



Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE

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

EDITION #75

519-638-1000

September 2026



Milestones and Memories!

Seniors' Centre for Excellence

Health & Wellness Fair, 2025, in Mount Forest

WELCOME



Linda Campbell (donated blood 155 times!)
Representing Blood Services, Canada

Welcome to the **September** edition of the *Heart & Soul of Wellington*! Even though summer officially lasts until September 22, back-to-school season makes it feel like fall is already here. Don't worry though, there is still plenty of warm weather left and many programs to keep you active, connected, and engaged. We look forward to hosting you at an event soon.

Helen Edwards

*SCE Seniors' Health
Services Coordinator*

hedwards@mapleton.ca



Helen

Property Tax Relief for Eligible Seniors



In accordance with Section 319 of the Municipal Act, the County of Wellington has adopted a programme of tax relief for the purpose of "relieving financial hardship" due to property tax increases for low-income seniors and low-income persons with disabilities.



To be eligible:

- a low-income senior must have attained the age of 65 years and be in receipt of benefits under the Guaranteed Income Supplement (GIS) programme.
- a low-income disabled person must be in receipt of benefits under the Ontario Disability Support Programme (ODSP).

This program can provide a benefit to a maximum of \$500

➔ *Deadline to apply is November 1st 2026*

FOR MORE INFORMATION:

County of Wellington
519-837-2600 Ext. 2340

**For those without a printer
or access to the internet,
printed copies will be
available at your local
Wellington County Library.**



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. Sept.9	12 pm \$20	Harriston United Church	Steve & Martina Hayward Toe-Tapping Music 
Palmerston 	WED. Sept. 16	12 pm \$20	James Street United Church	Willa Wick Always a Surprise! 
Clifford 	WED. Sept. 30	12 pm \$20	Clifford United Church	Danielle McIntosh RD. Bread is not the Enemy 

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!*

Sept 30 is the National Day for Truth and Reconciliation

The Orange Shirt

The orange shirt has become a symbol of hope, reconciliation, and commitment to a better future. By wearing an orange shirt on September 30th, you make a statement to support truth & reconciliation and commit to the enduring truth that “EVERY CHILD MATTERS”



Phyllis Webstad's Story



I went to The St. Joseph Mission Indian residential school (The Mission) for one year in 1973/1974. I had just turned six years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to school in. I remember going to Robinson’s store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

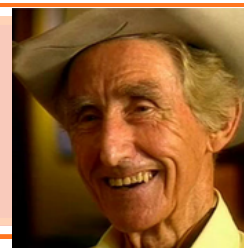
When I got to The Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn’t understand why they wouldn’t give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn’t matter, how no one cared, and how I felt like I was worth nothing. All of us little children were crying and no one cared.



Hooray for Seniors!



Smoky Dawson – Known as Australia's first cowboy and a pioneer of Western music, he became the oldest person to compose, record, and release a new album at 92 years old.

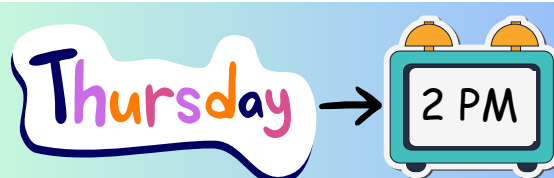


ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

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



Sept. 1, 2026

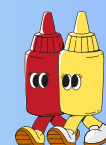
Kayla Pautler Waterloo Wellington
Self-Management Program
Healthy Habits that Stick



Sept. 3, 2026

Serena Lowry WCMA

Weird Cravings and Recipes



Sept. 8, 2026

Danielle McIntosh RD. MMFHT
The Power of the Plate



Sept. 10, 2026

Dr David Chandross

The Medicine Wheel, the
Story of the Cree Nation



Sept. 15, 2026

Alyson Colton, Registered
Dietitian MMFHT
Cooking with Alyson



Sept. 17, 2026

No ZOOM today

*But there is a great workshop happening
in Mount Forest. (See page 8)*



Sept. 22, 2026

Jenn Oelschlagel
The Owl's Nest - a Unique
Approach to Education



Sept. 24, 2026

Willa Wick

From Trivia to Traditions

Sept. 29, 2026:

No ZOOM today. *Come join us at the Newfoundland Party! (See Page 10)*



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

September 24, 2026



Wednesdays: 2:00pm -
3:30pm: Sept. 9, 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

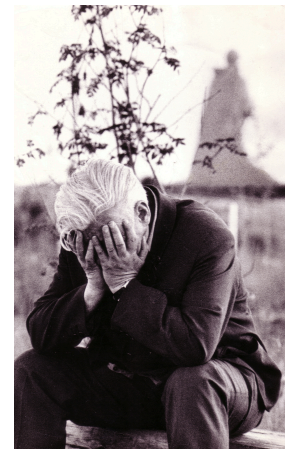


Sometimes Depression Wears a Different Face

Submitted by Rachel Ackert BSW, RSW Social Worker

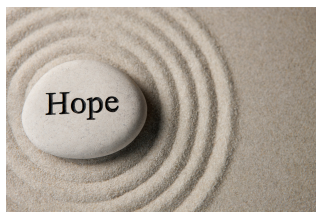
September is Suicide Prevention Month in Canada, making it a good time to remind ourselves that mental health is just as important as physical health.

Depression affects men, but it doesn't always look the way we expect. Rather than appearing sad, many men become irritable, quiet, withdrawn, or unusually angry. They may spend longer hours at work, stop enjoying activities they once loved, pull away from family and friends, or rely more heavily on alcohol or other substances to cope. Other signs may include constant fatigue, changes in sleep or appetite, trouble concentrating, or a feeling that life has lost its purpose.



For many men, asking for help can feel difficult. They may have grown up believing they should "tough it out" or handle problems on their own. But depression is a health condition—not a character flaw—and like any illness, it deserves care and treatment.

If you notice these changes in yourself or in someone you care about, don't dismiss them. A simple conversation can make a real difference. Asking, "How are you really doing?" and taking the time to listen without judgment can help someone feel less alone.



If symptoms continue for more than a couple of weeks, begin affecting work, relationships, or daily life, or if someone talks about feeling hopeless or having thoughts of suicide, it's important to seek professional help. Speak to your doctor or health care professional for support.

Perhaps the most important message this month is this: *you don't have to have all the answers—you just have to be willing to reach out.*

Whether you're checking in with a husband, father, brother, son, friend, or neighbour, your kindness and concern may be exactly what someone needs to hear.

Together, we can help break the silence around men's mental health and remind one another that asking for help is a sign of courage, not weakness.



Marcelle & His '69 Baby Blue Corvette

Submitted by Glynis M Belec

When Marcelle, a handsome Italian fellow with big brown eyes and a captivating accent, walked into the pharmacy again, where I was working at the time, my heart fluttered a little. He had been coming into my place of work a little more often than usual, and I knew that he surely didn't need any more toothpaste!



One day, I spotted him climbing out of his baby blue '69 Corvette and wondered if today would be the day. It was.

"Would you like to go to dinner with me on Friday night?" Finally, Marcelle had mustered up the courage to ask me out on a date. I hesitated for a brief moment, then remembering my standard of judging a date by his car, I agreed. His beauty of a Corvette passed the test. Marcelle said he would pick me up and we would go to the Charcoal Steakhouse for supper. A classic car and a fat wallet, a handsome guy and a fancy schmancy restaurant. The night was destined to be perfect for this car-loving 19-year-old. Or so I thought.

Turned out the conversation was ho-hum, and handsome Marcelle didn't seem to know much about cars. I deduced he was a spoiled, rich guy who fancied himself more than me. The dinner was lovely, but I was getting bored listening to the play by play of his life. He didn't seem particularly interested in what I had to say, even when I asked him about his car, which annoyed me. I finally indicated that I should probably head home. I think he might have had other plans like disco dancing, but I must say he was most gracious when I declined and asked if we could leave. We headed to the counter so he could pay the bill.

It seemed, however, Marcelle had a problem. "I must have left my wallet at home!" he said to the now frowning host. They both looked at me. I checked my wallet. I had barely enough to leave a tip, let alone pay the hefty bill.

Then Marcelle had an idea. "You wait here and I will go home and get my wallet!"

There I stood, dumbfounded. Human collateral on our first date. As I stood there, feeling a little foolish, trying to make conversation with the nice patient host (he drove a 1971 Buick Electra!) I wondered if Marcelle was speeding out of town with no intention of returning. My first date was now going to include me being hauled off to jail.

But I have to hand it to Marcelle. He did return with wallet in hand. Let's just say it was a rather quiet drive back to my place.

"Nice car!" I said as I climbed out of that pretty baby blue corvette. "And thanks for an... um ... interesting evening!"



I never saw or heard from Marcelle, again. But I did hear from Richard. He, too, bought a lot of toothpaste plus he drove a fabulous metallic green '67 Ford Mustang convertible—just saying!



Pet Corner

Super Duper Cooper!

Submitted by Judy & Dennis



Cooper is a fun-loving beagle, who is just leaving the terrible twos.

Cooper loves gardening with Dennis; his role is a bulb removal specialist. Once Dennis has safely planted all the bulbs, Cooper, comes along and digs them right back up.

He loves to bring Judy and Dennis their shoes almost within their reach and then dash away with them.

Not short of friends, Cooper meets and greets them all with enthusiasm. He is the self-appointed leader of Neighbourhood Watch, along with his buddy, Rusty. If you see Cooper, out on one of his long walks with Judy, don't be shy, he loves to say "hello".



DECLUTTERING WITH DORIS

Doris Cassan



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

Dear Doris,

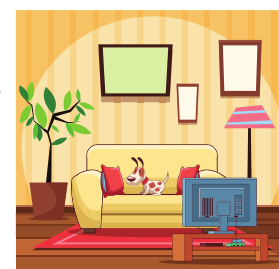
I have decluttered quite a bit but my living room still feels messy. I can't get comfortable there. Is there some trick I don't know about?

Signed,

Restless Redecorator

Dear Restless,

Think about the room as a whole. Maybe even take a photo. You decluttered the small stuff and it still isn't right? Consider the big stuff. Can you get rid of a chair? A sofa? A piano that no one uses? A desk that is never used because it is covered in stuff? A mirror or painting? There is no need for every space to be filled, either on the floor or the walls. Sometimes it is good to "rest the eye" with some open space.



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!)



All we're ever asked to do in this life is to treat our neighbour—especially our neighbour who is in need—exactly as we would hope to be treated ourselves. That's our ultimate responsibility.” — Fred Rogers



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...



I have recently heard that if you have diverticulitis, according to recent studies, it is now considered safe to eat nuts and seeds. I was told years ago that consuming nuts and seeds will result in bowel flareups. Can you please set me straight?



Reply:

Thank you, to expert, **Alyson Colton, Registered Dietitian from the Mount Forest Family Health Team (MFFHT)**, for answering this reader's question.

Yes, years ago the advice used to say to avoid nuts and seeds for fear that they would get stuck in the diverticula and cause flare ups. We now know that this is not the case, and in fact nuts and seeds provide great fibre that can actually help to prevent flare ups! The key to this is to ensure you are increasing your fibre intake gradually and drinking enough water to help fibre to its job. However, if you are in an active diverticulitis flare up, it would be best to avoid nuts/seeds and other high fibre foods.



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!

SENIORS' CENTRE for EXCELLENCE & KAY AYRES
Mount Forest Foodland - exclusive 'beyond -the-aisles' look
THURSDAY, SEPT. 24, 2026 1 PM Mount Forest N.O.W.

Come to the **Mount Forest & District Sportsplex** and hear store owner, **Matt Takacs**, share about what happens behind the scenes at **Foodland**.
Then enjoy a **Foodland** treat!

**No Need
to Register**

**Free
Admission**



519-638-1000

jbrown@mapleton.ca



REMINDER

- Thoughtful Thursdays resume Sept. 3
- Zooms resume Tuesdays and Thursdays in September
- Coffee Hours resume in October



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

FOLLOW





Old people are just young people who have been alive for a very, very long time. 

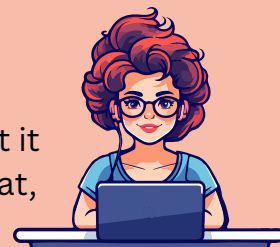


Write your story... August Writing Prompt

Doris Cassan

Right off the bat means to do something right away and do it quickly. But it could also apply to a little cave dweller, a superhero, or a piece of ash that, when applied to a leather covered ball, can win the World Series.

Choose one or more meanings and write, using *right off the bat*, as a prompt.



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



The Seniors' Centre for Excellence

THURSDAY,
OCTOBER 8, 2026

HEALTH & WELLNESS



Free

Admission

Everyone Welcome

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



SENIORS' CENTRE for EXCELLENCE

PMD ARENA

68 Main Street, West, Drayton

10 am - 2 pm



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:

Ontario 



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





Whole Wheat Bread

This delicious whole wheat bread recipe uses honey which gives the bread a light and delicious taste. This recipe appears on page 2 of the 1979 issue of the Canadian Kinette Cookery book

Ingredients

- 3 cups of warm water
- $\frac{3}{4}$ cups of honey
- 2-3 tbsp. yeast

Mix these first three ingredients together and let sit five minutes then add:

- $\frac{1}{4}$ cup of butter or margarine
- 5 cups of whole wheat flour
- 1 scant tbsp. salt

Beat 7 minutes with electric mixer. Add and stir in 2 to 3 more cups of whole wheat flour. Sprinkle 1 cup of flour onto table and knead until dough is smooth and elastic. Use more flour if required to prevent sticking.

Put into oiled bowl, smooth side down, then turn greased side up, cover, and let rise in a warm place until double in bulk or 1 hour. When doubled, knead or punch to original size. Cover and let rise again until double in bulk. Knead, shape into loaf, and put into greased loaf pans. Let rise until the dough reaches the top of the pan; dough will continue to rise in the oven. Bake at 350° for 50 minutes or until well browned



Editor's Note:

Come join us for lunch at the Clifford Dining program on Wed. Sept, 30 and listen to speaker, Danielle McIntosh RD MFFHT, speak on how "Bread is Not the Enemy!" (See page 2).



Grab your "ugly stick," friends and get ready to make some beautiful noise! Join us at the **PMD Arena** in Drayton on **Tuesday, September 29, 1 - 2:30pm** for a Newfie-style party with Newfoundland music, stories, tales, and toe-tapping fun. Everyone welcome—no registration, no admission, no excuse not to come! Come kiss the Cod and get ready to laugh the afternoon away!



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
- **OHAA- 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](#)

