

# The Seaway Senior Citizens Chronicle

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

## **Celebrating Friendship, Love, and New Beginnings**

February is the heart of winter and its imperative to make our own warmth. This month is all about cherishing friendships, sharing kindness, and celebrating what brightens our days. Whether it's a Facebook message, a friendly phone call, or a shared cup of tea, small gestures can make a big difference and warm someone's heart and soul particularly for those who are unable to get outdoors as much as they do in warmer months.

As we look ahead, let's embrace the spirit of togetherness that February inspires. From Valentine's Day to Random Acts of Kindness Week, there are plenty of reasons and ways to spread joy and gratitude. Attending club activities and functions help the days go by faster until we can enjoy the warmth of Spring.



Stay cozy, stay connected, and let's make this month one filled with smiles, laughter, and community spirit.

Club Members Carol Travers, Don Crites and Glenn Cooper will be facing new beginnings this month as they begin their tenure on the club's Board of Directors. Carol has taken on the position of Director of Membership and Volunteers, Don Crites will be the Director of Public Relations and Glenn Cooper will fill the newly created position of Director at Large. Shona Barkley will become club President with Denise Collins as Vice President. Diane Riley remains on the Board as Past President.

Outgoing Board Members are Beverley Robertson as Past President and Liz Collymore as Director of Public Relations. We thank them for their years of service and dedication to our club.

Wishing everyone a heartwarming February filled with friendship and cheer.

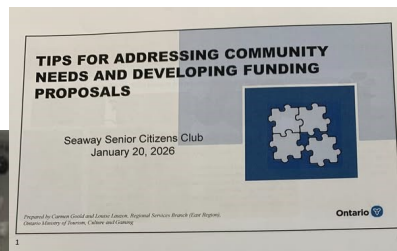
# *Last Month in photos*

## **Winter Wonderland painting workshop—January 13**

The Aurora Borealis (Northern Lights) was the subject of the January painting workshop sponsored and led by Sabrina McTaggart of Chartwell Chateau Cornwall. Always a fun afternoon. We look forward to an upcoming Spring session.



## **Fundraising 101—January 20**



Our club had the privilege of hosting the Fundraising 101 seminar on January 20th and we were pleased to see so many members and employees of other local non-profit groups who were in attendance. Louise Lauzon from the Regional Services Branch Eastern Region of Ontario Ministry of Tourism Culture and Gaming is well aware of the complexities and her detailed presentation offered a new insight into the lengthy process as well as tips to make submissions as effective as possible.



# Coming Events

**SEAWAY SENIOR CITIZENS CLUB**

**Polymer Clay**

**hearts & goodies**

*Jewellery Workshop*

with *Mert Mattice*

**TUESDAY, February 3**

**1 PM - 3 PM**

**Oak Room**

\*all supplies are provided but please bring Pyrex plate if you have one

**Sign up at Reception \$15.**

Phone: 613 938 4897  
Email: seawayseniors@gmail.com  
www.seawayseniors.ca  
506 Pitt St.

**SEAWAY SENIOR CITIZENS CLUB**

**STOP the BLEED**

**HEALTH TEAM INFO SESSION**

**CORNWALL COMMUNITY HOSPITAL**

For seniors and those who support them, "Stop the Bleed" offers practical preparedness and peace of mind. Older adults are at higher risk for serious injury from falls, and bleeding may be more difficult to control due to fragile skin, blood-thinning medications, or chronic health conditions. This supportive, accessible education session is approximately 90 minutes in length and focuses on real-world scenarios relevant to everyday life. Participants leave better prepared to help themselves, a loved one, or a community member in an emergency—turning bystanders into immediate responders. Through Cornwall Community Hospital's Level III Trauma Program, Stop the Bleed training is being offered to staff, community partners, and local groups—helping build confidence, safety, and readiness throughout our community.

**Tuesday, February 10**

**1 pm**

**@ Oak Room**

\* limited to Health Team members & Seaway Senior Certified First Aiders

**Register @ Reception**  
**Free admission**

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

**SEAWAY SENIOR CITIZENS CLUB**

**HEALTH TEAM INFO SESSION**

Seaway Seniors have recently formed a Health Team (HEART) made up of retired health professionals in coordination with local health agencies. This session will introduce the Team, explore possible future health workshops and ask for your input and suggestions.

**Tuesday, February 17**

**1 pm**

**@ Oak Room**

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

**SEAWAY SENIOR CITIZENS CLUB**

**Celebrate the**

**♥ of February**

**Dinner Party**

Join us for a delightful evening of good food, great company, and wonderful conversation.

**Tuesday, FEBRUARY 24**

**5 pm**

**MENU -**  
Chicken Parmesan, Potatoes, Caesar Salad, Vegetables  
Dessert, Tea, and Coffee

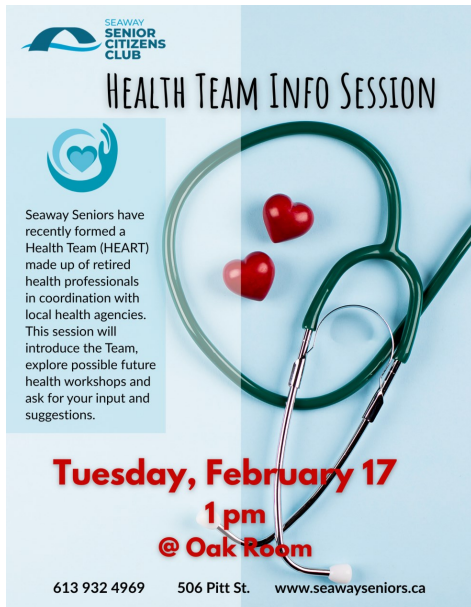
**Tickets available at Reception** **Members \$20.**

**Deadline Feb. 13**  
**\*48 tickets available**

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

# What's new

## New Health Initiative !



## New Activity!



*"Health is so important to our quality of life as seniors. Seaway Seniors knows this and celebrates healthy lifestyles in so many of its activities and programs. Exercise, Tai Chi, Ball Drumming, Line Dancing and Yoga are just a sampling of what the Club hosts to promote healthy active living.*

*To that end, we have recently created the Seaway Seniors Health Team also known as **HEART** (Health Education Awareness and Resource Team). Made up of medical professionals with a variety of backgrounds, this Team will be working with local health agencies to plan clinics and offer workshops for members and the community.*

*The Session on **February 17** will introduce the Health Team, explore health clinic and workshop ideas, and get your input on what you would like to see us offer. We hope to see you there. Healthy snacks will be served!"*




*Karen*





# February Activity Calendar

**FEBRUARY 2026**   **Seaway Seniors Monthly Calendar**   **506 Pitt St**   **613 932 4969**   **www.seawayseniors.ca**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</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>3</b> 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crafter's Choice <b>1:00 pm Clay Workshop</b> 2:00 pm Tai Chi 6:00 pm Jamming <i>***Gentle Body Conditioning</i>	<b>4</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 1:00 pm Base Guitar 1:00 pm Group Singing Lessons	<b>5</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner 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>6</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>9</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>10</b> 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 1:00 pm Crafter's Choice <b>1:00 pm First Aid pt.2</b> 2:00 pm Tai Chi 6:00 pm Jamming	<b>11</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 1:00 pm Base Guitar 1:00 pm Group Singing Lessons	<b>12</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner 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>13</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>16</b> <b>CLOSED for FAMILY DAY</b> 	<b>17</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15am Line Dancing 1:00 pm Crafter's Choice <b>1:00 pm Health Team Presents</b> 2:00 pm Tai Chi 6:00 pm Jamming	<b>18</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 1:00 pm Base Guitar 1:00 pm Group Singing Lessons	<b>19</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner 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>20</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>23</b> 9:00 am Chair Yoga 10:00 am Cribbage <b>10:00 am Grandma Bingo</b> 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>24</b> 8:45 am Exercise – GBC* 10:00 am Art Group 10:15am Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi <b>5:00 pm February Dinner</b>  6:00 pm Jamming	<b>25</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 1:00 pm Base Guitar 1:00 pm Group Singing Lessons	<b>26</b> 8:45 am Exercise – GBC 9:00 am Guitar Beginner 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>27</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
<i>Activities are often organized by Volunteer Leaders. These Members generously give their time and energy. They sometimes must make changes due to availability or illness. These changes may not be reflected in the Calendar. Please check with your Leader if you are unsure.</i>				
				 NEW Program

## 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*



Please help to keep our club free of accidental falls due to wet floors—  
Especially on the stairs. Wet boots and shoes must be left in the reception area. Slippers are available for your use although many members prefer to bring their own change of footwear. Thank you for your cooperation.



The club will be **closed on Monday, February 16th** in observance of **Family Day**.

Regular activities and programs will resume on the following day.

*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





**A Mother's Lie**  
**Sarah Zettel (2020, 400 pages)**  
 A family drama about a mother's desperate search to reclaim her daughter from the horrors of her own past.



**Dear Everybody**  
**Ann Budgell (2010, 280 pages)**  
 In 1944, a Manhattan socialite leaves a life of privilege and travels deep into the interior of Labrador.



**Everyone Here is Lying**  
**Shari Lapena (2023, 319 pages)**  
 A story set in a so called safe suburbia where not everything is quite what it seems.



**Tin Badges**  
**Lorenzo Carcaterra (2019, 349 pages)**  
 A top detective is pulled out of retirement to take down a notorious drug dealer.



**Little Fires Everywhere**  
**Celeste Ng (2017, 336 pages)**  
 The author explores the complexities of adoption, surrogacy, abortion, privacy, and class.



**Lana's War**  
**Anita Abriel (2021, 305 pages)**  
 The novel is the story of a courageous woman waging her own battle against the Nazis while defending her loyalty to a Jewish girl she meets in Nice.

A book is not mere paper and words. It is a door and a key. It is a road and a journey. It is a thousand new sights, sensations, and sounds. It holds friendships, experiences, and life lessons.

Each page breathes with possibility, each chapter a world waiting to be lived. A book does not just tell a story—it invites you to become part of it. ***A Book is an Entire World***  
*Author unknown*

*Did You Know?*

Batteries should never be placed in household trash or recycling, as they cause significant hazards including landfill fires, worker safety risks, and environmental contamination— you can drop off your used batteries at our reception desk instead where they will be collected and disposed of in an environmentally safe manner.



Food insecurity is real. We now have a drop off box located across from the library for donations of non perishable, non expired food. Join in the fight against hunger in our community.

Do you know that the **Spruce Room** (beside the library) is available for members to get together to play board games, have small group meetings, work on projects, or maybe just to sit and chat with a coffee?

The room is free of charge but reservations must be registered on the provided sheet.

# Spruce Room Reservation Sheet

**Available Monday to Friday from 10:30 to 3:30**

Day/Date	Time	Reserved by	Contact #

### Reservation Rules

- Room cannot be reserved for more than 2 hours unless approved by management
- Ensure room is left clean and lights/equipment turned off after use
- Be respectful of other nearby activities



# *Knowing and Growing*

## Key February Gardening Tasks

February is a critical month for Canadian gardeners to plan, order seeds, and begin indoor seeding, even while snow is still on the ground. It is the peak time to order from Canadian seed catalogues before popular, short-season varieties sell out

- **Order Seeds & Plan:** Review 2026 gardening guides, map out garden beds, and order seeds from Canadian suppliers.
- **Start Seeds Indoors:** Begin seeds that require a long growing season or early start, including leeks, onions, celery, peppers, and early herbs.



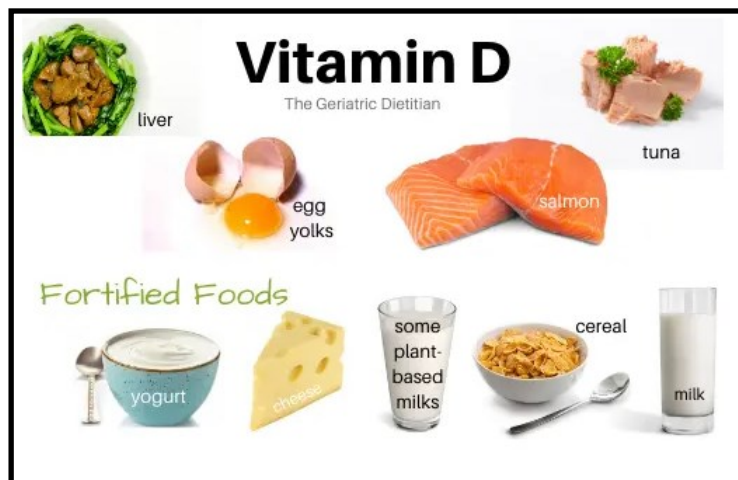
# Nutrition Matters

## Vitamin D and Seniors

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition. Famously known as the “**sunshine**” vitamin- this is the only vitamin that our bodies can create when exposed the to the sun.

However, as we age, our skin is **unable** to make vitamin D as efficiently as it did when we were younger.

Especially during these cold Canadian winter months seniors are also more likely to spend more time indoors. And sunshine through a window doesn't quite cut it, we can't absorb vitamin D when it's coming through a window.



You can boost your intake by including these vitamin D rich food in your daily diets or by taking supplements as prescribed by your doctor.

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

**MENU**

	<b>Pies</b> Apple \$12. Strawberry / Rhubarb \$15. Blueberry \$15. Cherry \$15. Pecan \$15. Pumpkin \$12. Sugar \$12. Meat Pies (December) \$15.	
	<b>Squares</b> Date Brownies Lemon	
	<b>Cookies</b> Chocolate Chip Shortbread Oatmeal & Butter Tarts	<b>Squares, Cookies, and Tarts</b> \$12. a dozen

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



# *Recipe*

## Parmesan Pork Medallions for Two

### Ingredients

- 1/2 pound pork tenderloin
- 2 tablespoons seasoned bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1/4 teaspoon salt
- Dash pepper
- 2 teaspoons canola oil
- 1/4 cup sliced onion
- 1 garlic clove, minced



### Directions

- 1** Cut pork into 4 slices; flatten to 1/4-in. thickness. In a large shallow dish, combine the bread crumbs, cheese, salt and pepper. Add pork, 1 slice at a time, and turn to coat.
- 2** In a large skillet over medium heat, cook pork in oil until meat is no longer pink, 2-3 minutes on each side. Remove and keep warm.
- 3** Add onion to the pan; cook and stir until tender. Add garlic, cook 1 minute longer. Serve with pork.

#### TIP:

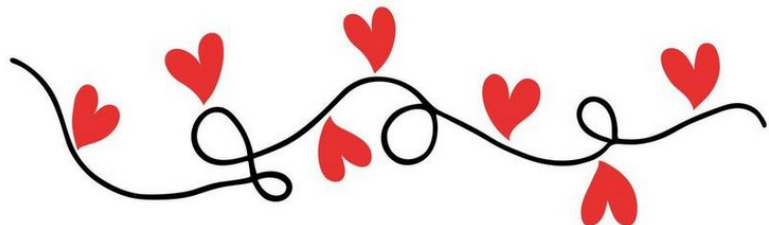
Pork tenderloin is often on sale at the grocery store. Don't be afraid to buy a bigger piece than you need for one meal—cut it into portions and freeze for future use .

**Bonus:** Pork tenderloin is very lean with only 330 calories for 3 ounces.

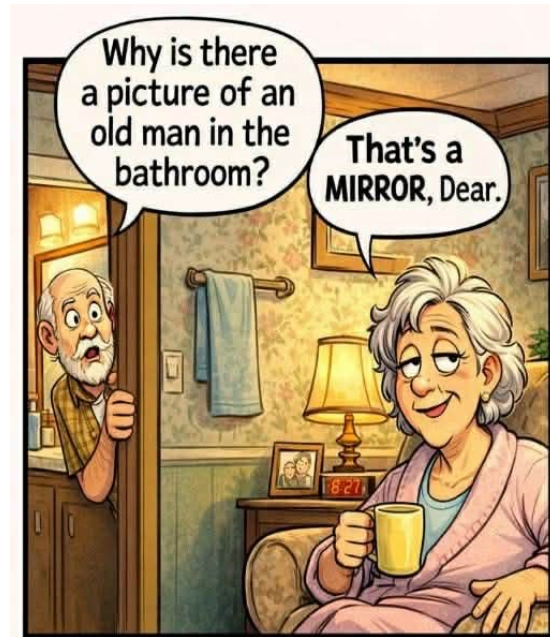


# *Puzzles*

**Answer on page 12**



# *Laughter is the Best Medicine*



## **Answer to word puzzle on Page 11 :**

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.



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:**

Carol Travers 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