



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

2024

Activities & Events for Older Adults



Active
Connected
Engaged



SENIORS' CENTRE *for* EXCELLENCE



Table of Contents

- 3 Foreword – Message from Helen
- 4 SCE Community Connectors
- 5 Township of Mapleton
 - Alma
 - Drayton
 - Moorefield
- 8 Town of Minto
 - Clifford
 - Harriston
 - Palmerston
- 15 Township of Wellington North
 - Arthur
 - Mount Forest
- 23 SCE Online Events
- 23 Transport services available

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

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

Please note...

- Please read through all the information in this booklet to find out what activities or groups are available in **Wellington County**. If you see something that interests you, please do not hesitate to join the activity or group – ALL members of Wellington County are welcome at ALL the activities in the County.
- All activities and groups are suitable for older adults, some for older adults only (55+), and others for adults and teens as well.
- Activities are FREE unless otherwise indicated.
- Please contact the **Seniors' Centre for Excellence** at 519-638-1000 or email hedwards@mapleton.ca if you have information about any other activities or groups that will be suitable for older adults to join.
- **Disclaimer:** All information in this publication was, to the best of our knowledge, correct at the time of printing. Please get in touch with the contact person for each activity/group before joining, for updated information.



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 attended some time ago, 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

- [Alma](#)
 - [Drayton](#)
 - [Moorefield](#)
-

Town of Minto

- [Clifford](#)
Johanna Brown – Tel. 519-638-1000
 - [Harriston](#)
Linda Campbell – Tel. 519-323-7151
lindajcampbell@gmail.com
 - [Palmerston](#)
Ruth Wilson – Tel. 519-343-4842
rwilfree@wightman.ca
-

Township of Wellington North

- [Arthur](#)
Faye Craig – Tel. 226-821-0258 / 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

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.
3rd Thursday of the month (1:30 pm)
Contact Pat Salter – Tel. 519-846-5633 / 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
- **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

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 1st & 3rd 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

- **Euchre** – Drayton Reformed Church, 74 Wellington St. S.
Monday (9:30 am)
Contact John Hoogkamp – Tel. 519-638-5452
- **Shuffleboard (\$3/ person)** – 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
- **VON SMART Exercise Class** – Drayton Reformed Church,
72 Wellington St. S.
Monday, Wednesday & Friday (9:30 am)
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 6233
Kelly.gee@von.ca or Danielle Dawkins – Tel. 519-803-0144 /
danielle.dawkins@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
- **Adult Recreational Drop-in Pickleball (\$4 /timeslot)** –
PMD Arena Hall, 68 Main St. W.
Daytime: Monday, Wednesday & Friday
(9:00 am to 10:30 am & 11:00 am to 12:30 pm).
Nighttime: Mondays (6:00 pm – 7:30 pm & 8:00 pm to 9:30 pm).
Please wear non-marking shoes. All player levels are
welcome. Also visit the outdoor courts in Moorefield & Glen
Allan, anytime!
Contact Amy Grose – 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 /
flewwelling@gmail.com or Liz Samis – Tel. 519-669-9209.

**“It matters not how long we live but how we
live.” - Philip James Bailey**

- **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://wellington.libnet.info/events>
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

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.
1st & 3rd 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
- **Moorefield & District Horticultural Society “Mapleton
Buds & Blooms” (Membership: \$10 /year)** – Moorefield
Optimist Building, Ball St.
4th 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. / Facebook: “Mapleton Buds &
Blooms”

Clifford

Connector: Johanna Brown – Tel. 519-638-1000.
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
- **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
- **VON SMART Exercise Class** – Clifford United Church, 11 Allan St. E.
Monday, Wednesday & Friday (9:30 am).
Every 2nd Wednesday of the month (9:00 am.)
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 6233 /
Kelly.gee@von.ca
or Danielle Dawkins – Tel. 519-803-0144 /
danielle.dawkins@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 year-round. Summer schedule TBA. Please check with the contact person for schedule.
Contact Jen Linthorst – Tel. 519-492-9454 / Facebook: “Minto Hikers”

- **Pickleball (\$3/session)** – Clifford Arena, 2 Brown St. S.
Runs all year round.
Monday (10:00 am to 12:00 pm & 6:45 pm to 8:45 pm)
Tuesday (10:00 am to 12:00 pm)
Wednesday (6:45 pm to 8:45 pm)
Friday (10:00 am to 12:00 pm)
Contact Matt Lubbers – Tel. 519-338-2511 x 240 /
matt@town.minto.on.ca
- **100 Women Who Care Rural Wellington (Membership \$400/year - donated to 4 charities)** 4 meetings a year in various locations across North and Centre Wellington.
Contact Kay Ayres – Tel. 226-445-2116 /
kayayres@eastlink.ca
- **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://wellington.libnet.info/events>
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

Harriston

Connector: Linda Campbell – Tel. 519-323-7151 /
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

- **Coffee & Conversation** – Harriston United Church, 57 Young St. W.
Tuesday (10:00 am to 11:00 am)
Contact Bev May – Tel. 519-338-2825
- **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 (1:30 pm)
Contact Doug Anderson – Tel. 519-338-3467
- **VON SMART Exercise Class** – Knox Presbyterian Church, 135 Elora St. S.
Tuesday & Thursday (10:30 am)
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 6233
Kelly.gee@von.ca or Danielle Dawkins – Tel. 519-803-0144
danielle.dawkins@von.ca
- **Harriston Walking Program** – Harriston Arena & Community Complex, 111 George St.
Monday to Friday (8:00 am to 9:00 am)
Contact the SCE office – Tel. 519-638-1000
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 Brian Harris – Tel. 519-327-8138
- **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 Matt Lubbers – Tel. 519-338-2511 x 240 /
matt@town.minto.on.ca
- **AquaFit & Adult / Lane Swimming (\$70 /season pass or \$10 /visit)** – Harriston Pool, 35 Raglan St. E.
Monday to Thursday (8:00 pm to 8:45 pm). From July 3rd.
Contact Matt Lubbers – Tel. 519-338-2511 x 240 /
matt@town.minto.on.ca
- **Harriston & District Horticultural Society (Membership: \$10 /single or \$15 /couple)** – Harriston Seniors' Centre (old Train Station), 83 Arthur St. W.
3rd Wednesday of the month (7:30 pm)
Runs from February to October.
Contact Linda Campbell – Tel. 519-323-7151 /
lindajcampbell@gmail.com
- **Harriston-Minto Agricultural Society** – Fair Grounds, 111 George St.
Harriston Fall Fair. (www.harristonmintofair.ca) Second weekend after Labour Day. September 12th, 13th, 14th 2025. Theme – “Kinda Korny”
Contact Jackie Scholten – Tel. 519-781-3145 /
jackie75-8@hotmail.com
- **Wellington County Library: Harriston Branch** – 88 Mill St.
Library Hours:
Monday (10:00 am to 8:00 pm)
Tuesday (10:00 am to 8:00 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:
 - **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 (September 28, November 23)

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://wellington.libnet.info/events>

Contact the Library – Tel. 519-338-2396 /
harristonlib@wellington.ca

Palmerston

Connector: Ruth Wilson – Tel. 519-343-4842 / 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
- **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
- **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** – James St. United Church, 215 James St.
1st Wednesday of the month (1:00 pm to 3:00 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. 6233 / Kelly.gee@von.ca
or Danielle Dawkins – Tel. 519-803-0144 / danielle.dawkins@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
- **Palmerston Curling Club (seasonal membership fee)** – 520 Cavan St. www.palmerstoncurlingclub.com
Runs from mid-October to the end of March.
Learn to Curl (\$150) - Every Sunday (2 pm) – from Nov. 12 to Dec. 17th.
Seniors’ Mixed League – Every Tuesday and Thursday (2 pm);
Mixed / Non-Competitive League (all ages & skill levels) – Wednesday (7:30 pm)
Ladies’ League (all ages) – Every Tuesday (7:00 pm).
Contact Chrissy Schneider – Tel.519-444-5896 / info@palmerstoncurlingclub.com
- **Carry On Women’s Institute (1st 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
- **Palmerston Quilting / Sewing Group** – James St. United Church, 215 James St.
Thursday (9:30 am to 3:00 pm).
Contact Lynda Alexander – Tel. 519-343-2365

Arthur



Connector: Faye Craig – Tel. 226-821-0258
fayecraig160@gmail.com

Remember to monitor Facebook:

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

- **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.
2nd Thursday of the month (7:00 pm to 9:00 pm)
Contact Angela Schneider – Tel. 519-291-8668
- **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://wellington.libnet.info/events>
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. 519-343-2142
palmerstonlib@wellington.ca

“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

- **Arthur Coffee Group** – different rotating church venues in Arthur.
3rd Thursday of the month (9:30 am to 11 am)
Contact Faye Craig – Tel. 226-821-0258
- **Bridge** – Arthur Seniors’ Hall, 242 Isabella St. E.
Monday & Friday (1:00 pm to 3:00 pm)
Contact Shirley Densmore – Tel. 226-443-2029
- **Euchre** – Arthur Seniors’ Hall, 242 Isabella St. E.
Tuesday (1:00 pm to 3:00 pm)
Contact Eleanor Monaghan – Tel. 519-848-2741
- **Bid Euchre** – Arthur Seniors’ Hall, 242 Isabella St. E.
Thursday (1:00 pm)
Contact Eleanor Monaghan – Tel. 519-848-2741
- **Cribbage** – Arthur Seniors’ Hall, 242 Isabella St. E.
Friday (7:00 pm to 10 pm)
Contact Eleanor Monaghan – Tel. 519-848-2741
- **VON SMART Exercise Class** – Arthur Seniors’ Hall, 242 Isabella St. E.
Monday, Wednesday & Friday (10:00 am)
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 6233
Kelly.gee@von.ca
- **Arthur Walking Group** – Arthur Arena, 158 Domville St.
Monday to Friday (9:00 am to 12:00 pm)
- **VON - Walk & Talk Nordic Pole Walking Class (free)** – Arthur Arena, Walking Track, 158 Domville St.
Tuesday and Thursday (11 am – walking; 12 pm – Education session)

- **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
- **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
- **Arthur Horticultural Society (Membership: \$10.00 /year)**
– 200 Tucker St.
3rd 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://wellington.libnet.info/events>
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

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 from September to May.
Contact First Baptist Church office – Tel. 519-323-2092
- **Men’s Breakfast (free)** – First Baptist Church (Fellowship Hall), 116 Fergus St. N.
3rd Saturday of the month (8 am to 9 am)
Contact First Baptist Church office – Tel. 519-323-2092
- **Mount Forest & District Seniors’ Group Euchre, Double 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
- **Mount Forest Duplicate Bridge Club (\$4 /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 (11:00 am)
Contact the VON (Kelly Gee) – Tel. 519-323-2330 ext. 6233/
Kelly.gee@von.ca
or Danielle Dawkins – Tel. 519-803-0144 /
danielle.dawkins@von.ca
- **Walk-a-Doodle-Do Walking Program** – 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
- **Indoor Walking (all ages)** – Mount Forest & District Sports Complex (Walking Track), 850 Princess St.
Monday to Friday (8:00 am to 3:00 pm)
Contact Shelley LeBlanc – Tel. 519-848-3620 x 4235 /
sleblanc@wellington-north.com
- **Outdoor Pole Walking Group** – Location changes (local)
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 (10:15 am to 11:30 am)
Please call to register.
Contact Jenna Crane – Tel. 519-323-0255 x 5037
- **Scottish Country Dancing (by donation)** – 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 Elizabeth Ghent – Tel. 519-323-3179
- **Club 55 Bowling League (\$18 /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 (small fee)** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.
Monday (1:00 pm to 3:00 pm) Runs from mid-September to the end of June.
Contact Wilma Crockford – Tel. 519-323-3281
- **Drop-in Pickleball Program (\$5.00 /session; paddles available)** – Mount Forest Victory Church, 320 King St. E.
Monday (9:00 am to 11:00 am)
Wednesday (9:00 am to 11:00 am & 6:00 pm to 8:00 pm)
Friday (9:00 am to 11:00 am)
Contact Shelley LeBlanc – Tel. 519-848-3620 x 4235 /
sleblanc@wellington-north.com
- **Volleyball (free)** – First Baptist Church, 116 Fergus St. N.
Every 2nd Monday (6:30 pm to 8:00 pm). All skill levels are welcome.
Contact First Baptist Church office – Tel. 519-323-2092.
- **Mount Forest Curling Club** – 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
- **Mount Forest Lawn Bowling Club (Membership: \$125 / 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 - Friday Afternoon Euchre (\$5 /person)** – Mount Forest Lawn Bowling Club, 340 King St. E.
Friday (1:00 pm to 4:00 pm)
Contact Linda Dunk – Tel. 519-323-9287
- **Mount Forest Lawn Club Cribbage. (\$5 / person)** – Mount Forest Lawn Bowling Club, 340 King St. E.
Tuesday (1:00 pm to 4:00 pm). Runs from mid-September to mid-April. Adults – beginners welcome.
Contact Brenda Eckhardt – Tel. 519-323-1008
- **Mount Forest Horticultural Society** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.
2nd 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: free)**
– Mount Forest area (rotating locations).
3rd Tuesday of the month (7:30 pm)
Runs from March to December.
Learning, enjoying, empowering, creating, socializing.
Call for location of meeting – rotates among members’ homes.
Contact Maxine Holborough – Tel. 519-323-9502
- **Saugeen River Bee Club (Membership: \$20 /year, 1st visit free)** – at selected on-site bee yards in the area.
2nd Tuesday of the month (7:00 pm to 8:30 pm)
Call for information and location of meetings – rotating locations.
Contact Jeannette Kuntz – Tel. 519-261-0349
- **Four Corners Quilters Guild (free pass for 1st visit)** – Mount Forest & District Sports Complex (Leisure Hall), 850 Princess St.
2nd Tuesday of the month (6:45 pm to 9:00 pm)
Runs from September to June. January, February, and March are Zoom sessions. Guest speakers.
Contact Debbie Smith – Tel. 519-321-8027
- **Seniors’ Monday Darts (\$2 /person)** – Royal Canadian Legion, 140 King St. W.
Monday (12:30 pm)
Runs from mid September to April.
Contact Brenda Eckhardt – Tel. 519-323-1008
- **Friday Night Blind Doubles Darts (\$5 / person)** – Royal Canadian Legion, 140 King St. W.
Every Friday (registration at 7:30 pm, starts at 8 pm).
Everyone welcome - new and seasoned players.
Contact Dan Cameron – Tel. 519-323-6123

“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

SCE Online Events

Enjoy our ZOOM presentations every Tuesday (10:30 am) 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>
- X (formerly 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/>

Transport Services Available

- 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

- **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 (downstairs – cost: free):

- **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.
- **Off the Menu Cookbook Book Club**
2nd Tuesday of the month (6:00 pm to 7:00 pm).
Adults. Drop in. Cookbooks are provided.
- **Craft & Create**
1st Tuesday of the month (5:30 pm to 7:00 pm).
Adults. Different crafts every month. Craft supplies are provided.

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://wellington.libnet.info/events>

Contact the Library – Tel. 519-323-4541
mtforestlib@wellington.ca

"It's important to have a twinkle in
your wrinkle."
– Unknown



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

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



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>

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

Ontario 