



Heart & Soul of Wellington

SENIORS' CENTRE *for* **EXCELLENCE**

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

519-638-1000

EDITION #61



**HAPPY
SENIORS'
MONTH**



**HAPPY
FATHERS'
DAY**

2025

A Word from Helen

Not all Heroes Wear Capes

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



June, one of the most beautiful months of the year, has been designated Seniors' Month in Ontario. It's a time to recognize the contributions and accomplishments of seniors across the province. It is hard to imagine where many organizations would be without their contributions.

At the end of April, we held our Volunteer Appreciation event, and it was clear who our volunteers were—you guessed it—seniors!

Without our seniors we would not be able to provide as many services, programs, or events. As I addressed the room, I mentioned that some heroes don't wear capes. It's true. And they were all looking back at me.

At the SCE we truly believe getting older is a privilege. Being an older adult is not without its challenges, but every stage of life has them ... remember raising teenagers? We are thrilled that our seniors and volunteers are resilient people who always step up to the plate to serve and help out where needed.

Whether it is providing formal or informal support to organizations, churches, family and friends, seniors have figured out how to make this world a better and more caring place. So hats off to those everyday heroes (without capes) who quietly improve our communities everyday; this month is for you.

Helen

"I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou ❤️





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. June 18	12 pm \$20	James St. United, Palmerston	Doris Cassan Off to New Zealand!
Clifford	WED. June 25th	12 pm \$20	Clifford United Church	Mike McGill- WCMA Working at the County Museum
Harriston	THURS. June 26	12 pm \$20	Harriston United Church	Ian Evans My Lunatic Life (In the Antarctic & Beyond)

Join us for Coffee!



No need to register for Coffee Hours!

COFFEE PROGRAMS	DAY	TIME	LOCATION
MOOREFIELD COFFEE	Wednesday June 4 & 18	10:30 am	Maryborough Community Centre, 15 Ball Avenue
DRAYTON COFFEE HOUR	Thursday June 5 & 19	10:30 am	Selah Centre 24 Wood St., Drayton



SENIORS' CENTRE *for* EXCELLENCE

**Hometown Songs inspired
by Life's Journey and Experiences**

*Our special guest, Peter Yake, local
singer-songwriter with his debut
album, Bridge Outside of Town.*

- No Need to Register
- Free Admission



presents

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

Nurturing Our Wisdom Workshops

THURSDAY, JUNE 19, 2025

1 PM

MOUNT FOREST LEGION

140 King Street, West



519-638-1000



jbrown@mapleton.ca



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





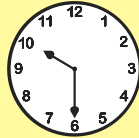
Zoom with us!



SENIORS' CENTRE *for* **EXCELLENCE**

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

Tuesday



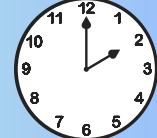
June 3 , 2025

John & Pauleen Kerkhof

A Spice Affair



Thursday



June 5 , 2025

Mary Shkoury

Learning about Elder Abuse 101



June 10, 2025

Courtney Thompson (with Linda Campbell)

Blood Donor Day



June 12, 2025

Doris Cassan

Off to New Zealand!



June 17, 2025

Juliana VanOsch RD

Cooking with Juliana



June 19, 2025

Joan Miller

Cardiac Surgery from a layman's perspective



June 24, 2025

Mike McGill - WCMA

Wellington County Gardens



June 26, 2025

Robin Smart

Speaking to Children about Dementia



Pet Corner

G'Day Roxy & Gerty

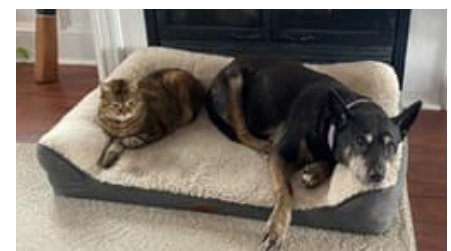
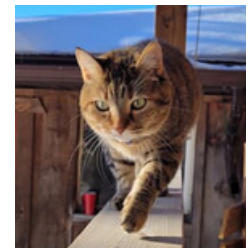
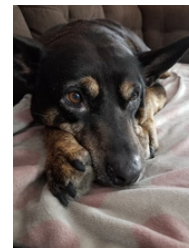


Submitted by Wim Dekker, Drayton

Wim, who was living in Australia at the time, got Roxy when she was a sweet little pup. Shortly after, another four-legged, feline companion, Gerty, was introduced to the family.

In 2011, when Wim was returning to Canada, there was no way he could leave Roxy and Gerty. So they got to take the 14 hour flight, too!

Roxy, who is now 16, and Gerty, who is 17 years old, were best buds when Wim lived in Australia, but as they got older, they got a little grumpy with each other and most days they now keep their distance! Wim says that the photo of them sharing the bed is a rarity these days, although deep down, he knows they still love each other!



Sometimes I feel like we can learn so much from the simplicity a dog's life brings. They don't get caught up in overthinking or worrying about tomorrow. They live fully in the present, finding joy in the smallest of things - a walk, a treat, just being with the ones they love.

They remind us that happiness doesn't have to be complicated, that sometimes it's the simplest moments that mean the most. In their uncomplicated way of living, they show us what it means to truly be present and content with what we have and not to take anything for granted at all.



~ R. M. Drake from 'Dog People'

AND THEN THERE ARE CATS...



My Swimming Instructor

Submitted by Seleda Fry

I learned to swim by reading the encyclopedia. Whenever I make that statement, I get a reaction—surprise, disbelief, amusement; it's not always the same, but I get a reaction.

Growing up as a plainly dressed Mennonite girl, wearing a bathing suit was not an option, so learning to swim wasn't either. As an adult, I did own a bathing suit, but I was deathly afraid of the water. My husband tried to teach me to swim, but without success.

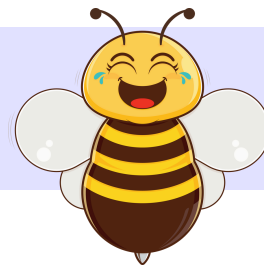
One hot summer day we planned to take our children to the beach at Conestoga Lake in the evening. In the afternoon I looked for something to read, and since there was nothing else, I chose a book from our set of encyclopedias. I happened to pick the 'S' book, and also happened to open it at the 'Swimming' article. Instructions for the first step were clear. *Stand in water chest deep, hold your arms out in front of you, let yourself fall into the water, and you will float.*

The encyclopedia became my swimming instructor. Knowing what to do was one thing, though. Doing it, was entirely another. It took me almost 30 minutes to finally get the nerve to let myself fall into the water. But when I did, I floated! I actually floated! Ten minutes later I was paddling around.

I never did learn to do more than the doggy paddle, and at this point in my life I no longer want to be in water that's over my head, so I am content with that. If I fell or was thrown into deep water, I would probably drown, but at least I can enjoy a refreshing dip in a pool or on the beach during warm weather now, thanks to my Encyclopedia friend!



Did you hear about the insect who received his gift weeks after Father's Day? (It was bee-lated.)



Consumer Protection Ontario

submitted by CPO



Have you ever bought a product or service and had second thoughts about it? Are you aware of your consumer rights when you're buying an appliance, getting a gym membership, shopping online, renovating your home, or signing a wireless contract?

In Ontario, many of your rights as a consumer are set out in the Consumer Protection Act, 2002 (CPA) and other consumer protection legislation that cover most consumer transactions. For example, did you know that:

- Under the CPA, certain agreements for a product or service that cost more than \$50 must be in writing.
- You have a cooling-off period when you sign contracts for a product or service you buy from a door-to-door salesperson. A cooling-off period is a specific number of days during which you can cancel an agreement without reason or penalty. *(Typically 10 days - Editor)*
- You can cancel the contract anytime within the cooling-off period by writing a cancellation letter to the business. Any agreements you made in connection to the purchase, like financing plans, will also be cancelled.
- For most contracts, the business has 15 days to return your money. If the contract was for a product, they are responsible for picking up the product or paying for it to be picked up if they want it back.

To learn more about your consumer rights, visit ontario.ca/consumerprotection.

Consumer Protection Ontario is an awareness program of the Ministry of Public and Business Service Delivery and Procurement and other public organizations, known as administrative authorities, that promote consumer rights and public safety. The ministry and these administrative authorities enforce a number of Ontario's consumer protection and public safety laws, investigate alleged violations and handle complaints.

For more information about your consumer rights, please contact Consumer Protection Ontario at:

Phone - 416-326-8800

Toll-free - 1-800-889-9768

TTY - 416-229-6086

Toll-free TTY - 1-877-666-6545

Email - consumer@ontario.ca



Activities Spotlight



Bus Trip



Violets in the Barn \$25



July 9, 2025

10:30 am - 2 pm

Join us as we head out to 6362 3rd Line Minto for our first Seniors' Centre for Excellence Bus Trip to the beautiful Heritage Barn, a hidden Gem in Minto

What to expect:

Pick up locations:

- Conestoga Crest, Drayton: 10:30am
- Maryborough Terrace: 10:45
- Palmerston Arena: 11 am
- Harriston Arena: 11:15 am
- **Arrival: 11:30 am**

A Delicious Luncheon including:

- Scrumptious Salads
- Freshly baked Buns
- Selections of cold meats
- Vegetable options
- Delicious Desserts

- A delightful Presentation on the Propagation of African Violets
- An opportunity to browse the store and shop at the Gift Store (cash only)
- A conversation about *Apple Cider and the Mennonite Neighbours*
- **Departure: 2pm**

Please Book your spot soon by calling the office at **519-638-1000** or getting in touch via email at jbrown@mapleton.ca. ***Payment for reserved seats will accepted the day of the event (cash or cheque).**

***Please Note:** If you reserve a seat, you are expected to attend. If you cannot join us, you are responsible for getting someone else to take your spot. Limited spots!

Nothing is more important than empathy for another human being's suffering.
Nothing — not a career, not wealth, not intelligence, certainly not status.
We have to feel for one another if we're going to survive with dignity.

—Audrey Hepburn



Excuse me but when will ...



The Garden Centre be open?



The Seniors' Centre for Excellence

presents

Wisdom Workshops

Recycling 101 – Wellington County

*What items to recycle. New
July 1st Blue-Box Regulations*

**Thursday,
July 3rd, 2025**

1:30 pm – 3:00 pm

Mount Forest Library

Presenter:

Michael Van Huisseling

Program Coordinator – Solid Waste
Services, County of Wellington

*Free Admission
Refreshments*

jbrown@mapleton.ca

519-638-1000



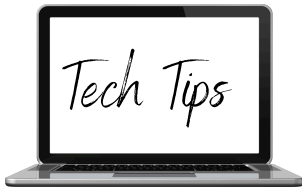
SENIORS' CENTRE for EXCELLENCE

Wisdom Series Workshops



RSVP





The Internet of Things

by Michael Meunier



The Internet of Things (IoT) offers numerous benefits, from remote health monitoring (such as the TeleHomeCare program in Ontario) to smart home devices that enhance safety and convenience (such as a Ring video doorbell connected to your smartphone).

However, it's crucial to be aware of the potential safety and security risks involved. Here are some essential tips to stay safe while enjoying the benefits of IoT:

1. Understand the Basics

- IoT refers to everyday objects connected to the internet, like smartwatches, home security systems, and even refrigerators. These devices collect and share data, making life more convenient but also raising security concerns.
- While IoT devices offer many advantages, they can also be vulnerable to hackers who may try to access your personal information or disrupt your device's functionality.

2. Secure Your Devices

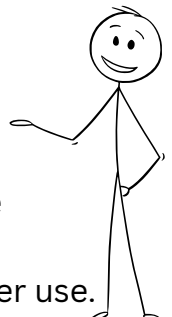
- It is important to create strong and unique passwords for each device and your home Wi-Fi network. Avoid using the same password for multiple devices and avoid using easily guessable information like birthdays or names when you create passwords.
- Many devices come with default passwords that are easy for hackers to guess. Change these to something more secure as soon as you set up the device.
- Keep device software updated. Updates often include security patches that protect against vulnerabilities.
- Many devices collect personal data. Review privacy settings and limit the information shared by your devices.

3. Be Mindful of Privacy

- Use caution when placing devices with cameras or microphones. Avoid putting them in private areas like bedrooms or bathrooms.
- Some devices share data with third parties. Review privacy policies to understand how your data is used.
- Disable features that you don't need, such as microphones or cameras, if you're concerned about privacy.

4. Seek Assistance

- Seek help from trusted family members or friends when setting up devices, especially if you have any concerns about security.
- Consider contacting reputable tech support services, provided by the device manufacturer, for assistance with device setup and security.
- Periodically review your connected devices and disable any that you no longer use.



By following these safety tips, you can enjoy the advantages of IoT devices while minimizing potential risks.



Outside Furniture Check-up

As we scurry to do the yard work and gardening before the heat chases us into the house, take the time to assess your outdoor furniture, tools and décor.

How many shovels do you really need? Do you have some wobbly lawn chairs that are past their best? Just like indoors, less is more. Keep the best and lose the rest!



For the Love of Words ❤️

Wednesday, June 18, 2025 @ 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 for the upcoming meeting.

Doris 



Write your story...



June Writing Prompt

Doris Cassan

Your memoir may or may not include some memories about books. Not everyone likes to read. Although, if you are writing, you probably are a reader. What were significant books in your life? Do you have memories about your local library? What other sources did or do you have for books? A friend, a relative?

Write about how books have impacted your life.

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





Nelson Mandela (Madiba) Favourite Recipes

Recipes shared by Xoliswa Ndoyiya, in her cookbook, *Ukutya Kwasekhaya: Tastes from Nelson Mandela's Kitchen* (Real African Publishers Pty, Ltd.). The book's title means "home food" and speaks to the soulful meals Ndoyiya made as chef for Mandela and his family, until he passed away in 2013. This feature originally appeared in the August 2017 Issue of ESSENCE Magazine.

Citrus Pudding

Submitted by Johanna Brown (SCE) - our own African Queen!

INGREDIENTS (adapted)

- ¼ cup butter, melted
- 7 ounces graham crackers
- 13.5 ounces frozen orange juice concentrate
- 1 teaspoon lemon juice
- 1 ½ cups fresh cream, beaten until soft peaks form
- 1 teaspoon lemon zest
- Grated lemon rind (optional)



METHOD:

In a glass dish, mix together butter and biscuits for the crust. Press into the base and sides of the dish. Place orange juice concentrate and lemon juice in a bowl or jug. Fold in cream then pour mixture over the biscuit base. Sprinkle lemon zest on top and refrigerate until set, about 1 hour. Serve garnished with finely grated lemon rind, if desired.



Word

of the Month

Absquatulate

(verb) To leave somewhere abruptly; abscond; to flee



"A father's smile has been known to light up a child's entire day."

SUSAN GALE



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