



Heart & Soul of Wellington

SENIORS' CENTRE for EXCELLENCE

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

EDITION #73

519-638-1000

JUNE 2026



Milestones and Memories!

High Tea in Moorefield with Her Highness, 2023



(L to R) Kathy Watt, Dorothy Dickson, [Her Majesty], Joan Miller, Nadine Peel.

WELCOME

Welcome to June—**Seniors Month** in Ontario! This year the theme is "Fit, Active, and Healthy Seniors." The focus is on promoting wellness, social connection, and education for older adults. We agree with the Government of Ontario, staying active, connected, and engaged is key to healthy aging. We hope to see you at an event soon!



Helen

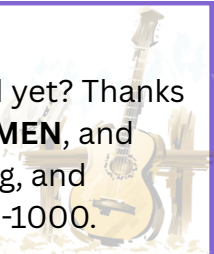
Helen Edwards

SCE Seniors' Health Services Coordinator

hedwards@mapleton.ca

Reminder: We are celebrating Seniors Month in Style on June 3!

Come join us at the Classic Country Dance with the **MooreBand**. Have you registered yet? Thanks to our generous sponsors, **JACK FINANCIAL**, the **DRAYTON LEGION**, **DRAYTON KINSMEN**, and **RON & BARB ELLIS**, we are going to have a fabulous afternoon of dancing, reminiscing, and appreciation! Get in touch today. hedwards@mapleton.ca (preferred) or call 519-638-1000.



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

FOLLOW



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





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. June 10	12 pm \$20	Harriston United Church	Donna McCaw, Author Stories from the Farm
Palmerston	WED. June 17	12 pm \$20	James Street United Church	Rhoda Siebert Stories of my Mother-in-law
Clifford	WED. June 24	12 pm \$20	Clifford United Church	Seleda Fry Growing up Mennonite

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!*

A Date with Fireflies



The only clear recollection I have of seeing fireflies was on the night I had my first date with my husband. You may wonder why we watched fireflies on a date. Fact is, Mennonite couples didn’t date the way other young (non-Mennonite) people did.

Our youth group met each Sunday evening for what was called ‘singing’. We met in someone’s home and sang hymns in four-part harmony. Taking a girl home from ‘singing’ was what amounted to a date.

If a boy wanted to take a girl home he would usually ask her through someone else, perhaps her older brother, or whoever the driver was who had given her a ride to ‘singing’.

Once a couple was going steady, they would go to the girl’s home, where they would spend time together in the family’s living room. But if they weren’t going steady, they would usually find a place to park and spend time chatting in the boy’s car.

That is why John and I found ourselves parked in a woodlot off a country road where we saw the fireflies. There were hundreds of them dancing outside the windshield. I was enchanted and I remember John explaining all about them. I don’t remember what he told me about them, but I found out through the years that this young man knew more about nature and God’s creatures than I ever did!



Editor’s Note:
Curious about Growing Up Mennonite? Join Seleda at the Clifford Dining Program on June 24, and hear all about it.



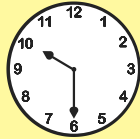


ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

Tuesday



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



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

June 2, 2026

Amelia Fletcher, RN MFFHT



Hints & Helps. Living with Diabetes

June 23, 2026

Jane McKinnon

Coastal Rowing Adventures

June 9, 2026

Karen Drabyk, Volunteer



Volunteerism - Wheels of Hope

June 30, 2026

Doris Cassan, Retired!

Our trip to Osoyoos, B.C.



June 16, 2026

Alyson Colton, Reg. Dietitian

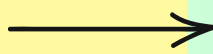


Cooking with Alyson

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

Thursday, June 25, 2026



June Writing Prompt

Doris Cassan

HATS



Write your story...



As we exchange our winter toques for shady straw hats, think about the hats you have had in your life. Did you have favourites? To look at it from a different perspective, think of all the hats you have worn in life—as in roles. Were they comfortable to wear? And did any of your roles require a hat? What was that like?

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



Reflexology for Seniors: Gentle Support for Relaxation and Well-Being

Submitted by Gina Stewart & Liam Stewart

About the Authors: Liam has followed in his mother's footsteps as a therapist, and both he and Gina continue to provide professional reflexology services within the community.



Reflexology is a natural therapy that involves applying gentle pressure to specific reflex points on the feet, hands, or ears. These reflexes correspond to different organs, glands, and systems of the body. For seniors, reflexology offers a relaxing, supportive approach to maintaining overall well-being.

One of the most valued benefits of reflexology for older adults is deep relaxation. Aging can sometimes bring physical discomfort, stress, and sleep disturbances. Reflexology sessions often promote calmness by helping the body release tension and encouraging a sense of balance.

Another important benefit is improved circulation. As people age, circulation can slow due to reduced physical activity or certain ailments. Gentle stimulation of reflex points may help encourage better blood flow, supporting the body's natural processes. Reflexology may also help reduce minor aches and pains as it encourages the body's natural healing responses and may ease stiffness in the feet, legs, and other areas. While reflexology is not a cure for medical conditions, it can complement a senior's present care and provide comfort and relaxation.

Safety is always important for seniors. Reflexology should be performed by a trained therapist who understands age-related health issues.

What can Reflexology do for you?

Here is a testimonial from a 90-year-old client who has experienced the benefits of reflexology:

At my first appointment, I was amazed at how the reflexologist could find sore and tense spots on my feet—there was always a corresponding ailment somewhere in my body. Gentle tweaking and massaging, with the therapist's miracle fingers, usually worked out the blockage. I always left a session feeling as if I was 'walking on air,' and wow—did I ever sleep well those nights! I truly believe that regular reflexology sessions are a big part of why I've reached the comfortable and happy age of 90.

Just like a car runs better with regular checkups, our bodies benefit from a little care, too. If you do nothing more, please consider treating yourself to one of these energizing sessions. — Ruth W.

Check this out!



Liam Stewart, Certified Reflexology Therapist, offers professional reflexology sessions at Drayton Massage & Osteopathy (24 Wood St, Drayton). On **Thursday, June 18**, to celebrate Seniors Month, Liam is offering a **FREE** 20 minute session for seniors. Come experience the benefits for yourself. By appointment only

**Call and book your appointment, soon:
226-622-1518**

THE HOME PLACE

(Donna McCaw, Author)



Editor's Note: If you enjoy Donna's story here, you can come hear more. Join us in Harriston on June 10 at the Seniors' Centre for Excellence Dining Program, and meet Donna in person. (See Pg. 2)

"To be born on a farm is the greatest good that can befall a human being."

—Peter McArthur



The farm had been in our family since 1864; a long time for the young country of Canada. A century farm in 1967. A place to grow up with roots, memories, stories, and certainty. A place to grow up busy and a bit wild. A home for always.

The first building was a log cabin by the road with a dug well and shutters on glassless windows to guard

against bears and other intruders. The barns and a chicken coop followed, and, finally, an Ontario style two story wooden farmhouse.

Show that place to the grandkids now living in towns and cities. Take them home. Let them feel what childhood on a farm with family is like. Show them the calves in the spring, the big garden as it grows, pull a carrot out of the ground and taste it. Show them the crops of wheat and oats and barley, the apple trees, the pond lined with turtles and frogs, the corn knee high by the beginning of July and a great hide and seek place in the fall.

Take them to the one room school with the iron pump and the two outhouses, the wooden desks bolted to the floor, the ink wells and the badly chipped porcelain wash basin.

Go to church where the old folks make a fuss over them and where they have to sit quietly and listen and join in the singing of hymns together.

Show them the pictures on the walls of the home place, the images of the hard-faced farmers, the pioneers, their great, great grandparents, and imagine their lives of hard work and long winters. Those ancestors are their roots, the shoulders they stand on, where they came from, that they may find the resilience and gumption it takes to carry on.



Get them helping with the haying, driving the cattle to the back pasture, feeding the orphan calf, driving the tractor with grandpa or baking cookies with grandma. Let them contribute and be part of the daily chores and routines.

Sit down with family and their stories and eat mashed potatoes, string beans, and roast beef with gravy that never saw a supermarket. Taste homemade pies like fresh baked apple or peach, rhubarb custard, or elderberry.

Make a mark on the wall to see how much taller they are than last time. Teach them to play euchre, checkers, and crokinole or baseball in the front yard. Watch the deer visit the harvested corn field. Pick pears, apples, cherries, or produce from the garden, for the trip back.

Give them a taste of the reality and the stretch of history, and family, and the warm hug —the love of the home place. ♥

Hooray for Seniors!



Colonel Harland Sanders – Established the Kentucky Fried Chicken restaurant chain at age 65; nine years and 600 franchises later he sold his share for millions.



Pet Corner

TOODLES & RUFIO

Submitted by Donna Fulcher



Our grandson, Ripley, has two new friends called Toodles and Rufio. They are the newest edition to the collection of chickens, ducks, quails, finches, and cats in their busy household. These cute fluffy ducks seem quite content floating in the bathroom sink or exploring the outdoors. Ripley enjoys all his pets, and the neighbour tells us she loves hearing Ripley wishing them a good night before he heads to bed.



DECLUTTERING

Doris Cassan

WITH DORIS



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

Dear Doris,

I want to declutter, but I am physically unable to stand for more than ten minutes, and I cannot lift things or reach them down from shelves. How do I do this?

Signed, Sore Sorter

Dear Sorter,



It is important not to hurt yourself when decluttering. The most obvious strategy is to have help. If you don't know anyone you can ask, try asking a neighbour, a family member, a volunteer agency, your church, the VON or call the Seniors' Centre for Excellence and ask about their *Good Neighbours Project* (see page 7). If someone can put a few boxes where you can reach them sitting down, that would be a good beginning. It is easier to reach a box on the floor while seated on a chair. Declutter in small batches—a drawer, a box, a shelf. It isn't going anywhere!



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!)





"May the stars carry your sadness away, May the flowers fill your heart with beauty,
May hope forever wipe away your tears, And, above all, may silence make you strong."
- Chief Dan George, Tsleil-Waututh Nation

Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD	Wednesday June 17	10:30 am	Moorefield Hall 15 Ball Avenue
DRAYTON	Thursday June 4 & 18	10:30 am	Drayton United Church 34 Main Street, East



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



The Seniors' Centre for Excellence
presents



Wisdom Workshops

Senior Benefits & Tax Credits

- Canadian Dental Plan
 - Disability Tax Credits
 - Guaranteed Income Supplement
 - Financial supports available
 - Medical expense claims & more
- 👉 Come Ask Your Questions!

Thursday,
June 4th, 2026

1:30 pm – 3:00 pm

Mount Forest Library

Presenters: Canada Revenue Agency Canada

Sheena Barnett (CRA) & Ashitha Jacob (SC)

- Volunteer & Benefits Outreach - CRA
- Citizen Services Specialist - Service Canada

Free Admission &
Refreshments
- bring your own Coffee Mug!

jbrown@mapleton.ca



RSVP

519-638-1000

Those aren't gray hairs! They are "wisdom highlights" and we're looking quite distinguished!



A Reader Asked...



I was thinking about a friend of mine who was going through the inheritance taxation process of clearing the will. It seemed like it was it a high percentage of taxes my friend had to pay. Also, I wonder if there may have been things that could have been done prior to reduce the tax payout. Any suggestions? LS

Thank you, to expert, **Cathy Burton**, from **Burton Tax Service** in Drayton, for answering this reader question.

<https://www.burtontax.ca/contact>; 519-444-5959



Cathy's Reply:

Firstly, in Canada, we do not have an "inheritance tax" like some other countries. However, when someone passes away, there can still be significant costs involved in settling an estate. Often, what people are referring to, is a combination of probate fees and taxes triggered when assets are deemed to be sold at death.

For example, investments, cottages, rental properties, or registered accounts may create taxable income on a final tax return. Probate fees may also apply depending on how assets are owned and how the estate is structured.

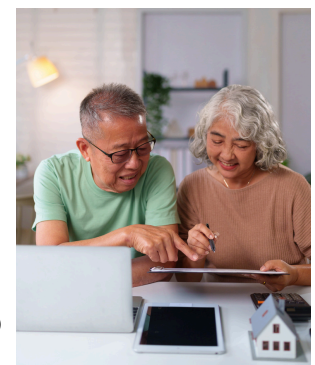
The good news is that with proper planning, there are often strategies available to help reduce costs and simplify the estate process for loved ones.

Every situation is unique, which is why we strongly encourage individuals to work with their trusted professional trio – a financial planner, lawyer, and tax professional – to ensure their wishes are carried out in the most tax-efficient and organized way possible.

Just as importantly, create your plan and revisit it regularly. Families grow and change, financial situations evolve, and relationships shift over time. Reviewing your will, beneficiary designations, and overall estate plan every few years helps ensure your wishes are still current and reflects the legacy you want to leave behind.

I've never met anyone who wished they had waited longer to start planning. And while nobody really wants to have these conversations, it's important to have them. Talk with your family about your wishes, so the people you care about most understand your plans and can support them when the time comes.

Estate planning is not just for the wealthy – it's an important part of protecting your family and your legacy.



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!



JEAN PETTIT'S BEAN SALAD

shared by SCE Caterer, Sarah Rooyakkers

This Bean Salad was a hit at one of the SCE Dining Programs. Sarah got this recipe from her grandmother's collection, but she has no idea where she got it from or whether it was her own creation. The recipe was typed on a typewriter, and she has scratched out and changed some ingredient quantities.

Ingredients

- 1 can of green beans, drained
- 1 can of yellow beans, drained
- 1 can of kidney beans, washed
- Cut up 1 green pepper and 1 onion (any kind)

Sauce:

- ¾ cup white sugar
- ½ cup Mazola oil
- 2/3 cup vinegar
- ½ tsp salt



Instructions:

Mix together and let stand overnight. (It's just that easy!)



SENIORS' CENTRE for EXCELLENCE & KAY AYRES

presents **Mount Forest N.O.W.**

Nurturing Our Wisdom Workshops

**THURSDAY,
JUNE 18, 2026,**

No Need
to Register

Free
Admission

MOUNT FOREST SPORTSPLEX 850 Princess Street

Building Your Support System as You Age

1 PM



with **Christine Platt**

Waterloo Wellington Older Adult Council



 **519-638-1000**



Waterloo Wellington
Older Adult Council



jbrown@mapleton.ca



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 the services below, but you or your loved one may have to be assessed to determine eligibility.)

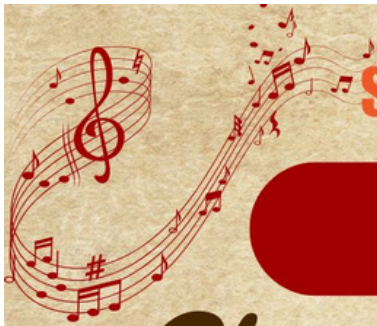
- **VON- Meals on Wheels, Transportation & Adult Day Program:** 519-323-2330
- **OHAH- PSW, Physio, & Occupational Therapist services:** 310-2222 (No area code required!)
- **Alzheimer Society-** Information and support for those living with dementia & their caregivers: 519-836-7672

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



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





SENIORS' CENTRE *for* **EXCELLENCE**



**COME CELEBRATE WITH US AT THE
PMD ARENA IN DRAYTON (68 Main St. W)**

Classic Country Dance

with

The MooreBand



SENIORS' MONTH

WEDNESDAY JUNE 3, 2026 | → 2PM

EMAIL RESERVATIONS PREFERRED

HEDWARDS@MAPLETON.CA | (519-638-1000)

Thank You

**TO OUR GENEROUS
SPONSORS!**

