



Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #70

Márch*

A Word from Helen



Helen Edwards
SCE Seniors' Health
Services Coordinator

hedwards@mapleton.ca

**Please note: In case of inclement weather, if school buses are not running in North Wellington, then our Dining and Coffee Programs will be cancelled, too.*

Check here for updates about bus cancellations:

<https://stwdsts.ca> 

Kindness is Free. Pass it on!

I was just thinking about a conversation I had with a friend on the way home from work the other day. We were talking about how crazy the world seems right now, and how it can seem depressing and cold.

But then, we both agreed that there are far more kind people in this world than we sometimes notice. We decided that it is because kindness tends to be quiet and humble. Kind people see all that is wrong in this world, but they react by going about their day making their corner of the world a better place—one act of kindness at a time.

So, a shout out to all the kind people in our communities! Being humble, you may not even recognize that right now someone is thinking of you and your kindness. Here is my challenge for this month: Reach out to someone who has done something kind for you and thank them. It could be a quick note in the mail, a phone call, or an email. We need to acknowledge kindness with the same ferocity that we point out all that is wrong with this world. Kindness is contagious. The more we acknowledge the kind people in our lives, the better our perspective will be.

Helen



We are interested in starting a Community Board Program in Drayton in 2026. The idea is to match seniors who need help around the home or yard, with people who have the required skills. We would like to hear what tasks you need assistance with. This will help us design a program to meet your needs.

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



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



Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
DRAYTON	Thursday March 5 & 19	10:30 am	Drayton United Church 34 Main Street, East 
*MOOREFIELD	*Postponed until renovations completed		Moorefield Hall Ball Avenue



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. Mar. 11	12 pm \$20	Harriston United Church	Mike McGill WCMA Wash on Monday... The Evolution of Laundry
Palmerston	WED. March 18	12 pm \$20	James St. United, Palmerston	Bob Lalonde Safe Driving as We Age
Clifford	WED. Mar. 25	12 pm \$20	Clifford United Church	Rhoda Seibert 100 Years of Memories
 Arthur	FRI. Mar. 27	12 pm \$20	Arthur Arena	(Bria & Drew) Moore Band Music Hits from the 60s & 70s



You know it's a cold day when your teeth start chattering and they're still on the nightstand!



Arthur Coffee Group

Requested announcement

Come join us each Wednesday, 9:30 am to 11:00 am at Saint Andrews Presbyterian Church, 149 Frederick St. E Arthur.

Contact Faye Craig
226-821-0258 for information.





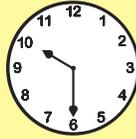
ZOOM with us!



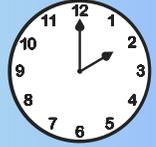
SENIORS' CENTRE for EXCELLENCE

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

Tuesday



Thursday



March 3, 2026

Rosemary Wagner

An Illustrated History of the Founding of Wellington County Museum & Archives.



March 5, 2026

Dale Franklin PDH Dev. Foundation Officer

An Update and What's New at Palmerston District Hospital?



March 10, 2026

Dorothy Guerra, Realtor

Downsizing with Ease



March 12, 2026

(Dr.) Nicole Lymes PhD Kinesiology WLU

Musings of a Local Artist



March 17, 2026

Alyson Colton Reg. Dietitian

Cooking with Alyson



March 19, 2026

Amy Phillips, Yoga Instructor

Let's Do Some Yoga!



March 24, 2026

Katie Clarke WCMA

Hearth & Home in Wellington County



March 26, 2026

Laura Greenway R.N. B.A.Sc. Gerontology Care Office Owner

Right At Home Canada. Aging in Place



March 31, 2026

Danielle McIntosh Reg. Dietitian

Better Diet = Better Sleep!



MOUNT FOREST & DISTRICT SPORTSPLEX

850 Princess Street

Mount Forest N.O.W.

Nurturing Our Wisdom Workshops

SENIORS' CENTRE for EXCELLENCE

Free Lunch! Burgers, Veggie Burgers, Coleslaw & Ice Cream kindly provided by Steve Chambers (WIN Financial) & A+ Catering.

1 PM



Money Matters & Financial Tips for Seniors

How to Plan for the Future

A Financial Planner from Manulife will share valuable Financial Tips

- No Need to Register
- Free Admission



519-638-1000



jbrown@mapleton.ca



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





I once dated a guy who broke up with me because I only have nine toes. Yes, he was lack-toes intolerant



Why Routines Matter in Winter

Previously Published Dec 10, 2025 - McMaster University Optimal Age Portal

Routines create structure, which can help support both physical and emotional health. Regular habits—like waking up at the same time each day or planning activities you enjoy—provide a sense of stability when the season feels unpredictable. They can also help maintain healthy sleep patterns, keep you active, and reduce stress.

Start with a Morning Anchor

How you begin your day sets the tone for the rest of it. Opening the blinds to let in morning light, savouring a warm drink, or engaging in gentle stretches can help boost your energy and mood. These small actions signal to your body and mind that the day has begun, even when it's still dim outside.

As winter settles in and daylight hours grow shorter, it's common to feel a shift in energy, motivation, or mood. Colder temperatures and longer nights often mean we spend more time indoors—and that change in rhythm can quietly affect our well-being. One simple but powerful tool for navigating the season? A consistent daily routine.

Build in Movement, Your Way

Short bouts of activity throughout the day help maintain strength, mobility, and balance—but they also give your routine shape. Whether it's a brief walk, light exercises at home, or dancing to your favourite music, movement can lift your spirits and keep your body feeling its best.



Stay Connected, Even from Home

Social engagement is an essential part of a winter routine. Regular phone calls, scheduled visits, community programs, or virtual meetups provide something to look forward to and help maintain meaningful relationships.

Create Evening Habits that Support Rest

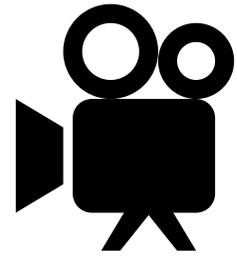
Winding down predictably at night can improve sleep quality. Dimming lights, reading, or enjoying calming music can all help prepare your body for rest. Try to keep bedtime consistent—your future self will thank you.

Small Steps, Big Impact

The goal isn't to create a rigid schedule, but to build gentle systems that support you through the season. Even a few simple habits woven into your daily routine can make winter feel more manageable and comforting.



By embracing routine, you can bring rhythm, stability, and a sense of well-being to the coldest months of the year. Winter may be long, but a little structure can make it feel warmer, brighter, and more balanced.



Mrs Soffel

Submitted by Helen Meyers

In March 1984, while we were living in Elora, a casting call went out for extras in a movie, *Mrs Soffel*. This romantic drama, starring Diane Keaton and Mel Gibson, was filmed in Elora. I submitted a photo, as requested, of myself and our twin boys. Weeks went by, and we hadn't had a response to our application. We figured we weren't accepted, so we were surprised when we received a phone call inviting us to come to the dress rehearsal.

My sons and I were excited, as well as nervous. Filming went well into the wee hours of the morning. At one point, Diane Keaton, excited to hear that two of the extras were twins, came over for a chat between scenes. She gave each of the boys a kiss on the cheek. We didn't have any direct interaction with Mel Gibson, but got close a few times. I still recall the few lines we said during the filming, "You murderer! You murderer! You killed him! You killed him!" It was fun and an exciting "once in a lifetime experience" for me and my twins.

A Date with Kurt Browning



Submitted by Kathy Floren

My youngest daughter, Amy, played rep girls' hockey for Brampton when she was a teenager. She was an exceptional goalie, even being scouted for Princeton University.

At the time, there was a television series geared to teens, called *Ready or Not*, starring Laura Bertram (Amanda) and Lani Billard ((Busy). Busy's role was that of an avid sports person. The show planned to do an episode with Kurt Browning, Canadian figure skater, choreographer and commentator. On that episode it would be as if he was filming a commercial and would be on the ice shooting pucks at Busy (who was playing the part of a goalie). Turned out Busy needed a double in the net as she was definitely *not* a goalie. Amy was contacted to play that part, and she would be paid for it!



Other players from a few different leagues were also there so it would look like a hockey event. Amy was thrilled to spend the whole day with the cast, crew and special guest, Kurt Browning, doing what was asked of her.

Kurt goofed around skating during all the "cuts". It was definitely awesome to watch him do jumps. He chatted to Amy often, and invited us to have lunch with him. At lunch he was interested to learn about girls' hockey and especially enjoyed hearing about Amy's team winning the privilege to play at Maple Leaf Gardens. Amy was pretty proud to share with Kurt that she ended up winning MVP of that game.

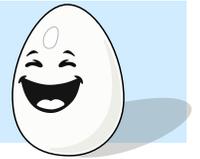
It sure was a great day and an experience of a lifetime seeing how much work goes into creating each scene of a 30 minute episode of a television series, not mention having lunch with Kurt Browning!



Amy with Kurt Browning



My friend said she wouldn't eat cow's tongue because it came out of a cow's mouth. I gave her an egg.



Pet Corner

Welcome Winston!

Submitted by Glynis Belec



Since we officially adopted Winston last November, there is rarely a dull moment in our home.

From acrobatic antics to the flying trapeze, Winston keeps us entertained (and wondering what he will get into next!)



Some days, Winston thinks he is a dog. He can sit on command, fetch his small ball, and drop it at our feet, anticipating yet another toss across the floor.

It's been our pleasure watching our new clever feline friend settle into his new digs with us and we can hardly wait to see what he will get up to (or into) tomorrow.



A Reader Asked...

Someone told me that if I find a cellphone I can just pop it into a red Canada Post mailbox and they will ensure the phone is returned to the correct owner. Is that true?

Thank you to Michael Meunier, our tech savvy person who is always available and ready to answer our many questions. We appreciate you!

The Canada Post Mailbox “Trick” can be Tricky

There is a common belief that you can drop a lost wallet or cellphone into a red Canada Post mailbox and they will return it. While postal workers often try to get these items to a local police station or the owner (if an ID is present) it is not a formal service to deal with electronics, due to lithium battery shipping regulations. I don't recommend this trick.



(P.S. More tips from Michael about “lost cellphones” on page 7)

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!



Did you know muffins spelled backwards is what you do when you take them out of the oven.



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 ...

March Writing Prompt

Doris Cassan



Write your story...

High and Dry

Write about someone who was abandoned with few or no resources. How did they get out of the situation? Or you could write about something or someone who is literally high and dry—a high altitude desert, maybe; a cliff top shelter with no water; shipwrecked on an island in the ocean.

Anything goes with creative writing!

Doris

DECLUTTERING

WITH DORIS

Doris Cassan



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

Dear Doris

I have difficulty letting go of sentimental things like my baby's first lock of hair or my mother's hand embroidered handkerchief.

Signed, Hankering for Hankies

Dear Hankering

This is the most difficult decluttering. Ask yourself what emotions are associated with the items. Choose one to keep, that represents the category e.g. one teacup, framed in a shadow box. Another idea is to make something out of the sentimental item, e.g. a quilt or a jacket made from significant articles of clothing or perhaps an old, damaged quilt.



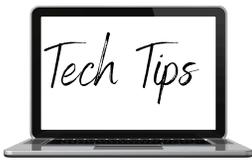
Facebook Conversations, Information, Thoughtful Thursdays

You need to come check out our Facebook page for so many reasons:

- find out what's happening at the Seniors' Centre for Excellence
- stay informed about the latest health information
- learn about upcoming workshops and events
- join in on our Thoughtful Thursday Challenges and have a chance to win wonderful prizes each month ... and more!

[FOLLOW](#)





How to Help a Good Samaritan Return Your Lost & Locked Smart-Phone (PART 1)

by Michael Meunier



Losing your cellphone is stressful, but there are a few built-in ways to help a Good Samaritan return it to you without them needing your passcode to unlock the phone.

Here are the most effective methods to make your lost and locked phone "return-friendly":

1. Add a Custom Lock Screen Message (Android)

Most Android phones allow you to put a line of text directly on the lock screen. This is the most visible way to provide contact info.

- How to do it: Go to Settings > Lock screen > Contact information.
- What to write: "If found, please call [Secondary Phone Number] or email [Your Email]."
- Tip: Never list the phone number of the device you're currently holding! Use a family member's or friend's number.

2. Set Up a Medical ID (iPhone & Android)

Both platforms have an "Emergency" button on the passcode screen. If you set up your Medical ID, someone can tap that button to see your emergency contact person and call them directly from your locked phone.

On iPhone:

- Open the Health app.
- Tap Medical ID > Edit.
- Scroll to Emergency Contacts and add a trusted person.
- Ensure *Show When Locked* is toggled ON.

On Android:

- Go to Settings > Safety & emergency (or search "Emergency" in settings).
- Tap Emergency contacts and add a contact.
- Make sure the option *Show on Lock screen* is enabled.



3. The "Wallpaper" Hack (Universal)

If your phone doesn't support custom text, or if you want the info to be impossible to miss:

- Open a note-taking app to type: "IF FOUND, PLEASE CALL: 519-123-4567, Thanks!"
- Take a screenshot of that text.
- Open Settings > Wallpaper and use that screenshot as your Lock Screen Wallpaper.



Enjoy samples of Authentic Thai Cuisine from One Dees Thai Kitchen

"ARMCHAIR TRAVEL"

to

THAILAND

with

Rick Secko

2 pm - 3:30 pm

Drayton Legion

15 Elm St. Drayton

\$10

**Friday
March 13**

Ontario 



REGISTER NOW

jbrown@mapleton.ca

519-638-1000





Come Experience a Psychedelic Journey Back in Time with Us!



Get ready to groove with **Bria & Drew Moore** at the Arthur Community Centre on **Friday, March 27!** It will be an unforgettable afternoon dining on a delicious meal and celebrating the iconic sounds of the 1960s and 1970s. Don't miss out on having a far-out time with friends and music lovers alike! 🎵🎵🎵



Call today to book your spot! 519-638-1000

Ontario 



SPINACH AND BARLEY RISOTTO

*A great recipe from our "Cooking with Alyson" ZOOM session. I was rather hesitant about making this recipe, but tried it anyway. Delicious! I had all the ingredients except the spinach, so it was an inexpensive recipe to make. Great dinner idea. **Patti Emery...***



Ingredients

- 2 tablespoons olive oil
- 1 Small onion (finely chopped)
- 2 cloves garlic (minced or pressed)
- 1 cup pearl barley
- 1 teaspoon lemon zest
- The juice from 1 lemon (about 2 Tbsp)

- 4 cups low sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 150g baby spinach (roughly chopped)
- 1 cup grated parmesan cheese
- 1 tablespoon butter

Directions.

Pre-heat oven to 350°F.

In an oven-safe skillet or cast iron pan, heat olive oil over medium heat. Add onion and sauté until soft, about five minutes. Add garlic and sauté for another minute. Add barley and stir until each grain is well coated in oil.

Stir in lemon zest and juice, chicken broth, salt and pepper and bring to a simmer. Remove from stove top and transfer to oven. Bake for 35-40 minutes, stirring well halfway through. Remove from oven and stir in spinach until wilted. Stir in parmesan cheese and butter. Serve while hot.

From the extensive recipe collection of Alyson Colton. Reg. Dietitian MFFHT

Word of the Month

Bimble

(verb): to walk at a slow, leisurely, and often aimless pace without haste.



having fun



- March 1 - 🥜 National Peanut Butter Lover's Day
- March 8 - 👩 International Women's Day
- March 8 - 🕒 Daylight Savings Time Starts
- March 14 - 🍟 National Potato Chip Day
- March 17 - 🍀 St. Patrick's Day
- March 20 - 😊 International Day of Happiness
- March 23 - 🐱 Cuddly Kitten Day
- March 25 - 🍷 International Waffle Day

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



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SENIORS' CENTRE *for* EXCELLENCE



FRIDAY
March 13,
2026 ★

Your lucky day!

"ARMCHAIR TRAVEL"

to

THAILAND

with

Rick Secko

and

Enjoy Assorted Authentic
Thai Cuisine from

One Dees Thai Kitchen*

<http://www.onedeesthaikitchen.ca>

*Registration closes: Friday, March 6

Only

\$10

Ontario 

Come Join Us!



Drayton Legion

15 Elm St. Drayton



2 pm - 3:30 pm

REGISTER NOW



519-638-1000



jbrown@mapleton.ca