

# GOLDEN NUGGET

November 2020

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



## 12 OF CHRISTMAS DAYS Lottery

**OUR LARGEST ANNUAL FUNDRAISER  
IS BACK!**

\$25 per ticket supports your Centre and gives you a chance to win BIG!  
Check inside for details

191 Old Wellington St. South, Woodstock · 519.539.9817  
[www.southgatectr.ca](http://www.southgatectr.ca)

Charitable Organization Number 11914 5209 RR0001



**SOUTH GATE CENTRE**  
FOR ACTIVE ADULTS



# GENERAL INFORMATION

## Hours of Operation

In order to accommodate enhanced cleaning protocols, our public hours of operation will be as follows:

Monday – Friday 8:30am – 3:00pm

After hours please call 519-539-9817 and leave a message

Check our website for program and facility updates, [www.southgatectr.ca](http://www.southgatectr.ca).

Thank you for your continued support.  
Stay Safe, Stay Well

## NEW ENTRANCE TO CENTRE

Parking lot doors (east entrance).  
Everyone must check in when entering the facility.

We are committed to the safety and well-being of our membership, customers and staff.

- Wearing a mask will be mandatory
- Continued high levels of sanitization
- Social distancing to be respected
- Programs/activities - SG Members only, limited class sizes, pre-registration
- Upon entering the Centre, all must sign in, controlled traffic pattern
- If you don't feel well, please stay home

**NOTE: Mandatory masks required for entry. No exceptions.**  
**Programs and Activities are for Members Only (at this time)**  
**Pre-registration is required for ALL programs and activities.**



PLEASE bring inside shoes to wear in the program rooms. Help keep our Centre safe and clean for everyone. THANK YOU.

## MEMBERSHIP

Information on 2021 membership will be in the December Issue

## 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

## Our Mission

Engaging the 50+ Community in an open, active, social environment driven by volunteers.  
To promote wellness to fill one's mind, body and soul.

## Our Values

- Building an inclusive community.
- Fostering social engagement.
- Promoting wellness of mind, body & soul.

## Our Vision

- LIVE Well
- PLAY Well
- BE Well

Charitable Organization Number: 11914 5209 RR0001

# PROGRAMS- WEEK AT A GLANCE



REGISTRATION PROCEDURES HAVE CHANGED See Page 20

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	* Wood Shop	*Wood Shop	*Wood Shop	*Wood Shop	*Wood Shop
9:00am	Full-Standing Fitness	Why Weights	Total Body Workout	Stretch Your Body	Full-Standing Fitness
9:30am	Billiards	Billiards	Billiards	Beginners Billiards AM	Billiards
10:00am	Knitting	Bunka— Japanese Threaded Art			
11:00am				Line Dancing	
12:00pm				* Woodshop	
12:30pm				Crochet/ Crafts	
1:00pm	Library Exchange	Come Dancing/ Education Class	FUN Fit/ Library Drop-in	Beginners Billiards PM	
1:30pm				Tai Chi	

## Note:

See pages 18-23 for Programming Registration and details

- Programs are for **Members ONLY**
- This schedule is subject to change based on the ongoing Covid-19 situation
- Members **MUST** pre-register for any and all program sessions via phone (519-539-9817) or online. Please go to [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs) for more information on the program schedule and how to register
- \*Orientation required

To see what equipment to fitness class visit [www.southgatectr.com/programs](http://www.southgatectr.com/programs)



# MESSAGES

## Message from SG's Executive Director

Hello my South Gate Members & friends.

November is a month for Remembrance. On November 11th we honour & remember our Veterans for the service and sacrifices they made.

*"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."*

South Gate Centre will be closed on Wednesday November 11, REMEMBRANCE DAY, so that our members and staff can take the day to honour and respectfully remember our Veterans.

REMEMBERING...One year ago November 4, 2019, SOUTH GATE CENTRE celebrated our 20th Anniversary as South Gate Centre, by means of an Open House. The theme was *"Celebrating our past, while looking to the future."* What a CELEBRATION we had! A great time was had by all. We packed the house (Centre) with 400 people that day! Entertainment was provided by the South Gate Musicares, Line Dancers, Fitness Members and our Ukulele Class. Historical displays of photos and memorabilia, encircled the Altadore Hall. It was a beautiful site! Following the official ceremonies, snacks, drinks and gifts were enjoyed by all of those in attendance. So many wonderful memories of so many great times shared with great people.

While things have changed dramatically over the last 21 years, so have they changed over the last 7 months. While our world may be filled with uncertainties, we need to continue to be; hopeful, kind to ourselves & others, smart and supportive.

At South Gate Centre, we have a solid foundation that was built with the strength of committed volunteers, members and staff. I choose to believe, with all of my heart that, *"This too shall pass."* We must stay vigilant in Staying Safe & Staying Well.

My friends, let's take care of each other so that when this does pass, we can all come together to share in fellowship, (a game of cards) laughter, good food, hugs and even a few tears.

I look forward to seeing you at the Centre.  
Keep smiling 😊 *Chris*





## Message from the Board

November - a time of Remembrance. At South Gate Centre, we honour our veterans and are so grateful for all that was given for our country. As I considered this message, I realized that the sacrifices we are making as we live with COVID-19 can perhaps help us understand some of the sacrifices of our veterans and their families - isolation from our loved ones, uncertainty, mental health issues, loss of life and livelihood. I have a new appreciation for our veterans' dedication this year. Thank you for your service!



November also brings lots of exciting and fun things at South Gate - 12 Days of Christmas Lottery, Christmas Bazaar, November programming and of course our fabulous food selection. The staff and volunteers are all doing a terrific job of accommodating activities as we continue to deal with ever-changing COVID-19 directions.

We are so very grateful for your support and understanding these past 7 months. We hope you continue to support South Gate Centre with your memberships and participation in activities as we adjust to safely meet your needs.

*Vonnie Snyder, Co-Chair Board of Directors*

## Message from SG's Finance Committee

Every month your Finance Committee meets to review the financial situation of the South Gate Centre. With the Centre being a Not-For-Profit charity, the committee oversees the finances of the operation. This year has been a challenging task with several revisions having to be made to the budget.

Despite the Pandemic, the operational costs of maintaining the Centre continues. Unfortunately, these charges cannot be ignored or deferred. Charges for Heat/Hydro/Water, telephone and computer services, insurance, leases for equipment, banking and bookkeeping, affiliation fees, building maintenance and many other charges continue every month. Even though generating income has been greatly affected during this period these invoices still need to be addressed.

At the end of September 2020, the accumulated cost for the operations of the building, grounds and office was \$127,815. The pro-rated amount for Membership fees for the same period was \$62,127. Your membership fees cover less than half the expenses mentioned above. Fortunately, we do receive some government grants that assist to make up the differences. The amount of these grants, though, has not changed for many years.

Your continuing understanding and financial support through your donations, participation in fund raisers, and renewing your membership at the South Gate Centre will ensure that your Centre remains viable. We are all ensuring that the Centre is well positioned to serve the current and future community members who look to South Gate Centre to meet their social, educational, recreational and fitness needs.

Thank you. Guy LaPlante, Vonnie Snyder, Chris Cunningham



# MESSAGES

## Message from the Members Committee

By the time you get to read this issue of the Golden Nugget we will be into November and the gradual reopening of your South Gate Centre will be well underway. The initial safe start up of activities and programs during October were very well received. You should also know that there are more activities and programs being added for November and hopefully (fingers crossed) this path to adding more activities and events will continue to be just as successful while keeping everyone safe. That is not to say that everything is being done the same way it was in the past but, even though some programs may look different, enrolment in the programs is excellent and positive results are still being achieved. I guess it's the new normal.

This monthly message from the Member's Committee is our new way to try and keep you in the loop about what's happening in and around your South Gate Centre seeing that we don't have the same opportunity to sit and chat as we did before the Covid-19 pandemic hit the world. In upcoming issues, you will be introduced to each one of the Members Committee members individually to try and give this process a more personal feel, including pictures!

We want you to know that we continue to meet regularly with management and representatives from the Board in order to keep up with the latest information so we can pass it along to all South Gate Centre members.

One major point for discussion is that we are once again at that point in time where decisions must be made regarding setting the fee structure for all members for next year, 2021. It is important to know that you can ask questions and share your opinion by submitting an email at [SGC@southgatecentre.ca](mailto:SGC@southgatecentre.ca) to share your thoughts and ideas or you can leave a written note in the suggestion box just inside the entrance at the Centre, the only thing we ask is that you put your contact information on it so we can get back to you with a response.

Please keep the following points in mind when submitting a suggestion or response:

1. South Gate Centre is a Not for Profit Charitable Organization.
2. South Gate Centre has operating expenses to pay such as heat, hydro, water, phones, insurance, staff salaries, office equipment and expenses, etc regardless of whether we have activities and programs running or not.
3. South Gate Centre gets its income from the following sources – membership fees, volunteers, donations, fundraising events, Local Roots Food/Catering, Government Grants and Subsidies.
4. South Gate Centre belongs to us. Member support is crucial to the success of South Gate

Centre if it is to continue offering programs and activities now and in the future.

Finally and on a not so happy note (for South Gate Centre) we must say farewell to Michelle. She has accepted a position with the City of Woodstock. On behalf of the Members Committee, I would like to sincerely thank Michelle for all her hard work getting us to where we are today with the reopening, online access to everything, etc, etc, etc. This is a great loss to South Gate Centre. The City of Woodstock has gained a valuable employee. Good luck to her in beginning a new chapter of her life.



## AGM

**SAVE THE DATE**  
**SOUTH GATE CENTRE INC**  
Annual General Meeting  
2019  
Thursday December 3, 2020 at 4PM  
(Meeting will be held virtually. Details to follow)

## SPECIAL NOTICE - SG Members Christmas



## Message from the Health and Safety Committee

Greetings from your Joint Health & Safety Committee!

Well folks it's that time of year once again to be thinking of the colder weather! October saw us welcoming more programming back to the centre and we couldn't be more excited. We are continuing to monitor and assess risks related to each program and we want to thank you very much for following the protocol set forth. Through combined efforts from our Board of Directors, staff, volunteers and members, we are all doing a great job of following the guidelines as suggested. Keep up the great work everyone! Remember to be kind to each other and gently remind anyone who may have forgotten or are confused by the rules. Please look after yourself and others around you. We look forward to continuing with you on this encouraging path.

Be safe and stay healthy!



## Q & A

### The "NEW" SOUTH GATE CENTRE – Q & A

The purpose of this document is to capture questions and concerns of the SG Members. Please note that as we return to regular activities remember to be kind to yourself and to one another

#### What measures are you taking to ensure safety?

For the safety of patrons and staff, the following measures are being implemented,

- South Gate Centre will have increased cleaning schedules conducted by staff throughout the day
- Patrons are encouraged to continue to take general precautions, including physical distancing of at least 2 metres/6 feet and wear face masks (when not exercising), especially in communal areas.
- Use of physical markers for workout zones and signage to indicate the appropriate 2 metres/6 feet spacing distance and traffic flow, where appropriate
- Increased sanitation stations will also be available for use. (room fogger)
- Members are expected to clean equipment before and after use
- Some equipment has been removed or decommissioned to allow for physical distancing
- Class sizes will be limited based on provincial directives

#### Do I have to reserve a time to participate in activities/programs at the Centre?

- **Yes**, following the provincial legislation regarding reduced capacity. All activities and classes require you to preregister in advance. Members are encouraged to reserve their space online, but if they are having difficulty booking **online**, they can reserve space by phoning South Gate, 519-539-9817, or in person at the Member's desk. (9 – 2, Monday – Friday) Payments or your membership scan will take place at the Member's Desk. Only Members who reserved their spots through the registration system will be admitted to the classes/activities.
- **Registration.** Please limit your registrations to two time slots per program per week to accommodate as many members as possible. (eg. Fitness - Tuesday & Thursday, Workshop - Monday & Friday) [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs).

#### Will the change room be available?

Change rooms & lockers will be unavailable. Come dressed to work out and bins will be provided for personal belongings, but please leave valuables at home.

#### Will there be water & Coffee available in the Café to drink?

- Water bottle fill station (in CAFÉ) will be available. Bring our own bottle to fill.
- The café seating area is presently closed. Tables, chairs and coffee have all been removed in an effort to keep our members safe.



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](http://WWW.SOUTHGATECTR.CA)



### **Can Non-Members attend programs/activities?**

**No.** At present, all programs and activities are available to South Gate Members ONLY. Our first priority is to our members. During these early reopening days, we want to be able to concentrate on getting our membership back and engaged in programming & activities. We will once again welcome guests (non members) at a later stage of our reopening.

### **Is the Book/ Puzzle Library open for lending?**

**YES** The library will open Monday and Wednesdays at 1:00pm. We are working on strict protocol for that space and for you, to keep you safe. Pre-registration is required.

### **Can I register for the Toning Room?**

**No.** At present, the toning Room will remain closed. With most Gyms closing we have decided to revisit this in the new year

### **I don't see the program/activity I was hoping for ?**

If you don't see your program right now, please be patient as we focus on slowly rolling out new programming over the course of the next few months.

## Face Mask Policy

Masks or cloth face coverings are mandatory to wear while in South Gate Centre.

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

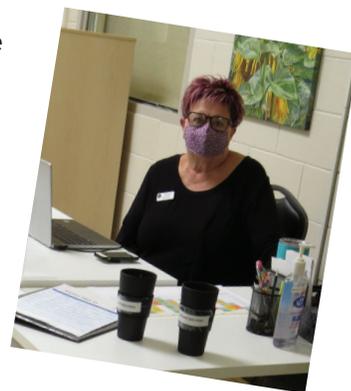
Please note the following exceptions:

- While actively engaging in an athletic or fitness activity where a face covering would inhibit breathing, such as some fitness classes.
- Those who work on their own in an enclosed space (e.g., their own office) are permitted to remove their mask if they are seated, behind Plexiglas or at least six feet apart. However, they must wear their mask or face covering at all other times.
- When consuming food or drink, individuals may remove their mask to do so, provided they are situated six feet away from others, perform the necessary hand hygiene and replace the mask when they are done.

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



We have handmade masks available to purchase at the members desk \$5.00





# VOLUNTEERS

On behalf of South Gate, I would like to extend my heartfelt thanks to all our Program Contact Volunteers and Fitness Instructors who have stepped forward to help us bring our valued programs to the Membership at this challenging time.

These amazing volunteers are committed to ensure that COVID safety precautions are being followed and to make sure that you are safe and having fun while you are participating in programs.

We would not be able to offer these programs without the support and dedication of these individuals.

With Sincere Thanks  
Bonnie Ward,  
Membership & Volunteer Manager

## CAN YOU BECOME A VOLUNTEER DURING OUR CURRENT COVID RESTRICTIONS?

YES, if you are interested in becoming a volunteer at South Gate during our current COVID restrictions we can start the application process. We may not be able to place you in a volunteer position right away, but we will have you ready to start when we are operational. If you are interested in becoming a volunteer, please contact Bonnie Ward, [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca) or call 519-539-9817.

Front Desk Volunteers Needed

We are currently looking for volunteers at our Front Desk (former Café Desk). The duties include answering the phones, checking members into our facility, registering members into our current programs. This is a great way to meet people, learn new skills, and find out about all our programs and special events. Past office, experience would be beneficial.





## WE ARE HAVING AN EXCITING CHRISTMAS BAZAAR EXTRAVAGANZA

With the Christmas season fast approaching South Gate is please to announce that we are going to have our annual Christmas Bazaar!

This year our "Christmas Bazaar Extravaganza" will be held over the months of November & December.

Get your sleigh bells on as we start our Christmas Extravaganza with the following Extravaganza events:

 **Christmas Bazaar Silent Auction** – Starting Friday, November 20th to Friday, November 27, 2020. Items can be viewed and bid on our website at [www.southgatectr.ca](http://www.southgatectr.ca)

 **Woodshop/Handy Craft Sale** – Starting Friday, November 27th to Friday, December 11th, 2020;

 **Christmas Bazaar Baking** – Starting Friday, November 27th to Friday, December 11th, 2020;

 **Christmas Turkey Dinner** – Friday, December 18th & Friday, December 19, 2020 (See Page 33 for details).

## WE NEED YOUR HELP OF DONATED ITEMS

Our online Christmas Bazaar Silent Auction will be items donated by our membership. We would greatly appreciate items that are new or items that you have been given as a gift and never used.

We are also looking for homemade crafts to be part of our online Christmas Woodshop/Craft shopping event. Please consider making a donation and dropping it off at South Gate. We are currently open Monday to Friday from 9 am to 3 pm.

If you have any questions, please contact Bonnie Ward at [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca)





# MEMBER'S CORNER

## Thoughts & Prayers

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

David "Big Dave" Melles - passed  
Bonnie Walton - Husband Passed

## Thank you

Thank you to everyone that donated last month

In Memory of Dave "Big Dave" Melles  
Guy LaPlante  
Donna Rose  
David Hilderley  
Woodstock Navel Vets  
Wednesday Crafters

## Ways to Give

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

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

- \$25: Assists with programming supplies.
- \$50: Allows for 7 seniors to eat lunch at the café.
- \$100: Helps us continue to offer our delicious lunches at affordable pricing
- \$175 – the gift of a FREE All Inclusive Membership to a deserving senior
- \$250: Allows us to host a Themed Luncheon. On average 100+ adults enjoy these lunches.
- \$500: provides uniforms for sports teams, volunteers... Donates hot meals for community outreach programs (The INN, Soup Kitchen on Adelaide, Open Circle)
- \$1000: Win, Win! We celebrate our Special Events and give thanks for you!!  
Ex: BestU Health Expo, Volunteer Appreciation, Brew & BBQ

## Tribute Donation - Memorial Fund

Give a gift to honour someone special in your life or pay tribute to the memory of one that will be greatly missed. Making a tribute gift to South Gate Centre will not only honour someone near and dear to your heart but will have a positive impact on the lives of seniors in Woodstock and the surrounding area. An acknowledgment will be sent to the family/person, and a tax receipt will be sent to the donor. The name of the person(s) to which the donation was made, will be listed in our monthly newsletter. Memorial Tribute Cards are available at the Main desk or call South Gate to make your donation. 519-539-9817. Thank you for your generous support! South Gate Charitable # 11914 5209 RR0001

In memory of David Melles (aka Big Dave)

In honour of Nancy & Guy LaPlante's Wedding, Friday October 16, 2020

## Well Wishes

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



**SOUTH GATE CENTRE**  
FOR ACTIVE ADULTS

MY CHARITY, MY CENTRE, MY #1 CHOICE

**DONATE TODAY...** so we can continue to enrich the lives of those 50+

[WWW.SOUTHGATECTR.CA](http://WWW.SOUTHGATECTR.CA)



## Exercise of the Month

Tips to Remember for all Stretching Exercises  
Stretches for the large muscle groups should be held for 15-20 seconds. Performing range of motion movements before exercising will help warm up the muscles around the joints before walking or performing strength exercises. A combination of range of motion & stretches will help improve flexibility.

Tips

1. Do not stretch cold muscles. Stretching is not recommended until after the exercise of cardio respiratory endurance & strength training are completed.
2. Flexibility Exercises should not hurt. One should only stretch muscles within a comfortable range of motion.
3. Flexibility Exercises should always be done gently and as a slow controlled movement. Never bounce while stretching. Locking joints can lead to damage and/ or injuries. Joints should always have a slight bend while stretching even when leg is to be straight during exercise the knee still has a slight bend. Example is the standing calf stretch. Place 1 foot a comfortable step behind front foot. Slowly press back heel into the floor. Hold 15-20 seconds.

Source: Senior Fitness Manual - Canadian Centre for

## Library News

Just a reminder that our library corner is available Mondays and Wednesdays. Pre-registration required. See page 19 for details on how to register. We have had the opportunity to tidy the books and puzzles up and hopefully you find everything in order.

"Everyone is welcome to walk thru the door. It really doesn't matter rich or poor. There are books on the table and books on shelves. They're free to borrow, so help yourselves".  
Stay Healthy, George and Elda



*Memorial Tree of Lights*  
In memory of those we loved  
**JOIN US FOR**  
*Lighting of the Tree*  
Ceremony will be outdoors  
Dress accordingly  
191 Old Wellington St S  
**DECEMBER 11**  
**at 6:00**  
Each \$20 donation will add a light in memory and name on the memorial sign  
*No receipts will be issued*  
Sponsored by *Breck & Vissler* FUNERAL HOME

## Baking Donation

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

Please call to arrange a time to drop off 519-539-9817. Thank you in advance for your generosity and support towards this important Centre fundraiser. See page 17 for details on this year Bazaar



**12 OF CHRISTMAS**  
**DAYS** Lottery



# LITTLE NUGGETS

## Marilyn's Musings

*Why are there so many songs about rainbows and what's on the other side? – Kermit the Frog*

The song, "Rainbow Connection", written by Kenneth Ascher and Paul Williams for The Muppet Movie, was nominated for an Academy Award for Best Song in 1979 and is listed on the American Film Institute's List of Top Movie Songs of All Time.

Kenneth Ascher was an American songwriter, musician and arranger who wrote the lyrics for the 1976 movie, "A Star is Born" which starred Barbra Streisand and Kris Kristofferson. He teamed up with Paul Williams to compose the song for the movie.

Paul Williams is one of the most beloved and respected music creators in the world today. With six Oscar nominations and one win, nine Grammy nominations and three wins, six Golden Globe nominations and 2 wins along with an Ivor Novello International Award, he is in the Songwriters Hall of Fame. Not only is he a songwriter, but also an author and actor. You really should google him. I don't have enough space on this page to outline all of his accomplishments.

With the rainy weather we had, I don't think we have seen as many rainbows in a short span of time as we did in October. With eight months of uncertainty, scary times and winter just around the corner, it was like we were all heading into a SAD period (Seasonal Affective Disorder). Many suffer this affliction when the season changes, even in normal times...and these times are definitely not normal. Seeing a rainbow definitely raises your spirit.

So, what are rainbows anyway?

*"Rainbows are visions, but only illusions" – Kermit*

In fact, rainbows don't actually "exist" in the true sense of the word. A rainbow is not an object. It is an optical phenomenon that appears when sunlight and atmospheric conditions are just right.

In 1637 Rene Descartes discovered that rainbows were caused by light from the sun being split into different colours by rain.

Each raindrop acts as a tiny, imperfect mirror. When the sun is right behind you its light passes through the raindrops in front of you, reflects off their rear surfaces and bounces back at you. The light is "refracted" or "bent" slightly as it passes from the air into the water and again bounces back into the air again. Each raindrop acts as both a prism (refraction) and a mirror (reflection).

Here's a few interesting facts about rainbows:

- The word "rainbow" comes from the Latin *arcus pluvius* meaning "rainy arch".
- In Greek and Roman times, it was believed that rainbows were a path created by the goddess of the rainbow, Iris.
- The Greeks used the word "iris" to refer to any coloured circle like the iris of the eye or the spot on the tail of a peacock.
- Rainbows can occur in mist, fog, sea spray, waterfalls and anywhere where light meets water and angles are conducive.
- There are also rare moonbows made at night by light of the moon but our eyes see these as white.
- The world's longest lasting (or longest observed) rainbow was seen over Sheffield, England on March 14, 1994. It lasted from 9 a.m. until 3 p.m.



*"All of us under its spell. We know that it's probably magic" – Kermit*

Rainbows are stunning, uplifting not to mention incredibly beautiful. Yes, Kermit, they are magical – Mother Nature style.

In closing, I would like to share with you part of a Facebook post my younger brother, Jim, shared with me last month:

*Rainbows intuitively remind us of the promise that the troubles of today will surely come to pass, hold strong in your faith and vision. Hold onto hope, to believe beyond a shadow of a doubt that fresh beginnings & new blessings are just around the corner for those who follow their heart and are led from within.*

*"Someday we'll find it, the rainbow connection..." – Kermit*

...until next time....

Marilyn [marilyn.watson@execulink.com](mailto:marilyn.watson@execulink.com)

## Remembering "Big" Dave

Big Dave, a South Gate Volunteer extraordinaire unfortunately lost his fight to Cancer last month. Dave will be remembered for his love and passion for South Gate, the people, the food, BBQ meals at the Centre, carving stations for Prime Rib dinners and volunteering every chance he could. Big heart, big supporter, big friend, big loss for all that knew Dave. Our thoughts and prayers are with his wife Helen, 3 children & their families and all of his South Gate family. He will be greatly missed.





## SPECIAL EVENTS

### Christmas Bazaar Baking



## CHRISTMAS BAZAAR BAKING

ORDER FROM NOVEMBER 27TH - DECEMBER 11TH



- Sticky Toffee Pudding - **\$10**  
for a pack of 4 or **\$2.50**  
individual
- Chocolate Box (chocolate fudge, hello dollies, coconut macaroons, peanut butter balls) - **\$10**
- Cookie Box (assortment of peppermint crinkle, almond thumbprint, pecan balls, shortbread) - **\$10**
- Shortbread Rolls - **\$7**
- Dog Biscuits - **\$4**
- Coconut Cream Pie - **\$12**
- Apple Crumble Pie - **\$10**
- 5" Lemon Meringue Pie - **\$5**
- Pineapple Zucchini Loaf - **\$7**
- Mincemeat Tarts (6 pack) - **\$7**



**How to Order:** Head to [www.southgatectr.ca](http://www.southgatectr.ca) to place your order!

**Pick-Up Dates:** Friday December 18th (11am-1pm and 4pm-6pm) and Wednesday December 23rd (11am-1pm).



## CHRISTMAS BAZAAR EXTRAVAGANZA

*In the Season of giving, South Gate has you covered. Give from South Gate knowing you are supporting local and a charity that gives Seniors access to programming and activities.*

We kick off the Extravaganza on November 12th with the launch of our

### **12 Days of Christmas Lottery**



Give the gift to win \$10,000 and more! Tickets are \$25. Order on-line at [www.southgatectr.ca](http://www.southgatectr.ca) or call 519 539 9817 See page 34 of the November Nugget for purchase locations



**CHRISTMAS SILENT AUCTION** goes Virtual!! SG Members have donated these WONDERFUL items, perfect for gift giving and anyone on your list...including you! Check it out! [www.southgatectr.ca](http://www.southgatectr.ca) Online Auction from Friday November 20th at 10 AM - Friday November 27 at 1 PM



### **CHRISTMAS BAKING**

Looking for sweet treats for family, your staff, thank you's, gifts or to lift someones spirits during this challenging time? Check out a variety of baking for all your gift giving needs. [www.southgatectr.ca](http://www.southgatectr.ca)



**SANTA'S WORKSHOP**– Woodshop/Handy Craft Sale Check out our one of a kind handcrafted gifts, compliments of our SG Woodshop & our Members. Once they're gone, they're gone! Shop early to avoid disappointment. [www.southgatectr.ca](http://www.southgatectr.ca) Friday, November 27 – Friday, December 11



### **CHRISTMAS CATERING**

Fully catered meals for staff or your socially response family gathering For details be sure to visit us on-line or see page 32 of the November Nugget.

For more information visit our website at [www.southgatectr.ca](http://www.southgatectr.ca)



# PROGRAMS

Due to the ongoing Covid-19 situation, we are taking all precautions when it comes to programming. We will take our time introducing appropriate programs that can be done while maintaining proper social distancing. For more information, please continue to monitor the South Gate Centre website [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs).

## Safety Protocols:

- Please complete a Covid-19 Self-Assessment prior to coming for programming
- Masks must be worn while in the building until you are in your personal program bubble
- Please practice Physical Distancing (6 feet or 2 metres) at all times
- Arrows have been placed around the building to ensure members are travelling properly—please follow them at all times
- Please remember to BE KIND—this is new for everyone and your patience during this time is essential and appreciated

## Registration Details:

- Classes/Programs are currently available to South Gate MEMBERS only
- Members must PRE-REGISTER for all program sessions
- There will be Capacities on all of the classes (see online schedule for exact numbers)
- Members may only sign up for a **maximum of two (2)** FITNESS classes per week (Full-Standing, Total Body Workout, Stretch Your Body, Weights, & FUN Fit)
- Members may only sign up for a **maximum of one (1)** billiards session per week
  - If a program is full, members may contact South Gate Centre to add their name to the Waiting List (see contact info below). Any open spots that become available will be given to members on the waiting list.
  - Members may sign up for all of their desired classes at once, but we urge them to ensure they are truly available and ask them to be respectful of their fellow Members
- If a member has signed up for a class/program and can no longer attend, please Unregister yourself. Or call South Gate Centre 519-539-9817 or email [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca) ASAP so we can remove you from the list and free up a spot for another member



## HOW TO CREATE YOUR ACCOUNT TO REGISTER FOR PROGRAMMING

### MYACTIVECENTRE ONLINE REGISTRATION HOW-TO

1— Go to [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs)

2 – Select “Click Here → [MyActiveCentre](#)”

2—At the top of the page, select “New Users” (for existing accounts, select “Sign In”)



3—Enter your **key tag #**, **home phone #**, **email address**, and **create a password**.

Senior Center **South Gate Centre** Change

Key Tag Number

The number on the back of your MySeniorCenter Key Tag (including the premium appcode).

Home Phone Number

E-mail Address

Password

Confirm Password

**\*\*The phone number must match the one listed on your [MySenior](#) account. Your key tag number is the membership number on the tag you scan at the Back Desk [MySeniorCentre](#) check-in.**

*If you need to confirm your account information, contact Michelle ([michelle@southgatectr.ca](mailto:michelle@southgatectr.ca))*

\*Option: check off if you and your spouse want to share an account; click “Continue”

My spouse and I share an e-mail address and I would like to add him or her to this account



4 – On the Activities page, select the classes/programs/sessions you want to register for Activities

Showing 4 activities after Aug 3rd in All categories

**Outdoor Fitness - Chair Yoga** FREE

9:30 am - 10:30 am (1 hour)

Health & Fitness

Description: Located on South Gate Lawn; Chair yoga classes adapt traditional poses (asanas)

Details

5—Click the timeslot on the calendar and select “Register”

August 2020 month week < >

Mon	Tue	Wed	Thu	Fri
27	28	29	30	31
3	4	5	6	7

9:30am - 10:30am

Thu 10/8 <sup>+</sup> Thu 10/15 <sup>+</sup>

Clear Register



# PROGRAMS

## NEW REGISTRATION PROCEDURE

Over the past several months, we have heard from many of our Members that you have not been able to register for programs due to our programs being filled quickly.

In order to address your concerns we will be launching a NEW Registration Procedure for the month of December.

You will now only be able to register for one week at a time, starting the week before the class start dates.

The Registration Procedure remains the same, either Online or by phoning the Centre.

If the classes/programs you are interested in are full, please call the Centre at 519-539-9817 and we will put you on a Wait-list. We will call you if space becomes available.

If you have signed up for a class/program and can no longer attend, please Unregister yourself online or call South Gate Centre (519-539-9817) or email [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca). It's important that you do this (if possible) prior to the class/program starting. This will allow us to call another Member to register them for the class.

DAY REGISTRATION OPENS	OPENS AT	FOR PROGRAMS THE WEEK OF
Monday, November 23	12:30 PM	November 30 - December 4
Monday, November 30	12:30 PM	December 7 - December 11
Monday, December 7	12:30 PM	December 14 - December 18
Monday, December 14	12:30 PM	December 21 - December 24

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



Need someone to talk to? Give us a call at 519-539-9817 between 9-2pm  
Staff or Volunteer will call you for a friendly voice visit



## ONLINE/VIRTUAL PROGRAMMING

Online Programming Videos are still available on the South Gate Centre YouTube Channel! Please visit our website - <https://www.youtube.com/channel/UCYbbOIg0QLAv0-bLz-HD1Rjg> to view tons of awesome web streaming programming.



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

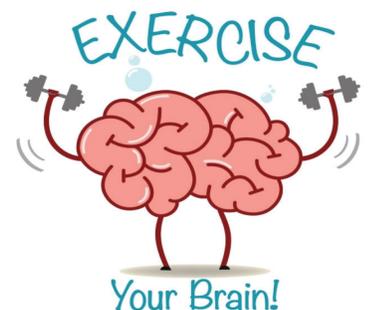


For anyone looking for more online interactive resources, check out these awesome sites:

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

And here are some more links to online game websites:

- Euchre ([www.cardgames.io/euchre](http://www.cardgames.io/euchre))
- Cribbage ([www.cardgames.io/cribbage](http://www.cardgames.io/cribbage))
- Crosswords ([www.diversions.thestar.com/crossword.html](http://www.diversions.thestar.com/crossword.html))
- Sudoku ([www.websudoku.com](http://www.websudoku.com))
- Jigsaw Puzzles ([www.thejigsawpuzzles.com](http://www.thejigsawpuzzles.com))





# PROGRAMS



## FIT MINDS

VIRTUAL HOSTED BY  
CHARTWELL OXFORD  
GARDENS AND SOUTH  
GATE CENTRE  
NOVEMBER  
AT 10:30 AM

### Six Things You Need to Know to Keep Your Brain

Exercise Your  
Brain with Fit  
Minds

Join Us for This  
Exciting  
Presentation and  
Interactive  
Workshop

*You are never  
too old to set  
another goal  
or dream a  
new dream!*

Register for this  
virtual  
programme

Introducing..

### PHONE IN PROGRAM



South Gate now has the capacity to provide programming to you on your phone! You simply call a *local* number, and you are immediately connected! No codes, no hassle.

If you have ideas on what telephone programming YOU would like, please let us know! 😊



### Fit Minds

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

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

\*A workbook package will be dropped off to your home or will be available for pick up at South Gate Centre.

DAY	DATE	TIME	LOCATION
Wednesdays	Nov 18 -Dec 23	10:30am	PHONE IN

### COMING SOON

Arm Chair "Travel with Bradly Walters"

Meditation with Theresa

# 12 OF CHRISTMAS DAYS Lottery

# PROGRAMS



## FITNESS

### Trail Walkers



Weekly walking group that utilizes the local trail system around Woodstock. Sign in from 10:00 am - 10:15 am. Note: In the event of rain or stormy weather etc., it will be up to the individual walkers to decide if they wish to walk the trails. Another option would be to go to Cowan Park, in which case you will require a membership. Please feel free to invite friends to join us on the trails (not necessary to use poles). We have fast & slow walkers... so please join us any Friday.

With Stella

DAY	START	TIME	LOCATION
Friday	Nov 6	10:15 am	Tollgate (Hickson Trail)
Tollgate - North on 59 to the roundabout, right on 17. Parking lot at intersection of Lakeview Drive.			

DAY	START	TIME	LOCATION
Friday	Nov 13	10:15 am	Vansittart Woods

North on Lansdowne, follow curve to Township Rd 3, turn right on Blandford Rd, Entrance and parking lot immediately to the right.

DAY	START	TIME	LOCATION
Friday	Nov 20	10:15 am	Tecumseh

North on Vansittart to Hwy 59, over Thames River, left on Tecumseh, past Burgess Park entrance. Parking lot under the overpass.

DAY	START	TIME	LOCATION
Friday	Nov 27	10:15 am	River Trail

North on Vansittart to Hwy 59, over Thames River, left on Tecumseh. Park entrance on right.

DAY	START	TIME	LOCATION
Friday	Dec 4	10:15 am	Pittock Park

North on Huron towards Pittock Lake, curve in road to parking lot.

DAY	START	TIME	LOCATION
Friday	Dec 11	10:15 am	Upper Trail

North on Vansittart, over the Thames River, left on Tecumseh, Burgess Park entrance is on the right.

DAY	START	TIME	LOCATION
Friday	Dec 18	10:15 am	Lansdowne

North on Lansdowne towards Pittock Lake, parking lot at curve in the road.

## EDUCATION

### Education Class



We are excited to be offering the Education Class for Members for 6 weeks. Deward Yates & Dave Hay will be offering the History Class on Tuesdays starting at 1 pm. You must pre-register for the program on-line or by calling South Gate.

DAY	DATE	TIME	LOCATION
Tuesdays	Nov 10 - Dec 15	1:00 pm-3:00 pm	Kinsmen

### Orientation Session

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

DAY	DATE	TIME
Wednesday	Nov 18 - Dec 18	1:15 pm-2:15 pm

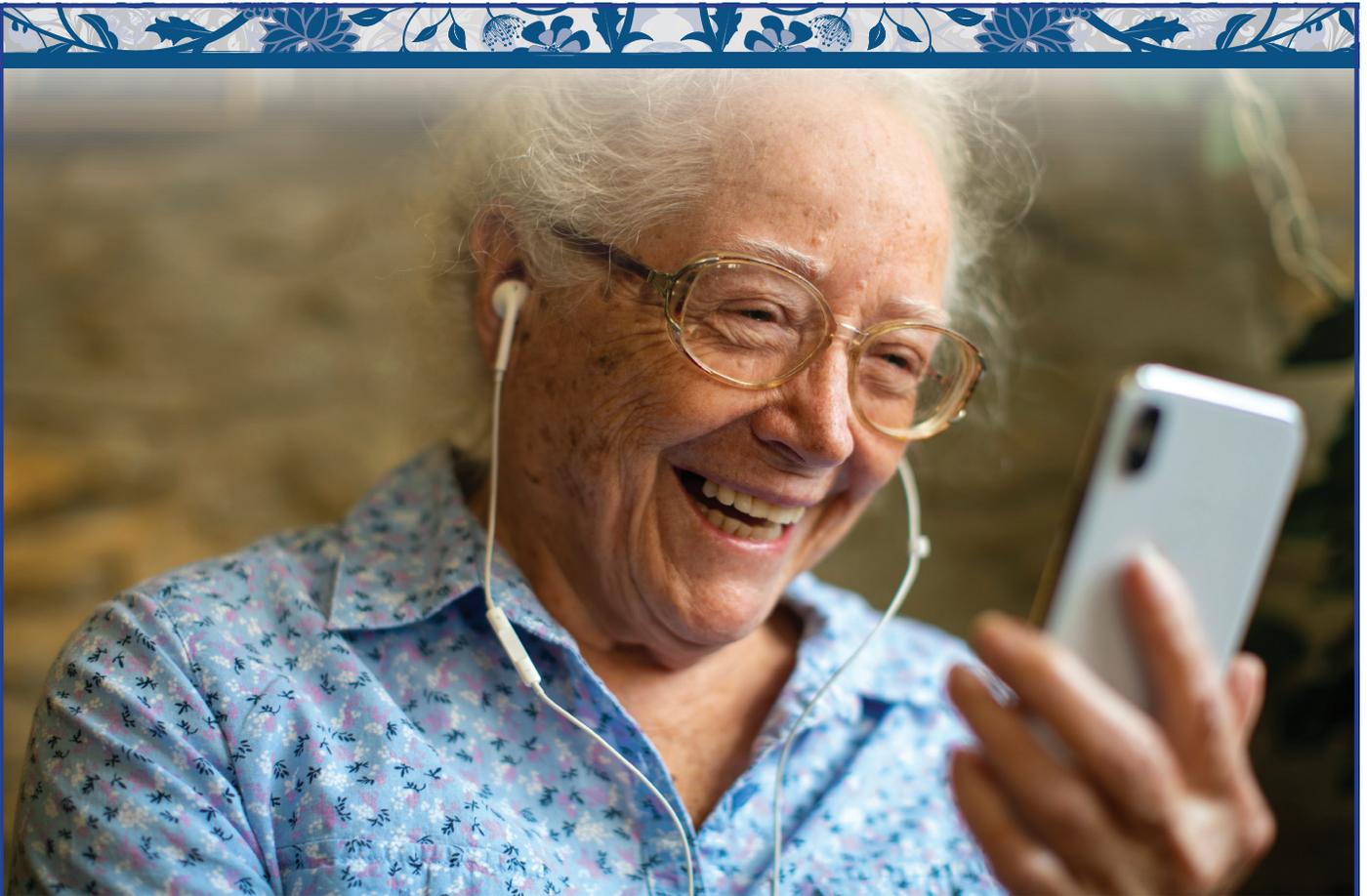
### Badminton and Pickleball

Due to COVID your South Gate Membership does not allow you to play "Badminton or Pickleball" at the Woodstock Badminton Club. The Club is only able to honour their own membership at this time due to COVID.





## ADVERTISEMENT



### **CONNECTED.SUPPORTED.LOVED**

Your support and kindness is appreciated and keeping our spirits up!

We feel loved and well cared for thanks to all of you,  
our Queensview Family and the community of Paris.

*Thank you*



70 King Edward Street, Paris • 519-442-5621  
Private virtual tours available. • [Queensviewrc.ca](http://Queensviewrc.ca)



# FOUR *easy* STEPS TO A BEAUTIFUL NEW SMILE

1



Impressions or digital oral scanning,

2



Careful planning done on state of the art technology,

3



3d printed template lets you see what they will look/feel like,

4



A Beautifully milled final product.

**With today's new technology, it is more convenient than ever to find your perfect smile. Come and see us today for a free consultation to see just how easy it is!**



**62 Wellington St. S., Woodstock**  
**519-533-1919      [www.smilesbywsdc.com](http://www.smilesbywsdc.com)**



# ADVERTISEMENT



Life is better,  
**TOGETHER.**

## Start your retirement living journey with Chartwell

Chartwell retirement residences are safe and social places to call home, where you or a loved one can benefit from support, connection and convenient services that can make life better. With safety precautions in place, our residents continue to enjoy safe social opportunities and engaging activities that bring them happiness and fulfillment.

**More than 95% of residents, their family and friends** feel their Chartwell residence has taken important measures to keep them safe during COVID-19.\*

\*Chartwell's *Listening to Serve You Better* Survey, 2020, from almost 13,500 respondents.

**Book your personalized virtual or on-site tour today  
at 226-242-0899 or [chartwell.com](https://www.chartwell.com)**

**CHARTWELL OXFORD GARDENS**  
423 Devonshire Avenue, Woodstock





# Planning for the future?

Book your  
**TOUR**  
**TODAY!**

Learn more about Retirement Living at Park Place!

Ask about our exciting move-in bonus!



**PARK PLACE**

RETIREMENT RESIDENCE

126 Graham Street • Woodstock, Ontario N4S 6J9

**FOR MORE INFORMATION**

**519.539.0219**

[www.parkplaceretirement.ca](http://www.parkplaceretirement.ca)

# ADVERTISEMENT



## HERITAGE HOUSE LTD.

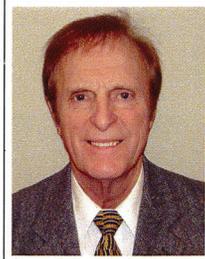
Brokerage\*  
871 Dundas Street  
Woodstock, Ontario N4S 1G8  
**Cell 519-535-0085**  
Business 519-539-5646  
Fax 519-539-5190  
Residence 519-539-1144  
24 Hour Pager 519-539-5619  
Offices in Woodstock, Ingersoll & Tillsonburg  
[www.century21heritagehouse.com](http://www.century21heritagehouse.com)

\*Independently Owned and Operated. ®/™ trademarks owned by Century 21 Real Estate LLC used under license or authorized sub-license. © 2016 Century 21 Canada Limited Partnership.

## David M. Thomas

Broker

44 Years of Successful Service



GRAND CENTURION® OFFICE 2015



## Peter Vandersar

Broker

**Bus: (519) 539-2070**  
Fax: (519) 539-4859  
Cell: (519) 536-1200  
Email: [peter@petervandersar.com](mailto:peter@petervandersar.com)  
**[www.petervandersar.com](http://www.petervandersar.com)**

## TRILAND REALTY

Real Estate Brokerage

INDEPENDENTLY OWNED AND OPERATED

757 Dundas Street  
Woodstock, Ontario N4S 1E8



SOUTH GATE  
CENTRE

## GOLDEN NUGGET Advertising Information

	1 M	3 M	6M	12M
Bus C	\$40	\$100	\$200	\$380
¼ Page	\$60	\$160	\$300	\$580
½ Page	\$80	\$220	\$400	\$780
Full Page	\$140	\$400	\$780	\$1380

For More Info Call: 519-539-9817 or  
Email: [felise@southgatectr.ca](mailto:felise@southgatectr.ca)

## Gordon D. Williams, CPA, CMA

*Personalized tax  
preparation in your home!*

**519-536-3635**  
[gdwmmw92@gmail.com](mailto:gdwmmw92@gmail.com)

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

317 Willowgrove Crescent  
Woodstock, ON  
N4S 7N3



HUMAN RESOURCES  
City Hall,  
P.O. Box 1539  
500 Dundas Street,  
Woodstock, On N4S 0A7  
Telephone (519)539-2382 ext 2202

## “ON-CALL CROSSING GUARD”

This is an on-call position reporting directly to the Crossing Guard Supervisor. To be considered for this position, applicants must possess the following minimum qualifications:

### Qualifications Required:

- Experience working with children,
- good physical condition, able to withstand extreme weather conditions,
- fully conversant in the English language written and oral,
- must have reliable transportation to be able to get to assigned crossing locations.

### Summary of Position:

Ensures children's safety at specified street crossings:

- Arrives at crossing at specified times and remains at crossing throughout the specified time,
- Must wear reflective safety vest and use a handheld Stop Sign,
- Must be able to hold up the hand held Stop Sign while reaching out the opposite arm while children are crossing for a duration of a few minutes.
- Escorts children across the street, ensuring all vehicles stop in accordance with proper procedure,
- Reports the description of the vehicle and driver, time and place of incident, and the license plate number of any vehicles refusing to stop,
- Reports consistently disobedient children to the Supervisor,
- Attends all scheduled crossing guard workshops.

Salary rate is \$14.25 - \$16.70 per hour as per Schedule "A" of the collective agreement. Hours of work will be a maximum of forty-eight (48) hours in a two (2) week pay period.

Resumes and cover letters will be received online at <http://careers.cityofwoodstock.ca> no later than 4:00 p.m. **October 30, 2020.**

The City of Woodstock is an equal opportunity employer. Accommodations are available for all parts of the recruitment process. Applicants need to make their needs known in advance.

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



SOUTH GATE  
CENTRE

## GOLDEN NUGGET Advertising Information

	1 M	3 M	6M	12M
Bus C	\$40	\$100	\$200	\$380
¼ Page	\$60	\$160	\$300	\$580
½ Page	\$80	\$220	\$400	\$780
Full Page	\$140	\$400	\$780	\$1380

For More Info Call: 519-539-9817 or  
Email: [felise@southgatectr.ca](mailto:felise@southgatectr.ca)

# 12 OF CHRISTMAS DAYS Lottery

## Hypnosis Solutions



*"Helping Ordinary People with Everyday Problems"*

**Hypnosis can be very helpful in managing**

- pain, insomnia, stress, anxiety, motion sickness, smoking cessation and weight reduction

**and can be beneficial in controlling**

- your feelings, thoughts and behaviours that you want to change

Call or Email today for a  
Professional Confidential Consultation

**Iva MacCausland**

*Certified Consulting Hypnotist*

519.539.3225

[ivamaccausland@sympatico.ca](mailto:ivamaccausland@sympatico.ca)



# KEEP CALM AND ASK A LOCAL REALTOR

**David Hilderley**, Sales Representative

519.537.1469 | [David.Hilderley@Century21.ca](mailto:David.Hilderley@Century21.ca) | [www.DavidHilderley.ca](http://www.DavidHilderley.ca)

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



# ADVERTISEMENT

**DID YOU KNOW  
THAT WE OFFER  
ALL INCLUSIVE RATES?**



**Book your tour today and join us for a complimentary lunch.**

Your all inclusive monthly fee includes:

- 3 meals per day & snacks
- Medication administration
- Weekly housekeeping
- Weekly laundry
- Assistance with bathing
- Regularly scheduled activity program

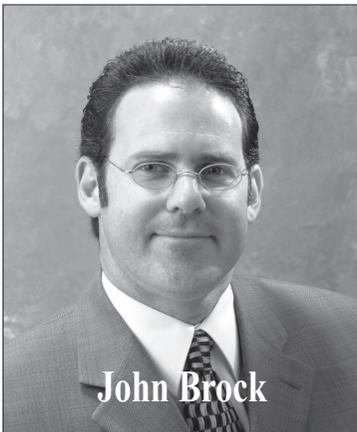


**Caressant Care  
Woodstock Retirement Home**

81 Fyfe Avenue  
Woodstock, ON N4S 8Y2

T 519.539.6461 E [ikara@caressantcare.com](mailto:ikara@caressantcare.com)

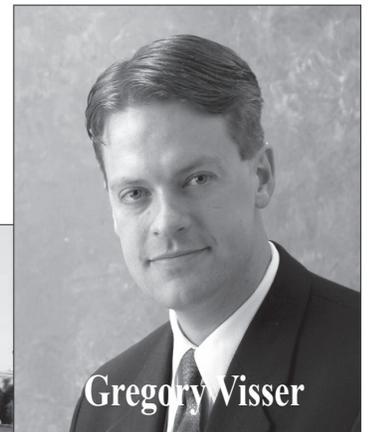
**Schedule your private tour today by contacting our Retirement Home Manager, Ireme Kara, at 519.539.6461 or by email at [ikara@caressantcare.com](mailto:ikara@caressantcare.com)**



**John Brock**

*Brock & Visser*  
**FUNERAL HOME**  
*Burial & Cremation Services Ltd.*  
formerly *Longworth* FUNERAL HOME

845 Devonshire Ave, Woodstock, ON Tel: (519) 539 0004



**Gregory Visser**

Providing Personal Care At Your Time Of Need Independently Family Owned & Operated  
Modern One Level Facility Personal Customer Services Private On-Site Reception Room  
Chapel Seating For 300 People Spacious Parking  
Please call or drop by for your complimentary pre-planning guide.

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



## LOCAL ROOTS - FRIDAY NIGHT DINNERS

You asked...we answered! We will be hosting Friday night dinners for all of November and December! Mark your calendars for the dates below. Each meal is **\$15**.

- **Friday November 6th - Lasagna Dinner**
  - Beef lasagna, Caesar salad, garlic bread and a dessert
- **Friday November 13th - Ham & Scalloped Potato Dinner**
  - Bone in ham with a honey mustard Dijon sauce, scalloped potatoes, seasonal vegetables, fresh garden salad with ranch dressing, maple syrup cornbread and a dessert
- **Friday November 20th - Roast Beef Dinner**
  - Roast beef, mashed potatoes, gravy, seasonal vegetables, honey cornbread, spinach, feta and mandarin salad, and a dessert
- **Friday November 27th - BBQ Rib Dinner**
  - 1/3 Rack of Pork Back Ribs, Baked Potato with Sour Cream, Coleslaw, Cornbread, and a dessert
- **Friday December 4th - Lasagna Dinner**
  - Beef lasagna, Caesar salad, garlic bread and a dessert
- **Friday December 11th - Steak Stack Dinner**
  - Steak stack with baked potato, creamed corn, jalapeño cheddar cornbread, Texas coleslaw and a dessert

Curbside pick-up between 4:30pm and 5:30pm or [delivery available](#).

South Gate Centre, 191 Old Wellington Street South, Woodstock, Ontario N4S 3J2

### How to Order:

Online: <https://www.southgatectr.com/>

Phone: 519-539-9817



# CURBSIDE EVENTS



## CHRISTMAS CATERING MENU

AVAILABLE FOR LUNCH OR DINNER



### Select one (1) protein:

- Roast Beef, Roasted BBQ Chicken, Bone in Ham with Honey Mustard Sauce, or Roasted Turkey with Stuffing

### Select one (1) side:

- Mashed Potatoes with Gravy or Roasted Baby Potatoes

### Select one (1) salad:

- Fresh Garden Salad, Caesar Salad or Greek Salad

### Select one (1) pie slice:

- Apple Crumble, Pumpkin or Coconut Cream

All meals are served with a dinner roll.

### **Price:**

\$20/person for 1 protein

\$23/person for 2 proteins

### **How to Order:**

Available to order through Felise Jones at [felise@southgatectr.ca](mailto:felise@southgatectr.ca) from November 12th-December 23rd. Please specify with Felise if you would like to pick-up your order, or have it delivered or if you have any questions or concerns.

# CURBSIDE EVENTS



## Order our Breakfast Special for **\$6!**

### Includes:

- 2 eggs (over easy/medium/hard or scrambled)
- 3 slices of bacon
- 2 slices of toast (white or brown)
- Hashbrowns
- Coffee



Curbside pick-up this breakfast from 7:30am-8:00am or order it for lunch and pick-up between 11:30-12:30pm Monday to Friday Order online or over the phone!

# Christmas Turkey Dinner

Friday December 18th and Saturday December 19th, 2020

### On the menu:

- Roasted white and dark turkey
- Mashed Potatoes and Gravy
- Cranberry Sauce
- Brown Sugar Butter Glazed Carrots with Turnip
- Stuffing
- Cranberry Coleslaw
- Dinner Roll
- Sticky Toffee Pudding



### Limited tickets available!

Curbside pick-up time slots are between 4:00pm and 5:00pm both days.  
Delivery is also available if needed.

191 Old Wellington Street South,  
Woodstock, Ontario N4S 3J2

### How to Order:

Online: <https://www.southgatectr.com/>  
Phone: 519-539-9817



# SPECIAL EVENTS

DR. LEONARD  
REEVES  
FOUNDATION  
TITLE SPONSOR

# SOUTH GATE CENTRE'S 12 OF CHRISTMAS DAYS Lottery

YOU CAN WIN  \$10,000  
CASH & MORE!

DAILY CASH PRIZES BEGINNING  
DECEMBER 26 TICKETS RE-ENTERED  
FOR EVERY DRAW!

TICKETS \$25

ONLY 2,000 AVAILABLE

DAY 7



Caressant Care Nursing  
and Retirement  
Homes Limited

DAY 8



HUNT  
HOMES

TITLE MEDIA SPONSOR



TICKETS AVAILABLE IN WOODSTOCK

South Gate Centre - 191 Old Wellington St. S  
Chartwell Oxford Gardens - 423 Devonshire Ave.  
FirstOntario Credit Union  
Merrifield Book Shop  
Quality Hotel & Suites - 580 Bruin Blvd.



SOUTH GATE  
CENTRE

191 Old Wellington St. South, Woodstock · 519.539.9817 · www.southgatectr.ca · All proceeds go to South Gate Centre. South Gate is a not-for-profit charity.

# COMMUNITY EVENTS/STAFF



## COMMUNITY EVENTS

### NOVEMBER

Sunday, Nov 1

Daylight savings time



*Daylight Saving Time Ends  
Remember to turn your  
clocks back 1 hour on Sunday,  
November 1, 2020 at 2:00 am.*

Friday, Nov 6

\*Take-out Lasagna Dinner  
\$15

Wednesday, Nov 11

Remembrance Day -  
**Centre CLOSED**

Thursday, Nov 12

12 Days of Christmas  
Lottery

November 20-30

Christmas Bazaar and  
Online Auction *Details to  
follow*

Friday, Nov 27

\*Take-out Big Dave's Take  
out Rib Dinner \$15

### DECEMBER

December 1

Giving Tuesday

December 3

South Gate Inc AGM

## SAVE THE DATE - DECEMBER 3

**AGM** 2019  
ANNUAL GENERAL MEETING

December 11

Memory Tree of Lights

December 24

Last day to get your  
12 Days of Christmas  
Lottery Tickets!

**SUPPORT LOCAL - SG'S 12 Days of  
Christmas Lottery - Tickets on sale early  
November 2020 (online, in person, by  
phone) – Only 2000 tickets - \$25 EACH.  
SOLD OUT in 2019. Make your list and  
check it twice. Remember,  
"You've got to be in it to win it!"**

## South Gate Centre Staff

Chris Cunningham, Executive Director  
[chris@southgatectr.ca](mailto:chris@southgatectr.ca) , x222

Felise Jones, Operations Manager  
[felise@southgatectr.ca](mailto:felise@southgatectr.ca), x230

Larrie Blancher, Maintenance Manager  
[larrie@southgatectr.ca](mailto:larrie@southgatectr.ca) x223

Bonnie Ward, Members/Volunteer Manager  
[bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca) x221

Shelley Wettlaufer, Local Roots Manager  
[shelley@southgatectr.ca](mailto:shelley@southgatectr.ca) x231

Amber McMahon, Office Assistant  
[amber@southgatectr.ca](mailto:amber@southgatectr.ca) x225

Kristin Burke, Local Roots Assistant Manager  
[kristin@southgatectr.ca](mailto:kristin@southgatectr.ca) x231

Emily van Straten, Human Resources Consultant  
[emily@southgatectr.ca](mailto:emily@southgatectr.ca)

Heather Hayman, Bookkeeper  
[heather@southgatectr.ca](mailto:heather@southgatectr.ca)

## Board of Directors

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

## The SG Members Committee

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

## Notice: Deadline For the Next Nugget Issue

**Thursday, November 5** While every effort is made to correct errors within the Golden Nugget, occasionally some are missed. Thank you for your understanding!



LOCAL ROOTS  
CAFÉ

# LOCAL ROOTS

## NOVEMBER LUNCH MENU

### Hot Meals - \$8.00

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

- Roast Beef Dinner
- Liver and Onions
- 1/4 Chicken Dinner with Homemade Dipping Sauce
- Bone in Ham with Honey Mustard Sauce
- Lemon Pepper Cod
- Buffalo Chicken Quesadilla\*
- Chris's Chicken Deluxe with Bacon, Cheddar Cheese, Lettuce, Tomato, BBQ sauce, Mayo\*
- Philly Cheese Steak Pizza\*

\* Freshly steamed vegetables not included.

### Sides - \$3.00

- Mashed Potatoes with Gravy
- Baked Potato with Sour Cream and Butter
- Scalloped Potatoes
- Rice Pilaf
- Caesar Salad
- Greek Salad
- Garden Salad with Apple Dressing
- Sliced Chicken Breast
- Soup

### Soups - \$3.00

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

### Sandwiches - \$3.50

White or Whole Wheat Bread

- Cranberry Chicken Salad
- Egg Salad
- Roast Beef with Cheddar Cheese

### Desserts - (assorted pricing)

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

Entire menu is available Monday - Friday. Curbside pick-up or delivery available.  
South Gate Centre, 191 Old Wellington Street South, Woodstock, Ontario N4S 3J2

#### How to Order:

 Online: [www.southgatectr.ca](http://www.southgatectr.ca)

 Phone: 519-539-9817