

# GOLDEN NUGGET

NOVEMBER  
2024



*Free Admission*

## CHRISTMAS BAZAAR

at SALLY CREEK COMMUNITY CENTRE

**SATURDAY  
NOV 16**  
9 am - 2 pm

*Vendors  
Wanted*

*Volunteers  
Needed*

VENDORS, SILENT AUCTION,  
LOCAL ROOTS CAFÉ & BAKE SHOPPE,  
CHRISTMAS TREASURES, NANA'S BOUTIQUE



SOUTH GATE CENTRE'S

**12** DAYS OF  
CHRISTMAS  
Lottery

**Tickets On Sale in Early November**

*You've gotta be in it to win it!*

**DAILY CASH PRIZES - \$100 - \$1,100  
GRAND PRIZE \$10,000 DRAW**



SOUTH GATE  
CENTRE

**A PLACE TO SUPPORT**

191 Old Wellington St. S., Woodstock, N4S 3J2  
519-539-9817 [www.southgatectr.ca](http://www.southgatectr.ca)



# WHO WE ARE



## Our Vision

LIVE well    PLAY well    BE well

## 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 and soul.

**SOUTH GATE  
CENTRE**

## South Gate Centre Board of Directors

Chair: Cristian Lagos	Jeff Gerber	Dianne Reeves-Denby
Past Chair: Kathy Deweerd	Mike Houle	Jeff Workman
Treasurer: Patrice Hilderley	Audrey Price	
Secretary: Connie Lauder		

## South Gate Centre Members Committee

Chair: Dave Clarke	Nancy Jarrett	Judy Tanguay
Board Liaison & Co-chair: Mike Houle	Linda Lee Bev Rajani	Heather Wilks
Co-chair: Jodi Ziebarth		
Secretary: Guy LaPlante		

They are always happy to answer questions and hear your suggestions or concerns.

## BE IN THE KNOW...

- Black Name Tag - Board Member
- Gold Name Tag - Staff
- Silver Name Tag - Members Committee Member
- White Name Tag - Member



South Gate Centre is a registered Canadian charity. Proudly funded partner of the City of Woodstock, and the province of Ontario. South Gate Centre acknowledges support we receive from all of our funders.

# CALENDAR-AT-A-GLANCE

Thursdays	Lion's Club BINGO 7 pm
<b>NOVEMBER</b>	
Fri Nov 1	"Good for the Soul" - Remembrance Day Theme - Reeves CC Mezzanine
Thur Nov 7	Local Roots - Rib Luncheon - \$20. Tickets required. p. 36
Mon Nov 11	Remembrance Day - Programs will observe a moment of silence at 11 am
Fri Nov 15	Mezzanine at Reeves Community Centre - Closed. Goff Gym Open.
Fri Nov 15	Set up at Sally Creek Community Centre for the Christmas Bazaar & Silent Auction
Sat Nov 16	Christmas Bazaar & Silent Auction p.21
Sat Nov 16	BUS TRIP - Shopping Trip to Port Huron
Tue Nov 19	French Canadian Cultural Dinner p. 36
Thur Nov 21	VON Blood Pressure Clinic - Sally Creek CC - Library
Thur Nov 21	Goff Gym at Reeves CC - Closed. Mezzanine Open.
Fri Nov 22	Goff Gym at Reeves CC - Closed. Mezzanine Open.
Fri Dec 6	Memory Tree of Lights - Tree Lighting at Brock & Visser p.25
Fri Dec 13	"Good for the Soul" - Lucky 13 and Christmas Theme - Reeves CC Mezz.

**Don't forget your 12 Days of Christmas Lottery ticket!**



**2023  
Bazaar  
Memories**



## CONSTRUCTION UPDATE



- Rebar is being added to the foundation footings in preparation for the installation of the steel.
- Asphalt will be placed over the gravel at the North West entrance before winter to allow a smooth walking surface for persons entering the centre.
- Parking lot remains off limits to South Gate, as it is now part of the construction zone. Parking for South Gate, on Wellington St. and at South Side Park.
- Video Cameras have been installed on the roof to view the construction site for added security when the contractors are not on site.
- Elgin has agreed to pour a concrete pad and install a gazebo in the garden area outside the Reeves room, to replace the old one.



A - Exterior - View northeast

B - New water service connection at the north driveway



C - Site demolition progress towards the east of the Centre.

D - Temporary Gas Service



E - Interior - Current demolition progress within existing Foyer, Reception and Corridor.

F - Interior - Current demolition progress within existing Administrative Office.

## PROGRAMMING UPDATE



A few adjustments are being made in November:

- Adding Tuesday Evening Billiards back into the schedule.
- Continue to look for new and returning programs including Indoor Golf (pg.13) and Good Morning Yoga (pg.15)
- Cowan Park Sportsplex – No Programming in November

## LOCAL ROOTS UPDATE



Reeves Community Complex - Complimentary Coffee available - Monday, Thursday & Friday in the Mezzanine. No Local Roots food available onsite.

Please join us at South Gate Centre for Coffee, Snacks and Lunch Monday - Friday.

Hot lunches available at Sally Creek Tuesday's & Fridays

# MEMBERSHIP AT SOUTH GATE CENTRE

## 2024 Membership Rates

TYPE OF MEMBERSHIP	2024 FEES
All-Inclusive (2 months) NOV. - DEC.	\$45

MEMBERSHIPS ARE NON-REFUNDABLE.

Pay in full at the South Gate Desk in your building. Credit/Debit/Cheque/Cash.

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

All-Inclusive membership includes all programs with the exception of Registered Programs.

## MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
  - Save \$ on Registered Programs, Cultural Dinners and more...
  - Save 10% on Room Rentals at SGC
  - Discounts offered at select community partner businesses. See below
- Not a member; what are you waiting for? Sign up today!**

## MEMBERSHIP DISCOUNTS

Action Wellness - 10% off of everything- wigs, jewelry, hair care products, Capilia Head First treatments, services, products, and pocketed bras.

Cheesy Cow - 10% off regular priced merchandise.

Mackey Moving - 10% off for South Gate members.

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

The Hallmark Shoppe/The Card Shoppe - 10% off regular priced merchandise.

Wellington Street Denture Clinic -10% off new complete dentures or new partial dentures for both new and existing patients.

## 2025 MEMBERSHIP RATES

Membership 2025 renewal info coming soon.

# EXECUTIVE DIRECTOR'S MESSAGE

## REMEMBRANCE DAY

At the 11th hour of the 11th day of the 11th month, the month, day and time in 1918 when the First World War ceased hostilities, Canadians pause to observe two minutes of silence to honour the Fallen, and recognize the sacrifices of all who served.

By remembering, we pay tribute to members of the Canadian Armed Forces and RCMP who served to defend our values and freedoms. We also honour those who continue to serve our country today.  
Lest we forget...

## Calling all SGC Members and Friends of South Gate

TWELVE DAYS of CHRISTMAS LOTTERY

Tickets go on sale early November.

Tickets are only \$25

TWELVE DAYS of CASH prizes start Boxing Day - December 26 to January 6 2025

Day 12 Grand prize of \$10,000!! Will you be one of the 12 lucky winners? (total in prizes \$16,600)

Only 2500 tickets printed. (All winning tickets go back in for next day's draw.)

Perfect for gift giving, stocking stuffers, secret Santa gift, family & friends, staff, service -providers & YOU!

**"YOU'VE GOT TO BE IN IT TO WIN IT!"**

100% of proceeds go back to our programming at South Gate Centre.

*Thank you for supporting South Gate Centre.*

It's South Gate's **CHRISTMAS BAZAAR** time, at Sally Creek Community Centre, Saturday, November 16, 9 am – 2 pm.

This is our largest Annual Members' Generated Fundraiser. We're calling upon ALL members to assist by way of donating either jewelry, handbags, fashion accessories, Christmas décor, small Christmas trees, wreaths, gift cards, handiwork, new or almost new items big & small for our Silent Auction or \$\$\$ cash. Donations may be brought into South Gate Monday – Friday or Sally Creek Community Centre Tuesdays & Thursdays. Thank you for your generosity and support. See pg. 21.

I just wanted to say...While some of the locations and conditions of our programs may have temporarily changed, you need to know that the staff and volunteers have worked very hard, trying their best to support the delivery of the programs that you know and love, as well as to introduce many new ones. Our goal during the build is to keep as many people engaged through our programming as possible. We've tried some things and realized that they just weren't sustainable. You've certainly let us know if it's

## EXECUTIVE DIRECTOR'S MESSAGE (CONTINUED)

working or if it's not and we appreciate that, along with your patience and understanding. This is new territory for all of us. If at first we don't succeed, we'll try again.

Your suggestions along with the great volunteerism we're seeing through the MOD Squad (Members on Duty), has touched all of our hearts. It's wonderful to know that we're all in this together. And while there may be those days... know that our future is looking incredibly bright with the new addition on the horizon. This time next year, we hope to be settled into the new South Gate! Together we make South Gate the greatest place to be.

Thank YOU, thank you, THANK YOU!

Chris Cunningham



## BOARD OF DIRECTORS MESSAGE

Hello everyone on behalf of your Board of Directors,

We hope you had a wonderful Thanksgiving weekend surrounded by family and friends. November brings Remembrance Day and another reminder of thankfulness.

This past month the Board is thankful for the multitude of ways that South Gate Centre makes it possible for us to gather together in fellowship with our members. October brought a delicious German Cultural Dinner and a spooky Halloween Party. We also had opportunities to spend the evening together at the Rotary Tastings at South Gate, Sally Creek Fall Wine & Cheese Social and Business After Five.

We are thankful that we have a strong, dedicated Board who somehow find the time to donate countless hours to South Gate Centre on top of full-time careers. And we aren't the only ones finding the time to give back.

The volunteer base at South Gate Centre is nothing short of miraculous. It is inspiring to see members continuously giving of themselves. One such member comes to mind and at a time when we are giving

thanks, I would like to take the opportunity to say thank you to the beacon of light that is Bev Rajani. Bev always has a warm smile and an embracing hug for all who are blessed to spend time with her. And there are many such occasions, as it is rare to attend any event where Bev isn't volunteering.

You are an inspiration to all of us Bev, and we are so grateful for the kind and giving person you are. Thank you for always making us feel welcomed.



Dianne Reeves-Denby

# MEMBERS' COMMITTEE MESSAGE

## WORKING TOGETHER TO KEEP OUR CENTRE WORKING FOR US

It's wonderful to see so many volunteers and staff pulling together to make the current transition period a meaningful one that allows us to continue to enjoy the benefits of our South Gate membership while we look forward to the completion of our new facilities later next year.

The staff has ensured the continuance of most programs available to us by securing the several satellite locations where they are presently being held and have faithfully kept us all in the loop about the progress of the ongoing construction, as your Members Committee has requested them to do.

It is unrealistic, however, to expect the staff to be present at the several satellite facilities at the same time. As members, we know that to continue to enjoy the physical, mental and social benefits of our membership at South Gate we need to pull together as a team. We have witnessed that spirit already as many of you who have volunteered to act as hosts during the initial weeks welcoming members at the satellite locations, helping to set up and take down chairs and tables for events and programs, preparing coffee on specific program days and in many other ways.

There are still several opportunities and will sure to be more for all of us to lend a hand at all our present locations, to make this transition period a most valuable and memorable experience. We welcome your willingness to participate in South Gate's continued success, in whatever way you may be able to do so. Thank you.



Dave Clarke  
Chair, Members Committee

## WELCOME NEW MEMBERS

Carole Ann Boleszczuk	Cathy Currie	Cheri Palmer
Peter Boleszczuk	Terry Dunnigan	David Palmer
Kim Boudreau	Dianna Dunningan	Pam Pooley
Phyllis Brenner	Karen Kierlander	Teresa Shaddick
David Broad	Brad Logan	Jean Shippey
Bev Burke	Linda Logan	June Spruce
James Burke	Liane Maskell	



*"Fear not November's challenge bold. We've books and friends, and hearths that never can grow cold. These make amends." - Alexander L. Fraser*



## MESSAGE FROM PROGRAM & VOLUNTEER COORDINATOR

The past few weeks have been challenging, as we've made adjustments and work to find balance. Thankfully, there is always a brighter side! I've seen resilience, compromise, compassion, communication, cheerleading, team work, and people stepping up and helping out. So many of our members are proving just how important South Gate is to them! This can be seen especially in our teams of volunteers!!

A tremendous kudos goes out to our program leaders and instructors. You are a testament to the amazing things that can be accomplished in times of adversity! Our committees – Members Committee and Special Events Committee, who continue to bring a voice to our members and help to provide what is needed in our Centre.

And, to ALL the individuals who are going above and beyond as our M.O.D. Squad (Members On Duty). I cannot thank you enough, because the staff can't be everywhere at once. Working together we are making things happen!! Let's continue to find ways to make this adventure we're on even better. We've got this!

Angela Hess



***Coming together is a beginning;  
keeping together is progress;  
working together is success.***

*- Edward Everett Hale*

## SPECIAL EVENTS COMMITTEE MESSAGE

On behalf of the Special Events Committee I would like to thank all of the South Gate Centre volunteers and staff and leaders who have been working tirelessly to ensure that the programs, activities and special events continue to be available for everyone to enjoy even through this challenging time of construction.

**Y'ALL ARE AMAZING!!**

Rick Rose  
Chair, Special Events Committee



# VOLUNTEER AWARD NOMINEES

Every year the Older Adult Centres' Association of Ontario (OACAO) honours some of the amazing staff and volunteers that keep our centres and businesses across Ontario running. Nomination letters speak about the incredible contributions these individuals have offered in service. This year, two very worthy volunteers have been honoured with such a nomination.

Please join us in congratulating:

## OACAO Award of Merit Nominee - Rick Rose

Rick is the epitome of the word ambassador for South Gate Centre, devoting excellence, awareness and professionalism into everything he touches! There is no task above him and nothing beneath his willingness to get involved...he does it all, and does it with passion! It does not matter where Rick finds himself, he is always promoting, sharing, and developing relationships that will benefit South Gate and the experience it provides! He cares so deeply and works tirelessly as he consistently steps up to support the things he believes in.



As staff, we are honoured to work alongside Rick, and we applaud the enormous contribution he makes every year, as he and his teams take on the mountainous task of creating, organizing and providing exceptional events, entertainment and memorable moments for all to enjoy.

## OACAO Trailblazer Award Winner - Jodi Ziebarth

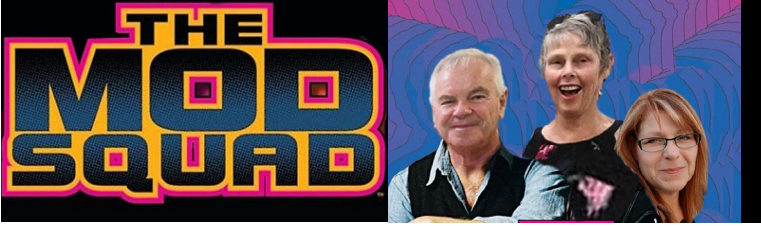
What began as attending a few fitness classes has grown to an involvement in almost every department of the centre. She brings a fresh energy and exuberance to any room she enters. Her smile and charisma paired with her drive to bring new and exciting experiences to the members of South Gate has helped to elevate programs, events and everyday operations.



Jodi has used her skills as an educator to bring creative flourish, organization and instruction to a number of new programs. Her awareness of people and their needs means that she is always thinking of how to improve each person's experience. If there is a task to be done, she is among the first to add her name to the list.

Jodi has been on the forefront of making sure we continue to strive for excellence in connecting with our members, which is why she quickly became involved in committees that made a difference for the people. In short, she is truly an invaluable and incredibly awesome volunteer!

# VOLUNTEERS



Allan Campbell – Need help? If he CAN, he WILL!! Leading a program, teaching equipment carrying hacks, set-up and tear down at functions. You name it, he's your man!! (above left)

Dianne Ward – She is a true advocate for the program she loves – Billiards. She's taken on the responsibility of setting up, cleaning up and locking up to allow for a sought after evening time slot. (above centre)

Jackie Libochan – The kitchen master of organization. (above right) We could not have done the satellite locations without her.

## VOLUNTEERS NEEDED



### Position Descriptions

Christmas Bazaar Volunteers – Friday, November 15 - Setup crew; Saturday, November 16 - 8:30 am - 2 pm - Greeters, customer assistance, table helpers for Christmas Treasures, Nana's Boutique and Local Roots Bake Shoppe, Clean-up crew (2 pm - 3 pm).

Graphic Design Assistant - Looking for someone, any age, to assist with design and redesign of social media posts, posters, flyers, etc. Maybe you have a daughter/son or granddaughter/grandson who may be interested?? Weekly assignments.

Quick Response Team – On-call list of men and women that can help setup/teardown events, traffic teams, welcoming committees, etc.

Hospitality Service Team for Probus – Provide coffee and snack service, including setup and cleanup. Third Wednesday of every month at Sally Creek Community Centre from 8:30 am – 12 noon.

If you're interested in becoming a volunteer, please fill out a Volunteer Application at the Front Desk or email Angela Hess, [angela@southgatectr.ca](mailto:angela@southgatectr.ca)



SOUTH GATE  
CENTRE



## WE NEED YOUR HELP!

# REGISTERED PROGRAMS

## THE ARTS

### Introduction to Acrylic Painting

October 31 and November 7 (2 Weeks)

Instructor: Kate Innes

**TIME**

1 pm - 4 pm

**LOCATION**

Sally Creek CC  
Hall

FEE includes Materials

Members: \$140+HST

Non-Members: \$150+HST

**Register by October 24**

Skills required: None

About the Instructor: Kate Innes is a Woodstock artist who specializes in loose, expressive landscapes and florals. Her work has been licensed for reproductions and sold through stores such as Home Sense and Home Goods in the U.S. Currently her paintings can be found at Cloud Gallery in Orillia.



In this two-session workshop, Kate will be introducing the class to the basics of painting with acrylics which will include colour mixing, composition, value and the various ways that paint can be applied to canvases to achieve a variety of effects.

Each student will be working on their own landscape which they will take home.

All supplies will be provided, just be sure to wear "work" clothes because we might get messy.

### Intro to Graphite Drawing

November 14 and 21 (2 Weeks)

Instructor: Mercedes Schuster

**TIME**

1 pm - 3 pm

**LOCATION**

Sally Creek CC  
Hall

**FEE**

Members: \$40+HST

Non-Members: \$50+HST

**Register by November 7**

Students will learn the basic tools for graphite drawing and understand how to use their pencils effectively. Learn about proportion, shading techniques, contrast, and composition. Reference photos will be provided or feel free to bring a photo to work from towards completing a final drawing.

Materials for students to provide - sketchbook, 2H-4B sketching pencils, white eraser, kneaded eraser, a photo they would like to draw. Instructor will provide the rest of the supplies needed.



# REGISTERED PROGRAMS

## THE ARTS Continued

### Intro to Chalk Pastel

November 28 and December 5 (2 Weeks)

Instructor: Mercedes Schuster

TIME

1 pm - 3 pm

LOCATION

Sally Creek CC  
Hall

FEE

Members: \$40+HST

Non-Members: \$50+HST

**Register by November 21**

Students will experiment with chalk pastel pencils as a drawing medium. Learn how to use frisket to mask off their drawing and protect it from chalk dust and carefully cut it away as they work. Reference photos will be provided or feel free to bring a photo to work from towards completing a final drawing.

Materials for students to provide - sketchbook, reference photo, white eraser, HB pencil.

Kit Available for \$27.00: white, black, and three warm grey chalk pastel pencils and kneaded eraser.



## BE CRAFTY BE CREATIVE

### Holiday Door Sign

Wednesday, December 11

TIME

1:30 pm - 3:30 pm

LOCATION

Altadore Hall

FEE

Members: \$20+HST

Non-Members: \$25+HST

Come create a beautiful and fun door sign/wall hanging for the holiday or winter season. Three designs to choose from. All supplies provided.



### Indoor Golf

November 5 – April 15

Leads: Larry Baer & Allan Campbell

DAY TIME

LOCATION

FEE

Tues. 10:30 am or 1 pm

FORE Golf

Members: \$5+HST

Regular Tee Fees to be paid each week.

Non-Members: \$7+HST

Registration at FORE Golf on Dundas St. October 29 at 10:30 am.

After October 29, email Allan ([ac1950campbell@gmail.com](mailto:ac1950campbell@gmail.com)) or Larry ([larrybaer13@gmail.com](mailto:larrybaer13@gmail.com)).

# REGISTERED PROGRAMS

## EDUCATION

### Education - Living History

November 5 – December 10 (excluding Nov 12) (5 weeks)

Instructors: Deward Yates, Dave Hayes, Brian Cox

DAY	TIME	LOCATION	FEE PER SESSION
Tuesdays	1:30 pm - 3:30 pm	Sally Creek CC Hall	Members: \$25+HST Non-Members: \$35+HST

Step into the world of the past as our instructors delve into a variety of topics on days past.

### W.O.W. (Wellness Overcomes Weight)

Leads: Paulette Whiteford & Mary Aucoin

No class - Friday, November 15

DAY	TIME	LOCATION	FEE for the year
Fridays	10am - 11am	Reeves CC Mezzanine	Members: FREE Non-Members: \$75

W.O.W. is a group that discusses overall wellness, not just weight loss. Some topics include Healthy Eating, Home Safety, Confidence Building, Fitness, Mindfulness and some of our meetings are just for fun. Each week offers group discussions, friendship, support, sharing and empowering tools.

### TECH LITERACY

November 13 - December 11 (5 weeks)

Lead: Henry Bruines

DAY	TIME	LOCATION	FEE for the session
Wed	1:30 pm - 3:30 pm	South Gate Reeves Room	Members: FREE Non-Members: Drop-In Fee

Learn to Use your Tablet & Smartphone. Our instructor helps you work through learning basic operations and applications. Bring your own device and your list of things to learn. Space limited.



# REGISTERED PROGRAMS

## FITNESS

### Beginners Nordic Pole Walking

November 1 - 22 (4 weeks)

Instructor: Deanna Jasmins

DAY	TIME	LOCATION	FEE
Fridays	10 am - 11 am	Meet at Local Roots Cafe	Members: FREE Non-Members: \$20+HST

This is a Beginners Nordic Pole Walking Program at Southside Park – the first Friday to the fourth Friday of each month. The original Nordic Urban Poles are used to teach the technique. Poles are provided for the program. It is recommended that participants attend from the first class, since each week is a progression.

### Good Morning Yoga

October 22 – November 26 (6 weeks)

Instructor: Pam Genge, co-founder of Bodymindconnect Yoga

DAY	TIME	LOCATION	FEE
Tuesdays	8 am - 9 am	Sally Creek CC Hall	Members: \$50+HST Non-Members: \$65+HST

A yoga class that focuses on mindful active movement. It encourages movement by listening to your body; to accept yourself. All levels of yogis welcome. Please bring your own mat.

### Pickleball

#### Beginner

November 6 - 27 (4 weeks)

Instruction available by Scott Revell.

Equipment included.

DAY	TIME	LOCATION	FEE
Wed.	10:30 am – 12 pm	Reeves CC Goff Gym	Members: \$12+HST Non-Members: \$14+HST

Beginners: Scott Revell, SGC member instructs and assists with improving your technique as you play.

#### Intermediate / Advanced

November 8 - December 6 (4 weeks) Excluding November 22

No instruction Friday afternoons.

DAY	TIME	LOCATION	FEE
Fri.	9:15 am – 10:45 am	Reeves CC Goff Gym	Members: \$12+HST Non-Members: \$14+HST

Come play this fastest growing sport in North America. Pickleball is played on a badminton court, with the nets lowered to tennis height, a ping pong type paddle and whiffle ball. Teams consist of two players on each team.

# DROP-IN PROGRAMS

## "Good for the Soul" Social Program

November 1 and December 13

Are you bored? Lonely? Looking to meet and make new friends? Do you want to laugh, learn, think or feel good? If you answered YES to any of these questions, this is for YOU!!! Please join us for a FREE drop-in group.

This class/group is all about fun, learning something new, making friends, being creative, self-care and always being kind.

DAY	TIME	LOCATION	FEE
Friday	12:15 pm - 1:15 pm	Reeves CC (Mezz)	Members: FREE

Non-Members welcome. Must pay City Program Fees at the Facility.

## Sports Circus

September 12 – October 31

A Rotation of Sports to explore and enjoy. Each session will begin with a warm-up, followed by an explanation of the activity, rules, skill development and GAME PLAY!! Volleyball, 3on3 Basketball, Dodgeball.

DAY	TIME	LOCATION	FEE
Tuesdays	10:00 am - 12:00 pm	Reeves CC (Goff Gym)	Members: FREE

Non-Members welcome. Must pay City Program Fees at the Facility.

## New Year's Eve Dinner & Dance

Tuesday  
December 31

Sally Creek Community Centre  
\$60 per person

DJ - Sound Dynamics  
Music, Champagne Toast, Prizes



Menu & more  
details to come.

**YOU'VE GOTTA BE IN IT TO WIN IT**

**50** SOUTH GATE CENTRE **50**

**Tickets are**  
**10 for \$10,**  
**100 for \$20,**  
**400 for \$40,**  
**NEW 600 for \$50.**

EARLY BIRD PRIZE DEADLINE NOV 13 at 9:30 am  
GRAND PRIZE DEADLINE Nov. 26 at 11:59 pm

Licence No.: RAF1357968

BUY NOW AT [WWW.SOUTHGATE5050.COM](http://WWW.SOUTHGATE5050.COM)



## OFF-SITE DROP-IN PROGRAMS

### BUNKA

Instructor: Rose Marie Geiling

Call Rose Marie at 519-533-0577 for information on what supplies are required.

DAY TIME  
Tuesdays 9 am - 11 am

Bunka is the Japanese art that looks like an oil painting using a punch needle and rayon thread. Supplies are extra and you must bring your own supplies to the class. Beginners are welcome.

### CRAFTERS CONNECTION

DAY TIME LOCATION  
Fridays 1 pm - 3:30 pm Oxford Gardens

Bring your crocheting, scrapbooking, colouring or other craft projects and enjoy 2.5 hours of crafting and socializing with your South Gate friends.

### KLAVERJAS

Program Contact: Carol Taplay

DAY TIME LOCATION  
Mondays 1 pm – 3:30 pm Oxford Gardens

Klaverjas is the Dutch name for a four player trick-taking card game using the piquet deck of playing cards.

### SOUTH GATE MUSICARES

DAY TIME LOCATION  
Thursdays 1 pm - 3:30 pm Oxford Gardens

This wonderful group of singers and musicians share their talent with performances both at South Gate and at many senior residences around Oxford County. If you're interested in singing or playing an instrument, consider joining the South Gate Musicares.

### TRAILWALKERS

Fridays 10:15 am

Weekly walking group that utilizes the local trail systems around Woodstock. Please feel free to invite friends to join us on the trails. We have fast and slow walkers...so please join us any Friday. More info? Stella, [slivanpo@gmail.com](mailto:slivanpo@gmail.com).

November 1	Beachville	November 15	Tollgate
November 8	Pittock Park North Shore	November 22	Upper Trail
		November 29	Roth Park



# PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - 8 Ball	9 am - 12 Noon Billiards - Snooker
1 pm - 4 pm Progressive Pepper	10 am - 11 am Men's Coffee Club	10 am - 11 am Nordic Pole Walking
1:30 pm - 3 :30 pm Tech Literacy - Reeves Rm.	7 pm - 10 pm Bingo - Lions Club	1 pm - 3:30 pm BINGO

**LIBRARY OPEN Monday to Friday 8:30 am - 3:30 pm**

**There are NO Drop-In Options available for Registered Programs unless noted in the current program listing.**

# PROGRAM SCHEDULE

**Closed**  
Mezz Nov. 15  
Golf Gym Nov. 21 & 22

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights M	8:30 am - 9:30 am Beginner's Line Dancing M	8 am - 9 am Full Standing Fitness G
9:15 am - 10:15 am Stretch G	9:45 am - 11:15 am Line Dancing M	9 am - 10 am Social in the Mezz M
10:30 am - 12 pm Beginner Pickleball (Instruction Available) <b>R</b> G	11:30 am - 1 pm Social in the Mezz M	9:15 am - 10:45 am Pickleball <b>R</b> G
11 am - 12 pm Stability Ball* M	1 pm - 4 pm Euchre M	10 am - 11 am W.O.W. Wellness over Weight <b>R</b> M
<b>R</b> Indicates a program which requires registration. Other programs register by calling the Centre, stopping in or online in PerfectMind.		11 am - 12 pm Seated Fitness G

\* Bring your own ball.

# SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive

H = Hall L = Lounge

TUESDAY		THURSDAY	
8 am - 9 am Good Morning Yoga	<b>R</b> H	8 am - 9 am Full Standing Fitness	H
9 am - 11 am Board Games, Mahjong, etc.	L	9 am - 11 am Board Games, Mahjong, etc.	L
9:30 am - 10:30 am Chair Yoga	<b>R</b> H	9 am - 12 noon Nov.21 VON Blood Pressure Clinic	L
11:30 am - 2 pm Lunch & Social	L	9:30 am - 10:30 am Total Body Workout	L
1:30 pm - 3:30 pm Education	H	12 pm - 1 pm Lunch	H
6 pm - 9 pm Bid Euchre	L	7 pm - 9 pm Cornhole	<b>R</b> H

**R** Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.

# WOODSTOCK BADMINTON CLUB

310 Hunter Street

MONDAY	THURSDAY
9 am - 11 am Pickleball	1 pm - 3 pm Badminton



# BE PART of OUR FUNDRAISING SUCCESS

## SOUTH GATE CENTRE'S CHRISTMAS BAZAAR

**SATURDAY  
NOVEMBER 16**

9 am – 2 pm

at **SALLY CREEK COMMUNITY CENTRE**  
330 Lakeview Drive, Woodstock

Free entry. Collecting  
non-perishable items for  
"Seniors in Food Crisis."

We're looking for donations for the  
following parts of our fundraiser...

### *Nana's Boutique*

Purses (new/nearly new), jewelry (fashion/vintage), fashion scarves. Also collecting broken or intact real gold/silver pieces of jewelry.

### *Christmas Treasures*

Small artificial trees 4 ft or less, wreaths, ribbons, ornaments, home decor items

### *Outdoor Items*

Pots and urns - 8" or larger, wreaths and items to decorate urns, wreath, etc.

### *Silent Auction Items*

Suggestions for items to donate: New items, vintage items, gift cards, regifted items, experiential items, home decor, Christmas items and more.

**VENDORS, LOCAL ROOTS CAFÉ &  
BAKE SHOPPE, MINI SILENT AUCTION**



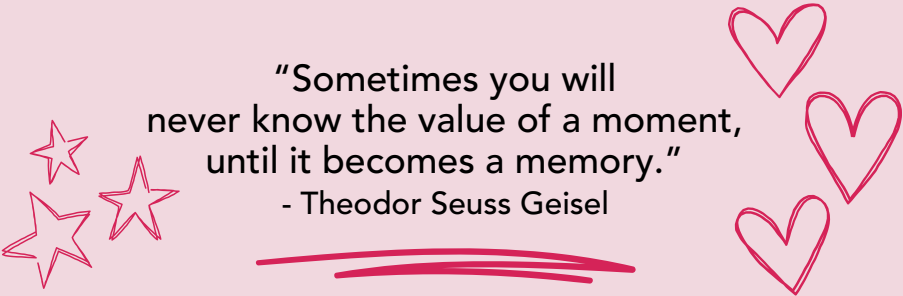
SOUTH GATE  
CENTRE

Please drop off items on Tuesdays or Thursdays at  
Sally Creek Community Centre or South Gate Centre.

## Creating a Legacy and Continuing to Develop it

I sometimes wonder if the legacy of Remembrance Day is losing its importance? Is the poppy or the famous poem "In Flanders Fields," losing its significance? Today's world seems to be overflowing with material on 'peace, contentment, inclusion, equity, and freedom.' However, it seems to be falling into a downward spiral of "chaos, noise, seclusion, and distress."

Creating a legacy motives us to look beyond today, and put a priority on creating something that will outlive us. I feel it's time(maybe you've even started) to create your legacy.



"Sometimes you will  
never know the value of a moment,  
until it becomes a memory."

- Theodor Seuss Geisel

"The best way to leave a legacy is to live it day by day." Something that has a significance to keep families connected generation after generation. Taking some special time to put something together that will not only be cherished in the moment, but become a wonderful memory. Yes, there's times in one's life that you would rather not dwell on. For instance those times where it was filled with adversity or grief. However, it's part of your life story. Times where you had to build resilience in the face of the adversity. Where family and friends rally around each other with supportive love, with the goal of bringing out the best in each other.

Create a "A Place to Remember. Let's be "Thankful." Begin a domino effect that begins with selflessness, to discover what self has to contribute in this world we all inhabit. Something that is valuable not only for today, but for many today's onward. Things that reflect what's truly important to you.

Live Your Life Painting Your Legacy Along The Way, Make a heritage Scrapbook, A Legacy Video, Family Legacy Pictures in a frame, Legacy Photo Album, A Legacy Journal...

[contactsheilamary@gmail.com](mailto:contactsheilamary@gmail.com)

# LAST MONTH IN PHOTOS



## MARILYN'S MUSINGS

In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place and in the sky  
The larks still bravely singing, fly  
Scarce heard amid the guns below  
We are the dead, short days ago  
We lived, felt dawn, saw sunset glow  
Loved and were loved, and now we lie  
In Flanders fields, in Flanders fields  
Take up our quarrel with the foe  
To you from failing hands we throw  
The torch be yours to hold it high  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields

All of us know, many by heart, the war poem "In Flanders Fields". Written by Canadian physician Lieutenant Colonel John McCrae, it is in the form of a "rondeau" which is a medieval or Renaissance 15-line style of poem. McCrae was inspired to write it on May 3, 1915, after presiding over the funeral of friend and fellow soldier Lt. Alexis Helmer who died in the second battle of Ypres. According to legend, fellow soldiers retrieved the poem after McCrae, initially dissatisfied with his work, discarded it. It was subsequently published on December 8, 1915. The poem was so popular that it was used to recruit soldiers and raise money selling war bonds. Its references to poppies that grew over the graves of fallen soldiers resulted in the remembrance poppy becoming one of the world's most recognized memorial symbols for soldiers who have died in conflict.

To hear this poem read with compassion and impact, I urge you to attend the Remembrance Day Service at the cenotaph here in Woodstock or nearby. Wear a poppy, Take time to read the names of those brave men and women who died in World War I or II - sacrificing their lives so those of us who remain can enjoy our freedoms. My great uncle, John Nathaniel Trotter's name appears on the Woodstock monument. He died at Vimy Ridge on April 5, 1918, at the age of 20. I will be there to honour him. Hope to see you there.

.... until next time

Marilyn

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



AT BROCK & VISSER THIS YEAR



Memorial  
Tree of  
Lights

In memory of those  
we loved

JOIN US FOR  
Lighting of the Tree

Held entirely outdoors at Brock & Visser Funeral Home  
845 Devonshire Ave, Woodstock, ON N4S 8Z4  
Friday December 6<sup>th</sup>, 2024 @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



SOUTH GATE CENTRE  
for active adults 50+

Sponsored  
by



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VISSER  
FUNERAL HOMES

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Your Total Printing Solution

# BE A FOOD ANGEL THIS HOLIDAY SEASON

## SOUTH GATE CENTRE



This wonderful initiative will let an older adult in our community know that someone cared enough to make sure they had a nutritious meal on their table. We presently have a number of seniors on our list that greatly benefit from a FOOD ANGEL.

You can make a difference. Be a FOOD ANGEL.

Donate to feed a senior, for a week, a month, or a year. A combination of fresh, hot, frozen, healthy home cooked meals will be delivered to a senior from you, their FOOD ANGEL. A friendly volunteer will deliver meals 4 days a week (7 meals a week) to a senior in need.

Food insecurity is rising amongst seniors at an alarming rate. Seniors dealing with underlying health issues, isolation and not eating a healthy meal live at risk. Fortunately, South Gate Centre has repositioned ourselves, working hard to be innovative, creative and caring in new ways.

Our team of caring volunteers are seniors themselves, helping with delivery and packing our food orders. Seniors helping Seniors.

### Be a FOOD ANGEL

Donation Amt	Provide food for 1 person for:	Recognition in the newsletter
\$ 60	1 week	-
\$250	1 month	1 issue
\$750	3 months	3 issues
\$1,500	6 months	6 issues
\$3,000+	1 year	11 issues (1 year), social media, in-house recognition



191 Old Wellington St. S., Woodstock, ON  
519-539-9817

SOUTH GATE CENTRE'S

# 12 DAYS OF CHRISTMAS Lottery

TICKETS \$25

## DAILY CASH PRIZES

December 26, 2024 -  
January 6, 2025

## GRAND PRIZE \$10,000 DRAW

January 6, 2025

**YOU'VE  
GOTTA BE  
IN IT TO  
WIN IT!**

## The 12 Days of Christmas Lottery

is South Gate Centre's largest annual fundraiser. For 12 days following Christmas, South Gate Centre gives away a cash prize. TICKETS ARE \$25. Each ticket drawn will be put back into the lottery for the next day.

The dates, cash prize amount and community sponsor for each day are as follows:

December 26, 2024 Day 1 \$100  
Sponsored by David Hilderley,  
Century 21 Heritage House Ltd.

December 27, 2024 Day 2 \$200  
Sponsored by Mellissa King,  
Century 21 Heritage House Ltd.

December 28, 2024 Day 3 \$300  
Sponsored by Finkle Street Tap & Grill

December 29, 2024 Day 4 \$400  
Sponsored by Nancy & Guy LaPlante

December 30, 2024 Day 5 \$500  
Sponsored by Hunt Homes

December 31, 2024 Day 6 \$600

January 1, 2025 Day 7 \$700

January 2, 2025 Day 8 \$800

Sponsored by Wellington Street Denture Clinic

January 3, 2025 Day 9 \$900

January 4, 2025 Day 10 \$1,000

January 5, 2025 Day 11 \$1,100

**January 6, 2025 Day 12 \$10,000**

Winners names will be posted on Facebook and South Gate Centre's website. Winners will be contacted by phone. Prizes will be available in January to claim.

Tickets will be available for purchase at South Gate Centre and Sally Creek Community Centre, FirstOntario Credit Union, Jacko's Sports Bar and the Woodstock Farmer's Market.

## DONATIONS

Your donation means so much.  
Thank you.

### CAPITAL DONATIONS

Maria & Joe Odumodu -  
Pharmasave

### GENERAL DONATIONS

Kathryn Innes - Art Program



## Giving

+ All donations made  
to South Gate Centre  
receive a  
tax receipt.

**BUS TRIPS - NO MEMBERSHIP NEEDED.**

# Fallsview Casino & Christmas on Ice

**BUS TRIP**

**Saturday, November 30**  
10 am - 7 pm



SOUTH GATE  
CENTRE

191 Old Wellington St. S., Woodstock ON

519-539-9817

A SPECTACULAR HOLIDAY CELEBRATION

## CHRISTMAS *On Ice*



## *The Holiday Musical You've Been Dreaming Of*

**Thursday, December 19**  
9 am - 6 pm

Hamilton Family Theatre Cambridge

The beloved film starring Bing Crosby comes to life in a lavish spectacle for the entire family! In this holiday postcard, two showbiz buddies try to help their old army General, now a struggling inn-keeper in Vermont, save his inn and lift his holiday spirits.

"Happy Holidays," "Blue Skies," "Sisters," and the ever popular "White Christmas" will fill you with the joy of the season. Make your days merry and bright and warm to this unforgettable musical about love, friendship, and loyalty.

Includes lunch and a morning activity to be determined.

**Call to book, stop into the Centre or book online**  
at <http://bit.ly/3IQATfv>.

**Bus pick-up/drop-off in Southside Park**  
across from children's playground.

# BUS TRIPS - NO MEMBERSHIP NEEDED.

## Fallsview Casino & Winter Festival of Lights

Niagara Falls

MON DEC 30  
10 am - 7:30 pm

\$55  
Must be 19+.



## ADVERTISEMENT

# Next Chapter with **Melissa King** *Your **Trusted Realtor**® for Life's Transitions*



Are you or someone close to you thinking about downsizing? Let's ensure this transition is seamless and enjoyable.

Choose **Melissa King** for:

- Customized Marketing Strategies: Adaptable plans designed to meet your specific needs, accompanied by competitive commission rates.
- Reliable Network of Professionals:
  - Gain access to trustworthy experts, including painters, packers, organizers, landscapers, handypersons, movers, and tradespeople.

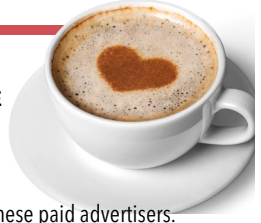
## Melissa King

REALTOR®

# 519-320-0203



LET'S MEET FOR COFFEE OR TEA! WHETHER YOU'RE READY TO SELL OR SIMPLY EXPLORING OPTIONS, REACH OUT TO ME TO SCHEDULE A CONVERSATION AND LEARN ABOUT YOUR HOME'S VALUE.



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

# ADVERTISEMENT

## 2024 GOLDEN NUGGET Advertising Rates

Size	1 mo.	3 mo.	6 mo.	1 year
1/3 Pg	\$ 65	\$173	\$324	\$626
Half Pg	\$ 90	\$238	\$432	\$842
Full Pg	\$151	\$432	\$842	\$1490

Email [sarah@southgatectr.ca](mailto:sarah@southgatectr.ca).

## Personalized TAX Preparation

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

**519-536-3635**

317 Willowgrove Crescent  
Woodstock, ON



**Gordon D. Williams**  
CPA, CMA

This newsletter reaches more than 2,000 people per month.  
If you're not advertising here - you should!

*Your Savvy Senior's Realtor*

# SHEILA BROOKS

Seniors Real Estate Specialist®  
Sales Representative

# REVEL.

REALTY INC., BROKERAGE

# 519.421.3240



111 Huron St., Woodstock, ON  
[sheila@revelrealty.ca](mailto:sheila@revelrealty.ca)



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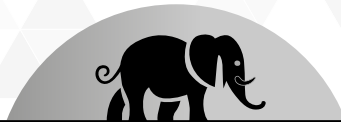
# ADVERTISEMENT



**Woodstock Hearing Centre is an independently owned hearing clinic that is committed to providing the highest quality of hearing healthcare service.**

## **OUR SERVICES:**

- Cerumen Management
- Hearing Tests
- Hearing Aids



**WOODSTOCK HEARING**



**345 Norwich Ave, Woodstock, ON N4S 3W1 | 519.537.3478**

At the corner of Norwich Ave. and Parkinson Rd.

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

# ADVERTISEMENT



DEC 7TH 1-4 PM

**CEDARVIEW RETIREMENT LIVING  
511 FINKLE STREET, WOODSTOCK, ON**

**AMAZING CRAFTS, ARTISANAL GOODS,  
HOLIDAY TREATS, DECORATIONS & GIFTS  
FOR UNDER THE TREE**

## *Cedarview's Annual Christmas Bazaar*



**CHRISSEY'S CRAFTS, CIRCLE OF CARE,, INFINITE DESIGNS, K.LEIGH CREATIONS, SOUL TEA CANADA, TWYSTED STITCHES, MARYKAY, BELOVELY SHOPPE, THE LIGHT YOU GIVE CANDLE CO, OXFORD ANIMAL RESCUE, STRETCH-FLO, SG CUSTOM WOOD BURNING, AM AZY CREATIONS & MORE!**

*Join us for a fun, free day of  
shopping, sweet holiday treats &  
a visit with the Big guy himself*



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



**2024  
COFFEE  
SPONSOR**

## Offering Services for:

Digital and Implant Dentures  
Complete and Partial Dentures  
Immediate Dentures  
Same Day Relines and Repair

**Call for a No fee  
consultation  
Today!**

Proudly Serving  
Woodstock  
**20**  
Years



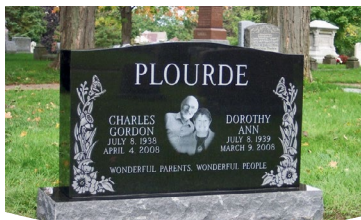
Wellington Street  
**DENTURE CLINIC**  
By Changing Smiles Changing Lives

**62 Wellington Street South  
519-533-1919  
wsdcoffice@gmail.com  
wellingtonstreetdentures.com**

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## ADVERTISEMENT

# Woodstock Memorials



Specializing in the  
Personalization of Cemetery  
Monuments & Markers

Contact us to schedule an  
appointment with a Memorial Counsellor.



2-1057 Parkinson Rd. Woodstock, ON  
**519-421-2427**

[jmcmahon@stratfordmemorials.com](mailto:jmcmahon@stratfordmemorials.com)  
[www.superiormemorials.com](http://www.superiormemorials.com)

## RESOURCES

TeleHealth Ontario is a free, confidential service to get health advice or information. A Registered Nurse will take your call 24/7. Toll-free: 1-866-797-0000.

Senior Support Line

Help is available for Oxford Seniors. Call 1-888-866-7518.

211 - [www.211ontario.ca](http://www.211ontario.ca)

211 Information and Referral Specialists are experts on community and social services. They can help you find 56,000 programs/services in Ontario.

## SGC STAFF

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# FROM THE LOCAL ROOTS FREEZER

AVAILABLE INDIVIDUALLY OR AS PART OF A PACK

## NUTRITIOUS AND DELICIOUS. LOCALLY SOURCED.

### ENTREES \$6 - \$8

Beef Pot Pie \$7

BREAKFAST – Meat Lover's Skillet \$7

Cabbage Roll Casserole \$6

Chili \$7

Chicken Pot Pie \$7

Chicken Stir-Fry with Teriyaki Sauce \$7

Grilled Salmon \$8

Ham and Scalloped Potato Dinner \$8

Ham Steak with Pineapple Sauce \$6

Honey Garlic Boneless Chicken Wings \$8

Hot Hamburger \$7

Lasagna \$7

Lemon Pepper Haddock \$7

Liver and Onions \$6

Low Carb Sausage & Veggie Bake \$7

Low Carb Unstuffed Cabbage Rolls \$7

Mac n' Cheese \$6

Meatloaf \$7

Pasta Primavera (Vegetarian) \$7

Pulled Pork Mac n' Cheese \$7

Roast Beef Dinner \$8

Shepherd's Pie \$6

Smoked Pork Loin Dinner \$7

Spaghetti and Meatballs \$7

Sweet and Sour Meatballs \$7

Vegetarian Chili \$6

### SOUPS - SMALL - \$3

Beef Stew

Butternut Squash

Chicken Noodle

Cream of Turkey Vegetable

Italian Wedding

Sweet Potato Bisque

Split Pea & Ham

Tomato Macaroni Beef

### SOUPS - LARGE - \$5

Chicken Noodle

Clam Chowder

Cream of Mushroom

Loaded Potato with Bacon

Upper Thames Beer &  
Cheddar

Roasted Red Pepper &  
Tomato Bisque

### DESSERTS - \$3

Apple Crumble Pie Slice

Baked Lemon Pudding

Caramel Raisin Pudding

Peach Cobbler

Pumpkin Pie Slice or

Sugar-Free Pumpkin Pie

Rhubarb Crisp or

Sugar-Free Rhubarb Crisp

## BEST DEAL - A VARIETY PACK

10 entrees of your choice, 5 small soups, and 5 desserts.

**\$90**



LOCAL ROOTS

**ORDER 24 HRS IN ADVANCE**

Online at [www.localrootscafe.ca/collections/frozen-food](http://www.localrootscafe.ca/collections/frozen-food)

Or Call 519-539-9817 for Pickup or Delivery.

Curbside pickup 11:30 am - 12:30 pm



LOCAL ROOTS

The South Gate Kitchen

Public Welcome  
at all locations

519-539-9817

Check out our Frozen Food menu.

[www.southgatectr.com/local-roots](http://www.southgatectr.com/local-roots)

## November Lunch Menu 11:30 am - 1 pm EAT IN OR TAKEOUT - \$9\*

### SALLY CREEK COMMUNITY CENTRE - LOUNGE

330 Lakeview Drive, Woodstock

\*Due to increased food costs

#### TUESDAY

#### THURSDAY

5	Oven-Fried Chicken	7	Rib Luncheon - \$20
12	Pork Loin	14	Chicken Parmesan with Spaghetti
19	Salisbury Steak	21	Ham & Scalloped Potatoes
19	French Canadian Cultural Dinner 4:30 pm (see below)		
26	Chicken Pot Pie	28	Salmon

### SPECIAL MEALS IN NOVEMBER



## \$20 RIB LUNCHEON

THURSDAY,  
NOVEMBER 7  
11:30 AM - 1:00 PM

GET YOUR TICKETS IN  
ADVANCE  
AT SALLY CREEK CC  
OR AT  
SOUTH GATE CENTRE

GET YOUR TICKETS IN ADVANCE - AT SALLY CREEK CC OR AT SOUTH GATE CENTRE

## FRENCH CANADIAN



TUES NOV 19  
4:30 pm - 6:30 pm

CULTURAL  
DINNER

Members \$20  
Non-Members \$25

MENU:

Soupe aux pois, Tourtiere,  
Aligot, Feves au lard,  
Maple sugar carrots,  
Pouding chomeur.

### Grab & Go Items Soup & Sandwiches

Available Monday to Friday  
at South Gate Centre  
191 Old Wellington St. S.



COFFEE or TEA

it's *Always*  
**FREE**

Thanks to  
Wellington Street  
Denture Clinic.