

GOLDEN NUGGET

FEBRUARY 2021



WOODSTOCK'S RESIDENT GROUNDHOG IS BACK!

Tuesday, February 2nd



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

191 Old Wellington St. South, Woodstock · N4S 3J2
519.539.9817 · www.southgatectr.ca

Charitable Organization Number 11914 5209 RR0001



GENERAL INFORMATION

COVID NOTICE

In accordance with the province, South Gate Centre is Closed to the public.

Local Roots continues to offer curbside pick-up and delivery of our food services through the shut-down.

Visit www.localrootscafe.ca for more details.

Check our website for program and facility updates,

www.southgatectr.ca

Thank you for your continued support.

Stay Safe, Stay Well
Stay Home



Our Mission

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

Our Values

Building an inclusive community.

Fostering social engagement.

Promoting wellness of mind, body & soul.

Our Vision

LIVE Well

PLAY Well

BE Well

Charitable Organization Number: 11914 5209 RR0001



When you don't know
where to turn.

211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities.

When you don't know where to turn, turn to 211.

PROGRAMS- WEEK AT A GLANCE



PRE- REGISTRATION REQUIRED

All on-site programming is currently suspended until further notice

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





MEMBERSHIP

Membership is open to those 50 years young and better and is valid until December 31, 2021.

New Memberships & Renewals

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

All-Inclusive - An All-Inclusive Membership gives you access to South Gate Drop in Programs at no additional cost. Discounts on Registered Programs.

Monthly – All -Inclusive - * Pre-Authorized Withdrawal. If the Centre is to close the monthly fee will be suspended until the Centre is able to reopen. A Monthly All-Inclusive Membership gives you access to all South Gate Programs at no additional cost.

Ambassador Membership - ** 2021 SG name tag, access to all SG communications, exclusive members' offers, voting privileges at SG Annual General Meeting. Ambassador Membership does NOT include program participation.

MEMBERSHIP NAME TAGS MUST BE WORN AT ALL TIMES.

NO MEMBERSHIP REFUNDS.



Membership Advantage

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

Wellington Street Denture Clinic
Cristian B. Lagos – 519-533-1919

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

Klassx Performance Auto Centre
Larry Archer - 519-421-1993

10% discount off regular shop charges, parts and labour. Does not apply to specials or oil changes.

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

Mackey Moving
10% off for South Gate members.

PharmaSave Woodstock
94 Huron Street – 519-539-2888

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

Action Wellness
225 Main St

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



As many of you know, Health Canada has approved the use of two new vaccines against COVID-19. They are manufactured by Pfizer and Moderna, and represent what many of us consider to be a great feat in modern medicine. Moving from identifying a new virus to having a vaccine against that virus in under a year has taken an incredible coordinated effort. However, we also realize that many of you have questions – good questions – that need to be answered before you can feel confident in these vaccines.



Although we do not yet know exactly when the vaccine will be available, in the coming months, South West Public Health will be doing everything they can to ensure that each of you has access to a COVID-19 vaccine.

Below you will find ten of the most frequently asked questions regarding the two COVID-19 vaccines and the answers to them. If you have more questions, please visit <https://covid-19.ontario.ca/covid-19-vaccines-ontario> or contact your family physician or primary care provider to discuss them. Ten FAQs about COVID-19 Vaccinations

1. How effective is the vaccine?

The Pfizer and Moderna vaccines have been shown to be over 94% effective at preventing COVID-19. Trials also showed that they both significantly decreased the severity of disease in the small number of people who contracted the virus after receiving the vaccine.

2. How long after receiving the COVID-19 vaccine will it take to be immune?

It typically takes a few weeks for the body to build immunity after vaccination. This means that you COULD still become infected with the virus that causes COVID-19 for a short time after receiving the vaccine. Both the Pfizer and the Moderna vaccine will require two shots in order to achieve full immunity.

3. Can people who have been diagnosed with COVID-19 in the past be vaccinated?

At this time, experts are not sure how long someone is protected from getting sick again after recovering from COVID-19, and since re-infection is possible, even those who have previously had COVID-19 should be immunized.

4. Can the COVID-19 Vaccine cause a COVID-19 Infection?

None of the COVID-19 vaccines currently in development use the live virus that causes COVID-19. However, it is possible to develop side effects shortly after being vaccinated, including fever. These side effects are normal and are caused by your immune system responding to the vaccine. They are a sign that your immune system is working and doing what it is supposed to do.

5. What are the side effects of the vaccine?

The most frequent reactions are: pain at the site of injection (84.1%), fatigue (62.9%), headache (55.1%), muscle pain (38.3%), chills (31.9%), joint pain (23.6%) and fever (14.2%). These side effects are usually mild to moderate and resolve within a few days. Both the Pfizer and Moderna vaccines have similar side effects. If you experience a significant side effect following vaccination, please let your family doctor or another healthcare professional know.

CONTINUED ON THE NEXT PAGE...



VACCINE INFO

6. Is there anyone who CAN NOT receive the COVID-19 vaccine?

If you have a KNOWN anaphylactic allergy to the vaccine itself (i.e. you had an anaphylactic reaction after receiving your first dose of the COVID-19 vaccine), or any of the vaccine ingredients, you should not receive the COVID-19 vaccine. If you have had a severe allergic reaction to other vaccines, please talk to your primary care provider or family doctor as they may recommend consultation with an allergist prior to receiving a COVID-19 vaccine. People with other severe allergies (such as foods, latex, etc) may receive the vaccine with an extended period of observation following administration. Also, there are 3 main categories of people who were NOT included in the vaccine trials: 1) children under the age of 16; 2) women who were pregnant or breastfeeding; 3) People who were immunosuppressed due to disease or treatment, or suffering from an autoimmune disorder. However, this does not mean they can't receive the vaccine. We always have to weigh the potential risk versus potential benefit with medical treatments, including vaccines. So, if you fall into one of these categories, please talk to your family doctor or primary care provider about whether you should have the COVID-19 vaccine.

7. It seems like these vaccines were developed VERY quickly. Are they safe?

In fact, research on vaccines has been ongoing for over 10 years, and although the COVID-19 vaccines are the first ones to use this technology, the use of mRNA has been successful in other areas of medicine including cancer treatments. Additionally, the vaccines were produced faster than before not because of skipped steps, but because of unprecedented levels of collaboration and funding from around the world.

8. How was Health Canada able to approve the COVID-19 vaccine so quickly? Did they lower their safety standard for the vaccines?

The reason the COVID-19 vaccine was approved so quickly is not because standards changed. It is because Health Canada used a more efficient process for vaccine authorization. The safety requirements in clinical trials for the COVID-19 vaccine were as strict as for any other vaccine.

9. Once I have been vaccinated with the required two doses, can I stop following public health measures like wearing a mask, physical distancing and self-isolating if I become sick?

As of right now, the answer is no. Until the majority of the population is immunized, we will have to continue to practice all the currently recommended public health measures. Other factors, including how the virus is spreading in communities, will also affect how long we must continue with these measures. Bottom line: the more people that get vaccinated, the better!

10. When will I be able to get my COVID-19 Vaccine?

The difficult decisions about who gets the opportunity to be vaccinated first are made based on Ontario's ethical framework (<https://www.ontario.ca/page/ethical-framework-covid-19-vaccine-distribution>). Factors that are considered include population vulnerability and the most effective approaches to preventing the spread of COVID-19. For example, residents and staff in nursing and retirement homes are one of the first priorities. Here in Oxford County organizations from multiple sectors (eg. Family Doctors, Family Health Teams, hospitals, Public Health, EMS, Home Care and Mental Health and Addictions) are working together to develop a plan tailored to our local needs and resources. We fully recognize the importance of making this vaccine available to everyone, and are making every effort to eliminate any barriers to access. We are committed to getting it done as safely and efficiently as possible. So please stay tuned and we promise that we will get you immunized as soon as we can.

The COVID-19 pandemic is not over yet, but there is light at the end of the tunnel. Vaccination against this virus is going to be integral to us all being able to move forward.



Message from SG's Executive Director

These are crazy times! While we all navigate through this pandemic together, I want you to know that it's ok to say I'm not ok. We all will have good days and some not so good days. Self-care is essential & non-negotiable. Laughter can help improve your health. Here's some "staying @ home" jokes;

- I get to take the garbage out. I'm excited, I can't decide what to wear!
- Struck up a conversation with a spider today. Seems nice. He's a Web Designer.
- I realized why dogs get so excited about something moving outside, going for a walk or car rides. I think I just barked at a squirrel.
- Watched the birds fight over a worm. The Cardinals led the Blue Jays 3 – 1.
- Anybody else feel like they've cooked dinner 395 times this month?
- Strawberries: Some have 210 seeds, some have 235 seeds. Who knew??
- 8:00pm – Removed my day pajamas and put on my night pajamas.

Remember, you're not stuck at home, your SAFE at home. Hope to see you soon, Chris

Message from the Board

February - Hearts, Hygge and Hope

I'm writing this on the day after a historic event in the United States that we watched with disbelief. It seems that much of our life is full of uncertainty and so - what is one to do? Here's some ideas that might help.

Hearts - it's Valentine month and we reflect on those who are dear to us. For South Gate Centre that is you - our membership. We continue to reach out through Local Roots, phone in programs and phone in programming. What can you do in your own little corner of the world? Reach out to a friend or family member through phone or video chat, practice good self care - be kind to your heart - emotionally and physically.

Hygge - a new word perhaps? A Danish word pronounced "Hue-guh" which means to comfort or console and has to do with all things cozy. A warm blanket, a hot drink, lighting a candle, playing a game - all are ways to get that Hygge feeling during the cold month of February - while listening to a South Gate call in program perhaps.

Hope - Something we all need to hold onto as we take each month as it comes. We have come through difficult times but resilience and hope will help carry us through. Better times are on the horizon. Remember - do what you can in your own little part of the world - it does make a difference. South Gate Centre staff continue to do their all to be here for you and we hope to see you soon.

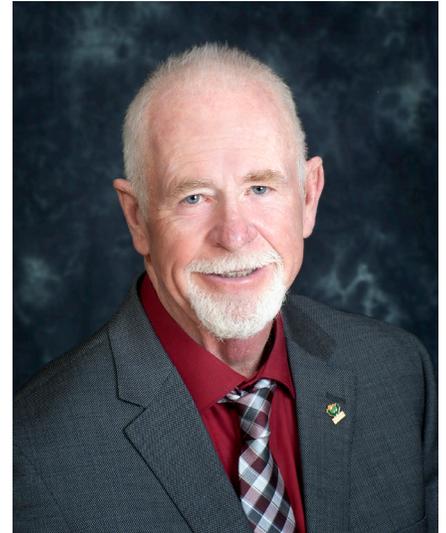
Vonnie Snyder, Co-Chair on behalf of the Board of Directors



SG Welcomes New Board Member – Councilor Ron Fraser

A brief overview of me, I have lived my whole life in Oxford County and in Woodstock since 1974, I was married twice and as such I have 5 children, one still residing at home and 4 grandchildren. My life careers have spanned from being a dairy farmer to a police officer for 34 years, my last 9 ½ years as Chief of Police. I am currently a Councilor for the City of Woodstock and this is my second term on Council, my first term was from 2010 to 2014. Two of my greatest community interests have been youth and seniors and a desire to make this a great community for each of these demographic sectors. Youth are our future and seniors have given us what we have now and deserve more.

WELCOME RON!



SG Welcomes Sarah Sheehan – Office Administrator

The Office Administrator provides support to staff, membership, program volunteers and office visitors, handles incoming calls and emails, manages the membership database and conducts other clerical duties as needed.

Sarah is a professional with a variety of office experience in both profit and non-profit organizations. A graduate of the University of Waterloo in Fine Arts and Art Administration and triOS College. She has taught classes, managed budgets, designed marketing materials and run social media campaigns. Her greatest work accomplishments have been helping others achieve their goals. Sarah and her husband, Ivan, and daughters Clara and Ella have recently adopted a new puppy into their family. Quintin is a 4 month old Aussiedoodle. In her spare time Sarah is an avid gardener and enjoys being creative with painting, drawing, crocheting, sewing and graphic design. Having grown up on a farm Sarah has never lost her love of nature and being outdoors.

"I am thrilled to start the position of Office Administrator at South Gate Centre. I look forward to meeting everyone that makes South Gate Centre the wonderful community that it is - staff, board, volunteers and members alike." Sarah Sheehan

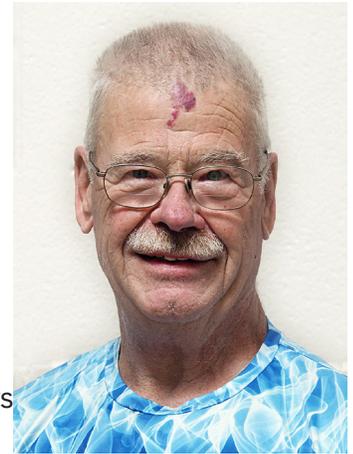




Meet your Members Committee Members

Members Committee

For many of you that don't know me I'm Alan Bohn. I was born and grew up mostly in rural Manitoba. The 20 years prior my retirement I did fire, electrical, security, and structural inspections for a Winnipeg based insurance company. I moved to Woodstock with the company from northern Alberta in 1995. Met my wife Chrissy McDonald here and we've been together 15 years this May. After retirement I joined SGC in 2011 where Chrissy had spent much time while I was away with work. At South Gate I've played on the baseball team, took art classes, attended the history class and play billiards whenever possible. I have cultivated many new friendships at SGC through my participation. I have been on the Members Committee for 5 years plus and have enjoyed the challenges. Through many events I have enjoyed volunteering with the chili cook-offs, groundhog Day festivities, streetfest car show among some. SGC has helped me improve myself both physically and mentally. Hello, nice to meet you.



Message from the Members Committee

Here we are beginning February 2021 and already it is close to a year since we were first asked to modify our behaviour in an effort to stay safe and hopefully avoid the virus. No one ever imagined how our lives would change. Daily rituals required to keep us safe and healthy have become very familiar to us, but in the process and while isolating physically, we have become more aware than ever of our connection to others and the value of staying in touch with family and friends alike.

Some have adapted by performing tasks that were previously put off while others have taken on new hobbies or renewed a love of reading (not to mention the computer skills we are attempting to develop) how do I Zoom??.

This could be a unique learning experience opportunity to look back on in the future when our lives resembled a time before this pandemic when we can be with each other, without a mask hiding our expressions.

In the meantime and on behalf of all of our members, I would like to acknowledge the South Gate Centre staff and volunteers who continue doing a wonderful job of getting as many programs as allowed, back to the members, while following the mandated health and safety guidelines.

The Local Roots Cafe continues to put out a variety of absolutely wonderful meals and they need your continued support as they had in the past. I personally managed to rescue myself from the dreaded after Christmas "turkey coma" by enjoying a couple of dishes from the café recently, such as liver and onions and lasagna and they were delicious and don't even get me started on their desserts.

We, your members committee, want you to know that each of us miss you and we look forward to the days when we can get together again. It looks promising that those days are getting much closer.



MEMBER'S CORNER

Smile Packs

With the COVID shut down forcing us to continue to isolate, we know that 1000's of seniors in Oxford have lost their community connections. Living in isolation can lead to feelings of "aloneness" and depression, making for a dangerous combination.

South Gate Centre & Chartwell Oxford Gardens have partnered, with a way to support Woodstock seniors from a distance – Made You SMILE program.

The program aims to create connection among those struggling with the effects of social isolation by delivering a SMILE in the form of a care package. The SMILE packs are filled with useful goodies to support physical and mental health and are dropped-off on the doorsteps of those in need. There will also be useful information on services, such as 211, telehealth, food, delivery services, Senior Centres without Walls – phone programs, Friendly Phone Visits etc.

With help from the community, donors, and volunteers, Chris Cunningham (Executive Director) & Kathy Deweerd (Community Outreach), have made it a priority to create innovative ways to maintain supports. "Social distancing has been difficult on everyone," Chris says, "but we're aware that the most vulnerable sector is our seniors. We're committed to finding creative ways to close those gaps and keep our community strong – Made You SMILE is one way we do that." Kathy says, "This is a community outreach initiative with the goals of brightening someone's day with a SMILE, letting them know they're cared about and getting important community contact information into their hands. Basically, we're checking in on our most vulnerable neighbours, seniors, SHARING HEART IN OUR COMMUNITY giving them a virtual hug and letting them know that we care and are here for them. "

100 Made You SMILE deliveries will occur on February 17th & 18th.

We need your help! If you would like to donate items or monetary gifts (tax receipt), to keep the SMILE alive and well, please contact Kathy, kdeweerd@chartwell.com or call 519- 788-0440. Useful items & individually packaged food, including fresh fruit are needed!

To submit a recipient for the Made You Smile program, who is a Woodstock resident age 50+ and struggling with the effects of social isolation, call South Gate Centre and leave a message or email with your name and phone number. 519-539-9817 - sgc@southgatectr.ca



Made You SMILE!

From your friends at South Gate Centre

Connect with us! 519-539-9817 | www.southgatectr.ca

SPONSORED BY CHARTWELL OXFORD GARDENS

MEMBER'S CORNER

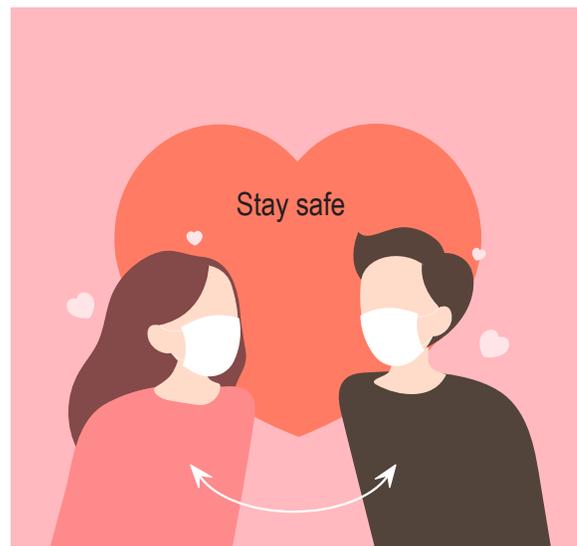


Message from the Health and Safety Committee

Happy New Year!

Well we made it to 2021! We hope you are all are staying safe and once again social distancing as best as you can. 2021 is a crossroads for much better things ahead! We are so looking forward to seeing everyone once we can get together again. Please reach out to people via telephone, internet or even write a letter! Staying busy is so important right now. Hang in there everyone. We will see you soon!

Be safe and stay healthy!
Larrie, Al, And Larry



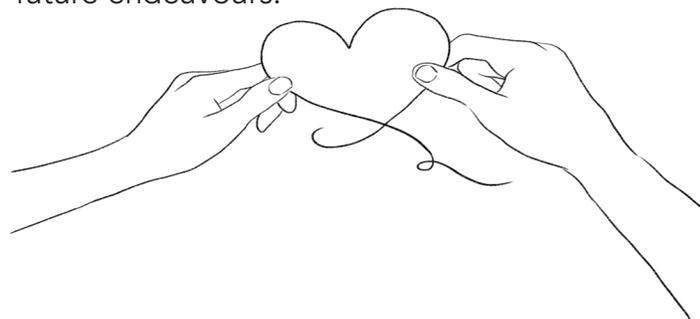
FAREWELL TO Emily van Straten



Did you know?

Valentine is the patron saint of beekeepers and epilepsy, among many other things. Saints are certainly expected to keep busy in the afterlife. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. In this respect, St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and traveling. As you might expect, he's also the patron saint of engaged couples and happy marriages.

We would like to thank Emily for all of her professional support over the last 7 months at South Gate. What started as summer employment to help us restart and reinvent Local Roots Café for curbside pick-up, online ordering and delivery, ended up a job in Human Resources. We wish Emily all the best in her future endeavours.





MEMBER'S CORNER

Thoughts & Prayers

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

Jim Town & Family
Jim Vernooy & Family
Vonnie Snyder – sister passed
Case Ypma – brother passed
Family of Ethel Fordyce

Ways to Give

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

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

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

Thank you

Thank you to everyone that donated last month

Anonymous (2)
Evelyn Griffith
Diane Nuesca-Hilderley
Lorna Materi
David Schell

In Memory of Ethel Fordyce
Chris Cunningham
Valerie Foster
Felise Jones
Stella Liwanpo

Tribute Donation - Memorial Fund

Give a gift to honour someone special in your life or pay tribute to the memory of one that will be greatly missed. Making a tribute gift to South Gate Centre will not only honour someone near and dear to your heart but will have a positive impact on the lives of seniors in Woodstock and the surrounding area. An acknowledgment will be sent to the family/person, and a tax receipt will be issued to the donor.

The name of the person(s) to which the donation was made, will be listed in our monthly newsletter. Memorial Tribute can be made online during this time at www.southgatectr.ca/donate

Thank you for your generous support!
South Gate Charitable # 11914 5209 RR0001

Well Wishes

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



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

MY CHARITY, MY CENTRE, MY #1 CHOICE

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

WWW.SOUTHGATECTR.CA



Exercise of the Month

Reverse Seated Sit Up

This exercise will strengthen your abdominal muscle, improving your posture and balance.

- Sit towards the front of the chair.
- Cross your arms at your chest.
- Carefully lower your shoulders toward the back of the chair, hinging at the hips and keeping your back straight.
- Keep your chin tucked & look straight ahead. Pause when your back is almost touching the back of the chair & then slowly return to starting position.



Work up to 15-20 repetitions.

Source: Tiered Exercise Program CCAA

February is Heart and Stroke Month

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **FAST** because the quicker you act, the more of the person you save.

© Heart and Stroke Foundation of Canada, 2018

Wellness

Get a Walking Workout Without Leaving Your House

It's no secret walking can be an excellent way to get exercise. Unfortunately, getting a walk in isn't always as simple as it sounds, especially this time of year — and that's where house walking comes in.

Instead of simply focusing on getting from point A to point B, house walkers aim to get steps in whenever possible. This might consist of a short 5-minute bout of walking stairs, walking in place when watching a TV show or walking up and down the hallway listening to your favourite music. At the end of the day, all those 5–10-minute bouts add up.

Yes, walking in place for 30 minutes at a time or heading up the same flight of stairs can be a bit boring. Try butt kickers, lunges or sidekicks to change things up.

Moving is good for your mind, body and soul.





LITTLE NUGGETS

Marilyn's Musings

A heart is not judged by how much you love, but by how much you are loved by others." - Lyman Frank Baum, from "The Wonderful Wizard of Oz".

L. Frank Baum (1856 – 1919) was an American author best known for his children's books, in particular "The Wonderful World of Oz" and its sequels – 14 novels in the series. He also wrote 41 other novels, 83 short stories, over 300 poems and 42 scripts. Born in Chittenango, New York, he worked as a newspaper journalist and a businessman. He didn't start writing for children, even though he had four of his own, until he was in his forties. "The Wonderful World of Oz" is considered to be the first American fairy tale. In his introduction to the book, Baum said his intention was to create a fairy tale in which the wonderment and joy of childhood are retained and the heartaches and nightmares are left out.

A few interesting tidbits: Baum derived the name "Oz" off a filing cabinet drawer marked "O – Z". The main character, Dorothy, was named after an infant niece who died while he was writing the book. When he was 12 years old, he spent a miserable two years at Peekskill Military Academy. The streets were paved with yellow Dutch bricks; hence, the "yellow brick road" and wanting to go home.

The title was shortened for the award winning 1939 movie, "The Wizard of Oz", starring Judy Garland, Bern Lahar, Jack Haley, Ray Bolger and Frank Morgan. Throughout the pandemic and the lockdown, I've watched a lot of movies. Just recently, I saw "Judy", the 2019 movie which won Renee Zellweger the Oscar for Best Actress. It is the story of Judy Garland's life in 1968 when she performed a series of sold-out concerts in London, England. Sadly, she died just six months later at the age of 47 of an overdose. Throughout the movie there are flashbacks to her life when she was involved in the making of "The Wizard of Oz". I highly recommend this movie if you are an "Oz" fan.

The quote I have used in this month's "Musings" appeared at the end of the "Judy" movie taken from the Wizard movie and book. I chose to offer this up to you as the month of February is all about hearts. The heart we all have is a muscular organ about the size of a fist, located just behind and slightly left of the breastbone. The heart pumps blood through the

network of arteries and veins called the cardiovascular system. That is literally what a heart is.

By definition, the heart is described in two ways:

1. A hollow organ that pumps the blood through the circulatory system by rhythmic contraction and dilation.
2. The central or innermost part of some thing.

You can feel your heart beat as you read this. Our hearts warm when we meet or see someone we love. Our hearts break when we lose someone for whatever reason. Our hearts ache when something sad or devastating happens in our lives. Our hearts race when something good or thrilling occurs. Our hearts can give out when (perish the thought) we have an attack.

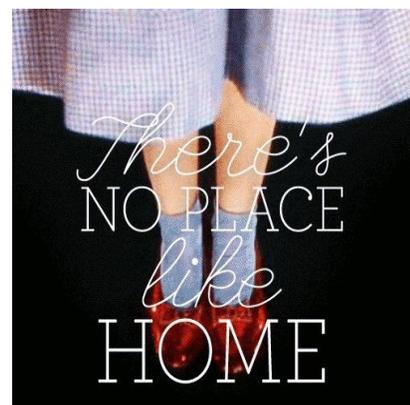
When we have had to make difficult decisions or choices, deal with what the world has put on our plates, we've all said loudly or in silence, "In my heart, I know I am doing the right thing." So, yes, the heart is the central or innermost part of something. It is what having a heart is all about!

Here is some heartfelt advice from an anonymous source to help us move forward:

"When you are unsure about the future, keep doing what is in front of you with all your heart and with love, and what is meant for you will find you."

Enjoy February. Have a Happy Valentines Day. Stay "heartly", healthy and happy. Stay home. **Until next time.....**

Marilyn
marilyn.watson@execulink.com





Local Roots Café Accolades

Shelley,

I want to send you a quick note to tell you what an absolutely AMAZING job you are doing . I have often ordered hot meal, frozen meals as well as baking from South Gate and it has always been topnotch. My daughter, who is in her thirties and lives alone is sold on all the aforementioned items as well. I am So pleased to see younger people supporting South Gate .

In a year where Covid has wreaked havoc for many programs at South Gate, you have Stepped up to the plate and found new and creative ways to not only support South Gate financially, but also provide a drastically needed service for lonely seniors and other who are struggling through a pandemic.

Today, my daughter purchased the New Years Eve charcuterie board. She was totally amazed at how fresh and plentiful-and just fabulous it was. She was posting photos on instagram and going to tell all of her colleagues at work about it tomorrow. It was so nicely done.

I want you to know that you are appreciated-and that you are doing such a great job

KUDOS to YOU

Wishing you a Safe ,Healthy , Joyful and Blessed New Year

I just wanted to pass along kudos to everyone involved with the Local Roots curbside pick up. I ordered one of the New Years Eve specials last night (the appetizers, fruit and veggies) and was blown away by the amount and quality of food for how much I paid.

I've also loved your individual frozen meals, and fresh sandwiches. I'm a single girl in her 30s, and I work 12 hour shifts so having something I can pop in the microwave, or unwrap and eat is wonderful for work days.

Thank you to everyone involved in food prep for keeping me in home cooked goodness instead of drive thru junk after long shifts! I'll be coming back regularly.

Vanessa Fransen





PROGRAMS

PHONE IN PROGRAM

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

STEPS TO CONNECT

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



South Gate Centre is presenting PHONE -IN Programming. It's a FREE interactive telephone-based program that connects you from the comfort of your home. All you need is a phone! Programs are multi-person phone conversations (conference calls) Session lasts between 30 – 60 minutes. You're able to hear each other, talk to one another, learn and have fun! It's like one big family party line phone call!

Arm Chair "Travel with Bradley"

Host Bradley Walters, travel and tour specialist for over 25 years. Informative and entertaining sessions for all you travelers or want to be travelers, that you won't want to miss! Bradley Walters has been a "friend of South Gate" and supporter for many, many years. You won't want to miss this opportunity to PHONE IN and hear what Bradley has to share.

DAY	SUBJECT	TIME
Thursday, Feb 11	Valentine's Traditions Around the World	10:30am
Thursday, Feb 25	Quebec to Newfoundland	10:30am



**VIRTUAL HOSTED BY
CHARTWELL OXFORD
GARDENS AND SOUTH
GATE CENTRE**

AT 10:30 AM

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

Exercise Your Brain with Fit Minds

Join Us for This Exciting Presentation and Interactive Workshop

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

Register for this virtual programme

Fit Minds

A cognitive stimulation coaching program that supports brain health and improves quality of life for those 55+. This program is presented by Chartwell Oxford Gardens. This program builds up cognitive resilience and creates a healthy brain fitness routine while building community and encouraging human interaction. You must register for this program Online or call South Gate Centre to book your space. Arrangements will be made for a workbook package to be given to you prior to the Phone In Program beginning.

DAY	DATE	TIME	LOCATION
Wednesdays	March 8 to April 27	10:30am	PHONE IN

Good Morning South Gate

Start your week off with Executive Director, Chris Cunningham, for "Good Morning South Gate". Chris will catch you up on any Centre and community news and leave you smiling for the day

DAY	TIME	LOCATION
Mondays	10:30am	PHONE IN

Do You Have Any Ideas for New Phone In Programs?
Please call Sarah at 519-539-9817 or send her an email at sarah@southgatectr.ca



ONLINE/VIRTUAL PROGRAMMING



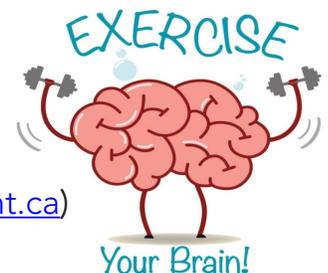
Online Programming Videos are still available on the South Gate Centre YouTube Channel! Please visit our website - <https://www.youtube.com/channel/UCYbbOlg0QLAv0-bLzH-D1Rjg> to view tons of awesome web streaming programming.

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



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

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



And here are some more links to online game websites:

- Euchre (www.cardgames.io/euchre)
- Cribbage (www.cardgames.io/cribbage)
- Crosswords (www.diversions.thestar.com/crossword.html)
- Music Bingo - live Thursday nights at 7:30 (www.aka.ms/wilmotonlinemusicbingo)
- Sudoku (www.websudoku.com)
- Jigsaw Puzzles (www.thejigsawpuzzles.com)



2020 MEMORIES



A look
back...



2020 MEMORIES





12 DAYS OF CHRISTMAS LOTTERY

12 OF CHRISTMAS DAYS Lottery

Another great year! We sold 1918 tickets, raising \$38,600
Thank you to all that bought, sold and sponsored. You were instrumental in the success!
Congratulations to all the winners.

DAY 1 WINNER

SPONSORED BY
DAVID HILDERLEY
CENTURY 21
HERITAGE HOUSE

Day 1 Winner of \$100
Elda Playford
of Innerkip

DAY 2 WINNER

SPONSORED BY
BROCK AND VISSER
FUNERAL HOME

Day 2 winner of \$200
David Schell
of Woodstock

DAY 3 WINNER

SPONSORED BY
BRENDA KEARLEY
RE/MAX A-B REALTY BROKERAGE

Day 3 winner of \$300
Beejay Dewhirst
of Woodstock

DAY 4 WINNER

SPONSORED BY
SCOTIABANK

Day 4 winner of \$400
Steve Halashewski
of Woodstock

DAY 5 WINNER

SPONSORED BY
WELLINGTON STREET
DENTURE CLINIC

Day 5 winner of \$500
Mike Houle
of Woodstock

DAY 6 WINNER

SPONSORED BY
CRISSY CASSELLS
SCOTIABANK

Day 6 winner of \$600
Bill Freeman
of Woodstock

12 DAYS OF CHRISTMAS LOTTERY



DAY 7 WINNER

SPONSORED BY
CAESSANT CARE
NURSING AND RETIREMENT
HOMES LIMITED

Day 7 winner of \$700
Peter Standish
of Embro

DAY 8 WINNER

SPONSORED BY
**HUNT
HOMES**

Day 8 winner of \$800
Andy & Karleigh
Fallowfield

DAY 9 WINNER

Day 9 winner of \$900
Margaret McCurdy
of Woodstock

DAY 10 WINNER

Day 10 winner of \$1,000
Christine Uchacz
of Woodstock

DAY 11 WINNER

Day 11 winner of \$1,100
George Wells
of Innerkip

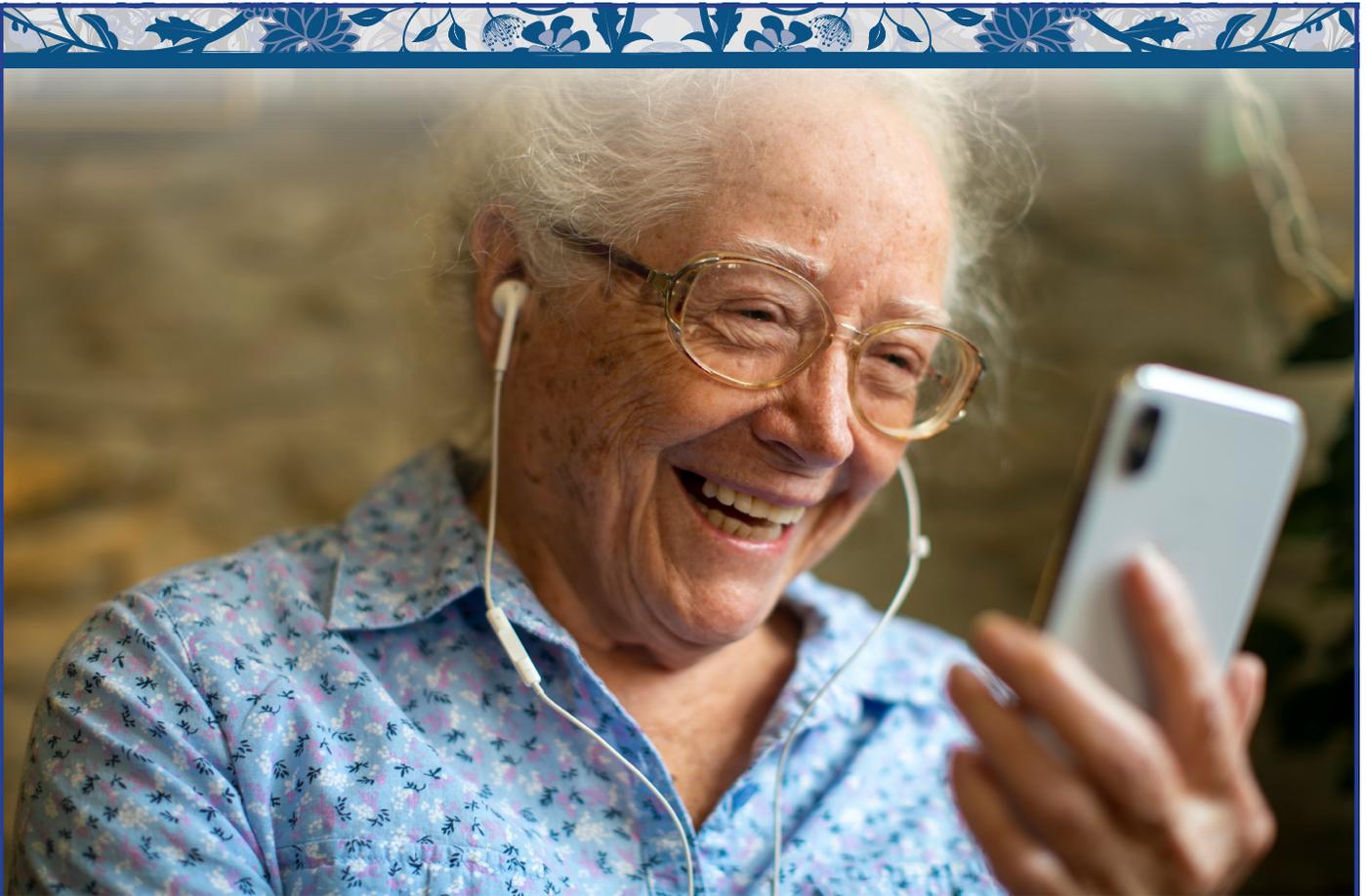
DAY 12 Grand Prize WINNER

Congratulations to this years' 12 Days of Christmas Grand Prize Winner, Brenda Billham from Woodstock gifted herself the \$10,000 winning ticket. What a gift! Thank you Brenda for supporting South Gate Centre





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Thank you



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New Year, New Beginnings.

Wellington Street Denture Clinic is proud to announce that we are introducing Digital dentures at our practice!

Painless scanning of your mouth and in some cases with no impressions. As always, our custom fitted dentures and superior aesthetics remain a priority, but are now fabricated with updated technology.

What does this mean to you? Fewer appointments, more accuracy and a quicker start to finish process.

We are looking for individuals who are considering upgrading their oral health to the best that it can be.

Our consultations are still free of charge, call to book an appointment and discover what's new at WSDC!



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**www.wellingtonstreetdentures.com
wsdcoffice@gmail.com**

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Chartwell retirement residences are safe and social places to call home, where you or a loved one can benefit from support, connection and convenient services that can make life better. With safety precautions in place, our residents continue to enjoy safe social opportunities and engaging activities that bring them happiness and fulfillment.

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

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

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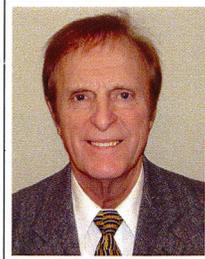


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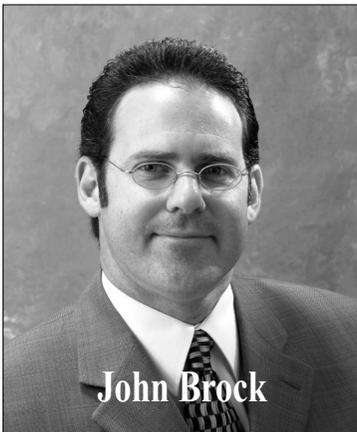


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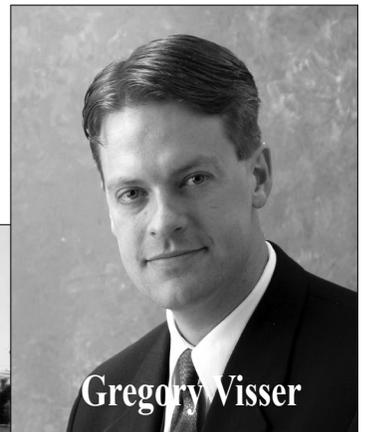
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SPECIAL EVENTS



Valentine's Day Dinner

Saturday February 13th, 2021



Looking for a romantic dinner? We've got you covered. Order our Valentine's Day Dinner for **\$20/meal**. This meal includes:

- Chicken Parmesan topped with marinara sauce and mozzarella cheese served on spaghetti noodles, Caesar salad, garlic bread and a slice of strawberry cheesecake.

Limited tickets available!

Pick-up between 4:00pm and 4:30pm. We can also deliver the meals for you if you require.

Order online at www.southgatectr.ca

Or you can order our Charcuterie Special Platter for \$25!

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



BBQ Rib Dinner - Saturday February 27th

For \$15 this dinner includes: a 1/3 Rack of Pork Back Ribs, Baked Potato with Sour Cream, Coleslaw, Cornbread and a dessert.

Curbside pick-up this delicious dinner between **4:00pm and 4:30pm**.

Order online or over the phone!



Special

Freezer Meal Variety Pack

Introducing Local Roots' Freezer Meal Variety Pack. In this pack you will receive:

- 10 Frozen Meals
- 5 Frozen Soups
- 5 Frozen Desserts

ALL OF THIS FOR ONLY \$75!

Place your order online. To customize your freezer meal variety pack, please contact Shelley or Kristin in the kitchen, by calling (519) 539-9817 ext. 231.





SPECIAL EVENTS

GROUNDHOG DAY FEBRUARY 2ND



CHILLY CHARLIE'S PREDICTION & BREAKFAST

TUESDAY, FEBRUARY 2ND

VIRTUAL
PROGNOSTICATION
8:10 Facebook

Sponsored by



DRIVE THRU BREAKFAST 8:00 - 10:00 • \$6

191 Old Wellington St. South, Woodstock
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SOUTH GATE CENTRE
FOR ACTIVE ADULTS

COMMUNITY EVENTS/STAFF



COMMUNITY EVENTS

In accordance with the province, we have closed the facility to public and on-site programming.

However Local Roots will continue to offer curbside pick-up and delivery of our food services through the shut-down.

For food visit www.localrootscafe.ca

Visit www.southgatectr.ca for Centre updates

FEBRUARY

February 2

Chilly Charlie

Virtual Prognostication &
Drive Thru Breakfast
www.southgatectr.ca

CHILLY CHARLIE, Woodstock's resident groundhog, will still make an appearance this year, but it will be virtual via Facebook live.

There will not be any in-person attendance or guests to the prognostication on the grounds, due to the risks associated with COVID.

February 13

Valentine's Dinner
Pick-up or Delivery
Local Roots
www.localrootscafe.ca

February 14

Happy Valentine's Day

February 27

BBQ Rib
Pick-up or Delivery
Local Roots
www.localrootscafe.ca

UPCOMING

March 12

Daylight Savings Time

March TBA

St Patrick's Day Dinner

March TBA

Good Friday Fish Dinner

South Gate Centre Staff

Chris Cunningham, Executive Director
chris@southgatectr.ca , x222

Felise Jones, Operations Manager
felise@southgatectr.ca, x230

Sarah Sheehan, Office Administrator
sarah@southgatectr.ca

Shelley Wettlaufer, Local Roots Manager
shelley@southgatectr.ca x231

Kristin Burke, Local Roots Assistant Manager
kristin@southgatectr.ca x231

Larrie Blancher, Maintenance Manager
larrie@southgatectr.ca x223

Heather Hayman, Bookkeeper
heather@southgatectr.ca

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Linda Baker	

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

Notice: Deadline For the Next Nugget Issue

Thursday, February 4 While every effort is made to correct errors within the Golden Nugget, occasionally some are missed. Thank you for your understanding!

LOCAL ROOTS LUNCH MENU

Hot Meals - \$8.00

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

- Roast Beef Dinner
- Liver and Onions
- Bacon Fettuccine Alfredo *
- Bruschetta Chicken Quesadilla *
- Honey Garlic Boneless Chicken Wings
- Philly Cheese Steak Sandwich*
- Battered Cod and Wedge Fries
- Pizza (Hawaiian or Pepperoni) *

* Freshly steamed vegetables not included.

Sides - \$3.00

- Mashed Potatoes with Gravy
- Baked Potato with Sour Cream and Butter
- Potato Wedge Fries
- Rice Pilaf
- Caesar Salad
- Greek Salad
- Garden Salad with Apple Dressing
- Soup

Ask about our Frozen Food selection.
List available online

Soups - \$3.00

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

Sandwiches - \$3.50

White or Whole Wheat Bread

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

Desserts - (assorted pricing)

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

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

Hours: 11:30am-1:00pm

11:30 am - 1:00 pm

How to Order:

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