

The Seaway Senior Citizens Chronicle

Seaway Senior Citizens 50+ Centre—506 Pitt Street, Cornwall, ON K6J 3R5 613-932-4969

May marks the beginning of planting season and every day brings us a little closer to planting our newly completed raised garden beds and seeing the vegetables grow under the loving care of our gardeners. Our Knowing and Growing Project is off to a great start thanks to the energy and enthusiasm of Karen Douglass Cooper.

Find out all about what's coming up and how you can become a part of this healthy activity by attending our information session on Tuesday May 7th at 1:30 pm in the Oak Room.

How appropriate that May is also the month to honour and recognize all mothers and those who have nurtured us and have watched us grow. At this stage in our lives it's a fact that most of us only have cherished memories to look back on but still we celebrate them.

And many of us are mothers ourselves who continue to nurture our own children or others' children, no matter their age, no matter how far away they may be.



Happy Mother's Day and Happy Gardening

Last Month in Review

Our members have talent !

Club members Elizabeth Adams, Jacqueline Petro and Renata True performed brilliantly at the Seaway Valley Theatre Company's second annual Act II 55+ showcase in April.

A variety of monologues and short skits delighted the audience concluding with a musical number 'Seniors Tango' with musical accompaniment by club member Steve Ellam.

Act II is a theatre group for seniors 55+ and are always looking for new members. If you are interested in having your moment in the spotlight or just want to join in the fun while improving your cognitive and memory functions contact Cathy Durham at 613-363-6444



Last Month in Review

In addition to our usual monthly activities the Oak room in April was the place to be to create beautiful works of stained glass, to be thanked for valuable service in volunteering at the club and to start the weekend off with a tasty Sugar Bush breakfast.



Coming Events

Don't Miss Out on the Fun!!

Remember to check the bulletin board beside the stairs at reception for notices of all upcoming events. Printed copies are also usually available at the front desk outside the library.

Some events require advance registration and payment by a certain date some have a participation limit, so be sure to make note of those details.



GARDEN PROJECT INFORMATION SESSION with **KAREN DOUGLASS COOPER**

This Information Session is Free to Members and Non Members alike who are interested in learning more about the Seaway Seniors accessible raised bed **Knowing / Growing Garden Project** that is taking place this summer through the Seaway Senior Citizens Club (50+). Healthy vegetables and herbs grown will be provided to Darleen's Kitchen Food Program as well as be made available to Members and the community at large. Workshops will also take place on gardening tips as well as cooking and canning. Come out and learn more about this community project which is subsidized by the Ontario Trillium Foundation. **Refreshments will be provided!**

Tuesday, May 7
1 :30 PM - 3 PM
 in the **OAK ROOM**

REGISTER TODAY!

Visit Reception or Call
 613 932 4969

506 Pitt St., Cornwall, ON



SEAWAY SENIOR CITIZENS CLUB
Seaway Valley Theatre Company presents
Arsenic and Old Lace

Sunday, May 19
2 pm

Specially booked seats for members of Seaway Senior Citizens Club
Tickets \$ 25 20 tickets available

Seaway Valley Theatre Company is located at 30 Sixth St E, Cornwall, Ontario just across from Giant Tiger

Reserve your seats today at RECEPTION
 All reservations must be made prior to May 8/24.

Visit Our Website www.seawayseniors.ca For More Information 613 932 4969
 506 Pitt Street



SEAWAY SENIOR CITIZENS CLUB
TUESDAY 1:00 - 4:00 PM
28 MAY
Paint Party

Summer Highlander

\$45
 LIMITED SEATING

HOST: Cindy Rowe 613.528.4989
 countrypaintparty@hotmail.com
 Facebook.com/Country Paint Party!

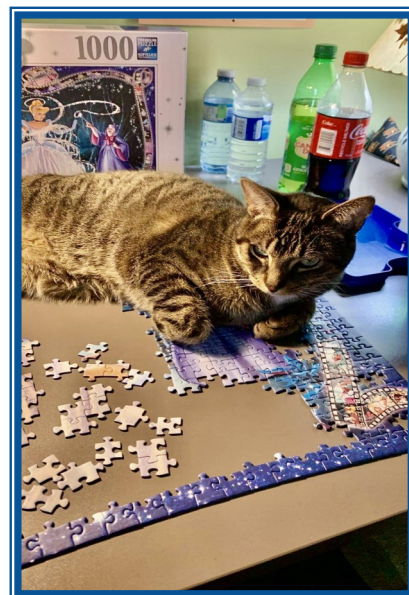
LOCATION: Seaway Seniors 508 Pitt Street Cornwall, ON

SIGN UP HERE Reserve Your Spot - Deadline May 21st
 Call 613-932-4969 or Call Diane Riley @ 613-938-7776

Club Stuff

Like many club members Sheldon enjoys doing jigsaw puzzles. He is always quick to lend a paw.

Sheldon's proud owners are club members Shona and Jeff Barkley



If you would like to see your pet featured in an upcoming issue of this newsletter, forward a photo with description to Carol Travers at caroltravers45@gmail.com



Last month's lucky 50/50 winner was Darquise Swerdfenger who took home \$200 !

Tickets for the May draw are now on sale at reception.

You may be the next one to take home the cash !

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ATTENTION MEMBERS!

The Trips Grant has officially ended. Thank you to the Grants Committee for securing the funds to subsidize 6 Club trips over these past months!

We don't want the fun to end. We are hoping to plan more day trips in the months ahead.

The FUNraising / Trips Committee is looking for your trip suggestions. Speak to a member today with your ideas.

Committee Members:

Diane Riley Liz Collymore Elaine Leroux
Debbie Blohon Denise Willard Denise Collins
Carol Travers Paulette Amelotte Julie Madden
Karen Cooper



New Activity



NEW ACTIVITY !

"Gone to Pieces"

Jigsaw Puzzle Group

Mondays @ 10:00 am

Socialize while working on puzzles as a group, or bring your own

506 Pitt Street
932-4969



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Knowing and Growing Project

We are looking 
for **Garden Volunteers**

the weeks of
May 27 - May 31
&
June 3 - June 7



We are getting growing with our new Seaway Seniors Garden and are looking for a few good volunteers to help us plant!

Details at Reception or speak to Karen Cooper

506 Pitt St., Cornwall
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca



May Lunches

May

Darleen's Lunch Menu

May 2

Egg Roll & Chicken Chop Suey
 Chicken Fried Rice
 Garlic Chicken
 Fruit Jello

May 9

Caesar Salad & Bun
 Spaghetti and Meatballs
 Ambrosia Salad

May 16

Turkey Soup & Bun
 Turkey Stir Fry
 Butter Tart

May 23

Coleslaw & Bun
 Meatball Stew
 Butterscotch Pudding

May 30

Tossed Salad & Bun
 Shepherd's Pie
 Apple Crisp



Place your order by calling the Club on **Tuesday** between **9 am** and **11:30 am** at 613 932 4969.

Pickup is on **Thursday** between **11 am** and **1 pm** at 506 Pitt St.

Seaway Sweets
from
Darleen's Kitchen

- Brownies
- Butter Tarts
- Pecan Tarts
- Date Squares
- Chocolate Chip Cookies
- Oatmeal Raisin Cookies
- Shortbread Cookies
- Shortbread / Jam Cookies

\$ 10 dozen brownies tarts

\$ 7 dozen cookies

Place your order:
at Reception or
☎ 613 932 4969

506 Pitt St, Cornwall
www.seawayseniors.ca

Pies
from
Darleen's Kitchen

Apple Pies
Blueberry Pies

Place your order:
at Reception or
☎ 613 932 4969

\$ 15 large

\$ 8 small

506 Pitt St, Cornwall
www.seawayseniors.ca

Did you Know?

Do you have questions about your Canada Pension Plan (CPP), Old Age Security (OAS), or Guaranteed Income Supplement (GIS) benefits?

You can talk to an agent Monday to Friday, 8:00 a.m. to 5:00 p.m. your local time, except for on statutory holidays.

- 📞 Call: 1 800 O-Canada (1-800-622-6232)
- ⌨ Teletypewriters (TTY): 1-800-926-9105
- 🌐 Visit: <https://ow.ly/PXyq50R114V>



**Have QUESTIONS
about your BENEFITS?**

- 📞 **Call us**
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(1-800-622-6232)
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link in this post!

Canada

Recipe

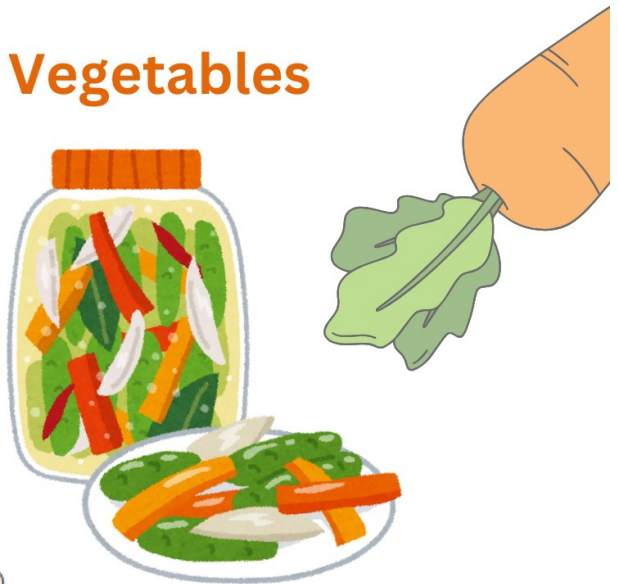
Refrigerator Pickled Vegetables

Ingredients:

- 2 cups cauliflower florets
- 1 cup sliced carrots
- 1 cup sliced cucumbers
- 1 red bell pepper, sliced into strips
- 1 cup green beans, trimmed
- 3 cloves garlic, minced
- 2 cups white vinegar
- 2 cups water
- 2 tablespoons salt
- 1 tablespoon sugar
- 2 teaspoons mustard seeds
- 1 teaspoon black peppercorns
- 1/2 teaspoon red pepper flakes (optional for heat)

Directions:

In a large bowl, combine cauliflower, carrots, cucumbers, red bell pepper, and green beans. In a medium saucepan, bring vinegar, water, salt, sugar, mustard seeds, peppercorns, and red pepper flakes to a boil. Stir until salt and sugar are dissolved. Pour the hot pickling liquid over the vegetables, ensuring they are completely submerged. Allow to cool to room temperature. Once cooled, transfer the vegetables and liquid into jars, ensuring the vegetables are fully submerged. Seal the jars tightly. Refrigerate for at least 24 hours before serving. The pickled vegetables will keep in the refrigerator for up to 1 month. Prep Time: 15 minutes | Cooking Time: 5 minutes | Total Time: 20 minutes + cooling and chilling time
Kcal: 35 kcal per serving | Servings: 8 servings



7 health benefits of gardening for seniors

Gardening is about more than just enhancing our surroundings with beautiful colours . Taking care of plants and gardening can do wonders for your well-being. Scientific research has shown that simply being in contact with plants can improve your mental and physical health. On top of that, gardening is a great excuse to get some much-needed exercise and therefore can help you maintain a healthy weight and blood pressure.



Physical and Mental Health Benefits of Gardening

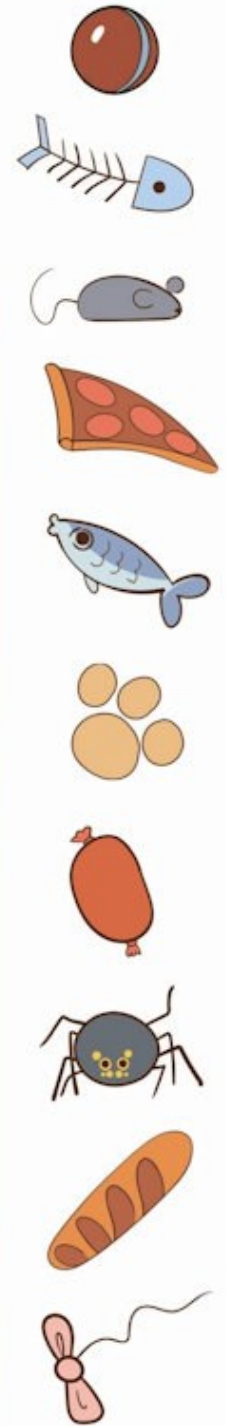
Gardening can....

- **Lower your blood pressure** : moderate level physical activity every day or at least three times a week helps regulate high blood pressure
- **Cultivate a sense of community** : working together in a community garden provides higher self esteem, fewer mood disturbances and significantly better mental and physical health overall
- **Strengthen your bones:** Exposing your skin to the sun prompts the body to produce Vitamin D which help your bones to absorb calcium. But don't forget to wear sunscreen !
- **Burn calories:** One hour of gardening can burn up to 330 calories
- **Promote Healthier eating:** Gardening provides easy access to a fresh variety of vegetables filled with nutrients
- **Reduce Stress:** By increasing self esteem and learning a new skill
- **Create happiness** : Creating something green and alive is a hopeful thing to do.

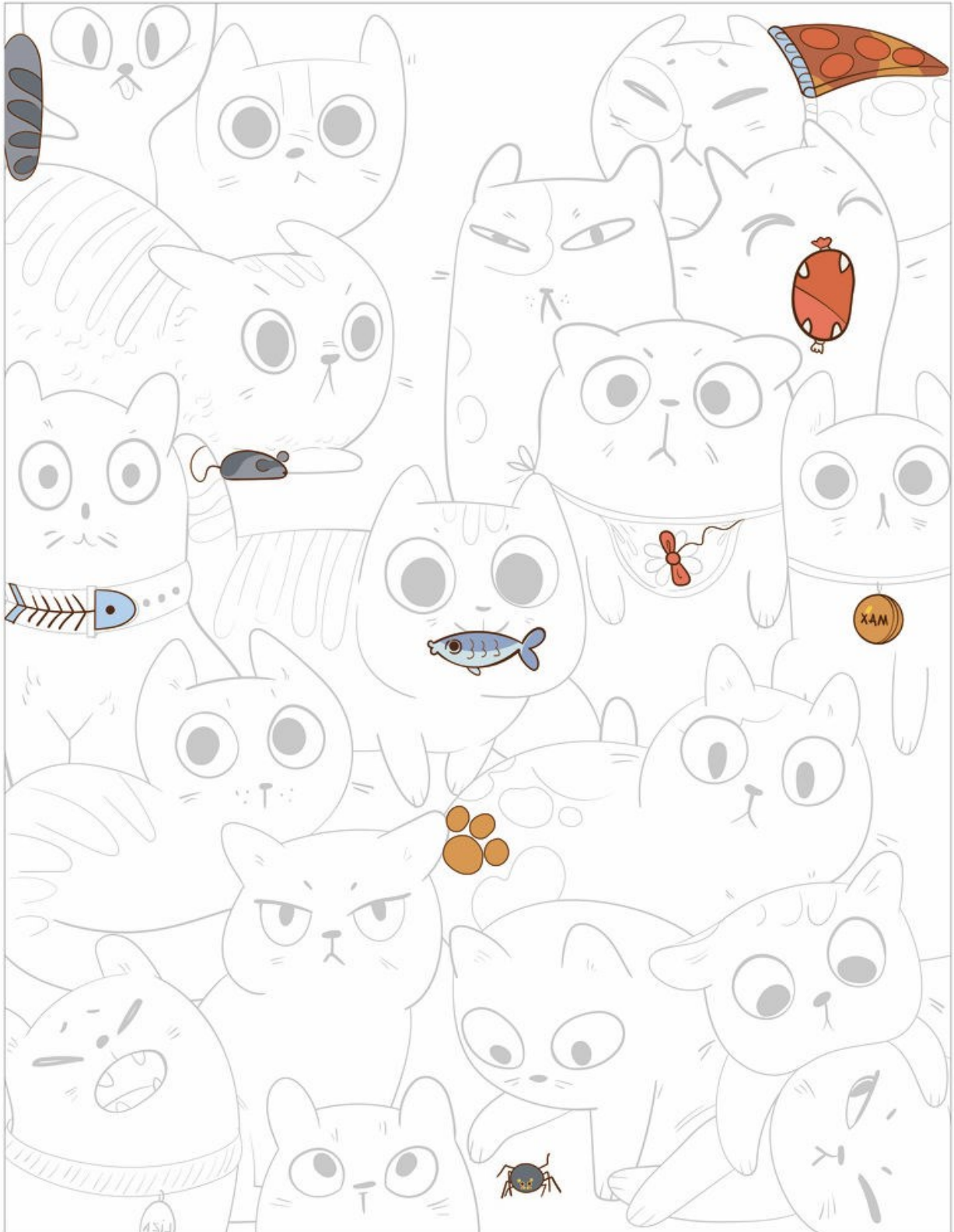
Puzzle

HIDDEN OBJECTS

Find 10 hidden objects (shown at right) in the picture below. Colors may be different.



Puzzle Answer



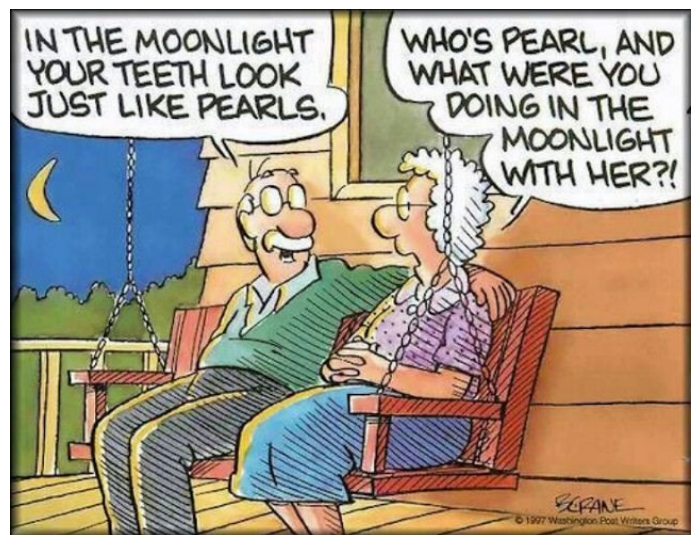
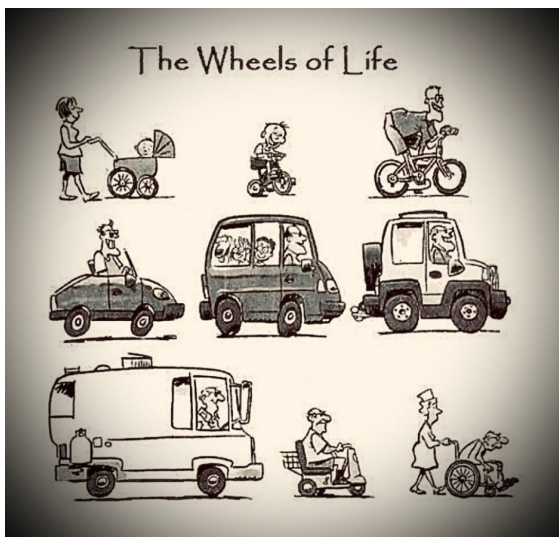
Laughter is the Best Medicine



I'm young at heart and slightly older in other places.



Some days I have it totally together and others I find toast I made 3 days ago still sitting in the toaster oven.





Our centre is a busy place and we couldn't get everything done without them.

Volunteers are always required for a variety of tasks including answering phones and registrations at the front desk, leading in-house activities, distribution of meals at curbside pickup or at special events, helping with event coordination, sharing your expertise in a presentation to members, submission of articles of interest to our newsletter.

If you are able to help out a few hours a month or more, please contact:

Front Desk Volunteers:

Shona at 613-932-4969.

Meals Volunteers:

Darleen at 613-938-9412.



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Un organisme du gouvernement de l'Ontario



Mission Statement

To ensure that older adults in the Cornwall area have opportunities and choices that lead to healthier lifestyles