



April 2023



A Word from Helen

Helen Edwards
SCE Seniors' Health Services Coordinator
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Well, congratulations, everyone. We have made it through another winter. No matter what Mother Nature throws our way in April, we know she is losing her grip. Spring is on the way.

April is volunteer appreciation month, and this year's theme is *Volunteering Weaves Us Together*. This theme speaks to the importance of how volunteering contributes to the strength and vibrancy of a community.

We are so thankful to all our volunteers who use their time for the betterment of others and feel blessed to have such a wonderful group of Seniors' Centre for Excellence (SCE) volunteers. I started to comprise a list of all the programs volunteers help with, but it was too long, and my fear of missing someone made me erase it and share, generally, instead. 😊

In addition to our volunteers, we are also blessed to have many SCE 'cheerleaders' who we can count on to help with many tasks such as sharing our Facebook posts, spreading the word about our newsletter and events, advocating at local councils on our behalf, and helping out when we are in a jam.

Thank you—two little words that hardly seem enough to express our gratitude for all the work our volunteers complete on behalf of the SCE. Your willingness to help is so appreciated. Without the support of our volunteers, we would never be able to achieve our goal of building a resilient community that recognizes the contributions of older adults and keeps us all active, connected, and engaged. You truly do make this community a better place.

Helen

Community Connectors

If you know, or hear of an activity or event for seniors that isn't already listed or needs some information updated or corrected, please let your Community Connector know.

1. **Palmerston** – Ruth Wilson → rwilfree@wightman.ca; 519-343-4842
2. **Drayton (Mapleton)** – Donna Fulcher → homedfulcher@gmail.com; 519-497-4675
3. **Harriston** – Linda Campbell → lindajcampbell@gmail.com; 519-323-7151
4. **Arthur** – Faye Craig → fayecraig160@gmail.com; 226-821-0258
5. **Mount Forest** – Sharon Rodgers → 519-509-2448
6. **Clifford** – Jim Measures → 519-327-8265





“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” — Sherry Anderson



Take a Social Adventure. It’s Good for You!

John Griffin, MSc

Reprinted with permission from Active Aging Canada

We all know that exercise makes us feel better. But the real joy we feel from physical activity may come from more than just being active. There is the positive feeling that comes when a person shares an active event with a friend or group — a ‘social adventure’.

When we ski, golf, hike, bowl, swim—whatever—with someone else, we create new stories of shared experiences. That’s important at any stage of life, but to feel renewed as an older adult is extremely refreshing.

A social adventure may involve a change of place or climate—the adventure of a discovery shared with a friend. Or, it might just be a regular “game” of *doubles for coffee* when all is done. If you can plan four or so of these social events each month, it adds even more benefits to an active lifestyle.



Lifestyle has a dramatic impact on the aging process. Regular exercise in later years can mean a healthier, more independent and satisfying life.

Adding a social aspect to your active living plan brings even more to successful aging!

About the author:

John C. Griffin, MSc, is a professor in the Fitness and Health Promotion Program at George Brown College in Toronto, as well as a consultant, speaker, coach, and writer. This article is adapted with permission from “Boost lifestyle activities to support clients in aging well,” in *The Journal on Active Aging*, March/April 2013:

<https://www.icaa.cc/>

Thank
you!

What a great team! Six willing friends from six different communities have stepped up to be our Community Connectors, and we are doffing our hats with gratitude.

Thank you to Ruth, Donna, Linda, Fay, Sharon, and Jim for agreeing to help keep us all in the loop. You are about to play an important part as we work together to keep everyone active, connected and engaged.



What do rabbits say before they eat?

“Lettuce pray.”



太极 Tai Chi

Join us!



Beginners Tai Chi

- Tuesday, April 11 to Tuesday, May 30, 1:30-2:30 pm at the Moorefield Community Centre, Ball Avenue, Moorefield.
- 8 Week session. Cost \$55. Cash or cheque (*payable to Christine Curtis*) Moorefield Community Centre, 15 Ball Ave.
- Wear loose, comfortable clothing and shoes.
- To register, please call the Seniors' Centre for Excellence at 519-638-1000 or email jbrown@mapleton.ca.
- We will need to send out registration forms and a waiver.
- Limited class size, so register soon.

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels.

Your instructor Christina, has studied this art form for 14 years and has spent over 30 years in the martial arts. She is the owner/instructor at Mapleton's Martial Arts located in Drayton, proudly serving our community for 10 years.

Pet Corner

My name is Gingersnap, but everyone just calls me Kitty.



I was rescued from a storm drain pipe under our town when I was about six weeks old.

I love to be outside, except in Manitoba winters, and get along with most dogs. I rule the roost, as most cats should, and enjoy watching birds, squirrels, and window flies, "with intent."

At this point in my life, I'm an elder kitty that simply wants to ensure I have treats and a warm space, preferably high enough to see out the windows. Ahhh, life is good!

Special thanks to one of our regular ZOOM participants, Louise Stitt, for sharing Gingersnap with us this month!

Behind the SCEnes

Celebrating our Seniors' Centre for Excellence (SCE) accomplishments

The Seniors' Centre for Excellence (SCE), in partnership with the Waterloo Wellington Older Adult Strategy, was successful in receiving a New Horizons Grant in the amount of \$25,000. The grant monies will be used to create a Wellness Calendar that focuses on Fraud Prevention alongside in-person education sessions across rural Wellington County.

Older adult artisans will be featured in the artwork.



"Kindness in words creates confidence. Kindness in thinking creates profoundness.
Kindness in giving creates love."

A Birthday to Remember



Seleda Frey as told to Helen Edwards

It was shortly after Seleda turned 79 that she began to think about how to celebrate turning 80. She knew that Feb 4th, 2023, would be here before she knew it, and she wanted to do something special. That is when she began to think about giving rather than receiving. Seleda knew she wanted to give out 80 of "something" to friends and family, but what could it be?

Seleda knew she was well known for her sticky buns, but 80 dozen sticky buns didn't sound achievable. It wasn't until she was attending an SCE ZOOM session that someone mentioned, "Seleda made jam for people." The sweet idea began to percolate. Seleda said that she quite often gave her homemade jam as a hostess gift or would take a jar to someone who was a shut-in.

Seleda began to make her jam, in fact she made four varieties. Raspberries and plums were picked from her own garden. Strawberry and peach jam were also created. Many years ago, she had created her own peach jam recipe without using pectin and was excited to use it for this 'project.' She worked away at her project until she finally had 80 jars of jam made.

Seleda started by handing out her jars of sweetness at the SMART exercise program on February 3rd. On February 4th, the day of her actual birthday, family members accompanied to help hand out her Birthday jars of sweet deliciousness. Seleda mentioned it was a cold morning, but that did not deter her special deliveries. Her heart felt warm, even if her nose and fingers didn't. It took several days to complete her deliveries, but all the jars of jam eventually arrived at their intended destinations. Seleda was thrilled that her 80th Birthday plan had come to fruition.

In December of 2022 Seleda's husband John had passed away. She shared that if she had not made the jam ahead of time, she probably would not have done anything special for her birthday. Looking back, she is so glad that she did! Not only did she enjoy her special day, personally gifting those 80 jars of jam gave her such joy. It truly is better to give than to receive.



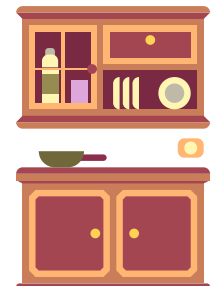
Seleda, I am sure that you planted more than a few seeds with those jars of delicious jam; who knows how many people will plan something similar?

Decluttering with Doris

Doris Cassan

Create Kitchen "Zones" and Dedicate space for the following:

- a) Baking products
- b) Spices
- c) Coffee making supplies—keep near the coffee maker or kettle
- d) Bread, butter, plates, etc—keep near the toaster



Check shelf life of foods in pantry. All food is required to have an expiry date, even candy.



“Easter spells out beauty, the rare beauty of new life”—S.D. Gordon

Word of the Month

Fluffle: (n)
A group of wild rabbits.

Awwwww...



Hospice Wellington



Community Services
At a Glance

Hospice
Wellington
YOUR STORY MATTERS

<https://www.hospicewellington.org/our-community-services/hw-at-a-glance-winter-2022-2023.pdf>

Creating Your Own Care Map

In-person at Hospice Wellington, Wednesday, April 12, 6-8 pm and June 28 (Virtual), 6-8 pm

In partnership with the Upper Grand Family Health Team, we are offering this workshop to help you create your own Circle of Care map and wish list. To register, contact Nicole Morgan at 519-843-3947 ext. 123 or nicole.morgan@uppergrandfht.org.

Advance Care Planning

Wednesday, June 21, 1 pm-2:30 pm at Mount Forest Library, 118 Main St N. Mount Forest.

We encourage everyone to engage in conversations about the care they would like to receive if they become too ill or injured to speak for themselves. This workshop will provide information about advance care planning. To register call 519-836-3921 ext. 228 or email: info@hospicewellington.org

Recipe of the Month



The Best Corn Casserole

Submitted by Sarah Rooyakers

<https://www.undercooked.ca>

Ingredients:

2 (12-oz) packages frozen corn, thawed
2 eggs
¼ cup all-purpose flour
2 Tbsp sugar
2 Tbsp butter, softened
¼ tsp cayenne pepper
1½ cup shredded cheddar cheese
8 slices bacon cooked and chopped

Instructions:

Preheat oven to 350°F. Lightly spray a 9x13-inch pan with cooking spray. Set aside. In a food processor or blender, combine one package of corn, eggs, flour, sugar, butter, and cayenne pepper. Pulse 3 or 4 times, until corn is creamed. Pour mixture into a large bowl.

Add remaining package of corn, 1 cup of cheddar cheese and the bacon. Stir to combine. Pour corn mixture into prepared pan. Top with remaining cheese. Bake uncovered for 30 minutes.


Notes:

- Can substitute an equivalent amount of fresh or canned corn for the frozen corn.
- This recipe easily makes 8-10 servings. You can easily half the recipe for fewer servings.
- You can assemble the casserole ahead of time and refrigerate or freeze for later.

Activities & Events

*Please note. In case of inclement weather, if school buses are not running in North Wellington, then the Dining & Coffee Programs will be cancelled, too.)

Dining Program* 	Date	Time	Location	Guest Speaker or Event
Palmerston	April 19	12 pm	Palmerston United Church	Sharon Grose - a Trip Downunder to Australia
Clifford	April 26	12 pm	Clifford United Church	The Haywards (musical group) Bring your spoons! Note: Now full course dinner \$20
Harriston	April 28th	12 pm	Harriston United Church	Doris Cassan- My Trip to the UK

COFFEE PROGRAMS	 DAY	TIME	LOCATION
DRAYTON COFFEE TIME	Every 2nd Thursday April 6 & 20th	10:30 am	Selah Centre 24 Wood St., Drayton
PALMERSTON MUFFIN MONDAY	Every Monday	9:30am	James St. United Church 215 James Street
PALMERSTON SCE GROUP	Last Wednesday of the month	10 am	James St. United Church 215 James Street
MOUNT FOREST FRIENDSHIP CIRCLE	Every Tuesday	10:30 am	Pentecostal Church 259 Fergus St. S

Shuffleboard

NOTE: Only one more session left on Thursday, April 6th at 1 pm. Come join us for a final afternoon of great exercise, good laughs, and a bit of healthy competition. We won't be meeting again until the fall, so if you want to come and see if it might be something you would like to put on your to-do list for the future, we'll meet you at the PMD arena in Drayton. For more information, please contact Gord and Ann Oosterveld at 519-638-2865 or email ann@oosterveld.org

MOUNT FOREST

St. Paul's Anglican Church
Fri. 1 p m
Call Barbara Kerr if you need a partner. 519-323-4341

Bridge







ARTHUR

Senior's' Hall
Mon. & Fri. 1-3 pm
For Info: Shirley Densmore
226 443 2029

EUCHRE 	CONTACT & DETAILS	DAY	TIME	LOCATION
Arthur	Eleanor Monaghan 519-848-2741	Tues.	1-3 pm	Seniors' Hall 242 Isabella St. E.
	Bid Euchre	Thurs.	1 pm	Seniors' Hall 242 Isabella St. E.
Drayton	Gerry Debeyer 519-638-2779	Mon.	9 am	Drayton Ref. Church
Harriston	Doug Anderson 519-338-3467	Mon.	1:30 pm	Harriston Train Station
	Pepper	Tues.	1:30 pm	Harriston Train Station
	Pepper	Thurs.	7-9 pm	Harriston Train Station
Mount Forest	Kay Ayres 226-445-2116 Euchre. Bid Euchre & Other Games \$3	Wed.	1-3:30 pm	Mount Forest Sports Complex
Palmerston	Dale Hurlbutt 519-343-3495	1st Wed.	2-4 pm	Lions Den (CNRA Building)

*Note: The VON also offers many SMART programs in North Wellington, Centre Wellington, and Guelph. For further details, please check out this link: <https://bit.ly/3HvXLkf> VON: 519-323-2330 EXT-4954; kelly.gee@von.ca.

EXERCISE CLASS	DAY 	TIME	LOCATION
CLIFFORD	Mon. Wed. Fri	9 am	Clifford United Church
HARRISTON	Tues. & Thurs.	10:30 am	Knox Presby. Church
DRAYTON	Mon. Wed. & Fri.	9:30 am	Drayton Ref. Church
MOUNT FOREST	Mon. Wed. & Fri.	10:30	Royal Can. Legion
PALMERSTON	Tues. & Fri.	9 am	James St. United Church
ARTHUR	 Wed. & Fri.	10:30 am	Seniors' Hall

WALKING PROGRAMS	DAY	TIME	LOCATION
DRAYTON 	Mon-Wed-Fri	8:30am – 10:00am	PMD Arena
PALMERSTON	Mon. to Fri.	8:30-9:30 am 	Palmerston Community Centre
HARRISTON	Mon. to Fri.	8:30-9:30 am	Harriston Community Centre
MOUNT FOREST WALK-A-DOODLE-DO	Thurs.	9:30-11 am	Mount Forest & District Sports Complex
ARTHUR	Mon. to Fri.	9 am - Noon	Arthur Arena



Tuesday 10:30 AM

Date: April 4
Guest: Karen Muirhead
Topic: Ontario Caregivers Association

Date: April 11
Guest: Katie Clarke - WCMA
Topic: Celebrating Wellington County's First Responders & Emergency Personnel

Date: April 18
Guest: Karen Burke Reg. Dietitian
Topic: Cooking with Karen. Food Safety

Date: April 25
Guest: Rachel Behling. Fashion Museum
Topic: The History of Swimwear

Thursday 2 PM

Date: April 6
Guest: Dr. Keri Ladd (former Drayton Resident)
Topic: Celebrating World Health Day

Date: April 13
Guest: Grace Wilson
Topic: The Norgan Theatre

Date: April 20
Guest: Ava Rudachyk OT (Arthritis Society)
Topic: Tips for Living with Arthritis

Date: April 27
Guest: Daniel Aonso
Topic: The Legends of Big Band music



Keep an eye open for our
*new SCE Heart & Soul
 Activity Booklet*



Wednesday, April 19, 2023
For the Love of Words

4luvwrd@gmail.com



“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” –Henry Ford