



BELLEVILLE'S 50+ CENTRE NEWSLETTER

February 2021

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HEART MONTH

BY JORDAN - HEALTH & WELLNESS

The February chills won't make us blue! February is Heart Month, both for Valentine's Day and to remind us to keep our hearts healthy!

There are plenty of ways to enjoy yourselves during a chilly February. You can challenge yourself to learn new things, find a new hobby or social group with virtual programs through the QSWC, cook on your own or with family and friends. Try something new or return to something you really enjoyed in the past.

Get outside, do some "forest bathing" and leave the phone behind. Simply spending time outside is great, but when you take the time to unplug, slow down and absorb the surroundings it's proven to improve the immune system and recovery from illness, reduce production of stress hormones as well as lower heart rate and blood pressure!

QSWC Updates

It's almost time to register for our Winter "B" session to help keep you active this winter! Due to the current lockdown, all programs will be held over zoom, but we still have something for everyone. You can also register for our free 50+ Centre Zoom or telephone programs.

The online [Activity Guide](#) will be available with the Winter "B" session program details on February 3rd.

Winter "B" Registration begins February 8th and programs begin on February 22nd.

The Activity Guide can be printed and mailed if requested by calling 613-966-4632.

Be sure to **"Click for Newsletter"** below to read this month's newsletter.

Email rccsgeneral@belleville.ca with your suggestions, pictures and recipes.

OSWC HEALTH & WELLNESS PROGRAMS

Winter B Program Session (5 Weeks) February 22 – March 26, 2021

Please note:

- All classes/programs will be held over Zoom except Fun on the Phone
- Participants will be emailed the link to attend their classes.
- Instructors are subject to change
- For fitness classes if you do not have weights, please use water bottles, bags of rice, flour etc.

There will be more detailed information on our [website](#) available
February 3rd and registration begins February 8th
Registration is available [online](#) or by calling 613-966-4632.

Date	Program	Time	Start	End	Price	Code	Instructor
Mon.	Gentle Pilates	10:00-11:00am	Feb 22 nd	Mar 22 nd	\$37.85	9665	Robbi
	Strong Seniors	10:30-11:15am			\$37.85	9669	Amber
	30 Minute Body Blast	12:15-12:45pm			\$24.60	9743	Amber
	Speaker Series	11:30-12:30pm			Free	9255 9766	Feb. 22 nd March 22 nd
	Yoga Fit	5:15-6:15pm			\$40.95	4943	Shwetha
	Zumba	5:30-6:30pm			\$37.85	9752	Brenda
	Yoga Fit	6:20-7:20pm			\$40.95	9750	Shwetha
Tues.	Older Adult Yoga - Hatha	10:00-11:00am	Feb 23 rd	Mar 23 rd	\$32.50	9671	Shwetha
	Sit and Stand Gentle Fitness	11:30-12:00pm			\$24.60	9772	Jordan
	HIIT	5:30-6:15pm			\$37.85	9746	Jordan
Wed.	Stretch & Balance Fit	9:15-10:15am	Feb 24 th	Mar 24 th	\$37.85	9667	Amber
	Chair Yoga	11:00-11:45am			\$32.50	9675	Kathy
	Fun On The Phone (50+)	1:30-2:00pm			Free	9674	Various
	COPD/Stroke/Cardiac Therapy Fit	2:30-3:30pm			\$37.85	9676	Jordan
	Hatha Flow	5:00-6:00pm			\$40.95	9748	Shwetha
	Fit & Firm	5:35-6:35 pm			\$37.80	9745	Teri
Thu.	Older Adult Yoga - Hatha	10:00-11:00am	Feb 25 th	Mar 25 th	\$32.50	9672	Joanne
	Stretch and Strengthen	10:30-11:30am			\$37.85	9668	Amber
	Cardio & Core	12:15-12:45pm			\$24.60	9744	Jordan
	Learn & Create!	1:00-2:00pm			Free	Various	Various
	Zumba	5:15-6:15pm			\$37.85	9751	Brenda
Fri.	Strong Seniors	9:00-9:45am	Feb 26 th	Mar 26 th	\$37.85	9670	Jordan
	Older Adult Yoga	9:30-10:30am			\$32.50	9673	Kathy
	Mix it Up	10:15-11:15am			\$37.85	9666	Amber
	Meditate with Myra	11:00-11:30am			Free	9767	Myra
	Stretch & Relax	12:15-12:45pm			\$24.60	9747	Amber

FREE QSWC VIRTUAL PROGRAMS

Pre-registration is required – please go to qswc.ca or call 613-966-4632 for more information or to register (registration opens February 8th).

Speaker Series

Join us on Zoom one Monday a month at 11:30 am to listen to an interesting and informative speaker, ask questions and socialize. Those without a computer can also call in using their phone. Pre-registration is required – please go to qswc.ca or call 613-966-4632 for more information or to register.

February 22 - Understanding Ontario's personal income tax, credits and benefits amid the COVID-19 pandemic (Shortcode: 9255)

How well do you understand Ontario's personal income tax, credits and benefit programs? How does it all work in a year disrupted by a pandemic? Are there new relief measures you can access? Will your income for 2020 be significantly impacted by year end and change what you normally qualify for? The Ontario Ministry of Finance invites you to attend a free, one-hour webinar designed to help you understand personal income tax, credits and benefits, and how they are impacted by the COVID-19 crisis. Regardless of your age, income level, or time of year it is, your time will be well spent. Presented by: Jeremy Bertrand – Ministry of Finance

March 22 - Keeping Your Feet Healthy & Happy (Shortcode: 9766)

Do you have Athlete's foot, bunions, corns, heel spurs, blisters, plantar fasciitis, ingrown toenails, or Diabetic neuropathy? Did you know that most of these issues can be treated at home with supplies you may already have on hand? Join Natalia, a registered nurse with foot care certification, as she discusses the importance of foot care and what we can do to help keep our feet healthy and happy, as well as what a foot care nurse can do for you. Presented by: Natalia Howard - RN

Learn & Create

Every Thursday from 1:00 to 2:00 pm you can join us on Zoom and create something new! We will feature a variety of instructors who will help you create a new masterpiece every week; from technology to arts & crafts, to home cooking, there will be something for everyone to enjoy! Supply list will be sent to participants prior to the class.

February 4th – Creating Statement Jewelry (Shortcode: 9247) - Register Now!

February 11th – Made with Love – Baking with Chef Jesse (Shortcode: 9248) - Register Now!
Quinte Gardens will supply the ingredients so you can bake along with him.

Feb. 25th - Vintage Keepsake Box (Shortcode: 9249)

Create a beautiful "vintage" keepsake box with aluminum foil. You will not believe how realistic your metallic finish will look and how easy it is to create. Once you learn this easy technique you will be able to create antique looking decorations, gifts and more!

FREE QSWC VIRTUAL PROGRAMS - CON'T

March 4th - Technology Tips (Shortcode: 9741)

Do you feel intimidated when you think about using Zoom, social media or doing online shopping? Join us to learn more about what's available to help you stay connected and to discover how easy it is to order curbside pick-up or just shop online. Even if you are already using Zoom, this class will provide tips on how to make the experience easier and help you get more comfortable using it.

March 11th - Zen Doodling with Watercolour Accents (Shortcode: 9768)

We all know how to doodle, but Zen Doodling takes it to a whole new level! You don't have to be Michaelangelo to create a great Zendoodle. They are based around following a series of steps focused on a set of patterns, so it's easy for beginners to get started. Join Lorri and create a patterned heart that you will then accent with watercolours.

March 18th - Cooking with Chef Jesse (Shortcode: 9769)

Join us for one of our most popular Zoom classes to work alongside Chef making your own treat at home while having fun and socializing. Not only do you get to learn a new recipe, you get to enjoy your tasty creation when you are done. You will receive an email with the day and time to pick up your ingredients at Quinte Gardens.

Thank you to Quinte Gardens for supplying the ingredients to the participants.

March 25th - Paint "Nite" Shortcode: 9770)

Unleash your inner artist and create your own masterpiece following step by step instructions and adding your own originality. Even if you have never painted before, you will see your blank canvas turn into a simple, yet beautiful landscape and you will have lots of laughs and fun while painting it.

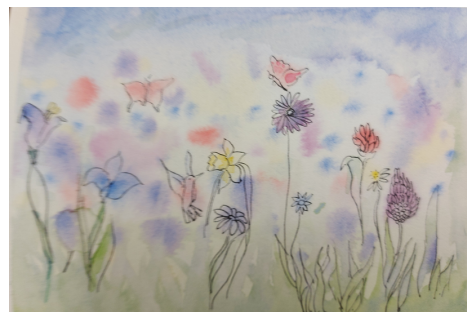
Meditate with Myra (Shortcode: 9767)

Join Myra on Zoom every Friday at 11:00 a.m. to end your week with a thirty minute relaxation and meditation session. Guided meditation is known to have highly relaxing effects on the conscious and subconscious mind. This type of meditation is suitable for both new and experienced participants and can be performed either seated or laying down to be even more relaxed. Sit back, relax, and let go of your stress.

Fun on the Phone! (Shortcode: 9674)

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy chats, games and much more! The telephone number and passcode will be given to you after registration.

**Lorri's Line & Ink Watercolour Creation
Learn & Create January 21st**



RESOURCES FOR OLDER ADULTS

CLEO's new Guided Pathways to preparing a simple will

CLEO (Community Legal Education Ontario) has a new Guided Pathway to help you make a simple will. It is free to use. If you have a small amount of property, you can use this online tool to create a simple will to appoint an executor who will:

- pay your final bills,
- do your final tax return, and
- distribute the property in your estate.

Learn more about the Guided Pathways project and other available tools [here](#).



Free Online Classes for Seniors

Exercise your mind and tap into your interests with thousands of online classes, virtual learning programs and webinars.

Go back to school:

- Founded people at Harvard and MIT, [edX](#) offers free online courses from 140 top educational institutions. Study Spanish, robotics, Shakespeare or analyze Beethoven's use of string quartets.
- Try [Coursera](#) for free courses such as "Seeing Through Photographs" (Museum of Modern Art) or "The Science of Well-Being" (Yale).
- At [Khan Academy](#), choose free courses in world history, finance, computer animation (from Disney's Pixar animation studio), etc.

Hone your cooking:

- [The New York Times](#) offers free cooking guide videos.
- At [TheKitchn.com](#), tackle 20 free virtual lessons, each highlighting a different technique or ingredient.
- At [Rouxbe.com](#), watch free video tutorials about various cooking and baking techniques.

Upgrade your tech skills:

- Visit [GCF LearnFree](#) to access free short videos on topics like using Gmail, online safety, and tutorials on smartphone and tablet features.
- [Tech Boomers](#) has free courses aimed at seniors with step-by-step tutorials about texting, passwords, etc.

Virtual learning for hands-on activities:

- Browse [Skill Share](#) for free video classes on houseplants, photo composition, piano, watercolours, woodworking, crocheting, leathercrafting and many more (just click the "Free" filter button; other videos are available for a fee).
- Dip into the free online courses from the [Berklee College of Music](#) to learn songwriting, guitar for beginners, music for wellness, etc.

Visit [Amica.ca](#) for free webinars from national experts on sleep, memory, downsizing and more.



RESOURCES FOR OLDER ADULTS

SAVE MONEY AND LIVE MORE COMFORTABLY

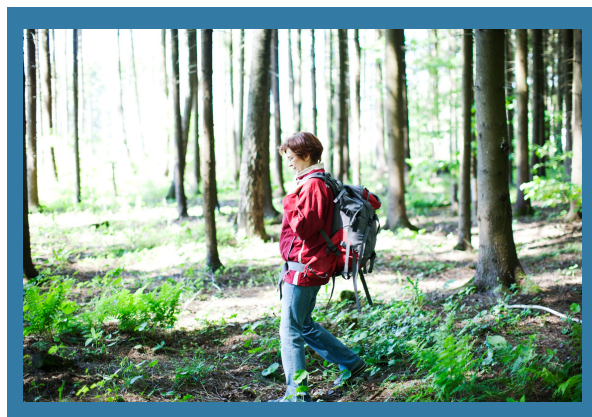
As you enter or settle into your retirement, ensuring that you're maximizing your savings becomes a key priority. Reducing your energy use is an easy way to lower your energy bills while keeping your home more comfortable.

Let's face it – most of your home comfort is driven by ideal temperature and lighting, but these things can add up on your monthly energy bill. Especially if you're using old and out-of-date appliances.

Save on Energy's [Home Assistance Program](#) (HAP) offers income-eligible Ontario homeowners, and renters or residents of non-profit housing properties an opportunity to upgrade appliances, lights and other household items with new, energy-efficient products. These energy-related upgrades are delivered and installed 100% free of charge, which means you can keep your money where you want it – in your pocket to support your retirement plans. And you'll have a cozier, more energy-efficient home.

Free upgrades can include:

- ENERGY STAR certified LED light bulbs to make sure every corner of your home is brightly lit
- ENERGY STAR certified dehumidifier replacement to keep the air in your home comfortable all year long
- Appliance replacements (including your long-forgotten basement fridge), keeping savings up and energy use down
- Home insulation and draft proofing to help keep your home cozy no matter the season

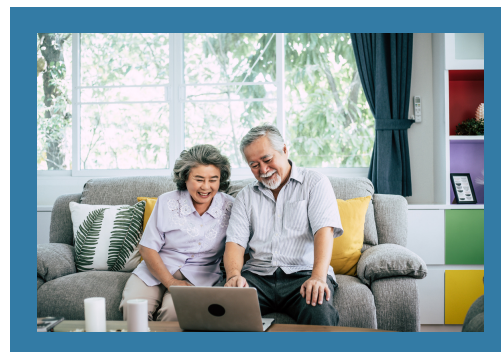


WINTER HIGHLIGHTS ROYAL BOTANICAL GARDENS

Get outdoors this winter at RBG or enjoy a virtual program from the warmth and comfort of home! This winter season ahead brings much to explore. The gardens may be put to bed, but the muted colours, interesting textures, and exposed forms of RBG's plant community are striking in the winter months!

Our [RBG at Home](#) series continues to deliver free, fun, and educational content from our many experts.

For more information about these and other programs at RBG, contact, Nadine Nesbitt at nnesbitt@rbg.ca or call (905) 527-1158



PRESERVE YOUR MEMORIES FOR FUTURE GENERATIONS

The Hastings County Historical Society is announcing a new project for the preservation of local history in Hastings County. Beginning in 2021, the Society is seeking to capture stories and memories of its citizens. The way of life as it was once lived in the county (even the more recent events i.e. coping with the Co-Vid 19 pandemic) can make for interesting and invaluable stories for future generations.

Interested citizens are asked to write stories of 250 – 400 words, but more or less is welcome. The stories may be typed or neatly hand-written and mailed or e-mailed to the Hastings County Historical Society beginning in January 2021.

Mail: Hastings County Historical Society
254 Pinnacle Street, 2nd Floor
Belleville, Ontario, K8N 3B1

E-mail: info@hastingshistory.ca

Ideally, we hope to obtain “two thousand and twenty-one stories”. A person may submit more than one story. Stories may be published in the Outlook, the Society’s monthly newsletter. The submission should be accompanied by the author’s name, address, phone number and e-mail should permission for publishing be needed in the Outlook or in the future. All stories will be saved in the Community Archives of Belleville and Hastings County.

Possible stories could include, but certainly is not limited to:

- Laundry
- The Telephone
- Before Television
- Saturday Night
- Snow Storms
- The Day I _____
- The Home Front
- School Days
- The Games We Played
- Christmas
- On Our Street
- When Times Were _____
- I Remember
- The Baseball Diamond



We are also asking your cooperation, if you are able, by sharing information about this project with other residents (and former residents) of our county. We are looking for stories from all across Hastings County, but we wish your area to be well-represented. With your help, we can create a wonderful bank of stories that reflect the experiences, wisdom, and history of the people of our county.

Please join us in creating a treasured assortment stories of life as it was lived in the County.

Many new hearing aid users are reluctant to try hearing aids as they picture very old fashioned, large hearing aids. Today, there are several types of hearing aids which are discreet and have innovative sound technology:

In-The-Ear (ITE) hearing aids are small hearing aids that are custom fit to fully fit inside your ear.

They can be worn for most types of hearing losses.



If you want a more discreet option, a Completely-In-Canal (CIC) hearing aid is a smaller version of the ITE, which fits deeper into the ear making it less visible.



By far the most popular type of hearing aid today is the Receiver-In-Canal (RIC) hearing aid. The electronics sit in a small case behind the ear and come in a variety of colours. You can match it to your hair colour to blend in, or go for a bold colour choice. A discreet wire goes over the ear and is held in place by either a rubber dome or custom tip inside the ear. These hearing aids can be almost invisible and are suitable for most types of hearing loss.



With the new WIDEX MOMENT™ hearing aid, you can finally enjoy the sound of great company – not of a hearing aid. In the past, sound processed by a hearing aid reached the eardrum later than sound heard directly, producing an artificial sound. The ZeroDelay technology means that the MOMENT™ is able to process the sound signal faster than any other digital hearing aid in the world. This removes the delay in sound that gets delivered to the eardrum to produce a pure, natural sound.

Call us at [Helix Hearing Care](https://www.helixhearingcare.com) today at 613-707-1012 to book your complimentary hearing assessment and discuss the latest innovative technology.

GWENDOLYN LAZIER RODE HER HORSE TO WASHINGTON

By: Orland French

When the plaque revealing the exploits of Gwendolyn Lazier was unveiled in 2005, I was reading the story when a little old lady (I use the term advisedly) came up to my side and said, "That's me, you know."

Couldn't be, I thought. This took place in 1924. But didn't I say she was old? Yes, 100 years old, although she didn't look it.

What Gwendolyn did, quite improbably, was to ride a horse from Belleville to Washington in 1924 to meet President Calvin Coolidge. Her purpose was to deliver an invitation to President Coolidge to come to the 140th anniversary celebration of the arrival of Loyalists in Belleville.

This wasn't the easiest task for her, because she had never ridden a horse before. The mayor of Belleville at the time, W. C. Mikel, had advertised for a volunteer to ride to Washington delivering invitations. Why Mikel thought the U.S. President would want to celebrate the fleeing of Loyalist refugees from his republic is not known.

Gwendolyn Lazier accepted the challenge and away she went. Her father, Stephen Dunbar Lazier, didn't expect her to get beyond Shannonville. "I'd never ridden a horse before and I haven't ridden one since," she said. Her ride on horseback to Washington covered 1,268 kilometres.

It is reputed too that because she might meet some ruffians along the way, she secretly carried a handgun. And she had to brandish it once, when she was challenged on her route at one point. Along the way to Washington, she delivered invitations to various mayors and other dignitaries. Finally she met up with Mr. Coolidge on the White House lawn.

After the Second World War, Gwendolyn married Jack Braidwood and moved to the Quinte area. She died Oct. 5, 2007.

At the same time as her ride, a 17-year-old cadet named W. Allan Dempsey walked from Belleville to Toronto distributing invitations to the UEL celebrations. The publicity efforts of these two young people (Gwendolyn's ride was widely covered by newspapers in Canada and the United States) helped bring more than 20,000 people to Belleville for the big party. Calvin Coolidge was not among them.

The plaque commemorating their adventures is sited in a little park beside the Moira River at the intersection of Dundas Street and Front Street. (You can see it at hastingshistoricalplaques.ca). At the same location is the Log Cabin monument, created in 1924 to mark the arrival of the Loyalists. The monument was originally placed on the southwest corner of the intersection. About 20 years ago it had become delapidated and the city was prepared to tear it down. The [Hastings County Historical Society](http://HastingsCountyHistoricalSociety) resisted until the city moved the monument across the street. But that's another story for next time.



Orland French meets Gwendolyn Lazier at monument unveiling in 2005

VALENTINES SPECIAL!

Spinach Stuffed Chicken

Ingredients:

- 1/3 cup water
- 2 Tbsp. KRAFT Italian Roasted Red Pepper Dressing, divided
- 2 cups tightly packed chopped fresh spinach
- 2/3 cup STOVE TOP Stuffing Mix for Chicken
- 1 Tbsp. coarsely chopped roasted red peppers
- 2 small boneless skinless chicken breasts (1/2 lb.), pounded to 1/4-inch thickness
- 1/4 cup Shredded Mozzarella Cheese



Directions:

- Heat oven to 350°F
- Bring water and 1 Tbsp. dressing to boil in large skillet on medium-high heat
- Stir in spinach, stuffing mix and peppers; cover. Remove from heat. Let stand 5 min.
- Place chicken, top sides down, on cutting board; spread with stuffing mixture. Roll up, starting at one short end of each breast. Place, seam sides down, in 8-inch square baking dish; brush with remaining dressing
- Bake 35 min. or until chicken is done (165°F). Top with cheese; bake 5 min. or until melted.

KRAFT HEINZ - [Stuffed Chicken](#)

Salted Dark Chocolate

Ingredients:

- 8 ounces dark chocolate (at least 72% cacao), chopped
- 1/4 cup chopped almonds, toasted
- 1/4 cup unsweetened large coconut flakes, toasted
- 1/4 cup pomegranate seeds
- Pinch flaked sea salt



Directions:

- Line 15×10-inch baking sheet with parchment paper; set aside.
 - Place chocolate in a medium heatproof bowl set over (not in) a saucepan of gently simmering water. Stir chocolate occasionally just until melted, 4 to 5 minutes.
 - Spread chocolate evenly in a thin layer on the prepared baking sheet.
 - Sprinkle with almonds, coconut and pomegranate seeds and sea salt, pressing gently into the chocolate.
 - Refrigerate 20 minutes or until set.
 - Store covered in the refrigerator for up to 2 days
- Note: Omit pomegranate seeds for longer storage.

BOURBON AND HONEY - [Salted Dark Chocolate](#)

VALENTINE'S DAY QUIZ

By: Golden Carers

1. Which famous movie star of the 1920's was called "America's Sweetheart"?
2. What is the name of the play made famous by William Shakespeare; the tale of two teenagers from two feuding families in Verona, Italy?
3. An Egyptian queen and a Roman general loved each other. Who were they?
4. Who was Napoleon Bonaparte's sweetheart?
5. One of the most wondrous structures in the world; built by a Mogul in India to honour his wife. Can you name the monument?
6. Who were the tempestuous twosome in the movie 'Gone with the Wind'?
7. In Jane Austen's famous novel 'Pride and Prejudice', Mr Darcy falls in love with...?
8. A North American Indian princess develops a lasting friendship with an Englishman in 1607. Who were they?
9. Partners in love and in science. Together they discovered radium. Who were they?
10. England's longest reigning queen married her first cousin. Can you name this couple?
11. King Arthur's kingdom was shaken by this tragic love story; Who were they?
12. He abdicated the throne in the name of love. Who was he?
13. In the 1939 movie 'Wuthering heights', who played Cathy and Heathcliff?
14. They starred in movies together and were married to each other twice! Guess who?
15. There are several love couples in the Bible, can you name one?
16. Glamorous Hollywood couple; when she died in an airplane crash, he was broken-hearted. They were....

and Carole Lombard

1) Mary Pickford 2) Romeo & Juliette 3) Cleopatra and Marc Antony 4) Josephine 5) The Taj Mahal 6) Scarlett O'Hara and Rhett Butler 7) Elizabeth Bennett 8) Pocahontas and John Smith 9) Marie and Pierre Curie 10) Queen Victoria and Prince Albert 11) Sir Lancelot and Queen Guinevere 12) Edward VII abdicated to marry Mrs Wallis Simpson 13) Laurence Olivier and Merle Oberon 14) Richard Burton and Elizabeth Taylor 15) Jacob and Rachel 16) Clark Gable

ANSWERS:

Giggles for February

WORDS

A husband read an article to his wife about how many words women use a day. 30,000 to a man's 15,000.

The wife replied, 'The reason has to be because we have to repeat everything to men...'

The husband then turned to his wife and asked, 'What?'



WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning.

The wife said, 'You should do it because you get up first, and then we don't have to wait as long to get our coffee.'

The husband said, 'You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.'

Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.'

So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says

'HEBREWS'

MY FUNNY VALENTINE

Did you hear about the bed bugs who fell in love?
They're getting married in the spring.

Two antennas met on a roof, fell in love and got married.

The wedding ceremony wasn't fancy, but the reception was excellent.

Did Adam and Eve ever have a date?
No, but they did have an apple.

Why do Valentines have hearts on them?
Because spleens would look pretty gross.

What do you call a very small Valentine?
A Valentiny

Knock Knock.
Who's there?
Egg
Egg who?

Egg-cited to be your Valentine.

A woman in the Post Office noticed a well-dressed, middle-aged man standing at the counter placing 'Love' stamps on bright pink envelopes and spraying some perfume on them when he sealed them. Curiosity got the better of her, and she asked him what he was doing.

He replied, 'I'm sending out 1000 Valentine cards signed, 'Guess Who'. 'But why?' she asked. 'Because I'm a divorce lawyer', he replied.

My wife told me she doesn't want much this Valentines Day. She said, 'Just some chocolate and a few little surprises will be fine.'

Kinder Eggs it is then.

