

## The Seaway Senior Citizens Chronicle

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

### March is Nutrition Month

February always seems to be never ending and exhausting somehow. Well it is finally over and we are starting to see more sunny days. For many of us the reason that we feel we are lacking in energy in the winter is that we tend to pay less attention to nutrition than we do in other times of the year. Some lose interest in cooking as we get older and are bored of the same old recipes, but proper nutrition and staying hydrated are vital for healthy aging. Medication side effects, changing taste buds, physical difficulty and eating alone are all reasons older adults may not cook foods they used to enjoy.

#### Key Nutritional Focus Areas

- **Protein for Muscle Health:** Consume eggs, fish, beans, lentils, and lean meats to combat age-related muscle loss.
- **Hydration:** Drink fluids throughout the day, as thirst sensation diminishes with age.
- **Bone Health:** Ensure adequate intake of Calcium and Vitamin D, often found in dairy or fortified soy products.
- **Fiber for Digestion:** Incorporate whole grains,

Many of our club members have found an alternative to cooking at least one a week by enjoying the take out lunch program at Centre Charles-Emile Claude. It's a great reasonably priced option and always well balanced as well as delicious.

You can order by phone at 613-932-1035 or on their website [centrucharlesemileclaude.ca](http://centrucharlesemileclaude.ca). Orders must be made the week before and can be paid by cash, debit or credit. Pickup is on the following Thursday/ Friday.

And there is no need to eat alone...invite your friends to do the same and share your meal at one of your houses, or in the summer, down by the riverside.

Make it an event!



*March Menu* Centre Charles Emile-Claude

**March 4**

- Minestrone Soup
- Meat Lasagna
- Chocolate Brownie

**March 11**

- Turkey Noodle Soup
- Mushroom Chicken Breast, veggies, roasted potatoes
- Date Square

**March 18**

- Potato and Leek Soup
- Irish Stew, braised veggies
- Sticky toffee pudding

**March 25**

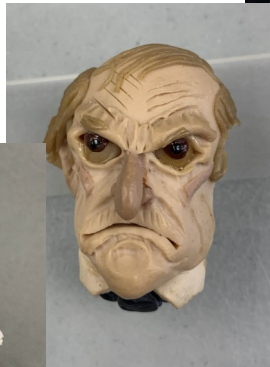
- Tomato, beef, and rice soup
- Lemon and garlic chicken brochette, rice, veggies
- Sugar pie

**Meal - \$8   Soup - \$3   Dessert \$2**  
 Call 613 932 1035 to order  
 146 B Chevrier Ave., Cornwall, ON

# *Last Month in photos*

## **Polymer Clay Workshop with Mert Mattice — February 3**

'It is just like playing with plasticine' said one of the participants in the fun polymer clay workshop. After the items were baked in the oven to harden everyone took home a pin, earrings, fridge magnet or whatever their creativity resulted in. It's the type of craft that gets better with practice and we can't yet come close to Mert's expertise (see Scrooge below) so we are looking forward to another session in the future!



## **Cupcake Day for SPCA — February 23**

February 23rd was our chance to give back to the community. Members generously donated baked goods which were sold with 100% of the proceeds going to support the local OSPCA Cupcake Day fundraising effort. We are beyond pleased to be able to present them with a cheque for over \$400. Thank you to the bakers, the purchasers of the delicious treats and to those who dropped donations into the jar.



# *Last Month in photos*

## Monthly Club in-house Dinner — February 24

Valentine's Day continued a little longer this year as we celebrated the occasion with our monthly dinner on February 24th. Our host Denise Williard, Director of Entertainment was suitably dressed for the occasion and passed out some really challenging trivia and word games before we enjoyed a delicious dinner prepared by Jeff Barkley. Thank you to all the volunteers who made this night possible and to the Jammers who provided the after dinner entertainment. Our dinners are always a huge success and with limited capacity, they sell out quickly. So don't delay in buying your tickets for the next one.



## Anti Bullying Day — February 25

Showing we care, our Wednesday's fitness class and the Wednesday and Thursday Novice Line Dancing classes were all decked out in pink in support of Anti-Bullying Day on February 25.



# Coming Events

SEAWAY SENIOR CITIZENS CLUB

## Feather Quilling Workshop

with Elaine O'Byrne

**Tuesday, March 17**  
1 pm - 3 pm  
Maple Room



Register at Reception **\$15**  
limit of 10 participants

\*all supplies provided

More information:  
613 932 4969  
seawayseniors@gmail.com

www.seawayseniors.ca  
506 Pitt St., Cornwall, ON

SEAWAY SENIOR CITIZENS CLUB


## 24 March

Tuesday, 1 pm  
Oak Room



Join Cornwall Police Services for an empowering session designed to keep you safe. Learn to spot the latest digital, phone, and mail scams targeting older adults today. Constable Huygen will share practical defense strategies and information to protect you and your finances.

**FREE**



## Fraud & Scam Awareness Seminar

with Constable Patrick Huygen  
Crime Prevention & Community Partnerships  
Cornwall Police Service

**REGISTER at RECEPTION**

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



SEAWAY SENIOR CITIZENS CLUB

## Celebrate March

# Dinner Party

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

**Tuesday, March 17**  
5 pm

**MENU -**  
Beef Irish Stew, Selections of Bread, Salad  
Dessert, Tea and Coffee

Reservations at Reception

Members **\$20.**  
Non Members **\$25.**

Deadline March 14

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





SEAWAY SENIOR CITIZENS CLUB

## Bunny Bake Sale & Market

**Saturday, March 28**  
10 am - 2 pm

- Bunny Bake Sale & Cafe
- Local Artisan and Craft Tables

*Hop on Down and Support the Seaway Seniors.*

Everyone Welcome!

506 Pitt St., Cornwall, ON.  
613 932 4969



SEAWAY SENIOR CITIZENS CLUB

## greeting card Painting Workshop

**Tuesday, March 31**  
1 pm

Immerse yourself in a Watercolour Painting Workshop for all skill levels. Create your own beautifully designed dragonfly greeting cards with artist Bruni Nielsen.

Register at Reception  
\* limit of 10 participants

**\$15**

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

506 Pitt St., Cornwall, ON



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

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.

# *HEART*



## *(Health Education Awareness and Resource Team)*

Attendees at our first Health Info session held on February 17th were introduced to members of our newly formed health team also known as HEART ( Health Education Awareness and Resource Team).

This team led by Karen Cooper, in consultation with Katie Renton ,Trauma Center coordinator at Cornwall Community Hospital is comprised of club members who are now retired and whom together share a wealth of experience in the health care field. Working with local health agencies the club are aiming to offer twice monthly sessions that will focus on health (both physical and mental) issues facing today's seniors, tips to leading a healthier lifestyle and information on availability and access to programs and services specifically designed for these issues.

Information on upcoming seminar/workshop topics of this much needed initiative will be posted on the bulletin boards, on Facebook, SSCC website as well as included in our monthly activity calendar.



***HEART team members L to R: Karen Cooper, Shona Barkley, Betty Barnes, Marilyn Bender, Pat Lanctôt, Melody Crites. Absent: Sandy Hunter***

# March Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</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	<b>3</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 <b>***Gentle Body Conditioning</b>	<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 <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	<b>10</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	<b>11</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 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> 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	<b>17</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 Quilling Workshop</b> 2:00 pm Tai Chi <b>5:00 pm March Dinner Party</b> 6:00 pm Jamming	<b>18</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 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	<b>24</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 Frauds &amp; Scams</b> 2:00 pm Tai Chi 6:00 pm Jamming	<b>25</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 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
<b>30</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>31</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 Water Colour Workshop</b> 2:00 pm Tai Chi 6:00 pm Jamming	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>BUNNY BAKE CAFÉ &amp; MARKET</b>  <b>Saturday, March 28</b>  <b>10 am – 2 pm</b> </div> <div style="text-align: right; padding: 10px;"> <h2 style="color: green;">MARCH 2026</h2> <h3 style="color: red;">Seaway Seniors Monthly Calendar</h3> <p>506 Pitt St 613 932 4969  <a href="http://www.seawayseniors.ca">www.seawayseniors.ca</a></p> </div>		



# This 'n That

## Poetry Corner

### Health

Often taken for granted as a child  
Feeling untouchable, acting wild  
Aging comes a surprise  
With knowledge, we become wise  
Our bodies are not as strong  
Not that we are doing anything wrong  
It's simply reminding us to be more careful  
Remedies are plentiful  
Medicine has truly advanced  
Reaching out makes sense  
Good physical and mental health  
Is worth more than any wealth  
Strange how our perspective changes with age  
It's part of life's change.

Helene Summers  
February 17/25

## Volunteers Needed :

**Help keep Darleen's Garden growing!**



### Darleen's Garden

**Let's Grow Something Good - Together!**

- Do you have a green thumb? Or maybe just have an interest in getting your hands a little dirty for a great cause?
- **Darleen's Accessible Garden** here at **Seaway Seniors** is looking for enthusiastic volunteers to help us cultivate, plant, and maintain our accessible community garden. Whether you're a master gardener or a total beginner, your time and energy will help grow more than just vegetables—you'll be growing a community right here in Cornwall's downtown.

**How You Can Help:**

- **Garden Support:** Assist us with planting, weeding, and watering.
- **Heavy Lifting:** Help with seasonal tasks like hauling mulch or turning compost.
- **Mentorship:** Share your gardening tips with local students (or learn some from the experts!).
- **Social Connection:** Spend an hour or two a week chatting and enjoying nature.

If you would like to help out with our Garden please speak to Karen Cooper. She can be reached at 613 938 4897 or by email: [cumascreative@gmail.com](mailto:cumascreative@gmail.com)

## 50/50 WINNER

February 2026 winner  
is: **Debbie Blohon**  
Prize Amount: **\$167.50**

Thank you to everyone who participated - your support helps our club thrive!  
Draws are held on the last Friday of every month  
Don't miss your chance to be the next winner



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 .

# This 'n That



SEAWAY SENIOR CITIZENS CLUB

We are seeking *Baking donations* for the *Bunny Bake & Market*

**DO YOU LIKE TO BAKE?**

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

**Fur Babies**

Leonard

Introducing Leonard a new addition to the Barkley household joining their cats Amy and Sheldon and dog Cooper. I sense a theme going on here!

If you would like to see your pet featured in our newsletter, please send a photo with description to Carol Travers at caroltravers45@gmail.com

**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

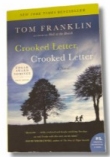
*We appreciate our members sharing their expertise and varied interests with us. If you would like to lead a presentation or discussion or if you have skills that you'd like to offer as a volunteer, please see Karen Cooper .*

# In the Library

March



Library



## **Crooked Letter, Crooked Letter**

**Tom Franklin (2010, 272 pages)**

This mystery novel compiles the lives of two men, one black and one white, who grew up together and find themselves on the opposite side of a murder case.



## **Dear Everybody**

**Joan Barfoot (2008, 320 pages)**

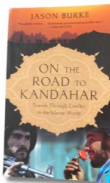
The story of four seniors who take up residence in a new retirement community and become friends.



## **Murder at the Blueberry Festival**

**Darci Hannah (2022, 332 pages)**

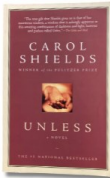
Living in a lighthouse with her dog, L. Bakewell gets up at the crack to start the day at her bakery cafe. However, someone is about to rock the boat with murder . . . blueberry recipes included.



## **On the Road to Kandahar**

**Jason Burke (2006, 281 pages)**

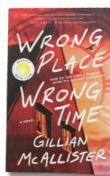
British journalist Burke explores the complexities of the region and its culture, politics, and religion.



## **Unless**

**Carol Shields (2002, 311 pages)**

"Unless" is narrated by an author who, while attempting to write her second novel, must deal with the painful actions of her eldest daughter.



## **Wrong Place Wrong Time**

**Gillian McAllister (2022, 368 pages)**

Psychological thriller - A mother who must move backward through time to prevent tragedy from striking at the heart of her family.

*"Books and friends should be few but good."*

# Knowing and Growing



## Darleen's March Garden Tips

### 1. Indoor Seed Starting Schedule

- **Early March:** Onions, leeks, and celery. These take a long time to get established and don't mind a bit of a head start.
- **Mid-March:** Peppers and eggplants. These heat-lovers are slow growers and need a warm spot (ideally on a heat mat) to germinate.
- **Late March:** Tomatoes and "Cole" crops (broccoli, cabbage, cauliflower). Don't start tomatoes too early, or they'll become leggy and stressed before they can go outside.

*As the snow melts, your garden soil will be "mucky." Avoid walking on your garden beds. Walking on wet soil compresses it, squeezing out the air pockets that roots need to breathe. If you must get into the garden, use a wooden board to distribute your weight or stay on established paths.*

### 3. Tool & Supply Audit

**Before the local garden centres get swamped in April, do a quick inventory:**

- **Sharpen & Sanitize:** Clean your pruners with rubbing alcohol and sharpen them.
- **Test Old Seeds:** Got leftover seeds from last year? Do a "paper towel test." Wrap 10 seeds in a damp paper towel, put them in a plastic bag, and see how many sprout after a week. If only 2 sprout, it's time to buy a new packet.
- **Buy Soil:** Pick up your seed-starting mix and potting soil now.

### 4. Outdoor Cleanup (When dry)

**Wait for a day when the ground isn't a swamp to:**

- **Prune Fruit Trees:** March is the perfect time to prune apple or pear trees while they are still dormant.
- **Check for Frost Heave:** Sometimes the freezing/thawing cycles push perennials (like strawberries or garlic) out of the ground. Gently press them back down into the soil.
- **Leave the Leaves:** Resist the urge to do a "deep clean" of your garden beds yet. Many beneficial pollinators (like native bees) are still sleeping in the leaf litter and hollow stems. Wait until temperatures are consistently above 10°C.

### 5. Early Bird Direct Sowing?

**In Cornwall, you usually can't plant anything in the ground in March.**

- **Late March "Dormant" Sowing:** If the soil has thawed, some gardeners have luck sowing peas or spinach very late in the month. They will sit there until the soil temperature is right, giving you the earliest possible harvest.



# *Recipe*

## **Quick and Easy Asian Delight**



This easy meal is a great source of protein and complex carbohydrates, providing sustained energy. Serve with egg rolls which you can buy frozen then cook in your oven and you'll feel like you are at your favourite Chinese restaurant.

### **Ingredients:**

- 1 cup cooked chicken (rotisserie chicken from the grocery store works well for this)
- 1 cup cold cooked rice
- 1 cup mixed vegetables—frozen or fresh (frozen Asian style vegetables work well)
- 2 green onions
- soy sauce to taste

### **Instructions:**

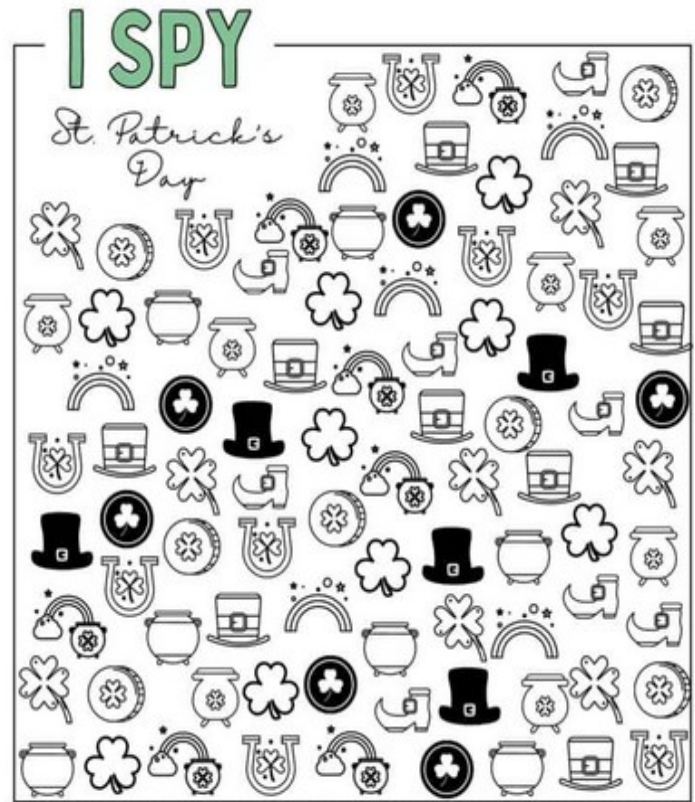
1. In a skillet or large frying pan, combine rice, cooked shredded chicken, and 1 cup of mixed vegetables.
2. Drizzle soy sauce over the mixture to taste, and stir to combine all the ingredients evenly. Add chopped green onions.
3. Cook over medium heat, stirring occasionally, until the mixture is heated through and the vegetables are tender, about 5-7 minutes.

# Puzzles

Can you find all the hidden objects in this puzzle?

Did you find all the words in the word search?

We love to challenge your eyes as well as your brain !



**St. Patrick's Day Word Search**

M T U F H P I N C H R Y  
 L F C L O V E R I L A S  
 G E H Q I U N L R Z I S  
 O M P C H E I D E B N H  
 L L R R G A R X L C B A  
 D P M U E B I E A F O M  
 S R P I U C S Z N H W R  
 P G R E E N H G D C M O  
 I K L J F T O A T O P C  
 N E L U C K Y J U I U K  
 A G M P E F W O W N S F  
 M A R C H A Z U M S P X

LEPRECHAUN    GOLD    CLOVER    COINS  
 RAINBOW    IRISH    MARCH    GREEN  
 SHAMROCK    LUCKY    PINCH    IRELAND



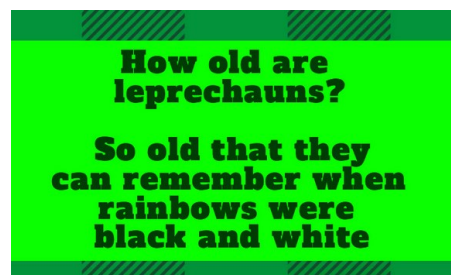
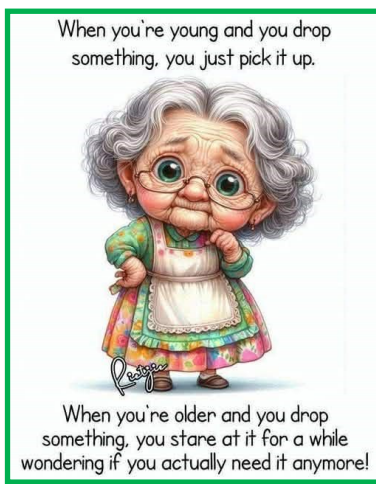
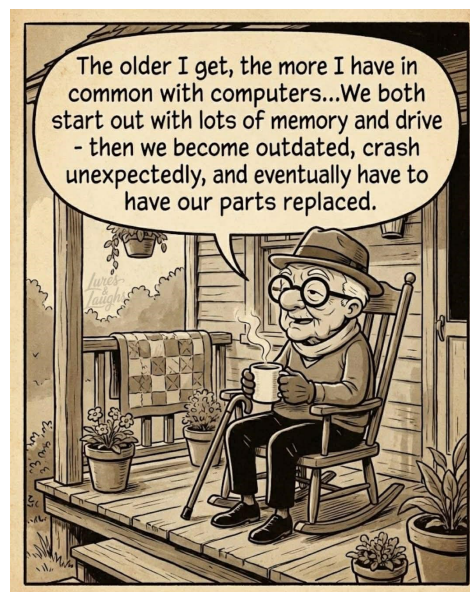
# Laughter is the Best Medicine

## Important Fashion Tips



As we wave goodbye to our younger years we must also wave goodbye to some of the fads we loved. The following combinations Do NOT go together and should be avoided:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Mini skirts and support hose
5. Ankle bracelets and corn pads
6. Speedo's and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Bikinis and liver spots
11. Short shorts and varicose veins
12. In-line skates and a walker
13. Thongs and Depends





Our center 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