

GOLDEN NUGGET

March 2019



MARCH 4

Best U
Health Expo

MARCH 14

St. Patrick's Euchre
Tournament

MARCH 20

Quarter
Auction

APRIL 5

Spring Dinner
& Dance

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

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

Charitable Organization Number 11914 5209 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

2019 Membership Rates

TYPE OF MEMBERSHIP	2019 FEES
All inclusive (10 months, Mar-Dec)	\$145
Social (Pay as you go) (Includes 5 free Activity Cards)	\$65
NON-MEMBERS ALWAYS WELCOME	FEES
All Fitness Regular Programs *Does NOT include registered programs	\$5 per activity per day
Other Regular Programs	\$4 per activity per day

All 2019 memberships expire December 31, 2019.

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

Membership Advantage**

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

Wellington Street Denture Clinic

Cristian B. Lagos – 519-533-1919

10% off new complete dentures or new partial dentures for both new and existing patients.

Klassx Performance Auto Centre

Larry Archer - 519-421-1993

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

The Hallmark Shoppe/The Card Shoppe

Sue – 519-539-5996/519-539-1304

10% off regular priced merchandise storewide.

Mackey Moving

519-488-2128/519-536-5532

10% off for South Gate members.

PharmaSave Woodstock

94 Huron Street – 519-539-2888

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

Action Wellness

225 Main St

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

Reduced Pricing on Registered Programs

Coffee/tea complimentary in the SG Cafe thanks to:



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

AND



Scent Free Centre

SCENT FREE

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

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

Program Notices

- Cribbage room change - small Hall
- NEW! Fitness, drop-in Thursdays at 5 pm in the Kinsmen Room - Instructed by Sheila Picknell
- 2nd session of registered programs begin week of March 11th



STAFF UPDATE

A Message from Executive Director



"May your blessings outnumber the shamrocks that grow & may trouble avoid you wherever you go." Wishing you a wonderful March & St. Patrick's Day!

I look forward to seeing you at the Centre.
Chris Cunningham

8 ways to Brighten Dark Winter Days

- **LIGHT IS LIFE-CHANGING** – 20 minutes a day, you'll feel lighter. If natural light isn't available look into light therapy.
- **A DOSE OF VITAMIN D** – lack of sunlight robs us of vitamin D. it affects bone density and our mood and increases our risk for autoimmune disease.
- **LIFESTYLE MAKING YOU LISTLESS** – good lifestyle hygiene – diet, exercise, sleep works wonders. Limit refined carbohydrates and make sure you're getting lots of protein.
- **TONE DOWN THE TECHNOLOGY** – using light-emitting devices such as T.V, smartphones or tablets in bed suppresses melatonin production, robbing our brains of an important cue to sleep. (Melatonin - a hormone produced at night, causing drowsiness & lethargy).
- **RELEASE THE ENDORPHINS** – Exercise releases endorphins, "the feel-good hormones."
- **YOUR DOCTOR CAN HELP** - While a lot of people just feel a little bit blah this time of year, there are some that feel much worse. If you're taking other medications, be careful of mood altering natural products like St. John's Wort. Talk to your doctor or pharmacist.
- **GET READY NOW** – the best way to avoid SAD (seasonal affective disorder) is to be proactive. Remember, if it's going to be it's up to me.
- **SOUTH GATE CENTRE** – A prescription to wellness and a healthier, happier you!



April Is Volunteer Appreciation Month



We've certainly hit the JACKPOT with our South Gate Volunteers!!! We couldn't do what we do without each and everyone of you. We are so LUCKY! SG Volunteers can pick up a complimentary ticket to this year's very special Volunteer Recognition, **Friday April 12th** (only 180 tickets available). And yes, once again, we have arranged some surprises for your enjoyment. You won't want to miss it!

Don't Forget to Turn Your Clocks

DAYLIGHT SAVINGS TIME



Sunday March 10

Get Well Wishes

We want to send out a big GET WELL wish to Felise Jones, our Facility Manager. Felise is recovering from surgery on a broken ankle. We miss her terribly and look forward to her speedy recovery. We also want to send out our "best wishes" to her husband Jeff and children, James and Shayla.



VOLUNTEER OPPORTUNITIES



A Message from Office & Volunteer Manager

Volunteering is not only rewarding, but also good for our physical and mental health. Studies show volunteering helps reduce stress, combat depression, reduce social isolation, provides mental stimulation and gives us a strong sense of purpose.

If you're looking for a unique and fulfilling way to make a difference, come join us as a volunteer at SOUTH GATE CENTRE. We are dedicated to helping our community be healthy, active and independent.

Warmest Regards
Bonnie Ward, Office & Volunteer Manager

April Is Volunteer Appreciation Month

To all our amazing Volunteers, mark Friday, April 12th from 11:15 am - 3:00 pm on your calendars!!! Please make sure you pick up your complimentary tickets for our Volunteer Celebration Lunch at the Front Desk.

Please remember to submit your volunteer hours.

Volunteers

The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.

Volunteer Opportunities

South Gate's 20th Anniversary



This year South Gate is celebrating 20 years at our current location. The official opening of South Gate Centre was on November 4, 1999. To celebrate this milestone we are seeking volunteers to help with the planning and coordination of a special event to celebrate this very significant occasion. If you are interested

in joining the planning committee, please drop into the Office and chat with Bonnie.

1999 - 2019

Fitness Volunteers

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

Kitchen Servers & Dishwashers – Additional Volunteer Support Needed

Pick a day, any day. Monday to Friday between the hours of 11:30 am to 1 pm, once or twice a month. Consider joining this amazing group of volunteers.

Banquet Set-Up/Servers/Clean-Up

South Gate rents out our facilities for private function in the evenings, on weekends and occasional during the day. Volunteers assist us with these events by helping set tables, serving meals and cleaning up after the events. Consider volunteering and do what you can to help in this very important part of our operation.

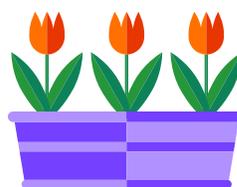
If you are interested in learning more about volunteer opportunities at South Gate, please drop into see Bonnie Ward at the Administration Office or give her a call at 519-539-9817 or email bonnie@southgatectr.ca

Thursday Evenings, Lions Club Bingo – South Gate 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.

South Gate Gardens



With spring just around the corner we're looking for a few more volunteers to help with our gardens this spring and summer. Consider springing into action with your garden gloves!!!!

Victoria Day Parade

Join us **Monday, May 20th** SG members and friends will be walking, riding, strolling. We need people and cruisers (cars), and bikers. For more info contact Rick Rose at rose.rick@85@yahoo.ca.

South Gate Singers Seeking the Hands of a Pianist

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



MEMBER'S CORNER

Welcome New January/February Members

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

Tammy Burdett	Janice Robinson
Mary Cowing	Bertha Sovran
Susan Davidson	Sandra Thornton
Joan Falkiner	
Dan Heinbuck	

Thoughts & Prayers

Dave Toon
 Pat Black
 Lois Davidson
 Carol Anderson
 Felise Jones – recovering from ankle surgery
 Barb Brushett
 Wendy Highley
 Mark Beres

Memorial Fund

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

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

In Memory Of:

Joseph Roy Cote
 Janet Corkish
 Bob McFarland

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**

2019 Membership

We presently have 616 members.

South Gate Musicares Spring Concerts

The South Gate Musicares are spreading the joy of their music throughout the County of Oxford this spring. Please feel free to join them at any of the upcoming concerts:

LOCATION	DATE	TIME
Woodingford (Woodstock)	Thursday, March 7	2 pm
Maples Retirement (Tavistock)	Monday, March 11	2 pm
Oxford Gardens	Monday, March 18	2 pm
People Care (Tavistock)	Tuesday, March 19	2:30 pm
Cedarview	Monday, March 25	2 pm
Woodingford (Ingersoll)	Monday, April 1	2 pm
Caressant Care (Retirement)	Tuesday, April 9	2 pm

South Gate Income Tax Assistance

A drop off service is being offered once again. Pick up screening sheets at the Front Desk. Once completed, return to the same. A community volunteer income tax preparer will contact you upon its completion. This is a free service designed to assist those who cannot complete their tax returns by themselves and due to financial considerations should not be paying others to do it for them. Guidelines are as follows: single person - \$25,000, couple - \$40,000 and family - \$40,000, plus \$2,000 for each dependent. March 6 - April 28

Library Corner



Well we have another week or so of winter and then on to spring and those beautiful and welcome spring flowers. The library corner is a well used area of the Centre and we try to keep it tidy and organized for you. You can help us here, if there are pieces missing from a puzzle you borrow - just put it into your home recycle bin. Books, we can sort and cull out for one reason or another but it's impossible for us to know if a donated puzzle has all the pieces in the box. We suggest when the puzzle is finished that put the pieces into a plastic bag and then into the box as this eliminates the chance of a piece falling out. Thanks again for all your donations, we are always amazed at your generosity.
 George and Elda



Ask Dolly & Me...



Hello Ladies,

I'm curious about trying cannabis now that it's legal. I don't want to smoke it but I'd like to try it and see what all the talk is about. What do think about it? Where can a person get good information about it without being judged? Curious

Dear Curious,
What a great question, I'm sure others are thinking the same way you

are. You didn't say whether you are thinking about recreational or medicinal cannabis. We had to do some research on this one. The generation of Canadians who rocked out to the 1960s song *Marijuana* by Country Joe and the Fish are seniors now, and some of them are newly curious about the drug but seniors, many of whom take multiple medications, also have questions about how cannabis will interact with their prescription drugs and otherwise affect their health. Seniors concerns include not just interaction with prescriptions but also the potential of the drug to increase heart rate and the risk of confusion and falls. And as with many health claims about cannabis, there hasn't been enough scientific research done to make definitive claims. The marketing of marijuana has really overshadowed the science, said Rand Teed, a drug and alcohol counsellor and consultant in Regina who is part of the coalition. The information that doctors have received so far has been quite confusing for them in many cases. Initially, Health Canada approved cannabis for use with anxiety, but in lots and lots of cases, cannabis increases anxiety. The coalition suggests if physicians determine that a patient could benefit from cannabis, they should prescribe it in the form of CBD, not tetrahydrocannabinol, or THC, the main psychoactive agent in cannabis. Seniors are more at risk of experiencing harm related to cannabis simply because of age-related changes that they experience said Dr. Amy Porath, the director of research at the Ottawa-based Canadian Centre on Substance Use

and Addiction who is leading the team creating new guidelines. You should never randomly start to use something without getting some decent information and decent advice. In some cases, Pole said, patients can replace traditional painkillers, such as opioids, with medical marijuana. She said she has seen a significant improvement in seniors who have been able to use pot for chronic pain and severe anxiety, but she doesn't prescribe or recommend the drug lightly. Marijuana has been legal for medical treatments in Canada for several years now. The strength of evidence varies with respect to different conditions but marijuana has been shown to have benefits in treating many different conditions that can befall seniors, including the following Cancer, Chronic pain, Multiple sclerosis, Glaucoma. Other conditions where there is some evidence for marijuana's benefit include eczema, epilepsy, Huntington's disease, insomnia, and still others being added to the list as testing continues. We've come a long way from the one-note criminalization of "the demon weed." But we can't forget, of course, that there are many negative effects of marijuana. Some of these can be especially detrimental to seniors. Cannabis negative effects when it comes to seniors. Memory loss, Hallucinations Mental health, increased risk of falling Overeating Respiratory problems. These are just a few of the problems associated with marijuana use. More problems might well become apparent as our national experiment with legalization comes into full effect. A fuller understanding of all of cannabis' pros and cons will become clearer over the next months and years. Check with your Doctor before you try anything. Your pharmacist may also be able provide good info. There are also many good websites, just make sure that on a reputable one.

South Gate Gala & South Gate Video

Next month...Look for a Century 21 Golden Gala fundraising evening update with photos and the release of the new South Gate Video (filmed in February). THANK YOU to everyone that shared their hearts about South Gate and for those that allowed their beautiful faces to be filmed for this Awesome video. The video will be added to our SG website later in March.



MEMBER'S CORNER

Hiking Program with Theresa

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

Trail Walkers



Here's a photo of some brave trail walkers who didn't let the frigid weather dampen their spirits but faced it head on!

Golf Meet and Greet Info Session

"Golf Meet & Greet" info session plus registration, in the Café on Thursday April 25th 2019 at 10 am. Golf Membership fees as follows. South Gate member \$25 plus HST \$28.25, non South Gate Member \$40 plus HST \$45.20, joins us to reconnect after a long winter, and win some door prizes.

Then join us at the Meadows every Thursday starting May 2nd 2019. Arrive by 11:30 am, pay, socialize, draw foursome at 11:45 am, we'll start teeing off at 12 noon. On the last Thursday of every month will be our fun week, best ball etc. prizes. Price same as last year, Walking \$19.50 In power cart \$27.00 We will continue to do monthly road trips for those interested.

Bicycle Group

Interested in joining a SG Bicycle Group this spring? START UP...Thursday, May 2, 9 am in Cafe. We'll meet for a brief meeting to talk over expectations and plans. Weather permitting we'll then go for a ride around the park. This is not a road riding group! It's mostly trails, and at a leisurely pace, with options to take photos, have lunch, take a shorter route.

May 9, 16, 23 we'll meet at Roth Park, main parking lot, at 9 am, to ride city trails, and done by noon. Then later, we'll do out of town trails (Paris, Brantford, London), and we're back later.

For more info, or to be put on email list contact Bonnie Cohoe at bccohoe@gmail.com, or text 519-788-3968.

Attention All Baseball Players

The season is fast approaching so let's start to get into shape. The sign up sheet will be at the front desk. You may also contact Larry at 519-421-1116 or Guy at 519-536-9612

Thank You

Special thanks is extended to Rose Marie Geiling for making over 50 knitted dish cloths for South Gate to sell. Your thoughtfulness is greatly appreciated.

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

MEMBER'S CORNER



Donating Mutual Funds & Stocks-The 'Other' Benefit!

Each year, million's of Canadians reach into their pockets and give to organizations which hold a special place in their hearts. Most often, individuals gift cash, either that they've accumulated in their bank account, or by selling investments then gifting the proceeds to the charity. However, did you know that in 2006, the government made changes to tax rules which can make a donation less taxing to you? Let me explain, but don't worry... we'll keep it simple for now. We just want to get the general idea to you.

Let's imagine you have shares/stocks or mutual funds which you've owned for a while and these are held outside of your RRSP, RRIF or Tax Free Savings Account. Let's also imagine you paid \$25,000 for these investments, and they've grown in value to \$50,000. This means you have an unrealized gain of \$25,000 (unrealized, because you haven't sold the investment yet).

Let's now imagine you've decided to make a large donation of \$50,000 to that special charity. You have two options. One, you can sell the investments and give the cash to the charity. Doing so will trigger that capital gain, which will result in tax payable.

Option two is to give the investment directly to the charity. That means transferring the actual investment from your name to theirs, without physically selling it. Here's the benefit: when investments are transferred directly to a charity, there is NO capital gain triggered, so there is NO tax payable!

Under both scenarios, you will receive a tax receipt for the full value of the donation, in both cases being \$50,000 however more is kept in your pocket by avoiding the capital gain under option 2.

Everybody's situation is unique, so your individual circumstances need to be considered. If you have shares/stocks or mutual funds and are thinking about making a contribution to a charity, talk to your financial or tax advisor about the best option for you.

Cribbage Winners

January

Shirley McArthur	2455
Jim Jones	2432
Gerry Edwards	2429

February

Deb Almost	2412
Jim Jones	2379
Donna Csonto	2361

January BIG Peppers

Most Peppers In the Month

Marie Des Forges	5
Mae Watts	4
Gerry Edwards	3
John Wylie	3

High Score

David Parker	95
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One Large Pepper & One Small Pepper in Same Game

Susan Coty 2, John Cornelissen, Sandra Siroky

Klaverjas

January 8, 2019

John Vandersteen	5369
Keen Boogerd	5203
Peter Bes	5106
Boyce Blair	4998

January 22, 2019

Carol Taplay	5338
Nell Hostetler	5290
Cobie OpdeWeegh	5267
Reiner Stachel	5225

January 15, 2019

Reiner Stachel	5765
Marina Skitch	5421
Gail Klassen	5261
Anne Marie Perry	5128

January 29, 2019

Cobie OpdeWeegh	5286
Marina Skitch	4988
George Wall	4828
Susanna Stachel	4731

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MEMBER'S CORNER

Be Inspired With Theresa

Welcoming Atmosphere



Kind words make one feel warm even in harsh winter, while unpleasant talking makes one feel cold in midsummer.
- Chinese Proverb

When we invite guests into our homes we endeavour to create a welcoming atmosphere. We greet our guests at the door, often giving them a welcoming hug and a warm smile. We draw them into the warmth of our home and seat them in our favourite chair. We create a space for us to enjoy each other's company. We engage in stimulating conversation while enjoying tasty treats.

When we are part of an organization or club do we create that same warm welcoming atmosphere for other members we come into contact with? Although

it is not our home it is a place we choose to socialize and we come into contact with a wide variety of people who are there for the same reason. Have we ever caught ourselves behaving in a less than welcoming manner? If so, it is an opportunity to change, greeting others with a smile and engaging them in conversation. Who knows we may make a new friend or two.

If we are part of an organization that prides itself on being a welcoming, fun, social place, to treat others in any other way takes away from that purpose. It is up to each and every one of us to welcome all members regardless of whether they are new or existing ones. Be well and enjoy the day.

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

Exercise of the Month

How to do Posture Exercises:

Posture exercises work on the muscles in your back that help you stand straight. Do them 5 - 10 minutes daily. Also pay attention to your posture during daily activities. Look at yourself in a mirror.

Standing Posture: Balance your weight evenly on both feet. Gently pull your belly in. Look straight ahead. Gently tuck in your chin. Pull your breastbone up slightly.

Sitting Posture: Put your feet flat on the floor. Sit up straight. Gently tuck your chin in. Pull your breastbone up slightly. Use support for your lower back. For example, a pillow or chair with back support.

Yoga pose on a mat: Lie flat on your back. Place your arms on floor with palms up. Keep your legs straight (or if uncomfortable, put a pillow under knees or bend both knees keeping feet flat on floor). Lie in this pose for 5 -10 minutes. Imagine your collarbones are wings. Spread your wings slightly but don't pull your shoulders back. Breathe and relax.

Source: Too Fit To Fracture: Osteoporosis Canada
www.osteoporosis.ca

Wellness Tidbit

Herb and Spices Health benefits

CINNAMON: Studies have shown that as little as 1 g. of cinnamon consumed daily may be able to improve blood sugar, cholesterol and triglyceride levels in people with type 2 diabetes.

GINGER: Used for 2000 years in Chinese medicine to treat nausea, ginger is now being studied for its pain relieving properties.

ROSEMARY: Rosemary is a source of free-radical fighting vitamin A, immune-boosting vitamin C and bone-building calcium.

CLOVES: A good source of vitamins E and C, dietary fibre, calcium and iron, cloves are nutrient dense and antioxidant rich.

NUTMEG: Nutmeg contains compounds that could help boost mood, relieve pain and lower blood pressure.

SAGE: Scientists have found that when healthy young adults were given a dose of sage essential oil they performed better on memory tests and reported an increased sense of calm and happiness.



Marilyn's Musings

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Charles Dickens, "Great Expectations"

Charles Dickens was born Charles John Huffman Dickens in Portsmouth, Hampshire, England on February 7, 1812. He died at Gad's Hill, Chatham, Kent on June 9, 1870. He is the author of fifteen novels, among them, A Christmas Carol, Oliver Twist, David Copperfield, A Tale of Two Cities, and Pickwick Papers. "Great Expectations" which was published in 1860 was his 13th novel. This classic was made into a movie in 1946 directed by David Lean, starring such renowned actors as John Mills in the lead role, Jean Simmons and Alex Guinness. You may have studied this novel in an English class, but, if you haven't and want to read it, it is available in paperback format from Amazon for about Ten Dollars.

How well we know March. Like the proverb says, "It comes in like a lion and goes out like a lamb". It was the middle of February when I submitted this column so there was no telling what to expect, yet all of us have "great expectations" for what the month brings.

At last we can put winter behind us and look forward to spring which begins on March 20. Time to plan or even plant our gardens, to put our yards back in order, to clean up the golf clubs in readiness for what we hope will be another great season, to get outside and reconnect with our neighbours (miss those over the fence chats...), to take long healthy and healing walks, to run, if you are able, to take part in all those invigorating activities that spring allows.

March brings us lots to do and look forward to. By the time you read this edition of The Golden Nugget, the Century 21 Golden Gala will have taken place. South Gate was one of three charities to share the proceeds of this annual event which, for the Centre, means \$25,000 will be added to the coffers which I understand will be earmarked for expansion costs. Such great expectations! We should be grateful to everyone who worked so tirelessly to make the Gala such a success. Special thanks goes to those volunteers from South Gate who so willingly gave their time, like they always do, to assist. If you

attended, I hope you danced like everyone was watching!

Monday, March 4 is the BEST U Health Expo at South Gate, always a favourite event, one that is expertly organized by Nancy Scott and her awesome committee and crew. The Best U Expo runs from 10 a.m. to 3:00 p.m. This year's theme is "Point the Way". It is one function I enjoy attending – always come home with a bag full of informative brochures, free samples and treats. I expect it to be another great day!

As the month marches on, we have to remember to set our clocks ahead for the return of Daylight Saving Time on March 9, just in time for our kids and grandkids to begin their March Break which lasts from the 11th until the 15th. It's a perfect time for family vacations or get togethers. My great expectations are spending time with my grandkids and improving my golf swing. Hopefully, the weather co-operates, not like what we got in February!

Card players will be shuffling in readiness for the annual St. Patrick's Euchre Tournament on March 14 in hopes of winning something green. The following week is the Quarter Auction on March 20 which seems to be gaining in popularity. I've never been... maybe this month I'll give it a try.

What do you expect to do in March and the beautiful months that follow. Lose that extra weight that accumulated over the winter months? Buy that car? Take a trip? Visit those friends you haven't seen for a while? Try that class? Learn something new? The possibilities are endless!

Great expectations are whatever you set your heart on, your dreams, your wishes and the hope that they will come true.

Hope your March and the promise of what spring will bring meets your expectations.

Until next time....

Marilyn

marilyn.watson@execulink.com



SPECIAL EVENTS - THANK YOU

Chilly Charlie Prediction Breakfast

Chilly Charlie loved getting out of hibernation and riding his brand new snowmobile to our annual Chilly Charlie's Prediction & Breakfast but he thankfully predicted an early spring!!!

Over a 100 people of all ages, came out to see Chilly Charlie and enjoyed homemade pancakes, eggs and sausages.

A big thank you to our sponsors, Heart FM 104.7, for broadcasting the prediction live from South Gate and to Sierra Construction.

Special thanks is also extended to our Dignitaries Acting Mayor Jerry Achionne, MC - Graham Becker, Guy LaPlante Chilly Charlie, Al Bohn (Chilly Charlie's Escort), and Dan Henry (Heart FM).

Many thanks to our kitchen crew volunteers, Kathy Deweerd and Oxford Gardens staff for helping us make this events event such a success.



Valentine's Dinner & Dance

A full house of guests celebrated Valentines Day with another wonderful meal and great dancing. Thanks to our wonderful kitchen staff and all the volunteers that make this happen.

The door prize winners were Steve Laybolt and Linda Taylor, the 50/50 went to Karen McIntyre.

And a big heartfelt thank you to the Dance Committee for having so much "heart"! LOVE YOU!

Valentine's Lunch

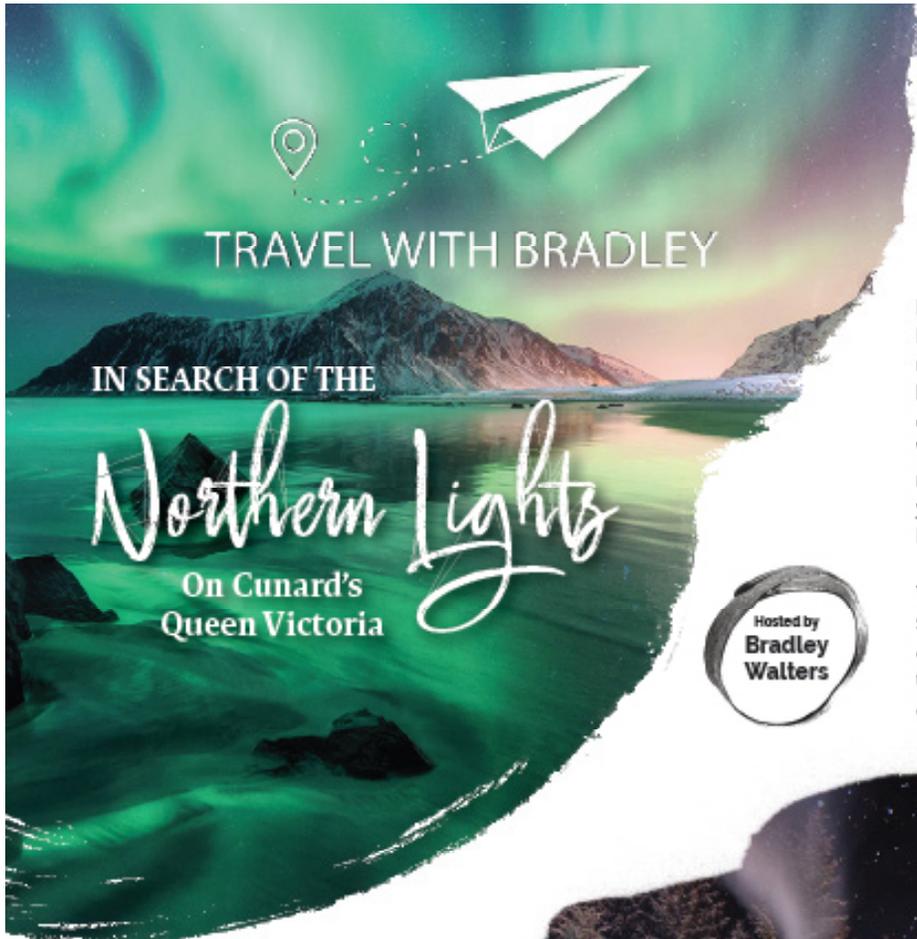


Love was in the air at our Valentine's Lunch. Ninety members enjoyed a wonderful afternoon of friendship and love.

Special thanks is extended to Bill Gibbons who performed an outstanding show during our lunch.

Special thanks to Park Place Retirement for donating chocolate table treats and a door prize and Diane Ward who wanted to show her appreciation for South Gate by donating a basket of chocolates as another door prize.

Hats off to the Kitchen & Banquet Crew for preparing and serving an amazing BBQ Steak Stack Dinner & Dessert.



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DAY TRIPS



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TICO #4576559

Frankenmuth Itinerary May 9-10, 2019

DAY 1

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

DAY 2

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

A Word from your SG Travel Committee

We have changed the date for our Frankenmuth trip. New date is now May 9th and the 10th. The itinerary will remain basically the same except that the hotel will change to Country Inn Suites in Birch Run and the show will be replaced with Tom Sadge as Neil Diamond. Since 1996, Tom Sadge has been bringing the look, sound and feel of Neil Diamond to audiences across the U.S., Canada and Europe. Neil Diamond fan clubs and show producers choose Tom Sadge as their first choice to portray Neil. Enjoy all the popular Neil Diamond hits including America, Sweet Caroline and Crackling Rosie. Don't miss the opportunity to watch Tom and his 4-piece band recreate the magic of the Solitary Man!

Hope you decide to join Pat and Paulette on this fun filled getaway. There is something so wonderful about strolling along Main Street and taking in the beautiful architecture, or walking the paths of the River Place Shops and stopping to smell the flowers. Spring will finally be here. Join us with family and friends and make new friends in the process.

Life's a Journey, Get on Board

Pat Catt

Paulette Whiteford



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Wednesday, April 24, 2019

Cost: \$15 (incl. tax)

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Niagara Falls
Departs 9:00 a.m.
Purchase by April 10

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Spring Mystery

**Honey Bees, Dumplings
& Grapes?**



Monday, May 27, 2019

Cost: \$85 (incl. tax)

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???

Departs 9:00 a.m.
Purchase by April 22

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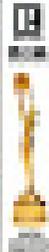
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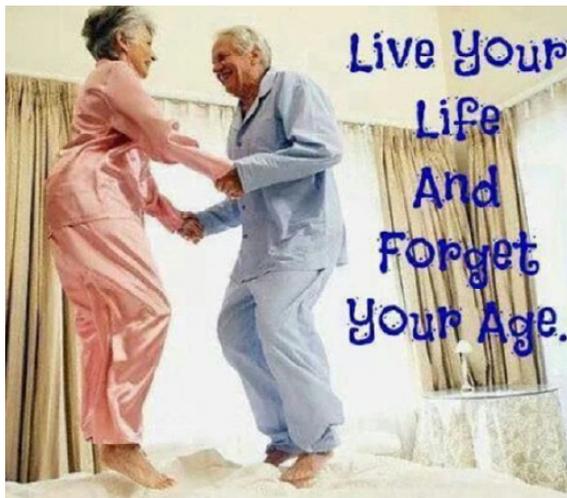


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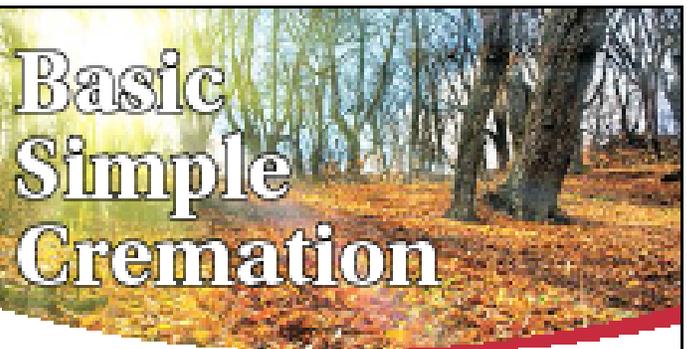
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2019	Kitchen Party
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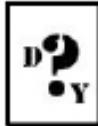
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A dactylogram is a:
(a) trapezium
(b) bone
(c) fingerprint

Stockholm is the capital of Norway T/F?
Standard oil was founded by which Rockefeller?



To prevent smudges Da Vinci wrote sdrawk-

What's this catchphrase?



A P.S.A.L.M. is created by Ian Robinson

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14 Days - Departs Jun 22**, Jul 6, Jul 20, Aug 10, Sep 07, Sep 14 or Sep 21 - History and culture surround you during this wonderful east coast experience! As we journey through Quebec City, Halifax, Sydney, Cape Breton Island, Charlottetown & Fredericton marvel at nature's landscapes. Learn how to fish for Lobster during a boat cruise, visit Peggy's Cove, the Cabot Trail, Fundy National Park and Anne of Green Gables Home. The many highlights on our travels will leave you in awe of our Canadian Heritage!! Twin per person \$3,759.00 CDN (incl. 463.70 HST) **Surcharge \$60.00 Jun 22 Tattoo Departure



Grand Mackinac Island

America's Historic Hotel - the Grand Hotel - 4 Days - Departs May 17 or Oct 17 - Relax and enjoy the serenity of this Victorian Village complete with Horse & Buggy, no cars allowed. Explore this historic island that seems to have escaped the passing of time or enjoy the vistas from the world's longest porch at the Grand Hotel that hosts us for 2 nights. Truly a unique experience and the options are yours to discover, afternoon Tea in the hotel's Parlor, Fort Mackinac or one of the many museums are sure to delight. Start your day with a carriage tour and end with a five course dinner! Twin per person \$1,329.00 CDN HST does not apply

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6 Days - Departs Jun 24 or Aug 12 - Join us as we travel across the scenic and rich farmlands that offer the perfect backdrop to discover one of the largest dairy farms in the US, they even have their own "Cow Bus". We'll go back in time to the beginning at the John Deere Historic Site where the first commercial steel plow was created and into the present at the John Deere Factory. A farm to table dinner at Cinnamon Ridge and a performance at the Round Barn Theatre complete with a full Threshers dinner ensure our rural experience is complete! Twin per person \$1379.00 CDN, HST does not apply



Circle Georgian Bay & Manitoulin Island

5 Days - Departs Jun 24 or Jul 22 - Discover the untouched beauty of the French River and the importance it has played in this country's history. Explore a Rock tunnel passing through a billion year old geological fault, view the LaCloche Mountains and discover the Bridal Veil Falls on the worlds largest fresh water island. Spectacular sunsets, the 'Big Nickel', the SS Keewatin and one of a kind treasures made by local artisans are all part of our journey as we discover our own backyard! Twin per person \$1,319.00 CDN (incl. 151.75 HST)



Northwest Territories

12 Days - Departs Jul 15 - Journey above the Arctic Circle and discover Canada's far north. An experience of a lifetime and with tours of Inuvik, Yellowknife and Tuktoyaktuk the rugged beauty created by nature is breathtaking. Explore the land, wildlife and culture unique to this northern region. Dip your toe in the Arctic Ocean, be amazed by a local Dene artisan, catch sight of a Whooping Crane or envision life in an ice house. An opportunity to be amazed by this Canadian way of life. Twin per person \$6,989.00 CDN (incl. 535.75 taxes) Includes Round Trip Air from Toronto



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

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in their long-term wellness and quality of life





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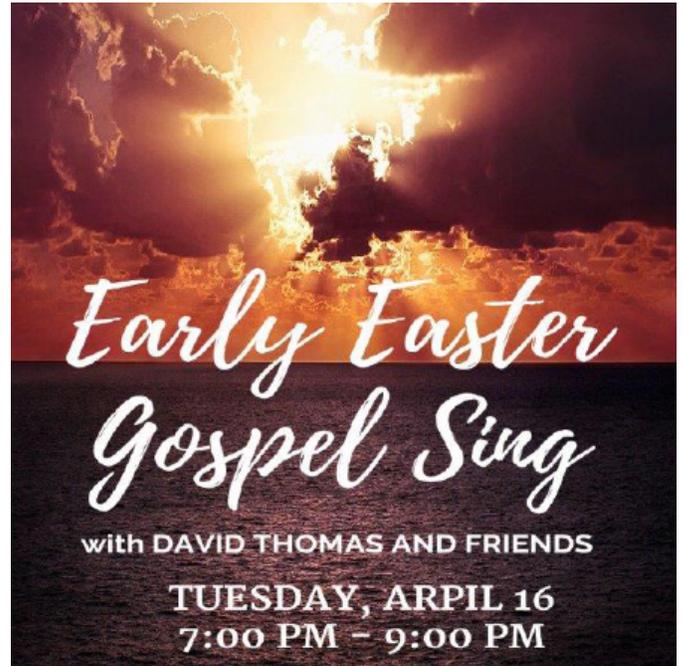
St. Patrick's
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TOURNAMENT

**THURSDAY,
MARCH 14
1:00 PM**

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

TICKETS \$5

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Gospel Sing

with DAVID THOMAS AND FRIENDS

**TUESDAY, APRIL 16
7:00 PM - 9:00 PM**

TICKETS \$5 PER PERSON

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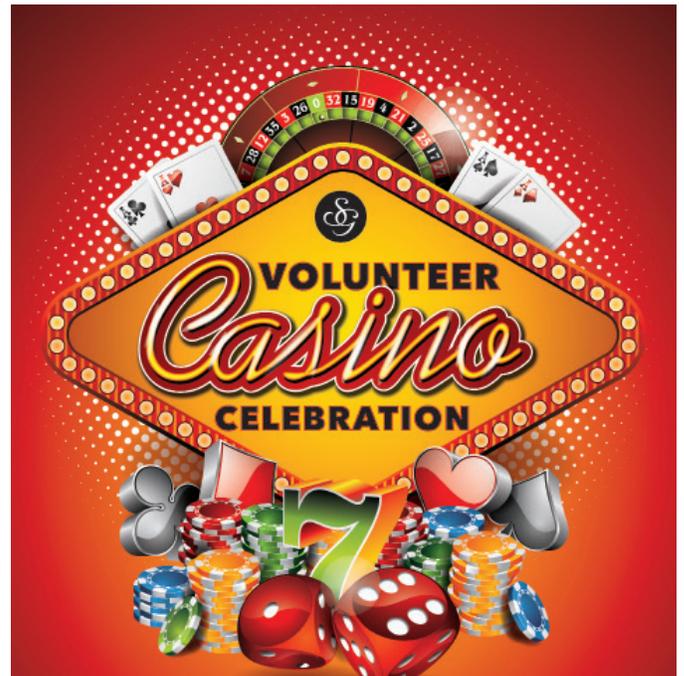

Spring
**DINNER
& DANCE**

FRIDAY, APRIL 5 • 7 PM

TICKETS \$20

LAST DAY TO PURCHASE APRIL 3

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Casino
CELEBRATION

Friday, April 12th • 11:15am - 3pm

Complimentary Tickets for Volunteers

ONLY 180 TICKETS AVAILABLE

COMMUNITY EVENTS/STAFF



March 2019

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

April 2019

Friday, April 5th	Spring Dinner & Dance
Wednesday, April 10th	Stamp Club @ 7 pm
Thursday, April 11th	VON Blood Pressure Clinic 9 am to 12:00 pm
Friday April, 12th	Volunteer Appreciation Celebration
Tuesday April, 16th	Easter Gospel Sing with David Thomas & Friends
Wednesday, April 17th	PROBUS meeting 9am SG Fitness @ Goff Hall
Friday April, 19th	Good Friday – SG Closed
Monday April, 22nd	Easter Monday – SG Closed
Wednesday, April 24th	Stamp Club @ 7 pm
Thursday, April 25th	Foot Clinic
Thursdays	LIONS BINGO 7pm - All Welcome
Fridays	TOPS (Take off Pounds Sensibly) 9:30am – 11am

Around the Corner...

Friday, May 3rd	May Dinner & Dance
Friday, May 10th	Mother's Day Luncheon
Friday, May 10th	Paint Night Fundraiser with Kate Innes
Saturday, May 11th	Garden Extravaganza
Saturday May 18	Relay for Life Breakfast Local Roots at the Park, Southside Park - OPEN
Monday, May 20	Victoria Day Parade

South Gate Centre Staff

Chris Cunningham, Executive Director
chris@southgatectr.ca
Felise Jones, Operations Manager
felise@southgatectr.ca
Bonnie Ward, Office and Volunteer Manager
bonnie@southgatectr.ca
Shelley Davis, Local Roots Manager
shelley@southgatectr.ca
Larrie Blancher, Maintenance Manager
larrie@southgatectr.ca
Amber McMahon, Office Assistant
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Board of Directors

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

The SG Members Committee

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

Program Contact Meeting

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

Notice: Deadline For the Next Nugget Issue

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



LOCAL ROOTS CAFÉ MARCH MENU

MON	TUES	WED	THURS	FRI
25 Homemade Soup & Rolls (sandwiches available)	26 Shelley's chicken stir-fry, homemade teriyaki sauce over rice or rice noodles	27 Beef Lasagna, Caesar salad and garlic bread	28 Honey mustard thyme pork loin dinner, roasted rosemary baby red potatoes and steamed veggies	March 1 Fresh Atlantic salmon, yogurt dill sauce, jasmine rice with steamed vegetables OR Canadian pizza & Shelley's homemade soup of the day
4 Best U Expo Healthy wrap & veggies with butter tart \$5 or soup & roll for \$4	5 SHROVE TUESDAY Pancake & Sausages \$5	6 Open faced hot hamburger, with rich beef gravy, mashed potatoes & steamed veggies	7 Swiss cheese chicken, Mushroom, baby spinach couscous Greek salad bowl	8 BIG DAVE'S BBQ steak & baked potato with baked beans \$8
11 Homemade Soup & Rolls (sandwiches available)	12 Roast beef, rich beef gravy, mashed potatoes, steamed vegetables \$8	13 Braised chicken breast in an herb cream sauce, roasted baby red potatoes & steamed veggies	14 Western quiche served with garden salad	15 ST. PADDY'S DAY Corned beef & Cabbage, mashed potatoes, veggies & Irish Potato & Leek soup
18 Homemade Soup & Rolls (sandwiches available)	19 Liver & Onions, rich beef gravy, mashed potatoes & steamed vegetables	20 Oven fried chicken, baked potato and Caesar salad	21 Shelley's Meatloaf, mashed potatoes & steamed vegetables	22 Fresh Atlantic Salmon, savoury couscous & vegetables OR Deluxe pizza with Shelley's homemade soup
25 Homemade Soup & Rolls (sandwiches available)	26 Bone in ham, cheesy hash brown casserole & steamed veggies	27 Shepherd's Pie, steamed vegetables & garden salad	28 Shelley's chicken stir-fry, homemade teriyaki sauce, over rice or rice noodles	29 BIG DAVE'S BBQ ribs, mac n' cheese with baked beans \$8

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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	\$1.00
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