Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE 11 Andrews Drive, West, Drayton, ON N0G 1P0

EDITION #77 519-638-1000

NOVEMBER 2026

Milestones and Memories!

SCE Grandpals Program, 2023

The Grandpals Program was launched in 2023 after teacher Teszalyn Roantree approached the SCE with the idea of bringing the initiative to Moorefield Public School. The program is a wonderful success, creating lasting memories for the seniors taking part, and still runs each year at the school.

This throwback photo from that inaugural year features Grandpals Brenda and Blake—it didn't take long for them to realize just how much they had in common!

November is Kindness Month

"The easiest thing in the world is to be kind. All it takes is a little awareness." — Leo Buscaglia.

WELCOME

Welcome to the **November** edition of the Heart & Soul of Wellington. As the November days grow shorter and the chilly air sets in, I wanted to send a little extra warmth your way.

This time of year, can sometimes feel a bit grey and quiet, but I hope November also brings you plenty of cozy moments, mugs of your favourite warm beverage, and the time to do the things you enjoy.

Helen Edwards
SCE Seniors' Health Services Coordinator

Helen

hedwards@mapleton.ca

Remembrance Day
November 11, 2026

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." — John F. Kennedy

With November officially underway, we are pause to reflect on the legacy of peace and sacrifice. On **Remembrance Day**, people across our nation gather to honour those who served and gave so much.

Whether it's wearing a bright poppy, attending a local ceremony, or holding a quiet moment of silence, every act of memory ensures their sacrifice is never forgotten. This month, let's hold extra gratitude in our hearts for our veterans.

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	this month only **FRI** Nov.13	**12 pm $20**	**Harriston United Church**	**Mark Robinson** The Magic of Photography
Palmerston	**WED.** Nov. 18	**12 pm $20**	**James Street United Church**	**Steve & Martina Hayward** Musical Entertainment
Clifford	**WED.** Nov. 25	**12 pm $20**	**Clifford United Church**	**Sandy Turner, Kelly Gee & Danielle McIntosh** Falls Prevention Panel

PLEASE NOTE: *Thank you for joining our dining program! Just a quick note on registration:*

- *We pay for all reserved meals once registered. If you cannot attend, please let us know so we can notify our caterers / arrange a takeout meal for you instead. We appreciate your understanding!*
- ***In case of inclement weather**, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too.*
- *Please check here for updates about bus cancellations: https://stwdsts.ca*

thank you!

Join us for Coffee!

No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD	**Wednesday Nov. 4**	**10:30 am**	**Moorefield Hall** Ball Avenue
DRAYTON	**Thursday Nov. 5**	**10:30 am**	**Drayton United Church** 34 Main Street, East
MOOREFIELD	**Wednesday Nov. 18**	**10:30 am**	**Moorefield Hall** Ball Avenue
DRAYTON	**Thursday Nov. 19**	**10:30 am**	**Drayton United Church** 34 Main Street, East

November is officially recognized as **Fall Prevention Month,** making it a wonderful time to focus on strength, balance, and everyday confidence. Small changes—like staying active and practicing simple leg-strengthening exercises—can go a long way in keeping you safe and steady on your feet all year round.

Could the Little Things Be Telling You Something?

By Sandy Turner, Reg. Kinesiologist - MMFHT

Have you noticed that getting up from your favourite chair isn't quite as easy as it used to be? Maybe you rock forward a few times before standing, push off the arms of the chair more than before, or reach for the counter or vanity to help yourself up from the toilet. Are you taking smaller or more cautious steps. Shuffling your feet instead of lifting them fully?

These may seem like little things, but they can be signs that your leg strength, balance, or mobility is changing. And noticing these changes early can give you a chance to do something about them

Strong legs help us do so many everyday things—getting up from a chair, climbing stairs, getting in and out of the bathtub, and walking safely around our homes and communities. The good news is that strength and balance can improve with regular activity, even if you haven't exercised in a while. It is never too late to start!

You don't need a gym or fancy equipment. Try simple exercises such as **sit-to-stands from a chair.** Remember to focus on using your legs to help build strength and don't hold your breath. Place your feet flat on the floor. Move to the edge of the chair if needed. Lean forward. Push up through the heels of your feet to stand up. **Heel raises, or leg lifts while holding onto a sturdy kitchen counter** are simple ways to get started. A few minutes of movement each day can add up!

Looking for some easy exercises to try at home? Check out the "**Exercise by the Kitchen Sink**" booklet for simple, practical exercises you can build into your daily routine.

Don't ignore the little changes. They may be your body's gentle reminder to keep moving, build your strength, and stay confident on your feet.

Sandy

Why did the man decide to clean out his apartment?.

ANSWER

It was Throw-vember

Decluttering with Doris

Doris Cassan

Dear Doris,

*If you have a decluttering question for Doris, please CLICK HERE.

I have a collection of poppies that I have bought over the years for Remembrance Day. Is it disrespectful to keep using the same poppy? They are not recyclable, so some of them are going to end up in the landfill.

Signed,

Lest We Forget

Dear Lest We Forget,

Bless you for wearing a poppy at all. The Royal Canadian Legion now sells/provides a more effective centre pin so that you can indeed wear the same poppy year after year. You can still donate to the Legion when you see the poppy sellers, but you don't have to take yet another piece of plastic to show you care. Wear yours with pride!

KAY AYRES & SENIORS' CENTRE for EXCELLENCE

Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

Free Admission
No Need to Register

519-638-1000

THURSDAY, NOV. 19TH, 2026, 1 PM,
MOUNT FOREST SPORTSPLEX
850 Princess Street

CRIME STOPPERS GUELPH WELLINGTON 1-800-222-TIPS (8477) www.csgw.tips

Victim Services

Ontario

Seniors' FRAUD TALK Workshop

Come Learn. Share your Experience. Protect Yourself!

Fraud *is the fastest-growing crime - affecting EVERYONE, not only seniors. The good news? Knowledge is your best defense.* ***Elizabeth Kent*** *from* ***Victim Services Wellington*** *&* ***Sarah Bowers-Peter*** *from* ***Crime Stoppers Guelph Wellington*** *will share:*

- *different types of fraud & warning signs to watch for*
- *simple ways to protect yourself*
- *how to help victims of fraud & why there's no shame in speaking up!*

Wednesdays:
2:00pm - 3:30pm:
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.

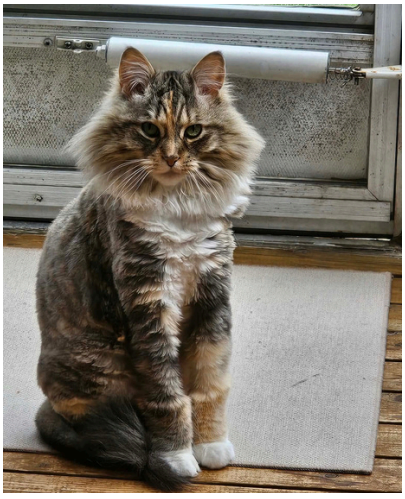
NO REGISTRATION IS REQUIRED TO ATTEND THIS EVENT

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

Pet Corner

Lions, Tigers, and... Fraidy-Cats!

Submitted by Jennifer O'Brien



Meet *Beatrice Buttercup Olivia O'Brien*, known to her friends as ***Bea*** or ***Beazie***. Beazie is a 10-year-old rescue cat who looks like a lion several times a year, thanks to her famous lion cut, but remains a dedicated fraidy-cat all year long.

Found on the streets with her mother and siblings, Bea prefers the safety of home, where she can watch birds from afar.

Her lion-like appearance may suggest courage, but a trip to the groomer proves otherwise. In fact, sedation is required, making Bea arguably the most expensive *Cowardly Lion* in town.

NEED HELP?

We would love to hear from you

WHAT WE ARE HOPING TO OFFER

- Snow Clearing from pathways and walkways
- Connection to reliable helpers

hedwards@mapleton.ca 519-638-1000

Kindness... Your Thoughts

If we had a bit more kindness in our area we would talk to each other in person a bit more. Maybe lose the social media scene. There is nothing wrong with holding a door open for someone. - Peter F.

A little more kindness would help those in communities by helping individuals feel included. - Kathy F.

I think more kindness would encourage people to be kind to each other and help people feel they are accepted and aren't alone. - Ann K.

Kindness makes everything better! If we were kinder and more caring there would be no homelessness or hunger. I think that Kindness and caring about others go hand in hand with each other!.- Glenda D.

Kindness can change a community one person at a time. If I am kind to the people I meet that can cultivate kindness in that community. - Lisa C.

Kindness is our neighbours as we look out for each other and help each other with lawn care and snow removal.- Donna F.

I have thought about ... visiting 1 or 2 people that don't get any visitors. ... , take them for walks, You would be surprised how many individuals in nursing homes rarely get visitors including their family. - Antonia E

A Reader Asked...

I want to make muffins like you see in the bake shop. Mine are always flat and tough. Please help.- Margaret

Reply:

Thank you **Helen Reimer, l**ocal home baker**,** for answering this reader's question.

Dear Margaret,

It is frustrating when your muffins are flat and tough. Here are a few things to consider:

1. Make sure you are not overmixing your ingredients. Mix your dry ingredients together first. Then your wet ingredients. Mix them together and then fold in any fruit you may be adding. Don't mix vigorously. A gentle fold is sufficient.

2. Make sure you have the correct oven temperature on and don't open the oven while muffins are baking.

3. Make sure you put enough batter in the muffin tin. Underfilling is another reason a muffin may look flat.

Enjoy your next muffin baking session!

*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!*

Hooray for Seniors!

Star power: English actress ***Dame Judi Dench*** is a household name, but she didn't achieve global film fame until her 60s. Dench received all seven of her Oscar nominations after age 60, and she won Best Supporting Actress at age 64 for her role in Shakespeare in Love. Now 91 years old, Dame Judi remains an icon of resilience. Although severe age-related macular degeneration has significantly impacted her sight in recent years, she continues to make public appearances and approach life with her trademark wit, refusing to let age slow her down.

Kindness in Action: Arlie Zantinge Honoured

Submitted by Glynis Belec

Mapleton resident, Arlie Zantinge, a generous volunteer whose service has helped strengthen community life, was named the first recipient of the **John Ford Kindness Award** on September 16, 2026. The award honours the memory of John Ford, a much-loved local Drayton Freshmart employee known for his generosity, strong community ties, and remarkable memory for birthdays.

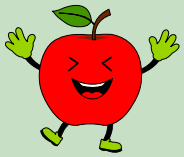
Arlie has been actively involved with the Drayton Mapleton Agricultural Society and the annual Drayton Fair for many years, supporting events that celebrate local agriculture, tradition, and neighbourly connection. Her long-standing commitment demonstrates how dependable volunteer work can create a lasting impact; kindness in action.

Photo credit: Township of Mapleton

Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.
—Henry James

Established by the Township of Mapleton at the bequest of John's sister, Bonnie, the annual award recognizes a resident who shows kindness, humility, and has a positive influence on others. By selecting Arlie as the inaugural recipient, the township recognized both her practical contributions and the welcoming spirit behind them. Her example shows that consistent acts of service and kindness to others are a good way to live, and they do not go unnoticed.

Congratulations to Arlie.



What do you get when you cross an apple with a shellfish?

ANSWER:
A crab apple!

Apple muffins

Submitted by Helen Reimer.

These apple muffins were a popular choice where I first made them in Marlie's Kitchen in the 1990s. The recipe calls for the addition of cream. You can substitute milk for the cream, but the cream gives it a softer texture. Helen R.

Ingredients

Shortening mixture:
One and a Half a cup of shortening
One and a half a cups of white sugar
1 teaspoon of vanilla
Two eggs beaten

Dry ingredients:
2 cups of flour
1 teaspoon of soda
2 teaspoons of baking powder
Quarter of a teaspoon of salt
1 teaspoon of cinnamon
Half a teaspoon of nutmeg
2 tablespoons of cream

Method

Preheat the oven to 350 degrees F (180 degrees C). Cream the white sugar into the shortening. Add the vanilla. Beat two eggs in a small bowl then add to the shortening mixture.

Mix all the dry ingredients together well. Then stir into the wet ingredients only until combined. Don't overmix.

Gently fold into the mixture, **3 cups of chopped apples.** (*Granny Smith* or *MacIntosh* work best.) Spoon into muffin tins, filling to about 3/4 full. Bake in a 350° oven for about 20-25 minutes or until the centre springs back when touched, gently.

RESOURCES for Older Adults

If you want to check out past issues of our Heart & Soul Newsletter Archives, click HERE

Wondering who does what? We hope this helps.

VON- Meals on Wheels, Transportation & Adult Day Program: 519-323-2330
VON Transportation can also provide non-medical rides (i.e. shopping, haircuts, visiting loved ones in LTC). Medical rides get first priority, but they often have gaps in their drivers' day that could be filled with other ride requests.

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.

ZOOM with us!

SENIORS' CENTRE for EXCELLENCE

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

Tuesday → 10:30

Thursday → 2 PM

Nov. 3, 2026
Stephanie Bunn
W.W. Self-Management Program
Health Info Without the Overwhelm

Nov. 5, 2026
Serena Lowery, WCMA
Titanic Canada & Wellington County

Nov. 10, 2026
Canada Company Presentation
Remembrance Day - Canadian Heroes through History

Nov. 12, 2026
Alyson Colton, RD MFFHT
Diabetes - Know The Facts

Nov. 17, 2026
Alyson Colton, RD MFFHT
Cooking with Alyson

Nov. 19, 2026
Lucas Hung
Magical Music with Seniors

Nov. 24, 2026
Cheryl Russell
Canadian Blood Services.
Give Hope, Give Life: Donate Blood

Nov. 26, 2026
Sandy Turner, MMFHT
Falls Prevention - Stay Safe

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

November 26, 2026

Write your story...

Doris Cassan

November Writing Prompt

Creative writing cue: Playing Possum. It means to lie low, or even pretend to sleep, when there is a threat. Mom wants to know who ate all the cake? Just play possum. Sister wants to invite you to dinner with her in-laws? Play possum. What we call "ghosting" (dropping all contact) could be considered to be playing possum. Get writing! Just don't wake me.

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

Victoria Park Seniors

The Christmas Truce & StJacobs Tour

Friday, November 27, 2026

Mennonite Country Tour: Enjoy a fascinating tour of Mennonite Country! Learn more about Mennonite history, faith and culture with the help of a local guide and see how their contributions shaped this beautiful community.

Free time in Downtown St Jacobs: Shop and explore the many incredible businesses of downtown St. Jacobs. From antique treasures to fine clothes, you're sure to find an incredible souvenir to bring home.

The Olde Heidelberg Restaurant Tavern: Enjoy an included lunch at the Olde Heidelberg Restaurant Tavern! The menu features your choice of entrée: Schnitzel (with mashed potatoes, vegetables, and sauerkraut), Grilled Chicken (with mashed potatoes, vegetables, and lemon pepper seasoning), or Chicken Fingers (with sauteed peppers, onions, and mashed potatoes). **Please make your selection upon booking.** Also includes house salad (with sesame dressing), dessert, coffee, tea, and pop.

St Jacobs Schoolhouse: Drayton Entertainment presents All is calm: The Christmas Truce of 1914 - a remarkable true story of Peace on Earth, told in the words and songs of the men who lived it.

Murphy's Law Distillery: Our day concludes with a tasty visit to Murphy's Law Distillery, home to the region's favourite, traditional moonshine. Enjoy a sample flight and learn more about the making of this fascinating spirit.

Departs: Victoria Park Seniors Centre, 150 Albert Street West at **8:00am**
Approximate Return: **7:15pm**

Price Includes:

- Luxury Motorcoach Transportation Tour
- of Mennonite Country
- Shopping in Downtown St Jacobs
- Lunch
- Show Admission
- Visit and tasting at Murphy's Law Distiller y
- Driver Gratuity
- HST

$205 Members
$219 Non Members

For more information or to book contact:
Victoria Park Seniors Centre
519 846 9691
x **204**

Or registeronline:

centrewellington.ca/seniorscentre

GREAT CANADIAN HOLIDAYS & COACHES

GreatCanadianHolidays.com
Travel Arrangements Made by:
Great Canadian Holidays, 100 Conestoga College Boulevard, Unit 1118
Kitchener, ON, N2P 2N6 519 896 8687 TICO#2280154