



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

EDITION #74

519-638-1000

July 2026



Milestones and Memories! Drayton Coffee Hour - 2026



L to R: Helen, Hennie, Donna, Peter, Mike, Patti, Mayor Gregg, Marianne, Val

WELCOME



Welcome to the July edition of the *Heart & Soul of Wellington*. We have a focus on nutrition this month. Thank you to Danielle McIntosh at the Minto-Mapleton Family Health Team for the tips on eating for optimum health. And thank you to you our readers for giving us ideas and for contributing to the newsletter. We could not create it without YOU. We hope to see you at an event soon!

Helen



Helen Edwards

SCE Seniors' Health Services Coordinator

hedwards@mapleton.ca

THANK YOU! Thanks to everyone who attended our *Classic Country Music Dance in Drayton* on June 3. What a great way to kick off Seniors Month! The MooreBand Trio kept us entertained, and the dance floor was busy. Thanks, too, to our generous sponsors: **Jack Financial, Drayton Legion Br. 416, Drayton Kinsmen, and Ron & Barb Ellis** (and of course, **Neil Driscoll** for the oodles of popcorn.) A good time was had by all!



HAPPY
Canada
Day

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

FOLLOW





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. July 8	12 pm \$20	Harriston United Church	Laura Greenway Right at Home Canada Aging in Place
Palmerston	WED. July 15	12 pm \$20	James Street United Church	Danielle McIntosh RD Eating for Optimum Aging
Clifford	WED. July 29	12 pm \$20	Clifford United Church	Serena Lowry (WCMA) Weird Cravings: Cookbooks and Recipes

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!*

One Time Too Many

Submitted by Doug Mann

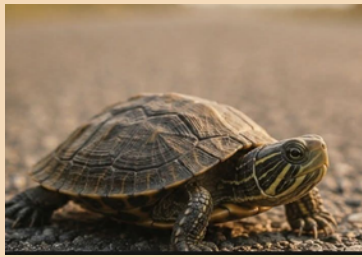
You know the old song, “I’ve Been Everywhere”? Well, I don’t sing much, but I can almost croon that line. I’ve been to a half-dozen countries, twenty-seven states, and have travelled from Labrador to Alaska. However, there’s one place I haven’t listed in this lineup; the local cop shop.



When I was a teenager around 1953, I liked to race in the middle of the night with some of my friends. Lining up at the old city square in Guelph, where the city buses were parked elsewhere for the night, was a tempting place to try our skills. Some of the police turned a blind eye to this nonsense as long as it wasn’t repeated too often; maybe it was easier that way. But one night, in the middle of our amusement, we were stopped and taken to the police station. I guess enough was enough, and the fun was over. My friends and I weren’t pleased when we learned where we would spend the night.

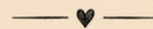


How this story came to light, many years later, was when I told it to a group at our table at a SCE event, and before I knew it, it was being shared from the microphone to the whole room. They say confession is good for the soul!



Sometimes saving the world
looks very small—
moving a turtle off the road,
refilling a bird bath,

or letting a spider live
peacefully in the corner.



ZOOM with us!



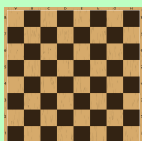
SENIORS' CENTRE *for* EXCELLENCE

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



*ZOOM sessions will be on
Tuesdays only, for July, &
August 2026*

July 7, 2026
Serena Lowry WCMA
Games People Play



July 14, 2026
Danielle McIntosh Reg. Dietitian, MMFHT
Bread is Not the Enemy!



July 21, 2026
Alyson Colton, Reg. Dietitian, MFFHT
Cooking with Alyson



July 28, 2026
Valerie Denton - Drayton Library
Summer Reads and more at
Wellington County Libraries



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*.

***No sessions in July & August**

Resumes September 23, 2026

4luvwrds@gmail.com



Write your story...

July Writing Prompt

Doris Cassan



I'll eat my hat. In this story, someone
is so sure of something that they will
eat their hat if they are wrong. How
does that work out? Do they end up
having an omelette for a chapeau?
How do people in your story react to
someone who is confident?

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



Wishing you a day filled with laughter, love,
and endless maple syrup.
Happy Canada Day, eh!



Eating for Optimum Aging

Submitted by Danielle McIntosh RD MMFHT

As we age, our bodies undergo a variety of changes, and our nutritional needs change during this time as well. Although aging is a natural process, maintaining a healthy diet can help support overall wellbeing, preserve your strength and independence, and reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and osteoporosis.

One of the most significant changes associated with aging is the gradual loss of muscle mass and strength. This decline can affect mobility, balance, and physical function, increasing the risk of falls



and frailty. Adequate protein intake is essential for helping to maintain muscle mass and support healthy aging. Including protein-rich foods such as fish, poultry, eggs, dairy products, legumes, tofu, nuts, and seeds throughout the day can help meet these needs.

A balanced diet should also include plenty of fruits and vegetables. These foods provide vitamins, minerals, fibre, and antioxidants that help protect cells from damage and support overall health. Eating a variety of colourful fruits and vegetables each day can contribute to a stronger immune system and may help lower the risk of chronic disease.

Healthy fats are another important part of a nutritious diet. Foods such as oily fish, avocados, nuts, seeds, and olive oil contain heart-healthy fats that support cardiovascular and brain health. In addition, maintaining strong bones becomes increasingly important with age.

Calcium-rich foods, including dairy products, fortified plant-based alternatives, leafy green vegetables, and some fish, help support bone health, while vitamin D assists with calcium absorption.

Staying hydrated is equally important, as the sensation of thirst often decreases with age. Drinking fluids regularly throughout the day can help prevent dehydration and support normal body functions. Water, milk, tea, coffee, soups, and hydrating fruits/vegetables all contribute to your daily fluid intake!



While aging is inevitable, healthy eating habits can have a positive impact on quality of life. By focusing on a balanced diet that provides adequate protein, healthy fats, fruits, vegetables, and fluids, you can support your health by reducing disease risk, and maintaining strength and independence for longer.



Editor's Note:

Come learn more from Danielle about the Importance of Nutritional Intake, at the Palmerston Dining Program. (See pg. 2)



Kitchen Disasters

(by Lynda Alexander)



Cooking is easy. It's the cleanup that requires a miracle.— Unknown

Why do all kitchen disasters happen when you plan on taking food to an event?

A few years ago, all Carry-On Women's Institute members were asked to bake two pies each, for the fair. Of course, fresh was always best and as in past years, everyone would come to our booth looking for the freshly baked pies.

I was up early on the Saturday morning. By 7 am I had my peach pies in the oven. They'd been cooking for about half an hour when I suddenly heard an odd "SNAP!" sound. I looked in the oven and the bottom element was glowing red, as I had never seen before.

"Wes! Get up! I need the oven fixed!" My not so wide awake husband, moaned a little and told me to wait until Keith Askett, the local appliance repair store at the time, opened. Keith arrived at the store around 10 am and Wes was able to get a new stove element. It wasn't long before he got the oven back up and running.

Will the pies be okay to sell at the fair, if I just finish cooking them? I wondered. I really do not want to say what I did, but I am sure the health inspector would not have approved.

Another time, I was asked to make squares for a funeral. Silly me decided to try a new recipe. Not a good idea. When I went to cut them into perfect squares, they were soft and would not stay together; nor did they look appealing on a tray, at all. I ended up buying squares at the local supermarket. Sssh...

And if those wasn't enough cooking calamities, another time I was making rhubarb custard pie to take to a group picnic. I had made the pie before and it was delicious. I took two pies and they looked great. But when we cut them and after someone took the first piece, it was clear they needed a spoon to eat it. That was the only piece taken. The rest came home—to the compost!

Sometimes, when I am baking, I find it very difficult to find that thin line between undercooked and overcooked. The struggle is real...



Songs of our Lives: Weaving the Tapestry

**Wednesday,
July 8, Aug 12,
2:00 – 3:30 pm**

Drop-in Music Therapy Workshop

Alma Bible Church. 59 Peel St. E., Alma. Second Tuesday of each month. Music offers a unique way of stepping through our lives, and of coming alongside others as we explore memories as we grieve, and the feelings that it evokes.



Please join us for singing, reminiscing, and connecting with one another. We will journey through songs of our lives and explore how music can help enhance our wellbeing. No registration required. If you are online: [Click here for details](#)



Hooray for Seniors!



Laura Ingalls Wilder began writing “Little House on the Prairie” at age 65; it later became a beloved television series.

You are never too old to set another goal or to dream a new dream.

—C.S. Lewis



Pet Corner

Finn, Fritz, and Riley

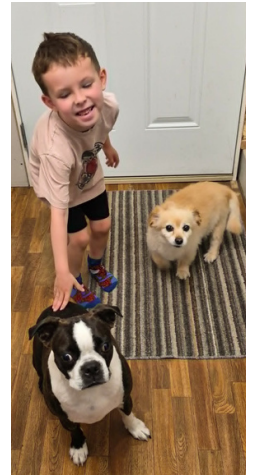
Submitted by Rachel Kirk



Fritz is our 15-year-old rescue dog from Quebec. My husband adopted him when he was four years old. Fritz is a sweet and friendly little Eskimo/Shitzu.

Our black and white Finn is a busy, almost two-year-old, Boston terrier. He has hind and hip issues but that doesn't lower his energy level at all.

Riley loves his pups and between the three of them, they fill our home with joyful noise and lots of laughter



DECLUTTERING WITH DORIS

Doris Cassan



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

Dear Doris,

I have clothing I love but it is ripped or stained. I would love to keep wearing it but I don't want to look like a bag lady. How do I deal with these pieces?

Signed, Raggedy Ann

Dear Raggedy,



Upcycling clothing is a big trend and you may think that has nothing to do with clutter. But it does! If you can make clothing last longer by modifying it, you won't bring more stuff into the house. And you will reduce landfill. If I really can't get a stain out of a shirt, I applique or embroider over it. Patches can be beautiful. Also, check out the Japanese art of Sashiko. I have made a top out of some beautiful mens' ties. Your turn: tell me about your upcycles!



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!)





"There is nothing better than a friend,
unless it is a friend with chocolate."

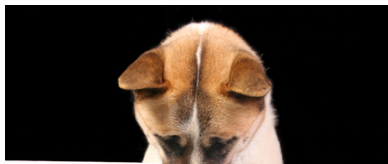
— Linda Grayson



Thank YOU, Blessings! ❤️

Blessings To You in Palmerston, has generously donated \$1,800.00 to the Seniors' Centre for Excellence, to be used for special event speakers, ZOOM meetings, entertainment, and dining programs. How grateful we are for the support!

Pictured left to right are Joni Timbers, Carolyn Kuipers, Helen Edwards (Seniors' Health Services Coordinator), Cory Harrison, Curtis Bradley, and Anne Boychuk.



Check this out! ↓

We are excited about starting a Community Board (pilot) Program in Mapleton in 2026. The *Good Neighbour Project* is all about matching seniors who need help around the home or yard, with volunteers who have the required skills. We would like to hear what tasks you need assistance with, or where you might be able to help someone. We are looking forward to designing a program that will meet everyone's needs.



Contact: hedwards@mapleton.ca
or call the office: 519-638-1000

**KAY AYRES &
SENIORS' CENTRE for EXCELLENCE**
presents
Mount Forest N.O.W.
Nurturing Our Wisdom Workshops

THURSDAY, JULY 9, 2026, 1 PM
MOUNT FOREST SPORTSPLEX

**No Need
to Register**

850 Princess Street

**Free
Admission**

Discover the Story behind Varney's Favourite
Local Gem - **Pebbles Family Buffet!**



Ontario



Come listen to **Cameron Gerber** share Pebbles' history and what happens behind the scenes. Enjoy a slice of their famous Banana Loaf. **Lucky Prize Draw** with plenty of prizes to win!

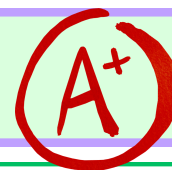
Phone 519-638-1000

jbrown@mapleton.ca



Canadian Math:

How do Canadian students do so well in school? They get a lot of "ehs."



A Reader Asked...



I am noticing that my wooden chopping board looks a bit dowdy and dried out. I also received a charcuterie board for a gift this past Christmas and I would like to keep it looking good. Is there something I can do to revive my old cutting board and preserve my new charcuterie? Any advice appreciated. Thanks. GM

Thank you, to expert, Licensed Carpenter, Gilles Belec for answering this reader's question.



Gilles' Reply:

There are a few choices, GM. First, for your older chopping board, I would suggest you sand it down with #120 grit sandpaper, followed by #220 to make it nice and smooth. Then you have a few choices for the finish.

Mineral Oil is a popular and affordable choice. It's non-toxic, odourless, colourless, and doesn't go rancid. It soaks into the wood to prevent moisture absorption. But, it doesn't create a hard, durable surface, it offers low water resistance, and requires frequent reapplication.

You can purchase a premixed mineral oil blended with beeswax. This is what I will typically use. It is a common and effective combination. You can buy this pre-made version (I get it at Lee Valley) or you can make your own (typically a 4:1 or 5:1 oil to wax ratio, gently heated until the wax melts into the oil). It is easier to purchase the premade version, though!



There is another option. Walrus Cutting Board Oil is specifically designed for cutting boards, that is available but it is a little expensive.

Whatever finish you use, make sure the container indicates that it is "food safe." I would also suggest you treat both your "revived" cutting board and your newer charcuterie board once a year.

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!



The name, Canada, is derived from an Iroquoian word for "village—*kanata*. French explorers had heard *kanata* used to refer to the area near present-day Quebec City.





PIG PICKIN' CAKE

Submitted by Bobbi Denny

This Pig Pickin' Cake is a wonderful, easy-to-make dessert. Three layers get topped with frozen whipped topping and pineapple.

Ingredients

1 Pkg Duncan Hines Yellow cake mix 3 eggs
1/2 Cup oil 1 can (8oz) Mandarin oranges less 4 Tbsp juice

Instructions:

Mix all ingredients in a bowl for 4 minutes with a mixer
Pour into 3 greased and floured round 8 inch pans or 9 by 13 pan
Bake @ 350 deg for 15-20 minutes or until done.



Frosting:

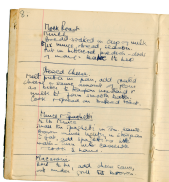
Combine one large box of instant vanilla pudding with one 20 oz can of crushed pineapple mix and let stand 5 minutes. Fold in 12 oz Cool Whip and frost the cake between layers and on top and sides



Weird Cravings: Cookbooks and Recipes

If you think, *Pig-Pickin' Cake* is an odd name for a recipe, have we got a treat for you. Come join us in Clifford at our July SCE Dining Program and enjoy a unique and interesting presentation:

Editor's Note:



Ever wonder why we started compiling recipes into books? How did changes in society affect what we eat? Why was everything in the 70s shaped like a fish? Weird Cravings attempts to answer such questions by looking at the history of cookbooks and recipes from the mid-1800s to the 1970s in Canada.

Join us and let's laugh and learn together! (See Page 2 for details.)



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](#)





On June 20, 1868, Governor General the Viscount Monck issued a Royal Proclamation asking for Canadians to “celebrate the anniversary of the confederation. This holiday was given the statutory value on 1879 and was designated as the Dominion Day.



How to Update a Contact's Information



Step 1

Open Outlook email program: →

Step 2

Click the People icon in the left of the Outlook bar – the one with all the icons lined up.



Step 3

Find Contact's name and then right click and locate 'Edit Contact.' Click on it.

Step 4

Change email address or other information. Then click Save & Close.

Step 5

To go back, click on the envelope icon.

John and Jane Doe - Contact

File Contact Insert Format Text Review Help Tell me

Save & Close Delete Save & New Forward Send to OneNote Show Meeting Address Book Names

Full Name... John and Jane Doe

Company

Job title

File as Doe, John and Jane

Internet Email... adoeadeer@soundofmusic.com

Display as adoeadeer@soundofmusic.com

NOTE: If you wanted to delete a contact, right click the name and then hit **delete** (see step 3).



Getting older is fine. There is nothing you can do to stop it, so you might as well stay on the bus and enjoy the ride!

