



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

11 Andrews Drive, West, Drayton, ON N0G 1P0

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EDITION #47

April 2024

A Word from Helen

Helen Edwards
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Happy Spring (of Deception?)

As I sit here, writing this on March 13, the temperature today is supposed to hit 15 beautiful sunny degrees. I must be honest that it leaves me a little unsettled; are we in the spring of deception and about to head into third winter? I wonder what the weather will be doing while you are reading this newsletter. Will Mother Nature have unleashed another snowstorm or cold weather snap. I, for one, hope not.

I saw this infographic on Facebook the other day. While I hope it isn't true, it did bring a smile to my face. That said, I hope that the sun keeps shining, the birds keep singing and Mother Nature continues to bless us with an early spring.

I know I speak for many when I say that this glorious weather is truly a gift. Fingers, legs (yes, mom. I know it causes varicose veins, but in this case, it is worth it) and toes crossed that you aren't looking out onto a winter wonderland while reading this!

Helen

Happy National Volunteer Appreciation Month!



Canada's 11 Seasons:

- winter
- fools spring
- second winter
- spring of deception
- third winter
- mud season
- actual spring
- summer
- false fall
- second summer. one week.
- actual fall

YOU ARE HERE

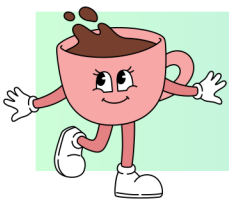
Pet Corner

The World's Cutest Lamb

Photo submitted by Helen Parks, this lamb was born at her farm, near MacIntosh Church. Poem created with apologies by Helen Edwards.

I am indeed the world's cutest lamb.
Just look at my photo...you can see that I am.
If you are feeling sad or blue
Just stare at my photo, it is good for you.
Can you feel your heart soften, a smile begin to appear?
That is because while I am a lamb, I am also a little dear!





Why was the coffee-shop worker fired?

Solution:



He kept showing up in a Tea-shirt.

THANK YOU

Every second week some of us have been gathering, faithfully, for the Seniors' Centre for Excellence Coffee Hour at **Selah Centre** in Drayton. We are so thankful to them for opening their doors to us and allowing us to use their lovely, intimate facility without charge.

We have those who join us at coffee hour on a regular basis and there are those who drop in occasionally. Most are locals and then we have some who tell us it's worth the drive to Drayton! Our arms are open to all!

What Others are Saying:



—Carol, Harriston



—Barb, Drayton



—Valerie, Alma



Thank you, Selah Centre for making this possible!



Activities Spotlight

Hooks & Needles

Submitted by Donna McComb

I just wanted to give a shout out to the *Hooks and Needles* craft program that the Mount Forest Library is running. I attended an afternoon session in January and had a great time! Since I am unable to crochet, knit, or do needlework like many of the others who attended, I went armed with my marker pens and images and I made greeting cards.

If anyone is looking for an hour to get together with likeminded people who love working with their hands, this could be the place for you. The staff at the library is super helpful and friendly and I'm already looking forward to being there again. Hope to see YOU there!

Oh, and if you don't have anything crafty to do, then just show up and I will be more than happy to share some of my stamped images with you so you can colour right along with me!

It's a wonderful way to meet new friends and have some fun. And, best of all, it's FREE!

Sessions happen every Thursday 2 pm - 3 pm. For information call (519) 323-4541





“Every moment matters, even the ones that seem insignificant or small. Cherish the memories.”

Anon.



Growing Up in Goldstone

by Bonnie Close Martin, as told to Helen Edwards



(Images courtesy of the Mapleton Historical Society)

I grew up in the suburbs of Goldstone. I was the fifth of eight children. My mother had originally planned to have only four children, but after a move from Burlington into the hamlet, things changed. But that was okay because Mom had an inkling that the best was yet to come. And, and it was, in my humble opinion. I have so many wonderful memories about my childhood.

Friday evenings, after chores, my cousin from Parker would arrive. While our parents visited and played cards we would, in good weather, play hide and seek in the barn. The rule was to have only one light on, it was easy to get lost in all the shadows. When it was cold, we were less brave about being outside so we would play hide and seek in the attic of the house, adding to the suspense by playing in complete darkness.



Old Blacksmith in Goldstone

When I was in grade 8, we had a snowmobile and would spend time exploring the wintery trails, and in the summer we swam in the Whale’s farm pond.



Goldstone United Church

Sundays after church we would have as many as seven local children over to play *Sheep in the Pen*. This game was very similar to Hide and Seek. You had to be caught three times to be “It”. When found, you were herded into the “pen,” but many times you were able to escape. The shrieks of those being found could be heard for miles—maybe even in Drayton!

If we didn’t have company, we played board games and ate popcorn. To this day thinking about these times bring a chuckle and a smile to my face.



Former Goldstone General Store

Growing up in the burbs of Goldstone was so much fun!

BCM





A plastic bag is used for an average of 12 minutes but will remain in the environment for 1,000 years before it decomposes.

Recycling one aluminum can save enough energy to run a TV for three hours.

Happy Climate Approach

Helen Edwards



Mon, Apr 22, 2024 is Earth Day

Recently, while driving to an event, I heard a story on CBC radio titled “The Happy Climate Approach.” The host, Jiaying Zhao, who goes by the nickname, JZ, spoke about an idea she had regarding terms used to describe climate change. JZ shared how she thought certain terms, such as global disaster, are paralyzing, and hearing such words makes it hard for us to feel we can make any difference.

“But what if we did things in our own lives that were good for the environment and made us happy?” said JZ.

The professor, from the University of British Columbia was speaking on the program about Feng Shui for your refrigerator. I was intrigued. JZ bravely opened the door of the staff refrigerator at the CBC station in Vancouver.

Are there any amongst us who haven't had the experience of finding a container pushed to the back of the fridge whose contents are unrecognizable? Have some, like me, thrown the whole container away rather than release the lid of said container?

JZ's idea is to rearrange the contents of our fridge, so perishable items are front and centre each time we open the door. She suggested placing your condiments in the hydrator drawer. *I mean that mustard will probably outlive all of us, right?* According to research, food waste creates 56.6 billion tonnes of greenhouse gas emissions. By reducing our food waste we are doing something good for the climate and for our wallets.

The next idea might be a little harder to swallow, but maybe chew it over before moving on. JZ's suggestion is to “make meat a treat.” Did you know that the production of animal-based foods, particularly beef, is responsible for about half of the food system's greenhouse gas emissions? Note the suggestion of making “meat a treat” is the key.

Deprivation leads to sadness—the opposite of what the Happy Climate Approach is supposed to do, so I am not suggesting complete elimination of meat (unless you want to do that!) Just remember when we make something a treat, we enjoy the anticipation and the treat more. How about a *Meatless Monday* and *Salad Saturday* as a starting point?

Take this article with a pinch of salt and think about the Happy Climate Approach. After all, who doesn't want a little more happiness in their life?





Q: Did you hear about the carrot detective?
A: He got to the root of every case.



Recipe of the Month

WWII Carrot Scones

Carrots were used a lot in wartime cooking and baking. They were home-grown and very versatile. So versatile in fact, that they often found their way into desserts, cakes and puddings.



Ingredients

- 3/4 cup self-rising flour
- 1 teaspoon baking powder
- 2 tbsp softened butter
- 4 tbsp sugar
- 8 tbsp grated carrot
- 1 tsp vanilla extract
- Spray/butter for baking tray

Method:

Pre-heat oven 350 degrees

Cream room temperature butter with sugar. Add in the grated carrot, one tbsp at a time. Add in the vanilla and stir. Slowly add the sifted flour. The more you beat, the more moisture the carrots will release to bind the mixture together. You will be left with a sticky carrot flecked dough.

Pinch and roll the desired amount between your hands. You should get 12 scones from this recipe. Place on baking tray and sprinkle with a little sugar (optional). Cook in the centre of the oven for about 20 mins. Once firm on top & at the sides, they are done. Remove from oven & cool. Enjoy!

DONALD SUTHERLAND WANTS YOU TO WRITE HIM A POSTCARD

The internationally acclaimed Canadian actor has been honoured with a Canada Post stamp

Donald Sutherland, in a CBC interview in Decemer 2023, shared that not only was he the receipt of an honorary Oscar, a companionship of the Order of Canada, and a couple of Golden Globes, his greatest achievement was a having his image on a Canada Post stamp.

After his interview, the Canadian actor invited listeners to send him a postcard using his stamp. If you want to join in the fun, here is his contact information:

Donald Sutherland
General Delivery
Georgeville, QC
JOB 1T0





In case of inclement weather, please note that all our Seniors' Centre for Excellence Programs will not run if the school buses are cancelled. You can check here for updates: <https://stwdsts.ca>



For more information or to register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to hedwards@mapleton.ca

DINING PROGRAM	DATE	TIME /COST	LOCATION	GUEST SPEAKER OR EVENT
Palmerston	Wed. April 17	12 pm \$20	James St. United, Palmerston	Susan Warren Birds of a Feather
Harriston	Friday April 26	12 pm \$20	Harriston United Church	The Haywards Musical Entertainment
Clifford	Wed. April 24	12 pm \$20	Clifford United Church	Emily Cooper Community Paramedics: Planning ahead – DNR

Join us for Coffee!



COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON COFFEE HOUR	Every 2nd Thurs. April 11 & 25	10:30 am	Selah Centre 24 Wood St., Drayton
MOOREFIELD COFFEE & CARDS HOUR	2nd Wed. of the month April 10	10 am	Maryborough Community Centre, 15 Ball Avenue

WORD OF THE MONTH



Petrichor:

A distinctive scent, usually described as earthy, pleasant, or sweet, produced by rainfall on very dry ground.



SAVE THE DATE

Wednesday, June 5, 2024

We need YOU to help solve the **Murder Mystery** at the Moorefield Community Centre!

*At first it seemed a tragic accident.
Then ... a medical doctor, a maid, a motive, and now, a mystery. Turns out small towns aren't exempt from intrigue and deep, dark secrets, after all.
As the plot thickens, the story unravels...*



“Lilacs are the soul of spring.” Anon.



Painting with Lisa

Who doesn't love lilacs?
Come join us & let's get creative.

Instructor: Lisa Cosier

Date - Wednesday April 17th

Time - 1:00-3:30

Location - PMD Arena

\$25*



"Spring in the Country"

**includes all supplies required to complete your masterpiece. Just bring yourself, your beverage of choice, and your artistic abilities. Budding artists welcome!*

Step Stool Disaster

Submitted by Patti Emery

Since the weather was getting warmer and the pussy willows outside were about to be ready, I decided it was time to get out my pussy willow wreath for the front door. I headed to the hallway cupboard, opened the louvered doors, put the step stool in position and up I climbed. *Someday I would organize that shelf better.* I grabbed two other wreaths, put them on my left wrist and then stretched over to dig down into the box to get out the wreath form I needed.



Somehow, I lost my balance and fell backwards. My body was heading down the stairs. Screaming loudly, I instinctively raised myself up and grabbed the railing, hoping that would slow me down or hopefully, stop me. That would be a no. But at least the upper half of my body was slightly raised and not bumping down the stairs like my bum was.

I landed on my side on the landing, most of the weight was in my hand. OW! Laying there for a while, I assessed my body condition.

Nothing felt broken. All was good. Slowly, I got up, dusted myself off and was extremely grateful that I really was OK.

The moral of the story is keep your cupboards organized and if someone tells you that a stool is not safe - believe them!

Editor's Note: *We are glad you weren't seriously hurt, Patti. Thanks for sharing about how quickly things can happen and how we need to be careful when using a stool!*



ZOOM with us!



Volunteer Appreciation Month



Every
TUESDAY 10:30 AM



April 2, 2024

Bonnie Sitter
The Farmerettes



Every
THURSDAY 2 PM



April 4, 2024

Valerie Denton
What Happens at the
Local Library?



April 9, 2024

Julie Martin-Jansen
Caregiver Wellness
Keeping the Care in Caregiving

April 11, 2024

Hurania Melgar
Emergency Preparedness.

April 16, 2024

Kelley Gee VON
In Praise of Volunteers



April 18, 2024

Schneider Haus with Carla Mitchell
More Than Just Schmecks Appeal,
Edna Staebler

April 23, 2024

Alyson Colton R.D.
Cooking with Alyson

April 25, 2024

Doris Cassan
Spring Cleaning



April 30, 2024

Denise Francis
Guelph Black Heritage Society

We, at the Seniors' Centre for Excellence in Mapleton, Minto, and North Wellington, want to publicly acknowledge the importance of our volunteers.

We have many quiet heroes who constantly step up to the plate and help us out whenever we ask.

We wanted to take a moment to say thank you and to express our gratitude to each of you for every single moment you help out or go that extra mile for us. Because of you, we can continue to provide programming and care for older adults according to our mandate. We couldn't do it without you. You are appreciated and loved.



The Heart of a Volunteer



It takes a special person
To be a volunteer
We know sometimes the work is hard
Yet your dedication's clear.
You give and give without a thought
Of desiring praise or glory.
Your ready hand and listening ear—
Moved by every story.

Thank you, friend for stepping up
For helping staff and peers,
For being heroes (without capes!)
We love our, Volunteers! (GB)



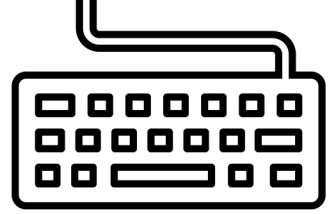
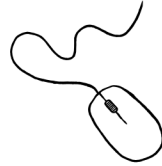
If you want to check out past issues of our Heart & Soul Newsletter Archives, click [HERE](#)





Yes

Tech Tips



The Magic Tech Touch

by Michael Meunier

Do you sometimes struggle to get your fingers to execute touch screen commands on your smartphone or tablet? Touch screens rely on our skin's electrical charge to pinpoint where we touch. That charge is strongest when our hands are moist and warm. Dry and cold hands may explain why our touch screens do not always react as we would like them to!

One work-around for this issue, could be the use of a stylus (pen) to manage your smartphone or tablet with greater precision. There are many stylus pens on the market that work with iPads, Samsung tablets and Apple or Android smartphones.

Some factors to consider when choosing a stylus pen include:

- Compatibility with your device
- Pressure sensitivity
- Battery life
- Button customization options
- Ergonomics and comfort

Depending upon the device(s) that you use, four Stylus Pens that you may want to research further are:

- King Write MR05
- Apple Pencil
- Microsoft Surface Pen
- Samsung S Pen



Decluttering with Doris

The Entryway Closet

Doris Cassan



Can off-season items be stored elsewhere? Set a limit on shoes that can live in this precious real estate.

Winter coats and boots can be cleaned and stored. But first, do they fit? Do you wear them? How many do you need? Wash or dry clean the coats. Clean boots and refresh insoles and laces. Put a sachet in each boot. Wash hats and mitts and gloves and edit them. Are umbrellas and raincoats ready to use?

For the Love of Words

April Writing Prompt



A note from Doris 

Everyone has to make a living. How did you earn yours? Would you recommend those ways to anyone? What was the best part? What was the hardest part? Have you had any adventures at work? If you were a working parent, write about the challenges that brings. Did you ever achieve that work/life balance that everyone talks about?

Volunteering is an unpaid job as well. Have you ever volunteered? How did that go?

Come join us on ZOOM at 7 pm, February 21 and let's talk about writing. No experience necessary.

If you would like to join us, drop me a line at 4luvwrds@gmail.com and I will send you the link.

Victoria Park Seniors A Day in Toronto

Wednesday, July 24, 2024



Price Includes:

- Visit to CN Tower
- Lunch at the Old Spaghetti Factory
- Toronto Harbour Cruise
- Driver gratuity
- Luxury motor coach transportation
- HST

\$162 Members
\$176 Non Members

Join the Victoria Park Seniors for an exciting day away! Toronto is such a vibrant city, with so much to experience. See the best of the city, from the iconic CN tower to views from the harbour. With lunch included, it's the perfect escape.

CN Tower: Standing at 553 m, the CN Tower is the tallest free-standing structure in the western hemisphere and one of Toronto's most popular attractions. See the city from a bird's eye view!

The Old Spaghetti Factory: Visit the Old Spaghetti Factory for an included lunch. This Italian-American-style restaurant offers a fun atmosphere, vintage decor, and a delicious dining experience. Select your entree upon arrival.

Toronto Harbour Cruise: Take in a sightseeing cruise along Lake Ontario! Enjoy the scenic skyline, and get a close look at the beautiful Toronto Islands and waterfront. This event includes informative live narration from the captain.

Departs: Victoria Park Seniors Centre, 150 Albert Street West at **8:30 a.m.**

Approximate Return: **5:30 p.m.**

For more information
or to book contact:

Victoria Park
Seniors Centre
519 846 9691
x 204

Or register online:
[centrewellington.ca/
seniorscentre](http://centrewellington.ca/seniorscentre)



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