

GOLDEN NUGGET

For each petal on the shamrock
This brings a wish your way
Good health, good luck, and happiness
For today and every day.
Irish Blessing



191 Old Wellington St. South, Woodstock · N4S 3J2

519.539.9817 · www.southgatectr.ca

Charitable Organization Number 11914 5209 RR0001



SOUTH GATE CENTRE

FOR ACTIVE ADULTS



WHO WE ARE & MEMBERSHIP



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.

Our Vision

LIVE Well
PLAY Well
BE Well

Charitable Organization Number 11914 5209 RR0001

MEMBERSHIP

Membership is open to those 50 years young and better and is valid until December 31, 2021.

New Memberships and Renewals

2021 Membership Types	Rates
All-Inclusive Membership (March -December)	\$150
Monthly All-Inclusive Membership*	\$20 month
Ambassador Membership **	\$50 **

All-Inclusive: An All-Inclusive Membership gives you access to South Gate Drop-In Programs at no additional cost, and discounts on Registered Programs.

Monthly All-Inclusive*: Pre-authorized withdrawal. If the Centre closes the monthly fee will be suspended until the Centre is reopens. A Monthly All-Inclusive Membership gives you access to all South Gate programs at no additional cost.

Ambassador:** 2021 SG name tag, access to all SG communications, exclusive members' offers, voting privileges at SG Annual General Meeting. Note: Ambassador Membership does NOT include program participation.

MEMBERSHIP NAME TAGS MUST BE WORN AT ALL TIMES. | NO MEMBERSHIP REFUNDS.

MEMBERSHIP ADVANTAGE

Wellington Street Denture Clinic

Cristian B. Lagos 519-533-1919
10% off new complete dentures or new partial dentures for both new and existing patients.

Klassx Performance Auto Centre, Larry Archer

519-421-1993
10% discount off regular shop charges, parts and labour. Does not apply to specials or oil changes.

The Hallmark Shoppe/The Card Shoppe

519-539-5996
10% off regular priced merchandise storewide.

Mackey Moving, 519-488-2128

10% off for South Gate members.

PharmaSave Woodstock, 94 Huron Street,

519-539-2888
15% off regular price (excluding prescriptions) on most merchandise.

Action Wellness, 225 Main Street, 519-421-4545





25% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, pocketed bras.

EVENTS AND CONTACTS



What's Happening

MARCH

- March 1 South Gate Centre Reopens
- March 1 Register for Programs during the week of March 8
- March 8  International Women's Day
- March 8 Register for Programs during the week of March 15
- March 14  Daylight Savings Time
Turn Clocks ahead and change batteries in smoke and carbon monoxide detectors.
- March 15 Register for Programs during the week of March 22
- March 17  St Patrick's Day Dinner
See page 30 for details
Pick up at Local Roots
www.localrootscafe.ca
- March 22 Register for Programs during the week of March 29
- March 27  BBQ Rib Dinner
See page 30 for details
Pick up at Local Roots
www.localrootscafe.ca

APRIL IS VOLUNTEER MONTH!



South Gate Centre Staff

- Chris Cunningham, Executive Director
chris@southgatectr.ca, x222
- Felise Jones, Operations & Program Manager
felise@southgatectr.ca, x230
- Sarah Sheehan, Office & Marketing Administrator
sarah@southgatectr.ca, x221
- Amber MacMahon, Office Assistant
amber@southgatectr.ca, x225
- Shelley Wettlaufer, Local Roots Manager
shelley@southgatectr.ca, x231
- Kristin Burke, Local Roots Assistant Manager
kristin@southgatectr.ca, x231
- Larri Blander, Maintenance Manager
larrie@southgatectr.ca, x223
- Heather Hayman, Bookkeeper
heather@southgatectr.ca

South Gate Centre Board of Directors

- | | |
|---------------------------|---------------|
| Co-Chair: David Hilderley | Genna Conte |
| Co-Chair: Vonnie Snyder | Kathy Deweerd |
| Treasurer: Guy LaPlante | Ron Fraser |
| Secretary: Linda Baker | Patrick King |
| Deborah Almost | |

South Gate Centre Members Committee

- | | |
|-------------------------|----------------|
| Co-Chair: Graham Becker | Dave Clarke |
| Co-Chair: Rick Rose | Mary Donlevy |
| Secretary: Mary Becker | Jean Hilton |
| Board Liaison: | Marilyn Martin |
| Deborah Almost | Guy LaPlante |
| Al Bohn | |

Thursday, March 4 While every effort is made to correct errors within the Golden Nugget, occasionally some are missed. Thank you for your understanding!



PROGRAMS – WEEK AT A GLANCE

PRE- REGISTRATION REQUIRED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	* Wood Shop	* Wood Shop	* Wood Shop	* Wood Shop	* Wood Shop
9:00 am	Standing Fitness	Why Weights Fitness or Chair Yoga	Total Body Workout or Standing Fitness	Stretch Class	Standing Fitness
9:30 am	Billiards	Billiards	Billiards	Beginners Billiards	Billiards
10:00 am		Bunka - Japanese Thread Art			
10:30 am	Morning South Gate PHONE IN		Fit Minds PHONE IN	Travel with Bradley PHONE IN	
11:00 am	Standing Fitness	Standing Fitness	FUN Fit Fitness	Beginner's Line Dancing	Standing Fitness
12:00 pm	—————	SOUTH GATE CENTRE IS CLOSED			—————
1:00 pm	Library and Come Dancing	Come Dancing	Line Dancing	Crochet and Crafts	
1:30 pm	Library		Library	Tai Chi	

- See pages 15 - 18 for Registration and Program Details;
- Programs are for 2021 Members Only;
- This schedule is subject to change based on the ongoing COVID-19 situation;
- Members MUST pre-register for all program classes via phone (519-539-9817) or online. Please go to www.southgatectr.ca/programs for more information on the program schedule and how to register;
- Fitness Classes – To view what fitness equipment and who the Instructor is for the class visit www.southgatectr.ca/programs

PROGRAMS



PHONE-IN PROGRAM

Its' easy and it's FREE! South Gate now has the capacity to provide programming to you on your phone!

STEPS TO CONNECT

1. Dial 226-781-4229 OR 1-866-279-1594
2. Enter the Passcode: 1 4 5 1 3 1 then #
3. Record your name or just stay on the line then #



It's an interactive telephone-based program that connects you from the comfort of your home. All you need is a phone!

Programs are multi-person phone conversations (conference calls) and sessions last between 30 – 60 minutes. You're able to hear each other, talk to one another, learn and have fun!

It's like one big family party line phone call!

Armchair Travel with Bradley Walters

Host Bradley Walters, travel and tour specialist for over 25 years provides informative and entertaining sessions that you won't want to miss!

DAY	SUBJECT	TIME
March 11	America's Music Cities - Nashville, Memphis and Branson	10:30am
March 25	Lets Explore Beautiful Western Canada	10:30am

Do You Have Any Ideas for New Phone-In Programs?

Please call Felise at 519-539-9817 x230 or send her an email at felise@southgatectr.ca.

Fit Minds

A cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+.



This program is presented by Chartwell Oxford Gardens. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction.

You must register for this program Online or call South Gate Centre to book your space. Arrangements will be made for a workbook package to be given to you prior to the Phone-In Program beginning.

DAY	DATE	TIME	LOCATION
Wednesdays	March 3 to April 28	10:30am	PHONE-IN

Good Morning South Gate

Start your week off with Executive Director, Chris Cunningham, for "Good Morning South Gate."

Chris will catch you up on any Centre and community news and leave you smiling for the day.

DAY	TIME	LOCATION
Mondays	10:30am	PHONE-IN

To Tickle Your Funny Bone

What do you call a leprechaun who broke the law? A lepre-con!

When does a leprechaun cross the road? When it turns green!

Why do leprechauns hate running? They'd rather jig than jog.





PROGRAMS

ONLINE/VIRTUAL PROGRAMMING

Online Programming Videos are still available on the South Gate Centre YouTube Channel! Please visit our [YouTube channel](#) to view tons of awesome web streaming programming.



There are Fitness Routines such as Total Body Workout, Stretch Classes, Yoga/Meditation, Cardio, and much more! We also have art demonstrations, music, cribbage instruction, and Lounging with Larrie! And don't forget to check out the amazing Line Dancing videos. A big thank you to all of our amazing South Gate instructors and volunteers who donated their time to produce these videos.

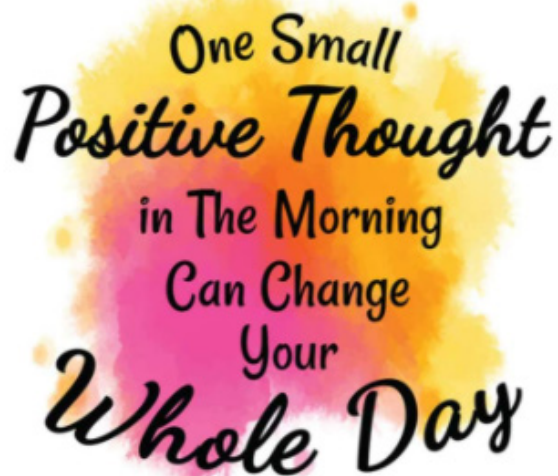
ADDITIONAL ONLINE RESOURCES

For anyone looking for more online interactive resources, check out these awesome sites:

- Stratford Festival on Film (www.stratfordfestival.ca)
- Active Aging Canada (www.activeagingcanada.ca)
- Urban Pole Walking (www.urbanpoling.com)
- Canada's National Ballet Fitness Videos for Seniors (www.nbs-enb.ca/Sharing-Dance/Bring-Dance-Into-Your-Home)
- Southwest Self-Management Workshops (www.swselfmanagement.ca)

And here are some more links to online game websites:

- Euchre (www.cardgames.io/euchre)
- Cribbage (www.cardgames.io/cribbage)
- Crosswords (www.diversions.thestar.com/crossword.html)
- Music Bingo - live Thursday nights at 7:30pm (www.aka.ms/wilmotonlinemusicbingo)
- Sudoku (www.websudoku.com)
- Jigsaw Puzzles (www.thejigsawpuzzles.com)



Message from the Health & Safety Committee

Well so far 2021 seems to be the year of "hurry up and wait" Much the same as everyone, we too are chomping at the bit to get back at it at South Gate! We urge you to continue to reach out to friends and loved ones regularly.

Keeping the mind and body active, engaged and stimulated can be the biggest challenge, but remember there are many avenues for this including online programming, phone-in programming, or simply just getting out for a walk. Just think, once we can be together again how truly AMAZING it will feel! Soon. Very soon folks!

Be safe and stay healthy!

- Larrie, Al, Larry

PROGRAM REGISTRATION



NEW REGISTRATION PROCEDURE

Registration for all programs is now on a weekly basis. You will only be able to register for one week at a time, starting the week before the class start dates.

DAY REGISTRATION OPENS	OPENS AT	FOR PROGRAMS THE WEEK OF
March 1st	1:15 PM	March 8th - 12th
March 8th	12:30 PM	March 15th - 19th
March 15th	12:30 PM	March 22nd - 26th
March 22nd	12:30 PM	March 29th - April 2nd

Registration Details

You can register online with [your account](#) or by phoning the Centre or by calling the Centre at 519-539-9817.

- Classes/Programs are currently available to South Gate MEMBERS ONLY;
- Members must PRE-REGISTER for all programs/classes;
- There are maximum capacities on all programs/classes;
- Members may only sign up for a maximum of two (2) Fitness Classes per week;
- Members may only sign up for a maximum of (2) Billiards session per week;
- If you have signed up for a program/class and can no longer attend, please go online and Unregister yourself. You can also call South Gate at 519-539-9817 or email ; felise@southgatectr.ca so we can remove you from the list and free up a spot for another member;
- Wait List - If a program/class is full, please call the Centre at 519-539-9817 and request to be put on a "Wait List". We will call you if a space becomes available.

Remember to participate you must be a member and have pre-registered for the class/program.

Please go to www.southgatectr.ca/programs for more information on the program schedule, and how to activate your online account.

Program space is at a premium. Please respect it.

If you are not able to attend a program you have registered for please contact the Centre ASAP. This will ensure that we are able to contact someone on the "Wait List."

Thank you.



COVID-19 AND YOUR SAFETY

Due to the ongoing COVID-19 situation, we are taking all precautions when it comes to programming. We will take our time introducing our time introducing appropriate programs that can be done while maintaining proper social distancing. Please continue to monitor our program development at the South Gate Centre website www.southgatectr.ca/programs.

Program Safety Protocols:

- Please sanitize your hands upon arrival at the Centre (located at the Entrance);
- Masks must be worn while in the building (See our Mask Policy below);
- Check In at the Desk and complete a COVID-19 Self-Assessment prior to going into a program;
- Please practice Physical Distancing (9 feet or 3 meters) at all times;
- Arrows have been placed around the building to ensure members are traveling properly – please follow them at all times;
- Upon completion of the program or business, we ask that you vacate the building in a timely fashion.
- NO eating of meals in the Centre.
- Members are welcome to enter the South Gate building for programming that they have preregistered for and to conduct South Gate business.
- Please remember to BE KIND – this is new for everyone and your patience during this time is essential and appreciated.

Orientation

For those Members wishing to have a South Gate COVID Safety Facility/Program Orientation you can register by calling the Centre or booking your Orientation Online.

DAY	DATE	TIME
Wednesday	March 10	1:15 pm – 2:15 pm

FACE COVERING POLICY FOR SOUTH GATE CENTRE

As of June 30, 2020, masks or cloth face coverings are mandatory to wear while in South Gate Centre. The health and safety of employees/volunteers/members and guests to South Gate is our highest priority. All individuals entering the premises of South Gate Centre are now required to wear a mask or cloth face-covering that covers his or her mouth, nose and chin at all times. Please supply your own mask. Masks will be available for those that do not have one. They can be purchased for a small donation.

Please note the following exceptions:

- While actively engaging in a fitness activity where a face covering would inhibit breathing, such as some fitness classes.
- Those who work on their own in an enclosed space (e.g., their own office) are permitted to remove their mask if they are seated, behind plexiglas or at least six feet apart. However, they must wear their mask or face covering at all other times.
- When consuming food or drink, individuals may remove their mask to do so, provided they are situated six feet away from others, perform the necessary hand hygiene and replace the mask when they are done.
- Anyone that cannot wear a face covering for medical reasons will be required to wear a face shield.

Individuals that are not willing to comply, after having been given the above options, will be asked to leave the facility.

Continue to practice social distancing even when wearing a mask.



FOOD ANGELS

For 21 years, South Gate Centre has provided a place in the community for thousands of older adults to socialize, grow intellectually, get information, exercise and eat a healthy affordable home cooked meal throughout the week. During the Pandemic thousands of older adults have suddenly lost that community connection. While we are presently offering limited programming and takeout food options, we are seeing that more seniors have become more vulnerable during these times. Seniors whose health and wellbeing have deteriorated over the last year. Many are afraid to leave their homes, struggle financially to pay their bills and buy necessities and sadly we're seeing seniors that are going without food, missing meals or eating inadequately. Food insecurity is rising amongst seniors. For many with underlying health issues, living in isolation and not eating a healthy meal every day can make for a dangerous combination.

Fortunately for them, South Gate Centre has repositioned ourselves, working hard to be innovative, creative and caring in new ways. We now offer a hot food menu and an extensive frozen food menu for curbside pickup or free delivery, four days a week. We work hard at keeping our prices very reasonable so that the meals are affordable for all. South Gate is a not for profit charitable organization and we rely on grants and donations to allow us to keep our services affordable for all. We are also blessed with a wonderful team of caring volunteers, most are seniors themselves, helping with delivery and packing our food orders. (Seniors helping Seniors.)

You can make a difference. Be a FOOD ANGEL. Donate to feed a senior, for a week, a month, 6 months or a full year. A combination of fresh, hot, frozen, healthy home cooked meals will be delivered to a senior from you, their FOOD ANGEL. A friendly face will deliver meals 4 - 5 days a week. (7 meals a week) to a senior in need.

Be a FOOD ANGEL for:

- 1 WEEK for \$60;
- 1 MONTH - \$250 - Newsletter for that month; or
- 1 YEAR (12 MONTHS) - \$3000, monthly newsletter (11) and SMILE packs (3 annually) will be included.

This wonderful feel good initiative, will let an Older Adult in our community know that some one cared enough to make sure they had a nutritious meal on their table. We presently have a number of seniors on our list that would greatly benefit from a FOOD ANGEL of their own.

If you are interested in becoming a FOOD ANGEL call us today.

Together we really can make a difference! THANK YOU!



A shamrock is a type of clover plant that is associated with Ireland. But don't be fooled into thinking that it's a lucky four-leaf clover.

A real shamrock only has three leaves – but that doesn't mean it's not lucky!

In fact, in Irish folklore (and many other cultures), the number three is considered very lucky, so a plant with three leaves would have lots of luck – except for poison ivy which also has three leaves!



MESSAGES

Message from SG's Executive Director



This month marks one year, with cases of COVID-19 climbing, health officials began implementing a series of measures that would fundamentally alter how Canadians live. March 2021 offers hope, as Ontario rolls out their vaccine plan. Seniors over 80 and those in healthcare facilities are being vaccinated against COVID-19 starting now. In April we should see vaccines being offered to Oxford County Seniors over 75 and so on. I'm hopeful the supplies will be plentiful and we will continue to be safe. South Gate reopens and many programs and activities will resume.

Spring is in the air!

You've been amazing keeping yourselves safe and resilient. I want you to know that, it's OK to feel nostalgic for life's little moments that have temporarily fallen by the wayside. As a matter of fact, psychologists will tell you "it's "absolutely" normal to miss all the things we had going on in our lives.

What are some of the things you miss from everyday life and look forward to taking full advantage of when life resumes more as "usual"? Make a list and if you feel so inspired share it with us - sgc@southgatectr.ca or call us at 519-539-9817. We'll be publishing a compilation of members' "Things I look forward to..." in the April Nugget.

"What we've got to do is keep hope alive. Because without it we'll sink." - John Lennon

Stay hopeful and stay well. I can't wait to see you, my friends!

- Chris Cunningham



Visit our COVID-19 Vaccine web page swpublichealth.ca or call the numbers below to hear a pre-recorded message about the availability of the vaccine, who is eligible, and how to book an appointment when it is your turn. These resources will be updated regularly as new information becomes available.

ELGIN: 519-631-4125
OXFORD: 519-533-4560

Questions or Concerns about the Covid-19 Vaccines – please contact South West Public Health
Woodstock Site
410 Buller Street,
Woodstock, Ontario, N4S 4N2
Toll Free: 1-800-922-0096



Message from the Board

Who knew a year ago that life would change so dramatically for the whole world? I know that even with the best of crystal balls, few would have predicted what we have been through for the past year. We have all been touched in some way or another by the impact of COVID-19.

But... we have learned new ways of interacting online, new ways to care for each other, safe ways to connect and go about living. At South Gate, we have adapted by offering pickup and delivery of tasty meals, phone-in programming, friendly calls, safe in person classes when we were able, You Tube Channel programs, Made You Smile packs. While it definitely hasn't been the same as sharing chats and classes in person, we have tried our best to reach out to you and we are here for you. Please stay in touch!

Hopefully, in the next few months we can find a new normal with some of the great programs you have loved. Spring is coming and we are resilient! In closing, I want to share an Irish Blessing I found in honour of St. Patrick's Day.

"May love and laughter light your days, and warm your heart and home.
 May good and faithful friends be yours, wherever you may roam.
 May peace and plenty bless your world with joy that long endures.
 May all life's passing seasons bring the best to you and yours."

- *Vonnie Snyder, Co-Chair on behalf of the Board of Directors*

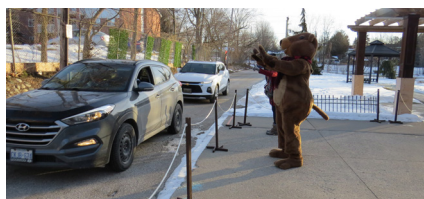
Chilly Charlie 2021

Chilly Charlie saw his shadow so we have 6 MORE WEEKS OF WINTER!!!

Our 19th Chilly Charlie Breakfast may have been very different than the last 18 but everyone still had a great time and great food!

Local Roots served over 342 pancakes, 246 sausages, and 267 pieces of bacon and everyone that picked up an order was greeted by Chilly Charlie!

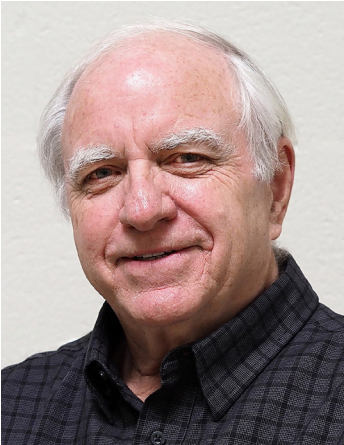
Thank you everyone!





MESSAGES

Meet your Members Committee Members



During the 5 years I have been a South Gate member I have taken part in several of the activity programs offered including Fitness classes, Line Dancing, Baseball, Carpet Bowling, Lane Bowling, Pickleball, and Billiards and I have enjoyed Golf and Canoeing with friends I have met at South Gate. My wife, Marie, and I have met a lot of new friends here and have joined them in several social activities. We have lived in Woodstock for 10 years since retiring and we are proud parents of a son and a daughter and grandparents of 3 girls and a boy.

I have been on the Members Committee for a year and a half now, a full year of which has seen us being challenged by the effects of COVID 19. We all have been keen on meeting these challenges on your behalf during this period. Some of you, I have kept in touch with but I miss seeing a lot of you. I was delighted to speak with some of you in the Friendly Voice Program in the first few months of the initial shutdown but I am looking forward to seeing you in person when it is safe for us to do so again. In the meantime, stay safe and stay well.

- *David Clarke*

A little fun

Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they? Answer can be found on next page.

Message from the Members Committee

Hi everyone, here we are already in March and thinking about better times just around the corner, not to mention warmer weather on the horizon with more daylight to lift our spirits. Spring IS getting closer, so hang in there.

Our committee would like to take this opportunity to acknowledge all the hard work that all the Local Roots volunteers continue to provide, led by Shelley and Kristin. The ever expanding menu, like the recent delicious rib dinner, never ceases to amaze us. Thank you so much.

We also wish to thank the staff and the Board of Directors for their efforts and ongoing support to keep South Gate Centre functioning even with all the changing rules and regulations they have to deal with.

Last but definitely not least, as committee co-chairs, Graham Becker and myself, Rick Rose, would like to acknowledge our committee members for their dedication and commitment to working with the staff and the board of directors on behalf of and in support of the needs of our entire membership in an effort to keep them connected and updated. The fresh ideas and perspective of our committee members are always welcome, appreciated and plentiful. They make the work of the co-chairs much easier.

Thank you all for your ongoing contributions.



SMILE Pack Program



SHARING HEART IN OUR COMMUNITY and putting smiles on seniors' faces. South Gate Centre and Chartwell Oxford Gardens join to deliver the Made You SMILE Program.

On February 18 and 19, 125 Seniors from Woodstock received a Made You SMILE pack delivered by community volunteers. Our goal was simple...brighten someone's day with a SMILE, letting them know they're cared about.

Thank you to our volunteer drivers Bonnie Cohoe, Jean Hilton, Roger Johnson, Donna & Ron Neabel, Donna & Rick Rose, Larry Sweeney and Gloria Kaufman.

These SMILE packs were made possible by the following:



Rick & Donna Rose
Rose Nesbitt

Guy & Nancy LaPlante
Connie Fressan



Answer from
A little fun on page 7
The catcher and the umpire

Exercise of the Month



Chest Strengthening with a Theraband

This exercise will firstly strengthen wrists and forearms and then work muscles in chest, biceps and deltoids (around shoulders). If you don't have a theraband, you could use a ball.

- First fold a theraband in $\frac{1}{2}$, then $\frac{1}{2}$ again, twisting it to produce some resistance.
- Next slowly pull on band in an isometric action, working chest muscles.
- Keep elbows out at shoulder height.
- Pause. Relax. Breathe and repeat 8-12 times.

Another option:

- Place palms together with elbows out to side at shoulder height.
- Press hands together.
- Pause. Repeat. Breathe and repeat 8-12 times.

Source: Research To Action Conference: Exercises with Therabands



A message of HOPE received February 20/21 from our local Garden Centre.

Pre-order your spring bulbs and small fruits and vegetables now, for late March/early April pick-up.

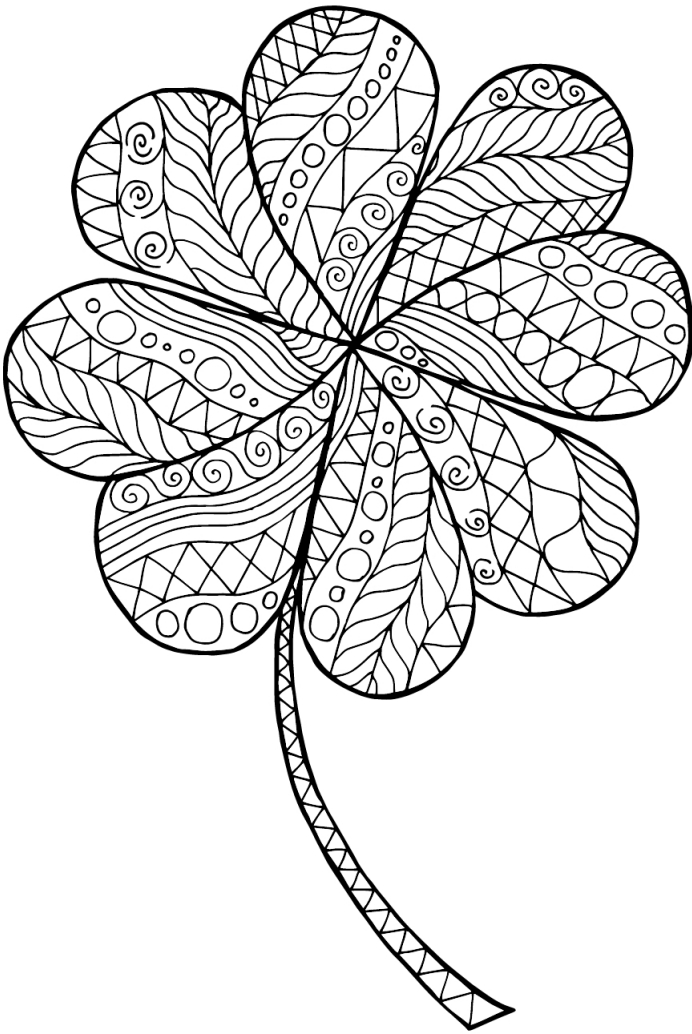




MEMBER'S CORNER

Think spending hours colouring is only a childhood pastime? Think again!

With the countless health benefits of colouring for adults, it might be time to pull out the crayons, colored pencils and markers!



REDUCE STRESS AND ANXIETY

Colouring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest.

IMPROVE MOTOR SKILLS AND VISION

Colouring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colours generates a creative thought process.

IMPROVE SLEEP

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Colouring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

IMPROVE FOCUS

Colouring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to colour! If you're looking for an uplifting way to unwind colouring will surely do the trick. Pick something that you like and colour it however you like!



MEMBER'S CORNER



Thoughts and Prayers

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

Jim Town & Family
Jim Vernooy & Family
David Barker & Family
Family of Ethel Fordyce
Bruce Runnalls
Rose Nesbitt

Thank you

Thank you to everyone that donated last month

In Memory of Ethel Fordyce
Sylvia Smith
Karen Palmer

In Memory of Grace Runnalls
Beth Lehrbrass
Lavinia Tebutt

Ways to Give

All Donations to South Gate Centre will receive a tax receipt.

One Time Donation | Monthly Giving
Tribute Donation | Capital Campaign
Legacy Giving | Gift of Securities
Sponsor a Senior

\$25: Assists with programming supplies
\$50: Allows for 7 seniors to eat lunch at the café
\$100: Helps us continue to offer our delicious lunches at affordable pricing
\$180: The gift of a FREE All Inclusive Membership to a deserving senior
\$250: Allows us to host a Themed Luncheon. On average 100+ adults enjoy these lunches
\$500: Provides uniforms for sports teams, volunteers or donates hot meals for community outreach programs (The INN, Soup Kitchen on Adelaide, Open Circle)
\$1000: Win-Win! We celebrate our Special Events and give thanks for you!!
E.g.: BestU Health Expo, Volunteer Appreciation, Brew & BBQ.

Tribute Donation - Memorial Fund

Give a gift to honour someone special in your life or pay tribute to the memory of one that will be greatly missed. Making a tribute gift to South Gate Centre will not only honour someone near and dear to your heart but will have a positive impact on the lives of seniors in Woodstock and the surrounding area. An acknowledgment will be sent to the family/person, and a tax receipt will be issued to the donor.

The name of the person(s) to which the donation was made, will be listed in our monthly newsletter. Memorial Tribute can be made online during this time at www.southgatectr.ca/donate.

Well Wishes

Cards of sympathy, thinking of you and get well cards for our members are mailed from the Centre. If you know of any card that should be sent, please let us know. Now more than ever, we need your help to make sure that no one is missed. Everyone appreciates knowing that people are thinking of them. THANK YOU!



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

MY CHARITY, MY CENTRE, MY #1 CHOICE
DONATE TODAY... so we can continue to enrich the lives of those 50+

WWW.SOUTHGATECTR.CA



MEMBER'S CORNER

Wellness

A Time of New Beginnings

"I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better."
- Steve Southerland

Spring is often a time to think of new beginnings, of starting something new. Finding inspiration to start something new isn't always easy. Being stuck in a rut and staying there is often the easier option. But we want to challenge you this month to try something new. It doesn't have to be a "big something new." Try something small. When you succeed with a small change in your life you're often inspired to try more new things.

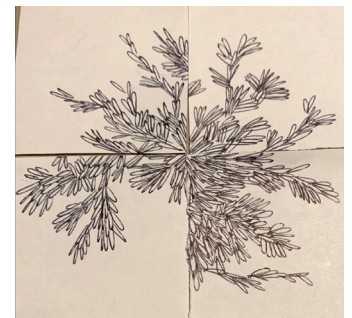
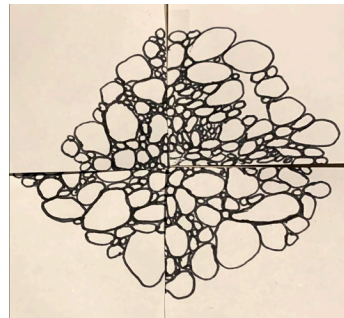
Ideas for something new

1. Start some seeds indoors (Buy a kitty litter tray, soil and seeds from the dollar store and start marigolds and other flowers indoors in March).
2. If you're not an outdoor person, try going outside for five minutes on a sunny day this month and turn your face up to the sun. Close your eyes. Take a deep breath. Hold for a moment and slowly let it out. Feel the warmth on your face. Take another breath. Listen to the sounds around you. What do you hear? Traffic? Birds? The wind in the trees? The sound of water running because the snow is melting? Take a breath. What do you smell? The damp earth from the melting snow? Take a breath. Notice the warmth of the sun on your face again. Take a breath and smile - you just did something new.
3. Practice gratitude. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. It's not just the big things in life that we are thankful for, you could be thankful that you decided to pick up the phone today and called a friend or relative. Or you may be thankful for the soft blanket on your lap or being able to take a walk in the park. Try everyday to be thankful for three things in your life, big or small.

4. Find a new recipe and make it. Share some of the meal with a friend (if we're not in lockdown).

5. Try touching your toes. If you can't do it today. Try again tomorrow and the next day, and the day after that. Perhaps you'll be able to touch them in a few weeks if you try every day.

6. Doodle. Find or make small squares of paper. Start at one corner and draw a circle or oval, and draw another and another until up one side of the paper and up the other you have a series of ovals. Add onto those ovals. Once you've completed four sheets of paper. Piece them together and see what you have. Draw on more squares then move them around.



7. Sing a song. Grab the hairbrush and pretend it's a microphone. Belt out the lyrics to your favourite song. Look in the mirror. Sing it to yourself. Laugh and have fun with it!

Will you try something new this month? Start a new habit or hobby? Whether it's a complete flop or you've found your new favourite activity, it doesn't matter as long as we're growing and having fun doing it.

A fond March Memory



St. Paddy's Day Pepper Card Players
Left to Right: Emiel, Jan, Bill and Barb (seated)



Helpful Resources



Make the Connection CALL 211

- Health services and supports
- Financial and social assistance
- Housing and utility help
- Seniors' services and home care
- Government program assistance
- And much more



Crisis Services Canada
1-833-456-4566
www.crisisservicescanada.ca/en/
Available 24 hours/7 days a week/365 days of the year.



Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

Toll-free: 1-866-797-0000
Toll-free TTY: 1-866-797-0007

Senior Support Line



For some Seniors, issues like social isolation and getting to appointments safely can be incredibly difficult to navigate if you've never needed to before.

Support for our Seniors is needed now more than ever.

That's why United Way Oxford is continuing to work with VON Oxford on the Senior Assistance Line.

By calling 1-888-866-7518 you can inquire about what services are available in our community to help navigate any hurdle that a Senior may be faced with. They can help you register for programs that are created to assist you, and help you to be able to move forward with confidence in this new normal.

The Friendly Voice Program is a general wellbeing check-in to enhance social connections and reduce loneliness in our community.

How to Register

Call **519-539-9817** or email sgc@southgatectr.ca to get started.

FREE over the phone support for members who are feeling isolated or lonely. The Friendly Voice Program is a general wellbeing check-in, not a counseling session.

If you are in crisis, the Crisis & Outreach Services can be accessed 24/7 at 1-866-933-2023 or www.reachout247.ca or 911.

Counselling - If you are suffering from anxiety or depression, please call Canadian Mental Health to set up an appointment or visit www.cmhaoxford.on.ca/programs-services/walk-in-counselling/





LITTLE NUGGETS

Marilyn's Musings

"I was getting kind of sad. There was nothing I could do. I couldn't help my friends. I was worried about them. My husband said: "Write. Just write again." – Kitty O'Meara

Mine said the same thing. I tried to figure out what I was going to write about for the March issue of the Golden Nugget. We were in our 40th day of the provincial lockdown. I hadn't seen friends or family in person – or at least rarely – since midnight on Boxing Day. Telephone chats and video calls were my only outlet. I visited social media sites, like Facebook and Instagram looking for a theme. I came across a wonderful post on the South Gate Centre's page. It was a photo of two women from 1919 wearing masks during the pandemic that ravaged the world back then – like it has been doing now. History repeats itself, so they say. Along with the picture, there was an untitled poem. In case you missed it or don't go on social media, I will share both with you on this page:

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.

And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

It was a timeless, moving post claiming to be a poem written in 1869 and reprinted during the 1919 pandemic. I was so touched by this poem that I wanted to know more. So, inspired as I was, off I went to Google land, fact-checking

sites and Wikipedia. One thing we all must learn from social media is that not all we read or see is true. The poem, it was said, was written by Kathleen O'Mara whose pen name was Grace Ramsay. This is untrue.

Here is what I found out (believe me if you chose or doubt me if you must!)

According to various sites, the poem was actually written by Catherine (Kitty) O'Meara (see the quote above) in March 2020. It took her 30 minutes to write these words into her notebook, later posted it to her blog, and shared it with a friend who posted it on Facebook where the details of its origin were altered and embellished. The post went viral across the world creating controversy as to its legitimacy.

I read the interview with Kitty O'Meara in the Oprah Magazine and watched a live interview. Kitty lives near Madison, Wisconsin with her husband Phillip Hagedorn, their five rescue dogs and three cats. She is a former middle school teacher of writing and literature, also a hospital and hospice chaplain, now retired. She wrote the poem when she knew they were going into quarantine and was worried about her family and friends just like all of us were.

Her work was later turned into a 32-page book released on November 20, 2020. It is an illustrated picture book appropriate for readers of all ages. Again, I wanted to make sure that this was true, so I went to my Amazon Prime site. The book, entitled "And People Stayed Home" is available there. Written by Kitty O'Meara, illustrated by Stefano Di Cristofara and Paul Pereda, a hard cover edition sells for \$42.38; the Kindle edition is \$11.99.

There you have it folks. It's been a year now since lockdowns started, masks became best sellers and people's true colours came out. We've all had a birthday, an anniversary, perhaps lost a loved one or maybe even gained a new one. Who would have ever thought that trying to be safe, healthy, and happy and hoping that those we love would be too, could be such a difficult chore? We've done it though, haven't we! As the poem says, we have stayed at home, read, listened, rested, exercised, made art and learned new ways of being.

Let's heed the message in the poem and carry on. May March bring you sunshine, warmth, and happiness. Be kind.

Until next time....

Marilyn
marilyn.watson@execulink.com



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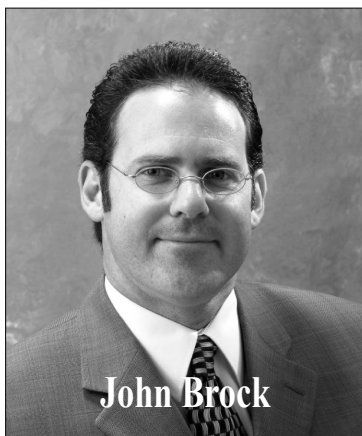


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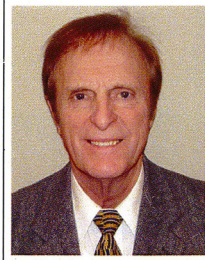
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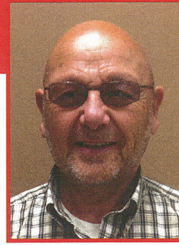
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Top tips for navigating the infodemic



1. Assess the source:

Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source.



2. Go beyond headlines:

Headlines may be intentionally sensational or provocative.



3. Identify the author:

Search the author's name online to see if they are real or credible.



4. Check the date:

Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?



5. Examine the supporting evidence:

Credible stories back up their claims with facts.



6. Check your biases:

Think about whether your own biases could affect your judgment on what is or is not trustworthy.



7. Turn to fact-checkers:

Consult trusted fact-checking organizations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation.

LA LA LAND

THIS CANADIAN STAR OF "LA LA LAND" HAS WRITTEN LETTERS TO KFC & McDONALD'S ON BEHALF OF PETA

AFTER HIS MOM POSTED VIDEOS OF HIM ON YOUTUBE, USHER SIGNED HIM TO A RECORD DEAL & HE BECAME A GLOBAL POP ICON AS A TEEN

MJFF STANDS FOR THIS CANADIAN ACTOR'S FOUNDATION, WHICH RAISES MONEY TO FIND A CURE FOR PARKINSON'S DISEASE



HE WAS JUST 18 & REALLY "SID THE KID" IN 2005-06, WHEN HE RACKED UP 102 POINTS FOR THE PITTSBURGH PENGUINS

THIS STAR OF "JOHN WICK" BOUGHT HARLEY-DAVIDSON MOTORCYCLES FOR THE STUNT CREW HE WORKED WITH ON "THE MATRIX RELOADED"

FAMOUS CANADIANS

YOUR MIND IS A WEAPON, KEEP IT LOADED.

law's A Psalm



LOCAL ROOTS

UPCOMING DINNER EVENTS

The following dinner events are happening this month. Order yours today online at www.localrootscafe.ca or call 519-539-9817. Pick-up only between 4pm and 4:30pm.

WEDNESDAY

MARCH 17

ST. PATRICK'S DAY DINNER



Corned beef and braised cabbage with bacon and onions served with Potato and Leek Soup, Spinach and Mandrin Feta Salad with orange vinagrette dressing, Irish Soda Bread and Bailey's Irish Cream Cake.

SATURDAY

March 27

RIB DINNER

\$15

The best 1/3 rack of ribs with a baked potato , all the fixings, coleslaw and dessert.



Local Roots Cafe News

Donations of butter is greatly appreciated.



In April look for delicious Easter baking and a special dinner event.



LUNCH MENU

HOT MEALS - \$8.00

Includes hot meal, freshly steamed vegetables and your choice of side.

Roast Beef Dinner
Liver and Onions
Bacon Fettuccine Alfredo*
Bruschetta Chicken Quesadilla*
Honey Garlic Boneless Chicken Wings
Philly Cheese Steak Sandwich*
Battered Cod and Wedge Fries
Pizza (Hawaiian or Pepperoni)*

*Freshly steamed vegetables not included.

SIDES - \$3.00

Mashed Potatoes with Gravy
Baked Potato with Sour Cream and Butter
Potato Wedge Fries
Rice Pilaf
Caesar Salad
Greek Salad
Garden Salad with Apple Dressing
Soup

SOUPS - \$3.00

Cream of Mushroom
Chicken with Rice
Clam Chowder
Loaded Potato with Bacon
Vegetable

SANDWICHES - \$3.50

(White or Whole Wheat Bread)

Cranberry Chicken Salad
Egg Salad
Roast Beef with Cheddar Cheese

DESSERTS - (assorted pricing)

Caramel Raisin Pudding
Rhubarb Crisp
Apple Pie (Slice or Full Pie)
Pecan Pie (Slice or Full Pie)
Rhubarb Pie (Slice or Full Pie)
Chocolate Cake

Today I ordered lunch for my staff ... everything was delicious!
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We would like to express our thanks for a delicious Valentine's dinner. Great job!
- Mr. & Mrs. Jukema



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LOCAL ROOTS

FROZEN MEALS

SOUPS - \$2.00

Beef Stew
Chicken Noodle
Turkey Vegetable

Split Pea & Ham
Italian Wedding
Tomato Macaroni Beef

Butternut Squash
Sweet Potato Bisque

ENTREES - \$6.00

Vegetarian Chili
Chili
Liver and Onions
Hot Hamburger
Ham & Scalloped Potato Dinner - *\$7.00*
Ham Steak with Pineapple Sauce
Turkey Dinner with Stuffing - *\$8.00*
Shepherd's Pie
Cabbage Roll Casserole
Beef Pot Pie
Chicken Pot Pie
Honey Garlic Boneless Chicken Wings
Chicken Stir-Fry with Teriyaki Sauce
Sweet and Sour Meatballs

Jambalaya served on Rice - *\$7.00*
Lemon Pepper Cod
Grilled Salmon with Rice Pilaf with
Steamed Vegetables

Low Carb Sausage & Veggie Bake - *\$7.00*
Low Carb Unstuffed Cabbage Rolls -
\$7.00

PASTAS

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Spaghetti and Meatballs
Mac n' Cheese
Pasta Primavera
Pulled Pork Mac n' Cheese - *\$7.00*
Gluten Free Penne Alfredo - *\$7.00*

DESSERTS - \$1.50

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Caramel Raisin Pudding
Pumpkin Pie
Chocolate Cake
Peach Cobbler



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