can also continue to enjoy our inside activities like exercise, cards, line dancing, billiards and many more. Time for you to try something new. South Gate has it all.

In addition to the Members Committee representing the interests of South Gate members, several of us on this Committee have also joined with other volunteers and Ange and Gail on staff to form the new Special Events Committee, headed by Rick Rose. This dynamic, enthusiastic group plans and implements several new events with the intention of making them more fun and enjoyable. Please come out and support their efforts.

Share South Gate with your family, friends and your neighbors. Make this their happy place.

A friend of mine, approaching 80, shared some words of wisdom on being happy that I would like to share with you:

- After loving my parents, siblings, my spouse, my children and my friends, I started loving myself.
- I am not "Atlas" and the world does not rest on my shoulders.
- I am not embarrassed by my emotions. It is my emotions that make me human.
- I have learned to love each day like my last.
- Happiness is a choice. Let's make that our choice.
- Remember. Wine and cheese are not the only things that get better with age.

May also includes Mother's Day. So Happy Mother's Day to you all.

Nancy Jarrett
Members Committee

So long Partn'r

In April we bid farewell to Office Manager, Saimum Akhter. Saimum brought lots of joy and laughter to the Centre. We wish her all the best as she pursues her career goals in Human Resources.

VOLUNTEER PROFILE

Hi my name is Ron Boyse, the luckiest day of my life was when I married my wife Carol 52 years ago this May. We have 2 children and 4 grandchildren plus one granddog. We moved from the St. Catharines area to the country south of Woodstock in 1987.

I was in the insurance industry and when I retired (for the 3rd time) I joined South Gate. I was mainly interested in the exercise classes and playing pool but I got hanging around the woodshop. The guys there convinced me that even I could make something out of wood, if they watched me closely. I have learned a lot about woodworking and I learn new things every day. The guys in the shop have a lot of skills and are always willing to help you out.

I do exercise classes a couple mornings a week, woodshop 4-5 mornings, play baseball (go Teal) in the summer and enjoy all the new and old friends I meet.

Carol joined up as well when she retired 5 years ago and is a regular. If you see a guy thats 6' 3" and very trim and muscular looking with curly hair wandering the halls at South Gate, SAY HI!

VOLUNTEERS NEEDED

Volunteers are the backbone of South Gate Centre. We can always use more volunteers. If you know someone in the community who is looking for a volunteer opportunity, please share this information.

Desk Volunteers
Excellent people & computer/administrative skills with the ability to multi-task

Delivery Driver
One day a week for about an hour

Victoria Day Parade
Float decorators and walking participants for the day

Event Set-up and/or Tear Down Crews
Many hands make light work

If you're interested in becoming a volunteer, please contact Ange Hess, ange@southgatectr.ca or pick up a form at the Front Desk.

VOLUNTEERS

Message from Volunteer Coordinator

This year's Volunteer Appreciation on Friday, April 14 turned out to be a true Wild West event. Many were in the spirit, decked out in their cowboy boots and hats. The food was a down-home smorgasbord to tempt the tastebuds! We had photo booths to capture the fun and fantastic entertainment from local London band, Gemini Country to set the mood!

See photos throughout this issue of the fun we had at this event.

We so appreciate and thank all of our volunteers, who are truly the heart and soul of all that happens at SGC!

Hats off to all you! Much Obliged folks!

Angela Hess

Woodshop Workshop

What a great way to learn something new! These ladies had an exceptional time learning and getting hands on skills in the Woodshop! Watch for more courses and programs in the future.

REGISTERED PROGRAMS

Please visit the Front Desk to pre-register to pay for these programs. Registrations will be accepted until the 3 days prior to the program start date. This will allow us time to cancel if necessary.

Beginners Nordic Pole Walking
May 5 – 26 (4 weeks) Instructor: Deanna Jasmins
This is program consists of four weeks of one-hour sessions at Southside Park – the first Friday to the fourth Friday of each month. The original Nordic Urban Poles are used to teach the technique. Poles are provided for the program. It is recommended that participants attend from the first class of the month since each week is a progression.

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

Chair Yoga
May 23 – Jun 20 (5 weeks) Instructor: Pam Genge
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.

DAY	TIME	LOCATION	FEE
Thursdays	10 am	Altadore Hall	Members: $37.50+HST Non-Members: $50+HST

Fit Minds – Moving to Tuesdays
May 2 – June 20 (8 weeks)
Chartwell Gardens presents a cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+ and better. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction.

DAY	TIME	LOCATION	FEE
Tuesdays	10:30 am	Kinsmen Room	Members: FREE Non-Members: $20+HST

REGISTERED PROGRAMS (CONTINUED)

Latin Cardio with Gail
May 9 – July 4 (8 weeks) – excluding June 20
Standing Fitness Class incorporating Latin Dance, will help improve your cardiovascular fitness while targeting Abs, Glutes and Arms! Please bring your mat, weights and water.

DAY	TIME	LOCATION	FEE
Tuesdays	5 pm – 6 pm	Kinsmen Room	Members: $60+HST Non-Members: $70+HST

Stretch 'n Weights with Gail
May 9 – July 4 (8 weeks) – excluding June 20

DAY	TIME	LOCATION	FEE
Tuesday	6:15 pm – 7:15 pm	Kinsmen Room	Members: $60+HST Non-Members: $70+HST

PHONE-IN PROGRAMS

Armchair Travel with Bradley Walters - Now starting at 10 am
Host Bradley Walters, travel and tour specialist for over 25 years provides information and entertaining sessions that you won't want to miss! **Upcoming dates: May 25, June 22, July 22, August 17, September 14**

At 10:28 am simply dial one of these two numbers: 226-781-4229 or 1-866-279-1594. Enter the passcode: 1 4 5 1 3 1, then press #. Record your name or just stay on the line, then press #.

DROP-IN

Blood Pressure Clinic Courtesy of VON
Second Thursday of every month
9 am to 12 pm in the South Gate Centre Boardroom
Everyone is welcome.

WORKSHOPS

Door Décor for Garden Extravaganza
Join us & let your creative side blossom as we create swags, wreaths and other welcoming décor for the Front Door to be sold at Garden Extravaganza in support of SGC programming. Bring wire cutters and a glue gun if you have it. If not, we have some!

DAY	TIME	LOCATION	FEE
Wed. May 10	10 am – 12 noon	Kinsmen Room	Free

BASEBALL (LOBBALL) LEAGUE

South Gate Centre plays in a league with teams from other Older Adult Centres in our area. Ingersoll, Stratford and Tillsonburg. All teams are co-ed. The season ends in mid-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, we are looking for persons who would like to manage a team or keep score. The coaches Larry Ernewein, Guy LaPlante, Dave Clarke and John MacDonald are looking forward to seeing you at the ball diamond.

Practice is once per week in May. League Play Starts Tuesday, May 23

FEES - Payable at the Front Desk
SGC Members $20
Non-members $80 ($60 SGC social membership + $20 League Fee)
All players must be SGC members due to insurance requirements.

End of season Tournament & Banquet – Tuesday, September 12th
More info contact Larry Baer – larrybaer13@gmail.com

GOLF LEAGUE

The SGC Fun Golf League will play at Creekside Golf Club, 594733 Hwy 59, Woodstock for the 2023 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 4	8 am to 10 am

FEES - Payable at the Front Desk

SGC Members $30 (HST included) Non-Members $45 (HST included)

League Fee includes the end of the season banquet – meal and prizes

*Something new this year – green fees and cart fees will be paid weekly at the Golf Course.

Cash only please - $20 – 9 holes - $30 with a cart.

End of Season Banquet – Thursday, September 14
More info contact Evelyn Hetherington - play_time@rogers.com

OFF-SITE PROGRAMS

Bicyle 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.

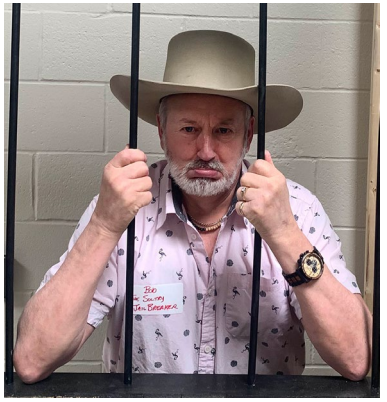
Start time depends on where the ride begins.

For further information email Barry at merk@execulink.com.

TrailWalkers

Fridays – Start Time – 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 & slow walkers…so please join us any Friday. For further information contact Stella at sliwanpo@gmail.com.

May 5	Tollgate	May 26	Lansdowne
May 12	Upper Trail	June 2	Tecumseh
May 19	Roth Park		



PROGRAM SCHEDULE MAY 2023

Week at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Full Standing Fitness	8 am - 9 am Full Standing Fitness	9 am - 12 noon Billiards - Snooker	8 am - 8:45 am Why Weights	8 am - 9 am Full Standing Fitness
9 am - 11 am Pickleball (Drop-In at WBC)	Baseball		Golf League at Creekside	9 am - 12 Noon Beginners Billiards - Snooker
9 am - 12 Noon Billiards - Snooker	9 am - 10:45 am Bunka	1:30 pm - 4 pm Progressive Pepper	9 am - 12 Noon Beginners Billiards - 8 Ball	9:30 am - 10:30 pm Full Standing Fitness
9:30 am - 10:30 am Full Standing Fitness	9 am - 12 Noon Billiards - Snooker	7 pm - 9 pm R Cornhole League	9 am - 9:30 am The Blitz	10 am - 11 am R Nordic Pole Walking
10 am - 11:30 am Cribbage	9:30 am - 10:30 am R Chair Yoga with Pam Genge	7 pm - 9 pm Snooker/Billiards	9:45 am - 10:45 am Tea & Tales Friendship Club (No class May 11)	10:15 am - 11:30 am Trail Walkers (off-site) See schedule pg. 13
11 am - 12 Noon Seated Fitness	10:30 am - 11:30 am R Fit Minds		9:45 am - 11:15 am Line Dancing	10:30 am - 11:30 am R WOW - Wellness Over Weight
1 pm - 3 pm Carpet Bowling (ends May 15)	11 am - 12 Noon Total Body Workout		9:45 am - 10:30 am Stretch	1 pm - 3:30 pm BINGO
1 pm - 3 pm Darts	1 pm - 3 pm R Beginner's Pickleball		11 am - 12 Noon Seated Fitness	1 pm - 3:30 pm Crochet/Crafts
1 pm - 3 pm Klaverjas	1 pm - 3:30 pm Beginners Billiards - 8 Ball		1 pm - 3 pm Badminton (off-site)	
1 pm - 3:30 pm Beginners Billiards - Snooker	1 pm - 3:30 pm Progressive Pepper		1 pm - 3:30 pm Euchre	
5 pm - 8 pm Cops & Rodders Cruise Night	1:30 pm - 3:30 pm R Education		1 pm - 3:30 pm Musicares	
6:30 pm - 9 pm Euchre	5 pm - 6 pm R Latin Cardio		5 pm - 5:45 pm CardioFit	
	6:30 pm - 7:30 pm R Stretch 'n Weights (Yogalates)		7 pm - 10 pm Bingo - Lions Club	
	6:30 pm - 9 pm Billiards - Snooker			
	6:30 pm - 9 pm Come Dancing			

DAILY PROGRAMS MONDAY - FRIDAY

8 am - 11 am Woodshop*
8:30 am - 3:30 pm Library

FITNESS ROOM*
9 am - 9 pm Monday - Thursday
9 am - 3 pm Friday

*Orientation required for Fitness Room and the Woodshop. Ask at the Front Desk.

FRIENDLY REMINDERS

Please bring and wear indoor shoes.

Keep your car keys on your person or use a locker.

Bring your own cup/mug for use at SGC. Reduce/Reuse.

ONCE A MONTH PROGRAMS

Armchair Travel with Bradley Walters 10 (Phone-In) See schedule pg. 11

1st Tuesday of month
BBNK Giggles, 1:30 pm

2nd Thursday of month
Blood Pressure Clinic

3rd Monday of month
Trivia with Al, 1:30 pm

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

R This symbol indicates a program which requires registration. Register by calling the Centre, stopping in or online in your PerfectMind account.

No Classes
Monday, May 22
Closed for Victoria Day

BUS TRIPS

Fallsview Casino Bus Trip

Niagara Falls

BOOK NOW
Call 519-539-9817

MONDAY, JULY 17

9 AM - 6 PM

$48 (slot credit of $35)

SOUTH GATE CENTRE

EVERYONE 19+ WELCOME

CONFIRM CANCELLATION POLICY WHEN YOU BOOK YOUR SEATS

Dundurn National Museum

Tuesday, August 17

SOUTH GATE CENTRE

Lunch at
One Duke Restaurant & Lounge

More details to come soon.

WELLNESS WITH SHEILA PICKNELL

Trails Anyone? Beginner, Novice, Intermediate Trails

Whether it be a planned trip or a spontaneous one, be prepared and know your limits! Allow your limits to grow at your own pace, keeping safety at the forefront of your mind!

Running shoes are a great choice if it's an easy, smooth, dry trail.
However, if you are wanting to go out on a medium or difficult trail, the experts suggest a hiking shoe or boot. Something with a waterproof shell is especially nice if you will be encountering wet, soggy, or rough terrain.
You might want to try a memory foam insole for your excursion.
Also, consider the type and height of your sock. Sore, aching, sweaty, cold or hot feet, are not happy feet!

S.O.S. = Search Out Solutions
Foot Supination or underpronation is where the weight of your feet roll to the outer edge of your feet with each step you take. One cause of this could be from a tight Achilles tendon. If you are experiencing any annoying discomfort, or pain, it's a good idea to get checked out by a professional. Learning how to use the proper muscles when doing exercises is pertinent. Proper form will help to correct the muscle imbalance, and as the right muscles get activated, you can enjoy your day with optimal physical performance.

Stretches for achilles tendon problems
https://myhealth.alberta.ca › Health › Pages › conditions

It might not be tight Achilles, it could be your hips, or something else. If something is deterring you from enjoying activities that you love to do, S.O.S.

9 Hip Strengthening Exercises for Seniors | Iora Primary Care
https://ioraprimarycare.com › blog › hip-strengthening-...

The Same Rule Rings True For All Physical Exercises:
*Gently warm up your joints before starting out
*Gradually cool down your muscles when you finish

ADDITIONAL TIPS
*A good pair of walking sticks, measured to the correct height come highly recommended.
*If you find yourself tiring, take a break – it's time for a protein bar and some water

MOST OF ALL HAVE FUN!

VOLUNTEER APPRECIATION FUN

MUCH OBLIGED FOLKS

CAPITAL CAMPAIGN UPDATE

We are excited to share that the plans from the architects are nearly complete. Once they are we will be sharing them on our website. Look for them later this month.

Donations can be made at the Centre or on our website.

Donations of $1,000+ will receive recognition on the Permanent Donor Wall in the expansion.

SCORES FOR THE FUN OF IT!

CRIBBAGE SCORES

Barb Acres	461	Sharon Howlett	451	John Sutherland	477
Zila Doucett	483	Emiel Michiels	465	Sylvie Sutherland	464
Dennis Hopper	463	Don Post	484		

KLAVERJAS SCORES

March 20		March 27		April 3	
George Wall	5332	Carol Taplay	5698	Carol Taplay	5165
Kathy Wilson	5080	Marie DesForges	5318	Don Post	5108
Boyce Blair	4956	Kathy Wilson	4909	John Skitch	5001
Marie DesForges	4652	Walter Ferguson	4886	Inge Bystrek	4884

Want to learn to play Klaverjas? Lessons will begin this Spring. For more information call Case at 519-539-3491 or Carol at 519-290-4964.

LARGE PEPPER SCORES

March 15 - April 15

Sandra Siroky (2), Donna Butson, Emiel Michiels (3), Roberta Palmeri, Barbara Parent (4), Roger Johnson, Jan Vleuten (4), Larry Stone, Marie Desforges (3), Rose Hartnett, Janis McKay, Dennis Hopper, Kathy Wilson, Bill Kruis, Frank Holman, Carolina Carlson (2), Emil Siroky

What word can you concoct from these letters?

BECAUSE WE CARE

Thoughts and Prayers

For our friends and neighbours of whom life is particularly stressful at this time through illness, loss, tragedy or isolation.

Joanne Albion (In hospital)
Marie Clarke (surgery)
Carol Egan (surgery)
Shirley Telford (husband passed)

DONATIONS

Thank You

Your donation means so much. Thank you.

CAPITAL CAMPAIGN
Gord & Betty Anderson Foundation
Donna Csonto
Bill & Jean Mahoney
Barry Tate
Cristian Lagos

Tribute Donation

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.

SGC STAFF

Executive Director
chris@southgatectr.ca, x222

Jillian Vanden Beukel
Office Coordintaor
jillian@southgatectr.ca, x230

Ange Hess
Volunteer & Program Coordinator
ange@southgatectr.ca, x221

Sarah Sheehan
Marketing and Communications Manager
sarah@southgatectr.ca

Larrie Blancher
Facilities Manager
larrie@southgatectr.ca, x223

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

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

Gail Wijesundera
Kitchen/Program Assistant
gail@southgatectr.ca, x231

Buy tickets at
WWW.SOUTHGATE5050.COM
or at South Gate Centre
Licence No.: RAF1298355

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 and services in Ontario.

211 When you don't know where to turn.

SOUTH GATE CENTRE

Booking Weddings & Events for 2023
Email shelley@southgatectr.ca.

Room rental only inquiries (no food services)
Email jillian@southgatectr.ca.

ADVERTISEMENT

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

ADVERTISEMENT

Is it time to RESIZE your LIFESTYLE?

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

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

Marilou Ramerth
Real Estate Sales Representative
519.788.6333

CENTURY 21
Heritage House Ltd.
Independently owned and operated

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

LAST 1 OUT
Landscaping and Yard Maintenance Services

Owner: Stephen Hayes
Email: Last1out@hotmail.com
Cell: 519-670-7290

Available Services

- Designing and Installation of Gardens
- Designing and updating of Existing Gardens
- Weekly Lawn Cutting, Trimming & Edging
- Fire Pit Design and Installation
- Installation of Interlocking Patios & Walkways
- Repairs to existing Patios and Walkways
- Installation of outdoor LED Garden Lighting
- Planting and Pruning of Hedges, Shrubs & Trees
- Spring and Fall Clean-ups
- Sod Installation
- Garden Edging & Mulching
- Leaf Clean-up

Follow us on Social Media

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

HOLMES PLUMBING
SERVICE YOU CAN COUNT ON

519-608-6073

info@holmesplumbing.ca

www.holmesplumbing.ca

Licensed and Insured

Looking for reliable plumbing service at an affordable price? We offer a special discount exclusively for seniors. We are committed to providing compassionate, quality service. Give us a call today.

A GREAT MOTHER'S DAY GIFT
for your mother, wife or daughter

FROZEN WEEKLY VARIETY PACK

10 ENTREES +
5 SOUPS +
5 DESSERTS

ONLY $85

View the menu at www.localrootscafe.ca and order online or call 519-539-9817

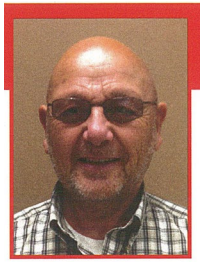
LOCAL ROOTS

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

Ready for your best years?

Book your personalized tour!
226-242-0899 | Chartwell.com

CHARTwell | OXFORD GARDENS retirement residence
423 Devonshire Ave.
Woodstock



Peter Vandersar
Broker

Bus: (519) 539-2070
Fax: (519) 539-4859
Cell: (519) 536-1200
Email: peter@petervandersar.com
www.petervandersar.com

TRILAND REALTY
Real Estate Brokerage
INDEPENDENTLY OWNED AND OPERATED
757 Dundas Street
Woodstock, Ontario N4S 1E8

ROYAL LEPAGE

REALTOR®

2023 GOLDEN NUGGET Advertising Rates

Size	1 mo.	3 mo.	6 mo.	1 year
1/3 Pg	$ 65	$173	$324	$626
Half Pg	$ 90	$238	$432	$842
Full Pg	$151	$432	$842	$1490

Email sarah@southgatectr.ca.

Personalized *TAX* Preparation

- E-filing available
- Free pick up
- Special consideration for seniors

519-536-3635
317 Willowgrove Crescent
Woodstock, ON

Gordon D. Williams
CPA, CMA

Get your South Gate Centre A PLACE TO BE t-shirts!
Mens and women's sizes available.
A variety of colours! Only $20.

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

2023 COFFEE SPONSOR

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

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

REVEL. REALTY INC., BROKERAGE

SHEILA BROOKS
Seniors Real Estate Specialist®
519.421.3240
Sales Representative

Sheila Brooks is passionate and sincere about helping clients with their real estate needs. As a Seniors Real Estate Specialist (SRES®) Sheila can help seniors and their families with later in life transactions. If you are seeking a true professional with over 30 years experience in customer service, give Sheila a call today.

111 Huron St, Woodstock, ON
Ontario, N4S 6Z6
sheila@revelrealty.ca

MLS SRES

SOUTH GATE CENTRE

LOCAL ROOTS CAFÉ

Freezer Large Soup Pack
6 -16 oz soups and a dozen bakery buns for $30

Soup choices are Clam Chowder, Loaded Potato with Bacon, Cream of Mushroom, Roasted Red Pepper and Tomato Bisque and Upper Thames Beer & Cheddar.

Call 519-539-9817 to order.

SMITH-LEROY FUNERAL HOME

Our Family Caring for Yours
Family Owned
www.smithleroy.com

Sheri Vindasius
Managing Funeral Director
69 Wellington Street North
Woodstock, Ontario
N4S 6P7
519-537-3611

- Full service funeral home offering Cremation Services, Celebrations of Life, Memorial Gatherings, and Traditional Services
- Practical and affordable plans for today's changing society
- Pre-payment options to suit all individual financial needs
- Transfer of funeral arrangements and pre-arrangements from other funeral homes or cremation services at **NO COST**
- Option to pre-plan at **NO COST**
- Understanding of diverse needs
- After-funeral assistance at **NO COST**
- Proud to compassionately serve each family as our own at their time of need and beyond
- Warm, inviting century home where the coffee is always on
- We offer a wide selection of: ***Cremation jewelry, caskets, urns, keepsake urns, scattering tubes, fingerprint jewelry, keepsakes and blown glass keepsakes with cremated remains.***

IT PAYS TO COMPARE!

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

LOCAL ROOTS CAFÉ

519-539-9817
191 Old Wellington St. S., Woodstock, ON
www.southgatectr.com/local-roots

CAFE LUNCH SERVED TUES. - FRI. 11:30 AM - 1 PM EAT IN OR TAKEOUT - $8

In May our lunches will rotate between these items:
CLUB - Club sandwich (turkey, bacon, tomato, lettuce, mayo served on bun) served with Caesar salad
BEEF - Open-faced hot beef sandwich served with mashed potatoes and steamed vegetables
CHKN - Oven-fried chicken served with baked potatoes and cole-slaw
FISH - Pan-fried fish with a white sauce served with potato pancakes

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHKN	3 FISH	4 CLUB	5 BEEF
9 CLUB	10 CHKN	11 BEEF	12 FISH
16 BEEF	17 CHKN	18 FISH	19 CLUB
23 FISH	24 BEEF	25 CLUB	26 CHKN

MONDAY TO FRIDAY

- **Grab & Go Items**
- **Homemade Fresh Baking**
- **Frozen Soups, Entrees and Desserts**

OPEN TO THE PUBLIC

Upcoming Curbside CHICKEN & RIB Dinner

SAT. MAY 13 $25

Pick up between 4:00 and 4:30 pm

Includes: 1/2 Rack of Pork Back Ribs, Baked Potato with Sour Cream, Homemade Baked Beans, Coleslaw, Cornbread, and a Dessert. All homemade food, locally sourced.
Call 519-539-9817 to order yours.