



October 2024

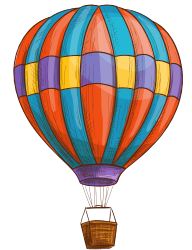


A Word from Helen

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

The last few mornings, on my way into work, the hot air balloons have been high in the sky—a sure sign of fall. It made me think about other things that signify the start of the season. Of course there is back to school, and the appearance of moms everywhere in their deep burgundy, orange and beautiful sunny-yellow outfits, and a new crop of crisp, juicy apples.

Happy
THANKSGIVING



One of the things that made me smile as I drove into work, was my memories of the new season of television. Remember the days when you would wait all summer for your favourite shows to restart? Always a cliffhanger at the end of each season to ensure that you would tune in again. And the TV guide. What an amazing way to plan your TV viewing experience. I would frighten my children when they were younger, explaining that when I was a child, cartoons were only on Saturday morning.

Recently, I was at an event and someone shared about a time when, as a child, she had to go and stay for an extended visit at her grandmother's. At home they had a colour TV; Grandma gave assurance that she had a colour TV, too. When she arrived her Grandmother's home, she saw that, sure enough, Grandma had colour TV. It was a sheet of red, green, and white plastic that was strategically placed over the black & white TV with what she described as less than stellar results.

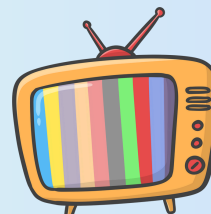


What are your favourite TV memories? Perhaps you could share them with your grandchildren? Maybe wait until the end of the month to tell them. You could scare the daylights out of them—just in time for Halloween!

Helen

TV Trivia

1. What was the name of the diner on Happy Days?
2. What was the name of Wally Cleaver's best friend?
3. What type of car did Starsky and Hutch drive?
4. What was the name of the gas attendant in the Andy Griffith Show?



Solution:

1. Arnolds
2. Eddie Haskell
3. 1976 Gran Ford Torino
4. Gomer Pyle



VON Celebrating 30 years of SMART Exercise!

Submitted by Kelly Gee

VON Canada has been leading home and community care in Canada for over a century. We help clients stay healthy, live well and remain active. We support those in frail and failing health and we contribute to the health and improved quality of life of Canadians in their homes and communities.



VON is celebrating the 30th Anniversary of the VON SMART® (Seniors Maintaining Active Roles Together.) They will be hosting a special Exercise and Falls Prevention Program on October 17th, 2024, in select locations.

SMART offers group exercise classes to community members 55 years and older, or to any adult living with a disability who want to improve their strength, balance, and mobility through low-impact exercise.

In 1994, VON started their first SMART Classes in London, Middlesex and Elgin counties. The program has expanded since then, and currently there are over 1,500 SMART Classes running each week in over 700 locations serving more than 10, 000 clients throughout Ontario and Nova Scotia.

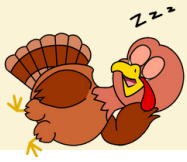
On October 17th, 2024 at 10:30 am, SMART will be celebrating this milestone by hosting exercise classes across every region (in-person and virtually). All sites will be participating in the same exercise class. We invite you to register to participate in a class in your region and help us celebrate the accomplishments of the SMART team and bring awareness to SMART. We are hoping to create a record attendance at classes on this day.

The classes in Wellington County will be taking place at the following locations:

- Village By The Arbouretum - Reid Hall, 221 Stone Rd. E., Guelph (Residents and VON Staff/Volunteers Only)
- Trinity United Church (Gym) - 400 Stevenson St. N., Guelph
- Melville United Church, 300 St Andrew St. W., Fergus
- Arthur Arena (Gym) 158 Domville St. Arthur
- Mount Forest and District Sports Complex (Leisure Room), 850 Princess St. Mount Forest



If you would like to attend in-person or virtually, please register and get more information by calling or emailing Danielle Dawkins - 519-803-0144 danielle.dawkins@von.ca



Why does eating turkey make you sleepy?

The tryptophan in turkey promotes the production of serotonin, a "feel-good" neurotransmitter.

My Visit to Washington D.C. in 1967

Derek passed away in August of this year.

We know he would be happy that his wonderful trip was shared with you!

I had visited many places, but in 1967, my family and I, including my wife Cynthia, daughter, Jennifer (8), and my son, Chris (6), were lucky enough to be given a tour of the White House. To be considered for a tour you had to know a congressman or senator and your names had to be submitted to the Secret Service. While I didn't know a congressman or senator, I had a friend George, who had worked on John Kennedy's campaign and was the lead for the implementation of the zip code at the United States Postal Service. He lived in an affluent neighborhood in Washington D.C. where many politicians resided and was able to arrange a tour just for the four of us.

We entered the White House at 8:30 in the morning, through a side door and were given a grand tour. We had access to all the public rooms including the Oval Office and meeting rooms. At one point during the tour, my son Chris asked the Secret Service guide when we would be meeting the President. The Secret Service agent told Chris that he was busy upstairs brushing his teeth.



Every President, upon inauguration, is presented gifts on behalf of people of different countries. The gifts that John Kennedy received that I remember the most from the display, were from the people of Ireland—a beautiful Waterford Crystal Chandelier. It was 10 feet high. Another gift, a spectacular set of china with the American Coat of Arms on it, had been presented on behalf of the people of England.

After the Whitehouse tour, we, and a group of eight others, toured the headquarters of the FBI. As a former policeman, I was a bit disappointed as I thought the premises weren't nearly as grand as the RCMP headquarters in Ottawa.

There was a firing range in the basement of the headquarters. We spotted an FBI agent firing a machine gun. When the tour was over, an agent asked if we had any questions. My son Chris did. "Can you shoot the big gun again?" he wondered. He was disappointed that the answer was no.

1967 was the year that we were able to travel to three different capital cities. It is a great memory to look back on. When I reflect, I have had a very interesting life. —Derek Green

Line Dancing for Seniors

Come join us for some fun, laughter, and some good exercise. Line dancing offers a low-impact way to improve cardiovascular health, balance, and flexibility while also reducing stress and anxiety.

Starts: Wed. October 2nd

Location: Harriston arena

Time: 1-2 pm

Instructors: Mary Lou and Barb

Fall session ends: December 18

Suggested Donation: \$3





Two priests decided to open a Fish and Chip shop...
One was a Fish Friar, the other was a Chip Monk!



Our Readers Recommend ...



We'd love to hear from you about a place you have visited within driving distance. Tell us about the best place for buttermilk; the choicest roadside stand; the perfect home-cooked breakfast; the tastiest bread; the first-rate bed and breakfast, and other perfect places that are worth the drive

Thinking about a road trip? Here are some recommendations from our readership for Fish & Chips and a wonderful drive.

Broadway Fish & Chips

308 Broadway, Orangeville, ON
519-940-3369
Closed Monday & Tuesday
<https://www.facebook.com/broadwayfandc>
"The half order is plenty"

Noah's Inn Fish & Chips

527 Mill St, Neustadt, ON
519-799-6624
Closed Mondays
<https://www.facebook.com/noahsinnfishnchips>
"Worth the drive to this pretty little village"

Duffys Fish & Chips

151 High St, Southampton, ON
519-797-5972
<https://www.facebook.com/duffyssouthampton>
"The batter is not thick like cookie dough and the grease is acceptable. Not the cheapest, but you can visit the lake, and enjoy the scenery, too!"



Decluttering with Doris

Doris Cassan



Mindset shift:

Are you uncertain how to start decluttering? Try Garbage Bag Therapy!
Go through your house looking only for garbage:

- Broken, used up, outdated things.
- Empty packaging.
- Only one of a pair.
- Elastic is shot.
- Things that need extensive mending.
- Dirty beyond redemption...



...OUT THEY GO!



Activities Spotlight

Join Us...

Tuesday, October 8, 2024

HEALTH & WELLNESS

PALMERSTON ARENA

10 am - 1 pm

fair

Free Admission

Everyone Welcome



- OVER 30 EXHIBITORS & COMMUNITY AGENCY DISPLAYS
- FREE WORKSHOP
- DELICIOUS COMPLIMENTARY HOT LUNCH *(Prepared by Palmerston United Church Ladies)*
- Mini-Mart Vendors
- Individual Table Draws
...and more!



SENIORS' CENTRE *for* EXCELLENCE





Why was the turkey asked to join a band?



Solution:

He could bring his own drumsticks.

Recipe of the Month

Bread Pudding

Courtesy of Bobbi Denny

This easy bread pudding recipe is the perfect way to satisfy your sweet tooth (and use up the old bread!)

Ingredients

- 3 cups milk scalded and cooled
- 2 well beaten eggs
- 3 tbsp butter
- 2 cups stale but soft bread cubed and packed
- ½ cup of brown sugar, packed
- ½ cup raisins
- ½ tsp nutmeg
- ½ tsp cinnamon
- 1 tsp vanilla



Method:

Scald the milk and cool. Add remaining ingredients, except butter. Pour into well-greased casserole dish and dot with the butter. Sprinkle with extra brown sugar, nutmeg, and cinnamon. Bake at 350° for about one hour. Serve with cream.

Pet of the Month

submitted by Brenda Kellendonk

Ruby

They call me Ruby and most of the time I come when called, especially when it means a treat or going for my walks two or three times a day. I love birds and am thankful we live on a farm where I can either sit and stare out the patio door at all the winged beauties passing by, or when I get to run around the yard and chase those pesky wing-flapping chickens. (They only let me do that for a little while, though!)



I weigh 31 pounds, but it doesn't deter me from sitting on my mom's lap. She always groans but so far, she lets me stay and, ooooooh how nice it feels to have my back scratched! They say I am doing well with my training, but every so often—after I am fed up with sitting on command, shaking a paw when I am asked, dropping stuff when I am told, and lying down when they point to the floor—I still can't help jumping on the comfy couch (everyone else sits there, so why not me?)

Life is good. Especially on Saturday afternoons when it's officially puppy playtime! It's good time to make friends and run off some of my energy. I am tired when I get home, but that's a good time for me to relax in my bed (or on the couch if I can get away with it) and chew on some of my favourite stuffed animals for a while (they hide all the shoes!)

THANKFUL



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
Palmerston	Wed. Oct.16	12 pm \$20	James St. United, Palmerston	Katie Clarke - WCMA Storms Coming!
Mapleton	Wed. Oct. 23	12 pm \$20	Moorefield Community Hall, 15 Ball Avenue	Mike McGill - WCMA Wicked Wellington
Harriston	Friday Oct. 25	12 pm \$20	Harriston United Church	Annemarie Hagan Hurricane Hazel (the woman, not the storm!)
Clifford	Wed. Oct. 30	12 pm \$20	Clifford United Church	Willa Wick If Only These Aprons Could Speak

Join us for Coffee!



No need to register for Coffee Hours!


COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	October 2 & 16	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	October 3 & 17	10:30 am	Selah Centre 24 Wood St., Drayton



Wisdom Workshop Series

To register, or for more information, call 519-638-1000 or contact jbrown@mapleton.ca

Topic & Speakers	Date	Location
Art Paint Workshop with local artist, Lisa Cosier	Thurs. Oct. 24 2 - 4 pm	Clifford Library
Caring for the Caregiver with Julie Marten-Jansen, Hospice Wellington	Tues. Oct 29 10:30-12:30 pm	Arthur Library

 **For Love of Words**
Wednesday October 17
7 pm via Zoom

Do you love words? Come join us. We are a non critiquing group of creative writers. Once a month we meet and spend about an hour reading our work to each other and then we do a spontaneous writing exercise in real time.

If this sounds like something you'd like to do, please email Doris Cassan at 4luvwrds@gmail.com to receive the ZOOM link.

October Writing Prompt

This month's memoir exercise is about your heritage:



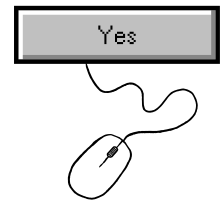
- How much do you know about your parents and their parents and so on?
- What would you like to know?
- What do you do to explore your heritage or to record what you know? Do you attend a family reunion?
- What has kept that going?
- What were your parents like as people?

Doris 



Tech Tips

by Michael Meunier



Setting up Emergency and Health Settings On Your iPhone

If you experience a medical emergency in public, concerned bystanders and first responders can use your phone's Health app to help you, provided that you have set up your Medical ID with the following information: Name, Age, Medical conditions, Medications, Allergies and Emergency contacts.

When opening the Health app on your iPhone for the first time, you're prompted to enter basic health information. You can always go back to update your Health Details.

After you fill out the Health Details section, it's time to set up your Medical ID.

Follow these steps:

- Open your iPhone's Health app
- Select Medical ID > Get Started or Edit. Enter your health information.
- Tap Emergency Contact and add a trusted person's information. Tap Done.

Then, follow these steps (to allow Emergency Services to access your information):

- Open the Health app and Tap Medical ID > Edit.
- In the Emergency Access section, slide the toggles next to *Show When Locked* and *Share During Emergency Call* to the right to enable.

Now, first responders will be able to see your important medical information. This can save your life in case of an emergency. *(Emergency Info for Android Phones to follow next month)*

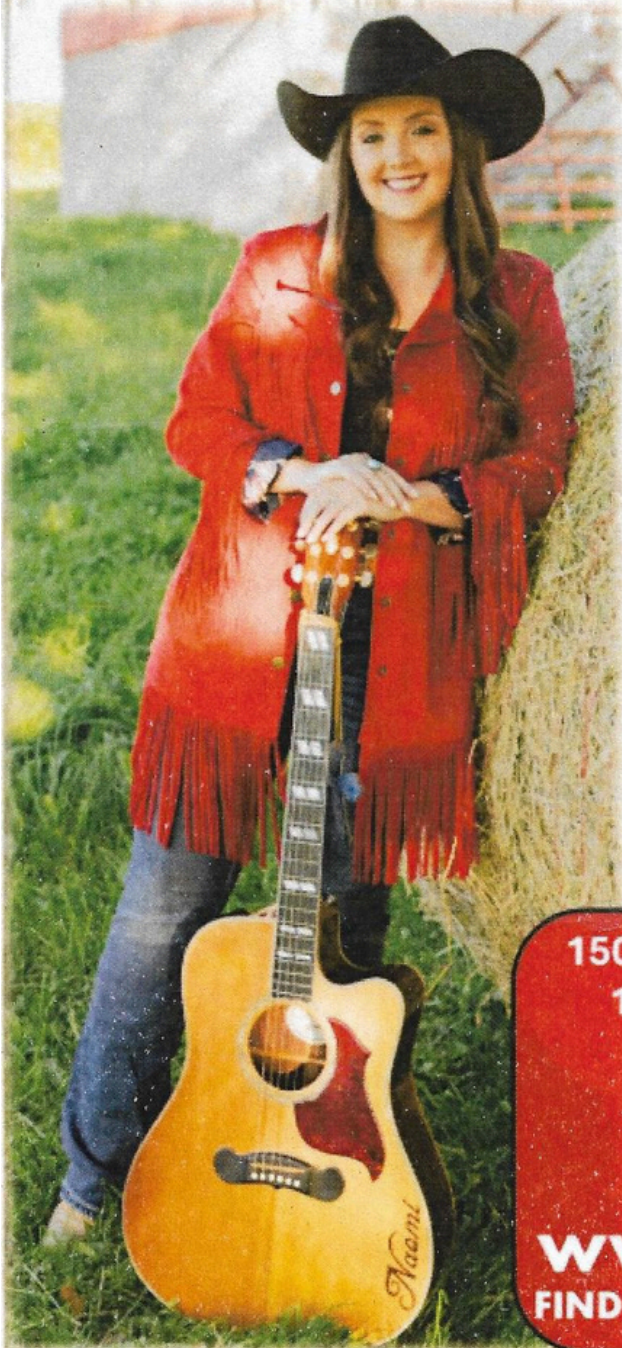
Naomi Bristow

The Singin' Cowgirl



Toe-tappin' country music classics...stories and songs by
Grand Ole Opry stars like Dolly Parton, Patsy Cline, Hank Williams and many others!

**Traditional Country,
Gospel Singer & Yodeler**



Knox United Church

11 Allan St E. Clifford, ON

Friday October 18, 2024

7:30pm Showtime

FREEWILL OFFERING

Church office: 519-327-8378

150+ shows booked yearly across North America

14 Million Views on Viral Video of Hallelujah

Recorded Gospel CD with Vince Gill

True farm girl of Beeton, Ontario

More information at

www.NaomiBristow.com

FIND ME ON FACEBOOK, YOUTUBE & INSTAGRAM!



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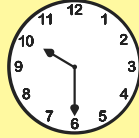
ZOOM with us!



SENIORS' CENTRE *for* EXCELLENCE

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

Tuesday



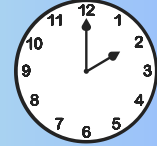
October 1, 2024

Willa Wick


Wedding Daze



Thursday



October 3, 2024

Una Murphy—Dental Systems Coordinator 

Public Health - Dealing with the Dentist
(information on the new program for Seniors)

October 8, 2024

CANCELLED for the
Health & Wellness Fair



October 10, 2024



October 15, 2024

Debbie Oxby

Getting the Garden Ready for Winter



October 17, 2024

Julianna Van Osch

Cooking with Julianna



October 22, 2024

Ngaire Abernathy

Hope Animal Assisted Crisis Response



October 24, 2024

Dale Franklin

From a Hospital Perspective



October 29, 2024

Helen Edwards & Kay Ayres

Calendar Girls



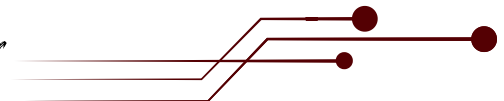
October 31, 2024

Candy Making

Behind the Scenes



Thank you *Michael Meunier*



Michael is employed seasonally by the Township of Wellington North as their New Horizons Project Lead where he develops, markets, and delivers a program to teach seniors about safe online practices, how to use mobile apps, and how to stay connected. In his spare time, Michael also volunteers as a Therapeutic Paws of Canada (TPOC) Team Leader.

Thank you, Michael, for always promptly providing the tech tips each month. Your expertise keeps us informed and on our toes.

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



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