



Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE

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

EDITION #76

519-638-1000

October 2026



Happy Thanksgiving

Milestones and Memories!

Seniors' Centre for Excellence. The Three Amigos, at your service.

High Tea in Moorefield, 2023

WELCOME



Welcome to the **October** edition of the Heart & Soul of Wellington. This month we bid farewell to our friend, and A.C.E. Coordinator, Glynis. Over the last six years, Glynis has truly put her heart & soul into the SCE, and we will miss her.

Johanna will be assuming the role as the A.C.E. Coordinator; she has big shoes to fill, but she is always up for a challenge. Don't worry folks, this is not good-bye but *we'll see you later*. Happy retirement, Glynis.

Helen Edwards
SCE Seniors' Health
Services Coordinator



Helen

hedwards@mapleton.ca



Thank you

Happy National Seniors' Day Oct. 1, 2026!

Thank you

Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD	Wednesday Oct. 7	10:30 am	Moorefield Hall Ball Avenue
DRAYTON		10:30 am	Drayton United Church 34 Main Street, East



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





To register for any of the Dining Programs, please contact the office at 519-638-1000 or send an email to hedwards@mapleton.ca. **REMINDER:** *For the sake of our caterers, we are unable to accept registrations after the deadline of Friday noon, prior to the event. Thank you.*

DINING PROGRAM	DATE	TIME/ COST	LOCATION	GUEST SPEAKER OR EVENT
Harriston 	WED. Oct.14	12 pm \$20	Harriston United Church	Lucas Rogerson Musical Entertainment
Palmerston 	WED. Oct. 21	12 pm \$20	James Street United Church	Kayleigh Armstrong Library Services and Trivia
Clifford 	WED. Oct. 28	12 pm \$20	Clifford United Church	Steve & Martina Hayward Good Ol' Country Music

PLEASE NOTE: *Thank you for joining our dining program—it means a lot to us. Please note that once you register, your name goes on the caterer's list and the Seniors' Centre for Excellence pays whether you attend or not. We understand that unexpected circumstances or illness happen. If you can't make it, please let us know; we can happily arrange a takeout meal or notify our caterers as needed. We appreciate your understanding.*

thank you!

DON'T FORGET

- OVER 35 EXHIBITORS & COMMUNITY AGENCY DISPLAYS
- FREE WORKSHOPS
- DELICIOUS COMPLIMENTARY SNACKS THROUGHOUT DAY
(Prepared by DRAYTON LEGION)
- DOOR PRIZES
- FREEBIES ...and more!

The Seniors' Centre for Excellence

HEALTH & WELLNESS

PMD ARENA

68 Main Street, West, Drayton

10 am - 2 pm

*Free
Admission*

Everyone Welcome

**THURSDAY,
OCTOBER 8, 2026**



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Funding provided by:



SENIORS' CENTRE for EXCELLENCE



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





Hooray for Seniors!

Rodeo champ keeps riding: Aging doesn't require you to give up hobbies that mean the most to you. Just ask Allan Johnson. At 80 years old, the rodeo champion is still competing! It's a sport he took up in 1946 at just 16 years of age.

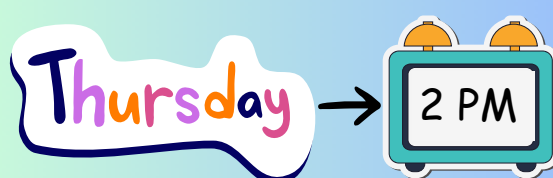


ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

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



Oct. 6, 2026
Kayla Pautler,
W.W. Self-Management Program
Eat Well, Live Well: Simple Nutrition.



Oct. 13, 2026
Alyson Colton, RD MFFHT
Cooking with Alyson



Oct. 20, 2026
Doris Cassan
What About Writing?



Oct 27, 2026
Nick DeCarlo.
SCAN - Seniors for Climate Action Now



Oct. 1, 2026
Flashbacks with Glynis
So long. Farewell!



October 8, 2026
No ZOOM!
Come Join us at the Health & Wellness Fair!



Oct. 15, 2026
Cheryl Russel, Business Development Manager
Blood Services Canada



Oct. 22, 2026
Kayleigh Armstrong, Palmerston Librarian
Ontario public library week



Oct 29, 2026
Serena Lowry WCMA
Gossip in Wellington County



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.

Contact Doris for
times and ZOOM link:
4luvwrds@gmail.com
October 22, 2026





What do you get if you divide the circumference of a pumpkin by its diameter?

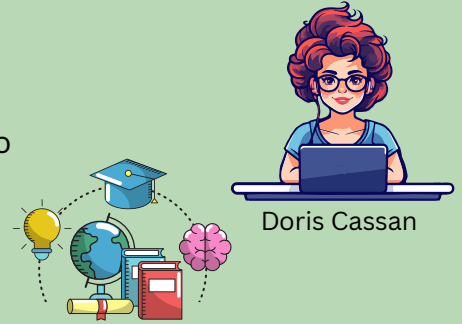
ANSWER

π

pumpkin pi!

Write your story... October Writing Prompt

Aristotle said, "Educating the mind without educating the heart is no education at all." How do you learn best? Many people can learn from reading and lectures but many others prefer to learn by doing. What are the important lessons of life? How did/do you feel about school? Do you have any memories of that part of your life?



Doris Cassan

October Workshops

① **When your Family is NOT 'The Waltons'!**
Thursday, Oct. 1, 2026
1 pm - 2:30 pm
MOUNT FOREST LIBRARY
 118 Main Street North
Free Admission
Please call / email to Register

Presenter: Mike Harloff, MDiv RP



Tips on how to navigate those sometimes sticky Family Dynamics over the Holiday Season.

② **Stay Safe on the Road**
Tuesday, Oct. 13, 2026
2:30 pm - 3:30 pm
HARRISTON LIBRARY
 88 Mill Street
Free Admission
Please call / email to Register

Presenter: Cst. Paolo Grassi
 (Traffic Unit - O.P.P.)



Confused about **ROUNDAABOUTS?** Unsure who has the right-of-way? Brush up on your road safety and defensive driving knowledge. *Come ask your questions!*

③ **Seniors' Safety & Preparedness Workshop**
Thursday, Oct. 15, 2026
1 pm
MOUNT FOREST SPORTSPLEX
 850 Princess Street
Free Admission
No Need to Register

Presenters: Wellington North Fire Service Team



- Life-Saving Tips.
- Hands-On Demonstration.
- Jeopardy Trivia with prizes!

 jbrown@mapleton.ca

 **519-638-1000**

"The only thing that you absolutely have to know, is the location of the library." – Albert Einstein



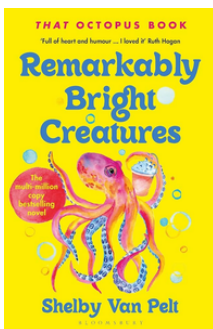
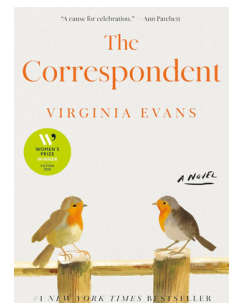
Celebrating Library Week!

Submitted by Valerie Denton - Drayton Branch Supervisor, Wellington County Libraries



From October 18 – 24 libraries across Ontario will be celebrating Ontario Public Library Week, and this year's theme is "Loud for Libraries". This theme celebrates libraries as spaces for conversation, creativity, and connection. There will be lots to see and do at your local branches during the week and we hope you'll stop by. There will be refreshments available on Friday, October 23 and book draws happening all week. Make sure you leave some time for browsing while you're here!

Autumn is the perfect time to cozy up with a good book. Not sure what you're in the mood for? Visit our website at library.wellington.ca. You'll find information about library programmes and services, and you'll be able to access our full catalogue. Check out the staff lists for recommendations or view all the upcoming arrivals. You can even place holds on items that haven't been released yet.



By searching our catalogue, you'll also be able to see items that are available as eBooks and eAudiobooks. You can place items on hold or borrow them as they become available and access them through the Libby app, which you can download on your preferred device. If you need help getting started with Libby, call or visit your local branch and staff will be able to assist you.

If you're in need of some reading inspiration, here are just a few of our favourite books we've read this year:

Mad Mabel by Sally Hepworth – "There are two kinds of people no one ever expects to be murderers: little girls and old ladies. Meet Mad Mabel."

Liberty Street by Heather Marshall – Toronto, 1961: An editorial assistant from Chatelaine Magazine goes undercover at Mercer Women's Prison to investigate an inmate's shocking claims.



The Correspondent by Virginia Evans – Told in series of letters and e-mails, the past and present collide for 73-year-old retiree and divorcee, Sybil Van Antwerp.

Remarkably Bright Creatures by Shelby Van Pelt – Widower Tova Sullivan spends her nights working at her small town aquarium and bonding with a Giant Pacific Octopus, Marcellus when an injury forces her to pass the role to a young man searching for details about his past.

You say, “Goodbye”...and I say, “Hello!”

A Note from Glynis

Juliet once told Romeo that “parting is such sweet sorrow.” Clearly, Juliet had never had to sort out an overflowing cache of china teacups, figure out what to do with hundreds of saved files on her computer, or say goodbye to a Seniors’ Centre full of friends, ZOOMers, and colleagues who have made the years so meaningful.



Still, I understand her point. Saying farewell really is bittersweet. There is the sorrow of leaving behind familiar faces, daily laughter, shared purpose, and the occasional heroic search for a missing email that contains all the important information; and there is the sweetness of knowing that this next chapter comes with fewer meetings, more cups of Lemon Lush tea enjoyed while still hot, and absolutely no alarm clock judging me at dawn.

So, to put it in perspective: I am no Juliet. I do not own a balcony, nor am I planning any dramatic swooning (although as Helen knows, I could be talked into it.) But I can certainly relate to that soft little tug on the heart that comes with saying goodbye to people and places that have mattered so much.

Bittersweet it is, indeed. As of October 9th—the day after our fourth annual Health & Wellness Fair in Mapleton—I will be kicking up my heels and heading down the retirement path. I may not skip the whole way, but I will definitely be travelling with gratitude, a smile, and possibly a healthy snack that I got from a “Cooking with Alyson” ZOOM session.

Thank you for being part of my life at the SCE, the marvellous memories made, the generous, shared laughter, and the joy that has made this goodbye so sweet—even if it comes with just a little bit of Juliet-style sorrow. I sure will miss you, dear friends.

♥ Glynis

A Note from Johanna



Uggh... Honestly, I really tried to twist our lovely Glynis’ rubber arm to postpone retirement to the distant future, but... no cigar!

Hello everyone, I’m Johanna. Some of you already know me as SCE’s Admin Assistant and one of the “Three Amigos” since January 2022.

As Glynis sails off toward her next adventure, I’ll be stepping into the editor’s chair of this very special newsletter. As Helen said, Glynis leaves big shoes to fill, so I won’t even try—I’ll simply be myself and do my best to continue serving our awesome SCE family.



Stepping into this new role, my promise is simple: *to keep you in the know.*

That means the useful stuff—health, safety, tech tips, and the like—alongside the favourites we all look forward to: your stories, pets, favourite recipes, and keeping an eye on what’s happening, so you never miss an upcoming event or workshop. In short, this newsletter belongs to YOU. My job is simply to hold the pen while YOU fill these pages.

I look forward to sharing your stories and connecting with you all!

♥ Johanna

Wednesdays: 2:00pm -
3:30pm: Oct. 14, Nov. 11,
Dec. 9, 2026

Drop-in Music Therapy Workshop
Songs of our Lives: Weaving the Tapestry
Alma Bible Church. 59 Peel St. E., Alma.

**Hospice**
Wellington™

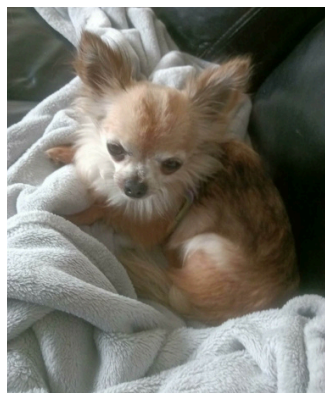


NO REGISTRATION IS REQUIRED TO ATTEND THIS EVENT

To find out more about this, or other programs offered by Hospice Wellington:
519-836-3921; info@hospicewellington.org; www.hospicewellington.org



Pet Corner



Kiwi Cuteness ♥♥

Submitted by Valerie Benn



Seven-year-old little Miss Kiwi, a pretty, red sable long-haired Chihuahua, is five pounds of fluff and cuteness. Although she ignores my daughter and the cats (who just happen to be more than five times her size), she is certainly my shadow.

Kiwi is a super snuggler and when the time is right, she gets me up and off the couch—which was one of the reasons I got her, anyway. She sleeps all night and makes me smile during the day.

DECLUTTERING *WITH DORIS*

Doris Cassan



Dear Doris,

*If you have a decluttering question for Doris, please [CLICK HERE](#).

I am depressed by the amount of craft supplies I have and never use. I spent a lot of money on them, but they just sit there making me feel guilty.

Signed, *Procrastinating Crafter*

Dear Crafter,

If you had a free day this week, which hobby would you pursue? If there are any that you would not even consider, then get rid of the stuff that goes with it. We can do a few things well, or a lot of things... Not. As far as the money spent, well, its not coming back by way of you keeping all that stuff. Maybe you can donate or sell it to someone who will use it.



Please request to receive your newsletter online if you would like to receive the monthly ZOOM schedule, plus other extra pages. (It also saves us a stamp!)





Definition of good neighbour: someone to be trusted; a courteous, friendly source of help when help is needed; someone you can count on; someone who cares.—**Edward B. Rust, Jr.**

SENIORS' CENTRE *for* EXCELLENCE

The Seniors' Centre for Excellence is happy to announce that our **Mapleton Good Neighbour** (Pilot) Program is ready to roll out in Mapleton.



Come check out our new website: <http://www.mapleton.ca/seniorscentreforexcellence>

For those may not be familiar with this pilot project, **Mapleton's Good Neighbour** (Pilot) Program, connects residents who need a helping hand with neighbours ready to offer their time, talents, or resources. Whether you're new to Mapleton or have lived here for generations, this program is about one simple idea: neighbours caring for neighbours. Together, we aim to turn kindness into action through everyday help, meaningful connections, and community support.

Connect with us via the new link on our website: <https://www.mapleton.ca/seniorscentreforexcellence> or, if you require further information about the Good Neighbour Program, contact: hedwards@mapleton.ca or call the office: 519-638-1000

Services and Resources

Senior Services

- **Seniors' Centre for Excellence**
- Exercise Programs
- Home Care Services
- Seniors Advisory Group
- Social Programs
- Mapleton's Good Neighbour Program



P.S. Our dream is for this Good Neighbour program to expand and be available in Minto and North Wellington, too!





A Reader Asked...

What is clickbait in social media, and how do I recognize it? Is it illegal and what could happen if I accidentally click on a link that is clickbait?



Reply:

Thank you **Michael Meunier**, our tech expert, for answering this reader's question.

Clickbait uses exaggerated, sensational, or misleading headlines—like "You Won't Believe What Happened Next!"—to manipulate your curiosity and trick you into clicking.

How to spot it:

- Overhyped emotion ("Shocking," "Unbelievable")
- Leaving out key facts to create a "curiosity gap"
- Outrageous or unbelievable thumbnail images

Clickbait itself is not illegal—it's just an aggressive, dishonest marketing tactic to drive page views and ad revenue. Most clickbait simply leads to low-quality content filled with ads. However, some links lead to malicious sites.

If you click one:

- Immediately close the page.
- Never enter personal information, log in, or download any files.

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!

Rate My Treads · KITE Research Institute

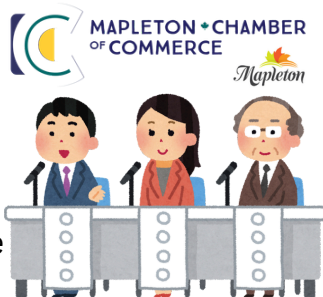


Find Winter Boots with Better Grip

Rate My Treads helps you find winter boots with better grip through independent testing, traction ratings, and winter footwear research from KITE.

Click **HERE** to learn all about how to find the right winter boots. Or visit a local outdoor and footwear stores to speak directly with expert staff.

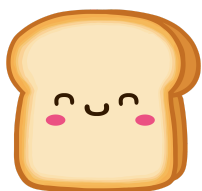
Meet the Candidates in Mapleton on October 7th at 7:00 PM for our *Meet the Candidates* event at the Drayton Festival Theatre. Doors open at 6:30, so come early to secure your seat.



Look us up and like us on Facebook.
Share our posts and spread the word!

 FOLLOW





What does a loaf of bread say to a friend after doing them a favour?

ANSWER:

It's the yeast I could do.



Raisin Bread Pudding

Submitted by Mary Fowler

I found this recipe in the Reader's Digest several years ago. It's very tasty. I make and take it to the Seniors' Luncheon at the Swinton Park Seniors every month and they thoroughly enjoy it. If I don't take it, there is no use in me going! Ha! They are very disappointed if there is no bread pudding.



Ingredients

6 slices white bread, cut into $\frac{3}{4}$ inch (2 cm) cubes (I use raisin cinnamon bread)
 $\frac{1}{4}$ tsp (1 ml) cinnamon
 $\frac{1}{4}$ tsp (1 ml) nutmeg
 $\frac{3}{4}$ cup (125 ml) raisins
2 cups (500 ml) milk

Spirited Sauce:

2 large eggs
1 $\frac{1}{4}$ cups (300 ml) icing sugar
1 $\frac{1}{4}$ (50 ml) sugar
6 tbsp (90 ml) butter
2 tsp (10 ml) vanilla
1 large egg, beaten
 $\frac{1}{4}$ tsp (1 ml) salt
 $\frac{1}{4}$ cup (50 ml) dark rum, brandy or apple juice

Heat oven to 350 degrees F (180 degrees C). Butter a 1 quart (1L) baking dish. Combine bread cubes and raisins in baking dish. Combine milk, eggs, sugar, vanilla, cinnamon and nutmeg; blend well. Pour over bread and raisins. Let stand 5 minutes. Bake, uncovered, for 50 minutes or until knife inserted in centre comes out clean. Serve warm or cool with ice cream, cream or Spirited Sauce.

To make Spirited Sauce: In saucepan, combine all ingredients. Cook over low heat, stirring constantly, until thickened, about 3 minutes. Serve warm over warm or cool pudding.



RESOURCES for Older Adults

Wondering who does what? We hope this helps.

*(Please note that you do **not** need to have a doctor's referrals for most* of the services below, but you or your loved one may have to be assessed to determine eligibility.)*

- **VON- Meals on Wheels, Transportation & Adult Day Program:** 519-323-2330
- **OHAH- PSW, Physio, & Occupational Therapist services:** 310-2222 (No area code required!)
- **Alzheimer Society-** Information and support for those living with dementia & their caregivers: 519-836-7672.

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

