



**June 2023**

## A Word from Helen



*Helen Edwards*  
SCE Seniors' Health Services Coordinator  
[HEdwards@mapleton.ca](mailto:HEdwards@mapleton.ca)

Isn't amazing that the month when wedding bells ring, children anticipate the ending of school, strawberry shortcake becomes a real possibility, and the flowers are in full bloom, that it is also the month the Ontario Government honours seniors by celebrating the fabulous YOU! For the last 39 years the provincial government has recognized June as Seniors' Month in Ontario.

It would be hard to imagine how many of our non-profit organizations, churches, and local service groups could continue to operate without the countless volunteer hours donated by seniors. Imagine the changes to our communities without these important contributors. Seniors are also generously donating more money per capita than any other demographic to charities. The contributions of seniors are too wonderful and varied to capture them all in a mere paragraph or two.

At the Seniors' Centre for Excellence (SCE), it is our aim to promote the positive aspects of aging and the important roles that YOU play in your community. At the SCE every month is Seniors' Month. People, like our readers, make this easy to do. So, celebrate YOU and the positive difference you make in your family and community.

*Helen*

Thank you to every one of you, our friends, for showing us in many different ways, how to be grateful for what we have and how we need to be BRAVE (Building Resiliency and Valuing Everyone) each day.

Because of your examples, kindnesses, and contributions to our communities, you've made our neighbourhoods better places. Happy Seniors' month and thank you for reminding us that "It's not how old you are. It's how you are old."



**Thank  
you!**



## Well said, Mary Cain—an avid Toronto MapleLeafs fan...

"The Leafs made it to the 2nd round two and then lost against the Florida Panthers. It is just my opinion, but if you are a Leafs' fan you should be proud whether they win or lose. Go Leafs Go!"



*Reprinted with permission from Active Aging Canada*

## Got my Mojo Walking

by Sandra J. Hartley, MPE, EdD



Fourteen years ago, I was given a walking regimen that was absolutely fail-proof — a mandatory, no questions asked, have to do it walking plan — twice a day. It was 1999. I was holding a piece of living fluff called Mojo (little joy) whom the breeder described as a Bichon-Shitzu. A dog! At that size, she had some difficulty organizing her legs and going forward in a straight line. She wanted to lie on her back, be cuddly, get tummy rubs, and chew on things.

Then 'having to go' happened. Mojo would suddenly find herself in the back yard, often alone, and soon she learned to 'go' outside. Within a week or two, the world at large beckoned. She learned that when the leash came out, we were going for a walk. From that point on, 365 days a year, rain or shine, snow, sleet, or -38C, 'walkies' were on the daily menu.

We have done a lot of walking! Two walks a day x 365 days x 14 years adds up to more than 5,000 walking events. If I had kept a log of the pace, distance covered, or minutes per walk, I could tell you how much energy I burned. Alas, it didn't seem important at the time. Mojo's statistics are also unrecorded – how many fire hydrants? How many sniffs? How many mud puddles crossed? How many dogs did we meet? How many poop bags used? Frizbees caught?

The important number is this one: it happened every day, and for that, I am indebted to Mojo, my main motivator for fitness first thing in the morning. I would never have walked that much or that regularly without her need 'to go'. And other things get done along the way. My day gets organized and I get a few cell phone calls made to boot.

Mojo is whining a lot lately, and seems to be wanting something all the time. She is clearly aging, so friends and family encouraged me to have her checked out at her ripe old age of 81 dog years. All she did was impress the vet with superior marks on all the lab results and x-rays. Seems she is simply not getting enough walking to please her.

It is a big commitment but an inspiration to have such a loyal walking companion — one who skips, sniffs, and gallops her way through life. We anticipate many more 'walkies' ahead.



"No matter where you are in the world, you are at home when tea is served."

—Author, Earlene Grey

## Going to Tea has become *the* Thing to Do.

Doris Cassan



Tea Rooms have popped up everywhere. There are Mother's Day teas, and now this year, Coronation teas. And so it was that Donna Olson and I found ourselves at the *Maddie Hatter Tea Shop and Café* in Erin. We were doing research for a venue for a gathering of the Gadabouts of North Wellington. Or that was our excuse.

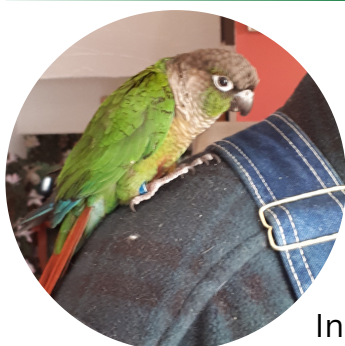
Another group that I belong to has an ongoing debate about whether it is cream first or jam first on the scones. It turns out, it is all about what part of England you are from. Are tea bags acceptable or **MUST** it be loose tea and all its attendant fuss with tea strainers and so on?

Personal preference, but I do oppose those silky triangular teabags as they are apparently made of plastic. Is it scone to rhyme with cone or scone to rhyme with lawn? That also is highly regional and both are correct, even in England.

I am sure that some purists would disapprove of the time of day that we have tea. It is usually a lunch time gathering for me, whereas traditionally, tea is supposed to be a late afternoon event.

I belong to a Facebook group of people who like a particular author and we try to meet each Fall around the birthday of that author, and have tea. We even have a couple of ladies who cross the border to come to Ontario for tea. I will be telling them about the *Maddie Hatter* but also about the *Escarpment Tea Room* in Milton which is probably the best tea service I have ever had and I highly recommend that you try both!

[Maddie Hatter Tea Room](#)  
[The Escarpment Tea Room](#)



### Pet Corner

#### He Really *is* a Good Boy!

Good Boy is a parakeet in his 20's and has settled down since his youth. He lives with Bill in Palmerston. Now that he is older, he is less likely to attach himself to Bills' nostril with his beak!

In the good weather, Good Boy loves to hang out in his cage on the porch, singing away with his other wild bird friends.

His other favourite activities are perching on Bill's shoulder as he cuts the grass or goes for a bike ride. Good Boy's favourite treats are cheese, wieners, and bananas. These are expected at certain times of the day. If they are not received, then Good Boy will start singing non-stop until they arrive. Good Boy is hoping that he can live up to his name...maybe when he is in his 30's.

### Word of the Month



#### Frabjous

- delightful
- joyous
- wonderful
- elegant
- superb





# Camp Memories

Nadine Peel



I was born, raised, and educated in Toronto, and attended Maurice Cody Public School, which was, thankfully, only about a block from our home. My marks indicated I was an average student and that was just fine with me. My best subjects included English, geography, and music—mathematics was the pits, but I tried. I was not very athletic, but life was good, and I didn't have much to complain about.

Remarkably, at that point in time, I had no idea that this “average student” would spend another 30 years with the Wellington County Board of Education, where I probably gained the best education.

Like most kids, I loved summer. My family had a cottage on Lake Simcoe called "Come Back," which we did many times when I was young! Summer vacation holds many wonderful memories, most of which were connected to my camping days.



One year, at the age of six, I and my sister Cynthia, 12, were marched off to Sparrow Lake United Church, located near Washago. We were picked up in Toronto in an old bus and taken to the camp for our two-week holiday in the wild. The first time I went, homesickness hit, but having a big sister around, helped and so I didn't get a chance to let the folks at home know.

Then another time at the same camp, when I was 14, I had my first opportunity to be a counselor. That year, each of the cabins were named for countries. My cabin's country was Holland, and I was just thrilled. I got hold of a huge doll and we named her, Hilda. Then came our chant..."I'm Hilda from Holland, for home I don't pine, because I am the mascot of Cabin Nine." And as I recall, my little girl campers won just about every event throughout those two weeks, while sporting the pointy caps, bouquets of tulips and wooden shoes that we would create during craft time. Little did I realize at the time, that my life would eventually bring me to one of the most outstanding Dutch farming areas in Ontario.

I remained a camp counsellor at Sparrow Lake until my 17th year. By then, I was attending Leaside High School, and while a student there, I was offered the chance to work the next two summers at the privately owned Camp Kandalore in Halliburton near Dorset—a boy's camp! So perhaps you can imagine how much fun I had in my 17th and 18th years. I had a ball, as a counsellor, working with some of the nicest folks. Good memories.

As I look back on those wonderful, hot, happy summers and remember, I can only pray that every child has had at least one opportunity to experience the fun and friendship at a camp.



“Good things come to those who camp.” – Unknown







“Don’t be afraid to go out on a limb. It’s where all the fruit is.”

Shirley MacLaine



## Recipe of the Month

**Need a Date?** Helen can help!

*submitted by Helen Edwards*

### Ingredients

**4 medjool dates**

**2-3 tsp peanut butter**

**4 large pecan pieces**

**16 chocolate chips**



### Method

1. Cut date part way through and remove pit. In cavity, put peanut butter.
2. Place a large pecan piece and four chocolate chips and close the date.
3. Place in fridge for 2 hours before eating. (Or the freezer for 10 minutes, if you can’t wait)

Measurements may need to be adjusted depending on size of date. Close your eyes while eating. Tastes exactly like a snickers bar. Enjoy.

## Behind the SCENes



## Celebrating our Seniors’ Centre for Excellence (SCE) accomplishments

In 2008, the community celebrated the opening of the new Seniors’ Centre for Excellence (SCE) office based in Mapleton Township with Helen Edwards at the helm.

Apparently the decision to hire Helen as the SCE Seniors’ Health Services Coordinator was an easy one, and if you have any connection to the SCE you will know that she still spearheads this increasingly popular and unique organization for older adults that has now expanded to the Minto and North Wellington communities.



Helen is a ‘rock star’ in her own right, as she sure knows how to pull a symphony of programming together and she also has a knack for keeping an audience active, connected, and engaged.

So, because it is Seniors’ month plus June marks the 15th Anniversary of the SCE in Mapleton, Minto, and North Wellington, we want to honour all older adults, plus we want to acknowledge staff, past and present and recognize ALL the hard work that Helen, in particular, has done over the past 15 years. CONGRATULATIONS!

*If you see Helen, or bump into her at an activity or event, why not give her a pat on the back, a high five, a thumbs up, and I am pretty sure she might not be averse to a chocolate chip cookie or two!*



**Deborah Whale and Kay Ayres were two of Helen's biggest supporters from the beginning in 2008.**

"I am so proud of her [Helen] that she took an idea, and turned it into a success" — *Kay*

"Helen’s love of fun, her ability to organize events, and her special rapport with seniors has made our SCE the BEST!" — *Deborah*





“Old age is always fifteen years older than I am.”

Oliver Wendell Holmes



## If It Wasn't for Older Adults...

HWVYWM B M L E M D C H X P O W G Q  
F R G S M K T H E P M I K N O C P O F W  
B H R O E N V E A N I G I U D P F C I Y  
Y E A A M Z H N R Q T R V P J K E G R P  
O A T G J H A D N M B O P C Q R C K U Y  
J L I R G E V U G N N K R M Y O E Q K M  
U T T A C R M R D M E E X A M P L E J R  
W H U N J I A A I K U R T M B Y T G B E  
O S D D L T O N F O R G I V I N G N V S  
C A E F L A K C D Q H A B P H P X J C I  
Z B C A E G R E L M V O F R I E N D H L  
L J E T G E R E W O O I V H C N E N A I  
O J U H A L T F V T K T T E H U T Z L E  
V U S E C R E A T I V E H A R D G S L N  
E X H R Y V K I R T X G W E L C K S E C  
O M V X B S T R E N G T H I R I O E N E  
A F Z M J V S G B D E R B E N F T M G C  
L I K J L X X W N B F T Z C Y X C Y E C  
B M R T E X P E R I E N C E U P E Y S A  
D W Q C G E K H T E A C H E R Q Z I O D

Celebrate Seniors' Month and find all these amazing words that describe YOU! Locate words horizontally, vertically, diagonally.



experience  
challenges  
creative  
strength  
friend  
teacher  
heritage  
love

resilience  
gratitude  
overcome  
vitality  
grandfather  
learn  
legacy

endurance  
forgiving  
example  
mentor  
grandmother  
hope  
health

(Solution on page 8)



\*Please pick up your "Heart & Soul of Wellington" Activities and Events booklet at any SCE event or request an online copy. A great resource if you are looking for ways to keep active, connected, and engaged.

## Community Connectors

Please let your Community Connector know about any activities not listed in the booklet, that would be of interest to older adults!

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



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](mailto:HEDwards@mapleton.ca)

Dining Programs	Date	Time /Cost	Location	Guest Speaker or Event
<b>SPECIAL DAY</b>  Drayton	Friday June 9	12 pm \$20	Drayton Reformed Church	Short Stories & Tall Tales with Royden McHoag & Glynis Belec
Palmerston	Wednesday June 21	12 pm \$20	Palmerston United Church	Willa Wick- "Collections" The Dionne Quintuplets
Harriston	Friday June 30	12 pm \$20	Harriston United Church	The Haywards – Musical entertainment
Clifford**	Wednesday June 28	12 pm \$20	Clifford United Church	Sarah Bowers Peters & Elizabeth Kent - Fraud Prevention

\*\*The Knox United Church Women (UCW) will be providing catering for the Clifford dining program moving forward. This provides the UCW with an opportunity to raise some funds, and for us to say "thank you" to this wonderful church that has supported our program since 2009. We are looking forward to many delicious and hearty lunches.

COFFEE PROGRAMS 	DAY	TIME	LOCATION
<b>DRAYTON COFFEE TIME</b> Please, bring your own mug!	Every 2nd Thursday June 1, 15, & 29	10:30 am	Selah Centre 24 Wood St., Drayton
<b>NEW MOOREFIELD COFFEE HOUR</b> Please, bring your own mug!	2nd Wednesday of the month June 14	10:30 am	Maryborough Community Centre 15 Ball Avenue
<b>PALMERSTON COFFEE GROUP</b>	Last Wednesday of the month June 28	10 am	James St. United Church 215 James Street





# ZOOM with us!



## WEDNESDAY June 21, 2023



7 PM Writers' Group.  
For the Love of Words.  
Facilitated by Doris Cassan  
For info: [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com)

## TUESDAY 10:30 AM

June 6, 2023

**Bob Wildfong, Ken Seiling**  
**Waterloo Regional Museum -**  
Pollinator Friendly Gardening

June 13, 2023

**Helen Edwards**  
Home Remedies  
Cure-alls or Bunk?

June 20, 2023

**Karen Burke**  
Cooking with Karen.  
Great recipes. Great nutritional  
information from our expert.

June 27, 2023

**Duane Pancoast, Author &**  
**Octogenarian**  
The Geriatric Gardener

## THURSDAY 2 PM

June 1, 2023

**Katie Clarke, Wellington**  
**County Museum & Archives**  
Bells are Ringing. Weddings in  
the Past

June 8, 2023

**Wendy Bieman, Commander,**  
**Community Paramedic Program,**  
Files of Life.  
Saving Time. Saving Lives

June 15, 2023

**Don Scallen, Author**  
Hidden Life: Amorous salamanders,  
piscine stonemasons, and crooning  
tree crickets

June 22, 2023

**Drew David OT MFFHT**  
Adaptive Devices and Making  
Life Easier at Home

June 29, 2023

**Willa Wick**  
Coronation &  
Royalty Memories

## See you at the Farmer's Market

Come enjoy a steamy cup of  
tea or coffee and a fresh  
muffin at **The Carry On**  
**Women's Institute Cafe.**  
You'll find them at the  
Palmerston Farmers Market  
held at the Palmerston  
Railway Station 9-12  
every Saturday in June.



## If It Wasn't for Seniors (Solution)

HWVYWMBMLLEMDCHXPOWGQ  
FRGSMKTHERPIMKNOCPFW  
BHRONVENANIGIUDPECIY  
YEAAMZHNROTRVPJKEGRP  
OATGSHADNMBORCQRCKUY  
JLIRGEVUGNNKRMYOEOKM  
UTTACRMRDMEEXAMPLEJR  
WHUNJIAALKURTMBYTGBE  
OSDDITONEFORGIVINGNV  
CAEFLLAKCDOHABPHXPJCI  
ZBCAEGRELMVOERIENDHL  
LJETGEREWOOLVHCNENAI  
OJUHALTFVTKTTEHUTZLE  
VUSECREATIVEPHARDGSLN  
EXHRVVKIRTXGWELCKSEC  
OMVXBSTRENGTHIRIQENE  
AFZMJVSGBDBERBENFTMG  
LIKJLXWNBFTZCYXCCEC  
BMRTEXPRIENCPUPEYSA  
DWQCCEKHTFEACHERQZIOD

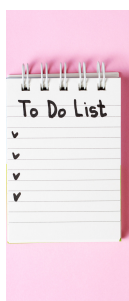


## opportunity in Mount Forest

Auxiliary to Louise Marshall Hospital  
(Membership: \$10 /year, 1st visit free)  
Mount Forest Victory Church, 320 King St. E.  
1st Monday of the month (1:30 pm).  
Runs from September to June.  
Contact Linda Dunk  
**519-323-9287**

## Decluttering with Doris

Doris Cassan



Have you heard of the Silent To-Do list?  
Everything we own is silently nagging us.  
*Clean me. Use me. Fix me. Wear me. Store*  
*me.*

No wonder it feels so good to get rid of  
things. The goal is to have only those things  
that allow us to keep up.

"Have nothing in your home that you do not know to be useful  
or believe to be beautiful."



**We sure hope you enjoyed your Heart & Soul of Wellington!** Your Friends at the SCE



Seniors' Centre for Excellence



# HIGH TEA



CELEBRATING **YOU.**  
CELEBRATING 15 YEARS AT THE SCE

JUNE 7 ~ 01:00 P.M

SUGGESTED DONATION

**\$15** per person

LUNCHEON | GAMES | FELLOWSHIP

LIMITED SEATING

MARYBOROUGH COMMUNITY  
CENTRE,

15 Ball Ave., Moorefield

*You are invited to dress for the occasion*

RSVP to  
[HEdwards@mapleton.ca](mailto:HEdwards@mapleton.ca)  
519-638-1000