



# Heart & Soul of Wellington

SENIORS' CENTRE *for* EXCELLENCE

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

519-638-1000

EDITION #68

## January

### A Word from Helen

#### Embracing “Hygge”



**Helen Edwards**  
SCE Seniors' Health  
Services Coordinator  
[hedwards@mapleton.ca](mailto: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>*

*Welcome to January 2026, and your winter thriving newsletter.*

Each year Finland, Denmark, and Iceland rate amongst the happiest countries in the world. They have long winters with considerably less daylight hours than we do. So, what is their secret to happiness?

Could it be how they embrace “Hygge” and “Koselig?” As you flip through these pages, you just might discover a little more about these Scandinavian concepts that look upon the winter months as a season to thrive, not just survive.

**Hygge** has to do with creating a cozy living area. It can happen in a nook, a corner of your favourite room, or even in a larger area of your home. Suggestions to help set the mood include the use of candles (battery operated, of course), low lighting, and by giving yourself permission to lose yourself in a book, a puzzle, a crossword, or the like. Revelling in the comfort of the indoors is the goal; if your space has a view of the outdoors, all the better. Inviting friends to come and enjoy your cozy spot to enjoy a hot beverage, helps share the Hygge, too.



**Koselig**, is about embracing the beauty of the winter, outdoors. Heading outside, even for a short time during the cold spells to get a breath of fresh air, is important. Marvelling at the beauty of nature and becoming aware of how much clearer our sinuses feel as we inhale the cold air, allows us to experience Koselig. As we look around and notice the glitter of snowflakes and see how the neighbourhood dog bounds through the fresh snow, we feel better. Then, once it is time to head back indoors, we get to admire our Hygge all over again!

*Look for “Hygge” or “Koselig” ideas within the newsletter and let’s make Winter 2026 the winter you thrived!*

*Helen*



Join us for Coffee!  No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday Jan. 7 & 21	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR		<b>Cancelled until further notice.</b> 	



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](mailto:hedwards@mapleton.ca)

DINING PROGRAM	DATE	TIME - COST	LOCATION	GUEST SPEAKER OR EVENT
Harriston	WED. Jan. 14	12 pm \$20	Harriston United Church	Willa Wick "The Bridge" and other Tales
Palmerston	WED. Jan. 21	12 pm \$20	James St. United, Palmerston	Helen & Glynis Sayings & Idioms Trivia
Clifford	WED. Jan. 28	12 pm \$20	Clifford United Church	Come Learn more about ... Saugeen Hopice

### Come Experience a Taste of Hygge & a Measure of Koselig with Joanne



On , February 6, Mapleton Resident and Hygge specialist, **Joanne Wiersma**, will be joining us at a "special" Moorefield Dining Program. The lights will be dimmed, the mood will be peaceful, and as Joanne shares this incredible Norwegian experience with us, we will be reminded of how deep coziness, contentment, and well-being, is found in warm environments, good company, and simple pleasures. Mark your calendar now, and keep an eye out for more details. It will be a delightful "winter" experience to remember.





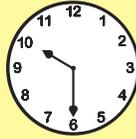
# ZOOM with us!



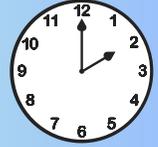
## SENIORS' CENTRE for EXCELLENCE

To get on the ZOOM list, contact [gbelec@mapleton.ca](mailto:gbelec@mapleton.ca) or call 519-638-1000

# Tuesday



# Thursday



**January 6, 2026**  
**Doris Cassan**  
Decluttering with Doris



**January 1, 2026**  
**No ZOOM**



**January 8, 2026**  
**Let us Introduce you...**  
Pet Patrol



**January 13, 2026**  
**Joanne Wiersma**  
The Joy of Hygge & Koselig



**January 15, 2026**  
**Nicole Spaling, Dental Hygienist**  
Preventative Oral &  
Dental Health for Seniors



**January 20, 2026**  
**Alyson Colton, Reg. Dietitian**  
Cooking with Alyson



**January 22, 2026**  
**Danielle McIntosh, Reg. Dietitian**  
Sensible Eating vs Fad diets



**January 27, 2026**  
**Laura Greenaway, Gerontology Officer**  
Aging in Place (Right At Home Canada)



**January 29, 2026**  
**Christine Platt, CMHA WWOAC**  
Building Supports for Aging



### Winter Tips for Staying Safe from Carbon Monoxide:



- Clear the snow away from exhaust vents
- Check or get someone to help make sure your vent system is working properly for furnace, stove, dryer, and water heater
- Get your furnace checked every winter
- Make sure you have a working carbon monoxide detector inside your home

*Our SCE Friend, Peter Fulcher of Drayton, dresses well to check the furnace vent at his home. →*

**Note:** If you require help to clear the snow away from your outside exhaust vents this winter, let us know. 519-638-1000





*Incorrectly* is the only word that, when spelled correctly, is still spelled *incorrectly*. @LaughWithEveryone



## Laneway Tobogganing in the 60s

Caroline Sealey.

With no lack of snow in the 1960s, my family spent a lot of time tobogganing after farm chores were done. The best toboggan hill was the neighbour's laneway.

The laneway was a quarter of a mile long and uphill. At the top were two broiler barns, a bank barn with a beef feedlot, a farmhouse, and a cottage with an outdoor pool.

Feed trucks, livestock truckers, chicken-catching crews, and agricultural salesmen struggled to make it up the laneway on a good winter day. Stormy days were a challenge for both experienced and inexperienced drivers. The stormier the weather, the better the laneway was for tobogganing. Much to our delight, when freezing rain coated the laneway with a thick layer of ice, the toboggan went farther and faster.

The well-worn four-seater wooden toboggan was perfect for me and my four brothers. One of them usually fell off on the way down the laneway. Sometimes the "dramatic fall" was intentional. Other times, a friendly shove from a brother behind, sent a sibling flying off into the ditch much to the delight of everyone. If the toboggan stayed on the laneway and slid down to the road, everyone cheered. Anytime the toboggan made it across the road and into the deep ditch on the other side, you were crowned the "King of the Hill." There was no concern about traffic on the quiet country road that was miles from the local village.

Plastic fertilizer bags couldn't compare to the old wooden toboggan for sliding, but they worked well for a shorter slide down the hill. They were much easier to carry back up the hill, too, as long as the wind didn't catch and take them away. The wooden toboggan wasn't too heavy to lug up as long as two people pulled and no one tried to sneak a ride on the way up. We were young, strong, full of energy, and looked forward to the rush of sliding back down the hill. That made the work of climbing up to the top much easier.



The cold temperatures, snow, and wind gave us all rosy red cheeks. Our toes and fingers stayed warm with the workout getting up the hill. Once at home, we hung our outer clothes up to dry by the furnace. Hot cocoa and homemade cookies awaited us in the kitchen. A perfect end to a perfect day.





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

—C.S. Lewis



## 10 Tips to STAYING Physically Active – Even in Winter

*Previously Published in Active Aging February 12, 2022*



1. **Enjoy yourself!** The perfect activity is that which is fun and enjoyable to you, and makes you forget about the fact that you are even exercising. If you are active, but aren't enjoying it, it's time to shop around for a more suitable activity.
2. **Everyone has good days and bad days.** On the days that you feel sluggish, don't set yourself up to fail. Try a little warm-up activity (stretching) and if you don't feel any better soon after, leave it for that day. However, move more on the days when you feel great. Take advantage of any little surges of energy that you have and get moving!
3. **If winter is getting you down, dress for the weather.** Put cleats on your boots, and carry ski poles for security on the snow and ice. Unless the weather is very bad, you will keep quite warm by moving, and the weather is not as bad as it looks once you get out there.
4. **If you do get "stuck" indoors, follow an exercise class on television, or make your own routine up to some of your favourite music.** Walk "laps" in your residence, even if you feel a bit silly. Going up and down flights of stairs is very good for maintaining your fitness level. March or dance on the spot if you don't have a lot of room to move in your apartment.
5. **Go to the local mall, church or school and walk "laps" indoors.**
6. **Getting into the habit of exercising is good, but you can get bored from doing the same thing day after day.** Try a different activity once in a while – most activity programs will let you try out the first class for free.
7. **If you have an arthritis flare-up, or a bad joint acts up, work around it and move all your good parts.** There is no point in letting the rest of your body get laid up too!
8. **Reward yourself for being active.** Set short and long term goals, and plan a "reward" for achieving that goal.
9. **Help someone else get started in active living.** Ask a neighbour if they would join you for a walk. If all active seniors helped one inactive senior get started, about 80% of all older Canadians would be in great shape!
10. **If you have a health set-back, talk to your doctor about alternatives to medication.** Perhaps a regular exercise session would be a better place to start addressing the problem (i.e. poor sleep, depression, aches and pains).





"You'll never get bored when you try something new.  
There's really no limit to what you can do." —Dr. Seuss



## Pet Corner

*Submitted by Helen Meyers*

Mickey 



A month ago, while away for the weekend at the “Roamin Donkey Air BNB” in Grey Bruce, we had a (wonderful) surprise. I had made coffee in the morning, but for some reason, it tasted awful. So my thoughtful husband offered to drive next door to “Kettles Restaurant” to grab me one to go! I gratefully accepted.

Moments later, my husband returned, coffee in hand, but his eyes sparkled with an unspoken secret. As he recounted the tale, I learned that, as he approached his truck, he heard persistent meowing. Looking around, he found no sign of a cat. But when he opened the passenger door, he was greeted by an astonishing sight—a tiny tabby kitten, curled up and waiting as if he belonged there all along. Shocked but amused, my husband gently scooped up the unexpected visitor and made his way back. All I could say was “Aww. Aww.”

We posted on social media to see if anyone had lost a kitten. No claims of ownership. However we had lots of offers to take him. We simply didn’t have the heart to just hand him over to a stranger.

Long story short. Our new kitten is called Mickey, and he is cute and feisty. What began as a quest for a simple cup of coffee became a serendipitous adventure, and we couldn’t be happier that Mickey chose us. 

*Wear a crazy hat,  
and come make  
music with an Ugly  
Stick -  
Newfoundland  
style!*

**SENIORS' CENTRE for EXCELLENCE**  
Mount Forest N.O.W.  
*Nurturing Our Wisdom Workshops*  
**A Newfoundland Party**  
- celebrate the New Year in style!  
**THURSDAY, JAN. 15, 2026,**  
**MOUNT FOREST SPORTSPLEX**  
850 Princess Street

*Join us for an  
afternoon of  
fun and  
silliness!*



**1 PM**

 **519-638-1000**  
 **jbrown@mapleton.ca**



**No Need  
to Register**  
**Free  
Admission**





**Hygge** (Indoor coziness & comfort); **Koselig** (Togetherness & Nature)

### Everyday Ideas

*Ways to bring more comfort, connection, and joy into daily life*



- Use a slow cooker
- Have candlelit dinners
- Embrace fika (coffee + cake)
- Read books or listen to audiobooks
- Watch nostalgic movies
- Reminisce with photo memories
- Make thoughtful gifts
- Practice daily gratitude
- Nap or sleep early guilt-free
- Buy yourself flowers
- Walk at sunrise or night
- Picnic in any weather
- Bring hot chocolate on walks
- Enjoy fire pits & s'mores
- Decorate with natural greenery
- Make outdoor space cosy with lights & cushions
- Write handwritten letters
- Bake for neighbours
- Plan experience days with friends

### Gratitude unlocks the fullness of life.



- It turns what we have into enough, and more.
- It turns denial into acceptance, chaos to order, confusion to clarity.
- It can turn a meal into a feast, a house into a home, a stranger into a friend.
- Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. *—Melody Beattie*

As we step into the new year, the Seniors' Centre for Excellence, in partnership with Waterloo Wellington Dufferin VON, would like to extend heartfelt gratitude to everyone who played a part in making the 2025 Christmas Stocking Program a success.

We are deeply thankful for our corporate sponsors, whose generosity and commitment helped us reach more seniors than ever before. To the many kind citizens who stepped up and sponsored one or more Christmas Stockings, we thank you, too. Also, we are so grateful to our friends and supporters who created the handmade quilts, the knitted mitts and hats, and to our friend who made the 175 beautiful handmade cards. The homemade decorations made by the children in the Mapleton After School Program were lovely, along with other thoughtful items we received from others. A big thank you, too, to our Christmas "gift-wrapping" elves, otherwise known as the *Waterloo Ravens* hockey team. Because of your compassion, Christmas was a little brighter and a little less lonely for so many seniors.

As we begin a new year, let's carry forward the spirit of connection and care that our friends have demonstrated. Thank you for helping us make this holiday season special, and for reminding us all of the power of community.



## 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](mailto:4luvwrds@gmail.com)



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

## January Writing Prompt

Doris Cassan



*Write your story...*

For 2026, I am going to alternate *memoir* cues with *general writing* cues. You can use those to write memoir stories but you can also let your imagination go wild and make up something!

This month's Creative Writing Cue is "Out of a Clear Blue Sky." Get yourself comfortable and let your mind soar!

*Doris*



## DECLUTTERING WITH DORIS

Doris Cassan



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

### Dear Doris

I have difficulty getting rid of things that I used in my career, even though I am retired. They hold a lot of memories and they were once useful. But they take up a lot of space. How can I let go? Signed, Yesterday Dreamer



### Dear Dreamer

We are all a work in progress. As you declutter, consider the person you are becoming. Not your fantasy self (that is a whole other problem!) but the person you are turning into. Will your possessions help that person, or are they all connected to who you were? You will not be that person again. Embrace the new, special, you!



- Do you have a burning question?
- Are you seeking guidance from a trusted expert?
- Our new "Ask the Expert" column is here to help!

We invite you to share your questions on any topic that matters to you. Each month, our featured expert will select questions from our readers and provide insightful, practical answers in the next issue.

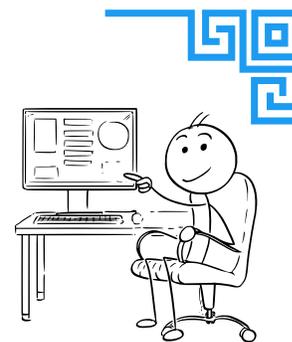
Submit your question [HERE](#) or call 519-638-1000. Don't miss this opportunity to have your concerns addressed by a professional. Your question could be featured in our next column!



## The Shake to Undo feature (iPhones only)

by Michael Meunier

Have you ever accidentally deleted a word or sentence while typing? Just give your iPhone a gentle shake, and it will undo your last action! This handy feature can save you a lot of time and frustration.



### How to activate it:

- Open any app where you can type text (like Messages, Notes, or Mail).
- Type something as if you made a mistake and you want to delete it.
- Shake your iPhone vigorously for a second or two (an “undo typing” dialogue box appears.)
- Select the “undo” option.
- Watch as your deleted text reappears!

Give it a try and see how it can make your iPhone experience a little more fun and efficient.



## HERB SHAKER RECIPE

*EDITOR'S NOTE: I made this “salt substitute” for savoury dishes, that Registered Dietitian, Juliana Van Osch, shared, and it is a delicious option. I did quadruple the recipe, however because I wanted a larger amount.*

### INGREDIENTS:

- ½ tsp. Basil
- ½ tsp. white pepper
- 1 tblsp of dry mustard
- 1 tsp. thyme
- 1 tblsp of onion powder
- ¼ tsp celery seed
- 1 tblsp garlic powder
- ¼ tsp rosemary
- ½ tsp paprika

### METHOD:

Mix all the ingredients into an empty shaker, along with a few grains of rice, to allow for easy flow when using.



**"It takes a while to reset your taste buds to get used to that lower-salt diet, but you can really make up for any flavour deficits by using more spices or more herbs."**

Dr. Amy Pollak, Mayo Clinic cardiologist,

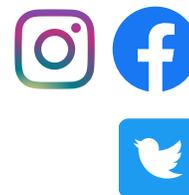
## Word of the Month

### Blazemoche

(n) The therapeutic tranquility one feels when listening to the crackling and burning of firewood.



## having fun



- Jan. 5 - 🐦 National Bird Day
- Jan. 15 - 🥯 National Bagel Day
- Jan. 19 - 🍿 National Popcorn Day
- Jan. 21 - 🐿 National Squirrel Appreciation Day
- Jan. 23 - 🥧 National Pie Day
- Jan. 24 - 🥜 National Peanut Butter Day
- Jan. 29 - 🧩 National Puzzle Day
- Jan. 31 - 🍫 National Hot Chocolate Day

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

