



Preserving, promoting, and developing Wellington North's unique cultural resources to build a vibrant community and a prosperous economy.

CULTURAL MOMENT FOR JULY CELEBRATES THE SENIORS' CENTRE FOR EXCELLENCE

The idea of retirees sitting in a rocking chair on their front porch whiling away their existing years is not in this group's vision. Since 2008, Seniors' Centre for Excellence has aimed at planning social and physical activities to help keep community seniors safe in their homes.

Prior to Covid, 20 – 30 guests would meet each Tuesday morning at the Mount Forest Pentecostal church for coffee and socializing. There were often guest speakers sharing health related items, interesting information on Old Order Mennonites, and singers and once a month there was a dining program. In Arthur, 20 – 25 participants enjoyed this social event. For those physically capable, Arthur also hosted a walking group 3 days per week with anywhere between 4 and 18 seniors each day.

There is no membership fee to join this exciting group, and anyone is welcome to attend. There are both men and women dropping in regularly. Registration is required for the dining program only, but that is only to ensure that there is enough food for all.

Covid may have shut down or slowed down many organizations, but Seniors' Centre for Excellence is a determined group which has kept active, albeit in a different format. Presently they meet virtually via zoom or by telephone to share the programs. There have been a couple of celebrities participate in the zoom sessions. Dave Phillips from environment Canada spoke about climate change, and the Carlson's who were on the CBC show, Home in time for Winter, in which the family had their Sudbury home converted and lived like Canadians in the 1940's – 1990's. Seniors from North Wellington join them twice a week to share great stories with the speakers and other guests.

A monthly newsletter "Heart & Soul of Wellington" provides a variety of informative and interesting topics, including: a writing group, Seniors Safety Line, Party Line Schedule, Zoom Schedule, and Book Reviews. Seniors are invited to share time, memories and laughter with their peers, and build friendships. If you are interested in receiving the newsletter or learning more about the Seniors Centre for Excellence you can contact Helen Edwards the Program Coordinator at heedwards@mapleton.ca. One participant thinks "it's the best thing since sliced bread".



Submitted by Penny Renken, Wellington North Cultural Roundtable