

The Seaway Senior Citizens Chronicle

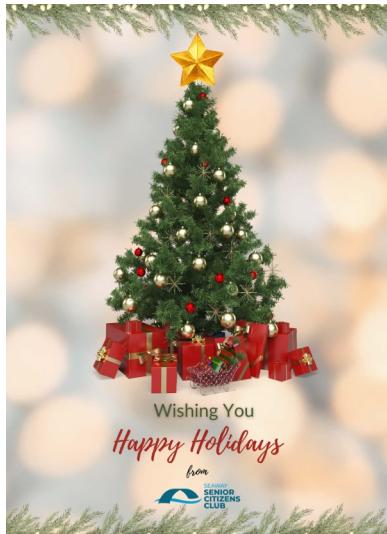
Seaway Senior Citizens 50+ Centre—506 Pitt Street, Cornwall, ON K6J 3R5 **613-932-4969**

As we step into December, the final month of the year, we tend to look back on the past twelve months and take stock of all we experienced during the past year as we look forward to what the next year will bring.

For some this time of year is filled with holiday magic with the warmth of family and friends gathering together to celebrate the season. For others it can simply be a time of quiet reflection and a chance to recuperate from the hustle and bustle of the past months. In either case its important to take time to care for yourself while still making plans to continue to engage in participation of social activities—one of the ways to help prevent depression and seasonal affective disorder.

Renewing your club membership in December will be a headstart to conquering the winter blues and give you something to look forward to.

Membership renewals will start in early December and will include a mandatory signing of a Code of Conduct agreement . In answer to member's frustrations about non-members using our parking lot, we will be issuing parking permits/club identification for your vehicles.



Last Month in photos

Silver Snowflake art craft and bake sale—November 8

Thanks to all our volunteers, bakers, vendors and customers who turned out to support the club, this event was another great success. Special thanks to Karen Cooper for continuing to be the driving force behind these events. We not only had a visit from Santa, but also from our dear Lynn Lascelle who managed to attend for a little while despite recovering from recent surgery. It was wonderful to see you Lynn and hope you are back with us very soon.



Quilling workshop—November 11

Quilling workshops led by Elaine O’Byrne are always a sell out. And the results prove why—take a look at these beautiful creations !



Last Month in photos

Ontario SPCA—November 18

Not just adoption— Arianne Kirkey of Ontario SPCA shared information on all the services SDG SPCA now offers and Lise Oikle a local pet portrait artist was on hand to tell us about her 2026 calendar of which all proceeds will be donated to the SDG SPCA to assist them in their programs. Calendars can be ordered at bullfrog12ca@yahoo.com



Chuckwagon Dinner — November 25

Cowboy/Cowgirl approved !! Chef Jeff Barkley went full western on this delicious dinner. Many thanks to all the volunteers who worked hard to make this sold out event a great success.



Dennis Riley Memorial Bid Euchre Tournament—November 29



Club members , friends and the Riley family gathered together at the club on November 29th for something Dennis would have loved - a bid euchre tournament. The Dennis Riley Memorial Tournament celebrated Dennis's first heavenly birthday as well as his dedication to the club. Thank you to those who organized this event . Although sorely missed, Dennis's presence was felt particularly evidenced in the fact that his son Jason finished in third place despite it being his first time playing the game - heavenly guidance perhaps.



Tournament winners. First Place: Bill Jorgensfo, Second place: Jim Simpson , Third place: Jason Riley



Moonshot winners: Ted Emerton-Proulx, Roland Dixon, Larry Flaro, Paula Pitre, Rick Beaudette, Carole Wahl (not pictured)

Coming Events

SEAWAY SENIOR CITIZENS CLUB FUNraiser

CRAZY CHRISTMAS TREE with MELODY

TUESDAY, December 2
1pm - 3 pm in Oak Room

Fun "Make it and take it" Holiday painting project led by Melody Crites. All supplies included!

Phone: 613 932 4969
Email: seawayseniors@gmail.com
Website: www.seawayseniors.ca

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

Book through Reception

SEAWAY SENIOR CITIZENS CLUB

Winter Wonderland Painting Class

sponsored and taught by staff of **CHARTwell**

TUESDAY, January 13
1pm - 3 pm
Oak Room

Celebrate the beauty of Winter 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 frosty theme. All supplies included!

Phone: 613 932 4969
Email: seawayseniors@gmail.com
Website: www.seawayseniors.ca

FREE Book through Reception

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

SEAWAY SENIOR CITIZENS CLUB

Christmas Dinner & Party

FRIDAY, DECEMBER 19
Turkey Dinner and Dance
5 pm to 11 pm
Cash Bar
Social hour from 4 pm to 5 pm
at
Centre Charles-Emile Gauvreau
146b Charles St., Cornwall
+\$30. per person
Tickets available at the front reception
Deadline for purchase is December 10
(limit 100 tickets)

SOLD OUT

Entertainment by Shoestring Productions

613 932 4969
seawayseniors@gmail.com
506 Pitt St.

SEAWAY SENIOR CITIZENS CLUB

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 Veet for their donated handwork!

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

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](mailto:seawayseniors@gmail.com)
506 Pitt St.

Attention activity leaders & members:

Many groups in our club celebrate the holiday season with an in-house potluck or a visit to a local restaurant. If you would like to feature your event in the January newsletter please send photos to lizcolly@hotmail.com with all the details of the event and contact information.

December Activity Calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 8:45 am Exercise – GBC** 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crazy Christmas Tree 6:00 pm Jamming ***Gentle Body Conditioning	3 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	4 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	5 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
8 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	9 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 6:00 pm Jamming	10 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	11 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	12 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
15 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	16 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 6:00 pm Jamming	17 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	18 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	19 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 4:00 pm Christmas Party at Centre Charles Emile Claude
22 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	23 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 6:00 pm Jamming	24 <i>Christmas Eve</i> CLOSED 	25 <i>Merry Christmas!</i> CLOSED 	26 Boxing Day CLOSED
29 CLOSED	30 CLOSED	31 New Year's Eve CLOSED 	<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>	

Please note we will be closed from December 24th until January 2nd.

Activities will resume on January 5th.

Wishing you a happy and healthy holiday season. See you in 2026 !

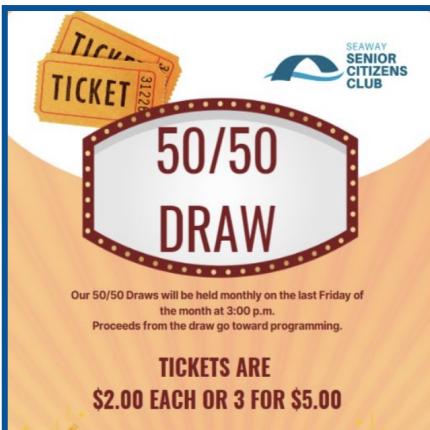


This 'n That

Activity leader required



Unless a new activity leader comes forth, our bell band will not continue into the New Year. If you are interested in volunteering to lead this group, please see Denise Collins or leave a message for her at reception



November's lucky 50/50 winner was Darlene Nicholson with a \$210. 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 \$\$



Board of Director openings

As of January 2026 we will have openings on our Board of Directors.

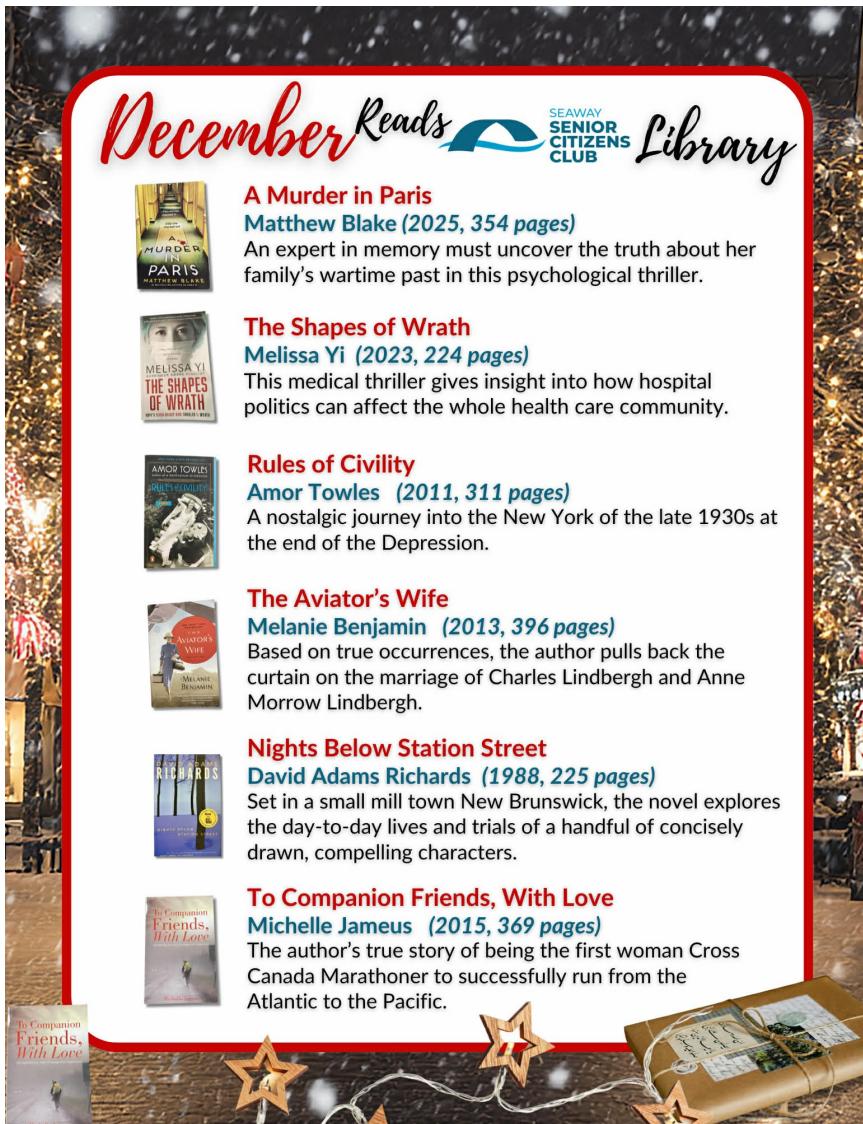
This is an exciting opportunity for dedicated individuals who are passionate about the mission of our club and eager to volunteer their expertise to guide our organization's strategic direction. More information can be obtained from any current board member.

Elections will be held at the Annual General Meeting in January.



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



December Reads  **Library**

A Murder in Paris
Matthew Blake (2025, 354 pages)
An expert in memory must uncover the truth about her family's wartime past in this psychological thriller.

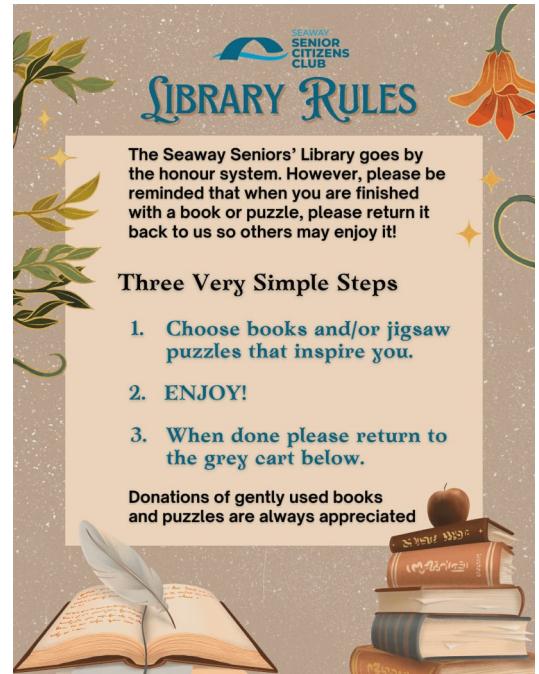
The Shapes of Wrath
Melissa Yi (2023, 224 pages)
This medical thriller gives insight into how hospital politics can affect the whole health care community.

Rules of Civility
Amor Towles (2011, 311 pages)
A nostalgic journey into the New York of the late 1930s at the end of the Depression.

The Aviator's Wife
Melanie Benjamin (2013, 396 pages)
Based on true occurrences, the author pulls back the curtain on the marriage of Charles Lindbergh and Anne Morrow Lindbergh.

Nights Below Station Street
David Adams Richards (1988, 225 pages)
Set in a small mill town New Brunswick, the novel explores the day-to-day lives and trials of a handful of concisely drawn, compelling characters.

To Companion Friends, With Love
Michelle Jameus (2015, 369 pages)
The author's true story of being the first woman Cross Canada Marathoner to successfully run from the Atlantic to the Pacific.



LIBRARY RULES

The Seaway Seniors' Library goes by the honour system. However, please be reminded that when you are finished with a book or puzzle, please return it back to us so others may enjoy it!

Three Very Simple Steps

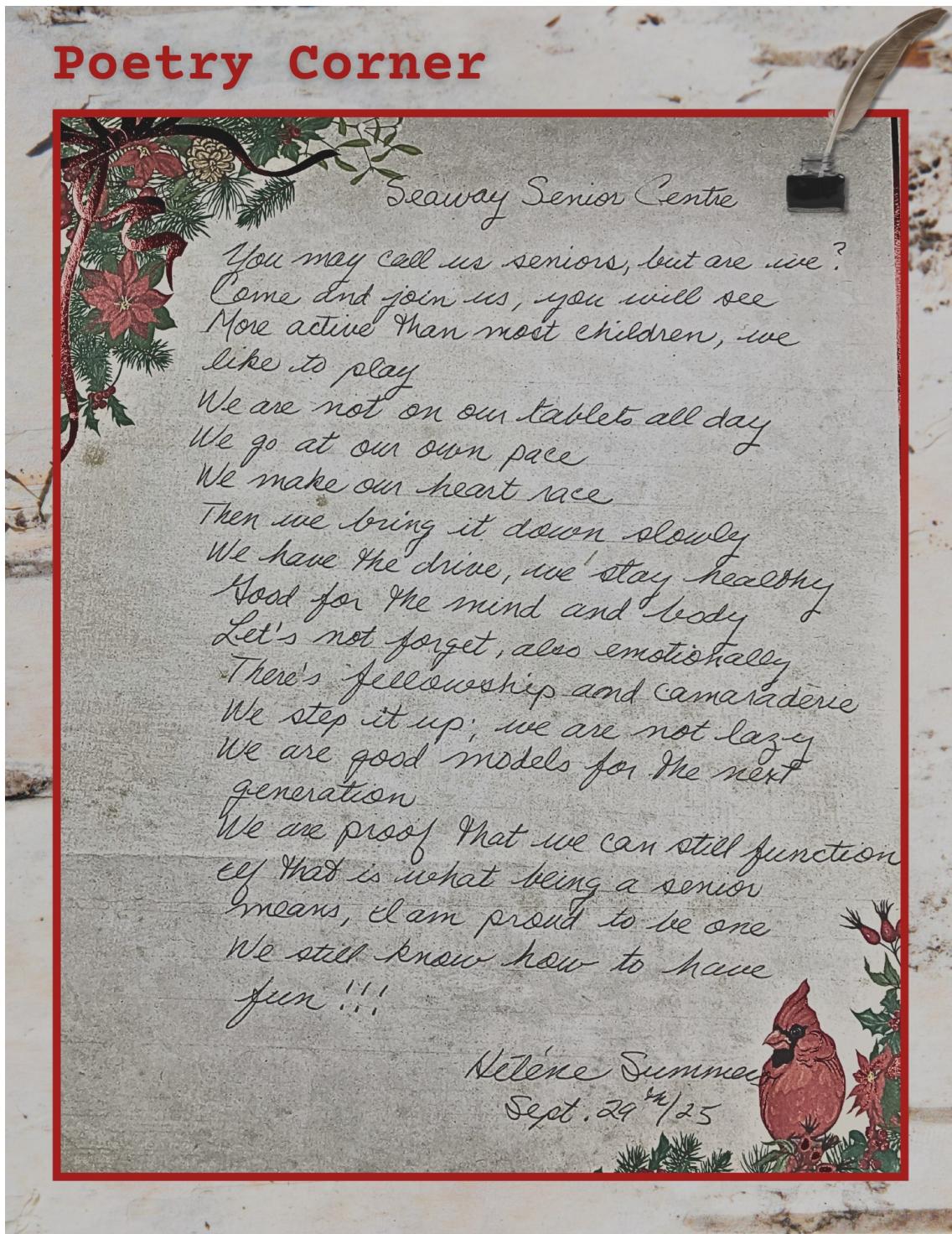
1. Choose books and/or jigsaw puzzles that inspire you.
2. ENJOY!
3. When done please return to the grey cart below.

Donations of gently used books and puzzles are always appreciated



Poetry Corner

Thank you /Merci to Helene Summers for this wonderful poem that we can all relate to !



Knowing and Growing

A List of Seeds to Plant in December

Get these seeds (and cloves) planted in the garden this month if the soil in your raised beds is still workable:

- Beets
- Spinach
- Swiss chard
- Cilantro
- Carrots
- Dill
- Parsley
- Broccoli
- Cauliflower
- Cabbage
- Kale
- Radishes
- Chives
- Garlic
- Onions

Upper Canada District School Board
COMMUNITY PARTNER



We are a proud supporter of Real-World Learning in our local schools.

Real-World Learning is an approach that connects classroom knowledge to real-world situations and experiences. Students learn new skills and discover possible career paths while giving back to their communities. It's a win-win for all involved.

UPPER CANADA DISTRICT SCHOOL BOARD



In the Garden

TO DO THIS MONTH:

- Protect young trees and shrubs from critters and weather. Use chicken wire to create a barrier around the trunks, wrap bushes in burlap or even create structures to prevent any snow damage.
- Clean, oil and sharpen your hand tools before putting them away for the winter.
- Make sure your beds have a layer of mulch to protect the soil and insulate your plants for the winter.
- When thinking of gifts to give this Christmas, consider donating to local conservation areas or groups. You could also purchase memberships for local garden or nature centres.

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 centrecharlesemileclaude.ca or by phone at 613-932-1035 and can be paid by cash, debit or credit. Pick up is on 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 !



**Centre Charles
Emile-Claude**

December Menu

December 3

- Chicken and Rice Soup
- Meat Lasagna
- Magic Cookie Bars

December 10

- Beef and Barley Soup
- Chicken Pot Pie
- Chef Salad with homemade dressing
- Sugar Pie

December 17

- Broccoli Cream Soup
- Turkey Breast with Gravy, Cranberry Sauce, Mini Potatoes and Seasonal Vegetables
- Christmas Crumble

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	Squares, Cookies, and Tarts \$12. a dozen
Shortbread	
Oatmeal	
& Butter Tarts	

Order from Colleen Fitzpatrick

answering machine: 613 933 4996 or text: 343 585 2930
20% of proceeds donated back to 



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

Are you not a fan of fruitcake?

Cherry Cake is a Christmas tradition in many households, including Canadian singing icon Anne Murray. This family recipe from her Facebook page is a real star!



ANNE MURRAY
"MOM'S CHERRY CAKE"

Ingredients	Instructions
1½ cups (375 mL) butter	1. With electric mixer, cream butter with sugar thoroughly.
2 cups (500 mL) granulated sugar	2. Add eggs, one at a time, beating well after each. Beat in extracts.
4 eggs	3. Combine 3½ cups (875 ml) of flour with baking powder and salt; mix thoroughly.
1 tsp (5 mL) each: vanilla extract, almond extract, lemon extract	4. Add flour mixture to creamed mixture alternately with milk.
4 cups (1 L) all-purpose flour, divided	5. Toss cherries with remaining ½ cup (125 ml) flour; fold into batter.
2 tsp (10 mL) baking powder	6. Pour into well-greased and floured 10-inch (3 L) Bundt pan.
1 tsp (5 mL) salt	7. Bake in 325° F (160° C) oven for 1¾ hours or until tester inserted in center comes out clean.
1 cup (250 mL) milk	8. Let cool a few minutes in pan, then turn out onto a wire rack to cool completely.
1½ cups (375 mL) red candied cherries, halved	
1½ cups (375 mL) green candied cherries, halved	

"It truly is part of our Christmas tradition. Mom has cooked one and sent it by mail every year for the last 22 years. Christmas would not be Christmas without it"

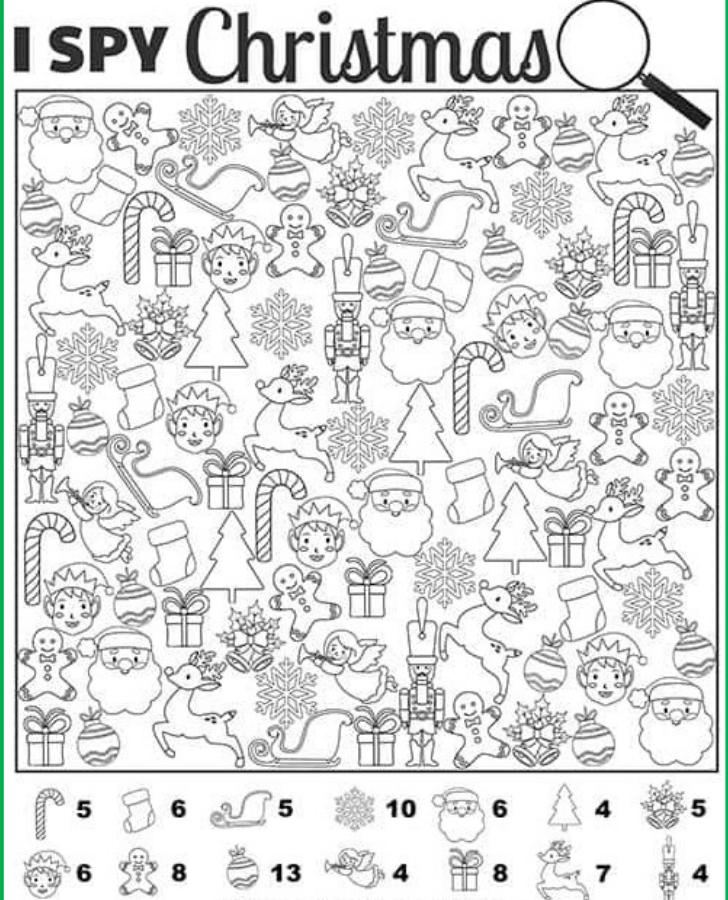
ANNE'S QUOTE RE RECIPE (CHRISTMAS 2002)

Puzzles

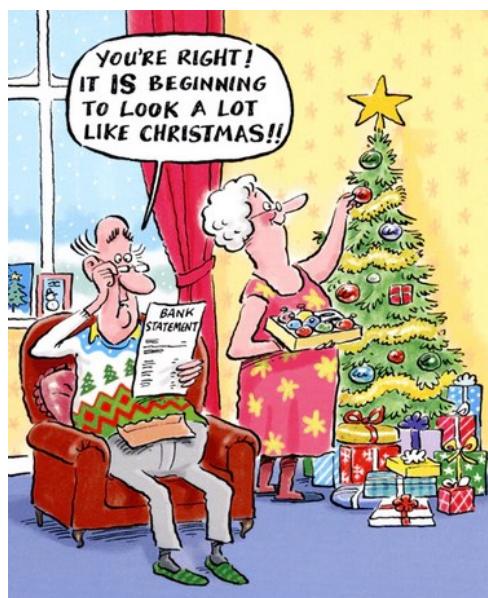
Can you find all the hidden objects in this puzzle?

It's a challenge for the eyes as well as the brain and this month we've got two just for you!

Happy Holidays !



Laughter is the Best Medicine



VOLUNTEERS NEEDED!

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



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



Canada

Funded by the Government of Canada
New Horizons for Seniors Program



Mission Statement

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