



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

CULTURAL MOMENT FOR MARCH 24, 2025 CELEBRATES THE SENIORS' CENTRE FOR EXCELLENCE

Hip, Hip, Hooray for the Seniors' Centre for Excellence!

SENIORS' CENTRE *for* EXCELLENCE

Quality of life for seniors is elevated because of the superior efforts, leadership, and coordination of Helen Edwards in her position as Program Coordinator. Helen has held this position since the inception of this program in 2008. Administrative Assistant Johanna Brown and A.C.E. (Active, Connected & Engaged) Coordinator Glynis Belec enhance the services available to seniors in North Wellington. These ladies are passionate about what they do, and believe that while aging has its challenges, like every chapter of life, it is a time where people see more clearly what is truly valuable in life.

The multi-functional brick and mortar S.C.E. office, is conveniently located on the lower level of the Mapleton Health Centre, 11 Andrews Drive West in Drayton. Inside are the most caring and innovative people, providing support for those who choose to improve their health, seek encouragement, and overall awareness for a healthier lifestyle.

Guided by their Seniors' Advisory Group, whose membership is comprised of both local senior leaders, and health care professionals, namely Deborah Whale, Mary Faye Burns, Anne Marie Faulkner, Faye Craig, Shirley Borges and Cathy Harrington, the S.C.E. appreciates how this group of concerned senior advocates ensures strategic goals are met.

The S.C.E. offers many programs, both in-person and virtual, including monthly dining events, workshops, exercise opportunities, intergenerational programs, and other special events. The S.C.E. also appreciate its role of promoting many opportunities for other health and social programming that nurture both the body and the soul. The S.C.E. does this through their monthly newsletter—*the Heart and Soul of Wellington*, their *Heart and Soul Activity* booklet, and through their popular Facebook page.

The S.C.E. has successfully applied for grants, bringing funds for seniors' programming to the area. The latest example is the Aging Well calendar, with 10,000 copies distributed across Wellington County. The theme of the calendar challenges long held, agist beliefs about the aging process, and the format allows the person to track their health, with reminders of holidays, traditions, and a way to embrace each month. Another example is the Wisdom Workshop series, which has brought seniors together to learn about topics of their choosing across North Wellington.

- Celebrate aging, by acknowledging the challenges but singing the positives.
- Celebrate the seniors in your life, they make your community the wonderful place that it is.
- Seniors—take part in programs, grow wiser, and become more involved.

Being active, connected, and engaged in your community are keys to healthy aging.

Submitted by Faye Craig, Wellington North Cultural Roundtable