

GOLDEN NUGGET

February 2019



FEBRUARY 15

Valentine's
Dinner & Dance

MARCH 4

Best U
Health Expo

MARCH 14

St. Patrick's Euchre
Tournament

MARCH 20

Quarter
Auction
Fundraiser

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This publication is available online at: www.southgatectr.ca

191 Old Wellington St. South, Woodstock
519.539.9817 · www.southgatectr.ca

Charitable Organization Number 11914 5209 RR001



SOUTH GATE CENTRE

FOR ACTIVE ADULTS



GENERAL INFORMATION

Contents

Membership Information.....	2
Activities at a Glance.....	3
Volunteer Opportunities	5
Marilyn Musings	10
Be Inspired With Theresa	11
Menu	24

Hours of Operation

Monday - Thursday	8:00 am to 10:00 pm
Friday	8:00 am to 4:30 pm
Office Hours, Monday - Friday	8:30 am to 4:00 pm

About

South Gate Centre is a membership based recreation centre for adults 50+ in Woodstock and surrounding area. We realize and inspire active, healthy and meaningful lives by providing access to innovative, recreational, educational and social programs.

South Gate Inc. is a not for profit charitable organization. Tax receipts will be issued for donations. Charitable Organization Number: 11914 5209 RR0001

2019 Membership Rates

TYPE OF MEMBERSHIP	2019 FEES
All inclusive (11 months, Feb-Dec)	\$160
All inclusive (9 months)	\$150
Social (Pay as you go) (Includes 5 free Activity Cards)	\$65

NON-MEMBERS ALWAYS WELCOME	FEES
All Fitness Regular Programs *Does NOT include registered programs	\$5 per activity per day
Other Regular Programs	\$4 per activity per day

All 2019 memberships expire December 31, 2019.

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

Membership Advantage**

Enjoy these special perks exclusive to South Gate members simply by showing your name tag.

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

Sue – 519-539-5996/519-539-1304

10% off regular priced merchandise storewide.

Mackey Moving

519-488-2128/519-536-5532

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 St

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

Reduced Pricing on Registered Programs

Coffee/tea complimentary in the SG Cafe thanks to:

** DISCLAIMER

The vendors offering their products and/or services at a discount to South Gate Centre members do so as a way to promote their respective businesses. The vendors participating in the Membership Advantage Program are in no way associated with or connected with South Gate Centre. As such, all dealings between a South Gate member and a vendor shall not involve South



- where your smile makes the difference!
62 Wellington St S Woodstock,
(519) 533-1919

AND



GIANT TIGER
WOODSTOCK

GENERAL INFORMATION



Activities At A Glance

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45 am	Fitness		Fitness		Fitness
8:00 am		Why Weight?		Why Weight?	
8:30 am	Wood Shop Opens	Wood Shop Opens	Wood Shop Opens	Wood Shop Opens	Wood Shop Opens
		Shuffleboard	Line Dancing	Shuffleboard	
8:55 am				Stretch Your Body	
9:00 am	Fitness		Fitness	Beginners Billiards	Fitness
	Billiards		Billiards		Billiards
9:15 am		*Zumba & Vinyasa Flow			
9:30 am	Knitting Group				
10:00 am	* Art with Michael	Bunka		*Yoga with Shelley	☺Pickleball
					Talk Turkey (1st, 3rd & 5th Friday of the month)
					*Nordic Pole Walking
10:10 am			Line Dancing		
10:15 am		FUN Fit	Strictly Cardio		
	Stability Ball/Just Weights				Trail Walkers
10:30 am					Tai Chi
11:00 am					FUN Fit
11:10 am		Total Body Workout		Total Body Workout	
11:15 am	Strictly Cardio		FUN Fit	*Yoga with Shelley	
11:30 am			*Chair Yoga		
12:00 pm			Jam Session		
1:00 pm	South Gate Musicares	Pepper	Pepper	Euchre	Beginners Knitting
	Carpet Bowling	Bridge	Open Craft Group	Bridge	Beginners Crochet
	Cribbage	Tai Chi (Open Practice)	☺Badminton	☺Badminton (1-3)	Bingo
	☺Badminton	☺Pickleball		*Osteo Moves	
		*Education		*Ukulele	
1:30 pm					
2:00 pm				*Silver Chimers	
2:15 pm					
4:00 pm		Billiards League			
5:00 pm				Fitness	
6:30 pm		Klaverjas	*Yoga with Elizabeth		
		Come Dancing			
7:00 pm	Euchre			Darts	
	☺Pickleball				

NEW
SG Program/Activity Winter Guide - detailed info on all activities & registered programs. Pick up your copy today.

Questions about programming? Please contact Bonnie at bonnie@southgatectr.ca or 519-539-9817 x 224

* ALL Registered Programs for Ages 18+ - Additional Costs, Must Pre-Register at South Gate Centre
 ☺ Pickleball /Badminton at Woodstock Badminton Club (310 Hunter Street, SG All Inclusive Members only)
 Bowling at C&D Lanes - 265 Main St





STAFF MESSAGE

February is



Heart Awareness
Month

A new year can motivate us to improve our health, feel good about ourselves and have more energy. Here are some simple steps to get you (and me) going for a great year.

Move more: Most of us do not get enough physical activity to keep us healthy and protect us from disease. This doesn't mean you have to hit the gym every day but it does mean getting up and moving around. The recommendation is for 30 or more minutes per day of activity on most days. If you're already doing this, great. Doing more will lead to even better health. Some simple ways to get activity in your day:

- take a walk on your lunch break (it will refresh you for the afternoon)
- park further from your destination
- get off the bus one stop earlier
- use the stairs instead of the elevator
- be active with family and friends

Avoid sitting or standing for long periods: Sitting for extended periods increases your chances of getting diabetes and heart disease, and of early death, even if you're active. If you sit most of the time either at home or work, set a timer to remind yourself to get up every 20 minutes and take a two-minute walk.

Even this short break is helpful. If you can, try to have walking meetings instead of sitting in the office. Getting a standing desk is not the solution; standing in one place can lead to back pain and other problems. It is moving your muscles that helps.

Don't smoke: Smoking is a risk factor for cancer, heart disease, stroke and lung disease, among others. If you

smoke, quitting is the best thing you can do. If you don't smoke, minimize your exposure to second-hand smoke.

Be social: People who have active social lives tend to be healthier and happier. Having a support system helps to relieve stress and make you smile and laugh — all good things. It also helps to have that support when things go wrong.

Make time for yourself: No, this doesn't contradict what I just said. We rarely make time for ourselves during our day as we are always "on," whether for work or family life. Taking 20-30 minutes each day for yourself is a good way to clear your thoughts, feel refreshed and concentrate more effectively. Use this time to do something for yourself like read a book or go for a walk.

Eat breakfast: Eating breakfast can help increase your energy throughout the day, leading to more activity. However, it's also important what you eat. A breakfast high in sugar is unlikely to help. One with fibre and protein is ideal.

Eat protein with each meal: Most of us do not get enough protein in our diets. It helps us feel full, fuels our metabolism and may help in weight maintenance. Simple protein sources include eggs, nuts, lean meats, yogurt (Greek yogurt especially) and peanut butter.

Sing and listen to music: We're all singers at heart. You don't need to get on stage in front of a crowd, and it doesn't matter how good you are (no one needs to know). Singing has benefits that make us feel good about ourselves and can help with our health. Even listening to music can make us feel better.

Making a change in lifestyle isn't easy. Having a plan will help. This includes setting goals that are realistic.

Trying to change three or more things in our lives at one time is very challenging and usually doesn't work, leaving us with a feeling of failure, which is not helpful

VOLUNTEER OPPORTUNITIES



A Message from Office and Volunteer Manager - Bonnie Ward

"As we grow older, we discover that we have two hands one is for helping yourself, the other for helping others." – Audrey Hepburn

Consider volunteering here at South Gate this year. Giving to others makes you feel healthier and happier.

Some of the benefits of volunteering include:

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering brings fun and fulfillment to your life

If you're interested in volunteering, drop around to the Office and let's chat.

Warmest Regards
Bonnie Ward,
Office & Volunteer Manager



Volunteer Opportunities

If you are interested in learning more about volunteer opportunities at South Gate, please drop into see Bonnie Ward at the Administration Office or give her a call at 519-539-9817 or email bonnie@southgatectr.ca

Fitness Volunteers

South Gate is looking for new Fitness Volunteers. Please contact Bonnie to discuss how you obtain your qualifications or recertify to teach the fitness classes.

Kitchen Servers & Dishwashers – Additional Volunteer Support Needed

Pick a day, any day. Monday to Friday between the hours of 11:30 am to 1 pm. Consider volunteering for once a day or once or twice a month.

Banquet Set-Up/Servers/Clean-Up

South Gate rents out our facilities for private functions in the evenings, on weekends and occasional during the day. Volunteers assist us with these events by helping set tables, serving meals and cleaning up after the events. We're currently needing volunteers to assist in this very important area of our operation.

Thursday Evenings, Lions Club Bingo – South Gate Concession

We're looking for 1 or 2 volunteers to help with the cash sales for the South Gate Concession at the Lions Club Bingo on Thursday evenings from 5:30 pm to 8:30 pm.

South Gate Gardens

With spring fast approaching we are looking for volunteers to help with our gardens this spring and summer. It could be great if we could create a South Gate Gardening Club.

Century 21 19th Annual Golden Gala

South Gate is one of the 2019 charity recipients of this years Golden Gala Fundraiser being held on **Saturday, March 2, 2019**. We will be needing volunteers to assist with this very special community event. We will be needing volunteers to help set up on Friday, March 1st, 2019 as well volunteers on Saturday, March 2nd, 2019 for the Coat Check and Silent Auction. On Sunday, March 3rd, we require 6 volunteers for Event Tear Down. Location - Mutual Building.



MEMBER'S CORNER

Welcome New December/January Members

Congratulations on taking the first steps to a healthier and happier you:

Donna Butson	Tom Jackson
Dianne Chambers	Jasmine Ramdassia
George Claus	Heather Watling
Meeke Claus	
Nancy Hurlbut	

Thoughts & Prayers

Lyla Davidson – In Hospital
Mary Donlevy – Husband Passed
Tilly Denniston – Daughter Passed
Family of Janet Corkish

Memorial Fund

Your contribution in memory of a loved one will have a positive impact on the lives of seniors in Woodstock & surrounding area. An acknowledgment will be received by the family and a tax receipt will be sent to the donor.

The name of the deceased to which the donation was made, will be listed in our monthly newsletter. In Memory donation cards are available at the Front Desk.

TO THE ANGELS ABOVE
You have received a special angel
JANET CORKISH
From South Gate Senior
Centre

So many years (20) and so many hours (over 20,000) she put in volunteering as a kitchen helper. We will miss her beautiful smile and her loving heart. Rest in peace dear friend! With love from your friends at South Gate. XO



Apologies

In the January Nugget we printed that the Monday Knitting Group donated their handiwork to many community groups. The Sick Kids of Toronto was listed in error.

Library News



Wow..February edition already...where does the time go? We hope you continue to browse through the shelves and find just the right author and suitable reading material.

Through talking to folks we find that paperbacks are mainly preferred over hard covers, so we try to keep this in mind when sorting through your generous donations.

Also, a reminder....if you find a puzzle with missing pieces, please dispose of it in your own home recycle container. I'd like to suggest when you're packaging the puzzle up for return to the library, that you put the pieces in a plastic bag, reducing the risk of losing pieces through transit. We all know the disappointment and frustration of a missing piece after many hours of searching.

Thanks again for your donations, your generosity provides many hours of enjoyment to others.

George and Elda

Welcome Amber!



Hi, my name is Amber McMahon. I am the mother of two beautiful children, Conall is 9yrs old and Elin is 7yrs old. My husband Nolan and I will be celebrating our 10th wedding anniversary this year. Currently I work at Southside Aquatic Centre teaching swimming lessons, aquatic fitness classes and lifeguarding. Growing up in Woodstock and being a part of this community my whole life has been a blessing, and I am fortunate to be able to work with members of the community in many areas of my life.



Ask Dolly & Me...



Dear Dolly and Me,

We will be married 45 years this year. I always tell him how smart, reliable and handsome he is. I tell him how much I love him. Why can't he do the same for me? I look after

myself and stay in shape. I keep a nice tidy house and I am a good cook. Can you help me?

- Feeling unappreciated

Dear Feeling,

You can't teach an old dog new tricks, just be thankful that you have someone to share your love with and your tasty treats too. Be aware that love may be shown in different ways. While you express your feelings verbally he may do so in other ways. Don't expect him to show love the same that you do. For example if you verbally tell him you love him and how much you care about him and he doesn't respond the same way in return, don't assume he doesn't feel the same way. He may express his love in other ways by some act of service, like changing the oil in your car or fixing something around the house. If you value your relationship give love freely and receive love in whatever way he is comfortable giving it. Then take him out to one of your 'chick flicks' and maybe he'll get some ideas as to what you want.

Dear Dolly and Me,

My daughter recently went back to work. She has asked me to babysit till she finds someone. It's been months now and don't see any end to it. I love my grandkids, they are 2 and 4 years old. By the end of the day I am totally stressed out. What started as a temporary situation seems to be permanent now. I miss going out with my friends. I used to go to fitness class 3 days a week and play Euchre in the afternoon. How do I let her know I want my life back without hurting her feelings?

- Stressed Out

Dear Stressed,

It's time you sat your daughter down and let her how you really feel. Let her know that you will always be there for her if an emergency arises or you could babysit if they want an evening out once in a while. Make sure that she understands that she need to look after this and find someone in the very near future. You need to look after yourself first.

You can ask your questions by dropping off a note in the box marked "Ask Dolly and Me" located in the Café or email us at askdollyandme@gmail.com

Volunteers with Big Hearts Making Our Members Feel Welcome

Our thanks and appreciation are extended to Mary Donlevy and Bess Jenkins for their time and commitment in making our Members feel welcome.

On a monthly basis Mary Donlevy calls all our new members and welcomes them to the Centre. Mary also ensures that our new members know all about our programs and events.

Bess Jenkins is new to Woodstock and joined South Gate last year. Bess loves to volunteer her time to help others. In December, Bess started to call our members on their Birthdays to wish them a Happy Birthday from all of us.

Many thanks are extended to these two members with **BIG HEARTS**.



MEMBER'S CORNER

Hiking Program with Theresa

It has been a successful first 6 months for the new hiking program here at South Gate. Hikes have varied from Mindful Meanders (slow easy pace) to 8-12 km hikes (moderately paced). We have explored trails in Woodstock, Beachville and Ingersoll. Participants have shared their knowledge of the flora and fauna in the area. The bird watchers in the group have taught us a great deal about the many species of birds in this area, which has been a wonderful addition to the hikes. We also shared a walk in silence, a peaceful way to share a walk without the distraction of social interaction. I am looking forward to leading a variety of hikes and walks over the course of the coming year. To learn more about when and where hikes will take place check out either South Gate's or Be Inspired with Theresa Facebook pages. Hikes will be posted on both pages and by e-mail 2 weeks in advance of the hike. If you are not connected with Facebook and are interested in joining me, please send me an e-mail to tcbeinspired@gmail.com with hike information in the subject line and I will add you to the mailing list. Looking forward to leading and sharing hikes with others in the tranquillity and beauty that nature provides. There will be no hikes in February as I will be away in India, but will definitely resume in April. Stay tune in late March though just in case we are given a gift of a day too good to pass up.

South Gate Singers Seeking the Hands of a Pianist

If your hands can play the piano and you love to play for talented singers than the South Gate Singers need you!!! The South Gate Singers are in desperate need of a piano player. If you or somebody that you know might be interested, please let Doris Ernewein know asap at 519-539-3358.

Gala Help Needed!

The Century 21 Golden Gala is so happy to support our South Gate Centre this year. We expect to raise \$25,000 for the Expansion Fund. We are hoping you can help with sponsorships and/or items for the Silent Auction table (sporting event tickets, gift certificates, items of interest, etc.). Perhaps friends or relatives working in companies with these kinds of connections can assist? Please let Felise or David Hilderley (519-537-1469) know if you can help us out.

Klaverjas

December 4, 2018

Jan Vleuten	5368
John Vandersteen	5120
Henry Veenstra	5115
Irene Vandersteen	5109

December 11

Carol Taplay	5765
Irene Vandersteen	5587
Marina Skitch	5485
George Wall	5412

December 18

Rose Hartnett	5294
Reiner Stachel	5254
Nell Hostetler	5217
Elizabeth Brekelmans	4881

Cribbage Winners

December

Deb Almost	2455
Murray Farrell	2418
Grace Balkwill	2415

January

Shirley McArthur	2455
Jim Jones	2432
Gerry Edwards	2429

December Big Peppers

Top Big Peppers: Two Large Peppers same day:

Susan Cote	4	Susan Cote
Walter Ferguson	3	Sandra Rutherford
Sandra Rutherford	3	

One large pepper and one small pepper same game:
Pam Livingston 2

Attention All Baseball Players

The season is fast approaching so let's start to get into shape. The sign up sheet will be at the front desk the week of February the 18th. You may also contact Larry at 519-421-1116 or Guy at 519-

Looking for South Gate Programming? It can now be found in our Program and Events guide available at the Centre and online at www.southgatectr.ca



Marilyn's Musings

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers and those who will need a caregiver." – Rosalynn Carter

(Rosalynn Carter was First Lady of the United States from 1977 to 1981 and is the wife of President Jimmy Carter.)

Where do you fit in to this scenario? Have you been a caregiver? Are you currently a caregiver? Will you have to become a caregiver in the near future? Are you someone who needs a caregiver now?

Being a caregiver is not something you sign up for. The role comes your way when a loved one becomes ill or incapacitated. It is not a job you applied for or perhaps even thought about or wanted. Yet, it is there and engulfs your life, your time and your energy. There are no awards ceremonies, no certificates attesting to your abilities – good or bad. There are no organizations you can join as a caregiver. Sometimes loneliness and not knowing where to turn for help encompasses you. You want to provide the best care you can but at what price?

Caregiving is a true test of your love, your patience, your commitment and devotion to do the best you can. At the end of the day you want to lay your head down and rest knowing that you have done all there is to be done. It is not easy! Who would have thought when you took your vows – "for better, for worse, in sickness and in health" – that it would come to this?

Since 2015 I have been a caregiver for my husband after he was diagnosed with Multiple Myeloma (bone cancer). He had three good years following a stem cell transplant that year but when the cancer returned, it came back with a vengeance. I have had to do things for and with him I had never imagined I would have to do - calling an ambulance at late hours, riding with him to the Emergency Department, driving to medical appointments, sitting at the Cancer Clinic for hours on end, watching him being hooked up to IV infusion clinics, packing healthy lunches and supplies to keep him occupied while he receives his chemo injection; picking up prescriptions at various pharmacies at the hospital and here at home.

The nurses and doctors keep insisting that, as a caregiver, you take time for yourself. Time for me? That is easier

said than done. My advice to those who are in the same situation as I am, and I know there are many of you, is this. Try your best to take an hour or two each day just for you. If you are able to get out of the house, do so. I often find a quick jaunt to the South Gate Centre to visit friends, to take part in a gathering, have a bite to eat in the café or just a chat with friends there will help get me through the day. I told Executive Director Chris, that South Gate was my Respite Care Centre....but it truly is sometimes!

Finding something you enjoy doing at home, if you are unable to get out, is helpful to your wellbeing. I am not talking about housework, cooking, baking or the chores you have to do on a regular basis. Read a good book. I find lots in the South Gate library. Keep a journal. You will be surprised at how easy it is to jot down your feelings and what you have faced in the course of a day, a week or however long you have been a caregiver. My friend gave me a beautiful journal for Christmas. She told me to use it to record "my journey". Being a caregiver really is a journey. You may not be the one who is ill but the illness becomes the driver of the train and you and your loved ones are the passengers. The twists and turns, ups and downs, highs and lows are all part of "the journey".

Don't be afraid to reward yourself because, chances are, no one else will. I buy myself a bouquet of flowers when I am grocery shopping just for me because I think I deserve them. Take time to call a friend or a family member. Remember that those close to you, who you cherish and respect, will have the time to listen, to comfort you when you need it, and maybe even give you some sage advice to help you cope.

Never be ashamed to ask for help, whether it is from your friends or family, your doctor or a professional counsellor. Fight fear, depression and anxiety with proper sleep, nutrition and by maintaining an attitude that you are doing the best you can with what you have at your disposal.

Here's a Hallmark moment: Treat yourself the way you treat everyone else – with care.

Until next time.....

Marilyn

marilyn.watson@execulink.com

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MEMBER'S CORNER

Be Inspired With Theresa

The Incredible India Tour



I will be departing on a month long trip shortly after this article is published. Although the journey actually began in November 2018 when my dear friends Julie Boyse and Swami Mahesh put

together the Incredible India Tour/Yoga and Ayurveda Rejuvenation Retreat and posted it on Facebook. It has been my wish to go to India for quite some time and this seemed like the perfect opportunity. I will be honest I was still hesitant; three weeks is a long time to be away from home and I had been talking with family members about a trip to B.C. I took my time deciding and finally made the choice, I was going to India. I did of course research what I needed to keep me safe and healthy while I was away. Julie was big help with this. It has been my practice when travelling not to research where I am going so that I am able to go without any preconceived ideas of what to expect when I get there. I set the intention that I would go with an open mind, to expect the unexpected and accepting that is how it is when one travels to another country. In conjunction with that intention I also set the intention to travel with enthusiasm, a willingness to learn and a sense of fun and joy. Travelling with like-minded people, exploring a new environment, learning about the culture of India is an opportunity too incredible to miss. I'm sure I will return inspired and in time will share some of my experiences. Be well and enjoy the day.

Be Inspired with Theresa appears several times a week on South Gate's Facebook page or are sent by e-mail upon request. For e-mails contact Theresa with Be Inspired mailing request in the subject line at: tcbeinspired@gmail.com or follow the link <http://eepurl.com/ESgD1>



Exercise of the Month

Guide for Osteoporosis Exercise Program

Strength Training: 2 or more days/week. At least one exercise for legs, arms, chest, shoulders & back. 8-12 repetitions using resistance, weights or body weight.
Balance Training: daily for 15- 20 minutes. Progress from "standing still" exercise (one leg stance, reaching to front & side and down) to dynamic movement (tandem walk, dancing, tai chi movements).

Aerobic: 5 or more days/week & 30 minutes /day. Bouts of 10 minutes or more of moderate - vigorous intensity.

Spine Sparing: During daily activities, your alignment is more important than intensity- no rapid twisting or bending to side or weighted bending forward. Back extensor exercise daily for 5-10 minutes

Source: Bone Fit - Osteoporosis Canada: 1-800-463-6842

Wellness Tidbit

Plant-Based Skin Loving Foods

AVOCADOS: Avocados are high in beneficial fats for supple skin. They contain vitamin E which protects the skin from oxidative damage and vitamin C which is essential for creating collagen.

WALNUTS: Walnuts are rich in omega-3 fatty acids which help skin stay moisturized and fight inflammation. They also contain zinc which is important for wound healing and combating bacteria. Another good source is flaxseeds.

SWEET POTATOES: Sweet potatoes have beta-carotene which acts as a natural sun block, protecting skin from sun damage. Other good sources are carrots and apricots.

RED or YELLOW PEPPERS: These peppers are also rich in beta-carotene but are super sources of vitamin C.

BROCCOLI: Broccoli is a powerhouse of vitamins, minerals and carotenoids for great skin health but they also contain an ingredient which helps prevent skin cancer, protecting from sunburn.

TOMATOES: As well as lots of vitamin C, tomatoes pack all the carotenoids, like lycopene which protect skin from sun damage and wrinkling.

SPECIAL EVENTS - THANK YOU



New Year's Eve House Party

The New Year was celebrated at South Gate with over 100 guests at the annual New Year's Eve House Party. Everyone enjoyed the lovely appetizers and a great dinner once again prepared by our wonderful kitchen staff and their volunteers.

The door prize winners were Bob Flock and Mathew Hunt, the 50/50 draw went to Sandra Laybolt.

The midnight (9:00 pm) celebrations saw a conga line break out, much to everyone's pleasure.

A BIG thank you to DJ Graham and the Dance Committee for one heck of a party!



Christmas Day Dinner at South Gate

The Holiday Season is a time for celebration and gatherings. Once again South Gate celebrated Christmas Day with all the trimmings with members that wished to share the day together.

Our thanks and appreciation is extended to Shelley for cooking the turkey, mashed potatoes, stuffing and gravy and our members who brought all the other trimmings to make a delicious Christmas Dinner.

Special thanks is extended to our Christmas Day Dinner coordinator Guy LaPlante and all the volunteers who came and helped set-up and serve.

This special day would not happen without your continued support and kindness.

Once again the South Gate Centre opened its doors to members and friends who were alone at Christmas. This year there was a smaller crowd of twenty five who came together. There was great banter and fellowship before the meal service. Turkey, mashed potatoes, stuffing and gravy were supplied by Shelley and the South Gate kitchen. Guests and volunteers brought in additional food to fill out the banquet provided, ensuring there was more than enough food for all.

I would like to thank the volunteers who provided their time to ensure an entertaining and successful meal service for our guests. This year Ellie & Kerry, Sue, Rudy, Rick & Donna, Kathleen & Wayne, and Nancy & Guy worked together to ensure a successful day. They all showed true spirit to ensure others had an enjoyable Christmas Day.

From myself to all of you, a big thank you.
Guy LaPlante





SPECIAL EVENTS - THANK YOU

Mid-Winter Pepper Card Tournament



Great fun was held by all those who attended the Mid-Winter Pepper Tournament on January 23, 2019.

Many thanks are extended to our wonderful volunteers who made the tournament a great success!!

There were 48 people in attendance and the prize winners were:

1st Prize	\$10.00	Bob Desforges	224
2nd Prize	\$ 9.00	Janet Clarks	219
3rd Prize	\$ 8.00	Marlene Sim	208
4th Prize	\$ 7.00	Sandy Rutherford	196

Our eight Large Peppers were won by: Bob Deforges, Mae Watts (2) , Marlene Sim, Marilyn Benton, John Wylie (2), Sandra Siroky

Six lucky people went home with Door Prizes:

The 50/50 Raffle of \$26.25 was won by Don Wilson and James Kendall

A big thank you to Kristen, Donna and Judy for making and serving the delicious Raspberry Rhubarb Platz.

Chilly Charlie



February 2nd was chosen because it falls midway between the beginning of winter and beginning of spring. Groundhog Day has been celebrated annually for hundreds of years. The tradition has been traced back to ancient Scottish and Celtic tradition. Every February 2 people tune in to see if the groundhog will see its

shadow and hibernate for the rest of the winter, or stay, marking the coming of spring.

CHILLY CHARLIE is Woodstock's very own resident Ground Hog. He was born and raised right here at South Gate Centre 17 years ago by the late great Don Engel, volunteer extraordinaire. Groundhogs hibernate during the winter by burrowing into the ground, which gives way to

Hawaiian Karaoke Night



South Gate members enjoyed a fun Hawaiian themed Karaoke Night on Friday, January 25th. Those who attended enjoyed Chicken Kabobs, Hawaiian Salad and Pina Colada Cupcakes made by our Local Roots Café.

Many thanks are also extended to Mary and Branden Aucoin for hosting our Karaoke Night.

SPECIAL EVENTS - THANK YOU



12 Days of Christmas Lottery 2018/2019

The Lottery has completed its 6th year and this year has been the best yet! 1863 tickets were sold. We were able to set a new record for sales and sponsorship. **\$33,800 was raised.** Success like this doesn't just happen, it takes a communities support to help realize that success.

Thank you to our wonderful sponsors; our Star Level sponsor, the Dr. Leonard Reeves Foundation, Title Media sponsor, 104.7 Heart FM, Gold Level sponsors; Caessant Care Nursing and Retirement Homes Limited and Hunt Homes, Silver Level sponsors; Wellington Street Denture Clinic, Crissy Cassells of Scotiabank, Brock and Visser Funeral Home and David Hilderley of Century 21 Heritage House.

Along with the incredible support of our sponsors, we'd like to recognize the community businesses that sold tickets; Chartwell Oxford Gardens, Merrifield's Book Shop, First Ontario Credit Union and the Quality Hotel & Suites.

To the South Gate membership & to ALL of you that purchased tickets for this year's Lottery, THANK YOU! The Day 12, \$10,000 winner, was Lee Bruch of Woodstock. Lee received his ticket as a Christmas gift from his mother.

Congratulations to ALL of this years' winners. Tickets for the 2019/2020, 12 Days of Christmas Lottery, will go on sale November 12, 2019.

For more information on South Gate Centre check us out www.southgatectr.com



David Hilderley, South Gate Board Member, Chris Cunningham, Executive Director, Lee Bruch, Winner of Lottery

Lottery Winners:

Day 1 for \$100

Sponsored by David Hilderley Century 21 Heritage House
Ticket number 2018-1954 - Rob Sommerville from Ingersoll

Day 2 for \$200

Sponsored by Brock and Visser Funeral Home
Ticket number 2018-0750 - Katelyn Guilleman from Toronto

Day 3 for \$300

Sponsored by Crissy Cassells of Scotiabank
Ticket number 2018-1431 - Wayne Boddy of Woodstock

Day 4 for \$400

Ticket number 2018-0042 -Margaret Allen of Woodstock

Day 5 for \$500

Sponsored by Wellington Street Denture Clinic
Ticket number 2018-0322 -Mike Houle of Woodstock

Day 6 for \$600

Ticket number 2018-1410- Wayne Chalkley of Ingersoll

Day 7 for \$700

Sponsored by Caessant Care Retirement Residence
Ticket number 2018-0729 - Lisa Correia of Woodstock

Day 8 for \$800

Sponsored by Hunt Homes
Ticket number 2018-0551 - Blaine Eaton from Woodstock

Day 9 for \$900

Ticket number 2018-1499 - Donna Davis from Brantford

Day 10 for \$1,000

Ticket number 2018-0644 - Carol Vleuten from Woodstock

Day 11 for \$1,100

Ticket number 2018-1228 - Carole Ann Woudsma of Woodstock

DAY 12 for \$10,000

Ticket number - 2018-1544 - Lee Bruch



DAY TRIPS



SOUTH GATE
CENTRE



CAESARS WINDSOR

Tuesday, March 5, 2019

Windsor

Departs 9:00 a.m.

Purchase by February 12, 2019

Everyone Welcome!

Cost: \$25 (incl. hst)

Includes: Motorcoach Transportation &
ONE of the following: Free Buffet Lunch OR
\$15 Food Coupon OR \$15 Free Slot Play

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Stingrays and so much more.



Wednesday, March 27, 2019

Toronto

Departs 10:00 a.m.

Purchase by February 27, 2019

Everyone Welcome!

Cost: \$80 (incl. hst)

Includes: Motorcoach Transportation
& admission to Ripley's Aquarium.

Book your spot today at the
South Gate front desk.
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Frankenmuth Itinerary April 11-12, 2019

DAY 1

8:30am Leave South Gate Centre
10:00am Sarnia Coffee/ Washroom Stop (45min)
12:30pm Cracker Barrel in Flint Michigan
(Lunch on your own) 1hr 30min
2:30 pm Arrive in Frankenmuth
2:30pm- 3:30 pm Guided tour of Frankenmuth
with walk on guide (includes St. Lorenz Church)
4:00pm Check in to Drury Inn
5:30pm Zehnder's Dinner 6pm followed by the
show "Three Men and a Tenor"
8:00pm Approximate return to hotel
****PASSPORT REQUIRED****

DAY 2

7:00am - 9:00am Breakfast at Drury Inn at your
leisure
9:00am Luggage out in the hallway
9:45am Check out and depart
10:00-11:00am Bronner's Largest Christmas Store in
the World
11:15-2:00pm Birch Run Outlets (section G)
Lunch on your own
2:00pm Head for Home
4:00pm Border
6:00pm Approximate return to Woodstock



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April 11-12, 2019

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- 1 Dinner Show at Zehnders
- Frankenmuth city tour
- Luggage Handling
- Motorcoach Transportation

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\$295 - Double • \$365 - Single

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Purchase by March 11, 2019

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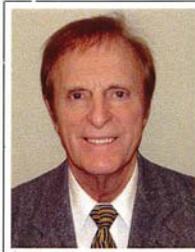


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Bus C	\$40	\$100	\$200	\$380
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½ Page	\$80	\$220	\$400	\$780
Full Page	\$140	\$400	\$780	\$1380

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Email: felise@southgatectr.ca



The SG Members Committee want to hear from you. Love something we are doing? Tell us about it. Have a suggestion? Let us know. Box is located across from the Cafe Desk. You may also send via email to southgatesuggestions@gmail.com

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4 Days - Departs Apr 30, Jun 3, Aug 26, Sep 9, Sep 23 or Nov 18** Hershey Chocolate World and Milton Hershey Museum is a must visit for anyone with a sweet tooth! Become immersed in "Jesus" performed in a state of the art theatre, be captivated by a unique mystery in the amusing musical "Stolen" both incredibly entertaining performances. Homestyle food & crafts are not to be outdone as we tour the pure simplicity of the surrounding Amish Farmlands. Twin per person \$979.00 CDN HST does not apply
**Nov has alternate shows



Washington Cherry Blossoms

5 Days - Departs Apr 11 - Breathtaking blossoms are the backdrop for this memorable journey as we discover Washington DC. Experience history and innovation at the Smithsonian Institute, revel in the architecture during a guided city tour, a visit to Arlington Cemetery gives us an appreciation for today. Reserved seats for the Cherry Blossom Parade allow us to marvel in the beauty & diversity of this truly remarkable city. Twin per person starting at \$1,359.00 CDN HST does not apply



Ottawa and Kingston

4 Days - Departs May 10 - Immerse yourselves in the breathtaking views we find in our nations capital. A journey of exploration awaits us at the Canadian Museum of History as we discover the world's largest indoor collection of totem poles. Cruises on the Rideau Canal and among the 1000 Islands in Kingston ensure we take in the landscapes from all angles. An impressive start to the spring season and the celebrations that lay ahead! Twin per person \$1,139.00 CDN (incl. 131.04 HST)



Charm of the Old South Myrtle Beach, Charleston & Savannah

12 Days - Departs Mar 5, Apr 23 or Oct 15 - Explore the history and stories that tell the tales of such an extraordinary and monumental area of the south with time to explore our own interests, golf, the beach or simply relaxing will energize us for our adventures!! Plantations, opulent gardens, city tours, the Biltmore Mansion and the Carolina Opry lets us experience this southern hospitality and immerse ourselves in its charismatic culture. Twin per person \$2,999.00 CDN HST does not apply



Branson Missouri and the Ozarks

7 Days - Departs May 1, Jun 5, Aug 7, Sep 4, Oct 16 or Nov 20 - Music makes my heart sing and yours will too!! Tap your toes to the beat of Clay Cooper, step back in time to the "rock and roll of the 50's & 60's", Raiding the Country Vault and C.J. Newsom's Classic Country Shows are mesmerizing displays of talent! Our days are filled with music as we are captivated by the many performances. The Branson Belle Showboat hosts us for an entertaining lunch and vistas that will amaze! Twin per person \$1,649.00 CDN HST does not apply



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- JOHN MAYNARD KEYNES



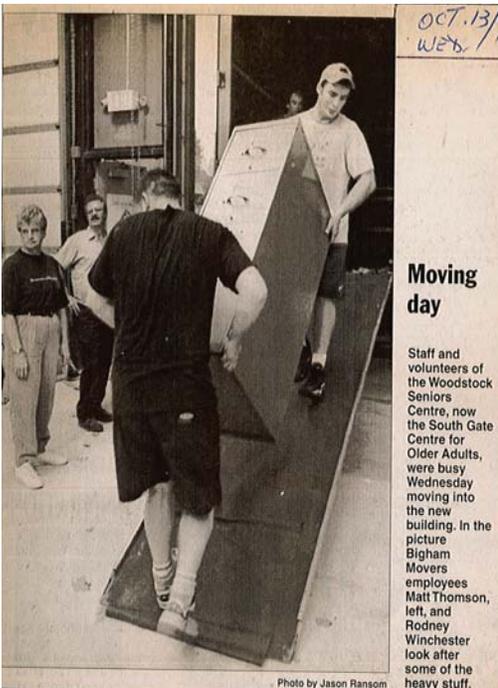
Ancient Chinese physicians once prescribed them (sprouts) for bowel disorders. Mind you I only just got wind of that fact.

WHAT IS THE ANSWER?

$$7 + 7 \div 7 + 7 \times 7 - 7$$

Ian's
A.P.S.A.M.

This year celebrates 20 years at the Old Wellington Street location.



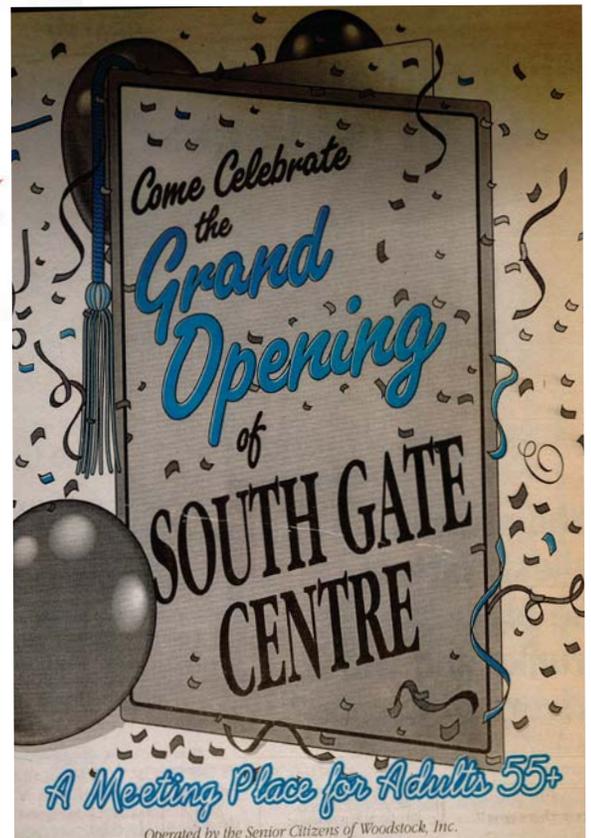
Moving day

Staff and volunteers of the Woodstock Seniors Centre, now the South Gate Centre for Older Adults, were busy Wednesday moving into the new building. In the picture Bigham Movers employees Matt Thomson, left, and Rodney Winchester look after some of the heavy stuff.

Photo by Jason Ransom



Original location of 384 Dundas St





LET'S *Party!*

19th Annual

Golden Gala

Saturday, March 2, 2019
Oxford Auditorium,
Woodstock, Ontario

For tickets or Sponsorship
Information:

519-539-5646
C21goldengala@gmail.com
www.goldengala.ca

CENTURY 21.
Heritage House Ltd.



Cocktails & Hors d'oeuvres - 5:00 - 6:15 pm

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Dinner by La Cantina Catering • Live Entertainment • Silent Auction

Tickets: \$135 per person



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SPECIAL EVENTS

Valentine's LUNCH
STEAK STACK

FRIDAY, FEBRUARY 8 • 12 PM

TICKETS \$12
LAST DAY TO PURCHASE FEBRUARY 6

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FOR ACTIVE ADULTS

Valentine's DINNER & DANCE

FRIDAY, FEBRUARY 15
7:00 PM

CHICKEN PRIMAVERA

TICKETS \$20
LAST DAY TO PURCHASE FEBRUARY 13

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BEST

Point the way

BEST U HEALTH EXPO 2019
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South Gate Centre, 191 Old Wellington St. S., Woodstock

FREE ADMISSION • Free healthy snacks • Lunch available for \$5
Over 40 exhibitors • Informative presentations

Empowering people over 50 to take an active role
in their long-term wellness and quality of life

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Ontario

OACAO
Older Adult Council - Association of Ontario
Association des aînés pour l'Ontario

St. Patrick's Euchre TOURNAMENT

THURSDAY, MARCH 14
1:00 PM

Doors open at 12:45 PM • Prizes 50/25/25 & MORE

TICKETS \$5

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SOUTH GATE CENTRE
FOR ACTIVE ADULTS

COMMUNITY EVENTS/STAFF



February 2019

Saturday, Feb 2nd	Chilly Charlie Prediction Breakfast
Friday, Feb 8th	Valentine's Luncheon
Wednesday, Feb 13th	Stamp Club
Thursday, Feb 14th	VON Blood Pressure Clinic, 9-12:30
Friday, Feb 15th	Valentine's Dinner and Dance
Monday, Feb 18th	CLOSED – Family Day
Wednesday, Feb 20th	Probus 9am Fitness @ Cowan Park
Wednesday, Feb 27th	Stamp Club @ 7pm
Thursday, Feb 28th	Foot Clinic
Fridays	TOPS (Take Off Pounds Sensibly) 9:30-11am

March 2019

Saturday, Mar 2nd	Golden Gala
Monday, Mar 4th	Best U Health Expo
Tuesday, Mar 5th	Pancake Tuesday
Wednesday, Mar 13th	Probus
Thursday, Mar 14th	St Patrick's Euchre Tournament
Wednesday, Mar 20th	Probus 9am Fitness @ Cowan Park
Wednesday, Mar 20th	Quarter Auction @ 7pm
Wednesday, Mar 27th	Stamp Club @ 7pm
Thursday, Mar 28th	Foot Clinic
Fridays	TOPS (Take Off Pounds Sensibly) 9:30-11am

Around the Corner...

Friday, Apr 5th	Spring Dinner and Dance
Friday, Apr 12th	Volunteer Appreciation Celebration
Tuesday, Apr 16th	Easter Gospel

Need more info on Programming at South Gate? Pick up the SG Program Guide. Printed every 3 months. Next issue is published end of March.

South Gate Centre Staff

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chris@southgatectr.ca
Felise Jones, Operations Manager
felise@southgatectr.ca
Bonnie Ward, Office and Volunteer Manager
bonnie@southgatectr.ca
Shelley Davis, Local Roots Manager
shelley@southgatectr.ca
Larrie Blancher, Maintenance Manager
larrie@southgatectr.ca
Amber McMahon, Office Assistant
amber@southgatectr.ca



Board of Directors

Chair: Cristian Lagos
Treasurer: Guy LaPlante
Deborah Almost
Kathy Eller
David Hilderley
Patrick King
Tom Rock
Vonnie Snyder
Chris Cunningham

The SG Members Committee

Meet the last Tuesday of every month - February 26
Chair: Graham Becker
Secretary: Mary Becker
Deborah Almost
Al Bohn
Mary Donlevy
Jean Hilton
Guy LaPlante
Marilyn Martin
Rick Rose

Program Contact Meeting

All activity volunteer contacts meet 1st Wed. of every other month at 10:00 am. Next Meeting is March 6th in the Cowan Boardroom.

Notice: Deadline For the Next Nugget Issue

Thursday, February 7th
While every effort is made to correct errors within the Golden Nugget, occasionally the odd one may evade our scrutiny. Thank you for your understanding!



LOCAL ROOTS CAFÉ FEBRUARY MENU

MON	TUES	WED	THURS	FRI
<p>Every Monday, enjoy homemade soup and a roll for only \$4.00!</p> <p>Sandwiches available as well!</p> 	<p>29 Braised pork loin served with mashed potatoes, pan gravy and steamed vegetables</p>	<p>30 Shelley's chicken stirfry served with homemade teriyaki sauce served over rice or rice noodles</p>	<p>31 Cabbage rolls served with pierogies with bacon & sour cream & fried onions, coleslaw</p>	<p>1 Lemon pepper haddock served with jasmine rice and steamed vegetables or Vegetarian Pizza served with homemade soup</p>
	<p>5 Roast Beef dinner served with mashed potatoes, rich beef gravy and steamed vegetables \$8</p>	<p>6 Sundried tomato cheese tortellini served with Caesar salad and garlic bread</p>	<p>7 Braised chicken in an herb cream sauce served with rosemary roasted baby red potatoes and steamed vegetables</p>	<p>8 Valentine's Luncheon <i>Advance Tickets \$12</i></p>
	<p>12 Honey glazed ham served with cheesy potato casserole served with steamed vegetables</p>	<p>13 Shelley's Meatloaf served with mashed potatoes and steamed vegetables</p>	<p>14 Chicken pot pie served with steamed vegetables and carrot and raisin salad</p>	<p>15 Shepherd's Pie served with garden salad</p>
<p>18 FAMILY DAY CLOSED</p>	<p>19 Liver & Onions served with mashed potatoes, rich beef gravy and steamed vegetables</p>	<p>20 Chicken a la King served over egg noodles partnered with a warm buttermilk biscuit</p>	<p>21 Cabbage rolls served with pierogies with bacon & sour cream & fried onions, coleslaw</p>	<p>22 BIG DAVE'S BBQ RIBS served mac n cheese and Shelley's baked beans \$8</p>
<p>25 Soup & Roll \$4 (sandwiches available)</p>	<p>26 Shelley's chicken stir-fry served with homemade teriyaki sauce served over rice or rice noodles</p>	<p>27 Beef Lasagna served with Caesar salad and garlic bread</p>	<p>28 Honey mustard thyme pork loin dinner served with roasted rosemary baby red potatoes and steamed veggies</p>	<p>March 1 Fresh Atlantic salmon served with a yogurt dill sauce and jasmine rice with steamed vegetables or Canadian pizza served with Shelley's homemade soup of the day</p>

Our cafe is open to the public • Come in and Check out our Frozen Food Selection

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Add Small Soup to meal	\$1.00	Protein Pack	\$4.00
Dessert Only	\$2.00	Frozen Entree	\$5.00
Large Soup/Salad and Roll	\$4.00	Frozen Soup	\$2.00
Salad Small/Large	\$2/\$4		