



Heart & Soul of Wellington

SENIORS' CENTRE *for* **EXCELLENCE**

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

519-638-1000

EDITION #67

DECEMBER 2025

A Word from Helen

Time Flies!

Helen Edwards
SCE Seniors' Health
Services Coordinator

hedwards@mapleton.ca



Well, as they say, "Time flies when you are having fun." And just like that, 2025 will soon come to an end. Glynis, Johanna, and I think that the end of a year provides time to not only reflect, but also to give thanks to all the wonderful people who we have had as "guests" at our programs this year.

Whether you have attended a dining program, a coffee group, a workshop, one of our recent bus trips, or a special event, such as the **Seniors' Centre for Excellence Wellness & Connection Fair** in October, we have enjoyed having you as our special guest.

For those who volunteer by helping to host events, provide presentations, or run events for us independently, we appreciate your help more than words can say. Thank you for being our *SCE Cheerleaders* and for going above and beyond to support us. We would be lost without you.

Another year has come and gone, but with it, relationships have grown and strengthened, and we are forever grateful for all of you. Thank you for supporting our programs. Thank you for your suggestions on how to improve, and simply thank you for being YOU!

Wishing you the best of the **Holiday Season**.

We are chomping at the bit to dig into all the fun that 2026 will bring!

Helen



519 638 1000 HEDWARDS@MAPLETON.CA 1 866 446 4546



Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday Dec. 3 & 17	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	 Cancelled	Cancelled until further notice. 	



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
Harriston	WED. Dec. 10	12 pm \$20	Harriston United Church	Glynis, Johanna & Nelda Christmas Traditions Around the World
Palmerston	WED. Dec. 17	12 pm \$20	James St. United, Palmerston	Maranatha Mass Mennonite Children's Choir Sounds of the Season



DID YOU KNOW?

The Ontario government has expanded the Respiratory Syncytial Virus (RSV) prevention program to include all individuals aged 75 years and older.

This will help to protect those most vulnerable during the respiratory illness season, which typically runs from November to April in Ontario.

Starting this fall, RSV immunization will now be available through Ontario's publicly funded RSV immunization programs to all individuals aged 75 and older. The intention is to build on last year's expansion of the program, including high-risk adults aged 60 to 74 and residents of long-term care or retirement homes. If you haven't already done so, please speak to your health care provider about receiving the vaccine.





ZOOM with us!



SENIORS' CENTRE *for* **EXCELLENCE**

To get on the ZOOM list, contact gbelec@mapleton.ca
or call 519-638-1000

Tuesday



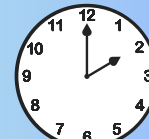
December 2, 2025

Doris Cassan

Growing Up in Simpler Times



Thursday



December 4, 2025

Rachel Behling

Timeless Festive Fashion



December 9, 2025

Julie Martin - Jansen Hospice Wellington

Surviving the Holidays

December 11, 2025

Breanne Leighton WWCMA

Coping with Holiday Stress



December 16, 2025

Alyson Colton RD MFFHT

Cooking with Alyson



December 18, 2025

Johanna & Glynis

Christmas Trivia



The EMsella Chair

Lisa Roszel - Nurse Practitioner, Founder Impower Wellness



**impower
wellness**



It's no surprise that as we age, certain changes in our bodies can feel frustrating, especially when it comes to bladder control and pelvic health. At Impower Wellness we have some uplifting news: the EMsella is a breakthrough treatment without surgery, medication, or downtime.

It's a completely non-invasive treatment designed to strengthen the pelvic floor muscles using high-intensity focused electromagnetic (HIFEM) technology. Imagine sitting in a comfortable chair (fully clothed!) while it delivers the equivalent of over 11,000 Kegel exercises in just 28 minutes. No effort and absolutely no discomfort.

For many people, this can be life-changing. Whether it's managing urinary incontinence, improving stability and core strength, or simply regaining confidence in daily activities, EMsella helps restore a sense of freedom and dignity. It's especially beneficial for those who may have trouble performing traditional pelvic floor exercises on their own.



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Wellness isn't just about fitness, it's about feeling good in your body and maintaining independence as you age. EMsella fits beautifully into a proactive approach to senior health, enhancing quality of life in a simple, pain-free way. Many users report noticeable improvements after just a few sessions!

If you or someone you love is experiencing changes in pelvic health, EMsella might be the gentle, effective solution you've been looking for. So, let's talk wellness, strength, and the power of sitting still. Call/text or email us at IMpower Wellness for a no pressure, stress-free, complimentary consultation and visit us in the beautiful village of Elora!

519-830-8499; info@impowerwellness.ca; www.impowerwellness.ca



Christmas in Holland

Roelie Katerberg

When I was a child in Holland, we did not celebrate Santa Claus as is typically done in Canada on December 25. Instead, we celebrated a “different Santa” on December 5. In Canada, Santa is depicted as a jolly fellow. The Dutch “Santa” — Sinterklaas, is a legendary figure based on kindly Saint Nicholas. Sinterklaas was regarded as a stately bishop who came by boat from Spain and then by horse with another character, Zwarte Piet, by his side.



For me, it seemed all so exciting, because December 5 was a time of fun and festivity and it was the day we received and opened our gifts. We always hoped we had avoided receiving a piece of black coal from Zwarte Piet! Then, after three weeks of waiting, we would focus on the faith aspect of Christmas. This sometimes varied a bit from province to province in Holland, but in our home, Christmas gift-giving was over and it was time to move on to reflect and remember the true meaning of Christmas.

We always had two Christmas days. On our *First Christmas* day, which happened on December 25, we had two church services and then, one on the *Second Christmas* day, (Boxing Day in Canada). Later, in the afternoon, there was a special time for the children which included lots of singing and a Christmas story. I remember well that one of our teachers was a really good story teller. I can still picture the story she read, and can almost hear her dramatically-read words. We each received a book and an orange which in those days was a real treat. Because of the stories and faith-based celebrations, we could really focus on the birth of Christ. We didn't have a Christmas tree at home, although some other families did. But I certainly do recall the one at church that had real (lit) candles!



Even after all these years, and after moving to Canada, I still like to focus more on the birth of Jesus and his humble entry into the world, and what that means to me on my faith journey.

I wish you all a blessed Christmas season.



A Summer Christmas

Johanna Brown. SCE

In the sun-drenched suburbs of Johannesburg, December meant sizzling braais, melting ice cream, endless summer fun ... and getting ready for Christmas!

My six cousins and I spent long summer days by the pool, filled with watermelon fights, Aunt Gerty's home-baked treats, cannonball competitions, and climbing the big backyard tree to decipher secret codes in our imaginary spy world.

Evenings brought the rare magic of imported TV. It was the late seventies, and television was new to South Africa. My uncle and aunt had one bulky set, mostly showing American reruns like Bonanza and The A-Team, and the occasional Christmas special. Watching kids on TV build snowmen, we sat in shorts sipping Oros, wondering, "Why are they wearing so many clothes?"



Christmas preparations began early. Aunt Gerty started her famous fruitcake in November, soaking the fruit in brandy. Uncle Noel draped tinsel and fairy lights across the garden, glowing only after the sun surrendered. My cousins and I excitedly helped decorate the slightly leaning, well-used but much-loved plastic Christmas tree.

On Christmas Eve, we'd gather around the TV, hoping for Frosty the Snowman. If not, it was Knight Rider, and we'd pretend KITT was delivering presents. The adults supped cold drinks outside, telling stories, while we tried to stay awake for Father Christmas—who, we were told, swapped his sleigh for a bakkie (pick-up truck) in the southern hemisphere.

Christmas morning was a whirlwind of excitement. Presents were modest—a cricket bat, a Barbie, a packet of fizzers, or new socks—but treasured. Breakfast was a feast of vetkoek (savoury doughnut) with boeretrees (coffee) and leftover braai meat from the night before.

After a joyous, carol-filled church service celebrating the Reason for the Season, we'd rush back for a massive lunch under the jacaranda trees, running barefoot, dodging sprinklers, and sneaking extra helpings of home-baked treats.

The meal was a glorious spread of summer favourites: platters of cold meats like gammon and roast beef or lamb, colourful salads—beetroot, potato, curried pasta—and bowls of fresh mango and pineapple. Jugs of Aunt Gerty's homemade ginger beer sweated in the heat. Dessert? Peppermint crisp tart and Christmas trifle—sponge cake doused in sweet sherry, topped with layers of canned fruit, crushed walnuts, custard, jelly, cream, sprinkles and glazed cherries. If you were lucky enough to be at one of South Africa's beautiful beaches, Christmas lunch might be a braai right on the sand. Dads flipped boerewors while kids built sandcastles or splashed in the waves. The sea breeze mixed with the smell of sizzling meat and coconut-scented sunscreen; the only snow was crushed ice in your cool drink.

As the sun dipped low, family and friends gathered for carols. It didn't matter if you knew all the words—everyone sang anyway; "Silent Night" and "O Come All Ye Faithful" with "Shosholozza" and laughter in-between. It wasn't snowy, it wasn't fancy, but it was perfect. Forty-plus years later, in 2011, I finally experienced a "real" white Christmas in Drayton. Summer or Winter - Christmas is truly the most wonderful time of the year!

What is Frosty the
Snowman's favourite song?



Freeze a Jolly Good Fellow.

Pet Corner

Submitted by Sandra Thomson

When Sandra moved from the farm, into town, she brought two cats with her — *Bibs* and her daughter, *Princess*.

After a time, Bibs "Crossed the Rainbow Bridge," leaving Sandra and Princess as a team.

Would you believe that Princess is now 22 years old! She still retains her beauty, and spends her time looking after her "pet mama," Sandra. When Sandra is not well, Princess will spend the entire day lying by her side, providing all the TLC her mama needs.

Not all gifts come in a box with a bow,
Princess is living proof.



Princess



SENIORS' CENTRE *for* EXCELLENCE

presents
Mount Forest N.O.W.
Nurturing Our Wisdom Workshops

MOUNT FOREST LEGION

140 King Street, West

Live Music Entertainment

Heartwarming, toe-tapping Christmas & Other merry tunes!



No Need
to Register

Free Admission



THURSDAY,
DEC. 18, 2025,

1 PM



☎ 519-638-1000

👤 jbrown@mapleton.ca

*The **Mount Forest Allsorts Band** — local Mount Forest senior gentlemen, regularly meet up to make music. One of the band members is over 90 years old.*



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For the Love of Words ♥



Do You Like to Write?

Or maybe you might like to learn a little more about the craft?

Join us on our Monthly ZOOM Group. September through June. 7pm on designated Wednesdays.

4luvwrds@gmail.com



When you write from the heart, you touch the heart of the reader ...

December Writing Prompt

Doris Cassan



Write your story...



As you prepare to hang your stocking, let's talk about clothing. For your memoir, tell us about memories of favourite clothing. A special new pair of shoes? A favourite old pair of shoes! Do you care about your clothing or is it something to keep from being arrested? Did someone make you a piece of clothing? Do some pieces of clothing hold memories? Tell us all about it. And have a Merry Christmas!



DECLUTTERING WITH DORIS

Happy Holidays!

Doris Cassan

Create a space for the incoming tidal wave that the season can bring. A place for Holiday cards, a space for gifts of food, candy and drink, a place for gifts to be wrapped and given, space for your seasonal décor, and more. Deal with things as they happen and you will feel more Festive and less Cluttered.



We sure do have fun at our workshops!

This past August, Danielle McIntosh, Registered Dietitian from the Minto Mapleton Family Health Team (MMFHT) led participants in a sourdough bread baking workshop at the Harriston Library.

To say it was a huge success is an understatement. Here are a few "tasty samples" of what happened back home when participants were given a starter kit to make their own sourdough. Participants, Sharon & Rick were off to a good start with their sourdough creations!





Joyeux Noël
Frohe Weihnachten
¡Feliz Navidad!
Buon Natale
Feliz Natal
Vrolijk Kerstfeest
God Jul
Glædelig Jul
Nadolig Llawen
Boldog Karácsonyt
Mutlu Noeller
Heri ya Krismasi

Go, Jays, Go! →

(Way to go, Mount Forest, Seniors!)



October 23rd, 2025

Dear Mount Forest Seniors Group,

It has come to our attention that all of you are die-hard sport fans! We hope many of you are already passionate Blue Jay fans as we are extremely proud to play every game with our fans behind us. Also, we appreciate Kay Ayres for setting this up.

We are looking forward to having you cheer us on as we strive towards turning our mission into a reality and celebrate a World Series championships with our fans across Canada.

It is wonderful to hear that you are from Mount Forest Seniors Group in Mount Forest.

Let's Go Blue Jays!

Sincerely,
Toronto Blue Jays Baseball Club



Christmas gift suggestions:

To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. —Oren Arnold



We Are the Bridge

(Submitted by Ardda Colley)



My name's Richard. I'm 74. I sometimes think our generation is the bridge between two worlds — one made of dirt roads and handwritten letters, the other made of satellites and screens in our pockets.

I was born in a house without air conditioning. Summer meant open windows and the hum of a box fan. We knew the neighbours by name, and if your bike chain broke, you knocked on any door until someone found a wrench. We grew up on patience — waiting for the mail, waiting for the library to open, waiting for the radio to play our favourite song again.

Then the world sped up. Phones shrank, music became invisible, and the news didn't take days to reach us — it arrived in our palms before we finished breakfast. We learned to type, to swipe, to tap. We

learned to talk to machines and have them talk back. We learned, because we always had to.

We've seen milk delivered to the door in glass bottles, and we've scanned groceries without a cashier. We've dropped coins in payphones and made video calls across oceans. We've known the sound of silence — no buzzing notifications — and the sound of an entire world pinging at once.

Sometimes younger folks think we're behind. But here's what I know: our generation knows both worlds. We can plant tomatoes and write an email. We can tell a story without Google, and then fact-check ourselves with it. We know the weight of a handwritten letter because we've held it, and we know the reach of a message sent in seconds because we've pressed "send" and watched a reply arrive from thousands of miles away.

We are proof that you can change without losing yourself. That you can honour where you came from while learning where the world is going.

We've buried friends and welcomed grandchildren. We've watched diseases disappear and new ones arrive. We've known paper maps and GPS, postcards and emojis, patience and immediacy.

And maybe that's our real gift — we carry the memory of a slower, quieter world, and the skills to navigate the fast, loud one. We can teach the young that not everything needs to happen instantly... and remind the old that it's never too late to try something new.

We are the bridge. The middle chapter. The link between what was and what will be.





SENIORS' CENTRE *for* **EXCELLENCE**

Sponsor a Christmas Stocking for a Senior 2025!



Please contact:



SCE: Helen
hedwards@mapleton.ca
519-638-1000

VON: Tina
tina.mctaggart@von.ca
519-323-2330 ext 6230

Help brighten the Christmas of a senior in the community who may need a special 'lift' this year.



Click here to sign up or call either office for further details



CHRISTMAS CHEESE BALL



Circa 1979; Amanda (88) from Brunner Nursing Home

Amanda was an 88-year-old Mennonite lady who had the most beautiful smile and a fine collection of recipes that she would love to share with anyone who asked. This Christmas Cheese Ball recipe is simple yet delicious = simply delicious!

INGREDIENTS:

8oz of Cream Cheese	½ tsp of Dry Mustard
¼ lb of Old Cheddar Cheese	¼ tsp of Paprika
1 tsp Onion	¼ tsp of salt
1 tsp of Worcestershire Sauce	1 Tblsp of chopped Parsley (+ 1 tsp)
½ tsp of Lemon Juice	½ cup of chopped Walnuts



METHOD:

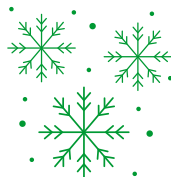
Soften cream cheese and beat with an electric mixer. Shred the cheddar cheese and add to the cream cheese. Stir in the remainder of the ingredients except for 1 tsp of the parsley and the nuts. Cover and refrigerate for about half an hour or until firm enough to handle. Shape into a ball. Sprinkle the 1 tsp of parsley and chopped nuts on a chopping board and roll, completely coating with parsley and nuts. Chill for at least two hours, or overnight, before serving.

Word of the Month

Tintinnabulation



(noun) The sound of a bell ringing



having fun

Dec. 2 - 🐕 National Mutt Day
Dec. 16 - 🏠 Las Posadas
Dec. 14 - 📖 Hanukkah
Dec. 21 - ❄️ Winter Solstice
Dec. 24 - 🎅 Christmas Eve
Dec. 25 - 🌟 Christmas Day
Dec. 26 - 🍎 Kwanzaa
Dec. 27 - 🍰 Fruitcake Day
Dec. 31 - 🎉 New Year's Eve



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