



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

SPECIAL EDITION – MAY 2023

## Activities & Events for Older Adults



**Active**  
**Connected**  
**Engaged**



### SENIORS' CENTRE *for* EXCELLENCE



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“The most important things in life are the connections you make with others.”  
- Tom Ford

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“If you never did, you should. These things are fun, and fun is good.”  
- Dr. Seuss

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## Please note...

- **Disclaimer:** All information in this publication was correct at the time of printing. Please get in touch with the contact person for each activity/group before joining for updated information.
- All activity groups are suitable for older adults, where some may be for older adults only (55+), and others may include adults and teens.
- All activities are FREE unless otherwise indicated.
- Please read through all the information in this booklet to find out what activities/groups are available in the Wellington district. Consider joining an activity/group in a neighbouring town, if something that interests you is not available in your area.
- Please get in touch with the [Community Connectors](#) for each area if you have information about any other activities/groups that will be suitable for older adults to join.



## Message from Helen Edwards – SCE Seniors' Health Services Coordinator

Here at the Seniors' Centre, we believe that being socially connected is important to your health. We all know that exercising and eating our fruits and veggies are crucial in maintaining our physical health, but we need more than that. Since the beginning of time, we have lived with others, with daily interactions and relationships being crucial to our survival. During COVID many of us, particularly older adults, spent a lot of time in our homes - sometimes completely alone. Our opportunities to socialize were diminished, and our volunteer roles were no longer available. This led to some feeling socially isolated. Time has moved on and many of us find ourselves feeling disconnected from our family, friends, and community.

A webinar I recently attended spoke about social avoidance and compared being social to going to the gym. We may go to the gym for a long time but when we stop, returning to the gym is hard. Returning to social activities can also be this way. This booklet serves as a guide to the many activities that are available to participate in. As you flip through the pages, we hope that you will find something that appeals. Take a chance and reach out to the group that interests you. Don't want to go alone? Call the office and we will set you up with a "buddy". If you have ideas about programs that you would like to be available, please give us a call. We can chat.

*Helen*

## Township of Mapleton

Donna Fulcher – Tel. 519-497-4675 / [homedfulcher@gmail.com](mailto:homedfulcher@gmail.com)

- [Alma](#)
  - [Drayton](#)
  - [Moorefield](#)
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## Town of Minto

- [Clifford](#)  
Jim Measures – Tel. 519-327-8265
  - [Harriston](#)  
Linda Campbell – Tel. 519-323-7151  
[lindajcampbell@gmail.com](mailto:lindajcampbell@gmail.com)
  - [Palmerston](#)  
Ruth Wilson – Tel. 519-343-4842  
[rwilfree@wightman.ca](mailto:rwilfree@wightman.ca)
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## Township of Wellington North

- [Arthur](#)  
Faye Craig – Tel. 226-821-0258 / [fayecraig160@gmail.com](mailto:fayecraig160@gmail.com)
  - [Mount Forest](#)  
Sharon Rodgers – Tel. 519-509-2448
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A **BIG THANKS** to our awesome Community Connectors for your valuable contributions!

- *The SCE Team*



Connector: Donna Fulcher  
Tel. 519-497-4675  
[homedfulcher@gmail.com](mailto:homedfulcher@gmail.com)

## Alma

Remember to monitor Facebook: *“Alma Ontario Community Group”* for events and updates to schedules or cancellations.

- **Alma Women’s Institute (Membership: \$30 /year)** – Alma Community Centre, 51 Simpson St. E.  
3<sup>rd</sup> Thursday of the month (1:30 pm)  
Contact Pat Salter – Tel. 519-846-5633 / [pas777@xplornet.ca](mailto:pas777@xplornet.ca)
- **Alma Optimists Country Dances (\$8 /person)** – Alma Community Centre, 51 Simpson St. E.  
Saturdays in April, May, September, October, and November (7:00 pm to 11:00 pm). No dances from June to August.  
Annual Toy Show & Sale - 1st Sunday of March Break.  
Annual Car Show - Last Saturday in August.  
Contact Bruce Whale – Tel. 519-748-7928  
[almaoptimist@gmail.com](mailto:almaoptimist@gmail.com)
- **Alma Optimist Beef BBQ (\$20 /person)** – Alma Community Centre, 51 Simpson St. E.  
Last Friday of the month in January, March, May, July, September, and November (5:00 pm to 7:00 pm)  
Contact – Tel. 519-846-5413 / [almaoptimist@gmail.com](mailto:almaoptimist@gmail.com)

## Drayton

Remember to monitor Facebook: *“Mapleton What’s Happening?”* for events and updates to schedules or cancellations.

- **Drayton Coffee Hour** – Selah Centre, 24 Wood St.  
Every 2<sup>nd</sup> Thursday (10:30 am to 11:30 am). Please bring your own mug and your friendship. (We don’t turn down baked goods to share!)  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)

- **Euchre** – Drayton Reformed Church, 74 Wellington St. S.  
Monday (9:00 am)  
Contact Gerry Debeyer – Tel. 519-638-2779
- **Shuffleboard** – PMD Arena, 68 Main St. W.  
Thursday (1:00 pm) Not available during summer.  
Contact Gord & Ann Oosterveld – Tel. 519-638-2865  
[ann@oosterveld.org](mailto:ann@oosterveld.org)
- **VON SMART Exercise Class** – Drayton Reformed Church, 74 Wellington St. S.  
Monday, Wednesday & Friday (9:30 am)  
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca)
- **Drayton Walking Program** – PMD Arena, 68 Main St. W.  
Monday, Wednesday & Friday (8:30 am to 10:00 am)  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Pickleball (\$3 /person)** – PMD Arena, 68 Main St. W.  
Monday, Wednesday & Friday (10:00 am to 12:00 pm)  
Drop-in participation.  
Recreational level – Monday & Wednesday (5:30 pm to 7:30 pm & 8:00 pm to 10:00 pm)  
Experienced level – Tuesday (5:30 pm to 7:30 pm & 8:00 pm to 10:00 pm)  
Contact Amy Grose – [agrose@mapleton.ca](mailto:agrose@mapleton.ca)
- **Mapleton Historical Society (Membership: \$10 /person or \$20 /family)** – Drayton United Church (basement), 34 Main St. E.  
1st Monday of the month (7:00 pm to 9:30 pm)  
Runs from September to June.  
Contact Lori Flewwelling – Tel. 519-638-2888 /  
[flewwellingl@gmail.com](mailto:flewwellingl@gmail.com) or Liz Samis – Tel. 519-669-9209.

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“Getting older is like climbing a mountain;  
you get a little out of breath, but the view is  
much better!” - Ingrid Bergman.

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- **Wellington County Library: Drayton Branch**  
–106 Wellington St. S.  
Your local library offers many free interesting programs and events during the year. Visit in person, call, or email to get more information. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>  
Library Hours:  
Monday (10:00 am to 5:00 pm)  
Tuesday (10:00 am to 8:00 pm)  
Wednesday (10:00 am to 8:00 pm)  
Thursday (10:00 am to 8:00 pm)  
Friday (10:00 am to 5:00 pm)  
Saturday (10:00 am to 3:00 pm)  
Contact the Library – Tel. 519-638-3788  
[draytonlib@wellington.ca](mailto:draytonlib@wellington.ca)

## Moorefield

Remember to monitor Facebook: *“Mapleton What’s Happening?”* for events and updates to schedules or cancellations.

- **Moorefield Coffee Hour** – Maryborough Community Centre, 15 Ball Ave.  
2<sup>nd</sup> Wednesday of the month (10:30 am to 11:30 am)  
Please bring your own mug and your friendship. (We don’t turn down baked goods to share!)  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Moorefield & District Horticultural Society “Mapleton Buds & Blooms” (Membership: \$10 /year)** – Moorefield Optimist Building, Ball St.  
4<sup>th</sup> Tuesday of the month (7:30 pm)  
Runs from May to June & August to November. Flower shows at the meetings in May, June & August. Other events are also arranged from time to time.  
Contact Debbie Oxby – Tel. 519-638-2769  
[doxby60@gmail.com](mailto:doxby60@gmail.com). / Facebook: “Mapleton Buds & Blooms”

## Clifford

Connector: Jim Measures – Tel. 519-327-8265.  
Remember to monitor Facebook: “*Minto Residents*”  
for events and updates to schedules or cancellations.



- **SCE Monthly Dining Program** – Clifford United Church, 11 Allan St. E.  
Last Wednesday of the month (12:00 pm – doors open at 11:30 am)  
Contact the SCE office to reserve seats – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Clifford Horticultural Society (Membership: \$10 /year)** – Clifford Community Hall, 2 William St. N.  
A variety of different dates and activities. Please call for information. \$10 membership fee if you wish to show flowers. No cost to attend meetings.  
Contact Karen Dowler – Tel. 519-327-8308 /  
[dowler@wightman.ca](mailto:dowler@wightman.ca)
- **VON SMART Exercise Class** – Clifford United Church, 11 Allan St. E.  
Monday, Wednesday & Friday (9:00 am)  
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca)
- **Minto Hikers** – Various trails in Wellington North, Minto, and Mapleton.  
(Hikes are sometimes modified in length and terrain to suit individual needs.)  
1st and 3rd Saturday of the month (9:30 am). Runs from September to June. Summer schedule tba. Please check with contact person for schedule.  
Contact Jen Linthorst – Tel. 519-492-9454 / Facebook: “Minto Hikers”

- **Wellington County Library: Clifford Branch** – 7 Brown St. N.  
Your local library offers many free interesting programs and events during the year. Visit in person, call, or email to get more information. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>

### Library Hours:

Monday (Closed)  
Tuesday (10:00 am to 8:00 pm)  
Wednesday (2:00 pm to 8:00 pm)  
Thursday (2:00 pm to 8:00 pm)  
Friday (10:00 am to 5:00 pm)  
Saturday (10:00 am to 3:00 pm)

Contact the Library – Tel. (519) 327-8328  
[cliffordlib@wellington.ca](mailto:cliffordlib@wellington.ca)

## Harriston

Connector: Linda Campbell – Tel. 519-323-7151 /  
[lindajcampbell@gmail.com](mailto:lindajcampbell@gmail.com). Remember to monitor Facebook: “*Minto Residents*” for events and updates to schedules or cancellations.

- **SCE Monthly Dining Program** – Harriston United Church, 57 Young St. W.  
Last Friday of the month (12:00 pm - doors open at 11:30 am)  
Contact the SCE office to reserve seats – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Coffee & Conversation** – Harriston United Church, 57 Young St. W.  
Tuesday (10:00 am to 11:00 am)  
Contact Bev May – Tel. 519-338-2825
- **Games Night** – Royal Canadian Legion - Harriston Branch, 53 Elora St. S.  
2<sup>nd</sup> Tuesday of the month (7:00 pm) – April to August  
3<sup>rd</sup> Tuesday of the month (7:00 pm) – September  
Contact Jackie Scholten – Tel. 519-781-3145  
[jackie75-8@hotmail.com](mailto:jackie75-8@hotmail.com)
- **Euchre** – Harriston Train Station, 83 Arthur St. W.  
Monday (1:30 pm)  
Contact Doug Anderson – Tel. 519-338-3467



- **Pepper** – Harriston Train Station, 83 Arthur St. W.  
Tuesday (1:30 pm)  
Thursday (7:00 pm to 9:00 pm)  
Contact Doug Anderson – Tel. 519-338-3467
- **VON SMART Exercise Class** – Knox Presbyterian Church,  
135 Elora St. S.  
Tuesday & Thursday (10:30 am to 11:15 am)  
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca) or Danielle Dawkins – Tel. 519-803-0144  
[danielle.dawkins@von.ca](mailto:danielle.dawkins@von.ca)
- **Harriston Walking Program** – Harriston Arena &  
Community Complex, 111 George St.  
Monday to Friday (8:30 am to 9:30 am)  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Harriston Lawn Bowling (Membership: \$50 /year)**  
– Cnr. John & Arthur St.  
Monday & Wednesday (7:00 pm to 9:00 pm)  
Runs from May to September.  
Contact Jean Yenssen – Tel. 519-509-8681
- **Outdoor Shuffleboard (\$40 /season)** – Harriston Train  
Station, 83 Arthur St. W.  
Tuesday (1:30 pm to 3:30 pm)  
From late May to early October.  
Contact Grace Wilson – Tel. 519-338-2511 x 243  
[grace@town.minto.on.ca](mailto:grace@town.minto.on.ca)
- **Pickleball (\$25 /month or \$2.99 /session)** – Harriston  
Arena, 111 George St. S.  
Monday: Hall (10:00 am to 12:00 pm)  
& Arena (6:45 pm to 8:45 pm)  
Tuesday (10:00 am to 12:00 pm) – Hall  
Wednesday (6:45 pm to 8:45 pm) – Arena  
Thursday (10:00 am to 12:00 pm) – Hall  
Contact Grace Wilson – Tel. 519-338-2511 x 243  
[grace@town.minto.on.ca](mailto:grace@town.minto.on.ca)
- **AquaFit (\$70 /season pass or \$10 /visit)** – Harriston Pool,  
35 Raglan St. E.  
Monday to Thursday (8:00 pm to 8:45 pm). From July 3<sup>rd</sup>.  
Also, call to enquire about adult/lane swimming.  
Contact Grace Wilson – Tel. 519-338-2511 x 243  
[grace@town.minto.on.ca](mailto:grace@town.minto.on.ca)
- **Harriston & District Horticultural Society (Membership:  
\$10 /single or \$15 /couple)** – Harriston Seniors' Centre  
(old Train Station), 83 Arthur St. W.  
3<sup>rd</sup> Wednesday of the month (7:30 pm)  
Runs from February to October.  
Contact Jean Anderson – Tel. 519-505-5914  
[Jeanurse1@gmail.com](mailto:Jeanurse1@gmail.com)
- **Wellington County Library: Harriston Branch** – 88 Mill St.  
**Library Hours:**  
Monday (10:00 am to 8:00 pm)  
Tuesday (10:00 am to 3:00 pm)  
Wednesday (1:00 pm to 8:00 pm)  
Thursday (10:00 am to 8:00 pm)  
Friday (10:00 am to 5:00 pm)  
Saturday (10:00 am to 3:00 pm)  
Some Library activities are:
  - **Hooks & Needles**  
Tuesday (10:30 am to 11:30 am)  
Runs from September to December.
  - **Book Club**  
2nd Tuesday of the month (7:00 pm to 7:45 pm)
  - **Craft & Create**  
Saturday (1:00 pm to 2:00 pm) – Bi-monthly, excluding  
summer (May 27, September 30, November 25)
  - **Cricut Creations**  
Friday / Saturday (1:00 pm to 2:00 pm) - June 10,  
October 13, November 10

Visit in person, call, or email to get more information about these and other free activities. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>.

Contact the Library – Tel. 519-338-2396 / [harristonlib@wellington.ca](mailto:harristonlib@wellington.ca)

## Palmerston

**Connector:** Ruth Wilson – Tel. 519-343-4842 / [rwilfree@wightman.ca](mailto:rwilfree@wightman.ca). Remember to monitor Facebook: “*Minto Residents*” for events and updates to schedules or cancellations.

- **SCE Monthly Dining Program** - James St. United Church, 215 James St.  
3rd Wednesday of the month (12 pm - doors open at 11.30 am)  
Contact the SCE office to reserve seats – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Palmerston Muffin Monday Coffee Group**  
– James St. United Church, 215 James St.  
Monday (9.30 am)  
Contact Diane Speers – Tel. 519-292-1014  
[dianemspeers@gmail.com](mailto:dianemspeers@gmail.com)
- **Palmerston SCE Coffee Group** – James St. United Church, 215 James St.  
Last Wednesday of the month (10:00 am)  
Runs from September to May.  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Coffee Break & Bible Study** – Palmerston Christian Reformed Church, 400 Whites Rd.  
Tuesday (9:30 am to 11:00 am)  
Runs from September to April. Everyone welcome.  
Contact Irene – Tel. 519-338-2671
- **Euchre** – Lions Den (C.N.R.A. Clubhouse), 160 Main St. W.  
1<sup>st</sup> Wednesday of the month (2:00 pm to 4:00 pm)  
Contact Dale Hurlbut – Tel. 519-343-3495
- **Norgan Movie Theatre (\$8 /adult)** – 275 Main St.  
Friday (8:00 pm); Saturday & Sunday (7:00 pm)  
For current showing – Tel. 519-343-3640  
<https://norgantheatre.com/>
- **VON SMART Exercise Class** – James St. United Church, 215 James St.  
Tuesday & Friday (9:00 am)  
Contact the VON (Kelly Gee) at 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca)
- **Palmerston Walking Program** – Palmerston Community Centre, 520 Cavan St.  
Monday to Friday (8:30 am to 9:30 am)  
Contact the SCE office – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Carry On Women’s Institute (1<sup>st</sup> visit free, Membership: \$25 /year)** – James St. United Church, 215 James St.  
3rd Thursday of the month (2:00 pm to 4:00 pm, or 7:30 pm to 9:30 pm). Each meeting has a theme with presenter, plus social time with lunch. New members from any surrounding community are welcome to join.  
Contact Lidia Olexandriw – Tel. 519-343-4908
- **Community Sewing (\$5 / person)** – James St. United Church, 215 James St.  
Thursday (9:00 am to 3:00 pm)  
Runs from September to May. Tea / coffee provided. Work on your own project or on a group project for a charity. Need own sewing machine.  
Contact Nichole Wareham – Tel. 519-343-2669
- **Knifty Knotters** – James St. United Church, 215 James St.  
Monday (1:00 pm to 4:00 pm)  
Runs from January to May. This group finishes premade quilts by ‘tying’ them and they are given to charities in need.  
Contact Mary Faye Burns – Tel. 519-343-2046 or Shirley Wright – Tel. 519-343-3710
- **Palmerston Agricultural Society** – Palmerston Community Centre (Board Room), 520 Cavan St.  
2<sup>nd</sup> Thursday of the month (7:00 pm to 9:00 pm)  
Contact Angela Schneider – Tel. 519-291-8668



## Arthur



Connector: Faye Craig – Tel. 226-821-0258  
[fayecraig160@gmail.com](mailto:fayecraig160@gmail.com)

Remember to monitor Facebook:

*“Arthur What’s Happening?”* for events and updates to schedules or cancellations.

- **Arthur Coffee Group** – different rotating church venues in Arthur.  
3<sup>rd</sup> Thursday of the month (9:30 am to 11 am)  
Contact Faye Craig – Tel. 226-821-0258
- **Bridge** – Seniors’ Hall, 242 Isabella St. E.  
Monday & Friday (1:00 pm to 3:00 pm)  
Contact Shirley Densmore – Tel. 226-443-2029
- **Euchre** – Seniors’ Hall, 242 Isabella St. E.  
Tuesday (1:00 pm to 3:00 pm)  
Contact Eleanor Monaghan – Tel. 519-848-2741
- **Bid Euchre** – Seniors’ Hall, 242 Isabella St. E.  
Thursday (1:00 pm)  
Contact Eleanor Monaghan – Tel. 519-848-2741
- **VON SMART Exercise Class** – Seniors’ Hall, 242 Isabella St. E.  
Wednesday & Friday (10:30 am)  
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca)
- **Arthur Walking Group** – Arthur Arena, 158 Domville St.  
Monday to Friday (9:00 am to 12:00 pm)
- **Pickleball (\$5 /person)** – Arthur & Area Community Centre, 158 Domville St.  
Tuesday (9:00 am to 11:00 am)  
Contact Tasha Grafos – Tel. 519-848-3620 x 4222  
[tgrafos@wellington-north.com](mailto:tgrafos@wellington-north.com)

- **Wellington County Library: Palmerston Branch** – 265 Bell St.  
Your local library offers many free interesting programs and events during the year. Visit in person, call, or email to get more information. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>

### Library Hours:

Monday (10:00 am to 5:00 pm)

Tuesday (10:00 am to 8:00 pm)

Wednesday (10:00 am to 8:00 pm)

Thursday (10:00 am to 8:00 pm)

Friday (2:00 pm to 6:00 pm)

Saturday (10:00 am to 3:00 pm)

Contact the Library – Tel. 519-343-2142

[palmerstonlib@wellington.ca](mailto:palmerstonlib@wellington.ca)

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“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

- Brené Brown

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- **Adult Skating (\$3 /person)** - Arthur & Area Community Centre, 158 Domville St.  
Monday, Wednesday & Friday (10:00 am to 12:00 pm)  
Contact Tasha Grafos – Tel. 519-848-3620 x 4222  
[tgrafos@wellington-north.com](mailto:tgrafos@wellington-north.com)
- **Arthur Horticultural Society (Membership: \$10.00 /year)**  
– Ireland Brother’s Shop, 8631 County Rd. 14  
3<sup>rd</sup> Thursday of the month (7:00 pm)  
Runs from March to December.  
Contact Terry Ireland – Tel. 519-848-3487
- **Arthur & Area Historical Society (Membership: \$5 /year)**  
– David M Kozinets Centre (in Arthur Chamber Building), 146 George St.  
4th Tuesday of the month (7:00 to 9:00 pm)  
Note: Rooms are open every Wednesday (1:00 to 3:00) as a meeting place (free).  
Contact Faye Craig – Tel. 226-821-0258
- **Wellington County Library: Arthur Branch –**  
110 Charles St. E.  
Your local library offers many free interesting programs and events during the year. Visit in person, call, or email to get more information. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>  
**Library Hours:**  
Monday (10:00 am to 5:00 pm)  
Tuesday (10:00 am to 8:00 pm)  
Wednesday (10:00 am to 8:00 pm)  
Thursday (10:00 am to 8:00 pm)  
Friday (10:00 am to 5:00 pm)  
Saturday (10:00 am to 3:00 pm)  
Contact the Library – Tel. 519-848-3999  
[arthurlib@wellington.ca](mailto:arthurlib@wellington.ca)

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“Youth is the gift of nature, but age is a work of art.” - Stanislaw Jerzy Lec

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## Mount Forest

Connector: Sharon Rodgers – Tel. 519-509-2448.

Remember to monitor Facebook: *“Mount Forest What’s Happening?”* for events and updates to schedules or cancellations.

- **Friendship Circle Coffee Hour (donation)** – Mount Forest Pentecostal Church (Gymnasium), 259 Fergus St. S.  
Tuesday (10:30 am to 12:00 pm)  
Contact Bill Tobey – Tel. 519-323-9180
- **Coffee Time Group** - First Baptist Church (main entrance), 116 Fergus St. N.  
Tuesday (10:00 am to 11:30 am)  
Contact First Baptist Church office – Tel. 519-323-2092
- **Seniors’ Lunch (donation)** - First Baptist Church (main entrance), 116 Fergus St. N.  
Last Thursday of the month (11:00 am)  
Guest speaker / music. Runs September to May.  
Contact First Baptist Church office – Tel. 519-323-2092
- **Seniors’ Group - Euchre, Bid Euchre & Other Games (\$3 /person)** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.  
Wednesday (1:00 pm to 3:30 pm)  
Contact Kay Ayres – Tel. 226-445-2116
- **Duplicate Bridge Club (\$3 /person)** - St. Paul’s Anglican Church (rear entrance), 114 Fergus St. S.  
Friday (1:00 pm to 4:30 pm)  
– if you need a partner, please call Barb Kerr.  
Contact Barb Kerr – Tel. 519-323-4341
- **VON SMART Exercise Class (\$2 /person – Legion donation)**  
– Royal Canadian Legion, 140 King St. W.  
Monday, Wednesday & Friday (10:30 am)  
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 4954  
[Kelly.gee@von.ca](mailto:Kelly.gee@von.ca)

- **Walk-a-Doodle-Do** – Mount Forest & District Sports Complex (Plume Room & Walking Track), 850 Princess St. Thursday (9:30 am to 11:00 am)  
Contact Helen Edwards – Tel. 519-638-1000  
[hedwards@mapleton.ca](mailto:hedwards@mapleton.ca)
- **Indoor Walking (all age groups)** – Mount Forest & District Sports Complex (Walking Track), 850 Princess St. Monday to Friday (8:00 am to 3:00 pm)  
Contact Tasha Grafos – Tel. 519-848-3620 x 4222 /  
[tgrafos@wellington-north.com](mailto:tgrafos@wellington-north.com)
- **Outdoor Pole Walking Group** – Cork St. Pavilion, across from Mount Forest & District Sports Complex, 850 Princess St. Wednesday (9:00 am to 10:00 am). Starting after Victoria Day to Thanksgiving. Please call to register.  
Contact Andrea Riddell – Tel. 519-323-0255 x 5037
- **Seniors' Boosting Balance Classes (Falls Prevention)** – Mount Forest & District Sports Complex (Plume Room), 850 Princess St. Wednesday (10:30 am to 11:30 am)  
Please call to register.  
Contact Andrea Riddell – Tel. 519-323-0255 x 5037
- **Scottish Country Dance (\$2 /person)** – St. Andrew's Presbyterian Church, (front entrance, lower level) 196 Birmingham St. E. Tuesday (10:00 am to 11:30 am). Runs from September to June. (Summer – depending on interest.) Recorded Scottish music. We would love for more people to join us.  
Contact Joan Jeffery – Tel. 519-323-2391
- **Club 55 Bowling League (\$16 /person)** – Mount Forest Bowling Centre, 350 Foster St. Thursday (1:00 pm to 3:30 pm)  
Runs from September to April.  
Contact Linda Dunk – Tel. 519-323-9287
- **Shuffleboard Group (\$5 /person)** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St. Monday (1:00 pm to 3:00 pm)  
Contact Wilma Crockford – Tel. 519-323-3281

- **Adult Pickleball (\$5.00 /session & \$2.00 paddle rental)** – Mount Forest & District Sports Complex (Auditorium) 850 Princess St. Monday (9:00 am to 11:00 am) & (6:30 pm to 8:30 pm) Tuesday (9:00 am to 11:00 am)  
Contact Tasha Grafos – Tel. 519-848-3620 x 4222  
[tgrafos@wellington-north.com](mailto:tgrafos@wellington-north.com)
- **Adult & Tot / Older Adult Skate Program (\$3.00 /person)** – Mount Forest & District Sports Complex, 850 Princess St. Monday, Wednesday & Friday (10:00 am to 12:00 pm)  
Contact Tasha Grafos – Tel. 519-848-3620 x 4222  
[tgrafos@wellington-north.com](mailto:tgrafos@wellington-north.com)
- **Mount Forest Curling Club** – Curling Club Hall, 144 Egremont St. S. Wednesday (1:00 pm to 4:00 pm)  
Runs from end of October to end of March.  
Contact Club – Tel. 519-323-1890  
or Doug Rice – Tel. 519-323-6230
- **Seniors' Monday Darts (\$2 /person)** – Royal Canadian Legion, 140 King St. W. Monday (12:30 pm)  
Runs from September to April.  
Contact Brenda Eckhardt – Tel. 519-323-1008
- **Mount Forest Lawn Bowling Club (Membership: \$100 / year - new members; use of bowls free 1st year)** Mount Forest Lawn Bowling Club, 340 King St. E. Monday & Thursday (7:00 pm)  
Runs from mid-May to mid-September.  
Contact Brenda Eckhardt – Tel. 519-323-1008
- **Mount Forest Lawn Bowling Club - Euchre (\$5 /person)** Mount Forest Lawn Bowling Club, 340 King St. E. 1st & 3rd Monday (7:00 pm). Runs from September to April.  
Contact Brenda Eckhardt – Tel. 519-323-1008
- **Mount Forest Lawn Bowling Club - Friday Afternoon Euchre (\$5 /person)** – Mount Forest Lawn Bowling Club, 340 King St. E. Friday (1:00 pm to 4:00 pm). Runs all year long.  
Contact Allan Hodgson – Tel. 519-323-6143

- **Mount Forest Horticultural Society** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.  
2<sup>nd</sup> Thursday of the month (7:00 pm to 9:00 pm)  
Runs from April to October, except July (garden tour).  
Guest speakers.  
Contact Colette MacTavish – Tel. 519-509-6246
- **Mount Forest Green Team (Saving local trees and environment)** – Mount Forest United Church (rear entrance), 175 Queen St. E.  
1st Wednesday of the month (7:00 pm to 8:00 pm)  
Contact Rhoda Seibert – Tel. 519-323-2105
- **Woodland Springs Women’s Institute (Membership: \$59 / year, 1<sup>st</sup> visit free)** – Mount Forest area (rotating locations).  
3rd Tuesday of the month (7:30 pm)  
Runs from March to December. Call for location of meeting – rotates among members’ homes.  
Contact Marg Mitchell – Tel. 519-321-1848
- **Saugeen River Bee Club (Membership: \$20 /year, 1<sup>st</sup> visit free)** – selected on-site bee yards in area.  
2nd Tuesday of month (7:00 pm to 8:30 pm)  
Call for information and location of meeting – rotating locations.  
Contact Ruth MacDonald – Tel. 519-323-6940
- **Quilting Group - tie quilts (Quilts for Missions)** – Mount Forest Pentecostal Church (Small Fellowship Hall), 259 Fergus St. S.  
Thursday (9:30 am to 12:00 pm)  
Contact Donna Kunkel – Tel. 519-323-1077
- **Four Corners Quilters Guild (free pass for 1<sup>st</sup> visit)** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.  
2nd Tuesday of the month (7:00 pm to 9:30 pm)  
Runs from September to June. Guest speakers.  
Contact Neil Cloes – Tel. 519-580-0957

- **Wellington County Library: Mount Forest Branch**  
– 118 Main St. N.  
Library Hours:  
Monday (10:00 am to 5:00 pm)  
Tuesday (10:00 am to 8:00 pm)  
Wednesday (10:00 am to 5:00 pm)  
Thursday (10:00 am to 8:00 pm)  
Friday (10:00 am to 5:00 pm)  
Saturday (10:00 am to 3:00 pm)  
Some Library activities are:
    - **Scrabble Club**  
2nd Wednesday of the month (2:00 pm to 3:00 pm)
    - **Book Club**  
2nd Friday of the month (10:30 am to 11:30 am)  
Books provided by library.
    - **Hooks & Needles**  
Thursday (2:00 pm to 3:00 pm)  
Drop in. (Bring your own crocheting, knitting, fibre art, etc. project.)
- Visit in person, call, or email to get more information about these and other free activities. You can also look at the online calendar here: <https://www.wellington.ca/en/discover/lib-programmesandevents.aspx>
- Contact the Library – Tel. 519-323-4541  
[mtforestlib@wellington.ca](mailto:mtforestlib@wellington.ca)

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“When you have once seen the glow of happiness on the face of a beloved person, you know that a man can have no vocation but to awaken that light on the faces surrounding him. In the depth of winter, I finally learned that within me there lay an invincible summer.”  
- Albert Camus

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Enjoy our ZOOM presentations every Tuesday (10:30am) and Thursday (2:00 pm) (Tuesdays only in July & August). Call the office at 519-638-1000 and ask to be put on the invitation list.

- Find current & back issues of the Heart & Soul of Wellington monthly newsletter.  
<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>
- Twitter: [@seniors\\_centre](https://twitter.com/seniors_centre); Instagram: [#seniorscentreforexcellence](https://www.instagram.com/seniorscentreforexcellence)
- Check out our Facebook page.  
<https://www.facebook.com/seniorscentreforexcellence/>

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“It’s important to have a twinkle in  
your wrinkle.”  
– Unknown

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- The **VON office (Waterloo-Wellington-Dufferin County)** offers transportation services for seniors and adults with disabilities who have no access to transportation.  
Address: 392 Main St. North, Unit 4, Mount Forest, ON, N0G 2L2  
Phone: (519) 323-2330  
Hours: Monday - Friday 8:30 am to 4:30 pm  
Website: <https://von.ca/en/services-programs> (select “Ontario” and “Waterloo Wellington Dufferin” and click on “submit” to find a full list of transport and other services available in our region).
- **Ride Well Rural Transit** offers full-time dedicated drivers to offer transit services across Wellington County. Call to book your ride. Multiple-rider discounts apply.  
Hours: Monday – Friday 6:00 am to 7:00 pm.  
Phone: 1.833.900.7433  
Website: [www.ridewell.ca/book](http://www.ridewell.ca/book)

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“Love yourself enough to live a healthy,  
active lifestyle.”  
– Jules Robson

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“To keep the heart unwrinkled - to be hopeful,  
kindly, cheerful, reverent - that is to triumph  
over old age.”  
- Thomas Bailey Aldrich

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“Movement is a medicine for creating  
change in a person’s physical, emotional,  
and mental states.”  
- Carol Welch

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# SENIORS' CENTRE *for* EXCELLENCE

11 Andrews Drive West, Drayton, ON N0G 1P0

Tel. 519-638-1000

<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>

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"I've always wanted to try new things  
because it's exciting and it keeps you  
active and alive."  
- Robert Redford

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Funded by the  
Government of Canada's  
New Horizons for Seniors Program

Canada