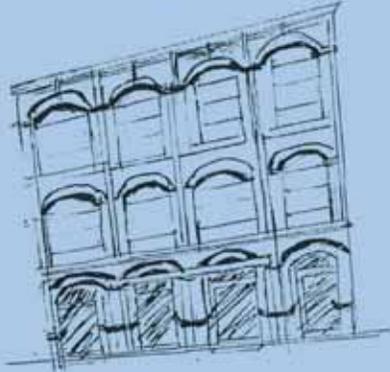


GOLDEN NUGGET

November 2019

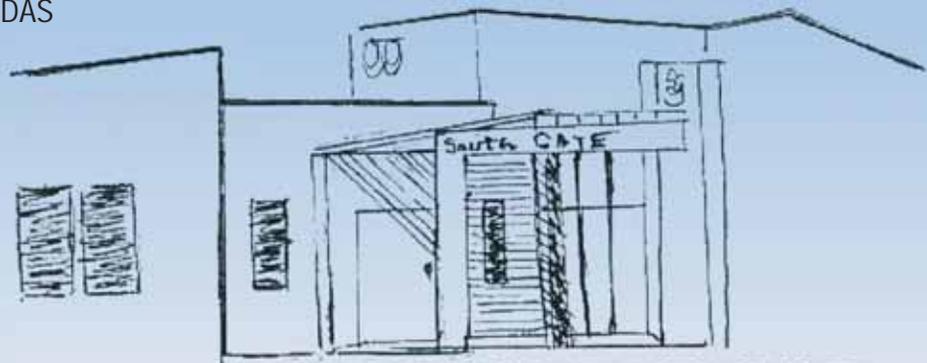
Celebrating our past, while looking to the future



384 DUNDAS



FINKLE STREET
DROP IN



191 OLD WELLINGTON ST SOUTH



NOVEMBER 4

20th Anniversary
Open House

NOVEMBER 8

Pig Roast and Dance

NOVEMBER 12

12 Days of Christmas
Ticket Sales Start

NOVEMBER 16

Christmas Bazaar &
Penny Sale

LIKE US ON FACEBOOK!

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 RR0001



SOUTH GATE CENTRE
FOR ACTIVE ADULTS



GENERAL INFORMATION

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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

Membership Rates

TYPE OF MEMBERSHIP	2019 FEES
All Inclusive November	\$60

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.

(NO MEMBERSHIP REFUNDS)

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

TYPE OF MEMBERSHIP	2020 FEES	RENEW BY DEC.22 2020 EARLY BIRD RATES
All inclusive (12 months)	\$175	\$165
All inclusive (9 months) Only offered until March	\$150	\$140
Social (Pay as you go)	\$65	\$65

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:



**wellington street
DENTURE CLINIC**

62 Wellington St S Woodstock,
(519) 533-1919

AND



**GIANT
TIGER**

WOODSTOCK

Scent Free Centre



Thank you for NOT using scented products while at the Centre. Please refrain from using perfume and aftershave, essential oils and fragrant hand cremes, scented lotions, soaps, deodorants... if you're coming to South Gate. While you may not be affected by these scents, there are many of us that are. THANK YOU for your thoughtfulness.

GENERAL INFORMATION



Activities At A Glance

*ALL Registered Programs for Ages 18+ - ☺ Additional Costs, Must Pre-Register at South Gate Centre

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	
8:45 am	*Watercolour with Michael				
8:55 am				Stretch Your Body	
9:00 am	Fitness		Fitness	Beginners Billiards	Fitness
	Billiards		Billiards		Billiards
9:15 am		*Zumba Gold			
9:30 am	Knitting Group				
10:00 am		Bunka		*Yogalates with Yogi	☺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	*Gentle Yoga & Mediation with Yogi	
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			☺Badminton (1-3)	Bingo
	☺Badminton	☺Pickleball	☺Badminton	*Osteo Moves	
		*Education		*Ukulele	
2:00 pm		Tai Chi (Open Practice)		*Silver Chimers	
2:15 pm					
4:00 pm		Billiards League			
5:00 pm				Total Fitness After 5	
6:30 pm		Klaverjas	*Yoga with Elizabeth		
		Come Dancing			
7:00 pm	Euchre			Darts	
	☺Pickleball				

Program Notices

- Fall 2 Registration Programs begin the week of November 4th, 2019 (6 weeks)
- Check out all of our New Programs in the Fall Program Guide;
- Tai Chi Classes have been cancelled;
- Creative Sparks class has been rescheduled to Wednesday, Feb 5, 2020 from 1:00 pm to 3:00 pm;
- November Program Cancellation/Notices – See Program Update Section – Page 35



STAFF UPDATE



Staff Update - Welcome Michelle Dykstra



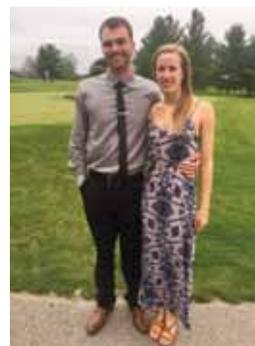
Hello! My name is Michelle Dykstra and I am the newest staff member at South Gate Centre in the role of Community/Program Development Coordinator. Although you may see me out and about doing a variety of tasks, my main focus will be on the organization's fundraising events.

A little bit about me – I grew up in Brampton, Ontario, the third of four kids. I had a heavily Dutch-influenced childhood, so feel free to ask me how I feel about dropjes, hagelslag, and oliebolle. Sports and fitness are a dominant part of my life; I play volleyball twice a week and love to spend time outdoors walking or biking.

A little bit more about me – While I was attending Brock University in St. Catharines, I secured a part-time position working for the Toronto Blue Jays in the marketing department; four years later, I got

hired on full-time. A few highlights of my experience include executing some amazing events, being on the field for Opening Day, and watching Jose Bautista's playoff bat flip. Additionally, I had the pleasure of starting a relationship with a fine young man who also worked for the Blue Jays and happened to be from Woodstock. While we loved our jobs in Toronto, we decided it was time for a new challenge and a slightly slower pace, which brought us to the Friendly City.

I am incredibly excited to be starting in this new position here at South Gate Centre. Even after just



a few days, I have witnessed the love and passion that exists for this organization and hope to contribute to its growth using the knowledge and skills that I have developed in other roles. If there's anything else you would like to know about me, don't hesitate to ask!

VOLUNTEERS



Centre Volunteer Opportunities

ARE YOU LOOKING TO MEET NEW PEOPLE, MAKE NEW FRIENDS, DO SOMETHING THAT HAS PURPOSE AND HAVE FUN WHILE DOING IT, THIS COULD BE IT!!!

CONSIDER JOINING OUR SOUTH GATE LOCAL ROOTS TEAM.

Our Local Roots Volunteer Team supports our entire food operations here at South Gate. We are in urgent need of volunteers!



We currently need volunteers to help with our daily food preparation for the Local Roots Café, serving food & washing dishes, as well as at our Catered functions (i.e. weddings, special events, banquets, etc).

South Gate rents out our facilities for private/non-profit functions in the evenings, weekends, and during the day. The Local Roots Catering Crew helps with setting tables, serving meals, clean up, washing dishes, etc.





VOLUNTEERS

Message from Office & Volunteer Manager– Bonnie Ward

- Learn new things
- Meet new people
- Develop new skills
- Undertake new challenges
- Stay active
- Gain the satisfaction of knowing you're helping
- Gain a sense of achievement that you are making a real difference

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous. Please consider volunteering here at South Gate, volunteers are the heart of South Gate's existence. Your gift of time will truly make a difference.

Warmest Regards,
Bonnie Ward, Office & Volunteer Manager



Centre Volunteer Opportunities

Fitness Volunteers



We're currently looking for Fitness Volunteers. To learn how to obtain your qualifications or recertify to teach the fitness classes, please contact Bonnie or Louise Baer, Fitness

Program Contact, baerfitness17@gmail.com

Christmas Bazaar & Penny Sale – Saturday, November 16, 2019



HoHoHo... We're looking for volunteers to help with our Christmas Bazaar & Penny Sale. Volunteers are needed to help with the set-up prior to the Bazaar as well as during

the Bazaar at the Bake Table, Craft Vendors, Penny Sale, Silent Auction, Tea Room and White Elephant Tables. Sign up sheets are located at the Café & Front Desk. Please chat with Bonnie if you have any questions about how you can help.

Christmas Day at South Gate

Christmas is a special time of year and there are many of us that spend the day alone. In the past South Gate has offered a Christmas Dinner with all the trimmings for us to enjoy with our friends. This special day requires volunteers to help prepare and serve dinner. If you are interested in volunteering for our Christmas Day Dinner, sign-up sheets will be at the Café Desk.

Thursday Evenings, Lions Club Bingo – Concession



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

MEMBER'S CORNER



Welcome September/October Members

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

Shirley Cullen	Jacinthe Juniper
Diane DeGroot	Geraldine Ketchum
Sue Chappell	Andy McAskile
Lyall Donlevy	Louise McAskile
Colleen Duffy	Karen Park
Marilyn Foss	Colleen Peat
Sunita Harry	

Thoughts & Prayers

Kathryn Corbett – Passed
Velvie Spicer – Passed
Marilyn Martin – Surgery
Pat Singlar – In Hospital
Carol Anderson – In Hospital
Barb Meadows – In Hospital
Velvie Spicer – Sakura House
Brian Jefferson – Passed
Dave Clarke – Mother Passed
Jack Whiteford – In Hospital
Fran Foster - In Hospital
Carol Egan - Father Passed
Shirley McDougall - Husband Passed

Memorial Fund

Your contribution in memory of a loved one will have a positive impact on the lives of seniors in Woodstock & the 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.

All "In Memory" Donations to South Gate Centre will receive a tax receipt. South Gate Charitable # 11914 5209 RR0001

In Memory Of:
Elise Harris

David Toon

Library Corner



Amazing how the times flies!

November issue already - where did the Summer and Fall go? Wow, the older we get the faster the seasons come and go.

We continue to have good reading material and also a lovely selection of movies in the library. Come in and browse - we think you'll be surprised at the selections. Also take home a jig saw puzzle or two for those cooler days ahead when you just want to stay home and keep warm.

Please leave your donations and returned items on the small table and we will re-shelve them.

Again, thanks to all for your donations - appreciated by many!
George and Elda

Remembrance Day Service at South Gate

Please join us on Remembrance Day here at South Gate to remember those brave men, women and service animals who have fought for our freedom and our country. Those that have served & those that serve today, we thank you & honour you.

Date: Monday, November 11th, 2019
Program Time: 10:45 am to 11:45 am
Location: Altadore Hall
Soup & Roll will be served for all those who attend the Service in the Café.



Many thanks to Deward Yates, the South Gate Musicares and Eddie Patterson (Piper) for organizing and performing at our Remembrance Day Service.

211-When You Don't Know Where To Turn

Ask us about:

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

Make the Connection **CALL 2-1-1**



MEMBER'S CORNER

South Gate Centre Celebrates its 20th Anniversary

1999 to 2019 – Monday, November 4th, 2019

South Gate will remember its past, celebrate the present and will share its facility expansion plans for the future.

Twenty years ago South Gate Centre opened its doors at our 191 Old Wellington Street location. Staff and the 2019-2020 Board of Directors would like to invite you to our 20th Anniversary celebration being held on **Monday, November 4th, 2019 from 1:00 pm to 3:00 pm** in the Altadore Hall & Café. Our Official Ceremonies will begin at 1:30 pm.

Please join us in remembering the past 20 years, celebrating our current programs/activities and sharing our exciting future expansion plans.

The Celebrations will include photo displays, entertainment from the South Gate Musicares, Line Dancers, Fitness Team and our Ukulele Players.



Message From Board of Directors

November is a month for Remembrance and honouring our veterans for service and sacrifice beyond what many can comprehend. We are thankful for what you have done for this great country of ours.

November also marks the 20th Anniversary of South Gate Centre which we will commemorate at our Celebration of 20 Years on Monday, November 4 at 1:00 p.m. Our theme is Past, Present and Future and we are excited to remember past events, celebrate our current programs and thrilled to look forward to our future and share with you the plans for our expansion. We are so fortunate to move forward into the future with a solid foundation built with the strength of committed members, volunteers and staff. The best is truly yet to come!!

On behalf of the Board of Directors, congratulations South Gate Centre on 20 years of fun and fellowship and here's to many bright and exhilarating years to come as we look ahead to our new addition and all the potential that it creates. Can't wait to see what's next!

Vonnie Snyder, Co-Chair

Welcome New Fitness Instructors



Karmelle

Please join us in welcoming our new volunteer Fitness Instructors Karmelle Taylor and Elizabeth Brekelmans. Our new instructors are currently working to complete their Fitness Certification to offer all of us amazing classes. Thank you for joining the Fitness Team.



Elizabeth

MEMBER'S CORNER



2019 Membership Early Bird Special

Renew by December 20, 2019

Take advantage of our Early Bird Renewal and save, save, save!! Renew your membership prior to the end of the year and save \$10.00 on 12 Month All Inclusive & 9 Month Memberships. Social Memberships receive 5 free activity program vouchers.

Thank You to Our Nevada Ticket Sellers

Almost a year ago South Gate started to sell Nevada Tickets as a fundraiser on Friday mornings and Thursday evenings during the Lions Club Bingo.

This has been a very successful fundraiser over the past year. Many thanks to our Nevada Ticket sellers Lou Campbell, Mary Donlevy, Dave Crawford & Guy LaPlante.

Looking for...

Looking for a copy of the two cookbooks South Gate produced. Please contact the front desk if you have ones you are willing to let us copy

Penny Sale & Bazaar

Our annual Christmas Bazaar & Penny Sale is fast approaching and we need your help by way of donating homemade candy, snacks, preserves, canning, handiwork, and new gift items big or small for our Silent Auction & Penny Sale items.

Shelley is also looking for donations of pounds of butter to help with Christmas Baking for the Bazaar.

Your donations can be dropped off at the Office anytime.

Thank you in advance for your generosity and support towards this important Centre fundraiser.



BRING & USE

Bring and use

- refillable water bottles
- refillable coffee cups
- reusable bags

Help us reduce what goes in our landfills



Single Use Reduction Strategy

We are decreasing the waste associated with our business and promoting re-usability.

We're starting with plastic cups and plastic bags

- Plastic bags harm marine life and are made using non-renewable fossil fuels.
- It can take anywhere from 10 to 10,000 years for a plastic shopping bag to decompose.

Our approach will reduce the impact of:

- Plastic cold drink cups
- Polystyrene foam cups and foam take-out containers
- Plastic shopping bags
- Plastic straws
- Plastic stir sticks

Help South Gate Reduce, Reuse & Recycle

South Gate is Eliminating the Use of Plastic Cups in the Hall during Drop In Programs/Classes

Effective September 1st, 2019, South Gate has eliminated the use of plastic cups. Members are encouraged to bring their own refillable water bottles and use our water refill station located in the Café.

To help reduce our plastic waste, consider purchasing one of South's Gate's refillable water bottles or bamboo beverage cup available for sale at the Café & Front Desk for \$15.00.



PROGRAM UPDATES

September Large Peppers

Ferguson Walter	5	Palmeri Roberta	1
Klassen Gail	2	Siroky Sandra	1
Kruis Bill	2	Stachel Reiner	1
Ypma Case	2	Vandersteen John	1
Bystrik Inge	1	VanVegchel Paula	1
Davidson Lylia	1	Veenstra Henery	1
Kitching Laraine	1	Vleuten Jan	1
McGee Dianne	1	Westra Mabel	1
Michiels Emiel	1	Wilson Kathy	1
Miller Bill	1		

Klaverjas

September 3

Adrian Juurlink	6516
Peter Bes	6210
John Vandersteen	5960
Irene Vandersteen	5523
George Wall	5477

September 17

Adrian Jurlink	5561
Diane DeGroot	5269
Peter Bes	5161
Jan Vleuten	5051
Elizabeth Brekelmans	4989

September 10

Adrian Juurlink	5735
Corey Juurlink	5306
Gerrard Vanderstoop	5114
John Vandersteen	5055
Irene Morris	4924

September 24

Bonnie Stansfield	5446
Rick Kiers	5205
Boyce Blair	5180
Henry Veenstra	5157
Adrian Juurlink	5156

Autumn Wreath Class

Our Members certainly enjoyed an afternoon of creating their own Autumn Wreaths for Thanksgiving. If you are interested in making a Christmas Wreath (Dec. 4) or a Christmas Floral Centerpiece (Dec 18) please register at the Front Desk. All materials are included for only \$25.00 + HST for Members and \$30.00 + HST for Non-Members.



Cribbage Winners

September

Sylvia Sutherland	3117
Bonnie Stanfiled	3116
Grant McGee	3109

October

Pam Livingston	2447
Shirley MacArthur	2440
Donna Csonto	2439

Learn How To Play "American Mah Jongg"

Instructor – Janet Bragg

Learn how to play this popular game. American Mah Jongg is played with four players using tiles stamped with Chinese symbols. The goal of the game is to be the first by picking and discarding, to match ones tiles to a specific hand.

Classes:

DAY: Mondays, November 18, 25 & December 2, 9, (4 days)

TIME: 2:00 pm to 4:00 pm

LOCATION: Kinsmen Room

FEE: Free

Please sign up at the Front Desk.

Writer's Workshop (Writers Helping Other Writers)

If you write stories or poems and would like help from other writers with grammar, illustrations (and illustrations) when this drop in program is for you. The Writers Workshop will take place weekly on Thursdays from 1:30 pm to 3:00 pm in the Café.

Firstly, writers shouldn't have an apostrophe; when



South Gate Offers Dance Lessons

Are you interested in learning to dance? We offer Ballroom and Latin or Social Dance lessons by request. We will set up classes or private (and small groups) lessons to suit your desires. Contact Gary or Janice for more information 519-539-3678.

THANK YOU



Thanksgiving Lunch

Thanksgiving is one of our favourite special events because it reminds us to give thanks and to count our blessings. Suddenly, so many problems become so little when we realize how blessed and lucky we are.

Over 100 members enjoyed an absolutely delicious turkey dinner with all the fixings on Friday, October 4th.

The South Gate Musicians put on an amazing performance and were enjoyed by all those who attended the luncheon.

A special thank you is extended to Kathy Deweerd of Chartwell Oxford Gardens for providing us with table treats as well as helping serve at the buffet.

A huge thank you is extended to our Local Roots Kitchen staff and volunteers for all their hard work in the food preparation, set-up, serving and tear down. We are all very thankful for all that you do for us.



Oktoberfest Euchre Tournament

Sixty two members enjoyed our annual Oktoberfest Euchre Tournament held on Thursday, October 17, 2019.

Coloured Card Winners

1st Betty Corbett

2nd Eleanor Edwards

Lone Hand Sandy Rutherford

White Card Winners

1st Emiel Michiels

2nd John Skitch

Lone Hand Rose Hartnett

50/50 Winners

Jan Vleuten & Roger Johnson

Many thanks to Mable, Edith and Roger for organizing our annual Tournament.



Thank You – 20th Anniversary Planning Committee

On behalf of South Gate, we would like to thank Sue Bottrill, Jean Hilton, Rick Rose, Guy LaPlante and Kristin Burke for helping plan and organize our 20th Anniversary Celebration. Your hard work and dedication was very much appreciated.





MILESTONE MEMBER REFLECTIONS



Leo Ernwein

Has belonged since the late 90's and was a founding member of the band Musicares. They entertained at the old Dundas facilities for the members when they did not have an engagement. The band members still practice weekly and will play at the South Gate 20th anniversary. Leo also played ball until a year ago and often it was a family affair. He said that the centre has everything he wants to do.

Ruby Haycock

Joined when the centre was still on Dundas street and for four years volunteered over 1,000 hours a year in the kitchen. The members at that time worked hard to establish the centre and one of the best money makers was the bingo. When her husband died, it filled in the gap and gave her a place to go and meet others. She took part in many of the activities – a place to go and a place to visit with others.

Phyllis Perrault

Phyllis joined when she retired from the Toronto Star. When she joined the facility on was on Dunda Street. She is a long time advocate for seniors – visiting the mayor to beg and coax for facilities for seniors in the city. She remembers working in the kitchen and did not know how seniors could eat so many carrots. Her main occupation was chopping vegetable. She is not able to get to the centre very often these days but tries to get to special events.



Evelyn Griffith

After several illnesses, a friend asked her to visit South Gate Centre and she has been a member ever since. She still attends the educational sessions, is a chimer and enjoys the jam sessions on Wednesday. Her son gives her a South Gate Membership for Christmas every year.



Joyce Fraser

Grew up in Toronto but upon reflection can't think of a facility in that city that would match the South Gate Centre. She feels the Centre is a good community place where people from all professions and walks of life are welcome. Everyone is very sociable and there is a nice atmosphere. She plays bridge and euchre.

Donna Chalkley

"I walk into South Gate after my husband died and a member said, 'Can I help you?' I said, 'I'm here for the exercise class.' She hugged me and said, 'Come on in.' From that day, I have never looked back. South Gate is my home away from home



Doug Reeves

Doug is a pool player and used to play darts. For Doug, South Gate Centre fills a lot of his time, it is a very sociable place – a place to shoot the breeze. Doug enjoys the educational series that has good speakers and the programme goes back 20 years. He finds his time at the Centre very enjoyable.



Lou Campbell

Lou feels that she "belongs here". Volunteering made a difference for her as she felt she was contributing to the community. When the current centre first opened, she filled in in the office.

Gail Klassen

Gail is 91 years old and still comes to exercise and cards. She comes to visit old friends and make new ones. It is a change of scene for her. It is her social centre.





LITTLE NUGGETS

Be Inspired With Theresa



For those who have never lived in war torn countries, with all the effects of war and its destruction, we cannot know how it feels. But have we ever wondered about some of the

issues that faced those who have. Have we taken the time to talk to those who have lived under those conditions, hearing their stories and learning a little of what life must have been like for them?

Have we ever wondered what it was like to walk down the streets of many cities during WWII and hearing the engines of bomber planes drawing near, hearing the explosions of the first bombs as they were dropped and having to seek safety in the bomb shelters for hours on end?

Have we ever wondered what it was like as a child to be sent away from the city, their home and their families to live with strangers for their own safety, even being sent to foreign countries where battles didn't happen? What must it have been like to be torn from their family, not understanding what the war was about, only knowing they were being sent away?

Wellness Tidbit

Pumpkin

- low in calories and saturated fat
- rich in fiber and antioxidants
- high in minerals like copper, calcium, potassium and phosphorous
- also high in vitamins like A, C, E and B complex
- Pumpkin is very versatile – add to smoothies, and soup. Make muffins, pancakes, bread and pie etc.
- Cooked pumpkin also freezes quite well so stock up while they are plentiful and fresh right now!
- Pumpkin seeds also have many health benefits.
- great source of magnesium and zinc which are both linked to absorption of calcium and bone health
- help to lower bad cholesterol and prevent cancer
- promote prostate health
- contain compounds which are natural anti-depressants

Use pumpkin seeds in baking or granola. Sprinkle on a salad or yogurt or right from your hand.

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Have we ever wondered what it is like living in a country where bombs and the sound of gunfire is a daily occurrence? Having to learn to always being vigilant of our safety and the safety of our loved ones and not having any control over what is happening. Have we ever wondered how the soldiers, fighter pilots felt and continue to feel as they put their lives on the line for the freedom of others and at the risk of their own lives?

Have we ever wondered how soldiers felt and still feel knowing that they have taken innocent lives in the fight to right the wrongs of hatemongers, political tyrants and monsters?

We may have wondered about these questions and more without finding any answers. This month we honour those who have given their lives for our freedom. I am grateful for and humbled by their sacrifices.

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

Chest Stretch

1. Wall stretch: Stand with your right side close to a wall. Place the right palm on the wall at shoulder height (lower if the shoulder has decreased flexibility). Turn your body away from wall by looking into the centre of the room. Hold for 15-20 seconds remembering to breathe. Repeat with left arm/side.
2. Straight arm chest stretch: Perform sitting or standing. Extend your arms out to side and back at shoulder height or slightly lower. Your thumbs may point either up or down to reach different pectoral muscles. Deepen the stretch by clasping your hands behind your back. Hold 15-20 seconds.

Source: Senior Fitness Instructor Resource Manual: CCA

Thought of the Month

We do not need guns and bombs to bring peace, we need love and compassion. Quote by Mother Teresa



Marilyn's Musings

"The living owe it to those who no longer can speak to tell their story for them." - Czelaw Milosz (1911 – 2004), a Polish-American poet, prose writer, translator and diplomat who wrote "The Issa Valley in 1955 which was made into a movie, "Valley of the Issa" released in 1982, two years after he won the Nobel Prize for Literature.

November is the month of Remembrance. If we are able, as Milosz said, we will, for those who no longer can speak, tell their story for them. We will remember.

And so, here is my story. I've told it before in other publications but I will tell again about an ancestor of mine who served in the First World War. He was John Nathaniel Trotter, born August 4, 1897, my great uncle on my mother's side. His Attestation Papers describe him as a 5' 3" blue eyed, light brown haired Baptist farmer. He was the youngest son of Alfred Trotter and Martha Gooding. He had three older brothers, Edwin, my grandfather, Archibald, and Thomas R.W. (known as Ralph) and a sister Violet. When Grandpa Ed was 12, Archie 10, Ralph 8, Violet 6 and John Nathaniel only 3 years old, their mother (my great grandmother) died. Faced with a family to raise on his own and work to be done, it didn't take long before Alfred married his second wife, Annie. Five years into this new marriage, Alfred died of heart failure and Annie became a widow with five step-children. That was a pretty hefty load to bear. Grandpa Ed left home and became a Private with the 22nd Unit of the Oxford Rifles from 1907 until 1911. Archie took off for parts unknown. Ralph and Violet moved to the States to live with relatives. That left John Nathaniel home alone with his step-mother. It didn't take Annie long to remarry and John Nathaniel was basically left to fend for himself. My grandpa was his only blood relative and one, it appears that John Nathaniel looked up to and wanted to emulate. JN found odd jobs working on different farms around the community. Then Grandpa re-enlisted on February 10, 1915 to serve in the Canadian Overseas Expeditionary Force. With his big brother gone to war, on February 29, 1916 a few months before his eighteenth birthday, JN enlisted in the army - the Canadian Infantry, Western Ontario Regiment (18th Battalion).

Grandpa Ed came home from the war to his wife, Ruby. They had seven children, Evelyn, Everett, Vera, Marion, Jack, Florence (my mom) and Vivian.

John Nathaniel didn't come home. He was killed in action on April 5, 1918. His name appears on the Vimy Memorial in Pasde Calais, France among the 11,285 soldiers who were killed in France whose final resting place was then unknown. He was 20 years old, I see John Nathaniel Trotter's name here at home on the Cenotaph each year when I attend the Remembrance Day service. It is five rows up from the bottom in the third row - all that is left of a young man who fought the good fight, who made the supreme sacrifice, who died so that you and I could live the lives we do.

My story is done. That is all I can tell you about John Nathaniel other than my oldest brother is named after him – John David (but we call him Jake), another blue eyed, brown haired good man.

On the eleventh day of the eleventh month at the eleventh hour, please remember John Nathaniel and those who didn't make it home. Honour those who did. We owe it to them.

"To live in the hearts we leave behind is not to die."
– Thomas Campbell, a Scottish poet.

Until next time...

Marilyn

marilyn.watson@execulink.com



REMEMBRANCE DAY
Let's We Forget



CELEBRATING THE PAST 20 YEARS





A Word from your SG Travel Committee

WOW another year almost gone. How time flies when you're having fun. We've had many great days trips this year including many casino trips, Ripley's Aquarium, a Spring Mystery trip, then we filled our third bus for Come from Away, went to Frankenmuth overnight, Duc D'Orlean boat cruise. Just recently we did Cider & Ice. Heather Wilks and her husband were on that trip. She said " Even my husband really enjoyed it. The Ice sculpting was so interesting. Ice cultures made the Canadian Tire truck made of Ice that you see on TV. It was a new adventure right here in Ontario" Gord said "I've driven by this area so many times and not realized there was so much to see" We still have two more trips before we finish out the year. Toyota and Gleaners and the musical spectacular "CATS " in December. If you haven't booked your spot yet, It's too late now. Toronto theatres need to be confirmed 45 days in advance, and smaller theatres in Ontario needs 30 days. Other trips need a three weeks confirmation just to reserve the bus.

We have already started to plan for next year. Of course, we will have more Casino trips. I always said you may not win at the slots but if you had a fun day you are always a winner, so our buses were always filled with winners. We are planning to do one or two Broadway shows in Toronto. And because you asked, we are planning a Spring Mystery as well as a Fall Mystery tour. How about a Christmas show just in time to get into the Christmas spirit?

We want to thank everyone that joined us on our many trips. If you had a good time tell your friends and family. Word of mouth is our best advertising. You do not have to be a South Gate member to join us on any trip. We sincerely hope that you join us again next year and if you have never tried us, book a trip and check us out.

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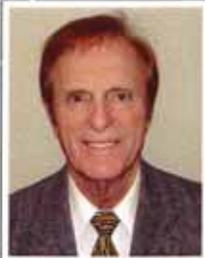
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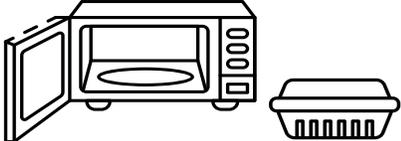
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New Years in the Ozark Mountains

7 Days - Dec 28 - Four nights in exciting Branson filled with musical performances that keep your toes tapping. Five amazing shows including the Acrobats of Shanghai, Branson Belle Showboat and a special New Year's Show keep us delightfully entertained. Time to visit Old Town Branson and New Years Day visit to the Toy Museum as we explore the sights and sounds of Missouri. What a way to ring in 2020! Twin per person \$1,649.00 CDN HST does not apply

Tournament of Roses

9 Days Departs Dec 29 - Tour the opulent Grand Rooms of Hearst Castle, Warner Brothers Studio, the Queen Mary, Hollywood and luxurious Rodeo Drive. The Tournament of Roses Parade will delight with hundreds of colourful floats, and we get a closer look after the parade! San Francisco hosts us for 3 nights while we explore the city from our downtown accommodations. A cruise on the Bay, an excursion to Napa Valley and plenty of time to explore "The City by the Bay"! Twin per person \$4,689.00 CDN (incl.130.00 taxes/fees)



New Orleans & Cruise aboard Norwegian Breakaway

15 Days - Departs Feb 12 - Explore the "Big Easy", discover stories and lore surrounding the French Quarter, Jackson Square & the traditions of Mardi Gras before we board the Norwegian Getaway to begin our Western Caribbean Cruise. Port calls in Mexico and Belize give us time to experience the warm and welcoming Caribbean culture, amazing ruins and lavish landscapes. Frogmore Plantation and Graceland Mansion round out our fabulous adventure. Twin per Person \$4,199.00 CDN (incl. \$312.00 port fees/taxes) inside cabin

Charm of the Old South

Myrtle Beach, Charleston and Savannah - 11 Days - Departs Mar 24, Apr 14 or Oct 20 Old World Southern Charm surrounds us as we 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, Biltmore Mansion and the Carolina Opry lets us experience this southern hospitality and immerse ourselves in its charismatic culture. Twin per person \$2,919.00 CDN HST does not apply



Virginia Beach

8 Days - Departs Apr 27 – Where Chesapeake Bay and Atlantic ocean meet, a unique coastal community awaits our arrival! The Aquarium & Marine Science Center followed by a sail on a Dolphin Cruise lets us explore local maritime life. Discover the Military Aviation Museum, Naval Air Station Oceana, Norfolk Botanical Gardens, Cape Henry Lighthouse and First Landing Cross all offering unique highlights of the area. Experience the Virginia International Tattoo, the largest military musical display in the U.S. Our visit to Twin per person \$2,179.00 CDN HST does not apply

Rocky Mountaineer Rail Experience and the Calgary Stampede

9 Days - Departs Jul 3 - Discover the rich ranching history of Alberta and the cowboys that still call this home starting at the Calgary Stampede. The greatest show on earth offers us a chance to take in a Rodeo, Chuckwagon Races and Bell Grandstand Show. A city tour of Calgary, the famous Alberta Badlands & valley of the dinosaurs show us a rugged beauty unique to Alberta. Revel at the majestic views of the Canadian Rockies as we discover Banff & experience them from multiple angles. Board the Rocky Mountaineer as our once in a lifetime journey continues, Thompson River, Hell's Gate in the Fraser Canyon, Craigellachie and the Spiral Tunnels are just a few highlights. Twin per person SilverLeaf \$6,799.00 CDN (incl.454.19 taxes) or GoldLeaf \$7,729.00 CDN (incl.497.30 taxes) Includes Round Trip Air from Toronto



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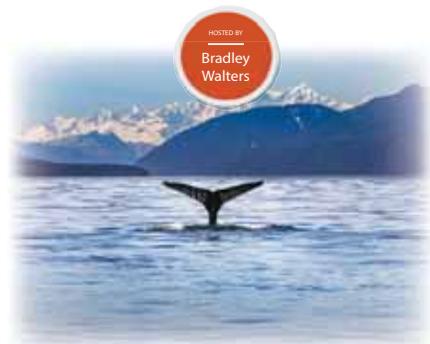
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Diane, Kathy, Alicja, Alice, Thea, Sandi, Ryan and Jamie have moved into their new home and continue to serve your travel needs. They are always available by appointment and are eager to work with you.

The Woodstock (and area) community has been very supportive of both of our agencies, for that, we are truly grateful. We know you have a choice and appreciate you as our travel family. We are excited to continue doing what we love....helping you with your future dreams of travelling the world.

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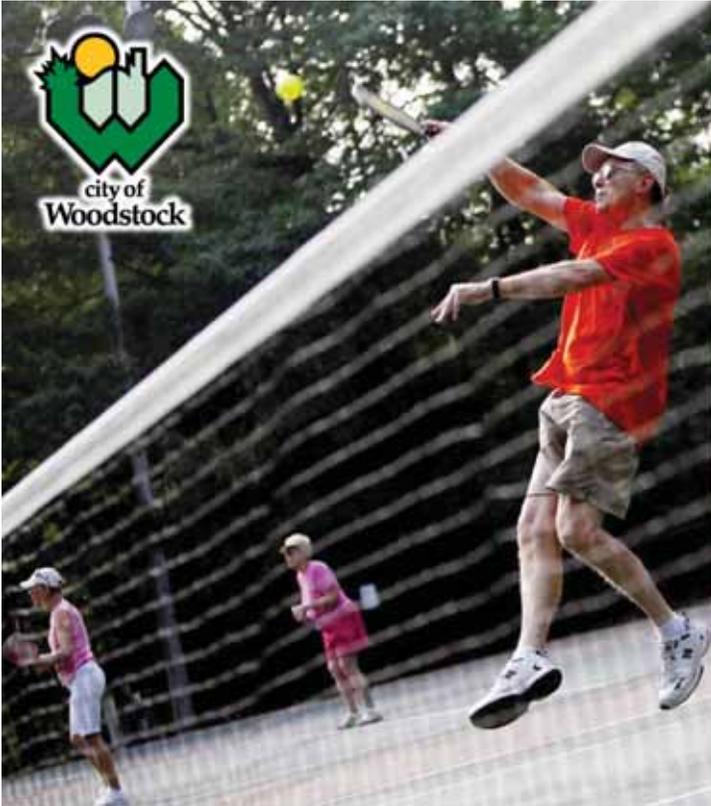
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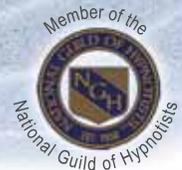
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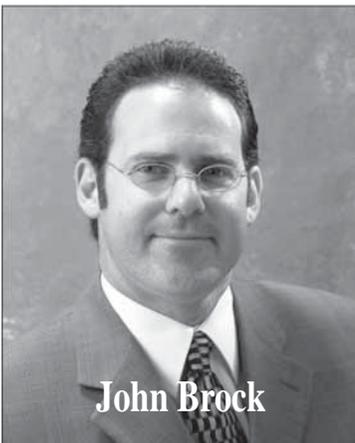


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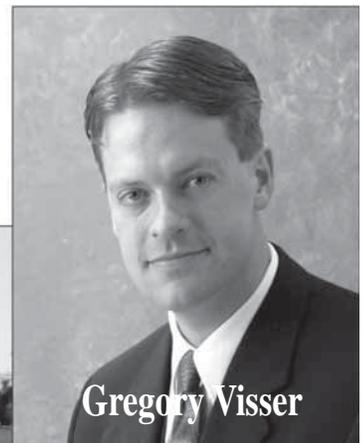
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TICKETS \$25
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 FOR ACTIVE ADULTS

REMEMBRANCE DAY SERVICE

10:45
11TH NOVEMBER



THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD
 AGE SHALL NOT WEARY THEM,
 NOR THE YEARS CONDEMN
 AT THE GOING DOWN OF THE SUN AND IN THE MORNING
WE WILL REMEMBER THEM
LEST WE FORGET



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DECEMBER 11
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Shelley Davis, Local Roots Manager
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The SG Members Committee

Meeting Date: Tuesday, November 26
Co-Chair: Graham Becker
Co-Chair: Rick Rose
Secretary: Mary Becker
Deborah Almost
Al Bohn
Dave Clarke
Chris Cunningham
Mary Donlevy
Jean Hilton
Marilyn Martin

Program Contact Meeting

Next Meeting will be held on Wednesday, January 15th
in the Cowan Boardroom at 10 am.

Program Cancellations or Delays

Monday, November 4th

Cancelled – 7:45 am Fitness, 9:00 am Fitness, Stability
Ball, Strictly Cardio, Carpet Bowling, Cribbage
Due to the 20th Anniversary Celebrations

Monday, November 11th

Cancelled – 7:45 Fitness, 9 am Fitness, Stability Ball,
Strictly Cardio, All Drop In Programs will be cancelled
from 10:45 am to 11:45 am for the Remembrance
Day Service.

Thursday, November 14th

Cancelled – Shuffleboard, TBW, Euchre
Due to a Facility Booking

Wednesday, November 20th

Cancelled – 7:45 am Fitness, 9:00 am Fitness (Goff Hall
not available), Strictly Cardio & FUN Fit
Moved – 10:10 am Line Dancing to Kinsmen Room
Due to Probus

Tuesday, November 26th

Cancelled – Klaverjas Due to rental

Tuesday, December 3rd

Cancelled - Come Dancing due to MS Dinner

Monday, December 16th

Cancelled –SG Magic and Euchre Due to Big Brother
Big Sisters Christmas Dinner

Friday, December 20th

Cancelled – Tai Chi
Moved - FUNfit to Kinsmen Room
Due to Christmas Luncheon

Notice: Deadline For the Next Nugget Issue

Thursday, November 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!

COMMUNITY EVENTS/STAFF



South Gate Centre and Community Events

November

Nov 2 & 3

OCCI Art Show



Daylight Saving Time Ends
Remember to turn your
clocks back 1 hour on
Sunday, November 3, 2019

Monday, Nov 4

20th Anniversary Open House

Tuesday, Nov 5

Gleaners & Toyota Bus Trip

Friday, Nov 8

Pig Roast and Dance

Thursday, Nov 14

VON Blood Pressure Clinic
and Fall Prevention Seminar,
9:00 am-12:00 pm

Monday, Nov 11

Remembrance Day-
Lest we forget, Service at SG

Tuesday, Nov 12

12 Days of Christmas
Ticket Sales Start

Wednesday, Nov 13

Stamp Club

Saturday, Nov 16

Christmas Bazaar & Penny Sale

Wednesday, Nov 20

PROBUS

Thursday, Nov 21

Foot Care Clinic

Wednesday, Nov 27

Stamp Club

Fridays 9:45

TOPS - Take off Pounds Sensibly

December

Friday, Dec 6

Christmas Dinner and Dance

Wednesday, Dec 11

Stamp Club

Thursday, Dec 12

Blood Pressure Clinic, 9 - 12:30

Friday, Dec 13

Tree of Lights

Friday, Dec 20

Christmas Luncheon

Monday, Dec 25

Merry Christmas

Tuesday, Dec 26

Day 1 of the Lottery Draw

Monday, Dec 31

New Year's Eve House Party

January

Tuesday, Jan 1

Happy New Year

Monday, Jan 6

\$10,000 Grand Prize Draw



Lest we forget



SOUTH GATE CENTRE'S
12 OF CHRISTMAS
DAYS Lottery



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



LOCAL ROOTS CAFÉ NOVEMBER MENU

MON	TUES	WED	THURS	FRI
28 Soup & Rolls (sandwiches available)	29 Hearty Beef stew served with homemade buttermilk biscuits and carrot and raisin salad	30 Honey Garlic chicken served with mashed potatoes and steamed vegetables	31 Stuffed Jack-O-Lanterns with tombstone taters and frog's brains (stuffed peppers/tater tots/broccoli) Witches Brew available (soup)	Nov 1 Fresh Atlantic Salmon served with rice pilaf and steamed vegetables or Hawaiian Pizza served with garden salad
4 Soup & Rolls (sandwiches available) 20th Anniversary Open House 1-3pm	5 Bone in ham served with cheesy potato casserole and steamed vegetables	6 Shepherd's Pie served with garden salad	7 Chicken potpie served with soup	8 Fresh Atlantic Salmon served with rice pilaf and steamed vegetables or Canadian Pizza served with garden salad
11 Complimentary Soup & Rolls (sandwiches available for purchase) Remembrance Day	12 Roast beef dinner served with mashed potatoes and steamed vegetables \$8	13 Chicken in an herb cream sauce served with roasted baby red potatoes and steamed vegetables	14 Beef Lasagna served with Caesar salad and garlic bread	15 BBQ pork tenderloin medallions served with a peach rosemary sauce, mashed potatoes and steamed vegetables \$8
18 Soup & Rolls (sandwiches available)	19 Liver and Onions served with mashed potatoes, gravy and steamed vegetables	20 Monte Cristo served with Shelley's French onion soup	21 ¼ Chicken dinner served with roasted baby red potatoes and steamed vegetables	22 Big Dave's BBQ ribs served with baked potatoes and baked beans \$8
25 Soup & Rolls (sandwiches available)	26 Meatloaf served with mashed potatoes and steamed vegetables	27 Pulled pork mac n' cheese with bacon and green onions, served with Caesar salad and garlic bread	28 Cider braised chicken served with roasted Brussel sprouts and baby red potatoes	29 Big Dave's BBQ Steak & baked potato served with coleslaw \$8

Our cafe is open to the public • Everyone Welcome • Check out our Frozen Food Selection

SOUTH GATE CENTRE • 191 Old Wellington St S • 519-539-9817

Hours

Monday - Friday: 11:30 am - 1:00 pm

CAFE ITEMS	PRICE	CAFE ITEMS	PRICE
Lunch (Tues-Friday) unless otherwise listed	\$7.00	Small Soup or Salad and Sandwich	\$5.00
Add Dessert	\$1.00	Muffin/Cookie	\$1.00/\$0.75
Add Small Soup to meal	\$1.00	Protein Pack	\$4.00
Dessert Only	\$2.00	FROZEN FOOD	PRICE
Large Soup/Salad and Roll	\$4.00	Entree	\$5.00
Salad Small/Large	\$2/\$4	Soup	\$2.00