



Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE 11 Andrews Drive, West, Drayton, ON N0G 1P0

519-638-1000

EDITION #69

February



A Word from Helen



Helen Edwards
SCE Seniors' Health
Services Coordinator
hedwards@mapleton.ca

For those of you who are starting to wonder if the sun still exists or if it has been the subject of a U.S. imposed tariff, you are not alone. Welcome to February, which is consistently listed as one of the least favourite months of the year. This might come as a surprise to one or two of our readers.

Perhaps we are all a little tired of the gloomy weather, or for some, it maybe brings back memories of Valentine's Days gone by. I remember one particular Valentine's Day at school. Concern for the feelings of others was not front and centre as it is today. There were no rules about fellow students ensuring they have a Valentine's Day card for everyone. You gave cards to whoever you wanted to. The week before the big day, we worked away at our decorated mailboxes that would be strategically placed on our desks to receive our cards.

I can't remember how the cards were delivered but I do remember that my mailbox was completely empty at the end of the day! Oh, how I wished that I had the foresight to send some of my own cards to myself so that I had something to look at!

If that wasn't enough "school trauma" to endure, not only was I short on admirers when it came to Valentine's Day, but also when it came to team sports. The teacher would choose one boy and one girl to be the captains. They were usually the students who received the most Valentine's cards. One by one they would pick members for their team. Without exception, it always came down to me and the guy on crutches being picked last. Oh my gosh, how I laugh now when I think of these school memories.

Maybe that is the way to get through this month. Share a story or joke that will make someone laugh. As I type this, I do have a bit of a smirk on my face, and I do feel slightly better. You should give it a try.

Helen



**Please note: In case of inclement weather, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too. Check here for updates about bus cancellations: <https://stwdsts.ca>*



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		Postponed until Construction at Moorefield Hall is complete	Moorefield



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
NEW! Drayton	FRI. Feb. 6	12 pm \$15	Drayton PMD Arena	Joanne Wiersma Come Experience "Hygge" <i>*See below</i>
Harriston	WED. Feb. 11	12 pm \$20	Harriston United Church	Nelda Rodillo The Benefits of Tai Chi
Palmerston	WED. Feb. 18	12 pm \$20	James St. United, Palmerston	Danielle McIntosh Eating for Optimum Aging
Clifford	WED. Feb. 25	12 pm \$20	Clifford United Church	Egle Varnaite Right at Home Canada Aging in Place

***Come Experience Hygge with us
at the Drayton PMD Arena on Friday, February 6**



Joanne Wiersma, **Hygge** Expert, will teach us all about this Scandinavian concept of coziness, contentment, simple pleasures, and enjoying good times with good people. We will delight in some typical "Hygge" inspired food and beverage and feel more inclined to lean into this grateful way to live.

Sounds like we could all do with a bit more *cozy* in our days. But how do you actually work Hygge into your everyday life? Call the Office 519-638-1000 or email jbrown@mapleton.ca to book your cozy spot, and find out!

Treat Yourself...Bring a Friend...



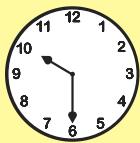


ZOOM with us!



SENIORS' CENTRE for EXCELLENCE

Tuesday



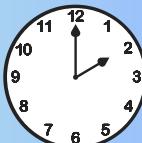
February 3, 2026

Mike McGill, WCMA

Winter Weather in Wellington



Thursday



February 5, 2026

Dorothy Guerra, Realtor &
Downsizing Specialist
Downsizing with Ease



February 10, 2026

Circles Enrichment

Music in the Civil Rights Movement



February 12, 2026

Amy Phillips, Yoga Instructor

Let's Do Some Yoga!



February 17, 2026

Alyson Colton, Reg. Dietitian

Cooking with Alyson



February 19, 2026

Maiko Taku, Yoga Instructor

Laughter Healing Centre



February 24, 2026

Mary Fowler

From a Fair Judge's Point of View



February 26, 2026

Lisa Massie, Xerces Foundation

Bring Back the Pollinators



Pebbles Family Buffet

Discover the story behind
Varney's favourite Local Gem!



Free Admission



No Need to Register

SENIORS' CENTRE for EXCELLENCE

presents

Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

MOUNT FOREST SPORTSPLEX

850 Princess Street

THURSDAY, FEBRUARY 19, 2026

1 PM

Come hear **Cameron Gerber** share Pebbles' history and what
happens behind the scenes. Enjoy a slice of their famous banana loaf.

Lucky Prize Draw - plenty of prizes available!



jbrown@mapleton.ca



519-638-1000



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What did one lightbulb say to the other one on Valentine's Day?

Solution:

I love you watts and watts...



Top Ten Foot Care Tips

Submitted by Gabriela Pavel RPN/FCN



Abraham Lincoln said "If my feet hurt, I can't think."

It is well known that physical discomfort, like foot pain, can make it hard to think clearly and focus.

Here is how you can take of your feet:

1. **Wash and dry your feet daily** (pay attention and dry very well with the towel, especially between the toes).
2. **Use rubbing alcohol** (Isopropyl alcohol 70%) between your toes if any redness, peeling and/or itchiness.
3. **Never soak your feet more than 10 minutes**, especially if you have diabetes. Long time soaking can dry out your skin (hot water or water with salt washes away the skin's essential oils) and make feet vulnerable to infection.
4. **Apply every, or every other day, a foot cream** to keep the skin soft and prevent cracking. Avoid putting cream between the toes.
5. **Check your feet every night before going to bed**, especially if you have neuropathy (often associated with diabetes) by using a mirror at the base of a wall to spot potential issues early e.g cuts, blisters, swelling, or changes in skin colour.
6. **Keep toenails trimmed** and filed straight across every 5-8 weeks.
7. **Wear well-fitting shoes and socks.** Look for proper support like a firm midsole and a stiff shank (the area under the arch). The middle part of the sole under the arch should be rigid and not bend easily when you try to fold the shoe in half. This provides essential support for the arch and stability for the foot. Also, be sure that the front (toe box) of the shoe has enough room for your toes to move freely to prevent bunions and hammertoes.
8. **Never go barefoot.** Wear indoor shoes such as sandals or running shoes.
9. **Own two pairs of similar shoes and switch them daily** to let each dry and for the midsoles to recover. If they look alike, mark them to avoid confusion.
10. **Stretch and strengthen your feet and ankles** by daily exercises to improve flexibility (range of motion), balance and circulation. Exercises like toe raises, marble pickups, and tennis ball rolls can improve the health of your feet.

Take good care of your feet every day. And don't forget: Better feet, better you!



Honeymoon

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the **honeymoon**.



Dear ... ❤

Here are a few “Valentine” love notes, written from the heart to remind us about how love never ends. Thanks, too, to some of our “Thoughtful Thursday” friends for allowing us to use some of their ‘love-inspired’ poems.’



Dear Ian, *submitted by Faye Craig.*

You were truly extraordinary—a rock star and a legend. Your kindness, wisdom, and joy touched everyone, especially me. I still smile remembering your booming (beautiful) voice, and how you always believed in living life with spunk, no matter your age.

You lit up the teaching world and your community, surprising me with flowers and cards, and always bringing joy. Even as cancer quietly entered your life, you faced it with courage for most of our years together. You supported me through my own journey, teaching me the value of living fully.



Your infectious smile, genuine heart, and the stories you shared made every day special. I met your wonderful soul at church; we hit it off right away, and together we enjoyed countless adventures. Your authenticity never wavered.

You left an incredible mark—as a mentor, volunteer, father, and friend. I miss you daily and feel so lucky to have been loved by you. You made every day feel like Valentine’s Day. God bless you, Ian Turner, until we meet again. With all my love, **Your Sweetheart, Faye** ❤ XOXO

Dear Peter...

Love is kind.
Love is divine.
Some say that love is blind.
I am happy and rarely sad.
I just know that Peter's love makes me glad.



**Hugs and Kisses
from Donna**

XOXO

Dear John...



I met my honey
At the dam while camping
It was pretty basic
Far from glamping!
I thought he was cute
But we didn't start dating
'Til 18 months later
I sure kept him waiting!

It's been us ever since
Four children we had
And we've stuck together
Through good times and bad.
Now as we get older
We glide to the end
It's been a great ride
Married to my best friend!

Love, from Marlene
XOXO



Dear Dad,

submitted by daughter, Heather, on behalf of Mom Linda, and family

It was a terribly sad day for our family when we said goodbye to you. We miss you every day, but if there's a classic truck in the afterlife, we're sure you've already made it run smoother than ever.

We are so grateful that you were our dad. Your ethics, generosity, strength, persistence, sense of humour, and mentorship helped us become the people we are today.

As a young man you were a gifted athlete and you became a talented mechanic. "If Doug can't fix it, it's not broke". Your clever, creative mind was always working.

In 1967, you and Mom started a partnership that would last almost 59 years. Together you built a life in Harriston, opening Doug's Auto Service (aka "the shop"), contributing to the community, and raising your three children. Despite our teenage grumbling, we learned so much working alongside you there.

Your family was your pride and joy and we loved spending time together. When asked about weekend plans, you would say, "Come early, stay late." You were always glad to have us at home. It feels so different without you there.

Recently we heard of an epitaph that read "Here lies all that could die of ...". Well, all that could die of you has gone, Dad, but your playful spirit and quiet, steady love will stay with us always. We love you...

Your family ❤ **XOXO**



A Limerick for David

I met my life's love at a store
When my life seemed such a bore
He swept me off my feet
He's so kind and so sweet
Who could ask for anything more?



XOXO

Love From Your Sweetheart, Lisa



The Seniors' Centre for
Excellence

presents

Wisdom



Workshops

Eat Well - Feel Well

Learn how to properly nourish your body as an older adult.

Presenter:

Alyson Colton, RD CDE (Registered Dietitian & Certified Diabetes Educator) - MFFHT



Mount Forest Library

Thursday, Feb. 5, 2026

1:30 pm - 3:00 pm



**Free Admission
Refreshments**

RSVP

jbrown@mapleton.ca 519-638-1000



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Pet Corner

Submitted by Patrick & Carrie Wick

Hildee is a 3-month-old scrumptious French Bulldog who causes her humans no end of stress. Luckily, some of it is good stress. We love her so!

Right now, she is in her teething phase and is chewing on everything in sight, not the least of which are our feet and hands. The scars on Dad's hands can attest to that. We are also working hard on getting Hildee house trained. It is quite the struggle, and we are up almost every night, waiting for the sign that she must go outside to do her business. All that being said, she is a wonderful addition to our little family.



Hildee seems to prefer strangers to her human parents and is quite affectionate towards them. Everyone remarks how cute she isand she is cute, but she is a holy terror, nonetheless to us, demanding our full attention almost 100 percent of the time. We work together in tandem to give her a good upbringing...for our family. It takes two human parents to raise a Frenchie!



A Reader Asked...



What is cryptocurrency? I have a vague idea what it is and our neighbour has invested some funds into crypto. But my general lack of understanding and the negative news reports makes me nervous about cryptocurrency in general.

Thank you to Jason Jack and Tim Driedger from Jack Financial for their Expert answer to our reader's question:



Cryptocurrency is digital money that exists only online. It is not issued by any government or bank and is largely unregulated. It was created after the 2008 financial crisis by people who wanted money that could move directly between individuals without banks or government control, using a system called "blockchain."

While the technology itself has real potential, most cryptocurrency investing today is driven by speculation and price swings. Because it is unregulated and does not follow normal banking rules such as identity verification and anti-money-laundering requirements, it is sometimes used by scammers and criminals. Prices change quickly, making it high risk. Anyone considering it should first speak with their financial planner. For most people, especially retirees, it should form only a very small part of a portfolio – if any.

Submit your question [HERE](#) or call 519-638-1000. Don't miss this opportunity to have your concerns addressed by a professional. Your question could be featured in our next column!



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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 ...



DECLUTTERING *WITH DORIS*

Doris Cassan



Dear Doris

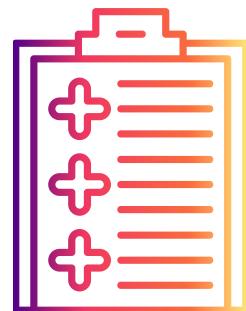
How do I face Valentine's Day/Month when I am not feeling very good about myself? **Signed, February Blah**

Dear Blah

In this romantic month, taking care of yourself is an act of love for others!

If you haven't done so already, organize your health records into a file or binder so that the information is readily available for anyone who might need to know details.

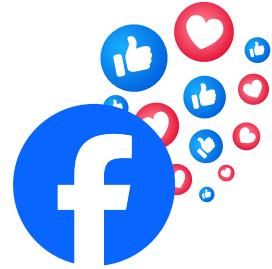
Do you know that if you register on the [Lifelabs](#) site, you can see, save, or print your bloodwork results (if done at Lifelabs) as soon as they are completed? Also, for a cost, you can register on [PocketHealth](#) to see, save, or print your imaging films and reports.



Facebook Conversations, Information, , Thoughtful Thursdays

You need to come check out our Facebook page for so many reasons:

- find out what's happening at the Seniors' Centre for Excellence
- stay informed about the latest health information
- learn about upcoming workshops and events
- join in on our Thoughtful Thursday Challenges and have a chance to win wonderful prizes each month ... and more!



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CHICKEN POT PIE SOUP

This hearty, slow cooker chicken pot pie soup has all the delicious flavours of chicken pot pie but in soup form!



Ingredients

½ Tblsp of olive oil
1 white onion, chopped.
2 large carrots sliced
3 cups of diced potatoes.
3 cups of finely chopped cauliflower florets
1 tsp of dried thyme (or 1 Tblsp of fresh thyme)

2 cups of milk
3 cups of low sodium chicken broth
3 cooked skinless chicken breast, diced
Salt and pepper to taste
1 cup of frozen peas

Directions.

Place a large pot over medium high heat. Add olive oil. Once the oil is hot, add chopped onion, sliced carrots, diced potatoes, diced cauliflower and thyme. Saute for a few minutes until onion begins to soften. Then add in milk, chicken broth, and salt and pepper. Allow mixture to simmer uncovered for 10 minutes or until potatoes are fork tender.

Next, remove 3 cups of the mixture from the pot and add to a blender. Blend until completely smooth. Be careful when you do this as it is hot. Then transfer puree back to the pot

Stir in cooked chicken and frozen peas. Allow the mixture to simmer for five to 10 more minutes to thicken up a bit. Taste and add more salt and pepper if necessary. Garnish with extra black pepper and fresh thyme if desired. Enjoy.

Recipe adapted from Ambitious Kitchen



We are interested in starting a Community Board Program in Drayton in 2026. The idea is to match seniors who need help around the home or yard, with people who have the required skills. We would like to hear what tasks you need assistance with. This will help us design a program to meet your needs. **Contact hedwards@mapleton.ca** or **call the office: 519-638-1000**

Word of the Month

Wifty

(adj.) describes someone who is slightly eccentric, scatterbrained, or a bit absent-minded; a little dreamy, distracted or whimsical, often lost in thought.



having fun



- Feb. 1 - 🍦 Eat Ice Cream for Breakfast Day
- Feb. 2 - 🐾 Groundhog Day
- Feb. 6 - 😊 Pay a Compliment Day
- Feb. 14 - 🍀 Valentine's Day
- Feb. 15 - 🇨🇦 Canada Flag Day
- Feb. 17 - 😊 Random Acts of Kindness Day
- Feb. 18 - 🍷 Drink Wine Day
- Feb. 23 - 🍌 National Banana Bread Day

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



Online Dating & Romance Scams

Tips for Seniors

(Infographic)



Romance fraudsters use dating and social networking sites to contact their victims. They create accounts using stolen photos and back stories that often suggest they work in the military, overseas or in business. They profess their love to gain victims' trust and, eventually their money.



What are the signs?

Beware of:



What to do:

- **Slow down.** Don't send money or invest with someone you just met online and have never seen before in-person.
- **Talk to a trusted friend or family member for their opinion.** A friend or family member can give you valuable, objective feedback.
- **Ask them for a recent photo or do a video call.** If the person is real, they should be open to sharing their real photo with you or by video call.
- **Don't share any** compromising material that can be used to blackmail you.
- **Be very careful** about how much personal information you share on social nets and dating sites.

STATISTICS:



Losses:
\$50.3 million
Lost to romance scams in 2023

Source: Canadian Anti-Fraud Centre Bulletin (CAFC) - 2024-01-17



Reports:
1,135



Victims:
945

For more information

Elder Abuse Prevention Ontario
416-916-6728 | www.eapon.ca
admin@eapon.ca | @EAPreventionON

Sources:

Getsmarteraboutmoney.ca
<https://www.getsmarteraboutmoney.ca>
Government of Canada
www.cyber.gc.ca



**Elder Abuse
Prevention
Ontario**

