

# GOLDEN NUGGET

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January 2019



HAPPY

*New Year*  
2019

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191 Old Wellington St. South, Woodstock  
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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 (12 months, Jan-Dec)	\$175
All inclusive (9 months)	\$150
Social (Pay as you go) (Includes 5 free Activity Cards)	\$65

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

All 2019 memberships expire December 31, 2019.

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

## Membership Advantage\*\*

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

### Wellington Street Denture Clinic

Cristian B. Lagos – 519-533-1919

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

### Klassx Performance Auto Centre

Larry Archer - 519-421-1993

10% discount off regular shop charges, parts and labour.

Does not apply to specials or oil changes.

### The Hallmark Shoppe/The Card Shoppe

Sue – 519-539-5996/519-539-1304

10% off regular priced merchandise storewide.

### Mackey Moving

519-488-2128/519-536-5532

10% off for South Gate members.

### PharmaSave Woodstock

94 Huron Street – 519-539-2888

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

### Action Wellness

225 Main St

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

Reduced Pricing on Registered Programs

Coffee/tea complimentary in the SG Cafe thanks to:



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

AND



**GIANT TIGER**  
WOODSTOCK

## Scent Free Centre



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

# GENERAL INFORMATION



## Activities At A Glance

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
	*Bollywood & Belly Dancing	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			South Gate Singers		
2:00 pm				*Silver Chimers	
2:15 pm					
4:00 pm		Billiards League			
6:30 pm		Klaverjas	*Yoga with Elizabeth		
		Come Dancing			
7:00 pm	Euchre			Darts	
	☺Pickleball				

Questions about programming? Please contact Bonnie at [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca) or 519-539-9817 x 224

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

The Golden Nugget is a free publication of South Gate Centre. It is composed by the staff & volunteers with valuable contributions from members and friends of the Centre. It is produced once a month. South Gate Centre does not endorse the products or services of our paid advertisers. We welcome comments, letters and items of interest any time. How about the convenience of delivery? For as little as \$25.00 a year, you can have your newsletter delivered directly to your home.

\*\* DISCLAIMER

The vendors offering their products and/or services at a discount to South Gate Centre members do so as a way to promote their respective businesses. The vendors participating in the Membership Advantage Program are in no way associated with or connected with South Gate Centre. As such, all dealings between a South Gate member and a vendor shall not involve South Gate Centre in any way and South Gate Centre is not liable in any way for any disputes or claims a member may have with a vendor nor will South Gate Centre become involved in any way in any dealings between members and the vendors who choose to participate in the Membership Advantage Program.



Community Involvement Winner



# STAFF UPDATE

## A Message from Executive Director Chris Cunningham

*This is a repeat column that I LOVE.  
The message is timeless!*

Make it a Happy New Year!

If we want to live a long life, we have to grow old. Aging is a state of mind. How we see ourselves and how we live our lives, can determine the quality of life we have.

None of us are getting off the planet alive. There are things we can do to enhance our lives, look better, be healthier and live longer. Choosing how we care for ourselves can make a difference in our health and welfare.

We know that 75-80% of all disease is caused by stress and poor nutrition. Proper exercise, plenty of rest and sleep, relaxation and meditation, and enjoying our day to day life enhance our mental

and physical well-being. Having a quality leisure life, such as hobbies, entertainment and activities, creating and maintaining loving relationships and having a positive attitude all contribute to our state of being. None are mutually exclusive.

The life style we had when we were young cannot be maintained as our bodies age. We have to be vigilant with our emotional well-being as well as our physical well-being. They are one! Balance is the key!

We can't control time and aging. It's inexorable, but we can control how we take care of ourselves. Treat yourself right and you will see the positive response to your efforts.

Let South Gate Centre be your "Fountain of Youth" for 2019!



## A Message from Felise

### Newsletter Cover Photos and Advertising Opportunities

Do you like to take photos? Have a great one that you think would be a terrific cover for the Nugget? Submissions for cover consideration are due prior to print. Consider submitting your favourite photo and enjoy sharing your creative side with our members. For the next issues the deadline is January 17th and February 14th, 2019. Please email your photo

to Felise. Photos should reflect the seasons of the edition, be portrait format and of high quality resolution. If you are interested in advertising in our Monthly Newsletter please contact Felise at felise@southgactr.ca, 519-539-9817 ext. 230 to discuss rates, criteria and submission deadlines.

# VOLUNTEER OPPORTUNITIES



## A Message from Office and Volunteer Manager - Bonnie Ward

The end of every year marks a new beginning.  
Wishing you all the best for the upcoming year.

In 2019 think about becoming a volunteer at South Gate. The NEW YEAR will bring you:

**New Opportunities**

**Exploring**  
**Wondering**

**Yearning**  
**Eagerness**  
**Aspiring**  
**Rejoicing**

Warmest Regards,  
Bonnie Ward, Office & Volunteer Manager



## Volunteer Opportunities

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

### **Fitness Volunteers**

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

### **Kitchen Servers & Dishwashers**

Our Kitchen is seeking Servers & Dishwashers for Tuesday & Fridays. Please let Bonnie know at the Office if you are interested in helping out in the Kitchen.

### **Thursday Evenings, Lions Club Bingo – South Gate Concession**

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

### **Banquet Set-Up/Servers/Clean-Up**

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

### **South Gate Gardens**

Even though the winter months are fast approaching we are looking for volunteers to help with our gardens next spring and summer. It could be great if we could create a South Gate Gardening Club. Please let Bonnie know if you're interested.



# MEMBER'S CORNER

## Welcome New November/December Members

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

Patrick Greene  
Mike Houle  
Wendy Marshall  
Lata Murthi  
Eddie Patterson  
Carl Webster  
William Witt

## Thoughts & Prayers

Elise Harris – In Hospital  
Marg Holman – In Hospital  
Joyce Bonin – Brother-In-Law Passed  
Antonnette Ypma – Brother Passed  
Bill Vording – In Hospital

## South Gate's Huggy Bear – Evan Horton



Evan Horton has volunteered to be South Gate's "Official Hugger". Evan believes in the benefits of a hug and with your permission when he is here at South Gate you can get a hug to brighten your day.

Let's keep Evan the "Huggy Bear" busy in 2019 giving of lots of hugs.

## South Gate Checks Off All The Boxes

One of the activities I enjoy is reading, especially the Discover Magazine. The magazine bills itself as the science for the curious. Many of the articles in the last few years have been about studies of the brain. In the December 2018 magazine there was an article titled Alzheimer's Under Attack. As we all know it is a ruthless disease. In this article it discusses many approaches being taken by the scientific community in understanding this disease. Many studies around the world that have been investigating Alzheimer's are discussed in this article. Some of the new long term studies that are beginning are modeling a 2015 Finnish study of more than 1,200 elderly at risk of cognitive decline. "That study found that mental acuity could be preserved with a regimen of physical activity, proper diet, mental exercises, social engagement and intensive monitoring of vascular and metabolic risk factors."

At the South Gate Center many of the items mentioned in this Finnish study are available to our members. We offer fitness programs, education classes, volunteerism, recreation, art activities and a place to meet others. Many of the study's boxes are checked off. Members are taking care of their long term well being. Be proud and spread the word that successful aging is happening here (a phrase I hear my Nancy say all the time).

It's a New Year so why not try something new in addition to what you are already doing at South Gate.

Thank you,  
Guy LaPlante

## Library News



Well we made it! And you're all ready for a Happy and Healthy New Year.....

Don't forget to check out the library corner for your favourite authors and jig saw puzzles for the snowy cold months ahead..as living in Canada you it's coming so you could even stock up! We strive to keep our little area organized and pleasing.

Thanks to those who donate such wonderful material, the membership truly appreciate!

George and Elda



## Thank You for Your Kind Donation

A special thank you is extended to Diane Clark for donating a beautiful Poinsettia for our members to enjoy over this past Holiday Season.

## 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**

## Old Age - Written by Sue Anne

Old age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be.  
Oh, not my body!

I sometimes despair over my body - the wrinkles, the baggy eyes and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my loving family for less gray hair or a flatter belly.

As I've aged, I've become more kind to myself and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio.

I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read until 4:00 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 50s and 60s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach in a swim suit that is stretched over an bulging body and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car?

But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have my heart turn gray and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed and so many have died before their hair could turn silver. I can say "no" and mean it. I can say "yes" and mean it. As you get older, it is easier to be positive.

You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day.



# MEMBER'S CORNER

## 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:

Keith Haynes  
Milton McIver  
Jane Vleuten

## Donations

*Thank you to*

Musicares  
SG Singers

John Wylie  
Murial Hart

*In Memory of*

Susan Cote in Memory of Joseoh Roy Cote

Judi Bell in Memroy of Bob McFarland

## Klaverjas

### November 6, 2018

Carol Taplay 5197  
Jerome Desmarais 4965  
Adrian Juurlink 4909  
Jim Vernooy 4899

### November 13, 2018

Peter Bes 5615  
Boyce Blair 5613  
Jan Vleuten 5216  
George Wall 5142  
Agatha Bes 5058

### November 20, 2018

Leen Boogerd 5076  
Case Ypma 4948  
Marina Skitch 4940  
Irene Vandersteen 4882

## Cribbage Winners

### November

Rose Hartnett 3169  
Muriel Hart 3131  
Jim Jones 3079

### December

Deb Almost 2455  
Murray Farrell 2418  
Grace Balkwill 2415

## November Big Peppers

Jan McKay	1	James Kendall	1
Emil Siroky	1	Reiner Stachel	2
Mae Watts	2	Grant McGee	3
Sandra Siroky	2	Case Ypma	1
Margret Kendall	1	Bob Desforges	2
Pam Livingston	1	Marie Desforges	2
Emiel Michiels	2	Barbara Brushett	1
Bill Kruis	4	Roberta Palmeri	1
Lylia Davidson	4	Don Post	1
Walter Ferguson	4	Elsie Burton	1
John Wylie	1	Barb Roth	1
Bob Watt	1	Janet Clark	2
Marlene Sim	2	Rudy Boogerman	2
Eleanor Edwards	1	Jan Vleuten	3
Alvin Barr			



## Ask Dolly & Me...



Hi, this is Me, I am the smart, organized, logical and responsible one. My sister is Dolly, she is the wild one, living life to the fullest and having fun doing it. She does whatever she wants and if she feels she may regret it in the morning, she will simply sleep in. Together we make a great team. Family and friends are always asking us for advice. Recently Aunt Harriette asked us how to handle unexpected guest. She was embarrassed when caught off guard and the house was mess. What should I do she said. Dolly told her, Always keep several get well cards on the mantle. That way, if unexpected guest arrive they'll think you've been sick and unable to clean. Even better they may offer to help you clean. Winner!

A dear friend was complaining that his wife was a shopaholic and running up their credit cards bills. How could he stop her from overspending? I told him to go to the mall with her and hold your wife's hand in the mall, if you let go, she'll start shopping. She will think it's romantic but it's actually economic. This could benefit you in more ways than one, if you get my drift.

We just love when friends and family ask for our advice, so have decided to write a column. Do you ever wonder "who can I ask? Or will my identity be kept confidential? Yes and Yes. You can drop off your letters with questions about love, life or relationships in the box marked "Ask Dolly and Me" located in the café. We look forward to hearing from you. We will publish the best ones every month. Be sure to look for our column in the next issue of the Golden Nugget.

*Life is too important to be taken seriously.*

## Knitting FYI...

If you would like to learn, we are always happy to teach you. Have a pattern you don't quite understand or a new stitch that you need someone to help you with? Drop by and we'll try and help. We don't claim to know everything but between all of us, we are pretty knowledgeable. We are known for our charity knitting. Here is a list of some of the projects we donate to: hats, mitts, scarves for distribution to the homeless and primary school aged children who arrive to school with no hats or mitts in the winter, The Power of Hope, The Alzheimer's Society, 18" cuddle bears for clients, Bears for Busajo (funds from the sales of these bears go to Ethiopia and provides street children with housing, food, education, medical, clothing etc.), Woodstock General Hospital, Sick Kids – Toronto baby hats and premie clothing. If you'd like to join us, please do. We're a very welcoming, friendly group.

**Looking for South Gate Programming?  
It can now be found in our Program and  
Evetns guide available at the Centre and  
online at  
[www.southgatectr.ca](http://www.southgatectr.ca)**

**PROGRAMS & EVENTS**  
Winter 2019

<b>JANUARY 16</b> Quarter Auction	<b>JANUARY 25</b> Karaoke Party	<b>FEBRUARY 2</b> Chilly Charlie Prediction Breakfast	<b>MARCH 14</b> St. Patrick's Euchre Tournament
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**SOUTH GATE CENTRE**  
FOR ACTIVE ADULTS



# MEMBER'S CORNER

## Marilyn's Musings

If you are on the computer as often as I am, you probably get a lot of emails or social media messages. Once in a while something comes along that moves you and makes you think. Such was the case with one I received at Christmastime from an old friend I have known for a good portion of my life. I don't know who the author of this piece is and neither does my friend but it is definitely worth sharing. It is called:

### "AND THEN IT IS WINTER"...

Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday I was young, just married and embarking on my new life. Yet, in a way it seems like eons ago, and I wonder where all the years went. I know I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is...the winter of my life and it catches me by surprise....How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking those older people were years away from me and winter was so far off I couldn't fathom it or imagine fully what it would be like. But, here it is....my friends are retired and getting grey – or gone...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! "Cause if I don't on my own free will...I just fall asleep where I sit!

And so...now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things I wish I had done but never did!

But, at least I know, though, that winter has come, and I'm not sure how long it will last...

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet...let me remind you, it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!

Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise you will see all the seasons of your life...so, live for today and say all the things you want your loved ones to remember...and hope they appreciate and love you for all the things you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

**LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN!  
BE HAPPY! HAVE A GREAT DAY!**

Until next time...

Marilyn

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



## Be Inspired With Theresa

### Change



Change is part of life and is inevitable and nothing stays the same. Change is important for growth, moves us forward and without it things stagnate. Some people resist change, wanting everything to stay the

same and become unhappy when it happens anyway. Other people become motivated by change and find it exciting. They pitch in to help to implement the changes, wanting to be part of it all. But with growth come growing pains. Those opposed to change will resist, protest and sometimes take action to try to stop change in its tracks. Those for the changes will do what they can to see the change happens sooner than later. Making both groups happy is not possible. What to do? Since change takes time it gives us time to work together to make the inevitable changes to go as smoothly as possible. Change is not always easy, but it is part of life and adapting to the changes helps keep life interesting and fun.

As a great many of you already know my role here at South Gate has already changed. I have taken a step back from teaching TBW. It is a decision I didn't make lightly, but is one that is right for me at this time. I will continue to lead hikes in and around Woodstock. Being outdoors is what brings me back into balance and it gives me great pleasure to share that feeling with others. I will also continue to write Be Inspired with Theresa. Life is always evolving and the changes I have made in mine are part of that evolution.

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](mailto:tcbeinspired@gmail.com) or follow the link <http://eepurl.com/ESgD1>

## Thought of the Month

*Notice how the nature, texture and flavour of each breath is different. A reminder that life is constant flux, breathe with it. - Author unknown*

## Exercise of the Month

**Benefits Of Flexibility Exercises:** Flexibility or Range of Motion exercises are important to keep us living independently. In 12 weeks, one can improve joint movement in shoulder by 8% and ankle movement by 48% and have a self report of absence of stiffness. Range of motion exercises include a variety of movements in your warm - up and cool down. The main joints are neck, shoulder, fingers, wrists, hip, knee & ankle. Some examples include: arm reaches up, side and out, shoulder rolls, shrugs, wrist circles and flexes, piano playing, finger touches to thumb, single standing leg controlled movements to front, side & back, one leg bicycle circles, and ankle circles, toe points up & down. Stretches should not hurt and be done when muscles are warm (at end of workout/walk). Never bounce when stretching, do not lock joints and hold for 15 - 20 seconds. Source: Get Fit For Active Living - Diabetes Strategy (Canadian Centre for Activity & Aging).

## Wellness Tidbit

### What you Need to know about your Eyes

- You need an eye exam even though you are seeing just fine. Many eye conditions like glaucoma, retinal tears or tumors can be asymptomatic in early stages.
- Morning red eyes could be a sign of bigger issues. Redness once in a while could be caused by allergies, air conditioning, cosmetics etc. If it is constant it could be a sign of diabetes or autoimmune disease.
- Your computer is likely not ruining your eyesight. However screens can bring on issues like tired or dry eyes and headaches.
- Your overall health affects your eyes. High blood pressure can damage blood vessels in the eyes. People with diabetes are at higher risk for cataracts and damage to optic nerve. Sleep apnea is also associated with vision problems.
- Certain nutrients can protect eye health. Omega 3 fatty acids and dark greens provide vision-boosting nutrients.
- Eye drops are not all the same. If dryness isn't improving with over-the-counter products ask your ophthalmologist if you might need a specialized product.
- Cataracts are very treatable. By age 75 many people have cataracts. The proteins in the lens tend to clump together which makes vision cloudy. At early stages glasses will help but surgery will help later on.
- Wear proper sunglasses year round that block UVA and UVB rays to help ward off cataracts and degeneration.



# SPECIAL EVENTS - THANK YOU

## Christmas Dinner & Dance



Approximately 100 guests were in the festive spirit and enjoyed a wonderful prime rib dinner prepared by our great kitchen staff and aided by the wonderful volunteers.

Door prize winners were Audrey Barnett and Tom Blythe, Bruce Runnalls won a scarf handcrafted and donated by Sue Bottrill. The 50/50 went to Donna Rose. An evening of great dance music followed by DJ Dave.

## Front & Café Desk Volunteers



Front & Café Desk Volunteers Celebrating a Wonderful Year. Many thanks are extended to these amazing volunteers for all their hard work and dedication in volunteering at the Front & Café Desk.

## Members Jingle & Mingle

Jingle Bells, Jingle Bells, Mingle all the way ..... South Gate members enjoyed festive treats and the joy of friendship and the Holiday Season on Wednesday, December 19, 2018 in our wonderful Café.



# SPECIAL EVENTS



## Breakfast with Santa

Mr. & Mrs. Santa Claus were their jolly old selves at our annual Breakfast with Santa event held on Saturday, December 1, 2018.

Our South Gate kitchen staff and volunteers. Thank you to Judith Williams, Eleanor Woods, Pauline Jollette, Jean Hilton and Marie Beres for help serving over 322 Pancakes, 465 Sausage and Bacon.... and an unknown number of eggs.



## Christmas Fun!



Elf Donna is texting Santa Rick her Christmas list.



SG's 7:45 fitness class wishes everyone a Merry Christmas!  
www.southgatectr.ca • January NUGGET 2018 | 13



# SPECIAL EVENTS

## Christmas Meals – December 19, 2018

The halls of South Gate smelled like delicious cooked turkey with two Christmas Meals being served on Wednesday, December 19, 2018. Many thanks are extended to our South Gate Kitchen staff and volunteers for making our season bright with this amazing Christmas meal.

A special thank you is also extended to the South Gate Musicares who performed at both the lunch and dinner meals. You definitely brought the spirit of Christmas to South Gate.

South Gate members were treated by both Chartwell Oxford Gardens and Park Place Retirement Residence with “treats” on the tables and beautiful door prizes.



*Fa la la la la la....*



## Caressant Care Woodstock Retirement Home

*Caring Families – Yours and Ours Together*



### Affordable Retirement Living in Woodstock

- All-inclusive rates include 3 meals, snacks, housekeeping, activities and more
- Medication Management Assistance
- Adjacent to our Nursing Home
- 24 Hour Registered Staff On-site
- RHRA Licensed

*Move in now and  
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DURATION

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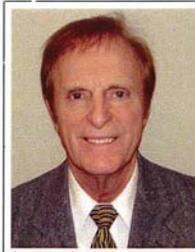


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¼ Page	\$60	\$160	\$300	\$580
½ Page	\$80	\$220	\$400	\$780
Full Page	\$140	\$400	\$780	
\$1380				

For More Info Call: 519-539-9817 or  
Email: felise@southgatectr.ca

## Holiday Sharing Guide



### Need help or looking to help?

Oxford County's Holiday Sharing Guide is now online at [InformationOxford.ca](http://InformationOxford.ca) and can also be accessed through 211 Ontario (dial 2-1-1).

Find out where to get help with meals, clothing, shelter, gifts, financial support and pets. If you have time or donations to share with others, find out where your help is needed.

Thank you to all the organizations and businesses for your entries!

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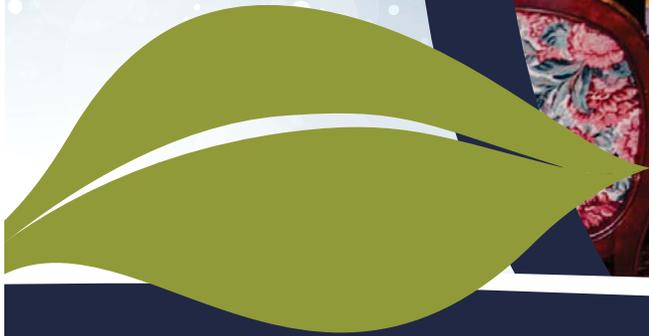
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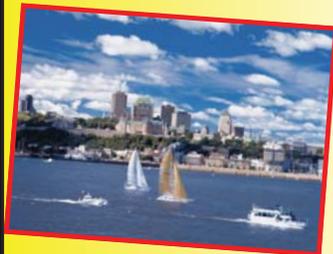
### Washington Cherry Blossoms

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



### Canyon Lands

9 Days - Departs Mar 26, Apr 9 or Oct 22 - Majestic landscapes greet us as we explore the world's most magnificent canyons! Sedona, Oak Creek Canyon and Grand Canyon mesmerize us with their beauty. Navajo Canyon fascinates visitors with tapestries adorning the canyon walls and Zion Nat'l Park is truly "a place of peace and refuge" as its name reflects. Mother Nature's ability to create and man's ability to adapt will amaze you!! Twin per person \$3,579.00 CDN (incl. 185.00 taxes & Round Trip Air from Toronto)

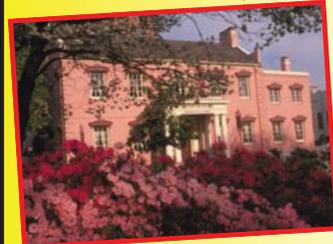


### East Coast Cruise from Montreal to Boston

10 Days - Departs Jul 12 or Sep 13\*\* Make yourself at home aboard the ms Zaandam(Jul) or ms Veendam(Sep) as we embark along a magnificent coastline! Visiting Montreal, Quebec City, Charlottetown, Sydney, Halifax, Bar Harbor Maine and Boston, each spectacular port of call offers a new adventure. Relax and enjoy the excellent amenities offered on board the ship but be sure to take in the Chateau Frontenac, Cabot Trail, the Homes of Anne of Green Gables and Paul Revere they are must see highlights! Twin per person \$3,699.00 CDN (incl. 320.00 taxes) Inside K/L \*\*Sep surcharge \$350/person - Oceanview & Balcony upgrades available

### Maritimes Discovery

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



### Charm of the Old South

Myrtle Beach, Charleston and Savannah

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

Experience!

### Mississippi Beach

Springtime in the Deep South

10 days Departs Mar 15 - Amazing experiences, fabulous food and relaxation are all on the itinerary! Grand Ole Opry gets our toes tapping and the Bayou enchants as we discover on board an air boat. Exploring the Gulf Coast of Biloxi and its vast diversity takes us to a Gator Ranch, the amazing Bellingrath gardens complete with a mansion, a Shrimp Boat excursion and of course the beach! Revel in the easiness of the deep south! Twin per person \$2,299.00 CDN HST does not apply



### Costa Rica

Let us help you live your Dreams!

12 Days - Departs Apr 2 - A lush tropical paradise boasting truly unique wildlife, volcanos & vegetation. Waterways, forests & mountain ranges all offering magnificent vistas! Protected land ensures a natural habitat for the Toucans, monkeys and sloths, just to name a few, who call this home. Volcanoes, Natural Hot Springs, waterfalls & a tremendous canopy present an exceptional adventure for us to embark on. The hospitality of this tropical paradise is beyond extraordinary and the experience of all that it offers is an amazing journey! Twin per person \$5,669.00 CDN includes all taxes & Round Trip Air from Toronto

Contact your Local Travel Agent to make your reservations today!

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

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# LOCAL ROOTS CAFÉ JANUARY MENU

MON	TUES	WED	THURS	FRI
Dec 31 Closed	Jan 1 Closed	2 Braised chicken breast in an herb cream sauce served with roasted baby red potatoes and steamed vegetables	3 Beef Lasagna served with Caesar salad and garlic bread	4 Battered cod with wedge fries, lemon & coleslaw or Bacon, Mushroom Onion pizza served with Caesar salad
<p>Every Monday, enjoy homemade soup and a roll for only \$4.00!</p> <p>Sandwiches available as well!</p> 	8 Open faced hot turkey sandwich served with mashed potatoes, gravy and steamed vegetables	9 Bone in Smoked Ham served with cheesy potato casserole, steamed vegetables	10 California Club sandwich served with homemade soup	11 Roast beef dinner smashed potatoes, rich beef gravy and steamed vegetables <b>\$8</b>
	15 Liver & Onions served with mashed potatoes, gravy and steamed vegetables	16 Bruschetta chicken served with steamed rice and vegetables	17 Slow braised beef stew served with carrot & raisin salad and homemade buttermilk biscuit	18 Maple glazed Atlantic salmon served with parisienne potatoes & steamed veggies or Hawaain pizza served with homemade soup
	22 Shelley's meatloaf served with mashed potatoes & steamed vegetables	23 Monte Cristo sandwich served with French onion soup	24 Oven fried chicken served with roasted baby red potatoes and steamed vegetables	25 BIG DAVE'S BBQ STEAK & BAKED POTATO SERVED WITH steamed veggies <b>\$8</b>
	29 Braised pork loin served with mashed potatoes, pan gravy and steamed vegetables	30 Shelley's chicken stirfry served with homemade teriyaki sauce served over rice or rice noodles	31 Cabbage rolls served with pierogies with bacon & sour cream & fried onions, coleslaw	1 Lemon pepper haddock served with jasmine rice and steamed vegetables or Vegetarian Pizza served with homemade soup

GF = Gluten Free

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