GOLDEN NUGGET

October 2019

Give thanks... for friends.

20th ANNIVERSARY

NOVEMBER 4

OCTOBER 4
Thanksgiving Luncheon

OCTOBER 17
Oktoberfest Euchre

NOVEMBER 4
20th Anniversary Open House

NOVEMBER 8
Country Dinner and Dance

LIKE US ON FACEBOOK!

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

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

Charitable Organization Number 11914 5209 RR0001

SOUTH GATE CENTRE

FOR ACTIVE ADULTS

GENERAL INFORMATION

Contents

Membership Information 2
Activities at a Glance 3
Volunteer Opportunities 6
Be Inspired With Theresa 12
Ask Dolly & Me 13
Marilyn Musings 14
Menu 32

Hours of Operation

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

About

South Gate Centre is a membership based recreation centre for adults 50+ in Woodstock and surrounding area. We realize and inspire active, healthy and meaningful lives by providing access to innovative, recreational, educational and social programs.
South Gate Inc. is a not for profit charitable organization.
Tax receipts will be issued for donations.
Charitable Organization Number: 11914 5209 RR0001

Membership Rates

TYPE OF MEMBERSHIP	2019 FEES
All Inclusive October	$75

All 2019 memberships expire December 31, 2019.

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

(NO MEMBERSHIP REFUNDS)

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

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

Membership Advantage**

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

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

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

The Hallmark Shoppe/The Card Shoppe
Sue – 519-539-5996/519-539-1304
10% off regular priced merchandise storewide.

Mackey Moving
519-488-2128/519-536-5532
10% off for South Gate members.

PharmaSave Woodstock
94 Huron Street – 519-539-2888
15% off regular price (excluding prescriptions) on most merchandise.

Action Wellness
225 Main St
25% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, pocketed bras

Reduced Pricing on Registered Programs

Coffee/tea complimentary in the SG Cafe thanks to:

wellington street DENTURE CLINIC
62 Wellington St S Woodstock,
(519) 533-1919

AND

GIANT TIGER
WOODSTOCK

Scent Free Centre

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	
8:45 am	*Watercolour with Michael				
8:55 am				Stretch Your Body	
9:00 am	Fitness		Fitness	Beginners Billiards	Fitness
	Billiards		Billiards		Billiards
9:15 am		*Zumba Gold			
9:30 am	Knitting Group				
10:00 am		Bunka		*Yogalates with Yogi	☺Pickleball
					Talk Turkey (1st, 3rd & 5th Friday of the month)
					*Nordic Pole Walking
10:10 am			Line Dancing		
10:15 am		FUN Fit	Strictly Cardio		
	Stability Ball/Just Weights				Trail Walkers
10:30 am					Tai Chi
11:00 am					FUN Fit
11:10 am		Total Body Workout		Total Body Workout	
11:15 am	Strictly Cardio		FUN Fit	*Gentle Yoga & Mediation with Yogi	
11:30 am			*Chair Yoga		
12:00 pm			Jam Session		
1:00 pm	South Gate Musicares	Pepper	Pepper	Euchre	Beginners Knitting
	Carpet Bowling	Bridge	Open Craft Group	Bridge	Beginners Crochet
	Cribbage			☺Badminton (1-3)	Bingo
	☺Badminton	☺Pickleball	☺Badminton	*Osteo Moves	
		*Education		*Ukulele	
1:30 pm			South Gate Singers		
2:00 pm		Tai Chi (Open Practice)		*Silver Chimers	
2:15 pm					
4:00 pm		Billiards League			
5:00 pm				Total Fitness After 5	
6:30 pm		Klaverjas	*Yoga with Elizabeth		
		Come Dancing			
7:00 pm	Euchre			Darts	
	☺Pickleball				

Program Notices

- Fall 2 registration programs begin the week of November 4th, 2019 (6 weeks)
- Check out all of our new programs in the Fall Program Guide
- New instructor and program format for yoga on Thursdays – 10 am & 11:15 am classes
- October program cancellation/notices – See program update section – Page 9
- Fitness classes Christmas schedule – No fitness classes from Monday, Dec 23 to Friday, Jan 3 2020

STAFF UPDATE

Message from Executive Director– Chris Cunningham

Thanksgiving is one of my favorite times of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are.

To our valuable members & volunteers: We're so thankful for you and for all you've done for South Gate this year. All of your hard work and dedication has helped us reach so many of our goals. On this holiday, we want to make sure you know how much you're appreciated as a member of our team and how much we value you. Have a Happy Thanksgiving holiday.

With thanks and a smile,
Chris

Message from the S.G. Board of Directors

October- the month of Thanksgiving. On behalf of the Board of Directors, I would like to express our thanks to our hardworking staff, dedicated volunteers and to you, our members, for your active involvement in everything South Gate has to offer.

We are excited to share with you, that we have reviewed the final plans from our architect for our S.G. expansion and are thrilled with the potential for programming and partnerships. We have been meeting with City Staff and are ready to present the new plan and our request for financial assistance to City Council. We would love to have a great showing of South Gate support present at this meeting. Please bring a friend or 2 & join us in the Woodstock City Council Chambers on Thursday, October 3 at 7:00 p.m. My Co-Chair, David Hilderley, will be making the presentation to City Council that night.

We have much to be grateful for in Oxford County and as part of the South Gate family. I always make a point of finding one thing to be grateful for each day and encourage you to do the same.

Happy Thanksgiving to you and yours and be sure to enjoy the splendour of the fall season.

Vonnie Snyder, Co-Chair

DON'T FORGET: Thursday, October 3 at 7:00 p.m. – Woodstock City Council Chambers - Join us!

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

VOLUNTEERS

Message from Office & Volunteer Manager– Bonnie Ward

Best Friends Meet at South Gate. South Gate is truly the most amazing place to meet new friends.

Volunteering is also a wonderful way to meet new friends. First, your volunteer efforts go toward a worthy cause, and second, you have the ability to talk with people while you are volunteering. This sets the stage for getting to know someone more easily. Consider volunteering here at South Gate and make best friends that will last forever.

Warmest Regards,
Bonnie Ward, Office & Volunteer Manager

Volunteer Opportunities

Food Preparation, Kitchen Servers & Dishwashers

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.

Thursday Evenings, Lions Club Bingo – Concession

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

Fitness Volunteers

We're currently looking for Fitness Volunteers. To learn how to obtain your qualifications or recertify to teach the fitness classes, please contact Bonnie or Louise Baer, Fitness Program Contact, baerfitness17@gmail.com

We're in search of fun loving, dedicated people to join South Gate's Local Roots Team!
We have great volunteer opportunities available TODAY in our KITCHEN for LUNCH SERVICE & FOOD PREP., as well as in our BANQUET/CATERING for SERVERS.
If you're looking to meet new people, make new friends, do something that has purpose and have fun while doing it, this could be it! VOLUNTEERS are the heart of South Gate's existence.
VOLUNTEERING is a natural "feel good" tonic. Your gift of time truly makes a difference.
Curious? Questions? Don't want to over commit? Only have a day or 2 here or there? Have never done anything like this before?
We will work with you

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

HoHoHo... We're looking for volunteers to help with our Christmas Bazaar & Penny Sale. Volunteers are needed to help with the set-up prior to the Bazaar as well as during the Bazaar at the Bake Table, Craft Vendors, Penny Sale, Silent Auction, Tea Room and White Elephant Tables. Sign up sheets are located at the Café & Front Desk. Please chat with Bonnie if you have any questions about how you can help.

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

MEMBER'S CORNER

Welcome August/September Members

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

Joe Arena
Keri Axon
Robert Axon
Patricia Craddock
Anne King

Thoughts & Prayers

Grace Runnalls – In Hospital
Kathryn Corbett – In Hospital
Barb Meadows – In Hospital
Brenda Irvine – Mother Passed
David Hilderley – Father Passed
Elsie Campbell – Passed to Heaven

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:
Elise Harris
David Toon

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**

Coats For Kids

NEEDED Gently used coats of all sizes as many teenagers wear adult sizes. Other items they could use are snow pants, mitts, hats and boots. Look for the donation bin at the Centre.

Library Corner

Wow, we're right into fall and it happens to be my favorite season. Love the cool crisp air and the autumn colors. We are grateful for the many donations of books and puzzles to our South Gate library. You probably don't realize the enjoyment brought to others because of your generosity. Again thank you. We continue to receive many comments as to the quality and quantity of books that are available in our little corner and how well organized everything seems to be. For the new members, we want you to know that the books are there for your enjoyment - it's all on an honor system, borrow a book, CD or puzzle and bring them back when you are finished. Should you happen to find a puzzle missing pieces, please put in your recycle box at home, you don't need to explain to anybody. We do not keep magazines, encyclopedia's or Harlequin books, so if you have those you might want to consider another recycle source. We have a limited amount of space, therefore a limited number of book cases but we feel your donations provide a generous variety of reading material. We are able to offer you books from many popular authors and their current editions so you may be surprised at the selection. Please come in and browse.
George and Elda

Thank You to Tom Wilson SG's Photographer

On behalf of South Gate, we would like to extend our thanks and appreciation to Tom & Kathy Wilson for taking the photos at our recent Baseball Tournament and Banquet. The photos were outstanding and captured the fun and laughter of the day.

The photos can be viewed on Tom's Flickr Account at www.flickr.com/photos/tomw1942

The next time you see Tom and his wife Kathy at one of our special events taking photos,

MEMBER'S CORNER

Thank You to South Gate's Fitness Team

South Gate Members are so very fortunate to have over 15 amazing Drop In fitness classes to choose from on a weekly basis. Our fitness classes are all provided by our wonderful and talented volunteer Fitness Team.

On behalf of South Gate members we would like to thank our fitness team and our fitness program contact Louise Baer for keeping us all fit and healthy.

General Fitness Class Courtesies

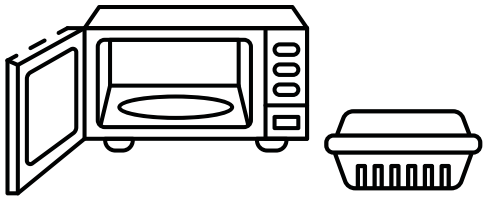
- Please put your cell phones on vibrate during your class;
- If you need to take a cell phone call, please answer the phone in a private location;
- Please do not bring any food or refreshments into the fitness class except for water. Kindly put your plastic cups or water bottles in the recycling bins;
- Please wear your running shoes during all Fitness Classes (Exception Fun Fit);
- South Gate is Scent Free please refrain from using scent products in the Centre and in particular the Fitness Classes.

Daylight Saving Time Ends
Remember to turn your clocks back 1 hour on Sunday, November 3, 2019 at 2:00 am.

FROZEN "TO GO" ENTREES

Delicious meal choices in microwaveable containers. Available for purchase.

Starting at $5.00 each!



Purchase from the Front Desk

Penny Sale & Bazaar

With Christmas three months away we're already planning our largest annual members generated fundraiser. We need your help by way of donating homemade candy, snacks, preserves, canning, handiwork, and new gift items big or small for our Silent Auction & Penny Sale items.

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

Your donations can be dropped off at the office anytime. Thank you in advance for your generosity and support towards this important Centre fundraiser.

Check out South Gate Silverfox Wear

On sale now. See clothing rack in the Cafe.
Wear your support proudly

Silverfox™
SOUTH GATE CENTRE

MEMBER'S CORNER

BRING & USE

Bring and use
- refillable water bottles
- refillable coffee cups
- reusable bags

Help us reduce what goes in our landfills

Benefits of Membership

- Continuing Education Courses/Workshops
- Special Events
- Drop-In Recreation Programs
- Volunteer Opportunities

Access to:
- Foot Care
- Meal Service
- Wellness and Information Seminars
- Blood Pressure Clinics

Single Use Reduction Strategy

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

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

Our approach will reduce the impact of:
- Plastic cold drink cups
- Polystyrene foam cups and foam take-out containers
- Plastic shopping bags
- Plastic straws
- Plastic stir sticks

Help South Gate Reduce, Reuse & Recycle

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

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

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

Joint Health & Safety Committee

Greetings from your Joint Health & Safety Committee! We have been working towards making South Gate a safer place to be! Some items include the designation of two emergency evacuation gathering points, one closest to the horeshoe pits, and one located nearest the kitchen at the stop sign. The emergency evacuation plan will be rolled out in the next few weeks, so please stay tuned! Please see the Joint Health and Safety Board located just outside the ladies washroom door for the current minutes and more information! Have a safe day!

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

PROGRAM UPDATES

August Large Peppers

Ferguson Walter	3	Desforges Marie	1
Cote Susan	2	Edwards Gerry	1
Davidson Lylia	2	Fisher Betty Jayne	1
Michiels Emiel	2	Kendal James	1
Palmeri Roberta	2	Kitching Laraine	1
Thomas Betty	2	MacPherson Cheryl	1
Watts Mae	2	McGee Dianne	1
Ypma Case	2	Stachel Susanna	1
Anderson Carol	1	Vandersteen Irene	1
Brushett Barbara	1	VanVegchel Paula	1
Bystrek Inge	1	Wilson Kathy	1

Cribbage Winners

August
Pam Livingston 2421
John Vandersteen 2403
Don Post 2371

September
Sylvia Sutherland 3117
Bonnie Stanfiled 3116
Grant McGee 3109

Klaverjas

April 2

Bonnie Stanfield	5642
Rose Hartnett	5513
Bob Desforges	5480
Gail Klassen	5414

April 9

Jim Vernooy	5581
Nell Hostetler	5527
Peter Bes	5426
Henry Veenstra	5373

April 16

Jim Vernooy	5513
George Wall	5401
Jerome Desmarais	5199
Bonnie Stanfield	5095

April 23

Gary VanKooten	5730
Irene Vandersteen	5441
John Vandersteen	5404
Anne Marie Perry	5344

April 30

Rick Kiers	5769
Boyce Blair	5535
Marina Skitch	5075
Anne Marie Perry	5060

South Gate Offers Dance Lessons

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

American Mah Jongg

Are you interested in learning and playing the "American Mah Jongg" Game?

This popular game is played with four players using tiles stamped with Chinese symbols. The goal of the game is to be the first by picking and discarding, to match ones tiles to a specific hand.

If you're interested in learning and playing the "American Mah Jongg" game, please sign the "Interest Sheet" located at the Front Office.

Writer's Workshop (Writer Helping Other Writers)

If you write stories or poems and would like help from other writers with grammar, illustrations etc., please visit the Front Desk and sign an interest sheet.

Change of Yoga Instructor (Shelley DeGier)

Please be advised that Shelley DeGier will not be teaching her two Yoga Classes on Thursdays (10 am & 11:15 am) this Fall. We have hired a new Instructor Yoandra (Yogi, currently teaches Zumba) to teach Yogalates at 10:00 am and Gentle Yoga & Meditation at 11:15 am. Please check out the Fall Program Guide for class descriptions.

Program Cancellations or Delays

Tuesday, October 1st
Ends Early – Shuffleboard
Canceled – Total Body Workout, 1:00 & 2 pm Tai Chi, Pepper Due to Action Wellness Fashion Show for Breast Cancer

Friday, October 4th
FUN fit will be in the Kinsmen Room due to the Thanksgiving Luncheon

Wednesday, October 9th
Pepper in the SMALL HALL after FUN fit

Wednesday, October 16th
CANCELLED– 7:45 Fitness, Strictly Cardio, FUN Fit
MOVED – 9:00 Fitness to Goff Hall, 10:10 Line dancing to Kinsmen Room due to Probus

THANK YOU

Slo Pitch Tournament & Banquet – August 27

Despite the rainy weather, the 4th Annual Slo-Pitch Tournament & Banquet was an overwhelming success.

Congratulations to our South Gate Teams, the Orange, Purple and Teal for a fantastic season. We competed well against each other and a super amount of laughs. Thanks to all the players and fans for making this season a whooping success. The Coaches of our teams would like to thank the players for making our teams specially awesome.

Even though it was a soggy wet day they managed to play two games which determined the winners of each division. Tillsonburg Verhegghe wone the Lloyd Division and Stratford Red won the Ruth Division.

Over 190 baseball players and guests enjoyed an amazing lunch at the Banquet. Many thanks are extended to Local Roots staff and the catering volunteers for providing everyone a delicious meal. The Banquet guests received a special "Cheer" from the South Gate POMS. This group of talented ladies practiced their cheerleading skills for weeks to entertain the baseball players. Many thanks are extended to Sue Bottrill for choreographing the cheerleading moves and music for these lovely ladies. The South Gate POMS certainly brought a lot of laughter and cheer to the celebration.

The Baseball season has sadly come to an end for this years but all the players from Woodstock, Tillsonburg, Stratford and Ingersoll had a wonderful season.

Our thanks and appreciation is extended to our South Gate Coaches Larry Baer (Teal Team), Guy LaPlante (Purple Team) and Tim Underwood & Roger Johnson (Orange Team) for making this year's league and tournament such a success.

To see all the photos of the Baseball Tournament and Banquet, please view on:
www.flickr.com/photos/tomw1942

THANK YOU

Local Roots at the Park

Another successful season at Local Roots at the Park. $70,000 in sales from May 17 – August 31, 2018. Thank you to the amazing summer staff, manager Kristin Burke, Allyson, Brady, Madison, Zoe, Karen. Thank you to the Woodstock Lions Club for their annual sponsorship of South Gate's Local Roots at the Park, Southside Park. Thank you to the members and their families that continued to come out and show their support. This is an endeavor for all members to be proud of. Our top seller was our Kawartha Dairy ice cream with 5,000 scoops served.

" I would like to thank all of the Southgate members, volunteers and staff who supported Local Roots at the Park over the summer. I know I speak for the staff in saying that it was a pleasure to serve you. A special thank you to Brendan for providing amazing music for our Cruise Nights." – Sincerely, Kristin

Welcome Back Dinner and Dance

A delicious roast beef dinner was enjoyed by an enthusiastic group of guests at our Welcome Back Dinner & Dance, it was great to see everyone returning from the summer break.
Our door prize winner was Janice Robinson and the 50/50 winner was Dave Clarke.
Many thanks are extended to Mary & Graham Becker along with their Dance Committee for planning and coordinating this great event for our Members.

Autumn Pepper Tournament

Our Pepper Players enjoyed an afternoon of fellowship and enjoyed homemade apple pie for dessert made by Kristin :)

The Prize Board Winners were:
1st Prize – Dede Barker 223
2nd Prize – Jan Vleuten 205
3rd Prize – Lylia Davidson 190
4th Prize – Bill Kruis 188
Large Peppers – Kathy Wilson & Laraine Kitching

The two lucky 50/25/25 Raffle winner Jim Vernooy & Bonnie Stanfield won $29.00 each.

Golf League

The South Gate Golf League had over fifty members this summer and had a wonderful season. Many thanks are extended to Evelyn Hetherington for organizing the league play. Evelyn's hard work and dedication is very much appreciated.

Sixty people attend the Golf League Banquet held on September 19, 2019 and enjoyed a delicious meal.

Golf League Trophies were awarded to:
Perfect Attendance: Bert Overveld & Marg Overveld
Most Improved: Anne Pinteric
Most Par's:
Men's – Dave King Ladies – Lorrie Embury
Most Birdies:
Men's – Tim Underwood Ladies – Lorrie Embury
A Division:
Men's – Tim Underwood Ladies – Cheryl Lewington
B Division:
Men's – Jack Holmes Ladies – Norma King

Congratulations to the following League Members who got "Hote in One's": Bert Overveld, Jack MacFarlane & Pat Foord.

THANK YOU

Golf Tournament

Another successful year!
Over 100 golfers enjoyed prefect weather at the Woodstock Meadows at our 6 Annual Charity Golf Tournament in Memory of Bob McFarland.

This fundraiser raised 18,000 for the Centre.
It is with much appreciation and gratitude that we give our sincere thanks to our supportive businesses, hole sponsors, donors and volunteers that generously gave of their time, talent and/or resources, all of which ensured another successful golf tournament.

Mark your calendar for next year. We plan to have another amazingly successful day.

Bob McFarland Memorial Golf Classic Golf Committee

THANK YOU

MASTER SPONSORS

SALES • SERVICE • RENTALS ACTION MEDICAL

104.7 Heart FM Woodstock & Oxford County

PRO AM SPONSOR

Woodstock Telecom

GOLF PRO SPONSOR

MAGLIN SITE FURNITURE Wellington Street Denture Clinic

SNACK SPONSOR

Brock and Visser Funeral Home · Chartwell Oxford Gardens · Crissy Cassells - Scotiabank
David Hilderley - Century 21 Heritage House LTD · Easy Way Cleaning Products
Foot by Foot · John Goodbun—RBC Wealth Management Dominion Securities

HOLE SPONSOR

Allen Lumber · Bigham the Mover · Bulk Barn · Carpet One Woodstock · Century 21 Heritage House · Crabby Joe's Tap and Grill · Connie Lauder · Cunningham Family · David Thomas and Dianne Talbot- Century 21 Heritage House · Dubois Honda · Friendly City Tire · Home Hardware · Ideal Supply · Linda Bruce - Century 21 Heritage House LTD · Lily Wong—Sutton Group · Michelle Kirwin - Century 21 Heritage House Ltd · Myers Chiropractic Massage and Naturalistic Clinic · Quality Inns and Suites · Rick's Heating and Cooling · Sacwell Flooring · Shoppers Drug Mart · Smith Le Roy Funeral Home · Symons Wearn And Smith · The Charles Dickens · Thompson Industrial Flooring · Timberland Equipment
Up N Close Virtual Tours · Your Home Team Realty - Century 21 Heritage LTD
Water Depot · Woodstock Ford

LITTLE NUGGETS

Be Inspired With Theresa

Sharing the Bounty

This month we celebrate Thanksgiving, coming together with friends and family to enjoy the bounty of the harvest season. It is also an excellent time to pause and reflect on the abundance of our lives as well. Our lives are full of love and laughter shared with those we love and we are deeply grateful for the abundance of the light this love gives to us. Do we know of someone who is alone, lonely, that would appreciate a visit, an outing to a coffee shop, a ride to church or a simple phone call to chat and pass the time of day? What stops us from sharing our time with others who are in need of companionship? The seasons are changing and we begin to bring our warmer clothes out of storage. Are our closets crammed full of clothes that we no long wear? We may be saving a few articles of clothing for when we lose that extra ten pounds, but in reality we will probably never wear it again, no matter how much weight we lose. It may be time to pass these items on to someone who is need of clothes, maybe who is applying for a job and has nothing to wear to the interview. Our cupboards, fridges and freezers are well stocked with foods we enjoy to eat. It is tempting to buy more when it is on sale even when we don't need it, but perhaps we still can, buying the items and donating them to a food bank, homeless or women's shelter. When we share the bounty of our lives with others, the world becomes a brighter place, one filled with a sense of community. Do you have something in abundance that could be shared with others to brighten their day and make their life a little easier? Pause, reflect and then act on what you have discovered about the abundance of your life. Happy Thanksgiving!!!

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

Wellness Tidbit

Eat More Fruits and Veggies

Fruits and vegetables are part of a well-balanced and healthy eating plan. They have essential vitamins, minerals, and fiber that may help protect you from chronic diseases, including stroke and certain cancers. Eating fruits and vegetables are also a great way to manage and maintain a healthy weight. Take a few minutes to add more fruits and vegetables into your diet.

- Make half your plate fruits and vegetables.
- Grab fresh or dried fruit to eat on the go.
- Bring cut-up vegetables or fruit from home.
- Add fruits and vegetables to your favorite recipe or snack.
- Serve fruits and vegetables to party guests.

Source: https://www.cdc.gov/family/minutes/tips/index.htm

Exercise of the Month

Knee & Lower Extremity Flexibility Exercises

1. Foot/Ankle Exercises: sitting in a chair or lying down extend the right leg straight (keeping a slight bend in the knee). Flex (point the toe toward body) and extend (point toe). Remember the action comes from the ankle joint. Repeat 8-12 times. Change to left foot. Can be done at different times of the day.

2. Foot? Ankle Alphabet: Using the big toe as a pen, draw letters of the alphabet or spell out words. Remember tummy in tight while completing this exercise. Do as much action with foot /ankle and leg will allow. Use right foot. Repeat exercise using left foot.

3. Toes in/Toes out: Sitting in the chair begin with both feet flat on the floor. Keep heels on floor. Move toes on both feet out to side then move them in so that toes touch. Repeat in & out 8-12 times.

4. Heel/Toe Taps: While holding on to a solid object tap toes. Begin with 2 minutes and work up to 5 minutes. To progress perform this exercise without holding onto object for support.

Source: Functional Fitness for Older Adult Resource Manual: CCAA

Marilyn's Musings

"It is annoying to be honest to no purpose." – Ovid

Known as Ovid in the English speaking world, Publius Ovidius Naso was a Roman poet, born March 20, 43 BC in Sulmona, Italy. In searching out a quote to use in my "Musings" for this month, I ran across Ovid. His quotes are incredible. Google them. What he said then is so relevant now, thousands of years later.

So, why am I writing about annoying things? Let me tell you. When I ran my little survey back in the July/ August issue of the Nugget, I asked if anyone had any ideas for topics they would like me to write about. Someone suggested I do "Pet Peeves" and offered some of their own, many of which I share (some of which I must be honest here and say I plead guilty).

Let's start with a visit to the grocery store. This is where you will find people who can't count, or maybe can't read, who like to socialize or let their kids run free as if it is an amusement park. The Express lane, whether it allows eight or sixteen items, can be an annoying experience – annoying for the customers waiting in line, frustrating for the cashier and on occasion, a great source of humour – that is, if you are not in a hurry, are in a good mood and want to watch what transpires. We've all seen it - that person who loads up their goods and thinks its okay to put way over the limit on the counter. The best solution, other than self checkouts where the customer can ring through as many items as they choose, is one I witnessed a few years ago when I worked in London. In those days I had a half hour for lunch so I would head up the block to the grocery store, buy some lunch or snack items and head back to the office. One day I found myself behind a woman with a cart filled to the max in the Express checkout. If there could be an award given for the best handling of a customer, I would give it to the cashier that day. She told the woman that she would be able to ring in eight of her items, then she could take the rest and go to the back of the line or she could move to another checkout. The customer became irate at her response and asked to see the manager. The cashier said she would be more than happy to page him and have him explain how express checkouts worked. I loved witnessing this confrontation, even though it made me late for work! Somehow that day has stayed in the back of my mind so I am diligent when it comes to using checkouts.

Here's where I have to plead guilty: I find that almost every trip I make to grocery shop, I run into old friends or acquaintances I haven't seen for a long time. I will be honest, I like it when that happens. I know it is a pet peeve of many (sometimes but not often, even me..) The problem is we take up too much room for far too long. I guess the solution would be to arrange a time and place and go for coffee. Or maybe we could chat on the phone.

Oh, the dreaded "ph" word! Phones are another pet peeve. Right from the days when the cords (yes, youngsters, phones had cords!) which were too short to drag the phone into the closet when you wanted to talk to your friends in private, to the days when you could listen in or be listened in on when there were "party" lines (God, I'm old!) to today. No matter where you go – to a restaurant, on public transit, in a medical waiting room or on the street – folks are talking on their phones. Privacy no longer seems to be an issue. I really don't want to hear your intimate conversations or about your hemorrhoid surgery! Cell phones definitely rank in the top ten list of pet peeves!

If your house still has a landline, then you must have more pet peeves like I do - survey calls right when I am ready to sit down to dinner, unsolicited sales calls, calls about your computer and for the month of October automated robo-calls from politicians. Don't get me started!

Well, there you have it. I could do pages and pages on pet peeves. Annoying, honestly… Thanks for sharing yours.

Until next time…
Marilyn marilyn.watson@execulink.com

DAY TRIPS

Why not Join us on one these amazing trips.

Tuesday Nov 5th – Toyota and Gleaners- *Tour of Christian Gleaners who are a non-profit organization. Watch how volunteers take donated surplus produce, dry it, pack it, to feed a hungry around the world. We won't go hungry though because we are going to the* ***Mandarin*** *for Lunch. Then we will going to the Toyota plant for a tour. Each tour is approximately one hour in length, starts at the Visitor Centre and involves a motorized tram tour through South Weld and North Assembly, two of the most visually impressive shops in Cambridge.*

Tues. and Wed. Nov 26-27th – Niagara Falls

Day 1 *– Fallsview Casino (5hrs) then check in to Holiday Inn (across from Casino) After a short rest we will go to* ***Oh Canada Eh "Holiday Murder Mystery Dinner Show"*** *Join us for a wacky evening of mystery, murder and mayhem. This hilarious interactive dinner experience includes a fish fry dinner with our famous fried haddock, soup dessert & a side of mystery.*

Day 2*- Breakfast, Chocolate FX tour followed by The Floral Showhouse Annual Poinsettia Show. It's a family holiday tradition for over 65 years featuring poinsettias, cyclamen, azaleas, Christmas cactus and paperwhite narcissus, free-flying tropical songbirds and many other Christmas surprises.*

Fallsview Casino (5hrs) then before we head home we will drive by the Niagara Winter Festival of Lights

Wednesday Dec 4th – *CATS* the record breaking musical spectacular by Andrew Lloyd Webber at the Princess of Wales Theatre in Toronto with Lunch at Tucker's Market Place, one of my favourite places to eat when I go to Toronto**. Seats will go fast, book early!**

Gleaners & TOYOTA

Tuesday, November 5, 2019

Cambridge
Departs 9:30 a.m.
Purchase by October 4

Everyone Welcome!

Cost: $80 *(incl. hst)*

Includes: *Motorcoach Transportation, Lunch at The Mandarin, tour of Ontario Christian Gleaners & Toyota Plant tour in Cambridge*

Book your spot today at the South Gate front desk or call 519-539-9817

Pick up and drop off at South Gate.

SOUTH GATE CENTRE

Transportation provided by
CHERREY Bus Lines Inc.

TICO #4576559

Niagara Falls

November 26-27, 2019

Cost: $225* *(incl. hst)*

Includes: *1 Night Accommodation, 1 Breakfast, 1 Murder Mystery Dinner Show at Oh Canada Eh?, Chocolate F/X Tour, Poinsettia Show at Floral Showcase, 2-$10 Slot Play at Fallsview, Luggage Handling, Motorcoach Transportation*

***Cost is double rate (2 ppl in room); Single Rate is $280**

Niagara Falls
Purchase by October 25

Everyone Welcome!

CATS

Wednesday, December 4, 2019

Cost: $199 *(incl. hst)*

Includes: *Motorcoach Transportation, Buffet Lunch at Tuckers Marketplace & Main Floor Orchestra seats for the 1:30 p.m. Matinee Performance.*

Princess of Wales, Toronto
Departs 9:30 a.m.
Purchase by October 18

Everyone Welcome!

Book your spot today at the South Gate front desk or call 519-539-9817

Pick up and drop off at South Gate.

SOUTH GATE CENTRE

Transportation provided by
CHERREY Bus Lines Inc.

TICO #4576559

ADVERTISEMENT

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

Hypnosis Solutions

Member of the National Guild of Hypnotists

"Helping Ordinary People with Everyday Problems"

Hypnosis can been very helpful in managing

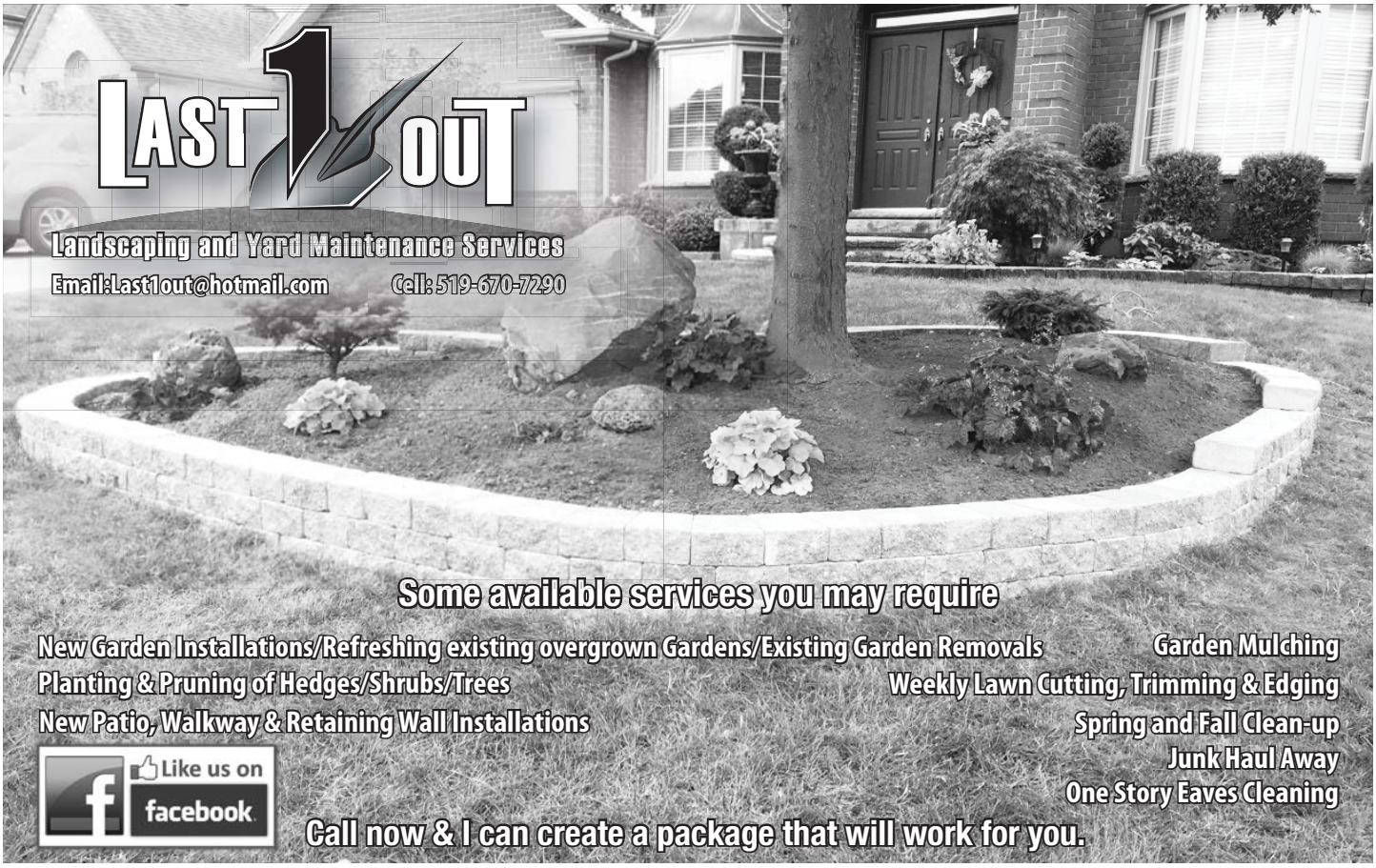
- pain, insomnia, stress, anxiety, motion sickness, smoking cessation and weight reduction

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
619.539.3225
ivamaccausland@sympatico.ca



BEST FRIENDS MEET AT SOUTH GATE

Relationships with others are vital to your health — physical, mental and emotional — your self-esteem and even your longevity. Pursue new interests, volunteer, make new friends at South Gate Centre.

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

SOUTH GATE CENTRE
FOR ACTIVE ADULTS

ADVERTISEMENT

DID YOU KNOW THAT WE OFFER ALL INCLUSIVE RATES?

Move in now and pay as low as $2,155 per month.

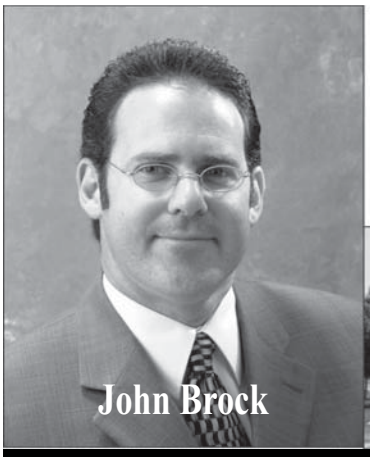
MONTHLY FEE INCLUDES:

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

Caressant Care
Woodstock Retirement Home
81, Fyfe Ave
Woodstock, ON N4S 8Y2

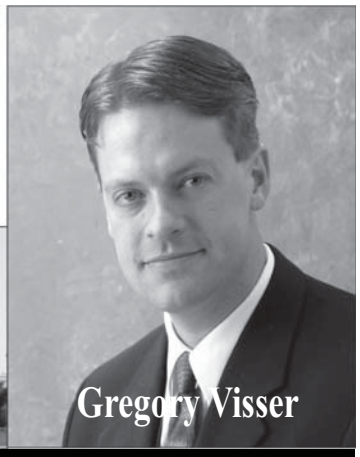
T 519.539.6461 **E** retirementwoodstock@caressantcare.com

Schedule your private tour today by contacting our Retirement Home Manager at 519.539.6461 or by email at retirementwoodstock@caressantcare.com.



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

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



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.

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

ADVERTISEMENT

Gordon D. Williams, CPA, CMA

Personalized tax preparation in your home!

519-536-3635
gdwmmw92@gmail.com

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

317 Willowgrove Crescent
Woodstock, ON
N4S 7N3

Learn Hairstyling

LIMITED TIME OFFER FREE AESTHETIC CERTIFICATION VALUE $249

...for as little as $30/day* full time or part-time

BECOME THE BEST YOU CAN BE AT ALLANTI BEAUTY INSTITUTE!

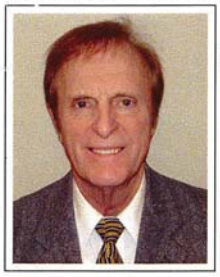
* Hairstyling Kit additional. Offer cannot be combined with another offer.
** Must register by September 30, 2019. Classes begin every month. Next class: October 7, 2019.

CUTS
Adult - $8
Senior - $7
Buzz Cut - $6
Child - $6
COLOUR
$25 & up
FOILS
$45 & up
PERMS
$30 & up

allanti BEAUTY INSTITUTE
519.537.8800
964 Parkinson Rd., Woodstock
www.allantibeauty.ca

Century 21
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

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
www.petervandersar.com

TRILAND REALTY
Real Estate Brokerage
INDEPENDENTLY OWNED AND OPERATED
757 Dundas Street
Woodstock, Ontario N4S 1E8

ROYAL LEPAGE

REALTOR®

FootCare By Gail

Basic & Advanced Footcare

Gail Coleman RPN

Home: (519) 285-3066
Cell: (519) 320-8346

RMT
SUZANNE PHILLIPS

Registered Massage Therapy
At Southgate Center
Tuesdays 8:30-12;30 30 mins/$30
Call Suzanne at 226 504 5404
Or Email suzannephillipsrmt@gmail

By appointment only

Employee Volunteer Program

As a retiree you may qualify for this program from your past employer. Many businesses will donate $ to qualifying community-based organizations in which one of their employees or retirees have actively volunteered for a minimum amount of hours per year. Committed to building better communities together, they will support your efforts. All of the financial institutions offer this, as well as many other companies. For those that already volunteer and donate to South Gate Centre through this stream, thank you. For those of you that volunteer with us and have retired or are presently working with companies, we would urge you to inquire if such a program is available to you. And if so, South Gate would be very happy to help you fill out the paperwork. Thank you for considering South Gate.

Barb Bruschette former employee donated $500 !

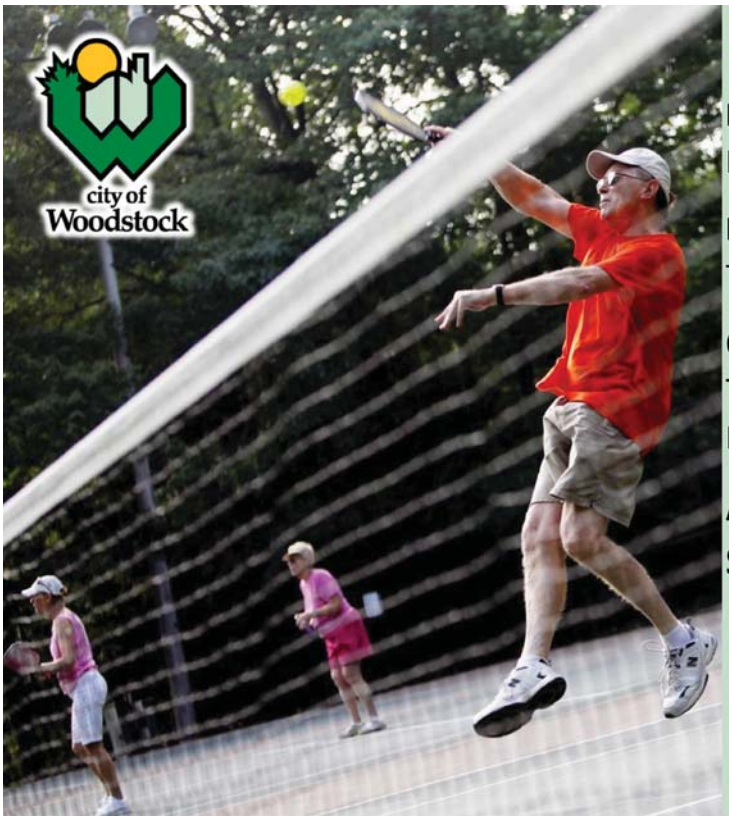
South Gate does not endorse or take responsibility for products /services of these paid advertisers.

Even David Bowie knows hands aren't used for smiling.

If this is what you do when you smile, maybe it's time to come and rediscover a new smile with us.

wellington street DENTURE CLINIC

62 Wellington St S., Woodstock 519-533-1919 smilesbywsdc.com



city of Woodstock

Pickleball - Cowan Park Sportsplex

Beginner
Monday and Wednesday, 10:00am-12:00pm

Intermediate
Tuesday and Thursday, 10:00am-12:00pm

Open
Tuesday and Thursday, 2:00pm-4:00pm
Friday, Saturday, and Sunday, 10:00am-12:00pm

Adult - $4.00/Visit
Senior (60+) - $3.25/Visit

519-539-2382 x4101
www.cityofwoodstock.ca/recservices

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

ADVERTISEMENT

Trying to find the right

RETIREMENT RESIDENCE?

Our Retirement Living Consultants can help.

CLICK ChartwellOxfordGardens.ca

CALL 226-242-0899

VISIT 423 Devonshire Avenue, Woodstock

CHARTwell® retirement residences | making people's lives BETTER®

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

Free Shuttle Service to join any tour from local pick up points

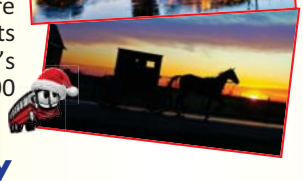
HANOVER 45 YEARS HOLIDAYS

Let us help you live your Dreams!

Nashville New Year's

Featuring the General Jackson New Year's Eve!

6 Days - Departs Dec 28 - Special host-Canadian Juno award winner Larry Mercey. Ring in the New Year aboard the General Jackson Showboat with the city lights as our backdrop! The Opryland Resort hosts us as we explore and delight in the "Music City" with all of its energy and flare. Celebrate New Year's Nashville style! Twin per person $2,359.00 CDN HST does not apply

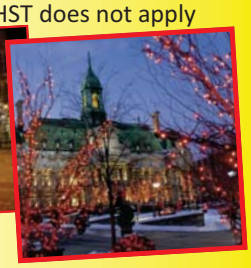


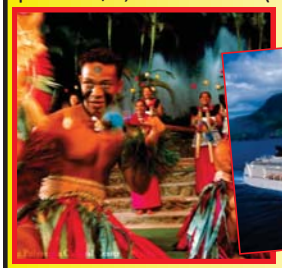
Shipshewana and "One Night in Memphis"

4 Days – Departs Nov 21 - Begin your Christmas journey with fabulous performances! Discover special gifts from the unique offerings found in Shipshewana's shops. Take in the sights from a horse drawn carriage and travel back to a simpler time as we explore Edsel & Eleanor Ford House, beautifully decorated for the season. Twin per person $889.00 CDN HST does not apply

Christmas Time in Quebec City

5 Days - Departs Dec 3 or Dec 10 - The sights and sounds of Noel embrace us in this historic city that's bursting with the warmth of the holidays. Explore the exquisite offerings of Old Quebec at Christmas time and indulge in its hospitality as we dine on fine cuisine, tour the festive lights & seek out the unique treasures offered at the Port Market. Twin per person $1,079.00 CDN (incl. 100.89 HST)



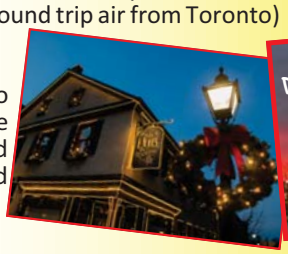


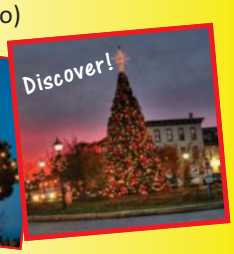
Hawaiian Islands Cruise

15 Days - Departs Feb 20 - Cruising the islands combined with 6 nights in Waikiki the Hawaiian experience is ours to enjoy! Ports of call in Maui, Hawaii & Kauai let you choose to explore, soak up the scenery or lounge on the beach. Magnificent Gardens, Volcanoes, Aquatic Life & Polynesian history await our discovery. Celebrate our journey with a Luau giving us the opportunity to delight in local fare & entertainment. Twin per Person $7,199.00 CDN inside cabin (incl.$812.58 fees/taxes & round trip air from Toronto)

New Years in Gettysburg and Lancaster PA

5 Days - Departs Dec 29 - Incredible entertainment & celebrations like no other! American Music Theatre, Bird-in-Hand Theatre & High Tea. Ring in the New Year with an special dinner, evening of dancing, champagne toast and fireworks display. A visit to the Gettysburg Heritage Museum and a Battlefield tour. Twin per person $1,469.00 CDN HST does not apply





Best of Arizona

22 Days - Departs Feb 19 or Mar 4** Discover the canyons and cities of this great state including 4 nights in Tucson and 3 nights in Phoenix. City tours, a tram ride and Steamboat Cruise let us delight in the marvelous vistas from all angles. Experience the "Old West" and the magical energy of Las Vegas. Our journey takes us to the best of Arizona with incredible adventures along the way!! Twin per person $4,999.00 CDN HST does not apply **Mar surcharge 150.00 per person

Ireland

12 Days - Departs Jun 8 - Journey through picturesque countryside, learning about the rich culture of a people whose history spans thousands of years. Indulge in steep ancient lore, literature, food and the treasures of this beautiful Island. A country that has transformed through the years and continues to evolve, its heart and soul however remain timeless and unchanged, proving it is the Emerald Isle! Price (Cdn) per person Twin $5,739.00 (310.00 taxes incl.) Includes Return Flights from Toronto

For a FREE BROCHURE call HANOVER HOLIDAYS 1-800-265-5530

73 ~ 14th Avenue, Hanover, ON N4N 3W9

info@hanoverholidays.com www.hanoverholidays.com TICO #1158989

Contact your Local Travel Agent to make your reservations today!

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

Caribbean CRUISE

Onboard the Revolutionary Celebrity Edge
February 15 - 23, 2020

Limited Availability

So many of you have anxiously been waiting for me to offer a departure on Celebrity's revolutionary new ship, the Edge.

Life on board the Celebrity Edge is simply beautiful and full of imaginative encounters that will leave you relaxed, refreshed and inspired. Not one, but four complimentary restaurants are available to all guests aboard Celebrity Edge. This ship is so unique – it's a destination in itself so I know some of you won't venture off her.

Norway

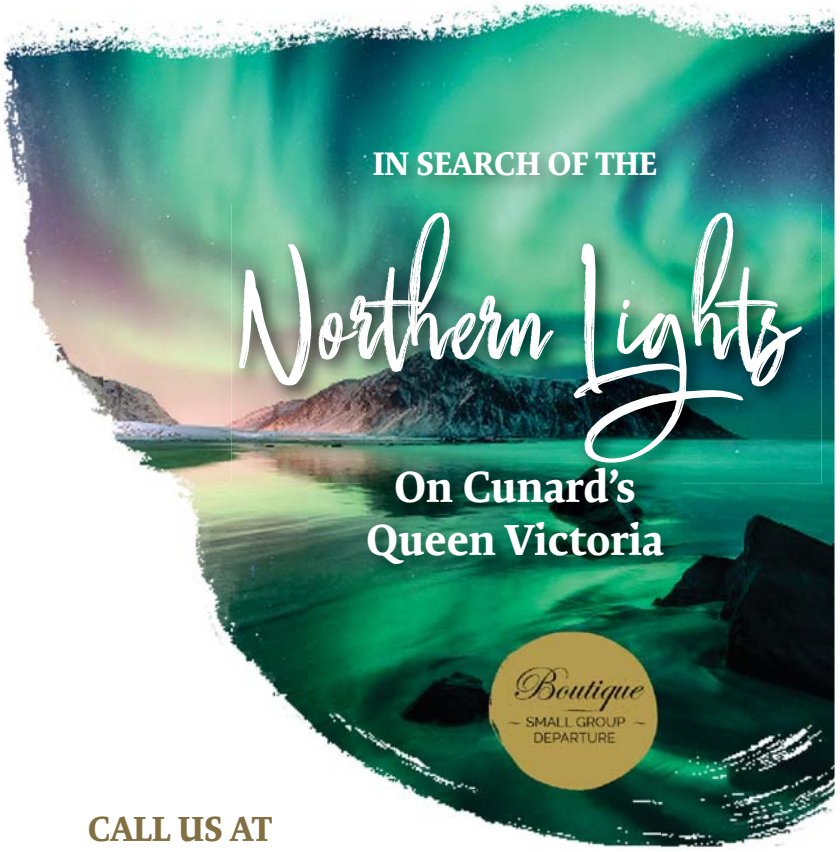
HOSTED BY

BRADLEY WALTERS
November 15 - 28, 2019

Limited Availability

Norway is where the Northern Lights truly sparkle and there's no better way to experience their breathtaking beauty than from the decks of Cunard's elegant, Queen Victoria. This thrilling cruise is made for winter months, giving you the best chance to view Mother Nature's very own light show.

This exceptional itinerary is highly sought after so we've only been allocated a few staterooms. Seize the moment as an adventure awaits you!



CALL US AT
833-266-2200

TRAVEL WITH BRADLEY | 833-266-2200 | WWW.TRAVELWITHBRADLEY.COM

Travel arrangements made through Travel With Bradley, a division of Ellison Travel & Tours registered with the Travel Industry Council of Ontario (TICO) No. 50023271
519-672-7020 | 4-1930 Hyde Park Road, London, ON N6H 5L9

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

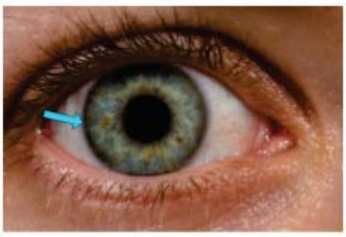
Century 21
HERITAGE HOUSE LTD.
Brokerage*
* Independently Owned and Operated.

HERITAGE HOUSE LTD.
871 Dundas St., Woodstock
519-539-5646
24 Hr. Pager 519-539-5619

DAVID HILDERLEY
Sales Representative
519-537-1469

NOMOPHOBIA, the fear of going without your mobile phone.

My friend James Cameron and I made three films together – True Lies, The Terminator and Terminator 2. Of course, that was during his early, low-budget, art-house period
~ Arnold Schwarzenegger



What's the dark circle around the iris called?

O, T, T, F, F, S, S...

There should be 3 more letters in this sequence. But what are they?

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

Aconcagua is a mountain in which country?

Strawberries aren't actually berries at all, but avocados are – T/F?

Humans share 50% of their DNA with bananas – T/F?

Destinations Travel & Cruise Centre

presents...

Discover Croatia, Slovenia and the Adriatic Coast

featuring Istrian Peninsula, Lake Bled, Dalmatian Coast and Dubrovnik

12 Days and 16 Meals
April 23 - May 4, 2020

Dive into one thousand years of Croatian history as you explore its medieval cities, tranquil lakes, and charming local villages.

Come listen to expert Aubrey Schmidt from Goway Travel talk about crossing one (or two) off your Bucket List!

Where: **IRONWORKS KITCHEN**
529 DUNDAS STREET

When: **OCTOBER 9TH 2019**
6:30PM

PLEASE RSVP IN ADVANCE, FREE PARKING IS AVAILABLE!

PHONE:
519-533-0502

destinations travel and cruise centre

COMMUNITY SUPPORT SERVICES

OXFORD • 1.888.866.7518

One call, one go-to person, a team approach, to provide supports and services for you to live at home

Community Support Services focus on promoting independent living through prevention, early intervention, self-management, health & well-being services such as nutrition, health & wellness, personal and social supports for older adults, persons with disabilities, brain injury, or dementia.

SPECIAL EVENTS

Seniors' centre to be a multi-use facility

Old Bell building ideal, say organizers

By Rosalyn McKay
SPECIAL TO THE SENTINEL-REVIEW

WOODSTOCK – Senior Citizens of Woodstock Inc. will soon have a new ... at 384 Dundas St., the drop-... to the old Bell build-...

The consensus of the meeting was that support from the general community, staff and members, is essential.

A Capital Campaign consultant outlined the usefulness of a small task force consisting of centre staff and members to develop a list of community members involved in service clubs, retail or industry funding agencies.

The objective in contacting these individuals would be to give a sense of success in terms of raising money for renova-... spread awareness of ... entre is and how the ... ty will directly ben-... m it and to develop a ... r the relocation. ... t really. It's their centre. ... aff are there to assist the ... ation," said Coral Woolcott.

"We are not only ... ing. Our goal ... the

HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

South Gate Centre

On the occasion of the

Grand Opening

of the Centre, as the Member of Parliament for the Riding of Oxford, I extend my sincere congratulations to everyone involved with the building of this facility.

November 4, 1999

John B. Finlay, M.P.
Oxford

Program For The Official Opening Of

South Gate Centre

Thursday
November 4th, 1999
1:00 p.m.

Operated by:
The Senior Citizens of Woodstock Inc.

191 Old Wellington Street ...

South Gate

May 17/99

Seniors get sneak peak of new centre

Open house shows post-renovation plans

By Ann Marie McQueen
STAFF WRITER

"It's really to let people know what it will be like before they start the construction."
KERRY CASEY

The event is open to everybody and includes a barbecue, preview of plans for the new centre and a band and performance by the Rockettes.

Campaign chair Dave MacKenzie has high hopes for the long-awaited South Gate Centre.

"I think it's going to be a great thing for the community," he said. "Particularly as the baby boomers start downsizing their homes and go into apartments. They're going to start looking for a place they can do activities."

The seniors hope to move from their current, cramped quarters on Dundas Street (west of Light Street) and into the new centre by the end of September.

Photo by Lisa Di Gianfelice
Members of the Woodstock Seniors Centre dance group, the Rockettes, practise at the centre Friday morning. Leading the dance group (front, left to right) are Gladys Fathers, Betty Marion and Florie Hutchison.

new beginning at the park gates

May 31, 1999

"We want to expose the new building to many new people."
Coral Woolcott

Renovations to the building's heat, ventilation and electrical systems still have to be completed.

The new centre, in the old Bell building at 191 Old Wellington St. S. on Southside Park's north side, is needed because the current space on Dundas Street just isn't big enough, Woolcott said.

The facilities in the Dundas Street building are spread out on three floors, whereas everything at the new centre ... one floor. ... will come more programming, Woolcott said. And hopefully more members.

The new building has already garnered a tremendous amount of interest from non-members, Woolcott said.

The seniors held an open house at the South Gate Centre recently to show people a preview of plans. Woolcott said more than 200 people attended.

"And out of the people who came in, many were not familiar, which was good. We want to expose the new building to many new people," she said. ... centre will contain ... room, banquet room and a woodworking workshop.

New programs will include indoor carpet bowling, horticultural workshops and computer training.

Fundraising for the new centre has been under way since February, with $180,000 pledged toward the $450,000 goal.

The City of Woodstock owns the building, but the seniors have to fund the renovation costs, expected to amount to about $600,000.

The seniors also hope to receive grant money and will fundraise extra money if needed, Woolcott said.

Photo by Jason Ransom
The South Gate Centre for Older Adults fundraising campaign executive has installed Harry and Frances Goff as honorary chairpersons for their contributions to the campaign. Frances, a long-time lawn bowler, tries the ... during an open house at the centre slated ... to her right is Nancy Hawkins.

...re set for summer completion

...paign to cover ...y at Southside Park

"It's served its purpose, but for too long it's been a stop-gap measure," said Barnes. "It's time there was something to accommodate older persons."

Barnes believes the centre will double or triple its membership within the first few years the building is open.

Glen Boy, of Kitchener-based Boy Campaign Consultants, is aiming to have all pledges to the fundraising campaign in by September 1999.

Photo by Ann Marie McQueen
About 75 members of Senior Citizens of Woodstock met Monday for an update on plans for a new seniors centre slated to open late next summer. Pictured are, from left, Peter Hossack, the project's Mississauga architect, Joe Bryson, of the Kitchener-based engineering firm Yuska Bryson Langlois Inc. and Coral Woolcott, seniors centre executive director.

SPECIAL EVENTS

South Gate Centre's 20th Anniversary

Open House & Tours

2019 is South Gate Centre's 20th anniversary. Celebrations are being held on Monday, November 4, 2019 from 1:00 pm to 3:00 pm in South Gate's Altadore Hall.

You are cordially invited to our Celebration of 20 Years (1999-2019). The theme of our celebrations is "Past, Present & Future". You will have a chance to view photos from the past 20 years, learn about our current programs & special events as well as see our future facility expansion plans.

The Official Ceremonies will begin at 1:30 pm followed by entertainment/demonstrations from South Gate starting at 2:00 pm. Come and enjoy the fellowship of members who have been with us for 20+ years as well as those who have recently joined South Gate. Refreshments, light snacks and anniversary cake will be served after our official ceremony at 1:30 pm.

SOUTH GATE CENTRE
FOR ACTIVE ADULTS

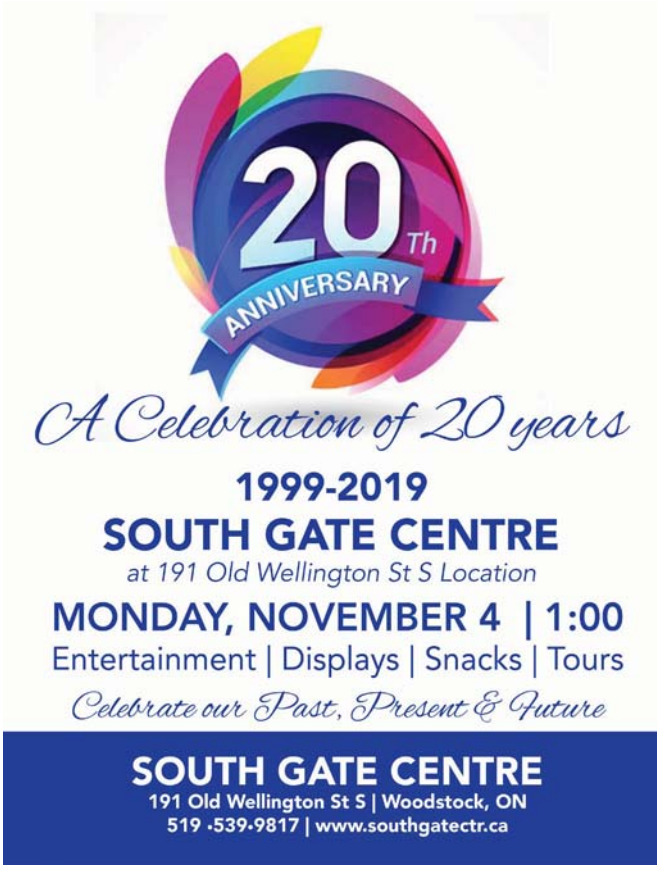
MY CHARITY, MY CENTRE, MY#1 CHOICE

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

WWW.SOUTHGATECTR.CA

SPECIAL EVENTS

SPECIAL EVENTS



SPECIAL EVENTS

COMMUNITY EVENTS/STAFF

South Gate Centre and Community Events

October

Tuesday, Oct 1	Fall into Fashion with Action Wellness
Friday, Oct 4	Thanksgiving Luncheon
Tuesday, Oct 8	Cider & Ice Bus Trip
Wednesday, Oct 9	Stamp Club 7:00 pm
Thursday, Oct 10	VON Blood Pressure Clinic, 9:00 am-12:00 pm
Monday, Oct 14	CENTRE CLOSED Happy Thanksgiving
Wednesday, Oct 16	PROBUS
Thursday, Oct 17	Oktoberfest Euchre
Wednesday, Oct 23	Stamp Club 7:00 pm
Thursday, Oct 24	Foot Care Clinic
Wednesday, Oct 31	Happy Halloween
Fridays 9:45	TOPS –Take off Pounds Sensibly

November

November 2 & 3	OCCI Art Show

Daylight Saving Time Ends
Remember to turn your clocks back 1 hour on Sunday, November 3, 2019 at 2:00 am.

Monday, Nov 4	20th Anniversary Open House
Tuesday, Nov 5	Gleaners & Toyota Bus Trip
Friday, Nov 8	Country Dinner and Dance
Thursday, Nov 14	VON Blood Pressure Clinic, 9:00 am-12:00 pm
Monday, Nov 11	Remembrance Day- Lest we forget, Service at SG
Tuesday, Nov 12	12 Days of Christmas Ticket Sales Start
Wednesday, Nov 13	Stamp Club
Saturday, Nov 16	Christmas Bazaar & Penny Sale
Wednesday, Nov 20	PROBUS
Thursday, Nov 21	Foot Care Clinic
Wednesday, Nov 27	Stamp Club
Fridays 9:45	TOPS –Take off Pounds Sensibly

SAVE THE DATE
MARCH 7, 2020

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
amber@southgatectr.ca
Kristin Burke, Local Roots Assistant Manager
kristin@southgatectr.ca

Board of Directors

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

The SG Members Committee

Meeting Date: Tuesday, October 29
Co-Chair: Graham Becker
Co-Chair: Rick Rose
Secretary: Mary Becker
Deborah Almost
Al Bohn
Chris Cunningham
Mary Donlevy
Jean Hilton
Guy LaPlante
Marilyn Martin

NOVEMBER 4

Program Contact Meeting

Next Meeting will be held on Wednesday, Oct 30 in the Cowan Boardroom at 10 am.

Notice: Deadline For the Next Nugget Issue

Thursday, October 10th
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 OCTOBER MENU

MON	TUES	WED	THURS	FRI
Sept 30 Soup & Rolls (sandwiches available)	Oct 1 Corned beef and cabbage (with onions and bacon) served with roasted baby red potatoes and steamed vegetables $8	2 Shepherd's Pie served with carrot and raisin salad	3 Smoked rosemary and honey mustard pork loin served with baked potatoes and steamed vegetables	4 **Thanksgiving Lunch Advanced Tickets $15 Performance by Musicares**
7 Soup & Rolls (sandwiches available)	8 Chicken stir-fry served over rice or rice noodles served with homemade teriyaki sauce	9 Meatloaf with mashed potatoes and steamed vegetables	10 Turkey potpie served with garden salad	11 Big Dave's BBQ Steak and baked potatoes served with coleslaw $8
14 Closed	15 Roast Beef dinner served with mashed potatoes and gravy with steamed vegetables $8	16 Chicken Parmesan served over spaghetti noodles, Caesar salad and garlic bread	17 Cabbage rolls served with cheesy potato casserole and coleslaw	18 Fresh Atlantic Salmon served with jasmine rice and steamed vegetables or Vegetable Pizza served with Caesar salad
21 Soup & Rolls (sandwiches available)	22 Liver and Onions served with mashed potatoes and gravy served with steamed vegetables	23 Monte Cristo Sandwich served with Shelley's French Onion soup	24 Smoked chicken in an herb cream sauce served with roasted baby red potatoes and steamed vegetables	25 Big Dave's BBQ Ribs with mac n cheese and baked beans $8
28 Soup & Rolls (sandwiches available)	29 Hearty Beef stew served with homemade buttermilk biscuits and carrot and raisin salad	30 Honey Garlic chicken served with mashed potatoes and steamed vegetables	31 Stuffed Jack-O-Lanterns with tombstone taters and frog's brains (stuffed peppers/tater tots/broccoli) Witches Brew available (soup)	Nov 1 Fresh Atlantic Salmon served with rice pilaf and steamed vegetables or Hawaiian Pizza served with garden salad

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

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

Hours

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

CAFE ITEMS	PRICE
Lunch (Tues-Friday) unless otherwise listed	$7.00
Add Dessert	$1.00
Add Small Soup to meal	$1.00
Dessert Only	$2.00
Large Soup/Salad and Roll	$4.00
Salad Small/Large	$2/$4

CAFE ITEMS	PRICE
Small Soup or Salad and Sandwich	$5.00
Muffin/Cookie	$1.00/$0.75
Protein Pack	$4.00
FROZEN FOOD	**PRICE**
Entree	$5.00
Soup	$2.00