



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #66



NOVEMBER 2025



A Word from Helen

Preparing for Hibernation

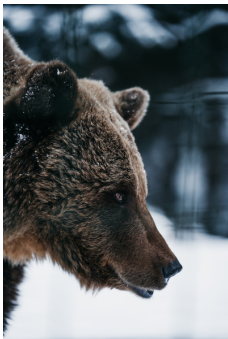
Helen Edwards SCE Seniors' Health Services Coordinator hedwards@mapleton.ca



Oh, November, you make me think of the line from the Simon and Garfunkel song, "Hello darkness, my old friend..." It turns out that there are real biological factors that make us want to do less in the winter. Our internal body clock, or in fancy terms, our *Circadian Rhythm*, is highly sensitive to light. Less sunlight in winter disrupts this rhythm, signalling the body to produce more melatonin, the sleep-regulating hormone, which makes us feel more tired.

Additionally, the reduced sunlight also means less vitamin D, a key component for producing serotonin—a neurotransmitter that helps regulate mood and energy. A dip in vitamin D can lead to feelings of sluggishness and lower mood.

It is interesting to note that the World Health Organization recently released a report stating that social health matters, just as much as physical and mental health. This means that while our bodies are trying to encourage us to stay indoors, it is important to get out and socialize.



We are hosting a Wisdom Workshop at the Mount Forest Library—Preparing for Hibernation—on Thursday, November 6 at 1 pm. *Mike Harloff*, Psychotherapist, will discuss ways to settle into the winter "hibernation" while taking care of our mental health.

If you are a grizzly bear, like me, and have difficulty staying social during the winter, you might want to join us. You can register by calling the office at 519-638-1000.

Helen



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





Enthusiasm is the yeast that makes your hopes shine to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait. The grip of your hand, the irresistible surge of will and energy to execute your ideas. —Henry Ford



Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday Nov. 5 & 19	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	Thursday Nov. 6 & 20	10:30 am	Selah Centre 24 Wood St., Drayton



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. Nov. 12	12 pm \$20	Harriston United Church	Doris Cassan My Trip to New Zealand
Palmerston	WED. Nov. 19	12 pm \$20	James St. United, Palmerston	Sandy Turner, Kelly Gee, Danielle MacIntosh Ask the Expert Falls Prevention Panel
Drayton	FRIDAY Nov. 21	12 pm \$20	PMD Arena Drayton	Neil Aitcheson The Power of Laughter
Clifford	WED. Nov. 26	12 pm \$20	Clifford United Church	Jim Measures "Are You a Refugee?"
Arthur	Thurs Nov. 27	12 pm \$15	Arthur Area Curling Club	Guest Panel Growing up in Simpler Times; Memories from my Childhood



ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

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

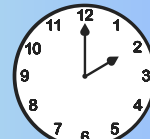
Tuesday



Nov. 4, 2025
Danielle McIntosh RD MMFHT
Dealing with Diabetes



Thursday



Nov. 6, 2025
Willa Wick
Dry Stonewall Construction



Nov. 11, 2025

Remembrance Day (No ZOOM)



Nov. 13, 2025

Amy Lynn
Let's talk Yoga



Nov. 18, 2025

Cathy Burton
CRA Scams & Thinking Ahead to Tax Time



Nov. 20, 2025

Alyson Colton RD
Cooking with Alyson



Nov. 25, 2025

Nurse Practitioner, Lisa
IMpower Wellness & the Emsella Chair



Nov. 27, 2025

No ZOOM



The Seniors' Centre for Excellence

presents



Wisdom Series Workshops

Preparing for a Healthy Hibernation

Mike Harloff, Psychotherapist

Mount Forest Library
Thursday, November 6, 2025

1-3:30 p.m.

Refreshments provided

jbrown@mapleton.ca 519-638-1000

RSVP



Ontario



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





Retirement is wonderful. It's doing nothing without worrying about getting caught.



Let 'em FALL...Leaves, Not Y'all!

Sandy Turner, R.Kin, Minto-Mapleton FHT

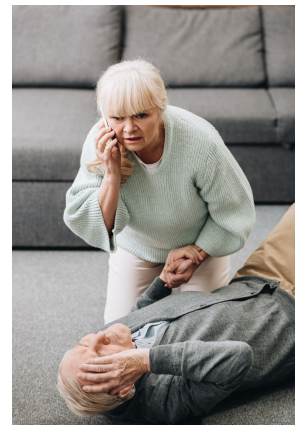


We often hear about the steps needed to prevent falls; things like getting active, increasing your muscle strength, getting enough calcium and vitamin D, or de-cluttering your home, to name a few. While all these things are important (and please keep doing them) however, we may not know what to do *if* we fall.

As we fall, it is often difficult to think in the moment, but if we can try to 'roll' with the fall, going with momentum and keeping our bodies loose, it can lessen the impact felt on the body. Tensing up as we fall will stiffen the body and increase the chance of injury.

The most important thing to do once you've had a fall is to **STAY STILL** and **ASSESS**. Take a moment before moving to check if anything hurts or if you feel dizzy. While lying where you've fallen, slowly, gently, begin to move each of your arms and legs. If you sense something could be wrong, call for help and try not to get up alone.

If you've fallen and determined that you're not seriously hurt, take a moment to rest and catch your breath. When you're ready to try getting up, start by rolling onto your side, then slowly push yourself up into a seated position. From there, carefully move onto your hands and knees.



Crawl to a sturdy piece of furniture, like a chair or sofa, that you can use for support. Once there, place your hands on the seat of the chair, bring one foot forward so you're in a half-kneeling position, and use your arms and legs to slowly push yourself up. When you're standing, turn around carefully and sit down to rest and recover. Avoid holding your breath. Always move slowly, assess your body at each step and stop if you become dizzy.

Need More Tips? Ask the Experts.

Join me and my colleagues at the **Seniors' Centre for Excellence Palmerston Dining Program** happening on Wednesday, November 19, and learn more helpful tips about falls prevention. Topics include healthy eating, exercise for bones and muscles, how to get up from a fall, and so much more, we hope to see you there! *Sandy*

On Wearing a Poppy

Glynis M Belec



It happens to me every November. I find tears, and emotions brim, easily.

Having had two veteran parents always made Remembrance Day such an important part of life for me over the years. And now that they are both gone, their absence always adds to my brittle emotions when November comes knocking.

It was a long time ago, but I still recall a news story that reported how a business had told their employees they were not allowed to wear a poppy. An employee said she was told by a supervisor that wearing the poppy would be seen as "supporting a cause."



As soon as I heard that, my stomach fell. The tears returned. My thoughts drifted to the brave men and women who gave their freedom, their mental health, their right arm, their life—so that we can live in freedom, without fear of persecution.

For the total 40 million military and civilian casualties in World War I. For those who gave it all in World War II, worldwide. For those whose families were riddled with pain because of battle scars.

Would these not be CAUSE enough, to allow employees to show respect and gratitude by pinning a mere red poppy to one's smart uniform? I won't even get into what we have gained because of the sacrifice of so many. And then don't get me started on veterans like my mum and dad who dealt with a lot of guilt, post-war. Why did they make it, while their friends and allies were blown to smithereens?

Shell shock, they used to call it. PTSD, the common term now. I watched my dad deal with that in his final years. A 92-year-old proud British Royal Marine reduced to panic in the middle of the night as he ducked bombs and fought the rat-invested corners of the trenches [in his bedroom, in the middle of the night when the nightmares came].

It's the least we can do this November. A poppy on the lapel. Announce your gratitude. Respect those who served. Honour those who sacrificed. We have the freedom to say what we say because of those, like my parents, who dared don a uniform. My heart hurts for those who had to live through or die because of war. There is nothing glamorous about brutality. But there is something wonderfully uniting about gratitude and respect.

Please, consider wearing your Poppy the week leading up to Remembrance Day. Love unites us all. Gratitude heals our wounds. It is a simple action that speaks volumes. **Lest we forget...**

(P.S. After citizen backlash, the business changed their policy, and all employees are now allowed to wear a poppy)



A hero is someone who, in spite of weakness, doubt or not always knowing the answers, goes ahead and overcomes anyway.

—Christopher Reeve



Pet Corner

Submitted by Helen Park

This lovely equine duo lives happily on a small acreage outside of Wroxeter with their owner Bill.

Dolly loves nothing more than being hitched to the buggy for a run around the mile-and-a quarter track.

Emma, who is a gentle, grey giant, came to the farm in the spring. Bill still needs to get a harness that will fit her before she can be hitched to the buggy.

While Dolly and Emma are very different in size, they both share a passion for eating grain, and love when there are a few carrots or apples added to their dinner. Emma, in exchange for a treat, gives the most amazing kisses, but she is gentle and careful that you don't have to wash your entire face afterwards!

Bill finds great joy with his animals, and I dare say, they do with him, too.

Enjoy your pets every day whether they are big or small.



**MOUNT FOREST
LEGION**

140 King Street, West

**THURSDAY,
NOV. 20, 2025,**

Free Admission

**No Need
to Register**

SENIORS' CENTRE *for* EXCELLENCE *presents*

Mount Forest N.O.W.

Nurturing Our Wisdom

The World Wars



1 PM



519-638-1000



jbrown@mapleton.ca

*Presenter, **Mike McGill** from **WCMA**, will share interesting information and personal stories about our Canadian veterans*

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

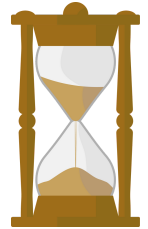
When you write from the heart, you touch the heart of the reader ...

October Writing Prompt

Doris Cassan



Write your story...



"Time and tide wait for no man," says Chaucer.

For your memoir, tell us how you feel about time. Is it passing too quickly? Too slowly? Are you a fanatic about being on time or are you more laissez faire? Do you plan your time meticulously or do you prefer to let life happen? What do you make time for, and what do you not consider to be worth your time?



Enriching Your Life

Doris Cassan



If you grew up without a lot of material goods, you may feel a powerful connection to your stuff. Getting rid of things does not make you poor. In fact, it enriches your life with time and space.

Seasonal Reminder: declutter/purge your Christmas décor now so that the thrift shops can sell it before Christmas. Some shops will not accept Christmas décor in December: they are overloaded!

Memories of having a perm



If this isn't proof of Global Warming, I don't know what is!



Can you smell that Toni?



"Strength is not born from strength. Strength can be born only from weakness. So be glad of your weaknesses now, they are the beginnings of your strength."

— Dr. Claire Weekes



Finding Balance and Community Through Tai Chi

One winter, I had a serious fall that broke my tibia and fibula. After surgery, metal plates, and months of rehabilitation, I regained mobility but was left with a fear of falling, especially on stairs. Walking became something I approached with caution, always mindful of my balance.

My journey with Tai Chi had begun as a personal path toward healing. Before my fall, I practiced only occasionally, enjoying the movements without realizing how deeply they could support my well-being — until life gave me a reason to truly commit.

When I returned to Tai Chi, everything began to change. The slow, mindful movements helped me rebuild strength, stability, and confidence — not just physically, but emotionally. I began to trust my body again.

In Toronto, where we lived at the time, I attended regular classes and workshops, learning from wonderful instructors and fellow practitioners. When we later moved to Palmerston, I discovered there were no Tai Chi classes nearby. I missed that shared energy and often drove long distances just to practice with others.

That's when I decided to take the next step — to train, become certified, and bring Tai Chi to my community so others could experience its benefits.

What began as a small, curious group in Palmerston has blossomed into a warm Tai Chi family. With classes now available in Palmerston, Harriston, and soon Mount Forest, I hope more people will discover the calm, strength, and connection this practice brings.

Tai Chi has given me balance — in body, heart, and spirit.



SCE Hosted Tai Chi Sessions:



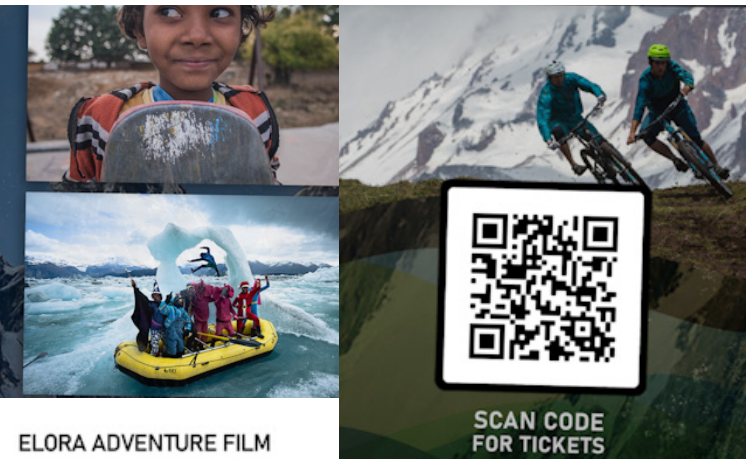
1. Tuesday Mornings: 10:15 am - 11:00 am at Harriston Public Library
2. Wednesday Mornings: 9:30 am - 10:30 am at James Street United Church in Palmerston
3. Monday Mornings: 9:30 am - 10:30 am at Renew Life Therapies, 160 King Street, West, Mount Forest (Begins Oct. 27)

For other times and locations reach out to Nelda at... 647-8628337; nelda.taichi@gmail.com



ELORA ADVENTURE FILM FESTIVAL

NOVEMBER 6-9, 2025
22 SHORT FILMS, 2 PROGRAMS
3 ADVENTURE SPEAKERS:
ADAM SHOALTS • JILL HEINERTH
• KEN MCGOOGAN •



ELORA ADVENTURE FILM
FESTIVAL IS MADE POSSIBLE IN PARTNERSHIP WITH:

THE GORGE CINEMA ^{EST 1974}

ST. JOHN'S
ANGLICAN CHURCH

ELORAADVENTUREFILMFESTIVAL.CA



COFFEE *Connection*



A SUPPORT GROUP FOR THOSE WHOSE SPOUSES LIVE IN
LONG TERM CARE OR IN A RETIREMENT HOME.

MONTHLY

BEGINS TUESDAY NOVEMBER 18TH 2 PM - 3 PM

at

Royal Terrace

Long Term and Residential Care
600 WHITES ROAD, PALMERSTON

Interested?

Please call:

519-638-1000



SENIORS' CENTRE *for* **EXCELLENCE**

Hosts:

JOANNE WHITE (Social Worker - MMFHT)

& HELEN EDWARDS (Project Coordinator Seniors' Centre for Excellence)

*"Spend time with those who
walk in the same shoes..."*



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





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.

Keep an eye out for further details coming soon.



RUTH'S BISQUICK'S QUICHE

Submitted by Ruth Wilson

This Quiche recipe is a great one to have on hand as it can be made a day ahead. It can also be frozen after baking. You can substitute equivalent amounts of any other vegetable or cheeses. Happy Eating!

MIX TOGETHER:

4 Large Eggs (beaten)
½ cup of salad oil
1 tsp of marjoram
½ tsp each of salt & pepper
½ C of Swiss cheese
½ C of parmesan cheese

THEN ADD TO MIXTURE:

1 small chopped onion
½ cup of chopped mushrooms,
then *some red or green peppers
spinach, broccoli—all chopped
into small pieces, and a little
shredded zucchini.



**(You can add whatever you want but make it at least 3 cups of the mixed veggies)*

NOW ADD:

¾ C of Bisquick and coat all the vegetables. Pour into a lightly greased 9" x 9" pie plate or casserole dish. Bake at 350° for 25-30 minutes or until inserted knife comes out clean. Enjoy!

Word of the Month

Taradiddle

(noun) A small, insignificant lie; a fib.



having fun

Nov. 1 - 🧐 Movember
Nov. 3 - 🥪 National Sandwich Day
Nov. 4 - 🍬 National Candy Day
Nov. 11 - 🍁 Remembrance Day
Nov. 13 - 🤝 World Kindness Day
Nov. 14 - 🥒 National Pickle Day
Nov. 26 - 🍰 National Cake Day
Nov. 28 - 🛍️ Black Friday

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