



# Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0

## October 2022



### Contents

A Word from Helen .....	1
Decluttering with Doris .....	2
Health News .....	2
Book Club hosted by Helen. ....	3
Word of the Month.....	3
Telling Our Stories .....	3
Senior Pet Corner.....	4
Recipe of the Month .....	4
Thank You.....	5
For the Love of Words.....	5
Cutting Costs and Going Green.....	5
Archives .....	5
Activities & Events: .....	6

### A Word from Helen

Fall has arrived in all its beauty. As we look forward to the season ahead, I am excited about our **Neighbourhood Fall Bazaar** that the Seniors' Centre for Excellence is hosting on Saturday, October



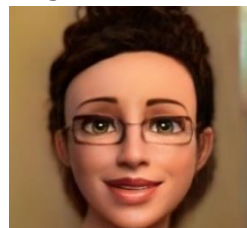
15th from 10 am to 2 pm at the Moorefield Community Centre. We have over 20 vendors who will be displaying their skills and creativity, all in time for the upcoming holiday season. From books to baking and everything in between, there is sure to be something to interest everyone.

The Drayton Kinettes have graciously offered to provide a lunch for those who are interested.

The Bazaar will also be an opportunity to link up with neighbours and build community connections. Building community takes the effort of everyone.

If you plan to attend our bazaar or other community events, here is your October Challenge: invite a friend who doesn't drive or someone that you haven't connected with in a while to join you.

It is easy, as we age, to lose connections with friends and, frankly, it can be a lot of work to keep those connections strong. However, when we make the effort, it is always worth it. We are social animals; we need to keep our relationships strong. So, bring a friend to our bazaar. It will not only boost our attendance, 😊 but will boost the connection you both feel to the community.



*Helen*



I don't understand why people have to "get ready" for bed. I'm always ready for bed.



## Decluttering with Doris



In the kitchen pantry, start by putting heavy things on the bottom shelf and rarely used items on the top shelf. Order the rest of the shelves in categories

that work for you: baking, tinned goods, dry goods, etc. Check expiry dates as you work and use the oldest first.

## Health News

### An Art Invitation

*Erica Palmer, Art Therapist  
Hospice Wellington.*

This invitation is called, "Holding a Positive Memory in the Palm of Your Hand." Rooted in positive psychology, this activity is widely used across many settings, age groups, and disciplines beyond art therapy. Its purpose is to help encourage positive memories and experiences to be encountered, recalled, and connected with, in more meaningful ways (See Figure 1).

For this activity, you are invited to encounter a positive memory that you can symbolically hold in the palm of your hand.

- Start by placing your hand on a piece of paper and tracing it.
- Above each finger on this hand outline, label the five senses: see, hear, smell, taste, and touch. *It's okay to feel a little child-like and playful with this activity, that's what it's all about!*
- Once you've traced your hand and labelled each finger, it's time to fill this hand with a positive memory.

- Take a moment to pause and check in with yourself. Recall a memory that you feel comfortable connecting with at this moment. This could be as extravagant or as simple as you'd like. Perhaps you saw a friend for coffee or tea recently that you haven't had a chance to connect with in a while. Or maybe you just had some large family event that was filled with smiles and laughter.

## Art Invitation

"A Positive Memory in the Palm of Your Hand"

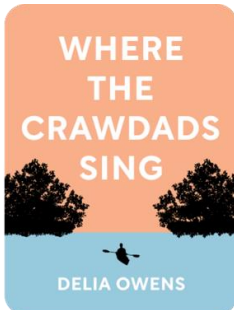
(Figure 1)



- Pick any positive memory you'd like, and now begin to focus on just one sense at a time.
- What could you see while you were there?
- What could you hear?
- Did you smell anything while you were in this experience that you can recall now?
- Did you taste anything – even if your memory didn't involve eating or drinking, was there anything you could taste still? Maybe humidity in the air, or something else.
- Did you touch anything in this memory that you can remember the feel of now?
- Once you've spent some time recalling this memory and all the ways you used your senses to experience it, begin recording these elements in the hand on your paper.

- Use the palm of your hand to write out or even sketch a depiction of some aspect of this memory.
- Then in each finger, record through writing or miniature doodles all the different aspects you can recall connected to the sense on the labelled finger.
- When your work is complete, you will have a positive memory held in your hand.
- Notice how it feels to encounter this memory more deeply and intentionally today and consider sharing this memory with someone in your life.

### Book Club hosted by Helen.



We're back and YOU are invited. We need a few more people to join our group. Contact [HEdwards@mapleton.ca](mailto:HEdwards@mapleton.ca) if you are interested. We meet on ZOOM on the third Tuesday of each month. Start up session: Tuesday, October 18th at 7 p.m. And our first book *Where the Crawdads Sing* by Delia Owens.

### Word of the Month



**Hoi polloi** is an expression from Greek that means "the many" or, in the strictest sense, "the people". In English, it has been given a negative connotation to signify the masses.

### Telling Our Stories



#### A Royal Tour

Don Senek

From my memoir, *In Case I Forget*

In 1951, Princess Elizabeth made a tour of Canada. One of her stops on the Royal Train was in Galt where the train stopped briefly at the station so that the crowds could see her.

My friend Butch and I knew that we couldn't possibly be able to get anywhere close to the station platform, so we decided to climb over the fence of the Franklin Lumber Company which was three blocks away but alongside the railway track where the Royal Train would be travelling.



Photo: Public Domain. Credit: Ivey Family London Room, London Public Library, London, Ontario, Canada

We climbed up onto a huge pile of lumber close to the fence and waited as the train slowly left the station on its way to Guelph.

The train was still going slow as it neared where we were sitting, and the Princess was still standing on the rear platform.

Just as she was turning to go into the coach, she saw two dirty-faced kids

perched up on the lumber pile waving frantically and yelling "Hi, Princess!"

She smiled and waved back to us and then entered the train.

She was crowned Queen on June 2, 1953. We never received an invitation to the coronation. 👑

## Senior Pet Corner



Tiara or Tia for short is 13 years young and lives in Mt. Forest with her mom, Helen. Tia is no ordinary dog. She was crowned OTCH (Obedience Trial Champion) among other awards. The OTCH title is often

referred to as the "PhD" for dogs, and is the highest obedience honour a dog can receive. Tia is one smart and obedient doggo!

## Recipe of the Month



As a tribute to Her Majesty, Queen Elizabeth II, we thought it fitting to include these recipes for scones and clotted cream this month.

*Special thanks to both **Doris Cassan** for submitting the easy scones recipe and to **Helen Edwards** for the particularly-tasty, easy clotted cream.*

## Lemonade Scones

*\*Don't be fooled. There are no actual lemons in this recipe. In Britain, Australia, and a few other places, lemonade refers to the North American equivalent of Sprite or 7-Up or any other lemon-lime type fizzy beverage.*

### Ingredients

3 cups self-raising flour\*  
1 cup heavy whipping cream not light  
1 cup 7-UP

*\* To make self-raising flour: sift together 3 cups of flour with 4½ teaspoons of baking powder.*

### Instructions

Preheat the oven to 350°F. Mix all the ingredients together in a bowl, lightly. Carefully mix until they are combined. The dough will be soft and tacky. Don't overwork or the dough will be tough. Roll out the dough on a lightly floured surface, to about 1" thick. Using a 2" round cookie cutter and cut about eight round pieces. Place them close together on a lightly greased sheet or on baking paper. (Optional: brush scones lightly with milk.)

Bake for 15 minutes, until they're golden brown. Cool on a wire rack. Serve with jam and a dollop of fresh clotted cream.

### (Easy)Clotted Cream:

1 cup of heavy cream  
3.5 oz package of cream cheese (just under one-half)  
1.5 tablespoons of sugar  
Soften cream cheese (25 seconds in microwave) and blend with sugar until light and fluffy. Add heavy cream and beat until stiff peaks form. Enjoy!



## Thank You

Thank you for your service and dedication.



*Rest in Peace,  
Your Majesty.*

~

Queen Elizabeth II  
1926-2022

"When life seems hard, the courageous do not lie down and accept defeat. Instead, they are all the more determined to struggle for a better future."

—Queen Elizabeth II

*December 25, 2008 Christmas Message*

## For the Love of Words



*For the Love of Words Writers' Group.* Wednesday, October 19 at 7 pm. Contact our trusty facilitator, Doris Cassan, for more information [4luvwrds@gmail.com](mailto:4luvwrds@gmail.com).

## Cutting Costs and Going Green

If possible, please consider switching to receiving our *Heart & Soul of Wellington* monthly newsletter via email.

[gbelec@mapleton.ca](mailto:gbelec@mapleton.ca)

## Archives

Don't forget to check out the Mapleton website if you want to look back in the archives for previous newsletters or find out more information about services for seniors. Here's where to look:

<https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence>

For the newsletters, just click the newsletter box and a drop-down menu will appear.



Shoutout to everyone who can still remember their childhood phone number. but can't remember the password they set yesterday. You are my people.



## **BRAVE** (*Building Resiliency And Valuing Everyone*)

You may notice some posts and infographics on social media over the next few months that make reference to our BRAVE project. We encourage each of you to read and share these posts, and if you would like to learn more or to get involved, please let us know. It really does take a village.

The goal of the BRAVE project is to help raise awareness about social isolation in seniors and to find ways to help unite neighbourhoods. Sometimes it's the simple things that make the biggest impact. The Seniors' Centre for Excellence is seeking to find some simple ways to help lessen the impact of loneliness among seniors and others.

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples.*

—Mother Teresa

**Please Note.** We do our best to ensure that the following information is accurate at the time of publication, but occasionally some exercise and activity programs get cancelled or times change. It might be best to get in touch with the facility or contact person to confirm before you head out!

## Activities & Events:



### Dining Programs:

#### DRAYTON:

Friday, October 14th, 2022. Drayton Reformed Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Robin Smart (Alzheimer Society) Cheat Sheet for Communication



#### PALMERSTON:

Wednesday, October 19th, 2022. Palmerston United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Robin Smart - Alzheimer Society Relatives with Dementia - Should We Attend?

#### HARRISTON:

Friday, October 28th, 2022. Harriston United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Julie Martin-Jansen - Anticipatory Grief

#### CLIFFORD:

Wednesday, October 26th, 2022. Clifford United Church. Doors open at 11:30. Lunch served at Noon.

**Speaker:** Top 3 Questions and Tips About Dementia - Robin Smart - Alzheimer Society

For more information please call 519-638-1000

### FREE Walking Programs:

**Palmerston Community Centre:** Weekdays, 8:30-9:30 am

**Harriston Community Centre:** Weekdays, 8:30-9:30 am

**Mount Forest & District Sports Complex:** *Walk-A-Doodle-Do* - Thurs. 10-11 am

### Pickleball:

#### **Drayton PMD Arena**

Monday: 10 am – 12 pm.

Wednesday: 10 am – 12 noon.

Friday: 10 am – 12 noon.

Contact person: Amy Grose [agrose@mapleton.ca](mailto:agrose@mapleton.ca)



### Something to Think About:



*Create a routine. If you take these two steps – setting aside the time and making your body move – three or four days per week, then you have in effect established a routine. It is this routine, this plan, this expectation of yourself that is going to give you the power to change the nature of your relationship with exercise. —Bob Harper*



### \*Exercise Classes:

**Clifford:** Clifford United Church - Mon & Fri 9 am

**Harriston:** Knox Presbyterian Church - Tues 11:15 am & Thurs 11:00 am

**Drayton:** Drayton Reformed Church - Mon & Wed & Fri 9:30 am

**Mount Forest:** Legion - Mon & Wed 10:45 am

**Elora:** Pentecostal Church - Tues & Thurs 1 pm

**Arthur:** Seniors' Hall - Wed 10 am & Friday 10:30 am

\*Note: *The VON also offers SMART programs in North Wellington, Centre Wellington, and Guelph. This is wonderful news but there are too many of these great classes to list in our little newsletter. For further details, please check out this link: <https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence/exercise-programs> Or call the VON at 519-323-2330 ext. 4954 or email Kelly Gee, SMART Supervisor, at [kelly.gee@von.ca](mailto:kelly.gee@von.ca).*

### Euchre

**Arthur:** Seniors' Hall - Tuesday 1-3 pm

**Bid Euchre** - Thursday 1 pm

Contact Person: Eleanor Monaghan 519-848-2741

**Drayton:** Drayton Reformed Church Sunset Room - Monday 9 am

Contact Person: Gerry Debeyer 519-638-2779

**Harriston:** Harriston Train Station - Monday 1:30 pm - 3:30 pm

**Pepper** - Tuesday 1:30 pm - 3:30 pm & Thursday 7-9 pm

Contact Person: Doug Anderson 519-338-3467

**Palmerston:** CNRA Building - 1<sup>st</sup> Wednesday of month 2-4 pm

Contact Person: Dale Hurlbut 519-343-3495



### Bridge:

Arthur Seniors' Hall - Mon & Fri 1-3 pm

### Duplicate Bridge

Royal Canadian Legion Mt Forest - Friday 1 p.m. \$3. Please bring a partner. If you don't have a partner, call Barbara Kerr at 519-323-4341 as she may be able to arrange a spare.



**Board Games** for seniors 55+ at the Mount Forest Sports Complex, 850 Princess St. Mount Forest.

Wednesdays 1 pm to 3:30pm. \$3.

Contact Person: Kay Ayres: 226-445-2116



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**Tues., Oct 4 @10:30 am**

Guest: Bep Vandenburg  
Topic: Beautiful Greece

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**Thurs., Oct. 6 @ 2pm**

Guest: Josiah Henson  
Topic: Museum of African-  
Canadian History

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**Tues., Oct. 11 @ 10:30 am**

Guest: Eve Smeltzer- Circles of  
Enrichment

Topic: Many Paws Make Light  
Work

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**Thurs., Oct. 13 @ 2pm**

Guest: Annemarie Hagen  
Topic: Canadian writer Mazo de la  
Roche who wrote the *Whiteoaks  
of Jalna* books in the 1920s to  
1950s.

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**Tues., Oct. 18 @ 10:30 am**

Guest: Karen Burke, R.D.  
Topic: Cooking with Karen

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**Tues., Oct. 18 @ 7 pm**

Facilitator: Helen Edwards  
Book Club

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**Wed. Oct. 19 @ 7pm**

Facilitator: Doris Cassan

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Writers' Group-For the Love of  
Words

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**Thurs., Oct. 20 @ 2 pm**

Guests: Louise Stitt & Rose B  
Scott

Topic: British Home Children

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**Tues., Oct. 25 @ 10:30 am**

Guest: Rachel Behling- Fashion  
Museum-Cambridge -

Topic: Haberdashery and Hats!

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**Thurs., Oct. 27 @ 2pm**

Guest: Willa Wick

Topic: Hallowe'en

*Mapleton*  
The Seniors' Centre for Excellence

## Neighbourhood Fall Bazaar

*(Something for Everyone!)*

**Saturday, October 15,  
10 am-2 pm**

Moorefield Community Centre

Refreshments and Lunch available from  
**Drayton Kinettes**

BUILDING RESILIENCY AND VALUING EVERYONE

Information: 519-638-1000

*Life's most persistent and urgent question is, 'What are you doing for others?'*  
– Martin Luther King Jr.