

# The Seaway Senior Citizens Chronicle

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

## The Importance of Fundraising

At the Seaway Senior Citizens Club we are proud of what we are able to offer to our members. With approximately 25 different activities, some of which are offered three or more times a week, plus weekly workshops and/or presentations (many at no charge) our club is a busy place indeed.

As a non-profit organization we rely heavily on federal, provincial and municipal government grants to cover our day to day expenses. However, those grants are not guaranteed and with the rising cost of utilities, mortgage rates and operating expenses we are increasingly in need of other forms of funding to enable us to continue to provide the services that are most important to our members.

It is for that reason that we are working very hard on fund raising activities within our community. Events such as the recent BBQ, the upcoming Spaghetti Dinner and the Silver Snowflake sale help to bring in much needed funds.

Our 'FunRaising' team of eight members headed by Karen Cooper meet regularly to plan and make these events a reality. We are also thankful to have the support of other club volunteers who make themselves readily available as needed. Unfortunately there are times that we are still short of help particularly on large fundraising events.

### **WE NEED YOU**

If you have a few hours to volunteer we would greatly appreciate your assistance.

Typical jobs would be: setting up and taking down of tables and chairs before and after events, helping to serve food, selling tickets, distribution of posters, and kitchen clean up.

Please contact Karen Cooper at the upstairs desk or reception for job descriptions and times.

Thank you for your consideration we hope you will help us to help keep our club the great place that we all love.



**SEAWAY SENIOR CITIZENS CLUB**

## **VOLUNTEERS NEEDED!**

**Calling All Seaway Seniors Members**  
We are looking for Volunteers for the following events:

- **Friday, October 10 (4:30 - 7 pm)**  
Spaghetti Supper @ Seaway Valley Theatre
- **Saturday, November 8 (10 am - 2 pm)**  
Silver Snowflake Art & Craft Market & Cafe

Contact Karen (upstairs desk) or Reception for  
Job Descriptions and Times  
[www.seawayseniors.ca](http://www.seawayseniors.ca)

# *Last Month in photos*

## Thompson Island September 10th



## Harvest BBQ and Craft Market September 13th





# *Last Month in photos*

## Quilling Workshop September 16th



## Tastes of Chateau Cornwall September 23rd



## Watercolour with Bruni September 30th



## Don't Miss Out on the Fun!!

There are always lots of things happening at the club. Remember to check the bulletin board beside the stairs at reception for notices of all upcoming events. Printed copies are also available at the front desk outside the library and posted on our Facebook page and on our website.

Some events require advance registration and payment deadline and some have a participation limit - be sure to make note of those details .



# Coming Events

**FREE FALL FLING PAINTING CLASS**

sponsored and taught by staff of  
**CHARTWELL**  
**TUESDAY, October 7**  
1 pm - 3 pm  
Oak Room

Celebrate the colours of Fall by painting and taking home your own masterpiece. The class is taught by our friends from Chateau Cornwall. Personalize your painting while staying true to the Fall theme. All supplies included!

Phone: 613 932 4969  
Email: [seawayseniors@gmail.com](mailto:seawayseniors@gmail.com)  
Website: [www.seawayseniors.ca](http://www.seawayseniors.ca)

**Book through Reception**

Seaway Seniors Centre located at 506 Pitt St., Cornwall, ON

is hosting a FUNraiser  
**SPAGHETTI DINNER**  
Eat in & Take out  
**Friday, October 10**  
4:30 PM - 7 PM

at **SVTC** Seaway Valley Theatre Company  
30 Sixth St E, Cornwall, ON

Menu:  
• Meat sauce or Vegetarian sauce  
• Caesar Salad  
• Garlic Bread  
• Dessert

Advance Tickets at Centre Reception  
506 Pitt St., Cornwall

\$20 adult  
\$8 child

For more information:  
613 932 4969  
[www.seawayseniors.ca](http://www.seawayseniors.ca)

Path to Wellness  
**Tai Chi Demonstration**  
with Jeff McCann

**Tuesday, OCTOBER 28**  
2 pm

Register Now!  
at Reception

**FREE**

613 932 4969 506 Pitt St., Cornwall [www.seawayseniors.ca](http://www.seawayseniors.ca)

**SEAWAY SENIOR CITIZENS CLUB**  
**BAKING, FUN AND GREAT GIFTS!**

**SILVER SNOWFLAKE ART & CRAFT MARKET & CAFE**

**SATURDAY, NOVEMBER 8**  
10 AM - 2 PM

**Table Rentals:**  
3' x 6' \$20. members  
3' x 6' \$30. non members  
4' x 4' \$10.

**Contact Club Reception (5th St. Entrance)**

613 932 4969  
[seawayseniors@gmail.com](mailto:seawayseniors@gmail.com)  
[www.seawayseniors.ca](http://www.seawayseniors.ca)

Centre located at 506 Pitt St. Cornwall

**DENNIS RILEY MEMORIAL BID EUCHRE Tournament**

Calling all Bid Euchre fans to join us for our 1st Annual Dennis Riley Memorial Tournament

**SATURDAY, NOVEMBER 29**  
In memory of Dennis' 1st Heavenly Birthday  
at Seaway Senior Citizens Centre  
506 Pitt St., Cornwall  
Registration: 10:30 am  
Game starts: 11:00 am

**\$20 entry fee per player**


All proceeds to benefit Seaway Seniors

**SEAWAY SENIOR CITIZENS CLUB**

For pre registration speak to Diane Riley or call 613 938 7776

# October Activity Calendar

**OCTOBER** Seaway Senior Citizens Monthly Calendar of Events 506 Pitt St. 613 932 4969 [www.seawayseniors.ca](http://www.seawayseniors.ca)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Club Activities are mostly organized by Volunteer Activity Leaders. These Members generously give their time and energy. They sometimes must make changes due to availability or illness. Changes may not necessarily be reflected on this Calendar. Please check with your Leader if you are unsure.</i></p>				
		<p><b>1</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre <b>1:30 pm iPad Training</b></p>	<p><b>2</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner Lessons I 9:00 pm Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Beginner Practice II 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings</p>	<p><b>3</b> 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choral Group 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p><b>6</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:00 am Gone to Pieces 9:30 am Guitar Practice Level 3 10:30 am Exercise Intermediate 11:30 pm Bell Band 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move</p>	<p><b>7</b> 8:45 am Exercise – GBC*** 10:00 am Art Group 1:00 pm Crafter's Choice <b>1:00 pm Chartwell Paint Class</b> 6:00 pm Jamming  ***Gentle Body Conditioning</p>	<p><b>8</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre <b>1:30 pm iPad Training</b></p>	<p><b>9</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner Lessons I 9:00 pm Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Beginner Practice II 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings</p>	<p><b>10</b> 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choral Group 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts <b>4:30 pm Spaghetti Dinner at SV Theatre</b></p>
<p><b>13</b> <b>CLOSED for THANKSGIVING</b> </p>	<p><b>14</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 Line Dancing 1:00 pm Crafter's Choice 6:00 pm Jamming</p>	<p><b>15</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Knit wits <b>1:30 pm iPad Training</b></p>	<p><b>16</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner Lessons I 9:00 pm Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Beginner Practice II 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings</p>	<p><b>17</b> 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choral Group 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p><b>20</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:00 am Gone to Pieces 9:30 am Guitar Practice Level 3 10:30 am Exercise Intermediate 11:30 pm Bell Band 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move</p>	<p><b>21</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 Line Dancing 1:00 pm Crafter's Choice 6:00 pm Jamming</p>	<p><b>22</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Knit wits <b>1:30 pm iPad Training</b></p>	<p><b>23</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner Lessons I 9:00 pm Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Beginner Practice II 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings</p>	<p><b>24</b> 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choral Group 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>
<p><b>27</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:00 am Gone to Pieces 9:30 am Guitar Practice Level 3 10:30 am Exercise Intermediate 11:30 pm Bell Band 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move 1:00 pm Book Club</p>	<p><b>28</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 Line Dancing 1:00 pm Crafter's Choice <b>2:00 pm Tai Chi Demonstration</b> 6:00 pm Jamming</p>	<p><b>29</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Knit wits</p>	<p><b>30</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner Lessons I 9:00 pm Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Beginner Practice II 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings</p>	<p><b>31</b> 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choral Group 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts</p>



## Good News!

The shuffleboard table is due to arrive this week !

Stay tuned for details on upcoming day and time for this new activity



# *This 'n That*

This September club member Don Crites performed at the Lamoureux Park Bandshell as part of the O'Neil Studio Live Student Showcase . Well done Don !



September's lucky 50/50 winner was Ida Beaty with a big \$220.20 win !

Ida then kindly donated half of her winnings back to the club. Thank you for your generosity Ida.

Don't forget to buy your tickets for the next draw — you could be the one to take home the cash !

And remember, the more tickets that are sold, the bigger your share of the prize \$\$



Club member Murray Romisher, co-founder of the newly formed Cornwall Astronomy Guild will be speaking at the Encore Education Centre on Tuesday October 14th at 1:30 pm . Cost is \$20 and registration can be made by telephone at 613-937-1525 or online at [encorecornwall.com](http://encorecornwall.com)



*We appreciate our members sharing their expertise and varied interests with us. If you would like to lead a presentation or discussion please see Karen Cooper*

# *In the Library*

**October Reads**  **Library**

 **The Strawberry Patch Pancake House, Book 4**  
**Laurie Gilmore**  
A single father, who is a trained chef, changes his life for a little girl who lost her mother. Every book in the series can be read as a standalone.

 **Open Secrets**  
**Sheila Kohler**  
It is a suspenseful novel about relationships, family, love and the inescapable consequences of one's own actions.

 **The Librarian of Saint-Malo**  
**Mario Escobar**  
What life was like for the French during the WW2 German occupation.

 **The Lake of Dreams**  
**Kim Edwards**  
Lucy is still haunted by her father's death. News that her mother has been in an accident brings her back to her hometown.

 **The Conductor**  
**Sarah Quigley**  
Russia, June 1941 - Historical fiction as Shostakovich writes his 7<sup>th</sup> symphony.

 **Magpie**  
**Alan Ryan**  
Travel the Australian outback and learn some things about this land.

# *Activity Profile*

## Chair Yoga



## Restore your soul

Monday, Wednesday and Friday at 9:00 am

Rosanne Fortier leads this practise of breathing exercises which leads to peace in mind and body, preparing the body for meditation.  
Join this stress free hour!





# *Knowing and Growing*



## Did You Know?

Many of our club members are enjoying the take out lunch program at Centre Charles-Emile Claude. It's a great reasonably priced option for those days when you don't feel like cooking.

They offer soup, a main meal and a dessert which can be ordered separately and you do not have to be a member to place an order.

Costs are \$3 for soup, \$8 for the main meal and \$2 for dessert. Here is the delicious meals on offer this month.

Orders must be made through the order form on their website [centrecharlesemi-leclaud.ca](http://centrecharlesemi-leclaud.ca) or by phone at 613-932-1035 and can be paid by cash, debit or credit. They are located at 146B Chevrier Ave.



**Centre Charles Emile-Claude**

**October Menu**

**October 1**

- Broccoli Cream Soup
- Swedish Meatballs
- Mashed Potatoes
- Cranberry Sauce and Seasonal Vegetables
- Chocolate Brownie

**October 8**

- Butternut Squash Soup
- Turkey Breast with Gravy and Cranberry Sauce
- Mini Potatoes & Seasonal Vegetables
- Pumpkin Pie

**October 15**

- Rice and Chicken Soup
- Shepherd's Pie
- Lemon Squares

**October 22**

- Hamburger Soup
- Chicken Lasagna
- "Sticky Toffee" Pudding

**October 29**

- Tomato and Basil Soup
- Beef Stew on Bed of Noodles
- Chocolate Pie

**Meal - \$8 Soup - \$3 Dessert \$2**

**Call 613 932 1035 to order**

**146 B Chevrier Ave., Cornwall, ON**

### Enjoy a day away!

Seniors in Cornwall, Stormont, Dundas, and Glengarry can enjoy a day of fun and socialization at Glen Stor Dun Lodge.

The service includes transportation to and from the Lodge for those living in Cornwall.

The program assists individuals in achieving and maintaining their optimum level of independence by providing mental/physical stimulation, encouraging social interaction, offering exercise programs, health promotion, educational opportunities and preventing isolation. Programs are available Monday to Friday at a cost of \$24.50 a day (includes lunch, snacks and transportation) or \$21.50 without transportation. For more information, call 613-933-3384 ext. 4243 or 4250.

### Benefits of being active

Reduces the risk of falls

Strengthens bones

Helps maintain independence longer

Improves mental health

Lowers the risk of heart disease, stroke, type 2 diabetes, and other health conditions

Canada



# Recipe

## PUMPKIN COOKIES

### INGREDIENTS

- 1 cup Self-Rising Flour
- ½ cup Pumpkin Puree
- ⅓ cup Melted Butter unsalted
- ½ cup Soft Brown Sugar
- 1 ½ teaspoon Cinnamon
- 1 teaspoon Vanilla Extract
- ¼ teaspoon Salt



### NOTES

- One cup of self-rising flour is equivalent to 1 cup of all-purpose flour with 2 teaspoons of baking powder.
- You can use canned pure pumpkin puree (*not pumpkin pie filling*)
- You can swap cinnamon for pumpkin pie spices.



### INSTRUCTIONS

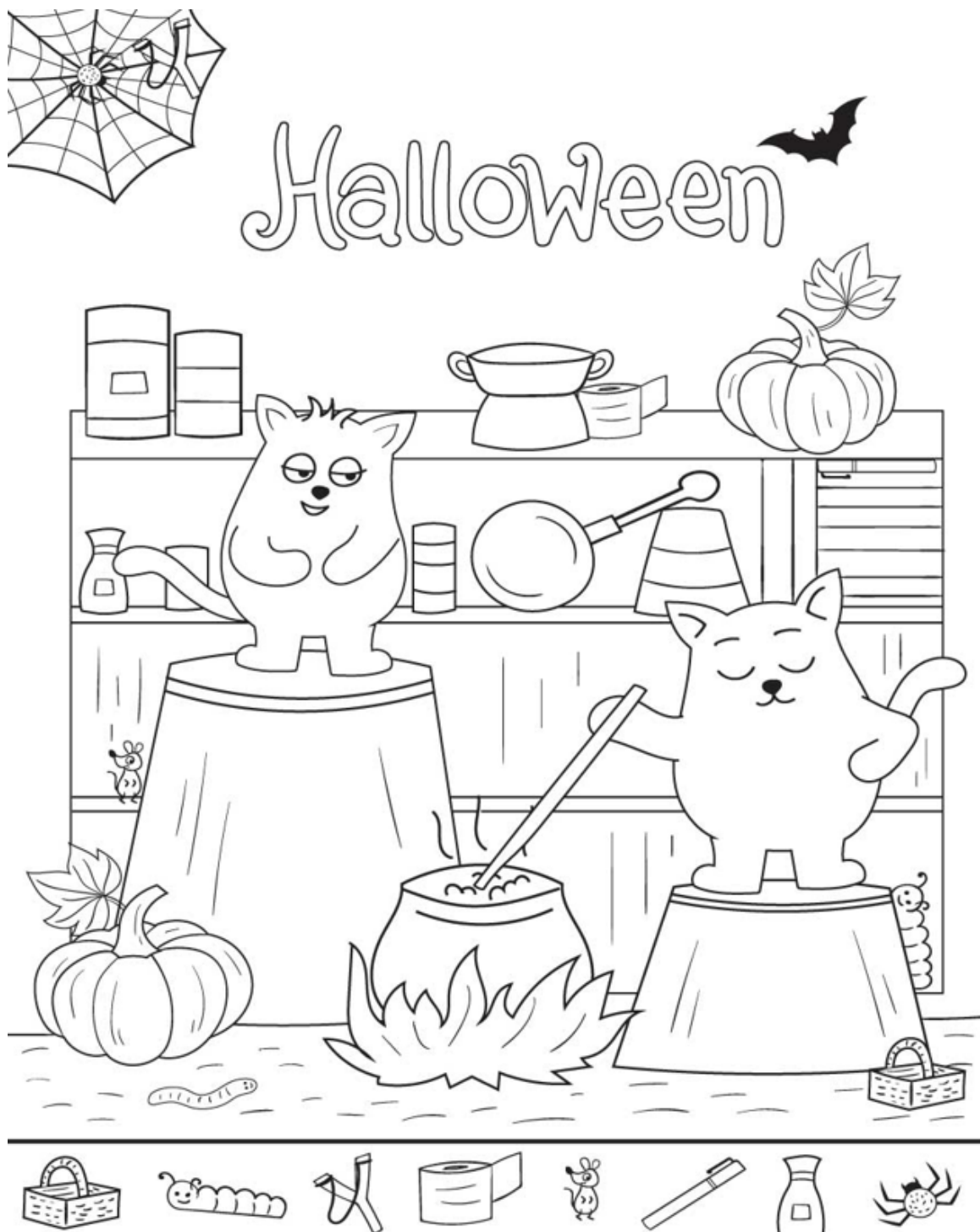
- Preheat the oven 350°F (180°C). Line two large baking sheets with parchment paper. Lightly oil the paper with a cooking oil spray.
- In a mixing bowl, whisk melted, cooled butter, pumpkin puree, soft brown sugar, and the optional vanilla extract, pumpkin pie spices, and salt, if used.
- Fold in the self-rising flour with a rubber spatula to incorporate it and form a cookie dough.
- Feel free to add chopped nuts and stir to evenly incorporate them.
- Lightly oil a cookie dough scoop, grab some cookie dough, and release it on the baking sheet, leaving a thumb of space between the cookies. Press down the top of the cookies with your lightly oiled hands.
- Bake the cookies for 15-16 minutes at 350°F (180°C) on the center rack of the oven until golden brown on the edges.
- Let them cool down on a cooling rack for an hour.



# Puzzles

Can you find all the hidden objects in this puzzle?

It's a challenge for the eyes as well as the brain !



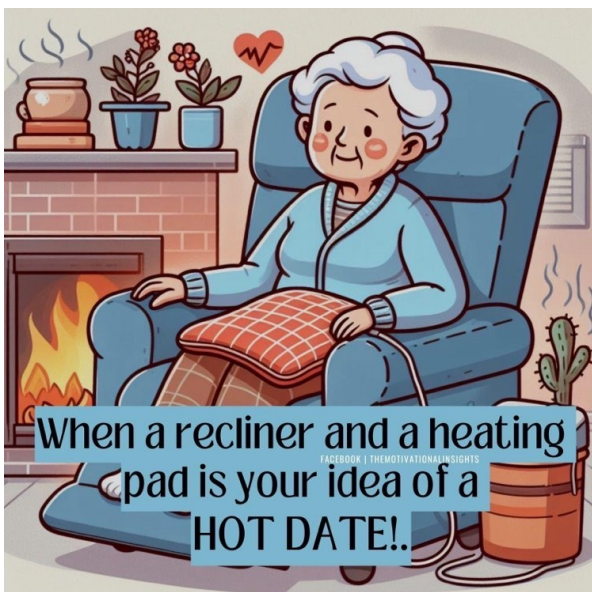
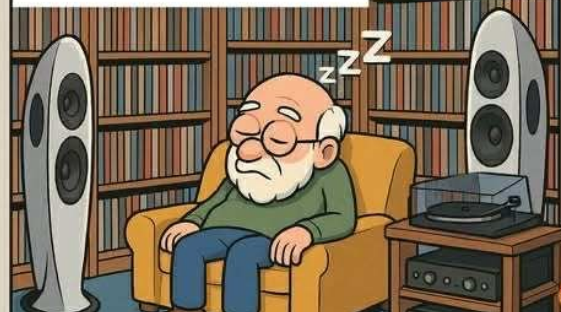


# *Laughter is the Best Medicine*

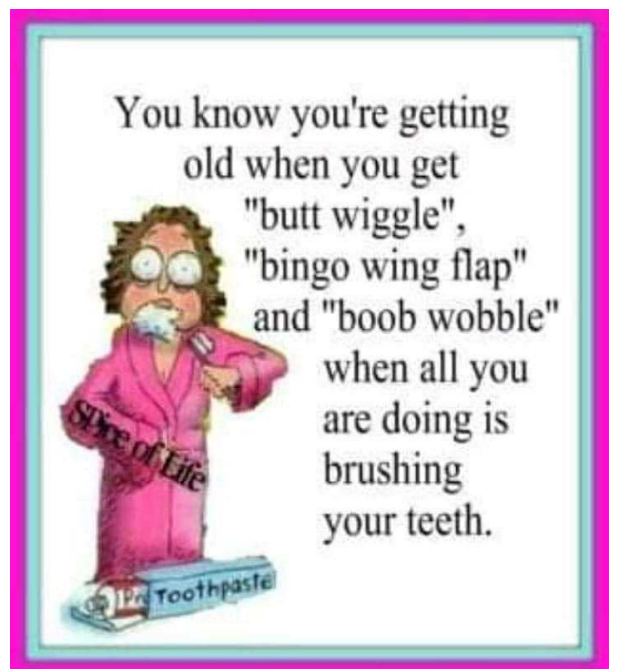
**I DUSTED ONCE, IT CAME  
BACK, I'M NOT FALLING  
FOR THAT AGAIN**



**A FEW MINUTES LATER...**



**When a recliner and a heating  
pad is your idea of a  
HOT DATE!**





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

**Volunteers are always required** for a variety of tasks including answering phones and registrations at the front desk, leading in-house activities, helping with event coordination, sharing your expertise in a presentation to members, joining our fund raising committee and submission of articles of interest to our newsletter and more.

If you are able to help out a few hours a month or more, we would love to have your help. Please contact:

**Front Desk Volunteers:**

Shona at 613-932-4969

**Event Volunteers:**

Karen Cooper at 613-932-4969



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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