

GOLDEN NUGGET

JANUARY 2025



**WELCOMING YOU
TO 2025 AT
SOUTH GATE CENTRE**



**SOUTH GATE
CENTRE**

A PLACE TO EXPLORE

191 Old Wellington St. S., Woodstock, N4S 3J2
519-539-9817 www.southgatectr.ca



WHO WE ARE



**SOUTH GATE
CENTRE**

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 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

Heather Wilks

Bev Rajani

Co-chair: Jodi Ziebarth

Judy Tanguay

Linda Lee

Board Liaison & Co-chair:

Mike Houle

Secretary: Guy LaPlante

They are always happy to answer questions and hear your suggestions and concerns, either in person or by dropping a note in the Suggestion Box located by the check-in desk.

BE IN THE KNOW...

Black Name Tag - Board Member

Gold Name Tag - Staff

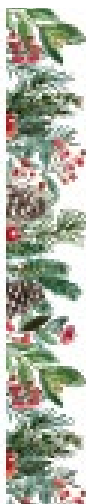
Silver Name Tag - Members Committee Member



South Gate Centre is a registered Canadian charity. Business Number 119145209RR0001
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 NO BINGO DEC. 26 Returns Jan.2
Thu Dec 26	12 Days of Christmas Lottery Draws begin today!
Mon Dec 30	Deck the Halls & Deal the Cards - See below.
Mon Dec 30	BUS TRIP - Fallsview Casino & Winter Lights - SOLD OUT
Tue Dec 31	Java & Joy - See below.
Tue Dec 31	New Year Eve Dinner & Dance at Sally Creek
Wed Jan 1	HAPPY NEW YEAR!!! All locations closed.
Thu Jan 2	Sally Creek Community Centre Closed for programming
Jan 2-3	Reeves Community Complex Open for regular programming
Jan 2-3	South Gate Centre Programming - See below
Mon Jan 6	12 DAYS OF CHRISTMAS LOTTERY - GRAND PRIZE DRAW - \$10,000
Fri Jan 10	Good for the Soul - Winter Blues at Reeves CC p.18
Thu Jan 16	VON Blood Pressure Clinic at Sally Creek CC Library 9 am - 12 pm
Thu Jan 16	Lunch & Learn at Sally Creek - Fraud & Identity Prevention p.19
Tue Jan 28	LOCAL ROOTS Scottish Cultural Dinner p.40
Fri Jan 30	BUS TRIP - Fallsview Casino p.23



30	31	JAN 1	2	3
←----- SALLY CREEK: No Programming -----→ ← REEVES CC: No Programming →				
SGC ONLY Deck the Halls & Deal the Cards!! 9am - 12 noon Progressive Pepper 1pm - 4pm Euchre	SGC ONLY Java & Joy: A Year-End Social 9 am - 12 noon New Year's Eve Dance 5:30 Doors open	NEW YEAR'S DAY All locations closed. Happy New Year!!!	REEVES CC Regular Thursday Programming (see schedule) SGC 8am - 9am Full Standing Fitness 9am - 12 noon Billiards - Snooker 9:30 am - 10:30 am Total Body Workout 10 am - 11 am Men's Coffee Club	REEVES CC Regular Friday Programming (see schedule) SGC 9am - 12 noon Billiards - Snooker 1 pm - 3:30 pm Bingo



Project Overview: We are excited to report significant progress on our expansion project. The new addition is designed to enhance our facilities, support increased capacity, and provide a better experience for our membership and the community alike.

Recent Progress:

1. Site Preparation & Foundation:

- The excavation and grading work for the new building area has been completed.
- The foundation work is now finished, with the concrete poured and set. This includes reinforced foundations to support the additional structure.

2. Interior Framework:

- All of the drain plumbing has been installed and backfilled to support the additional washrooms.
- Interior doorways have been opened to support the renovation of the Community kitchen

Milestones:

1. Steel was scheduled to be erected starting January 2 but has already begun in 2024!
2. Interior finishes have now been presented and accepted including paint colour, mill work, and counter top finishes.

Challenges & Solutions:

1. **Weather Delays:** Minor delays were encountered due to weather, but Elgin have adjusted the construction schedule to stay on track.
2. **Contaminated Soil Removal:** The last of the contaminated soil has now been removed offsite.

Thank You: We appreciate the hard work and dedication of everyone impacted by the project. A huge thanks to you, the membership who has demonstrated patience, continued support, and the ability to pivot at a moments notice. We know this has been challenging but will be worth it when we are in the new facility!

Stay Tuned for More Updates: We will continue to provide regular updates on the progress of the expansion and notify stakeholders of any changes. We are so excited at the thought of you walking through the doors for the very first time! It is truly a great time to be here at South Gate Centre!

Your Expansion Committee.

PROGRAMMING UPDATE



- Billiards – We will be opening up Thursday evenings again starting January 9!
- Seated Fitness – We are adding a NEW class – Tuesday, 11 am – 12 noon at Reeves C.C. Goff Gym
- Cornhole is back and now free to register for 2025 Members! Begins January 16. Space is limited. Register now!
- Excited to Host the BAM BOUNCERS, instructor Alicia Egan, for a 4 week Rebound Exercise Workshop! See details on page 16.
- A Special Thank you to Graham & Mary Becker for their years of involvement as volunteers/instructors in many areas of South Gate Centre. They have brought an elevation, talent and skills to special events and programs alike, especially Line Dancing. We say farewell for the 2025 year and wish them all the best!
- Carol Sutherland will continue as our line dancing instructor in January on WEDNESDAY mornings at 9:15 am – 10:30 am, a change from Thursdays with her Beginner Plus Line Dancing program
- Reminder to all participants: Please remove your outdoor shoes and change into indoor footwear!
 - Sally Creek provides a space in their front foyer
 - Reeves Goff Gym provides chairs in the area just before the gym.
- Have a great sports idea to start in Goff Gym? Send your ideas to angela@southgatectr.ca.

LOCAL ROOTS UPDATE

HAPPY NEW YEAR!

- Hot meals are continuing to be served every Tuesday and Thursday at Sally Creek.
- Breakfast with Bob and Bev on Wednesdays in January at South Gate Centre continues.
- Scottish cultural meal for January is sure to please.
- Save the dates for our breakfast buffet on Chilly Charlie's Groundhog Day and special Valentine's Day luncheon (p.19).
- What would you like to see? Your input is important to us. Email shelley@southgatectr.ca.

2025 CALENDAR OF EVENTS

JANUARY

Wed Jan 1 CLOSED for NEW YEAR's DAY

FEBRUARY

Sun Feb 2 Chilly Charlie Prognostication & Brunch

Thu Feb 13 Valentine's Lunch
w/entertainment

Mon Feb 17 CLOSED for FAMILY DAY

MARCH

Sun Mar 2 Rec and Leisure Show

Mon Mar 10 Best U Expo - Active Living Fair

Sat Mar 29 Murder Mystery Dinner

APRIL

Thu Apr 10 Ladies Night - Fashion Show

Fri Apr 18 CLOSED for GOOD FRIDAY

Mon Apr 21 CLOSED for EASTER

MAY

Fri May 2 50/60s Dance

Sat May 10 Mothers Day Weekend Event:
Tea, Luncheon, and Boutique

Mon May 19 CLOSED for VICTORIA DAY

Mon May 19 Victoria Day Parade

Tues May 20 SGC Car Cruise

JUNE

Wed Jun 4 AGM & Strawberry Social

Fri Jun 6 Free Senior BBQ

Sun Jun 15 SGC Car Cruise at DADFEST

JULY

Tue Jul 1 CLOSED for CANADA DAY

Tue Jul 15 SGC Car Cruise

Sun Jul 20 Streetfest Cruise

Thu Jul 24 Christmas in July Luncheon

AUGUST

Mon Aug 4 CLOSED for CIVIC HOLIDAY

Tue Aug 19 SGC Car Cruise

SEPTEMBER

Mon Sep 1 CLOSED for LABOUR DAY

Tue Sept 2 - Fri Sep 5 Welcome Back Week

Tue Sep 16 SGC Car Cruise

Thu Sep 18 SGC Charity Golf Tournament

OCTOBER

Thu Oct 9 Thanksgiving Lunch

Mon Oct 13 CLOSED for THANKSGIVING

NOVEMBER

Sat Nov 15 & Sun, Nov 16

SGC Creative Connections Art Show

Sat Nov 29 Christmas Bazaar &
Silent Auction

DECEMBER

Fri Dec 5 Memorial Tree of Lights

Wed Dec 10 Mingle Jingle

Wed Dec 17 Christmas Luncheon
w/ Musicares

Dec 24 - Dec 28

CLOSED FOR CHRISTMAS BREAK

Mon Dec 29 Deck the Halls, Deal the Cards!

Tue Dec 30 Java & Joy: A Year End Social

Wed Dec 31 New Year's Eve Dinner & Dance

Last Tuesday of Every Month (except
August & December) Themed Cultural
Dinner

ALL DATES SUBJECT TO CHANGE.

MEMBERSHIP AT SOUTH GATE CENTRE

To our SGC Membership,

The 2025 Membership Rate is a collaborative decision between the South Gate Board of Directors and the South Gate Members Committee.

It will be 3 years since the Membership Rate has increased and prior to that there were 2 years of reduced membership rates due to COVID. To balance the 2025 budget, it was necessary to make this increase to the 2025 Membership Rates. We are pleased to offer you, the Early Bird option listed below.

2025 Membership Rates

ALL-INCLUSIVE MEMBERSHIP January to December 2025	2025 RATE
Starting January 1st, 2025*	\$250
EARLY BIRD OFFER 1st Installment due by December 31, 2024 2nd Installment due by September 12, 2025	\$150 \$100

* Can be paid in monthly installments (pre-authorized debit) at \$ 25/month.

MEMBERSHIPS ARE NON-REFUNDABLE.

Pay in full online at South Gate Centre or Sally Creek Community Centre. Credit/Debit/Cheque/Cash.

TRIAL 30 DAY MEMBERSHIP - New Members Only - \$30
Perfect for a holiday gift!

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

All-Inclusive membership includes all Drop-In programs/activities, and members pricing on Registered Programs.

MEMBERSHIP has ADVANTAGES

- All drop in programs are FREE
- Save \$ on Registered Programs, Cultural Dinners, Bus Trips and more...
- Save 10% on Room Rentals at SGC
- Discounts offered at select community partner businesses. See pg.28.

Not a member; what are you waiting for? Sign up today!

EXECUTIVE DIRECTOR'S MESSAGE

You Made an Extraordinary Year Possible!

To our membership, volunteers, donors, sponsors, partners, staff and community members—thank you for your generosity and shared vision.

Together, we've strengthened our community and driven meaningful change in 2024, building an inclusive community, fostering social engagement and promoting wellness of mind, body and soul. 2024 brought us many successes; almost 700 members, over 60 different programs offered at 7 different locations, the start of our SGC Expansion, over 20,000 volunteer hours, members events - Garden Extravaganza, Streetfest Cruise, Christmas Bazaar, Dinner/Dances, Luncheons, Cultural Dinners, solid fundraising results with our Annual Giving Campaign, Golf Tournament, donations to our Food Angel Program, general donations and pledges to our Capital Expansion Campaign, bringing our total to over \$1.3 million dollars.

Your support inspires hope for what we can accomplish together in 2025.

I am humbled and so, so appreciate every bit of support you have given us throughout this transitional year and as we move closer to making our dreams a reality in 2025, with our newly expanded South Gate Centre.

We will have to continue to dig deep, show compassion, be kind, smile, believe in our vision and in each other. We are almost there...and I want you with me when we reach the finish line.

The future is looking bright! I can see it now, this time next year we will all be together sipping cocoa/tea/coffee/wine in the Toyota Lounge, socializing and enjoying fellowship in what will truly be a "gem in the crown of Woodstock", our big, warm & welcoming, beautiful and impressive, state of the art, South Gate Centre, on the Park.

On behalf of all of the staff at South Gate Centre we wish you a joyful and peaceful holiday season.

We look forward to keeping you active and well in 2025; mind body & soul!

Peace, Joy and Love to ALL.
Merry Christmas dear friends.
Chris

BOARD OF DIRECTORS MESSAGE

Happy New Year! We are grateful for the year passed and proud to be part of this great charitable organization! We are blessed for our amazing staff, volunteers, members and community partners.

A New Year! New beginnings, new goals, new growth and yes, new challenges! If our history tells us anything, it is that we will take on what lays ahead of us with excellence!

As a board we continue to search out new opportunities to maintain and support our centre and the role it plays in the future of our community. We have established the South Gate Fund, which is a part of the Oxford Community Foundation. This partnership offers another avenue for donations to be directed to SGC.

Our Board and its committees remain dedicated to ensuring stability and sustainability. The fundraising committee has met to set a strategic plan for continued growth. As well, our budget committee, alongside the board, have begun budget preparations, and our governance committee has reviewed by-laws, policies and procedures.

Chris Cunningham and the amazing staff at SGC continue to find creative ways of growing programming, fundraising, and making sure your membership is the best it can be. Our Members Committee and Special Events Committee continue to work hard on your behalf to make membership fun, fulfilling and memorable!

Finally to our members, thank you for renewing your membership. We are so grateful for your support and belief in the greatness that is our Centre!

Cristian Lagos
Chair, Board of Directors



WELCOME NEW MEMBERS

Patsy Balk	Cathi Gorham-Mol	Mary Radder	Sybila Hope Schneider
Annie Davis	Robert Mol	Diane Roberts	Gerald Warmald
Jamie Dickson	Mary Anne Murphy	Barry Schneider	



WISHING YOU A WONDROUS NEW YEAR!

MEMBERS' COMMITTEE MESSAGE

Happy New Year Friends!!!

Let us all welcome 2025 with open arms and positive thoughts. The South Gate Centre, our home away from home, is being rebuilt and transformed to provide us all with more space for new program opportunities and activities.

Just like any renovation, there have been obstacles to overcome. The staff have had to pivot program locations, and the membership has become resilient and adaptable as we forge forward to a common goal.

We all know these short-term inconveniences will bring long term benefits for our members and the community. The South Gate Centre will become the anchor for Southside Park and a beacon for the over 50 population. The Centre will allow us to continue meeting like-minded individuals to socialize, maintain physical fitness, play, laugh and continue to learn ~ these aspects being the pillars that are important for successful aging.

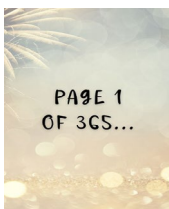
We, the Member's Committee, stand beside you as we all look forward to a great year ahead. We thank you all for your continued, unwavering support throughout the SGC expansion with a completion date that is forever closer, with all its promise and anticipation.

Again, Happy New Year!

A new year is a blank canvas, Be the Brush!



Guy LaPlante
Secretary



Jodi Ziebarth
Co-Chair

VOLUNTEER ROLES AVAILABLE

We all know the phrase it takes a village to raise a child, it also take a village of volunteers to keep South Gate Centre running. Email angela@southgatectr.ca if interested.

Hospitality Service Team – Provide coffee and snack service, assist with lunch service or evening event, including set-up and clean up. Positions to suit every schedule.

Delivery Drivers – Delivery of meal orders within Woodstock, one day each week from approximately 10:45 am – 12 noon

Special Events Planning Team – Be part of the team that plans dances and other fun member events at SGC. Meet once monthly for planning meetings, available to take part in various events.

MESSAGE FROM PROGRAM & VOLUNTEER COORDINATOR

Happy New Year, everyone! 🎉

As we welcome 2025, we are beyond excited for all the amazing programs and activities we have planned for you this year at South Gate Centre. Whether you're looking to stay active, learn something new, or simply have fun, we've got something for everyone.

Maybe this is the year you look to give back to this incredible community or want to try something in a different area then you've helped before! Come talk to me about opportunities to volunteer all throughout the centre. We can't wait to see you all back and making the most of the new year with us. Let's make 2025 the best year yet!



Angela Hess

MEMBERS ON DUTY



THESE VOLUTEERS WORK HARD TO PLAY IT COOL

Tom Wilson – If you've seen a moment captured in time in our newsletter, around the centre or on our online platforms...it likely came from the talents of our in-house shutter bug. Tom is at most events and happenings, capturing all of SGC's special moments!! Thank you photographer Tom!

Linda Lee – New to the Members Committee, Linda has been putting herself out there welcoming people to events and classes. And if you had a coffee at the Reeves Complex, thank Linda! She's been making sure your daily cup of java is ready to go 3 days a week!!

Janna Olsen – You'll find Janna ready with a smile and a few kind words as she shines at our volunteer desk at Sally Creek! She also recently stepped up to helping in the kitchen with Local Roots! Pop by Wednesdays and say "Hi" to her at the café window! We appreciate you, Jana!

***"THE QUALITY OF YOUR LIFE WILL BE DETERMINED BY THE QUALITY OF YOUR CONTRIBUTION. WHEN YOU WORK TO IMPROVE THE LIVES OF OTHERS, YOUR LIFE IMPROVES AUTOMATICALLY."* - KUREK ASHLEY**

SPECIAL EVENTS COMMITTEE MESSAGE

READY, SET AND GO! The 2025 calendar of events and activities is filling up quickly with the return of many familiar successful events plus the addition of some exciting new ones. Let's get this party started.

On another note, I want to take this opportunity to thank a couple of members of the Special Events Committee who have decided to take a step back for a well-deserved break from the extraordinary volunteering work they have done for SGC. Nancy Jarrett and Jean Hilton have been an integral part of our team and their work ethic, commitment and dedication towards special events will be missed.

It is, however, an opportunity for someone else who might be interested in joining our group to check us out. Contact the SGC office (Angela Hess) or myself (Rick Rose) at rose.rick85@yahoo.com so we can chat.

Thank you,
Rick Rose, Chair
Special Events Committee



Got an idea for a future special event or feedback on a past event, let us know by putting your written idea in the SUGGESTION/COMMENTS BOX located at the SGC check-in desk.

REGISTERED PROGRAMS

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

ART

From Left to Right Artistic Creativity Discussion

Thursday, January 23

TIME

1 pm - 2:30 pm

Instructor: Mercedes Victoria

LOCATION

Sally Creek CC

FEE

Members: \$25+HST

Non-Members: \$35+HST

An open discussion get-together, focused on shifting your thoughts into a creative and artistic mindset. Rediscover your creativity and learn tips and tricks to help with this shift. Students are asked to bring along a notebook/sketchbook. Open to all ages, levels, and creative types.

REGISTERED PROGRAMS

ART CONTINUED

Black Background Workshop

Thursdays, January 30 & February 6 Instructor: Mercedes Victoria

TIME	LOCATION	FEE
1 pm - 2:30 pm	Sally Creek CC	Members: \$40+HST Non-Members: \$50+HST



Starting with white paper, learn how to use charcoal and graphite together to create a seamless transition from graphite subject matter to black charcoal background. Students are asked to bring a sketchbook and drawing pencils and erasers. Open to all ages. Some drawing experience is an asset.

Drawing kit available for \$24. Includes special Staedtler Black pencils - 2B, 4B, 6B, 8B Staedtler Black Lumograph pencils, one charcoal pencil, one kneaded eraser.

WINTER LEAGUES

Cornhole

January 16 - March 20 (10 weeks)

Lead: Guy LaPlante

DAY	TIME	LOCATION	FEE
Thurs.	7 pm - 10 pm	Sally Creek CC Hall	Members: FREE Non-Members: \$40+HST

Cornhole is considered a backyard lawn game, but is now played in facilities indoors and outdoors all year long. It is a very easy game in which players take turns throwing corn or beanbags at a raised platform (board) with a hole in the far end.

Indoor Golf

Now – April 15

Leads: Larry Baer & Allan Campbell

DAY	TIME	LOCATION	LEAGUE FEE
Tues.	10:30 am or 1 pm	FORE Golf	Members: \$5+HST Non-Members: \$7+HST

Regular Tee Fees to be paid each week.

Register by emailing Allan (ac1950campbell@gmail.com) or Larry (larrybaer13@gmail.com).

REGISTERED PROGRAMS

EDUCATION

Education - Living History

(Session 1) January 7 – February 4

(Session 2) February 11 – March 25 (excluding February 18 & March 11)

(Session 3) April 1 – May 6 (excluding April 22n)

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.

LEARNING UNLIMITED - SEE NEXT PAGE

Tech Literacy

March 5 - April 2 (5 weeks)

DAY	TIME	LOCATION	FEE
Wed	1:30 pm – 3:30 pm	South Gate Centre Reeves	Members:FREE Non-Members: \$25+HST

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.

W.O.W. (Wellness Overcomes Weight)

Leads: Paulette Whiteford & Mary Aucoin

DAY	TIME	LOCATION	FEE for the year
Fridays	10am-11 am	Reeves CC Mezzanine	Members: FREE Non-Members: \$70

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.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”
- Mahatma Gandhi

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”
- Benjamin Franklin

REGISTERED PROGRAMS

EDUCATION

Learning Unlimited

SPRING 2025 PROGRAM



REGISTRATION OPENS MONDAY, JANUARY 6

This 8 week speaker series spans a variety of topics and ideas that gives the educational stimulation older adults need. Hear from local entrepreneurs, engage with professionals and experts passionate about their field, or discover new ideas and trends happening both here at home and around the globe.

16 Speakers, Every Wednesday for 8 Weeks

10:30 am and 1:15 pm

Cost for all Speakers: Members \$50 Non-Members \$60

Lunch Package for all 8 weeks is \$80 includes coffee, tea and dessert.

TOPICS INCLUDE:

- MAID
- Stratford Mission Depot
- Home Children In Oxford County
- Coyotes a misunderstood predator
- AI
- Metis
- Transplant
- Guelph to Goderich Trail
- Battle of Britain
- Plastic Recycling in British Virgin Islands
- Operation Sharing
- Lawn Bowling
- Autism Dogs
- Mayor Jerry Acchione - Homeless in Woodstock and City plans
- Writing Your Life Story
- Two of a Kind



REGISTER AT SALLY CREEK COMMUNITY CENTRE, SOUTH GATE CENTRE OR CALL.

HELD AT Movement Church
65 Lansdowne Ave. Woodstock



REGISTERED PROGRAMS

FITNESS

Bam Bouncers is thrilled to bring our rebound fitness classes to South Gate Centre ready to "positively impact your life, one BOUNCE at a time!"

A Beginner 4 Week Workshop will run every Friday beginning Fri. Jan. 10, 10 am - 11 am at SGC.

Message Alicia Egan directly to register for class(es) via:

Call/Text: (519) 841-9721

Email: Bambouncers@gmail.com

Facebook - [Facebook.com/bambouncers](https://www.facebook.com/bambouncers)

Instagram - [Instagram.com/bam_bouncers](https://www.instagram.com/bam_bouncers)

Benefits of Rebounding:

- Low impact
- Rebound boots take up to 80% of impact off our joints
- Improves bone density
- Increases core strength, balance & stability
- Improves Cardiovascular health
- Aids in lymphatic drainage
- Burns 25% more calories



FEE*:

1 class
Member: \$17
Non-Member: \$20

4 classes
Member: \$68
Non-Member: \$72

*Includes boot rental

Chair Yoga

January 7 - February 11 (6 weeks)

Instructor: Pam Genge, co-founder of Bodymindconnect Yoga

DAY	TIME	LOCATION	FEE
Tuesdays	9:30 am - 10:30 am	Sally Creek CC Hall	Members: \$50+HST Non-Members: \$65+HST

This class incorporates the mindfulness of a yoga practice while promoting flexibility, range of motion, strength and functional movement. Participants will learn to listen to their own body and choose the variation of exercise that is best suited for them that day. This class is done seated and instrumental music is used for motivation and for relaxation.

Good Morning Yoga

January 7 - February 11 (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 flow-style class that's suitable for all levels, with a consistent sequence of poses and sun salutations. This class is good for beginners to learn pose names and alignment, and for experienced practitioners to refine their postures. Calm your mind, feel alive and revived!

Please bring a mat and water.

REGISTERED PROGRAMS

FITNESS CONTINUED

PICKLEBALL - BEGINNER

January 8th - Jan 29th (4 weeks)

Equipment included.

Instruction available by Scott Revell.

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

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

BEGINNER PLUS LINE DANCING

Starts January 8

Instructor: Carol Sutherland

DAY	TIME	LOCATION	FEE PER SESSION
Wednesday	9:15 – 10:30 am	Reeves C.C. Mezz	Members: Free

This line dancing class is perfect for Beginners and Novice level dancers. Carol's style is fun and innovative with a great vibe! Beneficial for physical and mental (cognitive thinking) exercise.

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

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	Chartwell 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.

DROP-IN PROGRAMS

"GOOD FOR THE SOUL" SOCIAL PROGRAM

Friday, January 10

Want to meet and make new friends? Do you want to laugh, learn, share and feel good? If you answered YES to any of these questions, this is for YOU!!!

"Winter is the time for warmth and comfort and a little chat with your friends. Wear your winter blues with a great big smile. ❤️

Join us for "Winter Blues". Come dressed in your favourite blue outfit.

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.

KLAVERJAS

Program Contact: Carol Taplay

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

MEMBERS ONLY GROUP

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 - contact davesmyth543@bell.net.

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, sliwanpo@gmail.com.

January 3	Pittock North Shore	January 17	Upper Trail
January 10	Tollgate	January 24	Roth Park
		January 31	Lansdowne

UPCOMING EVENTS

Lunch & Learn at Sally Creek Community Centre

FRAUD AND IDENTITY THEFT

January 16 12 pm – 1:30p m

Dominic Mott joins us to share up-to-date knowledge on Fraud & Identity Theft through a presentation, simple practice exercises and walkthroughs.

Learn...

- How we see fraud compared to how fraud actually exists
- Why fraud is a major issue, and why we should be talking about it
- How fraud is changing
- Walkthroughs of the most significant types of fraud
- Fraud practice exercises
- How to be proactive and prevent fraud
- Guidance on what you need to do if you have been victimized by fraud

CHILLY CHARLIE'S PREDICTION & BREAKFAST



Sunday, February 2
8:15 am Prognostication
8:30 am Buffet Breakfast

Adults \$15
Kids \$7.50

*You're
Invited*



SOUTH GATE
CENTRE

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

Valentine's Day Lunch

Members: \$20
Non-members: \$25

AT SALLY CREEK COMMUNITY CENTRE

Thursday, February 13 12:20 pm - 1:30 pm

Spinach Mandarin Salad, Chicken, Pasta Primavera,
Roasted Potatoes and Dessert



LOCAL ROOTS
CAFÉ



Last day to buy tickets February 6

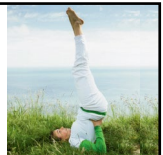
SAVE THE DATE

**Monday,
March 10
11 am to 3 pm**



FREE ADMISSION
Point The Way
BEST U HEALTH EXPO 2025

Reeves Community Complex



SOUTH GATE CENTRE

191 Old Wellington Street South

MONDAY	TUESDAY
9 am - 12 Noon Billiards - Snooker	9 am - 12 Noon Billiards - Snooker
1 pm - 3 pm Darts	1 pm - 3 pm Carpet Bowling
	1 pm - 3:30 pm Beginners Billiards - 8 Ball
	1 pm - 4 pm Progressive Pepper
	6 pm - 9 pm Come Dancing
	6:30 pm - 9 pm Billiards

PLEASE BRING INDOOR SHOES FOR PROGRAMS.





REEVES COMMUNITY COMPLEX


381 Finkle Street

G = Goff Gymnasium M = Mezzanine

MONDAY	TUESDAY
8 am - 9 am G Full Standing Fitness	8 am - 9 am G Full Standing Fitness
9 am - 12:30 pm M Social in the Mezz	9 am - 10:30 am M Social in the Mezz
9:30 am - 10:30 am G Full Standing Fitness	9:30 am - 10:30 am G Full Standing Fitness
11 am - 12 pm G Seated Fitness	10:30 am - 12 pm M Cribbage
1 pm - 4 pm M Euchre	11 am - 12 noon G Seated Fitness







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 BAM BOUNCER WORKSHOP  see p.16
	7 pm - 10 pm Bingo - Lions Club	1 pm - 3:30 pm BINGO
	6:30 pm - 9:30 pm Billiards 	



Save the planet and the cost of paper cups.
BRING YOUR REUSABLE WATER BOTTLE, MUG OR CUP.

PROGRAM SCHEDULE

WEDNESDAY	THURSDAY	FRIDAY
8 am - 9 am Why Weights M	11:30 am - 1 pm Social in the Mezz M	8 am - 9 am Full Standing Fitness G
9:15 am - 10:30 am Beginner Plus Line Dancing  M	1 pm - 4 pm Euchre M	9 am - 10 am Social in the Mezz M
9:15 am - 10:15 am Stretch G		10 am - 11 am W.O.W. Wellness over Weight  M
10:30 am - 11:30 am Stability Ball* M		11 am - 12 pm Seated Fitness G
10:30 am - 12 pm Pickleball - Beginner  	 Indicates a program which requires registration. Register by calling the Centre, stopping in or online in PerfectMind.	

* Bring your own ball.

SALLY CREEK COMMUNITY CENTRE

330 Lakeview Drive

H = Hall L = Lounge

TUESDAY

THURSDAY

8 am - 9 am Good Morning Yoga	R 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	R H	9 am - 12 noon Jan 16 VON Blood Pressure Clinic	L
11:30 am - 1 pm Lunch	L	9:30 am - 10:30 am Total Body Workout	L
1:30 pm - 3:30 pm Education	R H	12 pm - 1 pm Lunch	H
6 pm - 9 pm Bid Euchre	L	7 pm - 9 pm Cornhole	R H



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

RECENT EVENTS

Tinsel & Treasures Online Auction

This year we held the 1st Annual Tinsel & Treasure Online Auction featuring some incredible gifts and beautifully decorated Christmas Trees. Special thanks to all the local businesses and community members that put together these unique and festive delights. This year's online auction brought in \$2,600.

Thank you to all of our contributors and congratulations to our winners! We are so thankful for your support!

Memorial Tree of Lights

Congratulations and thank you to Brock & Visser for a heartwarming and memorable evening on December 6.

\$2050 was donated to South Gate from the in memory naming donors.

Thank you for choosing to support South Gate for yet another year.

The Memorial Tree of Lights & Memory sign can be seen at Brock & Visser Funeral Home on Vansittart Avenue in Woodstock.

BUS TRIPS

Fallsview Casino Bus Trip

Niagara Falls



FRI JAN 31

Members \$50

Non-Members \$55

Price includes \$35 slot credit.

Must be 19+ years of age.

THE PIANO MEN

A Tribute to Billy Joel & Elton John
Includes transportation, buffet lunch and the show



FRI FEB 14

Members: \$130

Non-members: \$140

Disney THE LION KING

THE AWARD-WINNING BEST MUSICAL

PRINCESS OF WALES THEATRE, TORONTO, CANADA

Includes transportation, orchestra seats, dinner at the Mandarin

WED APR 30

Members: \$245

Non-members: \$255



SOUTH GATE CENTRE

Book Now

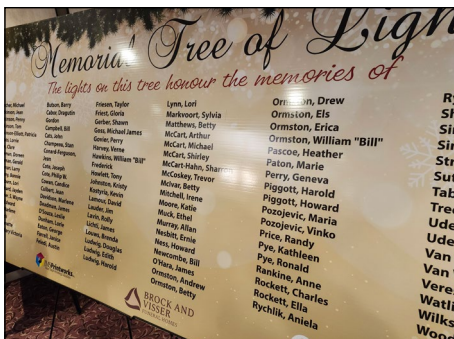
519-539-9817

No refunds.

Tickets are transferrable.

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. **NO REFUNDS ON BUS TRIPS.**



COME DANCING – A SOUTH GATE TRADITION SINCE 2010



2025 will mark the 15th year that Come Dancing has been running at the South Gate Centre. Beginning as a 'Dancing With the Stars' event in 2010, it soon changed to an evening where couples taking Ballroom & Latin dance lessons at SGC could practise their skills. Now, Come Dancing attracts dancers, ages 35 – 81, from as far away as London and St. Thomas to our Tuesday evenings. These are dance practices that have the feel of a real weekly dance.

Anyone can come to socialize with a fun crowd, dance, or just listen to a wide variety of beautiful strict tempo music played on our state-of-the-art Bose sound system. Come to improve your Waltz, Foxtrot, Quickstep, Tango, Viennese Waltz, Rumba, Samba, Cha Cha, Jive, Merengue, and Bachata or any other social dance.

When: Tuesdays, 6:30 – 9 pm in the large hall
6:30 pm -7 pm – Ballroom & Latin line dancing;
7 pm - 9 pm –Standard & Latin dancing
Cost: Free for SG members or \$15/couple

***Thank you Janice &
Gary for your time &
dedication.
We appreciate you!***

Call Janice or Gary for more information at 519-608-9399
Dance Lessons, group or private, are available upon request.

MARILYN'S MUSINGS

"They say a person needs just three things to be truly happy in this world: someone to love, something to do and something to hope for." – Tom Bodett

Thomas Edward "Tom" Bodett, born in Sturgis, Michigan on February 23, 1955, is an author of seven books, a voice actor and a radio host. If you have ever heard a Motel 6 commercial, it's Bodett who popularized their slogan, "We'll leave the lights on for you".

It's 2025! Happy New Year everyone!

With so much happening in our world today, let's focus on the "Happy" part of the New Year and how we can keep it that way. Sometimes it is hard to figure out what makes us happy. I ran across an interesting article on social media from an anonymous contributor that I thought I would share. Entitled "Learn To Be Happy" it goes like this:

"Do you know someone who's always happy? And you wonder "How is this person so happy all the time?" According to a happiness expert, you can learn to be happier. Here are five habits to increase your happiness....

- Find things you can become fully absorbed in. When you're fully engaged in something, you don't notice the passage of time. It's called a "flow" state, and it's associated with more joy.
- Practice random acts of kindness. It can make you feel generous and capable and bring more joy to your life.
- Nurture your relationships. Research shows they can be more important to happiness than money, your job, or even your health.
- Express gratitude. Count your blessings and be thankful for them.
- Celebrate good news. Give yourself a pat on the back when you've earned one and celebrate other people's wins too. Again, it's about being grateful and fostering community."

Like Bodett says, if you are one of the lucky ones who have found someone to love, if you are a member of South Gate and never run out of things to do and if you hope, as many of us do, that the future of South Gate and all it has to offer is bright, then let's keep the lights on. Surely, we all will be truly happy!

So, here's a toast, to all my friends, readers, and "auld" acquaintances - May 2025 be one of the brightest bulbs in your chandelier.

.... until next time

Marilyn

marilyn.watson@execulink.com

THANK YOU TO OUR SUPPORTERS

Thank you to our Coffee Sponsor – Wellington Street Denture Clinic

Wellington Street Denture Clinic (WSDC) has been involved with South Gate Centre for over 13 years and is owned and operated by Cristian and Anita Lagos. Initially Cristian began volunteering with the Centre and small sponsorship followed quickly. Soon afterwards he joined the board of directors and eventually became the chair for two consecutive terms (2013 – 2018) and is currently the Chair of the Board. An opportunity came up many years ago for WSDC to sponsor the coffee and that is the story of where free coffee at South Gate Centre began.

Cristian and Anita's support goes far beyond the coffee. They love being involved because of the incredible impact it has on its members and community. Cristian shares more on his thoughts about South Gate, "The Centre is an inspiration; there are not a lot of organizations that have the volunteers that South Gate has. There is a lot of love and caring amongst staff, members, volunteers and community stakeholders. I love that when given the opportunity SGC as an organization goes out into the community to help."

Highlights of being involved with the Centre for Cristian:

- Getting to know staff over the years has been a blessing to me. It's not always easy to find people so committed to a cause and really invest in moving it forward.
- Chairing the board has also been close to my heart as I've had the opportunity to work alongside incredible community leaders.
- Seeing the capital expansion begin. This was a project long dreamed of as well as a long time coming.
- It has been an honour to work alongside Chris. She is someone with great passion, vision and leadership. Her tenacity has been motivation and inspiration for me.

Cristian also shares, "Being a part of this incredible organization has been life-changing for me, both personally and professionally. I've crossed paths with so many unique and wonderful individuals. All have taught me the value of giving, helping, serving and persevering!"

Here is how our members feel about Wellington Street Denture Clinic's Coffee Sponsorship:

"Free coffee says welcome to me. Come in, have a seat and talk about anything and everything. Thank you to the sponsors!" Susan

"The free coffee provided by Wellington Street Denture Clinic has become an important incentive which encourages social interaction between

THANK YOU (CONTINUED)

members, a highly regarded value at South Gate. Thank you."

"In today's society, the free coffee gesture made by the Denture Clinic is so very appreciated! Each week I meet friends for coffee and story sharing, we are all thankful to SGC and the Denture Clinic for providing the avenue in which this can easily happen for us." ~ Carole

What does it mean to you to have free coffee?

"It's wonderful... I like coffee and don't make it myself anymore."
~ Sharron

"It's a real treat."

"It's a drawing card to get people out! It's social." ~ Murray

"It's a kindness that we don't get anymore." ~ Gloria

"I enjoy it. I always have one or two." ~ Neil

The Lagos Family has chosen to contribute to the Capital Expansion Campaign and the new Board Room will be named after their family.

From all of us at South Gate Centre, THANK YOU, Cristian and Anita for your continued support.

To learn more about Wellington Street Denture Clinic visit their website at <https://wellingtonstreetdentures.com/>.

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.

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

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.

Show your name tag to receive the discount.

THANK YOU NANCY JARRETT



It is with mixed emotions that we acknowledge the time and efforts that Nancy Jarrett has contributed to the planning and implementation of so many events at South Gate and for her ideas, input

and support in her role as a member of the Members Committee and the Special Events Committee. She has always taken on her volunteer roles with great enthusiasm and joy. She is a true team player. Recently, due to personal obligations and with much soul searching, Nancy will be stepping down from the Members Committee. Her delightful friendly personality will be missed by all of us. We wish her good health and happiness.

Thank you, Nancy, for all you have done to help make South Gate a better place.

There is an opening on the Members Committee

JOIN OUR
Team!

Are you interested in representing the interests of your fellow South Gate members? Would you like the opportunity to join the other members on this committee who share in the goal of making SGC the best centre it can be? If you answered YES, then this committee is for YOU! The Committee is made up of 9 South Gate members and is responsible for the needs of membership including:

Programming Suggestions Program & Membership Fees

Member Recruitment Welcoming New Members

Current needs and perceptions of members

Present action items and recommendations to the Staff & the Board of Directors

As a committee member, you will participate in monthly meetings. We collaborate in a friendly and respectful environment when we get together to take care of the above responsibilities.

**YOU CAN MAKE A DIFFERENCE. YOU HAVE A VOICE.
BE A PART OF THIS DYNAMIC GROUP!**

*Call or text Dave Clarke at 226-228-4282 or email theclarkes.dm@gmail.com *

or approach any committee member ~ recognizable by their silver name tag

or notify any office staff.



RECENT PHOTOS



WOW Christmas Lunch
It's always a festive event when our WOW (Wellness Over Weight) program gathers for their Annual Christmas Lunch! Each week this energetic group meets on Fridays offering group discussions, friendship, support, sharing and empowering tools. This year, Salvation Army and Local Roots Food Angel Program were the recipients of their annual giving.



WELLNESS WITH SHEILA PICKNELL

Something New is on the Horizon New Beginnings - New Hope

As I think about the stages of our new centre being built, I pondered the thought of time. The anticipation of it being completed. Renovations are time consuming! Blueprints are developed, with the



first step being the foundation. A "solid foundation" is essential for a safe structure to be formed. It must have precise measurements, as it holds up the building, bears heavy loads, stabilizes movements up and down, or side to side. Then let's think of the many different types of weather that it needs to withstand. All these things need to be taken into consideration with each step of the process, until it reaches that long awaited day of completion.

This reminds me of one's daily walk in life, and the importance of maintaining a solid foundation. The clock keeps ticking regardless of what age or shape we are in. We owe it to ourselves to keep our health tuned up and ticking to the best of our abilities. Making good choices of our time is important, as it is said, "time is the most valuable thing in life, and something we can never get back."

Taking time To Care For Yourself

Give yourself some time to enjoy the day
Not always hurrying it along its way
Yes, things need to get done
Some of them may not be so fun
Like vacuuming, scrubbing the floors, laundry
But when it's done, the benefits you can see
Cardio, balance, stretch, strength training is necessary
With a healthy balance of physical, and social activity
Maybe you don't like to exercise
However, when you do, you will realize
There's value in taking care of you
I so hope you believe that to be true!

Happy New Year Everyone!
contactsheilamary@gmail.com

FAREWELL LARRIE



Larrie has been with South Gate Centre for 7 years. He is my right-hand man and the glue that holds South Gate together. His role is integral to the success and direction of the Centre. He is at the nucleus of it all. He is the eyes and ears of the day-to-day and all of the extra behind-the-scenes things that no one else could even imagine. Larrie operates at a level of excellence 100% of the time and holds his staff to the same. He is an invaluable asset to myself, the staff, the membership/volunteers and clients. There is truly nothing that this man can't figure out and get done nor is there much that he won't try, for the good of the Centre.

Larrie has also given tirelessly of his time and passion to the expansion, working with the City, contractors and other trades/businesses over the course of the last year+.

He has been invaluable to our organization and its future.

It has been an honor to work with Larrie Blancher. We are sad to see Larrie leave, but life is about taking chances and making our dreams come true.

It won't be the same without him.

Larrie, congratulations on your new job. We wish you much success in your new career, the future is bright for you!

Thank you for everything. You will truly be missed. WE LOVE YOU!

This isn't goodbye, we'll see you soon dear friend,



Chris

FAREWELL LARRIE

Thursday, January 2,

10 am – 1 pm in the Cafe.

Share a tale, a laugh, a hug and wish Larrie Blancher well on his next adventure.



LET'S START THE NEW YEAR RIGHT *by Bing Crosby*



*... One minute to midnight, One minute to go,
One minute to say goodbye, Before we say hello,*



*... Let's start the new year right, Twelve o'clock tonight, When they dim the
light, Let's begin, Kissing the old year out, Kissing the new year in,*



*... Let's watch the old year die, , With a fond goodbye, And our hopes as high
As a kite, How can our love go wrong if, We start the new year right?*



*... Let's watch the old year die, With a fond goodbye, And our hopes as high,
As a kite, How can our love go wrong if, We start the new year right?*



FOOD RESCUE

FEEDING OXFORD

South Gate is part of a food sharing group that rescues excess unwanted food from suppliers/growers/distributors/restaurants and/or redistributes or repurposes it for those that need a helping hand.

Thank you donors.

- Cobs Bread
- Shoppers Drug Mart (West)
- Sysco
- Toyota Motor Manufacturing
 - Aramark
- Zehrs Woodstock

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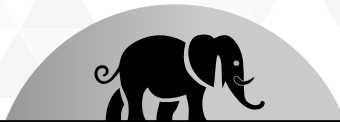
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THOUGHTS & PRAYERS

Dale & Carol Egan - son passed
Stan Justason - wife in hospital
Linda Runham - in hospital
Sylvia Smith - husband passed

DONATIONS

Your donation means so much.
Thank you.

CAPITAL DONATIONS

Brian & Rosemary George
Dr Lee Dentistry
Christine Uchacz
Diane VanMeer

FOOD ANGEL PROGRAM

Linda Baker
Gateway Casinos
David Cunningham
Ruth Hartley
Marianne Peterman
Diane VanMeer
W.O.W Program

GENERAL DONATIONS

Agnes Barnard
Karen Palmer
Stella Pippin
Diane VanMeer

IN MEMORY OF

In memory of Marie Paton
- Darryl & Joyce Kalbfleisch
In memory of Timothy Egan
- Rick & Donna Rose

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

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

Chris Cunningham
Executive Director
chris@southgatectr.ca, x222

Chantal McDonald
Office Manager
chantal@southgatectr.ca, x230

Angela Hess
Program & Volunteer Coordinator
angela@southgatectr.ca, x233

Sarah Lindsay
Marketing & Communications
Manager
sarah@southgatectr.ca

Shelley Davis
Local Roots Chef & Hospitality
Manager
shelley@southgatectr.ca, x231

Kristin Burke
Baker/ Assistant Manager
kristin@southgatectr.ca, x231

"Any new beginning is forged from the shards of the past,
not from the abandonment of the past." - Craig D. Lounsbrough

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

"The bad news is time flies. The good news is you're the pilot." - Michael Altshuler

FROM THE LOCAL ROOTS FREEZER

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ENTREES \$6 - \$8

- Beef Pot Pie \$7
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- 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

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LOCAL ROOTS

The South Gate Kitchen

519-539-9817

Check out our Frozen Food menu.
www.southgatectr.com/local-roots

Public Welcome
at all locations

January Lunch Menu 11:30 am - 1 pm

SALLY CREEK COMMUNITY CENTRE

Entree \$9

330 Lakeview Drive, Woodstock

Eat In or Take Out

TUESDAY

THURSDAY

7	Chicken Breast with Roasted Potato	9	Meatloaf
14	Shepherd's Pie	16	Porkloin Roast
21	Macaroni and cheese	23	Chicken Pot Pie
28	Cabbage Roll Casserole	30	Salmon



SCOTTISH CULTURAL DINNER



TUES JAN 28
4:30 pm - 6:30 pm

Members \$20
Non-Members \$25

MENU
Cullen skink (traditional smoked haddock soup),
Haggis, Neeps & tatties (turnip & potatoes),
Dessert



SOUTH GATE
CENTRE

A LOCAL ROOTS dinner
at Sally Creek Community Complex,
330 Lakeview Drive, Woodstock

WEDNESDAYS IN JANUARY
BREAKFAST WITH BOB & BEV
FORMERLY OF MISS WOODSTOCK
9 AM - 1 PM
SOUTH GATE CENTRE LOCAL ROOTS CAFE \$9





191 Old Wellington St. S.
Woodstock, ON
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LOCAL ROOTS

South Gate Centre
CAFE IS OPEN
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