



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #65

October 2025



A Word from Helen

An Invitation...SCE Health & Connection Fair 2025

Helen Edwards SCE Seniors' Health Services Coordinator hedwards@mapleton.ca



You are all cordially invited to attend our 3rd Annual Seniors' Centre for Excellence **Health & Connection Fair**. This year we are hosting the event in Mount Forest, at the Mount Forest Sportsplex, from 10 am to 1 pm. We are excited about the line-up this year, with several new organizations and vendors represented. Groups will also be showcasing volunteer opportunities to keep you connected to your community, so keep an eye out and learn how you can help.

In addition, we will be offering two informative and entertaining workshops. The first one will be led by author, Donna McCaw, who will be sharing a few insights into the importance of humour as we age. She will be sharing stories about growing up in a rural setting that are sure to tickle your funny bone. The second workshop is a Tai Chi, "Try it" session. Instructor, Nelda Rodillo, will speak to the benefits of Tai Chi and will give participants the opportunity to try a few moves.

Admission is free, and there will be a complimentary lunch too, so the experience will be light on the wallet. Renowned for their hearty homemade soups, *The Raw Carrot* promises to deliver a delicious spread, including three different soup options. Each bowl will be accompanied by a warm, homemade tea biscuit.

And then, to round off your meal, indulge in a selection of homemade squares for dessert—a perfect finish.

Whether you come for the workshops, the exhibitors and vendors, the fellowship, or the complimentary lunch, we guarantee that it will be time well spent. We look forward to seeing you there!

Helen



SCE Health & Connections Fair 2023



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



The Seniors' Centre for Excellence

FRIDAY,
OCTOBER 10, 2025

HEALTH & CONNECTION *fair*

MOUNT FOREST SPORTS COMPLEX

850 Princess St

10 am - 1 pm

Free Admission

Everyone Welcome



SENIORS' CENTRE *for* EXCELLENCE

- OVER 40 EXHIBITORS & COMMUNITY AGENCY DISPLAYS
- TWO FREE WORKSHOPS
- DELICIOUS COMPLIMENTARY HOT LUNCH, prepared by **THE RAW CARROT** Employment with Purpose
- Mini-Mart Vendors
- Individual Table Draws *and more ...*



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



DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Harriston	WED. Oct. 8	12 pm \$20	Harriston United Church	Mike McGill W.C. Museum & Archives Wicked Wellington
Palmerston	WED. Oct. 15	12 pm \$20	James St. United, Palmerston	Gabi Pavel RPN A Visit with the Footcare Nurse
Clifford	WED. Oct. 29	12 pm \$20	Clifford United Church	Katie Clarke W.C. Museum & Archives "Weather Events"



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Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday Oct. 1 st & 15 th	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	Thursday Oct. 2 nd & 16 th	10:30 am	Selah Centre 24 Wood St., Drayton



ZOOM with us!



SENIORS' CENTRE for EXCELLENCE

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

Tuesday



Thursday



**Oct. 2, 2025
Lisa Massie**



Monarch Conservation (Xerces Society)

**October 7, 2025
Denise Dias, Author**



T is for Terry. An ABC of Courage

**October 9, 2025
Erin Raftis**



Cultural Events in Minto

**Oct. 14, 2025
Vanessa Durand**



Homecanning Updated

**Oct. 16, 2025
Jason Jack**



Outliving our Money; Reverse Mortgages

**Oct. 21, 2025
Juliana Van Osch RD MFFHT**
Cooking with Juliana



**Oct. 23, 2025
Nelda Rodillo**



Tai Chi - Health Benefits

**Oct. 28, 2025
Courtney Thompson**
Blood Services, Canada



Oct. 30, 2025

Danielle Hughes RRT



Breathe Easy; Lung Health & Prevention



Bus Trip



MURDER MYSTERY

at the
**Wellington County
Museum & Archives**



\$45

(Includes a delicious, catered light lunch; payment in advance - cash or e-transfer to gbelec@cyg.net please)

It's 1946 and tragedy has struck at the County Poor House. William Howes, Keeper of the House, has sadly passed away, and the community is welcome to join his wife, Ethel, at the celebration of life. Times are tough for the Poor House, and all community support is appreciated during these trying months. What...could possibly go wrong?

Saturday, October 25, 2025

Arrival 11 am - 1:45 pm Departure

Pick up locations:

- 9:45 am - **Harriston Brenmar Transit**
96 Webb St.
- 10:05 am - **Mount Forest Sports Plex**
850 Princess St
- 10:35 am - **Arthur Arena**
158 Domville St

 **REGISTER NOW** → **519-638-1000**

Registration closes: October 17

Bus Trip



Lunch & Afternoon at the Theatre

Drayton Chophouse for Lunch → 11:30 am

St Jacobs Schoolhouse Theatre → 2 pm



"Flight Risk"

A story of unlikely friendship

\$75

(All inclusive; payment in advance - cash or e-transfer to gbelec@cyg.net please)

After a delicious lunch at the Drayton Chop House, we will head to the St. Jacobs Schoolhouse Theatre for the 2 pm show

**Friday
November 7, 2025**

Pick up locations:

- 10:15 am - **Harriston Brenmar Transit**
96 Webb St.
- 10:30 am - **Mount Forest Sports Plex**
850 Princess St
- 11.am - **Arthur Arena**
158 Domville St
- 11:20 **Conestoga Crest, Drayton**
81 Wood Street

Ontario 



 **REGISTER NOW** → **519-638-1000**

Registration closes: October 10



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We don't always have to agree on everything to be kind to one another.

A little kindness goes a long way, especially in a divided world. 



Staying Active After a Breast Cancer Diagnosis

Previously Published - Vol.2,
Issue 8, October 2022



In October, we raise awareness in support of those living with breast cancer. That support includes programs, services, and information that can help manage life for those living with cancer. This article highlights the importance of staying or getting active after a breast cancer diagnosis.

Physical activity does not just reduce a woman's risk of breast cancer. Research shows that it can also improve outcomes and increase survival after diagnosis. Almost any level of physical activity had some benefit for the survivors studied, but those who lived the longest met, or exceeded, physical activity guidelines.

1 in 9

women in Canada are expected to develop breast cancer in their lifetime.

26%

of cancers diagnosed are breast cancer in Canadian women.

51%

of breast cancers will be diagnosed in women aged 50 to 69.

Since 1987 the mortality rate of breast cancer has decreased by **44%**.

Source: Canadian Cancer Society

Evidence shows that exercise is safe and effective for cancer survivors. During treatment, the exercise goal is to maintain strength, endurance, and function. After treatment, the goal is to return to former levels of function, both physical and psychological.

People who were active reported:

- Less anxiety during treatment
- Less fatigue
- Fewer symptoms of depression
- Better quality of life
- Improved perceived physical function



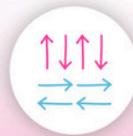
HOW TO DO A BREAST SELF-EXAM IN 6 STEPS



DO ONCE A MONTH, A WEEK AFTER YOUR PERIOD



LOOK IN THE MIRROR FOR ANY ASYMMETRIES



TOUCH ALL PORTIONS OF YOUR BREASTS—UP AND DOWN & LEFT TO RIGHT



START FEELING FOR LUMPS OR MASSES



CHECK FROM THE UNDERARM AREA TO THE CHEST WALL & STERNUM



CONDUCT THE SELF-EXAM STANDING UP OR LYING DOWN

What Kind of Exercise Should I Do with Breast Cancer?

A safe exercise regimen should be tailored to fit each person. Ask your oncologist to refer you to a cancer rehabilitation centre. You can also work with a qualified exercise professional. They can work with you to find out what activities best meet your needs.





Pet Corner

Submitted by Carole Habermehl

Meet (left to right):

Mocha, Dexter, Tucker, Cocoa, and Tank (in front.)

When Mocha and Cocoa invite the cousins over for a visit, it's time for a family photo.



Say, "Doggie Treats!"



Family Portrait

SENIORS' CENTRE *for* EXCELLENCE

presents

Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

Community Paramedic Program -
Program Information and DNR-C form



MOUNT FOREST LEGION

140 King Street, West

**THURSDAY,
OCT. 16, 2025,**



Free Admission

No Need to Register



1 PM

519-638-1000

jbrown@mapleton.ca

Join us to find out more about our local Community Paramedicine.
Learn more about the DNR-C form.

Waterloo County Quilters' Guild

Manulife Sportsplex
2001 University Avenue East
Waterloo, Ontario

2025 Quilt Exhibit

October 17 & 18, 2025

Friday | 10 am to 5 pm • Saturday | 10 am to 4 pm

• VENDORS • SMALL QUILT DRAW • CELEBRATIONS BOUTIQUE •
DOOR PRIZES • QUILT DISPLAYS

Admission \$10

INCLUDES TEA ROOM | WHEELCHAIR ACCESSIBLE
FREE PARKING



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Staying Alive!

Do you remember the BeeGee's hit song, "Staying Alive?"

Our friend, 80-year-old Carol Walters, who loves her music, says, "I play a 'Staying Alive' video each morning to start off my day, and to encourage me to keep *staying alive*."

The lyrics from another favourite hit song—Rod Stewart's "Forever Young"—also inspires Carol to learn new information and to stay positive. She says the lyrics inspire her to stay *forever young* in her heart and soul and not become grumpy, old, and crotchety!



The Pigeon Has Landed Submitted by Arlene Geerlinks, Everett, Ontario



The pigeon arrived Sunday afternoon around 3:30pm. We noticed it was banded as it stood up from hanging out under the trampoline. After a Google search about racing pigeons, I decided my pigeon was thirsty, tired, and hungry. So, I fed and watered it. My internet search also led me to a phone number where a man with a kind *grandpa* voice guided me on what to do. He told me to pick the bird up and read the band number (that was a definite "no" for me!)

Then he directed me to go on the "pigeon" website and enter its band number, so the owner could be located. I partly obeyed. Instead of picking up my new fine-feathered friend, I "encouraged it" to walk around in a circle so I could take pictures of its band. My fear of birds was real. I eventually got its number and proceeded to find the website. Later that evening, my son brought out an old chicken coop to house our pigeon overnight. The pigeon had other plans, however, and flew off as my son tried to contain it. I was relieved, thinking it must have felt better and could now continue its journey.

Until...the next morning. "My" pigeon arrived back at our place, bright and early, probably looking for breakfast. After searching and leaving a message with a pigeon racing club, I found the website where I could input in my bird's band number. Thankfully, a name and phone number came up. I called the number and asked for "Mike," as per the instructions. I explained it was about a pigeon. I ended up talking to Mike's wife. She explained that this was one of his best birds and he would like it back, but first could I contain it? They would be coming from Woodstock and wanted to make sure the pigeon didn't fly off.

"Contain it? Like put a laundry basket over it?" I asked.

"Sure." Mike's wife said. I told her that I would call her back after I had it cornered and contained...not an easy feat.

Long story short. Dean and I used the dog crate. As the pigeon was enjoying breakfast, Dean sneaked up and did the dirty deed. The call was placed. Containment had occurred.

Mike and his wife arrived later that evening. Mike told me how his bird had won him some money by winning a few races. He was happy to see her (we thought it was a him). He explained how, since we were feeding her, she would continue to leave my place to find her course, but if she couldn't find her course, she would return to my place. He said, eventually she would find her way, but he had wondered why she hadn't returned with the other birds who follow the 401. He felt her all over, and showed me how skinny she was. He said they lose a lot of weight in these races, and she lost more weight because she was so off course. Mike and his wife were thrilled that our pigeon was found well, albeit tired.

I was thrilled, too, that I could reunite my pigeon with its owner, and thrilled, even more, for my pigeon that she was able to hitch a ride back to Woodstock and didn't have to fly.



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



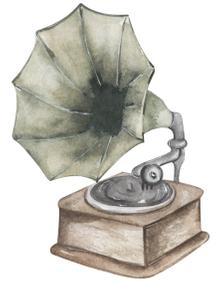
When you write from the heart, you touch the heart of the reader ...

October Writing Prompt

Doris Cassan



Write your story...



“Music hath charms to soothe the savage breast,” says poet, Congreve. For your memoir, talk about the role that music has had in your life, be it large or small. Do you sing? Play an instrument? Dance? Would you like to do any of those things? Does a certain song bring back a certain memory? Do you have favourite songs? What might they be?

Let your readers know about all these things.



DECLUTTERING WITH DORIS

Doris Cassan

Deferred Decisions

Decluttering is not a “one and done” accomplishment. Stuff still gets into our homes! Keep a clear plastic bag or a box in your closet for those items you reach for and then say, “No.” These items need to go.

If you must, have a box for *Deferred Decisions*. If you put an item in there and in the next year you don’t look for it, it obviously will serve someone else better. Time to donate.



WE LEND A HAND
The Forgotten Story of Ontario Farmerettes

2025 OFFICIAL SELECTION
Niagara Canada International Film Festival 2025

2025 OFFICIAL SELECTION
Toronto International Women Film Festival 2025

2025 OFFICIAL SELECTION
Toronto Independent Film Festival 2025

2025 OFFICIAL SELECTION
Stratford Film Festival 2025

2025 OFFICIAL SELECTION
WIFF

WATCH THE TRAILER

A documentary that tells the extraordinary story of 40,000 teenage girls who volunteered on Canadian farms and helped win the Second World War - they showed that SERVICE COMES IN MANY FORMS.

WWW.WELENDAHAND.CA

ALBIRO FILMS

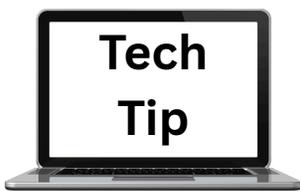
BUY TICKETS AT THE DOOR

**Palmerston Norgan Theatre;
October 16, 2025.
2pm & 7pm shows**



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





Why Your Emails Aren't Getting Through

Micheal Meunier



Have you ever sent an email and then wondered why you never got a reply? Or perhaps you've been waiting for an important message that never arrived in your inbox. It can be frustrating, but there are some common reasons why emails sometimes don't get delivered, and simple things you can do to fix them.

Here are a few things to check:

A. Full Inbox: Just like a mailbox at the end of your driveway, your email inbox has a limited amount of space. If it gets too full, new emails can't be delivered and are often "bounced back" to the sender with an error message. The person who sent the email might get a notification that their message couldn't be delivered because your "mailbox is full."

What You Can Do:

1. **Check your storage:** Most email services like Gmail or Outlook show you how much storage space you've used. Look for a small percentage or number at the bottom of your inbox screen.
2. **Delete old emails:** The easiest way to free up space is to delete emails you no longer need. Pay attention to emails with large attachments (like photos or videos) as they take up the most space.
3. **Empty your trash:** When you delete an email, it often goes into a "Trash" or "Deleted Items" folder. These messages still count toward your storage limit until you empty the trash. Consider making this a weekly habit, just like how you put out the real trash at the end of your driveway.

B. The Spam or Junk Folder: Email services have built-in filters to protect you from unwanted messages, scams, and dangerous links. Sometimes, a legitimate email can accidentally get caught in these filters and be sent to your "Spam" (Junk) folder. This is a common reason for a "missing" email.

What You Can Do:

1. **Check your spam folder:** Always look in your Spam or Junk folder if you're expecting an email that hasn't arrived.
2. **Mark as "Not Spam":** If you find a legitimate email in there, click on it and look for an option that says "Not Spam," "Not Junk," or something similar. This helps your email service learn what a legitimate email from that sender looks like, so it will go to your main inbox next time.
3. **Add to your contacts:** To make sure emails from a certain person always get to you, add their email address to your contacts or address book.

C. Files That Are Too Large: Most email services have a limit on the size of files you can send. This is usually around 25 megabytes (MB). If you try to send an email with a very large file attached, it might not go through, or it might get blocked by the recipient's email service.

What You Can Do:

1. **Check the size:** Before you send, see if your email service tells you the size of the attachment. If it's over 25 MB, you'll need to use a different method.
2. **Use cloud storage:** For large files, it's much better to use a cloud service like Google Drive, Dropbox, or Microsoft OneDrive. You can upload the file to the cloud and then simply share a link to it in your email. This doesn't take up any space in your inbox and makes it easy for the recipient to download the file.
3. **Compress the file:** You can also "compress" a large file (like a group of photos) into a smaller, single file. Look for an option to "zip" or "compress" files on your computer.

By keeping these tips in mind, you can help make sure your emails get where they're supposed to go and that you don't miss any important messages!



While looking in the mirror, I see gray hair, fine lines, and eyes that don't sparkle quite the same ... and I can't help but think, "They sure don't make mirrors like they used to!"



♥♥
RECIPE

PUMPKIN FRITTERS CINNAMON SUGAR

Submitted by Johanna Brown

This South African (SA) dish is similar to Canadian pancakes ("plaatkoekies" .)

Makes 6 servings.

Ingredients:

- 2 cups cooked crushed pumpkin (farmer's pumpkin)
- 1/2 cup Flour (All Purpose or cake)
- 1 tsp. baking powder
- pinch salt
- 2 eggs, beaten
- cinnamon sugar



Method:

1. Combine the pumpkin, flour, baking powder and salt and continue with the egg to make a rather limp batter.
2. Carefully drop spoonfuls of batter in shallow hot oil, flipping to brown both sides
3. Drain on absorbent paper and sprinkle with cinnamon sugar.



Word of the Month

Pareidolia

A phenomenon wherein people perceive likenesses on random images—such as faces, animals, or objects on clouds and rock formations.



having fun



- Oct. 2 - 🧓 International Day of Older Persons
- Oct. 4 - 😊 World Smile Day
- Oct. 6 - 🍜 National Noodle Day,
- Oct. 15 - 😡 National Grouch Day
- Oct. 16 - ★ Boss's Day
- Oct. 26 - 🎃 National Pumpkin Day
- Oct. 29 - 🐱 National Cat Day
- Oct. 31 - 🎃 Halloween

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



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