



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #64

## September 2025

### A Word from Helen

#### "Shake it Up!"

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



During one of our dining programs this summer, I had someone mention that one of the main reasons they attend is to make new connections. I recognized that the strength of our dining programs might be more about strengthening existing relationships than enjoying a good program. Maybe that could be said about a lot of our other activities.

Meeting new people isn't as comfortable as talking with someone you have known for years. What about that dreaded, uncomfortable silence after the typical Canadian conversation about *the weather* is over?

What if it is so eerily quiet that you become extremely aware of how loud you slurp your coffee? Chances are that, within a few seconds, someone will think of something to say...no one is comfortable with silence. The cure for silence is to ask someone about themselves.

We are creatures of habit, though, and we tend to chat with the same people. Could we be more like the couple who arrived late for one of our dining programs, recently? I mentioned that we didn't have two seats together. The wife's immediate response was "That's okay. We already sit together seven days a week!"



In the words of Taylor Swift, let's "shake it up," and try meeting someone new wherever we might find ourselves this month. Best case scenario, you make a new friend; the worst – you find out you're the loudest coffee slurper around!

Helen



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**School bells are ringing, loud and clear;  
Vacation's over, school is here.**

— Winifred C. Marshall, "School"



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 PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
<b>NEW DATE!</b> Harriston	WED. Sept. 10	12 pm \$20	Harriston United Church	 Michael van Huisseling Recycling 101
<b>SPECIAL EVENT</b> Mount Forest	FRIDAY Sept. 12	12 pm \$20	Mount Forest Sportsplex	Steve & Martina Hayward The Haywards 
Palmerston	WED. Sept. 17	\$20	James St. United, Palmerston	 Nelda Rodillo Tai Chi – What is it & Benefits?
Clifford	WED. Sept. 24	12 pm \$20	Clifford United Church	Jenny Bults (MMFHT)  Dr. Google, I have WHAT?
<b>SPECIAL EVENT</b> Moorefield	TUES. Sept 30	12 pm \$20	Moorefield Community Centre	The Moore Brothers Old Time Country Music 

*Join us for Coffee!*



*No need to register for Coffee Hours!*

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday Sept. 17	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	Thursday Sept. 18	10:30 am	Selah Centre 24 Wood St., Drayton



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ZOOM with us!



## SENIORS' CENTRE *for* EXCELLENCE

To get on the ZOOM list, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca)  
or call 519-638-1000

**Tuesday**



**Sept. 2, 2025**

**Willa Wick**

The "Bridge" & Other Tales

**Sept. 9, 2025**

**Joe Wettlaufer**

A Day in the Life of a Radio Guy

**Sept. 16, 2025**

**Juliana Van Osch RD MFFHT**

Cooking with Juliana

**Sept. 23, 2025**

**Danielle McIntosh RD MMFHT.**

All Carbs aren't bad!

**Sept. 30, 2025**

**CANCELLED**

**Thursday**



**September 4, 2025**

**Lisa Cosier**

An Interview with a Local Artist

**September 11, 2025**

**Glynis Belec**

Reflections on Aging Gracefully

**Sept. 18, 2025**

**Mike Duhacek - Halton Regional Police**

Help Me Bury Cancer Team

**Sept. 25, 2025**

**TBA**



Did you hear about  
the equestrian that  
got laryngitis?

Now she's a hoarse  
whisperer!

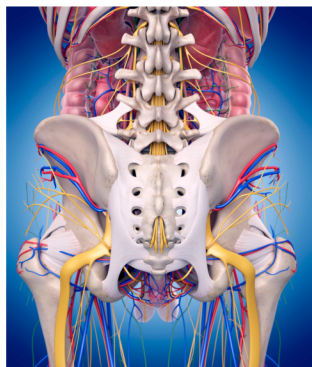
**Zoom meetings are just modern seances**



"There's someone who wants to join us."  
"Elizabeth, are you there?"  
"We can't hear you."  
"Can you hear us?"



Have you ever worried about coughing, sneezing, or laughing because you might leak urine? You are NOT alone. In fact, statistics show that one in four women, and one in nine men have incontinence troubles in Canada. The good news is that information about the pelvic floor and how it functions is evolving daily. There are plenty of ways to deal with symptoms that may not include surgery



The pelvic floor is a group of muscles, nerves, tendons, blood vessels, and connective tissue that are interwoven together within the pelvis. Our pelvic floor muscles create a sling of support from the pubic bone at the front of the pelvis, to the tailbone at the back. These span out to both sides of the pelvis at the ischial tuberosities (sitz bones). These muscles form the base of a group of muscles called the 'core' and they work together with the respiratory diaphragm (our breathing muscle), spinal muscles, and our deep abdominal (tummy) muscles.

The pelvic floor muscles provide support and stability to the spine and pelvis, help to keep our pelvic organs (bladder, rectum, and uterus) in place, and help control urination and bowel movements. These muscles also function as a sump-pump by assisting with lymphatic drainage and blood flow. They also play a role in sexual function and can contribute to pleasure or pain in both men and women. These muscles have a big job to do. If one or more of our core or pelvic floor muscles is not functioning optimally, they may not be able to do their job properly.

If you are living with a pelvic floor problem, know that there are many treatments and strategies that can help.

Pelvic floor muscle training can be a highly effective way to improve function and range of motion of your core and pelvic floor muscles. This approach can help reduce symptoms related to pelvic floor dysfunction.

Pelvic Health Physiotherapists assess the function of your core and pelvic floor muscles, provide education, treatment, exercises, and strategies. This can help improve pelvic floor problems.

If you are unable to see a Pelvic Health Physiotherapist, speak with your Healthcare Provider or a Registered Kinesiologist for education, recommended strategies, and exercises.

### **SIGNS THAT PELVIC FLOOR MUSCLES MAY NOT BE FUNCTIONING OPTIMALLY INCLUDE:**

- accidentally leaking urine when you laugh, cough, sneeze, or exercise
- accidental loss of faeces or wind
- rushing to get to the toilet and not always making it in time
- needing to use the toilet frequently
- difficulty fully emptying bladder or bowels
- pelvic pain
- pain during intercourse
- prolapse (may be felt as pressure, heaviness or as though something is falling out of vagina or anus)





# Activities Spotlight



## Bus Trip



8 am - 4:30 pm

The Watering Can  
Flower Market

in

Vineland

Set in the heart of Niagara's wine country, *The Watering Can Flower Market* is a European inspired shop bursting with plants and flowers with new discoveries at every turn.



Friday, September 26, 2025

Pick up locations:

- Harriston Brenmar Transit at **8 am**
- Conestoga Crest, Drayton- **8:30 am**
- **10:45 am** - Arrive in Vineland
- **11 am** - "Garden Tea" begins
- **12:30 pm** - Self guided tour around the beautiful flower market
- Depart for Home: **2:30 pm**

**\$50**

(All inclusive; payment in advance - cash or e-transfer, please)

> **REGISTRATION**

Registration opens Monday, September 8 at 10 am; maximum TWO registrants per call, please.



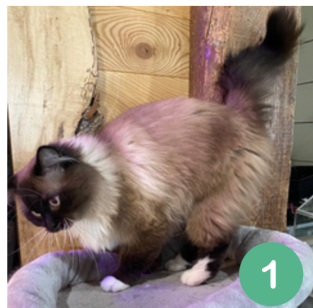
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Ontario



## Pet Corner



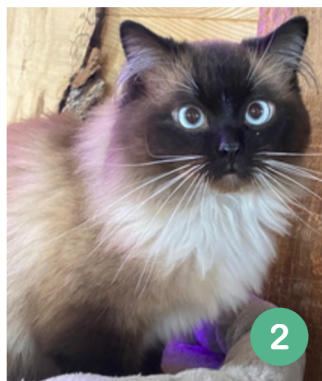
1

Purrrrr...yes, of course you can take my photo!



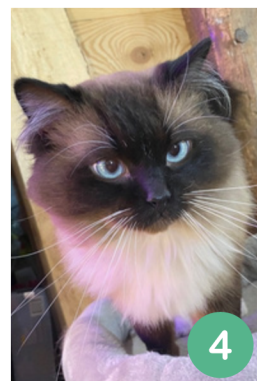
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Thanks. I think that is enough photography...



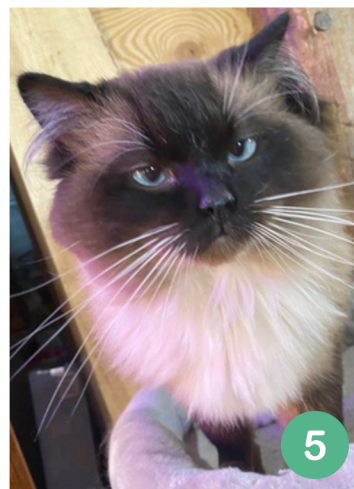
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How's this? Cute enough?



4

Excuse me. I said thanks but no thanks!



5

I am not amused...



## Meet Mittens

We had the privilege of meeting Mittens, a beautiful and friendly "Rag Doll" feline, on a recent bus trip to David & Jean Anderson's Heritage Barn in Minto. Mittens posed for picture after picture, but then, it seemed there came a point when time was up!



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The Seniors' Centre for  
Excellence

presents



SENIORS' CENTRE for EXCELLENCE

Wisdom Series Workshops

# Wisdom Workshops

## Happy Retirement 101

Make the most of your Golden Years.  
Find out how to have a  
High, Healthy, & Happy Retirement.

**Thursday, Sept. 4, 2025**

**1:30 pm – 3:00 pm**

**Mount Forest Library**

**Presenter:** Donna McCaw  
Speaker & Author – *It's Your Time*

**[jbrown@mapleton.ca](mailto:jbrown@mapleton.ca) 519-638-1000**



Free Admission  
Refreshments

**RSVP**



## SENIORS' CENTRE for EXCELLENCE

presents

### Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

#### MOUNT FOREST LEGION

140 King Street, West

#### Depression & Seniors

Recognize the "Blues" & Prevent Full-blown Depression.



**No Need  
to Register**

**Free  
Admission**



**THURSDAY**  
SEPT. 25, 2025,  
**1 PM**

**519-638-1000**

**[jbrown@mapleton.ca](mailto:jbrown@mapleton.ca)**

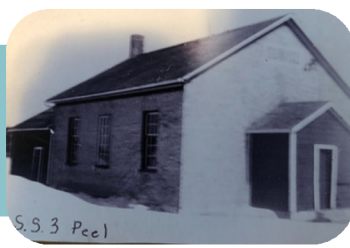
Our guest speaker, **Chantelle Koeslag**, NP – MMFHT, will tell us about  
the symptoms, treatment and resources available.



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## Going Back To School

*Submitted by Dorothy Dickson*

I started school in 1940 when I was 6 years old. Of course, there was no Kindergarten or Junior Kindergarten in those days. I attended S.S. 3 Peel, on the 4<sup>th</sup> Concession in Wellington County. It was an eight-grade, one room schoolhouse. It was exactly one mile from my home to the school, so I walked there and back each day.

We lived in a large farm house and upstairs we had a room that was designated as the "Play Room". In that room we had several wooden egg crates set on end along one wall. These provided shelves for a multitude of books, games, puzzles, paper, crayons, and pencils. There was also a small table and chairs for having a tea party, many dolls, a cradle, a doll bed, and a bassinet for playing house.



I had two older sisters and they were my teachers, as we spent many hours playing school. As a result, I think that I was well prepared for Grade One.

Most of the years that I attended public school, the teacher boarded at our place so I may have received some extra tutoring as well. I can remember being very excited and eager to join my sisters at school. As we walked to school, I would run ahead of them for a short distance and then wait for them to catch up. I guess it was in hopes that we would get to school sooner.

At school we sat in rows, with the primary grades on one side and the intermediate and senior grades on the other side. The teacher's desk was on a small platform at the front of the room. At the beginning of the year, pencils, crayons, a ruler, and workbook were provided. No one had a backpack. We carried any school work in a book bag and every child had a lunch box. Some used honey pails to carry lunch. In the winter some pupils put a bar of chocolate between the windows and the storm windows to keep it cold, but it often froze.

As children, we worked hard on the farm during the summer, and one of our rewards was to spend the day before school started each year at the Elmira Fall Fair. We always had fun enjoying rides at the midway, eating treats, seeing exhibits, and watching the horse races.

Since I took grades two and three in one year, I only attended public school for seven years, but during that time I had six different teachers.

Special memories include music festivals, Christmas concerts, and all the playground games at recess and noon hour. I also received my first watch when I passed my entrance exams.

When I finished high school and if I wanted to continue my education, the choices seemed to be nursing, teaching, or office work. I didn't want to be a nurse, and our high school didn't provide commercial classes to prepare for office work, so teaching it was! My sister was also a successful teacher. Maybe I wanted to follow in her footsteps.



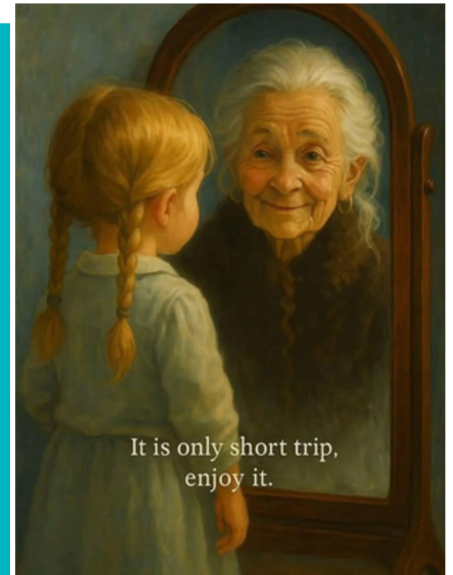


## CLIFFORD MEALS ON WHEELS

Freshly prepared hot meals delivered to your door three days a week between 11:30 am and Noon.

If you are interested in this service and would like more information, please call 519-327-8899, leave your name and telephone number, and someone will return your call as soon as they can.

Our organization has been delivering meals within the town of Clifford for many, many years. The cost is affordable and the food is healthy and delicious, according to our present clients. Meals can be delivered for one, two, or three days each week...your choice.



How is it possible that "Fat Chance" and "Slim Chance" mean roughly the same thing?



**Much has been happening at the Seniors' Centre for Excellence.**

*...and we can't wait to tell you all about it.*

*We've been busy putting some new and exciting programming in place. There is still plenty to do, but we wanted to give you a quick peek and to make sure you saved the dates if something (or all) interests you.*

- September 4 – **Wisdom Workshop:** *Happy Retirement 101*
- September 12 – **Dining Program:** Mount Forest with the Haywards
- September 25 – **N.O.W. Workshop:** *Depression and Seniors*
- September 26 – **Bus Trip** to the Watering Can Flower Market & Garden Tea in Vineland
- September 30 – **Dining Program:** Moorefield Hall with the Moore Brothers
- October 10 – **Health & Wellness Fair** in Mount Forest Sportsplex
- October 25 – **Bus Trip to WCMA:** Murder Mystery
- November 7 – **Bus Trip** to Drayton Chophouse & St. Jacob's School House Theatre

**Don't Miss Out** ←



## 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](mailto:4luvwrds@gmail.com)

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

## August Writing Prompt

Doris Cassan



*Write your story...*

The weather begins to change now. For your memoir, write about your experiences with weather. Have you ever been caught in a storm?

Has a storm ever caused a blackout at your home? Have you been in a dangerous situation due to weather? Do you have a fear of some kinds of weather? What is your favourite kind of weather and why?

## DECLUTTERING WITH DORIS

Doris Cassan



### Pots and pans!

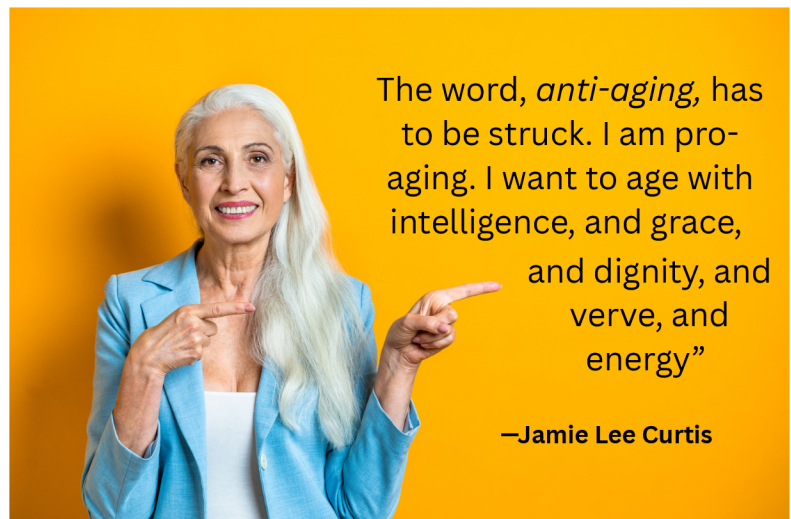
*Minimal Mom*, Dawn Madsen, says that you only need one pot for each burner on your stove, plus one.

Avoid acquiring appliances that only serve one purpose, e.g. slushie maker. They take up a lot of real estate and are used only a few times per year. If you didn't have that appliance, is there another way to achieve the same result? How about slushies using an immersion blender, for example?



**BOOMER PARENTS:** "One day this will all be yours."

**GROWN CHILDREN:** Noooooo!



The word, *anti-aging*, has to be struck. I am pro-aging. I want to age with intelligence, and grace, and dignity, and verve, and energy"

—Jamie Lee Curtis

# TAICHI

## FOR ARTHRITIS AND FALL PREVENTION

September 3 to October 8, 2025  
United Church Palmerston  
9:30 to 10:30 am  
Wednesdays



\$50

**SENIORS' CENTRE for EXCELLENCE**

To join, text Nelda at 647-862-8337  
or email [nelda.taichi@gmail.com](mailto:nelda.taichi@gmail.com)

**SENIORS' CENTRE for EXCELLENCE**

## The Haywards

are coming to town!

Friday September 12th  
NOON (DOORS OPEN AT 11:30 AM)

JOIN YOUR COMMUNITY FOR A MEMORABLE GATHERING YOU WON'T WANT TO MISS!

### Mount Forest Sportsplex

850 Princess Street

**\$20**  
payable at the door

Whether you come for the food, the fun, or the fellowship, you'll leave with a full stomach and a happy heart. We can't wait to welcome you.

**MEATLOAF  
MASHED POTATOES  
GARLIC GREEN BEANS  
ROLLS & COLESLAW  
STICKY APPLE PUDDING CAKE**

To register  
519-638-1000  
[HEDWARDS@MAPLETON.CA](mailto:HEDWARDS@MAPLETON.CA)

REGISTRATION DEADLINE: SEPTEMBER 5

Mapleton Ontario

SEE YOU AT THE TABLE!

GENTLE - EASY - SAFE

## CHAIR YOGA CLASS



Join our Chair Yoga Class in a supportive, inclusive space ideal for beginners, older adults, and those with disabilities or with limited mobility. Experience the physical and mental benefits of yoga, all while enjoying the accessibility of a seated practice for those who can't stand for long periods.

EVERY MONDAY SEPT 22<sup>ND</sup> TO NOV 17<sup>TH</sup> 2025  
10AM - 11AM

WHERE: HARRISTON ARENA

**\$65 FOR  
8 CLASSES**

Contact: Lindsay DaSilva, RYT200  
[lindsaydasilva@gmail.com](mailto:lindsaydasilva@gmail.com) 905-872-5800

**SENIORS' CENTRE for EXCELLENCE**

Enhance Flexibility & Strength | Calm your Mind | Improve Posture & Balance

## Township of Wellington North Seniors Bus Tours Fall 2025



Violets in the Barn  
& Mapleton Organic  
Tours, Talks and  
Lunch

September 18

Owen Sound  
Billy Bishop Museum  
Tom Thompson Art  
Harrison Park

October 23

Grey Bruce  
Singers'  
Christmas Concert  
Dinner at Pebbles

November 15

**Save the Dates!**

**More Information to come!**

**Contact Janice Benson**

[jbenson@wellington-north.com](mailto:jbenson@wellington-north.com)

**519-314-7579**

Sponsored by Tech \$ Trek:  
Adventures, Connections and Learning  
Seniors Community Grant



Funding provided by the Government of Ontario





## Cheesy Potatoes

(Submitted by Marg Shannon)

(This recipe can be doubled or tripled for a crowd.)



### INGREDIENTS

1 kg. bag of frozen hash browns, diced or shredded will work but thaw them. (I've made this with cooked potatoes and shredded them when cold and that works too)

2 cups sour cream

1- 10 oz. can of cream of celery or cream of chicken soup

10 tbsp. (1/4 cup) butter, divided, melted

1 tsp. salt

1/4 tsp pepper

1 tsp dried minced onion or a couple tbs. fresh chopped onion

2 cups shredded cheddar cheese

2 cups Corn Flakes®, a rice crisp cereal, or potato chips

### METHOD:

1. Preheat oven to 350° F.
2. Mix the sour cream, soup, half the butter, salt, pepper, and onion in a bowl.
3. Add potatoes and cheese and spoon into an oiled 9 x 13 pan.
4. Mix remaining melted butter with Corn Flakes® or rice crisp cereal and spread over potatoes. If using potato chips, omit butter. (A little more cheese on top is optional.)
5. Bake uncovered at 350° F. for about 40 to 50 minutes.
6. Can be mixed ahead and kept in fridge overnight. Bring to room temperature before baking, or start in a cold oven.
7. Can also be frozen without the topping. Thaw in fridge overnight; add topping before baking.

## Word of the Month

### Portmanteau

A word made by blending at least two words. The new word combines both the sounds and meanings of the originals.

e.g. brunch,  
Bollywood,  
carjack.



### having fun



Sept. 6 📖 - Read a Book Day  
 Sept. 7 👴👵 - Grandparents' Day  
 Sept. 12 🧐 - National Bald is Beautiful Day  
 Sept. 18 🍔 - National Cheeseburger Day  
 Sept. 21 🙏 - World Gratitude Day  
 Sept. 27 🎣 - National Hunting & Fishing Day,  
 Sept. 28 🤔! - Ask a Stupid Question Day  
 Sept. 29 ☕ - National Coffee Day

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



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