

## The Seaway Senior Citizens Chronicle

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

Already the start of another year. Seniors often feel that the world is changing too quickly around us and we have no control. Shed yourself of those negative thoughts by becoming more active in the club.—it's good for mind, body and soul. Why not make it a new year's resolution to try a new activity? This month we are pleased to offer group singing lessons—a brand new activity that should become very popular. Or try volunteering—we are always looking for members to contribute to our various teams.

January is also the month of our Annual General Meeting in which we hold elections for our volunteer Board of Directors who are essential in the running of the club. Remember to attend the meeting on Tuesday January 27th at 1:00 pm to receive updates on the club's financial situation, to vote and to make your voice heard on any other issues.

### 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 on January 27th.



### ANNUAL GENERAL MEETING

**Tuesday, January 27**

**@ 1 pm  
in the Oak Room**



#### CONTACT INFORMATION

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

#### CENTRE:

506 PITT STREET  
CORNWALL, ON

# Last Month in photos

## Knit Wits Donation

Once again our Knit Wits members made us proud with their donation of over 450 knitted blankets, scarves, hats, mittens and baby clothes to retirement homes, nursing homes, schools and the Cornwall Community Hospital. Bravo !!

Pictured l to r: Diane Riley, Audrey Blanford, Elaine Dicaire, Carmen Beauregard and Diane Besner. Missing: Pierre Martin.



## Group Holiday Parties

In celebration of the season some of our groups hold annual potluck lunches or go out to eat at local restaurants. Here are some photos which were submitted for publication by the various groups.

### Darts



### Bid Euchre



### Art/Painting



### Crafters



### Canasta



# Last Month in photos

## Club Christmas party

Delicious turkey dinner, great dancing music and precious friendships set the tone for our sold out annual Christmas Party. In the spirit of giving over 45 door prizes were handed out as well as a special draw for all club members present or not at the party for 12 jars of zucchini relish generously donated by member Larry Poirier. Our monthly 50/50 drawer was announced as well as the winner of our handmade quilt raffle Murray Romisher. A huge thank you to the event organizers, the decoration team, to Rob Douglass for the music and to those who donated the door prizes for the evening.



# *Last Month in photos*

## **St. John Ambulance First Aid Course**

On December 6th and 7th ten volunteers took the St. John Ambulance First Aid Course. Nine volunteers got their level C First Aid and are able to do CPR and our tenth volunteer got level E First Aid qualifying for everything but CPR. Our instructor Shawn Rowe was excellent and helpful in ensuring everyone got the assistance they needed. The training was provided to the volunteers at no cost to them as we had received a grant for the training and our Instructor Shawn gave us a discounted rate in providing the course. A list of our qualified first aiders will be posted at the desk with reception and on the bulletin board by the lift. Thank you to our group of volunteers for giving up their weekend and becoming first aiders. Our new group of first aiders are: Joey Prieur, Murray Romisher, Diane Riley, Shona Barkley and our receptionists-Barbara Handy, Carol Travers, Debbie Blohon, John Casselman, Melody Crites, Joan McAteer. It was a busy two days. Thank you to our instructor



## **Melody on the Move at Riverdale Terrace**

Ed O'Brien and his talented group performed at Riverdale Terrace to the delight of residents who thoroughly enjoyed a musical December afternoon .

## **Attention activity leaders & members:**

If you or your group have a special event which you would like to have featured in our newsletter or photos to share of past events, send by email to [lizcolly@hotmail.com](mailto:lizcolly@hotmail.com) . Please make sure to include details of the event and contact information.

# Coming Events/Activities

**SEAWAY SENIOR CITIZENS CLUB**

**Beginner GUITAR**  
**a-CHORD-ing to GATE**

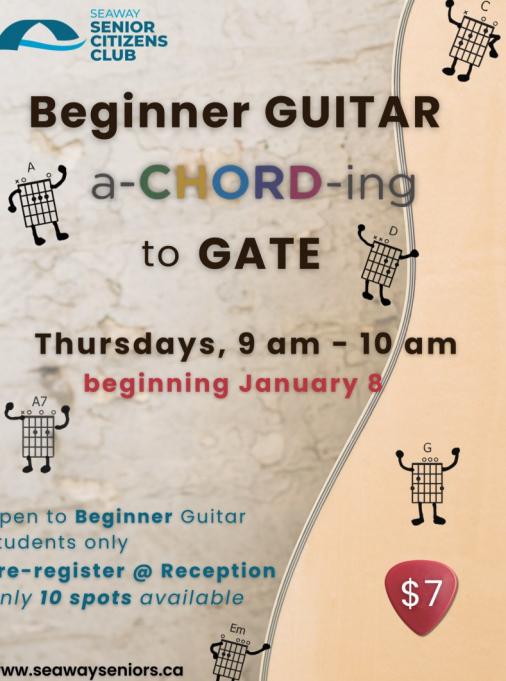
**Thursdays, 9 am - 10 am**  
**beginning January 8**

**Open to Beginner Guitar Students only**  
**Pre-register @ Reception**  
**Only 10 spots available**

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

**506 Pitt St. Cornwall, ON**

**\$7**



**SEAWAY SENIOR CITIZENS CLUB**

**Winter Wonderland Painting Class**

**sponsored and taught by staff of**  
**CHARTwell**

**TUESDAY, January 13**  
**1pm - 3pm**  
**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!

**FREE**  
**Book through Reception**

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

**SEAWAY SENIOR CITIZENS CLUB**

**Group singing lessons**  
*with*  
**David Barkley**

**Wednesdays @ 1 pm**  
**beginning January 14**  
*(Elm Room)*

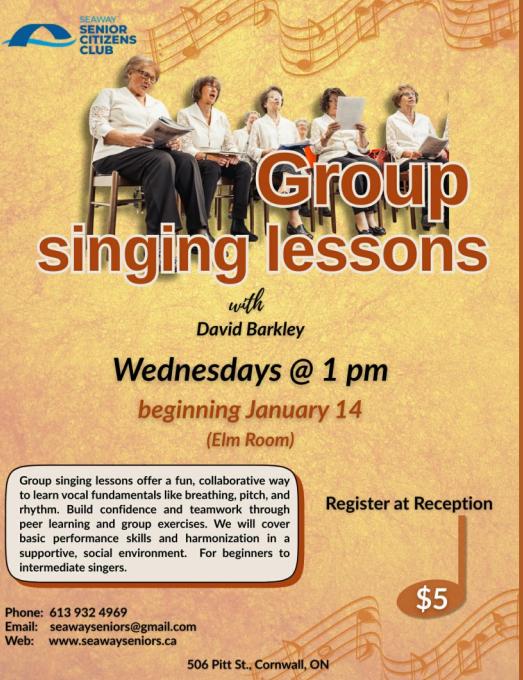
Group singing lessons offer a fun, collaborative way to learn vocal fundamentals like breathing, pitch, and rhythm. Build confidence and teamwork through peer learning and group exercises. We will cover basic performance skills and harmonization in a supportive, social environment. For beginners to intermediate singers.

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

506 Pitt St., Cornwall, ON

**Register at Reception**

**\$5**



**SEAWAY SENIOR CITIZENS CLUB** hosts

**FUNDRAISING 101 FOR NON PROFITS**

**Louise Lauzon** *all non profits welcome\**  
*Ontario Ministry for Seniors and Accessibility*

Learn how to apply for and write applications for Grants / Funding.

**YOUR NEXT PROJECT COULD CREATE BETTER LIVES AND A HEALTHIER COMMUNITY.**

**Register by calling**  
**Seaway Seniors Reception at**  
**613 932 4969**

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

**FROM 1 PM TO 4 PM**  
**TUESDAY**  
**JAN. 20**

Centre at 506 Pitt St. (corner of Pitt & 5<sup>th</sup> Sts.) Entrance off 5<sup>th</sup> St.

# January Activity Calendar

JANUARY 2026 Seaway Seniors Monthly Calendar of Events 506 Pitt St. 613 932 4969 [www.seawayseniors.ca](http://www.seawayseniors.ca)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  Happy New Year! CLOSED	2 CLOSED
<b>5</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move	<b>6</b> 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi 6:00 pm Jamming ***Gentle Body Conditioning	<b>7</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 Base Guitar	<b>8</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner with Gates 10:00 am Crafter's Lounge 10:30 am Guitar Practice level.2 & 3 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	<b>9</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>12</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move	<b>13</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crafter's Choice 1:00 pm Painting Workshop 2:00 pm Tai Chi 6:00 pm Jamming	<b>14</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 Base Guitar 1:00 pm Group Singing Lessons	<b>15</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner with Gates 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Practice level.2 & 3 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	<b>16</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>19</b> 9:00 am Chair Yoga 10:00 am Cribbage 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move 1:00 pm Book Club	<b>20</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crafter's Choice 1:00 pm Fundraising Workshop 2:00 pm Tai Chi 6:00 pm Jamming	<b>21</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 Base Guitar 1:00 pm Group Singing Lessons	<b>22</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner with Gates 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Practice level.2 & 3 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	<b>23</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>26</b> 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move 1:00 pm Book Club	<b>27</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Annual General Meeting 6:00 pm Jamming  <i>*Afternoon programming cancelled for AGM</i>	<b>28</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 Base Guitar 1:00 pm Group Singing Lessons	<b>29</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner with Gates 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:30 am Guitar Practice level.2 & 3 10:15 am Line Dancing 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	<b>30</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

## 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



Our gone to Pieces jigsaw puzzle group will no longer be meeting. The puzzle room will remain upstairs and all members are welcome to go upstairs and work on a puzzle. Several puzzles are available for completion. If you would like to set up your own puzzle to work on pick a spot at the table and set up. If you would prefer to complete the puzzle on your own just place a sheet of paper with your name on it to let people know you do not want help. If you are open to sharing with others then no need to put name on puzzle. This is a cozy place where you can rest between activities or just hang out and work on a puzzle.



November's lucky 50/50 winner was Della Lecompte with a \$166.50. 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 \$\$

## Membership renewal

2026 Membership is now due. Yearly membership dues remain at \$35. Cash or cheque accepted. A new membership form must be filled out including the new code of conduct regulations.



*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 .*

# Poetry Corner

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

Poetry Corner

## Reflecting

January is the month to rest and reflect  
Realizing we have the best  
The best country, the best seasons  
No more complaints, there's no reason  
Let's rejoice, let's be grateful  
Each new year we should be thankful  
We are alive, we are needed  
There's always hope; indeed  
For the next generation  
We will give them love and affection  
We are never too old to teach them well  
They will hear the ring of our bell

Hélène Summers  
December 17/25

# ***Knowing and Growing***



**In January**, vegetable gardening in Northeast Canada focuses on indoor preparation and maintenance while the ground remains frozen.

## **1. Seed Management & Inventory**

- **Inventory Old Seeds:** Check the viability of leftover seeds. Most are viable for 3–4 years; if older, perform a germination test by placing 10 seeds in a damp paper towel.
- **Order New Seeds:** Buy seeds early to ensure your desired varieties are in stock, especially for long-season crops like peppers and onions.
- **Create a Sowing Schedule:** Use a Seed Starting Calculator to determine start dates based on the "last frost date" for your specific location (typically late May to early June in the Northeast).

## **2. Indoor Sowing (Late January)**

Toward the end of the month, you can start slow-growing or cold-hardy vegetables indoors under grow lights:

- **Onions and Leeks:** These require a long head start to develop sizable bulbs.
- **Celery:** Has a very long germination period and benefits from a January start.
- **Microgreens:** Plant on windowsills for immediate winter harvests of fresh greens.

## **3. Planning & Maintenance**

- **Garden Layout:** Map out your beds to practice crop rotation, which prevents soil-borne diseases.
- **Winter Sowing:** Prepare milk jugs or clear containers for Winter Sowing—a method for germinating hardy seeds (like kale or spinach) outdoors in the snow.
- **Tool Care:** Inspect, sharpen, and oil garden tools. Replace any broken handles or worn-out equipment before the spring rush.
- **Bird Feeding:** Maintain feeders to keep local birds in your yard; they help control pest populations once the growing season begins.

## **4. Outdoor Tasks**

- **Snow Management:** Do not shovel heavy, wet snow onto delicate perennials or shrubs, as the weight can snap branches. However, leave a layer of snow on your garden beds; it acts as a natural insulator for the soil.
- **Harvesting (If applicable):** If you left parsnips or carrots in the ground under heavy mulch, you can still dig them up in January if the soil isn't completely frozen.

# 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 . Orders must be made the week before through the order form on their website centrecharlesmileclaude.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 !

NOTE: January menu was not available at time of publication, however we will endeavour to have print copies available as soon as possible. Or, you can call the centre at 613-932-1035 and they will let you know the current month's offerings.



**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	

**Order from Colleen Fitzpatrick**

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

## Baking

Delicious home baked treats are 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.

## Demographics & Trends

- Growing Number:** The senior population has more than tripled in recent decades and is projected to continue significant growth, with the 75+ age group growing even faster.
- Increased Longevity:** Canadians are living longer, healthier lives.
- Greater Diversity:** A rising number of seniors are centenarians or very old (85+), with more women than men in the 65+ category.

# Recipe

This tasty recipe would be made extra delicious by using member Larry Poirier's award winning maple syrup but you'll have to wait until Spring !



## Breakfast Pull-Aparts

• butter	6 Tbsp.
• granulated sugar	½ cup
• ground cinnamon	1 Tbsp.
• frozen dough balls	20
• sliced almonds	½ cup
• dried cranberries & raisins or other dried fruit	½ cup
• maple syrup	⅓ cup
remaining butter	

- Melt butter in saucepan or microwave
- Stir sugar and cinnamon in small bowl
- Dip frozen dough balls in butter. Roll in sugar mixture. Arrange 10 of the dough balls in 10 in. greased bundt pan, sprinkle with fruit and repeat.
- Mix syrup with remaining butter. Drizzle over top. Cover with damp tea towel. Let stand on counter 6 to 8 hours or overnight.
- Bake in 350 degree oven for about 30 minutes. Let stand 5 minutes and turn onto plate. Nice and gooey with lots of cinnamon. ENJOY!

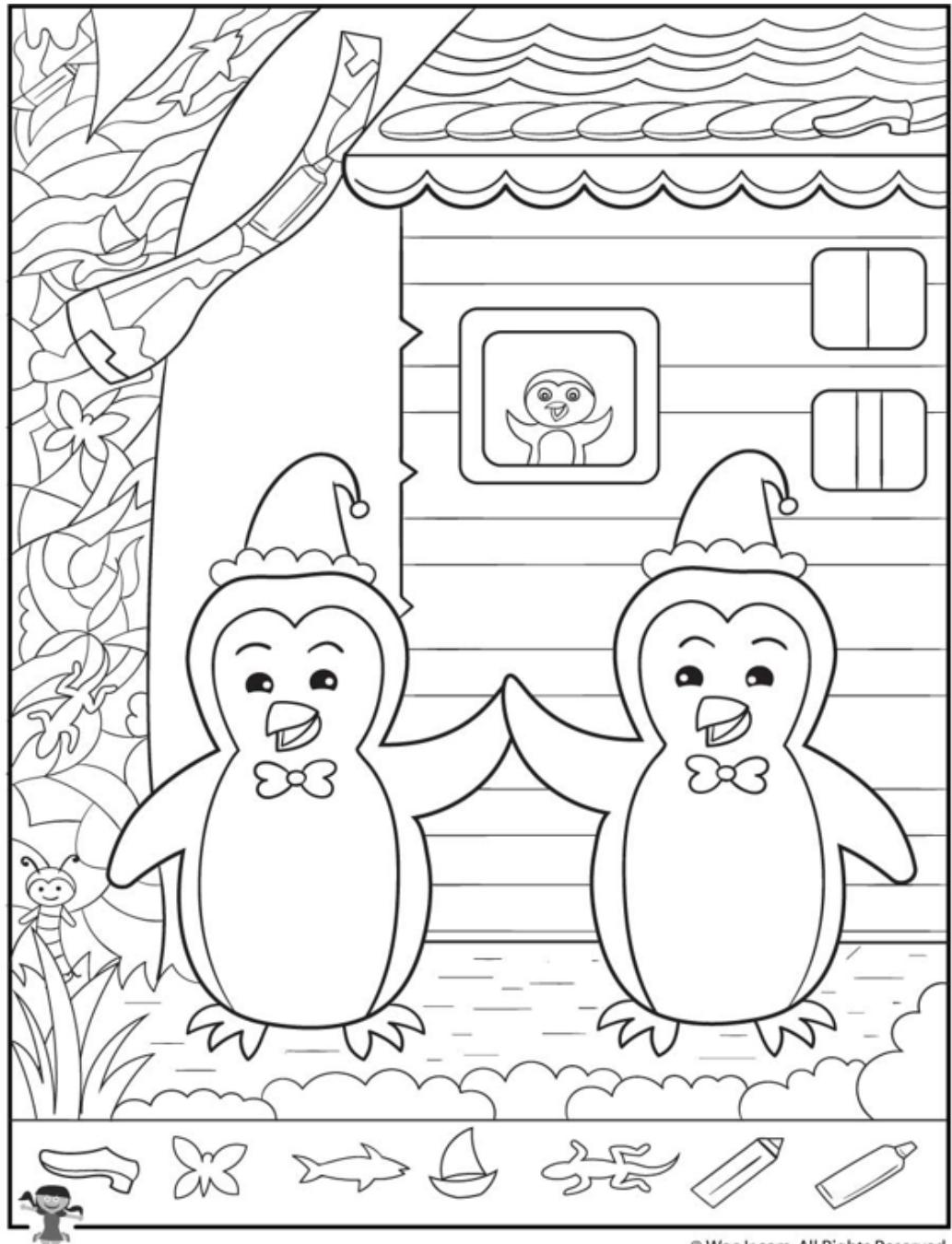
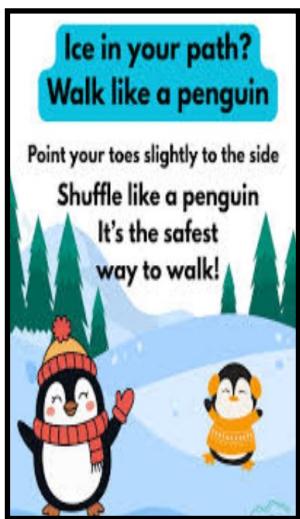


# Puzzles

**Can you find  
all the hidden  
objects in this  
puzzle?**

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

## Did You Know?



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# *Laughter is the Best Medicine*

**WELL. I DID IT. I'M OUT OF BED  
AND MADE IT TO MY COUCH.  
THERE'S NO STOPPING ME NOW!**



**My body  
creaks so  
much, my  
doctor just  
wrote me a  
prescription  
for WD-40!**



**Why doesn't anyone  
listen to each other on  
New Year's Eve?**

Because their words go in  
one year and out the other.

*I think I made too many  
New Year's resolutions  
this year. It took me  
almost a full day  
to break them all.*



**WHERE DID A SNOWMAN  
GO DURING THE  
SNOWSTORM?**



# 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



A city with a world of possibilities



Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

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 life-styles