



February 2023



A Word from Helen

Helen Edwards
SCE Seniors' Health
Services Coordinator



At the time of this writing, we have had three days where we have seen the sun. I was interested to read some research from McMaster University about how to beat the winter BLAHS. Here are a few ideas:

Change up your walking routine

Try using Nordic walking poles. These poles may remind you of cross-country skiing. Research has shown that walking with these poles provides better total fitness results relative to regular walking or resistance training. The poles take the weight off joints and provide greater stability—welcome news to those with sore hips and knees.

Write it out

Maybe join our writing group with our lovely Doris. It doesn't seem to matter what type of writing we do, from capturing our memories, journalling, or writing poetry—writing can have a positive effect on both physical and mental health. Recalling joyful events brings a smile to your face, not to mention you will have a wonderful story to share with your family.

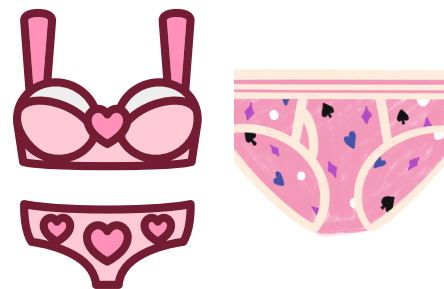
Dust off a board game

Whenever I sit down to play a board game, I am reminded of playing games with my sisters. There was rarely a time when, at some point, the board didn't flip up into the air, sending the playing pieces to every corner of the room.

Remembering this has made me smile. There are many benefits to playing board games, including how it boosts your mood. So open up that games cupboard and invite friends, family, or your favourite little person to play a round or two.

Decluttering with Doris

Doris Cassan



Valentine Declutter

A serenely decluttered bedroom can be romantic.

Focus on your lingerie and sleepwear drawers this month. Any item overstretched, ripped, or missing clasps—either fix or toss it. And maybe replace it. You deserve to be tidy and fresh from the skin out!



For the Love of Words

Writer's Group

Wednesday, January 18

Contact Doris Cassan

for more information

4luvwrds@gmail.com





Who always has a date on Valentine's Day?

Answer:
A calendar.



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Dance Your Way to Better Health

They say that the best type of exercise to do is the one you will stick with. If you love to dance, good news—more and more research shows that dancing has many health benefits. Not everyone likes traditional exercise workouts. That's why researchers have become interested in whether popular recreational activities, like dancing, can provide similar health benefits.

Dancing and Brain Health

Dance is a workout for both the body and the mind. Dance could have a positive impact on brain health as we get older. The research is still evolving, but there is some good evidence that dance can maintain or improve cognitive tasks like memory, attention, and orientation to time and place.

Dancing that involves learning complex patterns or movements seems to be particularly effective.



Researchers also think that the social nature of dance plays a role as well, along with the presence of music. These factors evoke emotional experiences and parts of the brain that are involved with hearing and movement work together to keep to the rhythm. Also, dance movement training has been shown to reduce stress.

Dancing and Physical Fitness

While good for brain health, dancing is also good for our physical fitness. Dance can help with mobility and aerobic endurance. Dance can also help to reduce the risk of falling. Research shows that people who dance regularly have better scores on tests that assess walking ability and balance.



What is the Best Type of Dancing To Do?

First of all, pick a style of dancing that you like and can have fun with. Next, make sure that the style of dance suits your functional ability. For the greatest physical benefits, dancing should involve exercise at a moderate intensity. For cognitive benefits, make sure that the dancing includes learning new steps or routines.



When we move to the music, every step keeps us aging well!

Is Dancing Enough?

Dancing is a type of aerobic activity that keeps the heart, lungs, and blood vessels healthy. Canada's 24-hour movement guidelines also recommend activities that build muscle strength and flexibility. Try to exercise in ways that also include strength and flexibility two to three times a week.

We know being physically active is good for our health. There are a host of dance styles to choose from: line dance, polka, Latin, ballroom, and more.



Line Dancing Coming to Harriston in February

Come join us for lots of fun, laughter, and get some great exercise in the process. We'll be meeting at the Harriston Arena starting on Wednesday, February 1 at 1 pm. (Come a bit early so we can get the paperwork done and dive right into dancing!)

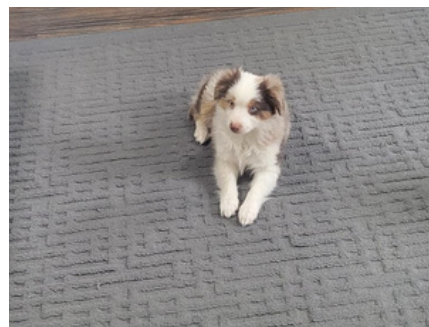
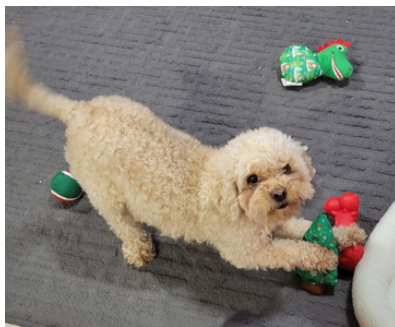
First ten week session begins February 1st to April 12th. Second session runs from April 19th to June 21st. \$3 per session. Or pay \$27 for all ten sessions and save!

For more information, contact Barb Ross at 519-338-2792 or 519-321-1431 or Mary Lou Mallett at 519-338-2275. No need to register. Just drop in and start dancing!



If you are enjoying receiving this newsletter via Canada Post, it is not only due to our work here at the SCE office but also of our volunteer Mary Cain. Mary receives over 1000 pages of paper each month and ta-da, they arrive in your mailbox. Mary also volunteers with the Good Food Box Program where she is affectionately known as the Apple Lady. Thanks Mary!

Pet Corner



Penny who is a 7 year old cockapoo was enjoying a quiet life full of treats, sleeping in the warm sun or running in the snow. Even at seven years of age, Penny still loved to find a pair of unsupervised shoes much to the chagrin of her owner, Courtney

Life was so good, in fact—perfect. THEN arrived Tucker, the three month old Australian Shepherd. Penny is trying to recover from the shock. She never wanted to be a big sister. Please hold Penny in your thoughts as she goes through this trying time.

Word of the Month

CYNOPHLIST(n)

A person who has a very deep love of dogs.



Usually a lover of all dogs, but may have a specific fondness of one breed in particular, often a result of positive experience.

www.urbandictionary.com



Good Things Come to Those Who Wait

Melvin & Helen Kreller as told to Helen Edwards

Let me introduce you to a couple who will bring a smile to your face and warmth to your heart. Meet Melvin and Helen Kreller of Clifford. To this day, when they speak of each other, their eyes get that certain twinkle, and they share their combined and wonderful sense of humour wherever they go.

When I asked Melvin how he was, he said, “Not as good as I was 100 years ago.” You see, Melvin was born on July 2nd, 1922, making him 100 ½ years old as of January 2nd. Melvin told me how, at one time, he felt he was well on his way to being a lifelong bachelor. Then, when he was set up on a blind date with Helen in August of 1957, things changed. The date was set up by Melvin’s brother Bruce and mutual friends, Louise and Nancy. Melvin and Helen had seen each other before in passing at the family farm, six miles outside of Clifford, but had never been formally introduced.

This first blind date took place at Parkview Gardens in Listowel, a local dance hall. Helen remembered ‘Mel’ as a “lanky fella, that looked good in a suit.” When Melvin left the dance hall that evening, he says he was disgusted with how he had acted and was regretting he had made a second date with Helen. As the week went on, however, his feelings began to change, and by Thursday, he said nothing could have kept him away.

Helen arrived in Canada from Scotland in 1956. She was a self-described homebody who, other than going to school or working, had spent most of her time at home looking after her parents. Her mother insisted that Helen had to move to Canada to pursue her own life, so she did just that and trained as a nurse, landing a good job at the Listowel Hospital. It seems that these two homebodies were made for each other.

After their second date, they were truly smitten with each other, and two years later, they married at St. Andrews Presbyterian Church in Listowel. They raised three children on the family farm and are still living happily ever after in Clifford.

When I asked Helen if Melvin was romantic, she gave a clear, “Oh no!”

But when I asked Melvin what kept the spark going in their marriage, he replied, “Love kept the spark alive, and it still glows today.”



Well, if that isn't romantic, I don't know what is.



You know you're getting older when everything you see at a vintage flea market is something you already own.



Recipe of the Month

Carrot-Potato Bake



Submitted by Ardda Colley

An easy way to use up any surplus of potatoes, onions, and carrots.

Ingredients:

| | |
|-------------------------------|-----------------------|
| 6 potatoes, peeled | 3 carrots |
| 1 small onion | 1/2 tsp garlic powder |
| 2 beaten eggs | 3 tablespoon oil |
| 1 tsp salt | 1/2 c milk |
| 1/4 c bread or cracker crumbs | |
| 1 cup of grated cheese | |



Method:

Grate vegetables, add milk, eggs, oil and spices. Put in greased 9 x9 pan. Bake 350 for 30 minutes. Top with cheese and bread crumbs, then return to oven just to brown.



Fire Safety for Seniors

Come. Listen. Learn



SENIORS' CENTRE for EXCELLENCE



Monday, February 27 at 1 pm

Mount Forest Legion

For information contact Helen Edwards

HEdwards@mapleton.ca



Mindful Eating

Karen Burke R.D. MMFHT

Sometimes we may find ourselves reaching for something to eat without realizing it. If this is you, ask yourself, "Am I hungry or do I have the BLAHS?"

B - bored

L - lonely

A - angry

H - happy

S - sad

Am I Bored, Lonely, Angry, Happy or Sad?



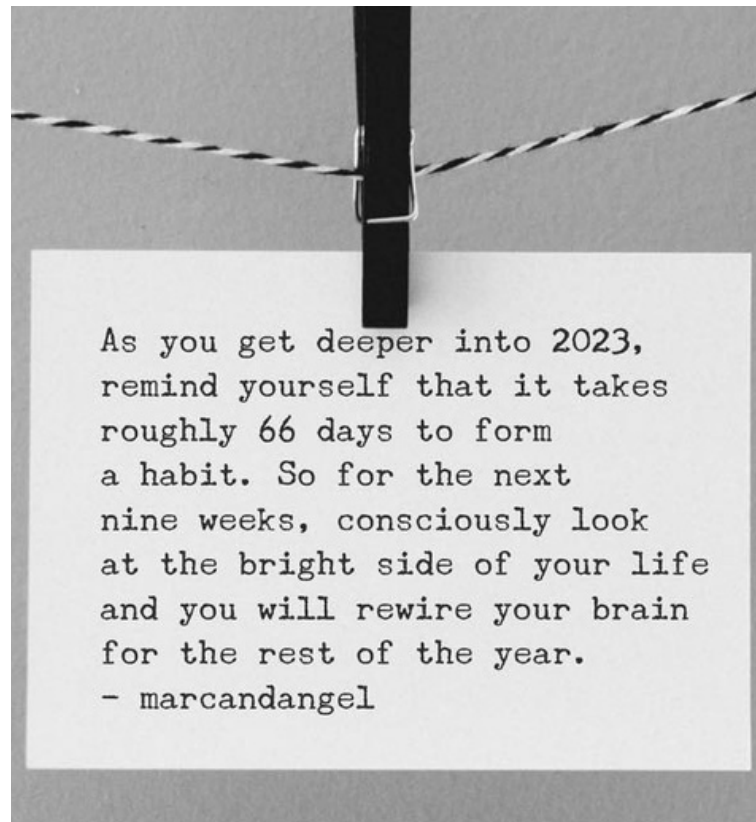
H - Hungry

A - Angry

L - Lonely

T - Tired


Or you may need to HALT before taking that next bite. We should never allow ourselves to become too Hungry, Angry, Lonely, or Tired. If we do this then we tend to make poor decisions or choices.




As you get deeper into 2023, remind yourself that it takes roughly 66 days to form a habit. So for the next nine weeks, consciously look at the bright side of your life and you will rewire your brain for the rest of the year.
- marcandangel

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 | Feb. 15 | 12 pm | James St. United Church | The Haywards - Musical Group |
| Clifford | Feb. 22 | 12 pm | Clifford United Church | Jenny Bolts RN - Heart Health |
| Harriston | Feb. 24 | 12 pm | Harriston United Church | Sarah Bowers Peters - Fraud |

| COFFEE PROGRAMS |  DAY | TIME | LOCATION |
|---------------------------------|---|----------|---|
| NEW! DRAYTON COFFEE TIME | Every 2nd Thursday February 9th & 23rd | 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 | Tuesday | 10:30 am | Pentecostal Church 259 Fergus St. S |

Shuffleboard

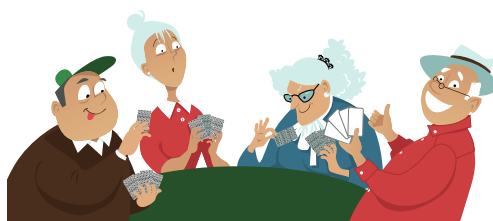
There are still spaces available at the Drayton Shuffleboard. A few players have "shuffled" south of the border for a while. So while those poor people are stuck in the sunshine, sweating profusely, you can take advantage of the opportunity to participate in this fun league on Thursday afternoons. For more information please contact Gord and Ann Oosterveld at 519-638-2865 or email ann@oosterveld.org

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Bridge

MOUNT FOREST

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







ARTHUR

Senior's' Hall
Mon. & Fri. 1-3 pm

| 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 | 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 | Pentecostal 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

ZOOM



Thursday 2 PM

Date: February 2
Guest: Ripley's Aquarium
Topic: Behind the Acrylic

Date: February 7
Guest: Katie Chemij (Circles Enrichment)
Topic: For the Love of Food

Date: February 9
Guest:
Topic: *To be Announced*

Date: February 14
Guest: Ryan Uytendewilligen
Topic: Romantic Comedies: The Recipe

Date: February 16
Guest:
Topic: *To be Announced*

Date: February 21
Guest: Karen Burke RD. MMFHT
Topic: Cooking with Karen

Date: February 23
Guest:
Topic: *To be Announced*

Date: February 28
Guest: Pat Spadafora
Topic: - Blueprint for Aging - Part 2

WEDNESDAY, February 15. 7pm
 *For the Love of Words

