



Heart & Soul of Wellington

Seniors' Centre for Excellence ✓

11 Andrews Drive West, Drayton ON N0G 1P0



December 2022

For those 55 or better...



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A Word from Helen



I was just sitting, reflecting on memories I have of Christmases past. It is funny what sticks in your mind, what you remember, and what you

experience and never think of again.

Christmas is one of those holidays, in my mind, that rarely lives up to the Hallmark moments promoted by the media.

The truth is that for many, Christmas can be a sad time of year. There may be emotional or physical distance from family members or a bereavement—recent or many years ago—that can make the holidays a challenge.



Our minds trick us into thinking that our holidays most certainly aren't as good as those of our friends and neighbours. Comparison is the stealer of joy.

Can you think of someone who might be in the position of being emotionally or physically distanced from their family members? Someone who is new to the community? Someone who is grieving who you could reach out to? Could you take some baking to them or send a *Thinking of You* card?

Sharing your time, talents, or stories with your friends and neighbours will fill you with the Christmas Spirit and, indeed, make it the *Most Wonderful Time of the Year*.



Grandpals



To find out more about this exciting program that connects school children and seniors in a magical, gratifying, and fulfilling way, please contact the office at 519-638-1000 or

HEdwards@mapleton.ca. No cost, no pressure, no teaching experience required. The rewards will be life-changing.

Decluttering with Doris



As you bring out the Christmas decorations, think about the things that you keep leaving in the bins instead of putting them on display. If you donate before Christmas, the thrift shop can usually get rid of them sooner

and you don't have to store them for another year.

Health News

Healthy Aging

When is it Time to Stop Driving?

Pam Turton RN

If you are driving, we all know that at some point there will be a time we, or our loved ones, will have to decide that we need to 'hang up the keys'.

Did you Know?

- As you get older, your vision, reflexes, and hearing changes. These changes can make it harder for you to drive safely. For example, stiffness or pain

makes it hard to turn your head or the steering wheel.

- People aged 70 and older are more likely to get in a car accident than any other age group, with the exception of drivers aged 25 and younger. And because older drivers are usually more fragile, they are more likely to get hurt or die from accidents.
- There is no set age when everyone should stop driving. Each person is different.
- Talk with your Health Care Provider if you have any health concerns related to driving.



Approaches you might consider before the final decision to quit:

- Avoid driving to a city or location that you are not familiar with.
- Don't drive after dark.
- Don't drive if the forecast calls for the possibility of bad weather.

Warning signs that it's time to stop driving:

- You often have "close calls" with other drivers, or they often honk at you.
- You have trouble moving your foot between the gas and brake pedals, or you get confused about the two.
- Your loved ones are worried about your driving.
- You feel scared or nervous when driving.
- You get lost, even on roads you know.

We all know that lack of alternate transportation is a common issue, especially in rural areas. This creates difficulties with essential activities such as picking up groceries, medications, and attending appointments. If you decide to stop driving, talk with family and close friends about your transportation needs. Try to arrange for those close to you to help provide rides. Or consider a taxi to get around if available in your area.

When you decide to stop driving, have a plan in place about when to 'hang up the keys' and how to get to places. Then be proud of making a safe decision for yourself and others, and truly honour the years that you have been driving safely!



For the Love of Words



For the Love of Words writers' group.
Wednesday, December 7 at 7 pm. (Please note date change). Contact Doris Cassan for more information

4luvwrds@gmail.com

Senior Pet Corner

"Christmas Cutie"

Cutie is a Palmerston pooch who tries his best to accommodate the seasonal wishes of Joan, his favourite cheerleader.



Word of the Month

Christougenniatikophobia



The Fear of Christmas

Telling Our Stories

CHRISTMAS CONCERT 1942

Royden McHoag

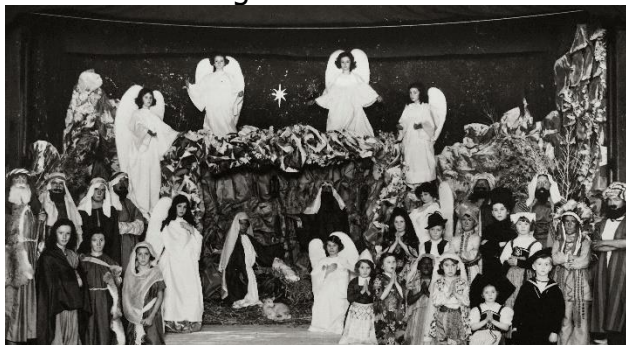
We spent the morning cutting out paper stars and moons to hang on our tree. We even fashioned paper chains and puffy paper bells. By noon we had the trees and the binder twine so covered up that you could hardly tell they were cedars and Miss Camford had quit crying.



Adults started arriving at the school shortly after lunch. While the men tied the horses to fence posts and stayed outside to have a smoke, the women crowded into the building, squeezing into seats that had strangely shrunk in size since their school years. We pupils, as instructed, retired to the anti-rooms to await our cues to perform.

By the time the men came in, every seat had been filled, and they could only stand around. Everyone, of course, wore a big winter coat and there existed no way to remove it or, at least, no place to put it if they did. Soon the whole school was filled with the stench of cheap perfume, sweat, horses and tobacco, so strong that we, in the anti-rooms, could no longer smell the pail-a-day toilets that usually made the anti-rooms uninhabitable.

Right on two o'clock Miss Camford, in her best dress and lipstick, took centre stage and quieted the din of fifty conversations by proclaiming the concert was about to begin.



Somehow, we got through the program of recitations, carols, and short plays with nobody throwing up, forgetting his lines, or having to go to the bathroom.

Tilly Playmore, the shy girl in grade seven, had been given the non-verbal role of Mary in the obligatory closing nativity scene depiction because she never spoke above a whisper but, on this day, she did. After the shepherds and the wise men (all

played by girls) crowded around the main characters, Tilly, picking up the doll from the manger, blurted out, in the loudest, most distinct voice of the day, "Joseph, get me a diaper!" Her ad-libbed line stole the show.

Everyone agreed that Miss Camford had surpassed the threshold of being a good teacher.

Recipe of the Month

Chewy chocolate chip Cookies

With gratitude to Holly Martin

Holly Martin is a busy mom, a registered nurse, and a fabulous baker from Drayton.

A few weeks ago, she decided she would like to support our SCE Christmas Stocking project. She thought she would teach her two lovely boys about the importance of giving, so, with the help of her sons, Holly baked, packaged, and delivered boxes of delicious chocolate chunk cookies and donated all the proceeds to the SCE stocking project. How kind and what an important lesson she taught her boys.

Oh, and just in case you were wondering, her cookies are amazing, and Holly agreed to share her recipe with us as an extra treat this holiday month. Thank you, Holly.

Ingredients

- 1 cup of butter
- 1 ½ cups of brown sugar packed
- 1 large egg plus one egg yolk
- 1 teaspoon of vanilla extract
- 3 cups of all-purpose flour
- 1 teaspoon of baking soda
- ¾ of a teaspoon of kosher salt or a scant ½ teaspoon of table salt



10-ounce package of chocolate chips or chocolate chunks (Holly cuts up chocolate bars instead of using chocolate chips)

Instructions:

Preheat oven to 375°F

Melt butter in a heavy saucepan until just melted. Add brown sugar to a large bowl. Pour melted butter over sugar. Stir to combine butter and sugar & let stand for 5 minutes. Add the egg and egg yolk and stir to combine. Mix in vanilla extract. Add flour, baking soda, and salt. Stir until just combined. Stir in chocolate chips or chunks.

Using a medium cookie scoop, drop dough 2 inches apart on the prepared cookie sheet. Bake for about 7 to 8 minutes or until the edges of the cookies are golden brown. The centre should still look soft and slightly underbaked. This will help to keep the cookies soft and chewy.



Thank You



It doesn't matter how many programs we implement, how many projects we undertake or how many

communities we serve...

What **does** matter, though, is that YOU, our wonderful seniors, participate and support us in so many ways. It's the end

of the year, so we thought this a fitting time to thank everyone who is part of our Seniors' Centre for Excellence.

Whether you are a recipient of our newsletter, a partaker of our programming, a participant in our ZOOMs, or a partner in our organizing—we love and appreciate you.

Thank YOU for not stopping. Thank YOU for being amazing seniors in Mapleton, Minto, Mount Forest, and North Wellington.

Have a wonderful Christmas.

From your SCE Team!



Always borrow money from a pessimist. He won't expect it back.

(Thanks for the smile, Jim Measures of Clifford.)

Safety First

Our friend, Margaret Blair, advises us to only take what we can safely carry in one arm up and down the stairs. That way, we can hold onto the banister with the other hand.

"I have had too many friends injure themselves on the stairs trying to carry too much," she says.

In Margaret's home, it is one of the Golden Rules that both she and her husband adhere to. So far, so good!

Wise advice, Margaret, especially at this busy time of the year when we can become easily distracted.





Seeking Senior Volunteers for Seniors Offering Support Program (SOS)

This Volunteer program is a telephone-based service where senior volunteers contact seniors once a week or more for social conversations.

- Meet new people
- Volunteer from the comfort of your own home
- Make a difference in your community!



To apply:

Please call 519-821-3760 Extension 2

Seniors Offering Support (SOS) is a senior-based volunteer service where senior volunteers contact senior clients for the purpose of a social call. Calls are to occur at minimum of once per week at an agreed upon schedule between both the volunteer and client. This helps to reduce social isolation with seniors, especially for those residing in rural areas with limited community contact. If you are interested in volunteering, or would like to receive a weekly check-in, call 519-821-3760 Ext.2



Telephone Support

A telephone-based service where seniors in the community can meet new people and receive daily or weekly phone calls!

- Social Calls
- Wellness Checks
- Medication Reminders
- Assistance Accessing Community Resources



For more information:

Please call 519-821-3760 Extension 2

Canadian Anti-Fraud Centre

Who: The Canadian Anti-Fraud Centre

What: Fraud Prevention and Awareness Presentation for Seniors

When: December 8th, 2022 at 1pm

Where: Mount Forest Legion

Why: To educate the senior population on the fraud trends, to learn the tools of the fraudster and to discover the top reported frauds.

How to Report Fraud

- Toll Free: 1-888-495-8501
 - Online: Fraud Reporting System (FRS)
- www.antifraudcentre.ca



Competition Bureau
Canada

Bureau de la concurrence
Canada

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. Please get in touch with the facility or contact person to confirm before you head out. **Please check with the contact person for any holiday dates and time changes.**

Activities & Events:



Coffee Programs:

MOUNT FOREST: Friendship Circle. Tuesday. 10:30 am. Pentecostal Church, 259 Fergus St S.

DRAYTON: Coming Soon! Coffee Group every 2nd Thursday. 10:30 am. Selah Centre, 24 Wood Street. Beginning January 12, 2023.

PALMERSTON: "Muffin Mondays." Every Monday. 10 am. United Church. 215 James Street.

PALMERSTON: SCE Coffee Group last Wednesday of the month. 10 am. United Church 215 James Street.

Dining Programs*:

*(*Please note. In case of inclement weather, if school buses are not running in North Wellington, the dining programs are cancelled, too.)*

PALMERSTON:

Wednesday, December 21st, 2022. Palmerston United Church. 215 James Street. Doors open at 11:30 am. Lunch served at Noon.

Speaker: Ian Evans, Extreme Adventurer – "Life begins at the end of your comfort zone."

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. Thursday. 9:30-11 am

Arthur Arena: Tuesday and Thursday. 9:00-11:00 am. (Coffee hour from 10:00–11:00 am)



Pickleball:

Drayton PMD Arena

Cost: \$3

Monday: 10 am – 12 pm

Wednesday: 10 am – 12 noon & 7 pm – 8:30 pm

Friday: 10 am – 12 pm

Contact person: Amy Grose

agrose@mapleton.ca



*Exercise Classes:

Clifford: Clifford United Church. Monday & Friday 9 am

Harriston: Knox Presbyterian Church. Tuesday 11:15 am & Thursday 11:00 am

Drayton: Drayton Reformed Church. Monday & Wednesday. Fri 9:30 am

Mount Forest: Royal Canadian Legion. Monday & Wednesday. 10:45 am

Elora: Pentecostal Church. Tuesday & Thursday. 1 pm

Arthur: Seniors' Hall. Wednesday 10 am & Friday 10:30 am

*Note: *The VON also offers SMART programs in North Wellington, Centre Wellington, and Guelph, however there are too many of these great classes to list. For further details, please check out this link: <https://mapleton.ca/living-here/senior-services/seniors-centre-for-excellence/exercise-programs>*
VON: 519-323-2330 EXT-4954; Kelly Gee, SMART Supervisor, 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 - 1st Wednesday of month 2-4 pm

Contact Person: Dale Hurlbut 519-343-3495



Bridge:

Arthur Seniors' Hall - Monday & Friday
1-3 pm

Duplicate Bridge

Mount Forest: St. Paul's Anglican church. Fergus St. Friday 1 p.m.
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.

Euchre, Bid Euchre and Other Games at the Mount Forest Sports Complex, 850 Princess St. Mount Forest. Wednesdays 1 pm to 3:30 pm. \$3. **Contact Person:** Kay Ayres: 226-445-2116. All Seniors welcome!



ZOOM Sessions

Thurs., Dec. 1 @ 10:30 am

Guest: Paul Dias

Topic: Queen Elizabeth II The Platinum Monarch

Tues., Dec. 6 @ 10:30 am

Guest: Rachel Behling

Topic: Christmas Fashion Trends

Thurs., Dec. 8 @ 2 pm

Guest: Doris Cassan

Topic: Jolly Old UK Trip

Tues., Dec. 13 @ 10:30 am

Guest: Paul Dias

Topic: A Christmas Carol

Thurs., Dec. 15 @ 2 pm

Guest: Kaitlin Cantrell

Topic: Grief and the Holidays

Tues., Dec. 20 @ 10:30 am

Guest: Karen Burke, RD

Topic: Cooking with Karen

Thurs., Dec. 22 @ 2pm

Topic: **Christmas Party!**

