

The Seaway Senior Citizens Chronicle

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

Our club has two general meetings per year (one in the Spring and one in the Fall) and an Annual General Meeting held each January at which elections to the Board of Directors are held.

These meetings are your chance to re-view the financial statements of the club, to find out the latest club information, make suggestions on what you would like the club to offer its members and to raise any topics which you feel need addressing.

Please consider attending the general meeting which will be held on Tuesday November 4th - get to know your Board of Directors and share your ideas.

The Board Members serve on a volunteer basis and are also club members like yourselves with the best interests of the club at heart.

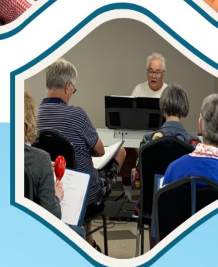
Help them to help the continued success of the club by showing support and offering ideas and suggestions for future growth. We welcome your input.



GENERAL MEETING Tuesday, November 4

@ 1 pm

in the Oak Room



CONTACT INFORMATION

📞 613 932 4969

seawayseniors@gmail.com

www.seawayseniors.ca

506 PITT STREET
CORNWALL, ON

Last Month in photos

Fundraising Spaghetti Dinner October 10th

Thank you to all club members who came out to enjoy our fundraising spaghetti dinner . A special thank you to our wonderful hardworking volunteers for organizing, set up, cooking, serving , entertainment and clean up—we couldn't have done it without you. The evening was a great success and generated much needed funds for the club. We appreciate you!



Last Month in photos

Chartwell Fall Fling Paint Class October 7th

Painting classes hosted by Chartwell Chateau Cornwall are always so much fun. This time fall was in the air as participants created their own versions of autumn splendor.



Tai Chi Demonstration October 21st

Participants at the Tai Chi Demonstration by Jeff McCann were given the opportunity to try out one of the 24 forms (moves) of Tai Chi.

Classes will be held on Tuesday at 2 pm starting November 11th in the Elm Room. Sign up now at the reception desk. NOTE: the Elm Room is on the top floor of the building.



Our Seaway Strings put smiles on the faces of over 50 residents at Riverdale Terrance on October 30th and the group received many glowing comments. Both entertainers and audience left with smiles on their faces. Plans are already underway for a Christmas concert.

You can see a video of this concert here as posted by Jane Cooper. Enjoy !

<https://youtu.be/po59B1B1lu4>

Seaway Strings Fall Concert October 30



November Events

SEAWAY SENIOR CITIZENS CLUB

BAKING, FUN, GREAT GIFTS, and PHOTOS with SANTA!

SILVER SNOWFLAKE ART & CRAFT MARKET & CAFE

SATURDAY, NOVEMBER 8
10 AM - 2 PM

special guest:
More Than Photos

613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

Centre located at 506 Pitt St. Cornwall

SEAWAY SENIOR CITIZENS CLUB

SPCA COMMUNITY CAFE

TUESDAY, NOVEMBER 18
1 PM in OAK room

Meet Arianne Kirkey from Ontario SPCA SD&G who will present on SPCA's expanding local programs to protect our animals and the brand new Animal Centre coming to Cornwall. Find out how we can support our special furry friends!

FREE with refreshments
RESERVE YOUR SPOT @ RECEPTION
www.seawayseniors.ca
613 932 4969
506 Pitt St.

SEAWAY SENIOR CITIZENS CLUB

CHUCK WAGON DINNER

25 NOVEMBER | 5:00 PM

Menu

- ★ smoked pork brisket
- ★ roast potatoes
- ★ south west corn
- ★ baked beans
- ★ corn bread
- ★ caesar salad
- ★ dessert

TICKETS AVAILABLE AT RECEPTION \$20.

Tickets should be purchased by November 21

Phone: 613 932 4969
www.seawayseniors.ca

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

December Events



SEAWAY
SENIOR
CITIZENS
CLUB

Christmas Dinner & Party

FRIDAY, DECEMBER 19
Turkey Dinner and Dance
5 pm to 11 pm

Bring your own preferred Alcohol
Soft drinks available

Social hour from 4 pm to 5 pm

at
Centre Charles-Emile Claude
146b Chevrier St., Cornwall

★ **\$30. per person**
Tickets available through Reception
Deadline for purchase is December 10
(limit 100 tickets)

Entertainment by
Shoestring Productions

613 932 4969
www.seawayseniors.ca
506 Pitt St.

You won't want to miss this one !

Tickets are on sale now for our annual club Christmas party. The event will be held at the same place as last year, Centre Charles-Emile Claude 146c Chevrier St and they will again be serving up a delicious turkey dinner with all the trimmings.

This is a popular event and tickets are limited to 100 persons. Deadline for purchase is December 10th—no exceptions.

In the spirit of gift giving we are hoping to collect as many door prizes as we can. Thank you to those who have already donated. Contributions can be left with Barb or Karen in the office or with Liz Collymore.

Thank you all - hope to see you there !



SEAWAY
SENIOR
CITIZENS
CLUB

Seeking items for Christmas Gifts

Do you have any items that you would like to donate to our Christmas Dinner Party on December 19th ?

We are seeking Door Prizes for our Dinner guests. If you do have something that you would like to donate, please speak to Barb or Karen upstairs or Liz Collymore.

613 932 4969
www.seawayseniors.ca
506 Pitt St.

November Activity Calendar

Lots of activities at the club this month including two new activities - Tai Chi with Jeff McCann and guitar with Ed O'Brien. Special events are the General Membership Meeting November 4th at 1:00 pm, the Chuck Wagon Dinner for members and their guests on November 25th, and the Dennis Riley Memorial Bid Euchre Tournament on November 29th. And don't forget to attend the Silver Snowflake fundraising art/craft/bake sale this Saturday November 8th to have a professional photoshoot with Santa.

NOVEMBER Seaway Senior Citizens Monthly Calendar of Events 506 Pitt St. 613 932 4969 www.seawayseniors.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 1:00 pm General Meeting 6:00 pm Jamming ***Gentle Body Conditioning	5 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 Base Guitar 1:30 pm iPad Training	6 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	7 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
10 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	11 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 Line Dancing 1:00 pm Crafter's Choice 1:00 pm Snowflake Quilling 2:00 pm Tai Chi 6:00 pm Jamming	12 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 Base Guitar 1:30 pm iPad Training	13 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	14 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
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24 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	25 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi 5:00 pm Chuck Wagon Dinner 6:00 pm Jamming	26 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 1:00 pm Base Guitar 1:30 pm iPad Training	27 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	28 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
 Silver Snowflake Art/Craft Market & Café is on Saturday, November 8 (10 am – 2 pm) Dennis Riley Memorial Bid Euchre Tournament takes place Saturday, November 29 Pre-register with Diane Riley  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.				

New Activities

 **ADVANCED GUITAR BASICS**
BASE GUITAR

- Free Style Guitar
- Musical Alphabet
- Fret board layout
- Alternating Base Patterns
- Chord Structure
- Finger Patterns

WEDNESDAYS
with
Ed O'Brien
call 613 363 5444 for details
MAPLE ROOM

1 PM - 2:15 PM
starting November 5, 2025

Sign up at Reception

 \$7 members
\$10 non members

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



 **Tai Chi**
with
Jeff McCann



TUESDAYS beginning
November 11 2 pm
Elm Room
upstairs

Register at
RECEPTION

\$5. for members
\$7. for non members



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

 **Our brand new**
SHUFFLEBOARD
has arrived!



We plan to start a program early in the new year! If you are you interested please give your name and contact info to RECEPTION.
Thank you!!

 www.seawayseniors.ca  506 Pitt St., Cornwall

Don't Miss Out on the Fun!!

There are always lots of things happening at the club along with the addition of new activities. 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 .

This 'n That



DO YOU LIKE TO BAKE?

We need Baking donations for our Silver Snowflake Art & Craft Market

Sign up at **RECEPTION** to donate your favourite baked goods



Donations required by November 6 or November 7 for the November 8th Bake Sale Cafe



50/50 DRAW

Our 50/50 Draws will be held monthly on the last Friday of the month at 3:00 p.m.
Proceeds from the draw go toward programming.

TICKETS ARE \$2.00 EACH OR 3 FOR \$5.00

October's lucky 50/50 winner was Pauline Bookhaut with a \$250. win !

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 \$\$

We are happy to welcome Don Crites as a volunteer audio visual and computer technology advisor and specialist.

Don's extensive background and work experience will make our lives easier by providing much needed technical support to the office management team.



Thank you Don for your willingness to help out.



Christmas

Quilt & Art Raffle FUNraiser



Celebrate the spirit of giving with our **Christmas Raffle FUNraiser!** Join the festivities and have a chance to win beautiful prizes that are sure to make the holiday season even brighter.

Thank you to Jeannine Callan, Lynn Lascelle, and Claudette Voet for their donated handiwork!

Draw @ Christmas Party
FRIDAY, 19 DECEMBER 2025

Tickets available @ **RECEPTION** November 3
1 ticket for \$2.; 3 tickets for \$5.

www.seawayseniors.ca
613 932 4969

506 Pitt St., Cornwall



We appreciate our members sharing their expertise and varied interests with us. If you would like to lead a presentation or discussion or if you have skills that you'd like to offer as a volunteer, please see Karen Cooper .

In the Library



November Reads  **Library**

The Best Life Book Club
Sheila Roberts (2024, 356 pages)
Together, three women embark on a literary journey that just might be the kick start they need to begin their best lives yet.

The Collector
Daniel Silva (2023, 393 pages)
An art restorer and a spy join forces to track down a stolen Vermeer masterpiece.

Deafening
Frances Itani (2004, 378 pages)
Deafening tells the story of a young deaf woman living in small town Ontario. The novel also discovers the important role that Canadians played in the First World War.

The Friday Night Knitting Club
Kate Jacobs (2008, 360 pages)
Once a week, a group of women come together at a yarn shop to work on their latest projects and share the stories of their lives.

Next Year in Havana
Chanel Cleeton (2018, 382 pages)
After the death of her beloved grandmother, a Cuban-American woman travels to Havana where she discovers the roots of her identity.

Private Moscow
James Patterson & Adam Hamdy (2023, 448 pages)
A close friend's murder drives Private Jack Morgan to Russia.

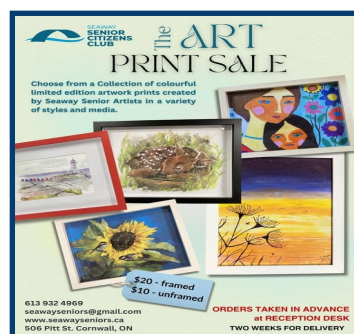
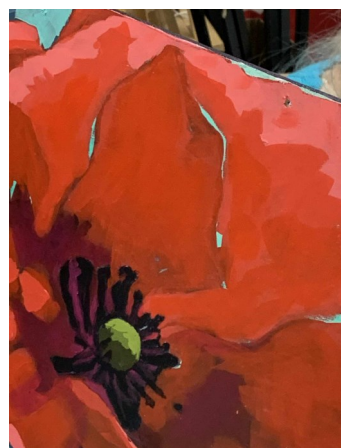
Activity Profile

Tuesday 10 am Art Group “ Artistic License”

What a great name for this talented group !

Here’s a look at what some members are currently creating. Each member brings their own supplies and work on their individual projects at their own pace while enjoying the camaraderie of the group . You too can join this relaxing activity. All skill levels welcome.

Some members have generously allowed the club to reproduce their artwork in prints for sale as a fundraiser. See Karen Cooper for a look at the complete catalogue.



Knowing and Growing



in the Garden

TO DO THIS MONTH:

- This is your last chance to plant any spring bulbs before the ground is too hard to work.
- Empty, clean and store all your pots and planters.
- Empty your rain barrel and make sure it is closed or flipped to prevent any water from getting in. Readjust your downspout to direct any water away from your home over the winter.
- Incorporate compost, manure or any organic matter into the soil. This will make a huge difference in the quality of your soil for the next growing season.
- Once the soil is starting to harden, place a 2-4" layer of mulch to protect the soil.
- Get a head start on next year and bring any of your gas-powered equipment to be serviced. Winter will be a slow time at your local repair shops.
- If you aren't already on the mailing lists for your favourite seed store, make sure to sign up so you can get your catalogues in time.



thanks to Friends of the Garden

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 are the delicious meals on offer this month.

Orders must be made the week before through the order form on their website centrecharesemileclaud.ca or by phone at 613-932-1035 and can be paid by cash, debit or credit. Pick up is the following Thurs/Friday. They are located at 146B Chevrier Ave.

And there's no need to eat alone.... invite your friends to do the same and share your meal at one of your houses. Make it an event !

November Menu Centre Charles Emile-Claude

November 5

- Chicken Noodle Soup
- Spaghetti with Meat Sauce
- Chocolate Cake

November 12

- Minestrone Soup
- Chicken Breast with Mushroom Sauce
- Roasted Potatoes & Seasonal Vegetables
- Carrot Cake with Cream Cheese Icing

November 19

- Ham & Pea Soup
- Stuffed Bell Peppers with Roasted Vegetables
- Walnut Pie

November 26

- Cream of Zucchini Soup
- Beef Goulash on Egg Noodles
- Date Squares

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

Call 613 932 1035 to order
146 B Chevrier Ave., Cornwall, ON

The Pie Lady Let me bake for you . . . made to order!

MENU

Pies

Apple	\$12.	
Strawberry / Rhubarb	\$15.	
Blueberry	\$15.	
Cherry	\$15.	
Pecan	\$15.	
Pumpkin	\$12.	
Sugar	\$12.	
Meat Pies (December)	\$15.	

Squares

Date
Brownies
Lemon

Cookies

Chocolate Chip
Shortbread
Oatmeal
& Butter Tarts

Squares, Cookies, and Tarts
\$12. a dozen

Order from Colleen Fitzpatrick
answering machine: 613 933 4996 or text: 343 585 2830
20% of proceeds donated back to

SENIOR CITIZENS CLUB



Holiday (or anytime) baking is now available made to order by Colleen Fitzpatrick who is kindly donating a portion of the sales to our club. Place your order by calling 613-933-4996 or by text to 343-585-2830. Orders will not be taken at the club. They must be placed directly with The Pie Lady.

Recipe



Ingredients

- 2 small spaghetti squash, cut in half and seeds removed (about 3 lb. each)
- 3 Tbsp. olive oil
 - 2 tsp. kosher salt
 - 1 tsp. black pepper
 - 1 lb. ground turkey
 - 1 (1 oz.) packet taco seasoning
 - 1 (15 oz.) can black beans, drained and rinsed
 - 1 cup frozen corn
 - 1 cup salsa, plus more for serving
 - 2 cups shredded Mexican blend cheese (about 8 oz.)
 - 1 cup fresh cilantro, chopped
 - Plain Greek yogurt or sour cream, for serving
 - 1 ripe avocado, diced, for serving
 - Hot sauce, for serving

Stuffed Spaghetti SQUASH

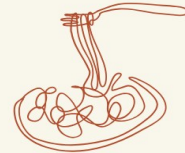
If you're looking for the perfect weeknight meal, think stuffed spaghetti squash. This dish packs all the flavours of your favourite burrito into one of the most versatile fall vegetables!



PREP TIME
30 MIN



SERVINGS
4-6



Instructions

1. Preheat the oven to **400°F**.
2. On a baking sheet, place the spaghetti squash cut-side up. Drizzle with 2 tablespoons of the oil and sprinkle with 1 teaspoon of the salt and pepper. Flip the spaghetti squash cut-side down and bake until fork-tender, 45 minutes to 1 hour.
3. Meanwhile, in a large skillet, heat the remaining 1 tablespoon oil over medium heat. Add the turkey and cook, crumbling with a wooden spoon, until the turkey is lightly browned, 3 to 5 minutes. Add the taco seasoning and $\frac{1}{2}$ cup of water and cook until thickened slightly, 1 to 2 minutes. Stir in the beans, corn, salsa, 1 cup of the cheese, and three-quarters of the cilantro.
4. Let the squash cool slightly before carefully flipping over, cut-side up. Use a fork to loosen the flesh and form spaghetti-like strands. Divide the turkey mixture among the spaghetti squash halves and mix it gently with the squash strands. Sprinkle the halves with the remaining cup of cheese. Return the squash to the oven and bake until the cheese is melted and bubbly, 10 to 15 minutes.
5. Serve the squash topped with yogurt, avocado, hot sauce, salsa, and the remaining cilantro.

courtesy "The Pioneer Woman" blog

Puzzles

Can you find all the hidden objects in this puzzle?

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



Hidden Pictures®

Morning Rush

By Marilee Harrauld-Pilz



Can you find these Hidden Pictures®



slice of pizza



radish



mitten



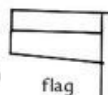
musical note



slice of bread



ice-cream cone



flag



doughnut



book



cracker



butterfly



watermelon



snake



ring



paintbrush



crown

In this big picture, find the slice of pizza, radish, mitten, musical note, slice of bread, ice-cream cone, flag, doughnut, book, cracker, watermelon, butterfly, snake, ring, paintbrush, and crown.

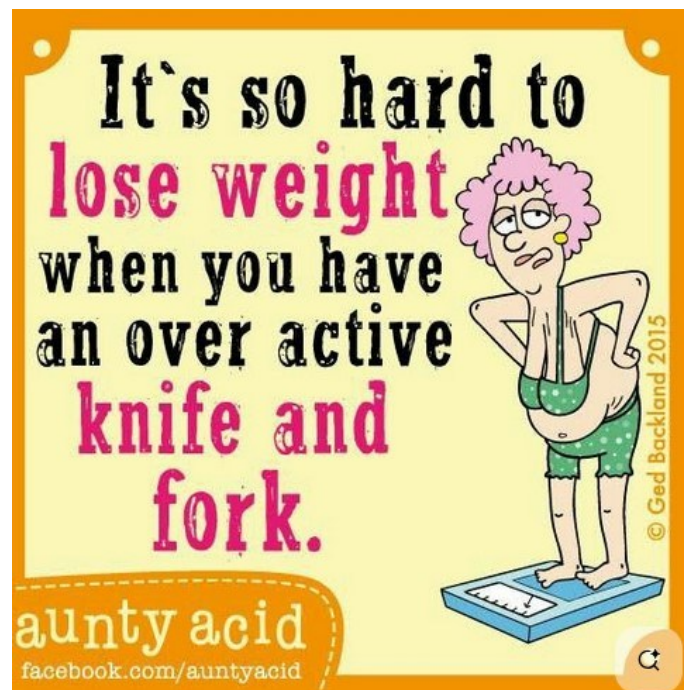
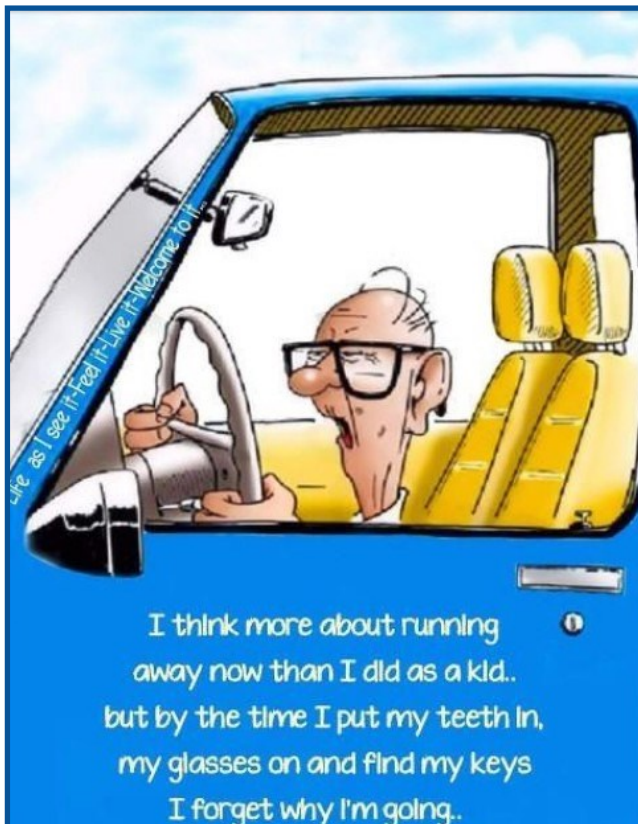
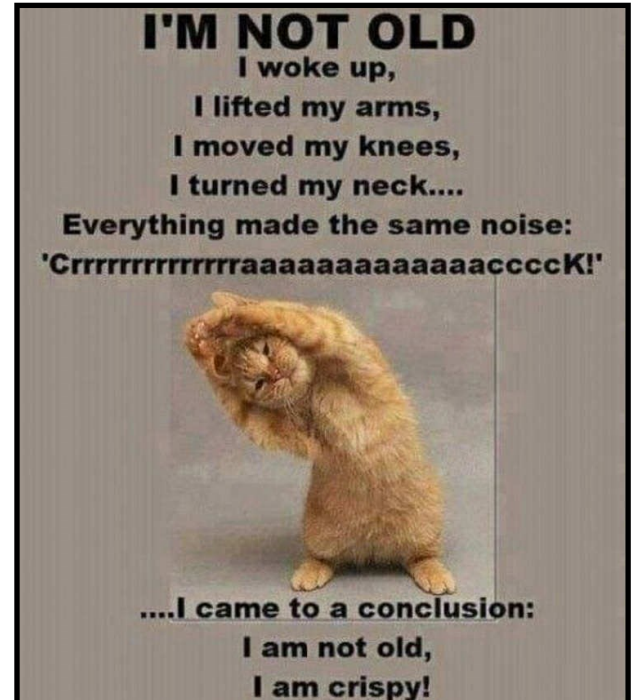
Brain Teasers

1. What is always coming but never arrives?
2. What can you hold in your left hand but not in your right?
3. What can be seen once in a minute, twice in a moment and never in a thousand years?
4. What can you hold without touching it?
5. What band doesn't play music?

Brain Teaser answers:

1. Tomorrow
2. Your right elbow
3. The letter M
4. Your breath
5. A rubber band

Laughter is the Best Medicine





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



An agency of the Government of Ontario
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