



SENIORS' CENTRE FOR EXCELLENCE

Town of Minto Update

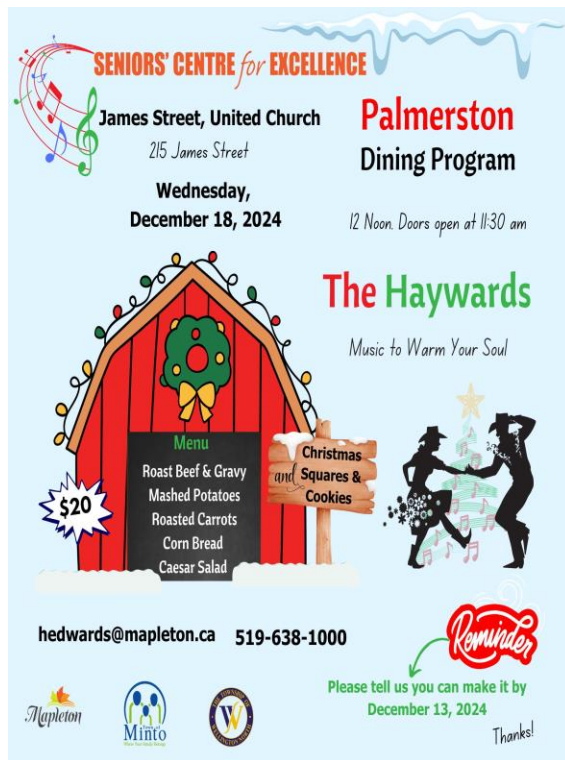
PURPOSE OF PRESENTATION

To update council on activities of the program for 2024

Request funding support in the amount of \$10,000 to allow us to continue with that work

Receive feedback from participants of the program from the Town of Minto

KEEPING SENIORS ACTIVE CONNECTED & ENGAGED



SENIORS' CENTRE for EXCELLENCE
James Street, United Church
215 James Street
Wednesday,
December 18, 2024
12 Noon. Doors open at 11:30 am

Palmerston Dining Program

The Haywards
Music to Warm Your Soul

Menu
Roast Beef & Gravy
Mashed Potatoes
Roasted Carrots
Corn Bread
Caesar Salad

Christmas Squares & Cookies


\$20

hedwards@mapleton.ca 519-638-1000

Please tell us you can make it by
December 13, 2024

Thanks!

Mapleton Minto W



Courtesy of
SENIORS' CENTRE for EXCELLENCE
Friday, August 30, 2024

Harriston Dining Program

Decluttering with Doris
with special guest,
Doris Cassan

Menu
Garlic Ranch Chicken Breasts
Broccoli Salad, Beets, Pickles & Olives
Cheese Bread, Jello Salad, Garden Salad
& Oreo Ice-Cream Cake

\$20

See you at
Harriston United Church
57 Young Street, West.
Noon (Doors open at 11:30)

Deadline for reservations: August 23, please!

HEdwards@mapleton.ca 519-638-1000

Minto Mapleton W

- Dining programs held monthly in all three communities in the Town of Minto.
- 100 % of participants reported that the dining programs made them feel more connected to their community
- 1172 of visits to the dining programs in Minto in 2024

SENIORS' CENTRE *for* **EXCELLENCE**



Please join us at the Selah Centre



But first, coffee!

24 Wood St, Drayton

10:30 am

for

Coffee Hour

January 16, 2025

No need to register. Just drop in.

For more information: 519-638-1000 gbelec@mapleton.ca

COME JOIN US ...

Moorefield



Maryborough Community Centre 15 Ball Avenue

SENIORS' CENTRE *for* **EXCELLENCE**

COFFEE HOUR

January 15, 2025

10:30 am

*Come join us on
the 1st & 3rd
Wednesday of
every month*

*No need to register.
Just drop in.*



*I hope the SCE has
bigger cups than
this! Maybe I'll just
take my own!*

Mapleton



519-638-1000 gbelec@mapleton.ca

COFFEE GROUPS



KNOW WHERE TO GO THIS SEASON!

Learn about your care options and the various services available in our region. Visit our website for more information!

www.GuelphWellingtonOHT.com/community-services-and-resources/



- Emergency Care
- Family Health Teams
- Primary Care Provider Information
- Pharmacies with extended hours
- Virtual Care, Walk-in and Urgent Care Clinics
- & more!

Social Services



Health Advice



Emergency



SCE FACEBOOK PAGE



SENIORS' CENTRE for EXCELLENCE

Sponsor

a Christmas Stocking for a Senior 2024!

Help brighten the Christmas of a senior in the community who may need a special 'lift' this year.

There are a few ways YOU can help:

- **Sponsoring & Shopping** to fill one or more personalized stockings for a senior. (This our preferred option)
- **Donating cash** for purchasing stocking items
- **Donating items** to include in the stockings (e.g. knitting, Tupperware, lip balm, homemade treasures, etc.)



Thank you!

Suggested Stocking Sponsorship: \$50

Deadline to receive completed Stockings: December 11

Deadline to receive monetary or gift donations: December 6

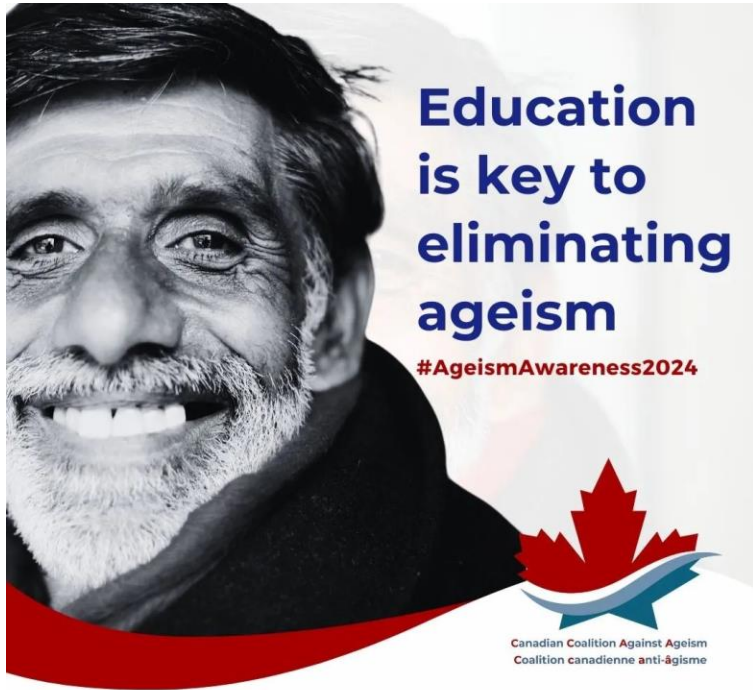


Please contact:

SCE: Helen hedwards@mapleton.ca 519-638-1000

or

VON: Tina tina.mctaggart@von.ca 519-323-2330 ext 6230



ccaageism.ca/join

#EliminateAgeism



ccaageism.ca/join

#EliminateAgeism

SCE FACEBOOK PAGE



AGING WELL

Debunking the Myths
of Growing Older

2025 CALENDAR

“No one tells the oceans or the trees or the mountains that they’re too old. They talk of how powerful, how grounded, how awesome they are...imagine if we thought the same way about ourselves as we got older. Maybe then we’d realize how spectacular we are!” – *Becky Hemsley*



DEBUNKING A MYTH IN THE TOWN OF MINTO

5 of the 12 months of the calendar feature older adults from across North Wellington.

SENIORS WELLNESS FAIR- PALMERSTON ARENA



The Seniors' Centre for Excellence
presents

Wisdom Series Workshops

Discover Chair Yoga
Benefits, Learn a few Basic Moves and have lots of fun!

Wednesday, Nov. 27, 2024
9:30 am - 11 am

**James St. United Church
Palmerston**

Presenter:
Lindsay DaSilva
Yoga Instructor  

*Free Admission
Refreshments*

jbrown@mapleton.ca

519-638-1000

SENIORS' CENTRE for EXCELLENCE
Wisdom Series Workshops



Class is Full! RSVP

Ontario 

The Seniors' Centre for Excellence
presents

Wisdom Series Workshops

Painting with Lisa
"Festive Fall Pumpkins"

Thursday, October 24, 2024
2:00 pm - 4:00 pm

Clifford Library

Local Artist:
Lisa Cosier

- Free - All supplies provided
- Refreshments

jbrown@mapleton.ca

519-638-1000

SENIORS' CENTRE for EXCELLENCE
Wisdom Series Workshops



RSVP

Ontario 

WISDOM SERIES WORKSHOPS



ZOOM

with us!

ZOOM SESSIONS- CONNECTING PEOPLE VIRTUALLY

ZOOM SESSIONS



Monthly Cooking Class
with Reg. Dietitian



Decluttering with Doris



Railroads in Wellington County



Pets for Alice



Tackling Loneliness



Let's Party!

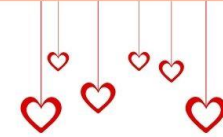
HEART & SOUL OF WELLINGTON

- 200 copies by Canada Post
- 552 copies via electronic email address (includes extra pages)
- 75 copies distributed at local activities

February 2025

A Word from Helen

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



Snowglobe Beauty

As I write this, it is a brisk -13 C outside, and I am sitting in my office, the beautiful sun shining into the window—with my coat on!

For so many years I have planned to embrace winter and all its gifts, and I have failed miserably. This year, however, I have made a point to take note of all the beauty that winter brings. The crunch of my boots in the snow as I walk; the way the snow looks like it is crusted in diamonds; the screams of delight of my grandson as we toboggan down a hill.

Last week I was driving home after a home visit in Elora, and as I went through the community of Winterbourne, suddenly it was like I was encased in a snow globe. Not a snow globe that had been gently shaken, but one that had been picked up and shaken by a rambunctious 8-year-old boy. It was so beautiful.

I am glad to have noticed these winter gifts and hope that I will still feel the same way as I write to you next month.

I have come across this saying many times, and I believe it to be true: "If you choose not to find joy in snow, you will have less joy in your life but still have the same amount of snow."

Wishing you a February full of joy (and snow globe beauty!)

Helen



THE HEART CAN BE A BIT OF A HOARDER

Stockpiling grudges, harsh words, and past pain as if each were a priceless artifact rather than a ticket stub to a show that long since ended. Unfortunately, these keepsakes take up precious space where new joy could be doing cartwheels.

And so, we need to recognize that every past hurt is not meant to be a tenant with a lease,

THANK YOU

- let me introduce Don Matthews and Jim Measures to express their support for the SCE by sharing their past experiences.
-