

# GOLDEN NUGGET

DECEMBER 2020



Celebrating our 9th year  
**12 OF CHRISTMAS DAYS Lottery**

Merry Christmas

191 Old Wellington St. South, Woodstock · N4S 3J2

519.539.9817 · [www.southgatectr.ca](http://www.southgatectr.ca)

Charitable Organization Number 11914 5209 RR0001



SOUTH GATE CENTRE

FOR ACTIVE ADULTS



# GENERAL INFORMATION

## Hours of Operation

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

Monday – Friday 8:30am – 3:00pm  
After hours please call 519-539-9817 and leave a message

Check our website for program and facility updates, [www.southgatectr.ca](http://www.southgatectr.ca).  
Thank you for your continued support.  
Stay Safe, Stay Well

## NEW ENTRANCE TO CENTRE

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

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

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



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



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

# 12 OF CHRISTMAS DAYS Lottery

You've got to be in it to win it!

Program space is at a premium. Please be respectful. If you are not able to attend a program you have registered for, please contact the Centre asap. This will enable us to call someone on the "Wait List" to fill the spot

SUPPORT LOCAL, SUPPORT YOUR CENTRE - LET SOUTH GATE HELP WITH YOUR CHRISTMAS SHOPPING

[www.southgatectr.com/christmas-extravaganza](http://www.southgatectr.com/christmas-extravaganza)



When you don't know where to turn.

## Our Mission

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

## Our Values

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

## Our Vision

- LIVE Well
- PLAY Well
- BE Well

Charitable Organization Number: 11914 5209 RR001

# PROGRAMS- WEEK AT A GLANCE



REGISTRATION PROCEDURES HAVE CHANGED See Page 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	* Wood Shop	* Wood Shop	* Wood Shop	* Wood Shop	* Wood Shop
9:00 am	Full Standing Fitness	Why Weights Fitness	Total Body Workout	Stretch Your Body Class	Full Standing Fitness
9:30 am	Billiards	Billiards	Billiards	Beginners Billiards	Billiards
10:00 am	Knitting	Bunka - Japanese Thread Art			
10:30 am		Meditation <i>PHONE IN</i>	Fit Minds <i>PHONE IN</i>	Travel with Bradley <i>PHONE IN</i>	
11:00 am	 Full Standing Fitness			Line Dancing Class	 Full Standing Fitness
12:00 pm				* Woodshop	
1:00 pm	Library	Come Dancing	Library	Beginners Billiards	 Billiards
		Education Class	FUN Fit Fitness	Crochet/Crafts	
		 Billiards			
1:30 pm				Tai Chi	

- See Pages 22 for Registration & Program Details;
- Programs are for Members Only;
- This schedule is subject to change based on the ongoing Covid 19 situation;
- Members MUST pre-register for all program classes via phone (519-539-9817) or online. Please go to [www.southgatectr.com/programs](http://www.southgatectr.com/programs) for more information on the program schedule and how to register;
- Fitness Classes – To view what Fitness Equipment and who the Instructor is for the class visit [www.southgatectr.com/programs](http://www.southgatectr.com/programs);
- \* Woodshop – Please see page 27 for Woodshop Participation Details.



# MEMBERSHIP

To all our Loyal Members that have supported us through 2020, we would like to extend our heartfelt thanks for your support through these unprecedented times. In appreciation we are offering our existing members the following;

## EARLY BIRD MEMBERSHIP RENEWAL - 2021 Loyalty Members Rates (Must be purchased between December 1 – December 31/20)

2021 EARLY Membership	Rates
All Inclusive Membership	\$99
All Inclusive Membership (Super Supporter)	\$175 [ \$99 + \$76 donation -tax receipt for your donation]

## New Memberships & Renewals purchased after December 31, 2020

2021 Membership Types	Rates
All Inclusive Membership	\$180
Monthly - All Inclusive *	\$20 month
Ambassador Membership **	\$50 **

\*Pre-authorized withdrawal. If the centre is to close the monthly fee will be suspended until the Centre is able to re-open

\*\* 2021 SG nametag, access to all SG communications, exclusive members' offers and pricing, voting privileges at SG Annual General Meeting.

Ambassador membership does not include program participation

Member Name Tags must be worn at ALL times. NO MEMBERSHIP REFUNDS

## 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

10% off regular priced merchandise storewide.

Mackey Moving

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

## Welcome New Members

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

Judith Coleman

Ron Coleman

Kevin Cougler

Silvia Halfon

Connie Yausie

# Merry Christmas

Merry Christmas from our bubble to yours! Even though we're apart this Christmas, you're always in our hearts. Wishes for health, happiness and love this Holiday Season! Thank you for your continued support, kindness and friendship. Looking forward to seeing you soon. Stay Safe, Stay Well. X0 Chris

'Tis the season to wish one another joy and love and peace. Merry Christmas and Happy New Year! Bonnie

Happy Holidays from me to you! Wishing you and your family a safe, prosperous and abundant Christmas season! I hope everyone enjoys the best that this season brings. Please take the opportunity to reflect on this past year and take comfort in the fact that we have each other through it all. Your kindness and generosity have shone through so bright this year! Merry Christmas & Happy New Year to all of you! Larrie Blancher

"When we recall Christmas past, we usually find that the simplest things- not the great occasions- give off the greatest glow of happiness." Bob Hope  
My wish for all of you is that the spirit of Christmas carries you through the rest of this challenging year. Please stay safe and healthy. Kristin

I'm wishing everyone a very safe and happy holiday. I hope you can have some Christmas cheer. This certainly has been a very challenging year for all! Here's to a new year! We certainly need a better year! If you need anyone to talk to over the holidays, please reach out! Shelley

This holiday season is unlike any other, to cap off a year unlike any other. Throughout this season, and as we move into a new (and hopefully better) year, we wish you moments of peace amid the difficulties, connections with family and friends even if they can't be in person, the warmth of memories from holidays past, and wonderful glimpses of the joy that still lives under the surface. Felise





# MESSAGES

## Message from SG's Executive Director

This year has been one of incredible change. It's truly amazing how we've all adapted. Just as 2020 has been a year unlike any other I believe Christmas will be unlike any other in our lives. If there's any positive takeaways, it's having time to pause and feel gratitude, as well as having a deeper appreciation for nature, a sunrise, our own company, the changing seasons, good health, good friends, being Canadian and our homes.

While I have no idea of what the next few months will bring, what I do know is that I will celebrate the gift that is Christmas and I will allow the Christmas magic into my heart & my home. Covid may prevent me from being able to be with my children, family & friends but I'll make sure to stay connected, sharing memories and creating new ones as we tell of how things are different this year.

I hope you'll take time to be kind to yourself, listen to Christmas carols & stories, eat Christmas cookies & chocolates, watch Christmas shows, laugh often, be optimistic, reminisce, be joyful & read through the pages of this month's Nugget. You'll find it's jam packed with programming, inspirations, Centre news & wonderful ideas for Christmas gift giving. From homemade Christmas baking to frozen & hot meals, 12 Days of Christmas Lottery tickets, 2021 SG Membership, online gift items from the Woodshop, SG Knitters & Crafters & South Gate Gift Cards.

Thank you for your loyal support this year.

From our home to yours, Have a very Merry little Christmas, and stay healthy!

Smiles, 😊 Chris

## Message from the Board

Santa is making his list and checking it twice. 12 Days of Christmas lottery ticket - check, Christmas Bazaar Silent Auction - check, Workshop/Handy Crafts sale - check, Christmas Bazaar Baking - check, Christmas Turkey Dinner - check. South Gate Centre can check so many things off on your list too!

This year has truly challenged all of us in new ways and as it draws to a close, South Gate Board of Directors wants to thank you all so much for your support as we have navigated uncharted waters together. To our wonderful staff and volunteers - job well done! You are amazing!!

We will continue in 2021 to provide the best possible programming with your safety and well-being underlying all we do. On behalf of the Board, I wish you Peace, Love and Joy over the holiday season but most of all Hope for a better new year to come!

*Vonnie Snyder, Co-Chair Board of Directors*



## Meet your Members Committee Members



Hello my name is Deb Almost. I am the South Gate Centre's Board of Directors liaison to the South Gate Centre's Membership committee. My job is to share information between the Board and the Committee. Both committees are important to the running of SGC. The Board is concerned with the organization as a whole determining the mission and vision, setting a budget, and planning at the organizational level. The SGC Membership Committee focuses upon the concerns of the members. Individuals may ask the members of the committee any questions they have about the SGC and share any suggestions for change. The questions may be answered directly or referred to the Board or the correct staff member. I am happy to perform the liaison duties given the importance of clear and transparent

communication between these entities that function at the organizational and membership levels.

## Message from the Members Committee

Season's greetings everyone, as we approach the Holiday season and 2020 gets closer to its end, we can look back at the unusual times we've gone through, and are still experiencing, and yet still feel positive about ourselves for being able to adjust our lives to cope with the new realities.

Our committee, together with the Board of Directors, South Gate Staff and all the amazing volunteers continue to pay extraordinary attention to all the unique challenges brought on by the pandemic and as a result we are all examining ways of increasing programs and classes, where possible, in order to provide every opportunity for members to participate while ensuring everyone's health and safety.

Choosing to remain part of the South Gate Community continues to be an important and valuable part of our social, physical and mental well being. There will be challenges ahead, but you should remain confident that together we can overcome these challenges. Let's look forward to better times ahead.

We look forward to hearing from you with your questions or suggestions. You can share your opinion by submitting an email at [SGC@southgatecentre.ca](mailto:SGC@southgatecentre.ca) or you can leave a written note in the suggestion box just inside the entrance at the Centre with your contact information on it so we can get back to you with a response.

With that said, please remember to be a part of this year's *Virtual* AGM (Annual General Meeting) being held on Thursday, December 3rd, 2020 starting at 4:00 pm. Watch for details regarding this virtual meeting.

From everyone on the Member's Committee, we wish you all a joyful and peaceful Christmas and a New Year filled with good health, happiness and peace of mind.



# MESSAGES

FROM CHRIS' DESK



## The 12 OF CHRISTMAS DAYS Lottery

IT'S HERE, IT'S REALLY HERE!!!  
I am so very excited to unveil South Gate Centre's latest & Greatest "Fund"raising initiative for 2012!!!



There will be one daily cash prize drawn from December 26, 2012 through to January 7, 2013 as follows:

Day 1: \$100	Day 4: \$400	Day 7: \$700	Day 10: \$1000
Day 2: \$200	Day 5: \$500	Day 8: \$800	Day 11: \$1100
Day 3: \$300	Day 6: \$600	Day 9: \$900	Day 12: \$10,000

All prizes will be drawn daily from December 26, 2012 through to January 7, 2013 with exception of January 6, 2013 at South Gate Centre, 191 Old Wellington St. S., Woodstock, ON, at 7:55 am. Winners will be announced daily on Heart FM 104.7, Country 107.3 FM, Easy 101 FM. The winning ticket holder must provide two (2) pieces of ID, one of which must be photo ID and the winning ticket. Must be 18 years of age or older. Winning tickets will be re-entered for every draw. Total number of tickets printed is 3000. All winners will be listed on [www.southgatectr.ca](http://www.southgatectr.ca)

Licensor: South Gate Centre, Licence Number: MS48855

These tickets are perfect for Gift Giving! And yes... you read it correctly... the grand prize, on the 12th day of Christmas, January 7th, 2013, will be for \$10,000 CASH!!  
Each \$25 ticket will be re-entered for every draw.  
Your chances of winning 1:250

Help us, help you... All monies raised from the sales of lottery tickets will roll directly back to programming for seniors at South Gate Centre. Help keep your membership, programming and special events costs at a minimum. Help SG continue to grow and explore new programming and activities for the ever growing number of seniors in our community.  
Did you know that in the next 10 years there will be more seniors in Oxford County than there will be children in Grade School? Our community is aging rapidly and we have a plan... South Gate Centre for Active Adults 50+.

Help keep the dream alive!  
Thank you for supporting South Gate Centre. (South Gate is a not-for-profit charity)

Smiles ☺  
*Chris Cunningham*  
Executive Director  
[www.southgatectr.ca](http://www.southgatectr.ca)

October 2012

### TICKETS ARE NOW ON SALE

The Lottery has raised an incredible \$329,650 since 2012! Monies raised from the sales of lottery tickets help keep your membership and programming costs at a minimum. Help South Gate continue to expand and explore new programming and activities for the ever growing population of active adults in our community.

Thank you for supporting your Centre!  
(South Gate is a registered charity #11914 5209 RR0001)



### Message from the Finance Committee

The time is approaching that memberships can be renewed. This has been a difficult year for all charities including the South Gate Centre. The South Gate Centre remained open during this difficult time to serve our members per government restrictions. The staff maintained and sanitized the building, the grounds were maintained, the phone was answered, documents were completed as required for all three levels of government, programs were adapted, and those fine meals were prepared.

Now it is our members' turn to consider renewing your membership knowing that there is light at the end of the tunnel. This virus will be overcome, and we will be returning to a new normal in 2021. Be kind, considerate and support South Gate to the best of your means.

Thank you - Guy LaPlante



### SOUTH GATE CENTRE INC

Annual General VIRTUAL Meeting

January - December 2019

Thursday December 3, 2020 at 4PM

To register please contact

Felise at [felise@southgatectr.ca](mailto:felise@southgatectr.ca)

## SPECIAL NOTICE - SG Members Christmas

### Christmas Day Dinner:

Notice - Unfortunately we will not be hosting the annual Christmas Day dinner and social gathering at South Gate Centre for those members who would normally be alone on Christmas Day. Please accept our sincere apologies for any inconvenience and thank you for your understanding.

## Message from the Health and Safety Committee

Greetings from your Joint Health & Safety Committee!

Welcome to December! What a year it has been! The ups and downs have certainly been many, but we have persevered and learned so much! We continue to exercise caution in our everyday lives and thanks to our members have been able to safely open the centre and offer yet even more programming to operate. We would like to thank the members, volunteers and staff for doing what is best for everyone in keeping each other safe. Well done everyone! Thank you for doing an amazing job of following the proper protocols and looking out for one another. It shows that no matter what we face, together we can accomplish anything. Wishing you and your family a safe and prosperous holiday season, and we look forward to a better and brighter 2021!

Be safe and stay healthy!



# VOLUNTEERS

With the end of 2020 fast approaching, I wanted to extend my heartfelt thanks and appreciation to all our wonderful volunteers who have given their time over the years to make South Gate the amazing place that it is.

I also wanted to thank our current volunteers who continue to support our operation during these unprecedented times. We have been so very fortunate to have volunteers currently assisting us by:

- Volunteering in the our Local Roots Café with our Online Food Services;
- Volunteering to run our daily Programs;
- Volunteering at the Administration Desk answering phones, registering members in our programs, renewing Memberships etc.

This virus has certainly made us create new ways of how we can connect with you, ensure you are safe and staying active while participating in activities here at South Gate.

I am so grateful now for everyday that we get to be together.

May peace, love & laughter surround you all during the Christmas season.

Warmest Regards  
Bonnie Ward  
Membership & Volunteer Manager

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

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

## Front Desk Volunteers Needed –

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



Carol -wonderful Desk Volunteer

### BE KIND...

The holidays can be really hard. And this year, with the pandemic, Christmas will be very, very different for many of us.

It's important to remember this as we go through this season—and show each other grace. If someone seems down, ask if they want to talk about it. They might really need a friend. Let them know you are thinking of them.

Let's be sensitive to what others may be going through, and intentional in being there for them. Also, if this holiday season is a hard one for you, give some grace to yourself. You don't have to do all the holiday things. There is always next year. If you need to sit out, that's OK. Focus on what's really important and that's your wellbeing. Take care of you.

I hope and pray you will be able to find peace and comfort during this season. If you are able, please reach out and check in on others. Share the gift of friendship and kindness with people. A phone call, a card or note in someone's mailbox, an unexpected plate of cookies at the door, an email or text to say Hello or wishing someone a good day, a wave and always a SMILE, are priceless gifts that can truly make a difference in someone's life. BE KIND.



## Christmas Bazaar Online Auction

Thank You - Our heartfelt thanks and appreciation is extended to all those members who very kindly donated items for our Christmas Bazaar Silent Auction. Without your support we would not have been able to have such a successful silent auction. We had 73 items donated and raised \$2,451 from the Silent Auction.

## Woodshop/Handy Craft Sale – Sale ends Friday, December 11th, 2020

We would also like to extend a special thank you to all of Santa's Helpers from the Woodshop and Members who have created these unique, handcrafted one of a kind items. So many wonderful gift ideas. You'll want to check it out! There is still time to check out these unique handcrafted gifts by visiting [www.southgatectr.ca](http://www.southgatectr.ca). Sale closes on Friday, December 11, 2020. Shop early to avoid disappointment.



**Christmas Bazaar Baking** – Local Roots Bake Shoppe - Orders being taken until December 11th, 2020 Shelley & Kristin have been busy little elves baking delicious homemade sweet treats. Homemade with love for you, your family and friends. Give baking as a gift or just treat yourself over the holiday season. Thank you Shelley & Kristin for bringing the Holiday spirit to all of us through the joy of scrumptious Christmas treats.



## Christmas Turkey Dinners – Friday, December 18th & Saturday, December 19th, 2020 - \$20.00

In keeping with our past Christmas tradition's Shelley & Kristin are once again preparing a mouthwatering turkey dinner for our Members with all the fixings. Our Turkey Dinners are "Curbside" Pick-Up between 4:00 pm and 5:00 pm on both days. Delivery is also available if needed. Order your dinner online at [www.southgatectr.com](http://www.southgatectr.com) or call the Centre at 519-539-9817.

SUPPORT LOCAL – see page 19



# MEMBER'S CORNER

## Thoughts & Prayers

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

Family of Jan Walden - Passed  
Lylia Davidson - In Hospital  
Jim Town

## Thank you

Thank you to everyone that donated last month

Yvonne Snyder  
Kathy Vanderwoude  
Mary Ross  
Tom Burwell  
Isabella Packham  
Peter Kuiper  
Beth Munro  
Guy LaPlante

## Ways to Give

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

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

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

## Tribute Donation - Memorial Fund

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

## Well Wishes

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



**SOUTH GATE CENTRE**  
FOR ACTIVE ADULTS

MY CHARITY, MY CENTRE, MY#1 CHOICE

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

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



## Thank you - Our Christmas Tree Is Decorated

Special thanks is extended to Paula & Angelo Piraino and Deanna Jasmins for coming into the Centre and decorating our large Christmas Tree in the Café for all our members to enjoy. They certainly brought the joy of the Christmas season to South Gate Centre.



## Library News

Can you believe it is December already and Christmas is coming up quickly. The good news is that our library is open and available for use. We have been in to do some tidying and sorting so hope you find it pretty much in order. You can visit and borrow material Monday or Wednesday afternoon's. Because we are social distancing, you must register before coming in. The time slots are 1.00 p.m. - 1.30 and 1.30 - 2.00 p.m. We continue to have a nice assortment of books and authors to choose from as well as many jig saw puzzles that seem to be quite popular during these Covid times. So register, come in and Browse, Borrow and be Happy!  
*Merry Christmas to All*  
George and Elda



## Exercise of the Month

Upper Back Strengthening

1. Shoulder Shrug: Stand (or sit in an armless chair) holding a hand held weight in each hand at your sides. Elevate your shoulders as high as possible. Lower your shoulders back down to the starting position. Repeat 8-12 times, and perform 1-2 sets.

2. Modified Shoulder Press: Stand with your head, upper back and buttocks touching the wall. Your heels are 5 cm away from the wall. With your palms facing forward, raise your elbows to shoulder height, keeping your elbows flexed at 90 degree angle. Squeeze your shoulder blades together and slowly slide your hands up the wall, keeping your shoulder blades as still as possible. ( arms remain on the wall the entire exercise). Lower your arms back down to the starting position. Repeat 8-12 times and perform 1-2 sets.

Benefit of this exercise: Helps maintain strong upper back muscles and improves posture. Walking with correct posture helps with fall prevention.

Source: Canadian Centre for Activity & Aging

# 12 OF CHRISTMAS DAYS Lottery

Tickets will be mailed to you when you order online – [www.southgatectr.ca](http://www.southgatectr.ca)



# MEMBER'S CORNER



# Memorial Tree of Lights

In memory of those  
we loved

## JOIN US FOR Lighting of the Tree

Held entirely outdoors at South Gate Centre  
191 Old Wellington St. South, Woodstock  
Friday December 11<sup>th</sup>, 2020 @6:00pm

Each \$20.00 donation will add a light in  
their memory and name on the memorial sign

Donations accepted until December 1st

No receipts will be issued

Brock & Visser Funeral Home at 519-539-0004  
South Gate Centre at 519-539-9817

Proceeds  
going to

*daso*

DOMESTIC ABUSE SERVICES OXFORD  
protection | prevention | possibilities



SOUTH GATE CENTRE  
for active adults 50+

Sponsored  
by

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

**JMSPrintworks** inc.  
Your Total Printing Solution

# MEMBER'S CORNER



## Remembering the Joys of the Holiday Season at South Gate Centre

The Christmas season at South Gate Centre has always been a joyous occasion filled with fun, laughter, music, delicious food, lots of love and of course our wonderful social events with our friends.

We know this year is going to be different, but we want you to remember all the wonderful times we shared together. We truly hope that we will all be together for next year's holiday season and celebrations



Would this be yours?

This pillow & umbrella was left in a locker in the Ladies Change room. If this is yours, please call the Centre at 519-539-9817.



# LITTLE NUGGETS

## Marilyn's Musings

*"There is nothing sadder in this world than to awake Christmas morning and not be a child." -Erma Bombeck*

Erma Louise (Fiste) Bombeck (February 1927 – April 1996) was a beloved American humorist, born in Bellbrook, Ohio and raised in Dayton. From 1965 until 1996, she wrote a syndicated column based on life in suburbia which appeared in over 900 newspapers in the U.S. and Canada. Over her career, she published 15 books, among them, "At Wit's End" (1965) "If Life Is a Bowl of Cherries, What Am I Doing in the Pits" (1978), "Motherhood – The Second Oldest Profession" (1983) and "Family – The Ties That Bind ...And Gag" (1987). She was also a television personality and appeared twice a week on Good Morning America. During the 1960's her annual earnings ranged from \$500,000 to \$1 million per year. In total, she wrote 188 columns, the last one in 1996 just prior to her death. Since the age of 20, she suffered from kidney disease which she kept private until 1993, although she was living with only one kidney and awaiting a transplant. This finally happened on April 6, 1996 but the transplant failed and she died on April 22. I suggest that you read one or more of her books or give one as a gift – oldies but goodies!

I was a huge fan of Erma. Still am! I'd like to think we have a bit in common. I have written more columns than she has - for the Sentinel Review, the London Free Press and of course, my "Marilyn's Musings" here in The Nugget. A quick tally of what I've done shows I am close to 200. My one and only book, (should it ever come to fruition), is still in the works – eight years and counting. Life just keeps giving me more and more chapters to include. The only time I ever appeared on television was when I did a presentation at City Council for South Gate or once when my husband and I were stopped on our way to dinner for a "Man on the Street" interview for CTV news. I certainly never ever made \$1 million for any of my writing. I got a pay cheque when I was a newspaper reporter for the S-R. I was 21 and cleared \$35 a week. Now I am a freelancer in every sense of the word!

I would like to dedicate this December column to my family. It's not Erma's book about family that inspired me but rather her quote about Christmas. For me, what is going to be "sadder" is that, due to COVID restrictions, I won't be able to spend Christmas with them this year. We've all taken Christmas for granted, haven't we? Traditions are fallen by the wayside. There will be lots of tears shed this year. Most of them won't be for joy, will they? And yet, I am still going to decorate, put up our trees, shop (online), bake and rejoice that I am able to do all those things.

Who ever thought when we packed away our Christmas decorations last year that 2020 would be so different from all the years before? I have ten bins of decorations. This time round, as I lifted the lids I got really emotional. Never used to! It was just one of the chores of the holiday season that had to be done – put away the regular "stuff" and replace it with the Santa statues, the candles, the tablecloths and all the other trimmings. Somehow each item brought back a family memory. I cherished each and every one more than I ever have. One is mom's picture in a silver frame a friend gave me as a gift many years ago. I hung it on my tree this time with tears in my eyes. She spent her last Christmas at my home. I had her "delivered" by paratransit from the hospital. She'd been there since May after having a terrible fall and was wheelchair bound... The next day she suffered a massive stroke and died a week later on my brother's birthday. I wish now that I was able to say thanks for all the wonderful Christmases we had for so many years.

My first ever memory was when I was three. I had begged my parents for a baby sister or baby brother. Carol (how fitting!), didn't arrive until two days after Christmas but I got my wish. I tried the same strategy a couple of years later. My brother arrived on January 3rd. And the gifts just kept coming and coming until there were seven in total. So, thanks for that too Mom! Needless to say, our family gatherings were quite large, happy and fun-filled occasions. The last big one had 32 people. A few new members have arrived since then. If only....



So very many Christmas memories – all good, some bad (Mom tripped over a Christmas gift once and broke her toe); mostly happy, sometimes sad (when Dad passed away less than three weeks before Christmas or when I spent it in hospital). What kind of memories will this year bring?

Before I “hang up the stockings with care” in hopes that St. Nicolas might magically appear, I want to leave you with one more quote from Erma:

“There is a thin line that separates laughter and pain, comedy and tragedy, humour and hurt”.  
Remember this, folks. It is what it is! Stay safe, smile and sing – you can do this!  
I wish you all a Healthy Holiday.

See you next year....

Marilyn                      marilyn.watson@execulink.com

## Local Roots Café Member Specials

Local Roots Café is very excited to announce that we will be offering some awesome MEMBER \ specials daily Monday to Friday!

When you check in with the volunteer or staff for your class or activity, be sure to look for our daily special board and order sheet.

This may be a fresh hot soup & sandwich for \$5

(You could also purchase separately for \$3 each)

Also back by popular demand are our fresh homemade muffins and rice krispie squares! Once you check in, Kristin and I will be sure to have your order ready after your class or activity. We will bring it into the room before it is over and you pay and exit the room! It is that simple!

No worrying about what is for lunch! We have you covered!

Thank you for supporting your centre!

Shelley & Kristin

To our valued Members,

We are excited to be able to offer you, our members, more programming this month. To continue on this positive progression, we will all need to be diligent in respecting the COVID protocols & standards that have been put in place for everyone’s safety. With additional programming comes additional challenges. Please read the new COVID protocols we have added to our standards. Thank you for your understanding and support. Everything we do, we do it for you, our membership.

In an effort to keep our high levels of standard of sanitization and everyone safe, please note the following:

- Members are welcome to enter the South Gate building for programming that they have preregistered for and to conduct South Gate business. Upon completion of the program or business, we ask that you vacate the building in a timely fashion. Times between programs are not to be spent on site.
- NO eating of meals in the Centre



## SPECIAL EVENTS

### Christmas Bazaar Baking



## CHRISTMAS EXTRAVAGANZA BAKING

ORDER FROM NOVEMBER 27TH - DECEMBER 11TH



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



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

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



## CHRISTMAS BAZAAR EXTRAVAGANZA

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

We kick off the Extravaganza on  
with the launch of our

### 12 OF CHRISTMAS DAYS Lottery



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



#### CHRISTMAS BAKING

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



**SANTA'S WORKSHOP**– Woodshop/Handy Craft Sale  
Check out our one of a kind handcrafted gifts, compliments of our SG Woodshop & our Members.

Once they're gone, they're gone!

Shop early to avoid disappointment. [www.southgatectr.ca](http://www.southgatectr.ca)

Friday, November 27 – Friday, December 11



#### CHRISTMAS CATERING

Fully catered meals for your socially responsible holiday gathering

*For details be sure to visit us on-line or see page 36*

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



## Q & A

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

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

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

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

- South Gate Centre will have increased cleaning schedules conducted by staff throughout the day. Rooms will be disinfected after every program.
- Patrons are encouraged to continue to take general precautions, including physical distancing of at least 3 metres/6 feet and wear face masks .
- Use of physical markers for workout zones and signage to indicate the appropriate 2 metres/6 feet spacing distance and traffic flow, where appropriate
- Increased sanitation stations.
- Members are expected to clean equipment before and after use
- Some equipment has been removed or decommissioned to allow for physical distancing
- Class sizes will be limited based on provincial directives
- Program/Activities will be for South Gate Centre Members ONLY

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

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

#### Will the change room be available?

Change rooms & lockers will be unavailable. Come dressed for your activity. Fitness Classes -bins will be provided for personal belongings. Please leave valuables at home.

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

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



SOUTH GATE CENTRE  
FOR ACTIVE ADULTS

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

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



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

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

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

**YES** The library will open Monday and Wednesdays at 1:00pm. Pre-registration is required. Returning Library item, please place on designated table in Café

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

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

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

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

## Face Mask Policy

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

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

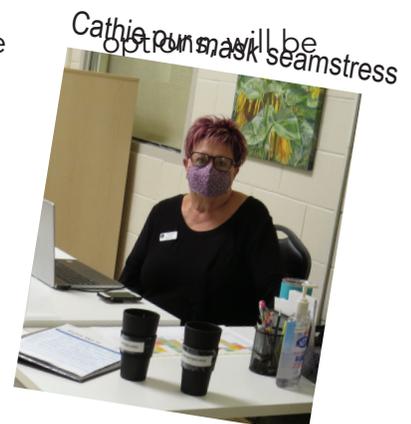
Please note the following exceptions:

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

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



We have handmade masks available to purchase at the members desk \$5.00  
Be sure to check out our Holiday Masks.  
Great for stocking stuffers





# PROGRAMS

## NEW REGISTRATION PROCEDURE

Registration for all programs is now on a weekly basis. You will only be able to register for one week at a time, starting the week before the class start dates.

DAY REGISTRATION OPENS	OPENS AT	FOR PROGRAMS THE WEEK OF
Monday, December 7	12:30 PM	December 14 - December 18
Monday, December 14	12:30 PM	December 21 - December 24
Monday, December 21	12:30 PM	January 4 – January 8
Monday, January 4	12:30 PM	January 11 - January 15

### Registration Details

Online or by phoning the Centre

- Classes/Programs are currently available to South Gate MEMBERS ONLY;
- Members must PRE-REGISTER for all programs/classes;
- There are maximum capacities on all programs/classes;
- Members may only sign up for a maximum of two (2) Fitness Classes per week;
- Members may only sign up for a maximum of (1) Billiards session per week;
- If you have signed up for a program/class and can no longer attend, please go Online and Unregister yourself. You can also call South Gate at 519-539-9817 or email [bonnie@southgatectr.ca](mailto:bonnie@southgatectr.ca) ASAP so we can remove you from the list and free up a sport for another member;
- Wait List - If a program/class is full, please call the Centre at 519-539-9817 and request to be put on a "Wait List". We will call you if a space becomes available.

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

Please go to [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs) for more information on the program schedule, December Fitness Schedule and how to activate your online account. You can also register by calling the Centre at 519-539-9817.

Program space is at a premium. Please respect it

\* If you are not able to attend a program you have registered for please contact the Centre ASAP. This will ensure that we are able to contact someone on the "Wait List"  
Thank you



## HOW TO CREATE YOUR ACCOUNT TO REGISTER FOR PROGRAMMING

### MYACTIVECENTRE ONLINE REGISTRATION HOW-TO

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

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

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



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

Senior Center **South Gate Centre**

**Key Tag Number** X000000  
The number on the back of your MySeniorCenter Key Tag (including the premium appcode).

**Home Phone Number** 555-555-5555

**E-mail Address** jsmith@gmail.com

**Password** \*\*\*\*\*

**Confirm Password** \*\*\*\*\*

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

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

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

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



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

Showing 4 activities after Aug 3rd in All categories

**Outdoor Fitness - Chair Yoga** FREE

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

Health & Fitness

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

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

August 2020 month week < >

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

9:30am - 10:30am

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



# PROGRAMS

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

## Program Safety Protocols:

- Please sanitize your hands upon arrival at the Centre (located at the Entrance);
- Masks must be worn while in the building until you are in your personal program bubble;
- Check In at the Desk and complete a Covid-19 Self-Assessment prior to going into a program;
- Please practice Physical Distancing (6 feet or 2 meters) at all times;
- Arrows have been placed around the building to ensure members are travelling properly – please follow them at all times;
- Please do not linger in the Centre after your program/class;
- Please remember to BE KIND – this is new for everyone and your patience during this time is essential and appreciated.

## Orientation Session

Membership COVID Safety Facility/Program Orientations

For those Members wishing to have a South Gate

Facility/Program Orientation you can register by calling the Centre or booking your Orientation Online

DAY	DATE	TIME
Wednesday	Dec 18	1:15 pm – 2:15 pm

## 2021 MEMBERSHIP

Early Bird Renewal

SAVE BIG if purchased in December

See Page 4 for details





## ONLINE/VIRTUAL PROGRAMMING

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



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

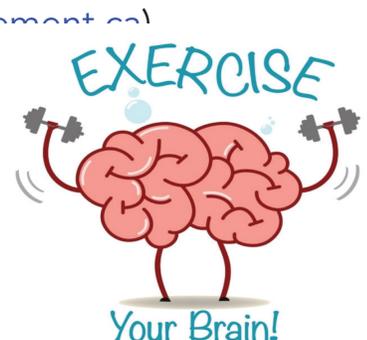


For anyone looking for more online interactive resources, check out these awesome sites:

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

And here are some more links to online game websites:

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





# PROGRAMS



## PHONE IN PROGRAM

Its' easy and it's FREE! South Gate now has the capacity to provide programming to you on your phone!

### STEPS TO CONNECT

1. Dial 226-781-4229 OR 1-866-279-1594
2. Enter the Passcode: 1 4 5 1 3 1 then #
3. Record your name or just stay on the line then #



## Meditations to Relax and DE stress

Please join Theresa Corman as she guides you through a meditation to relax your body and mind during these stressful times. To receive the most benefits from your meditation find a place in your home that you will be able to sit or lie down comfortably and quietly for 30 to 45 minutes without distractions. Turn off all electronics except the phone you are using. Cover yourself with a blanket or shawl to keep you warm during the meditation. You must register for this program. Register online or call the Centre to book your space. Information on how to phone in for the program will be communicated to you at a later date

DAY	DATE	TIME	LOCATION
Tuesdays	December 1, 8, 15 & 22	10:30am	PHONE IN

## Arm Chair "Travel with Bradley"

*The Current State of World Travel*

Host, Bradley Walters, travel and tour specialist for over 25 years. A session for all you travelers or want to be travelers, that you won't want to miss!

DAY	DATE	TIME	LOCATION
Thursday	December 10, 17	10:30am	PHONE IN



VIRTUAL HOSTED BY  
CHARTWELL OXFORD  
GARDENS AND SOUTH  
GATE CENTRE

AT 10:30 AM

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

Exercise Your  
Brain with Fit  
Minds

Join Us for This  
Exciting  
Presentation and  
Interactive  
Workshop

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

Register for this  
virtual  
programme

## Fit Minds

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

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

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

DAY	DATE	TIME	LOCATION
Wednesdays	Dec 2 -Dec 23	10:30am	PHONE IN

# NEW PROGRAMS & NOTICES



Here's some NEW programs we've added!  
For a full list of programs see pg 3

## FITNESS

### Trail Walkers

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

With Stella

DAY	START	TIME	LOCATION
Friday	Dec 4	10:15 am	Tecumseh

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

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

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

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

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

### Fitness Classes

We are excited to announce that we have added two new Fitness Classes to the December Program Schedule. Please visit [www.southgatectr.ca/programs](http://www.southgatectr.ca/programs) to view what fitness equipment to bring to the classes and to see who is teaching the class.

DAY	CLASS	TIME	LOCATION
Mondays	Full Standing	11:00 am	Hall
Fridays	Full Standing	11:00 am	Hall

## LEISURE

### Billiards Times

We have added new times for our Members to come in and play Billiards in December. You must register online or call the Centre to participate in these new times.

DAY	TIME	LOCATION
Tuesdays	1:00 pm	Reeves
Fridays	1:00 pm	Reeves

## EDUCATION

### Education Class

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

DAY	DATE	TIME	LOCATION
Tuesdays	January	1:00 pm	Kinsmen

## NOTICES

Pre-registration required for ALL programs

### Badminton and Pickleball

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

### New Time Crochet/Crafts

Please be advised that we have changed the time for the Crochet/Craft program on Thursdays. The program will now begin at 1:00 pm instead of 12:30 pm. This time change is to help us ensure that there is sufficient time between programs and our Members in the Centre

### Library Notice

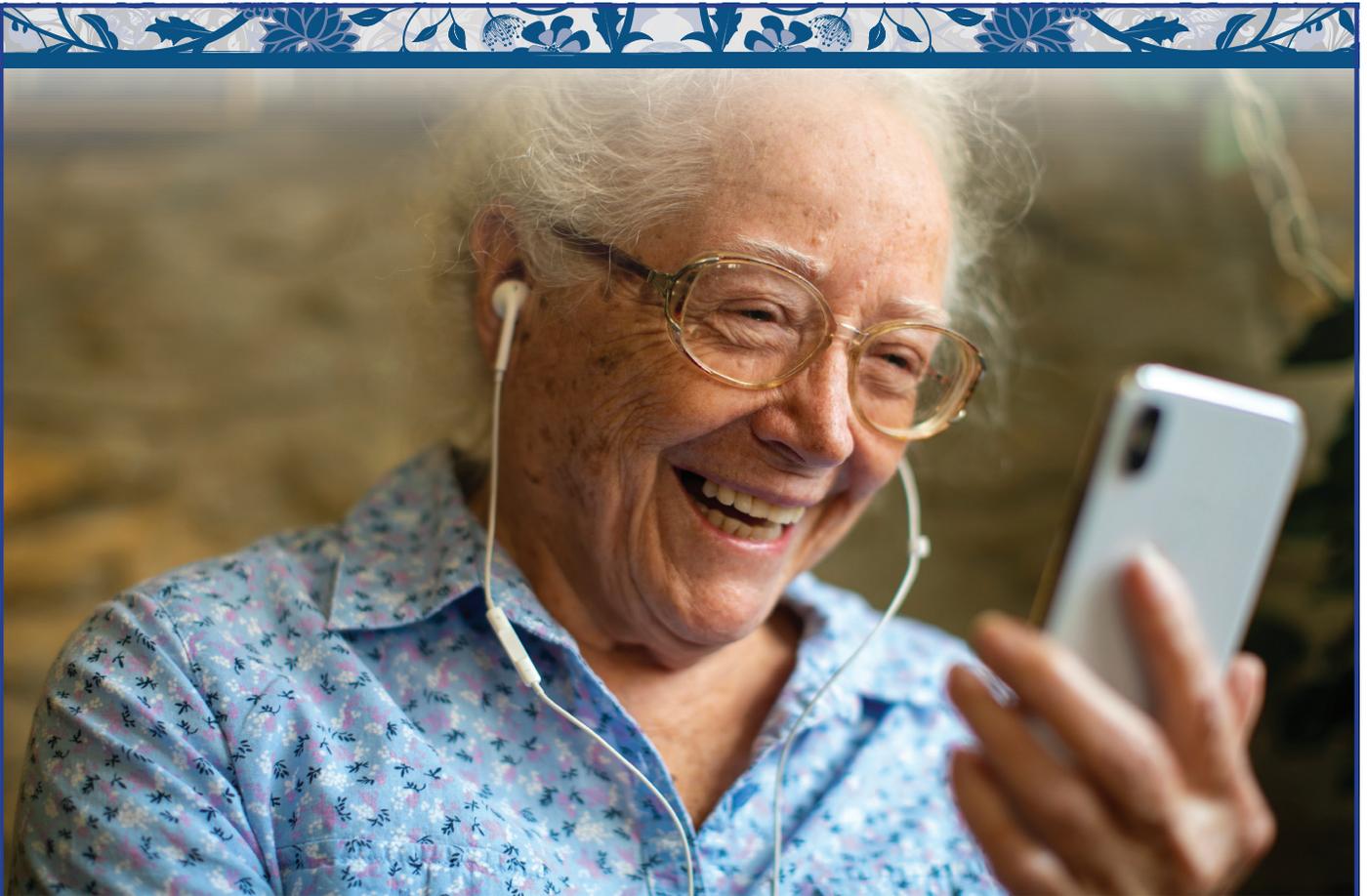
The Library is open on Mondays & Wednesday to come in and take out books, puzzles etc. You must register to come in and use the Library (this is not a drop in program). There are two times on Monday & Wednesday for you to visit – 1:00 pm to 1:30 pm & 1:30pm to 2:00 pm. Please register Online or call the Centre to book your time in the Library.

### Woodshop Notice

At this time, use of the SG Woodshop is only available to pre covid Woodshop attendees. Members are required to register for a covid Woodshop Orientation prior to scheduling program time in the Woodshop. Once orientation is complete, members may book time in the Woodshop. To register for Orientation and or Woodshop times please call South Gate Centre, 519-539-9817.



# ADVERTISEMENT



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our Queensview Family and the community of Paris.

*Thank you*



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*We would like to  
take this opportunity  
to thank all of  
Southgate for it's  
continued support  
and to wish you and  
yours a Very  
Merry Christmas  
and a Healthy and  
Happy New  
Year.*

*The Wellington Street  
Denture Clinic*





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

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

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Ask about our  
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**FOR MORE INFORMATION**

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

# ADVERTISEMENT



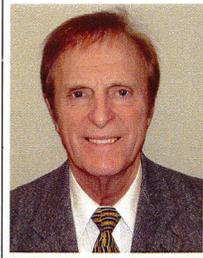
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**SOUTH GATE CENTRE**

## GOLDEN NUGGET Advertising Information

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

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

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Woodstock, ON  
N4S 7N3

LAST KNOWN SIGHTING OF THIS PERSON OF INTEREST: TALKING WITH BAKERY SALESMAN WHILE ON WAY TO FESTIVAL

**NURSERY RHYME POLICE REPORT**

SUSPECT PETER, NO LAST NAME, APPEARS TO HAVE EATEN THESE GOURDS AS WELL AS IMPRISONED HIS WIFE IN ONE



We've been married 15 years. Name us.



**AID ←**  
**AID**  
**AID**



Calculate using arithmetic operators only.

The greatest challenge in life is discovering who you are. The second greatest is being happy with what you find.



**Ian's A.P.S.A.C.M.**



SOUTH GATE  
CENTRE

## GOLDEN NUGGET Advertising Information

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¼ Page	\$60	\$160	\$300	\$580
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For More Info Call: 519-539-9817 or  
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# 12 OF CHRISTMAS DAYS Lottery

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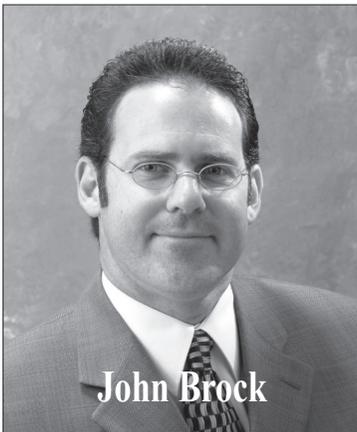


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T 519.539.6461 E [ikara@caressantcare.com](mailto:ikara@caressantcare.com)

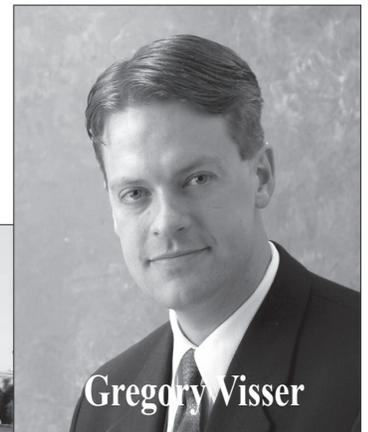
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# CURBSIDE EVENTS



Local Roots Presents:

## New Year's Eve



Looking for some delicious appetizers for you to share with your household on New Year's Eve? We've got you covered! Choose between two of our appetizer trays for \$25/each, or order both!

### NYE Special Platter



- Layered Nacho Dip with Chips
- Jalapeño Wonton Popper Cups
- Vegetable Spring Rolls
- Chicken Bruschetta Quesadilla
- Fresh Fruit with Vanilla Yogurt Dip
- Veggies and Dip

### Charcuterie Special Platter



- Variety of Meats and Cheeses
- Fresh Fruits and Vegetables, Green Olives and Dill Pickles, Grainy Dijon Mustard, Devilled Eggs, Gluten-Free Crackers
- 2 Cans of Upper Thames Back Paddle Blonde Beer

Pick-up time slots are between **4:30pm and 5:30pm on December 31st, 2020.**

Place your order by going to: <https://www.southgatectr.com/> or by calling **519-539-9817**



## Check out our Charcuterie Special!

This plate includes:

- Classic Pepperoni, Summer Sausage, Rock Pepper Sausage, Beef Salami, and Zigeuner Salami and Pepperette
- Variety of cheeses including Extra Old Cheddar, St. Jorge style Temiskaming, Wine Washed Charlton Goat and Balsamic & Caramelized Onion and Babybel
- Fresh fruits and vegetables, Green Olives and Dill Pickles, Grainy Dijon Mustard, Devilled Eggs, Gluten-Free Crackers
- Upper Thames Back Paddle Blonde Beer

**Buy one for \$15 or two for \$25!**

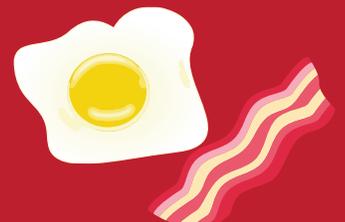
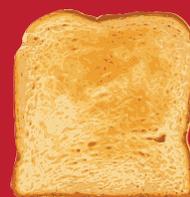
Curbside pick-up this delicious lunch and pick-up between 11:30-12:45pm Monday to Friday. Order online or over the phone!



## Order our Breakfast Special for \$6!

Includes:

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



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

# CHRISTMAS CATERING MENU

AVAILABLE FOR LUNCH OR DINNER



## Select one (1) protein:

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

## Select one (1) side:

- Mashed Potatoes with Gravy or Roasted Baby Potatoes

## Select one (1) salad:

- Fresh Garden Salad, Caesar Salad or Greek Salad

## Select one (1) pie slice:

- Apple Crumble, Pumpkin or Coconut Cream

All meals are served with a dinner roll.

### **Price:**

\$20/person for 1 protein

\$23/person for 2 proteins

# CURBSIDE EVENTS

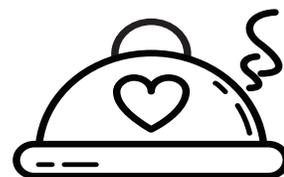
## Friday Night Dinners

It's hard to believe that 2020 is coming to an end. With that in mind, we wanted to host two more curbside pick-up dinners for you. Each meal is **\$15** - mark your calendars so you don't miss out!

- **Friday December 4th - Lasagna Dinner**
  - Beef lasagna, Caesar salad, garlic bread and a dessert
- **Friday December 11th - Steak Stack Dinner**
  - Steak stack with baked potato, creamed corn, jalapeño cheddar cornbread, Texas coleslaw and a dessert

**Limited tickets available!**

Pick-up time slots are between 4:30pm and 5:30pm.



How to Order:



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



Phone: 519-539-9817

## Christmas Turkey Dinner

Friday December 18th and Saturday December 19th, 2020

**On the menu:**

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



**Limited tickets available!**

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

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

**How to Order:**

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

Phone: 519-539-9817



# SPECIAL EVENTS

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# SOUTH GATE CENTRE'S 12 OF CHRISTMAS DAYS Lottery

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

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

TICKETS \$25

ONLY 2,000 AVAILABLE

DAY 7



Caressant Care Nursing  
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DAY 8



HUNT  
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Chartwell Oxford Gardens - 423 Devonshire Ave.  
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Merrifield Book Shop  
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SOUTH GATE  
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191 Old Wellington St. South, Woodstock • 519.539.9817 • www.southgatectr.ca • All proceeds go to South Gate Centre. South Gate is a not-for-profit charity.

# COMMUNITY EVENTS/STAFF



## COMMUNITY EVENTS

### DECEMBER

December 1 Membership Early Bird  
Renewal  
December 3 South Gate Inc AGM



To register please contact [felise@southgatectr.ca](mailto:felise@southgatectr.ca)

December 4 Curbside Lasagna Dinner  
December 11 Curbside BBQ Steak Stack  
Memory Tree of Lights 6PM  
December 18 & 19 Curbside Christmas Dinner  
December 24 Last day to get your  
12 Days of Christmas  
Lottery Tickets!

December 26 12 Days of Christmas  
Lottery Draws begin!  
December 31 Happy New Year  
Last Day to get your early  
bird membership renewal

January 6 Grand Prize Draw for  
\$10,000 12 Days of  
Christmas Lottery

## South Gate Centre Staff

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

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

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

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

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

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

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

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

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

## Board of Directors

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

## The SG Members Committee

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

## Notice: Deadline For the Next Nugget Issue

**Thursday, December 3** While every effort is made to correct errors within the Golden Nugget, occasionally some are missed. Thank you for your understanding!

### HOLIDAY CLOSURES

December 24 - Centre will close at NOON  
**Centre Closed for Holidays from**  
December 25 to the 4th of January  
Monday, January 4th the Centre will open for  
Business and programming

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



# LOCAL ROOTS

## DECEMBER LUNCH MENU

### Hot Meals - \$8.00

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

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

\* Freshly steamed vegetables not included.

### Sides - \$3.00

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

### Soups - \$3.00

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

### Sandwiches - \$3.50

White or Whole Wheat Bread

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

### Desserts - (assorted pricing)

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

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

### How to Order:

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

Phone: 519-539-9817