

# The Seaway Senior Citizens Chronicle

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

## April is Volunteer Appreciation Month

Yes we say it often, but we truly mean it !

We really do appreciate our volunteers and our club could not offer our members all the activities and events that we do without their hard work and dedication.



Some faces you see regularly at club events, at the reception desk, leading various activities and at club dinners. But there are many more who work behind the scenes as members of various committees such as the grant committee, the FUNraising committee, the audit committee, the social media and public relations committee, the garden committee, the decorating and entertainment committees and of course the Board of Directors.

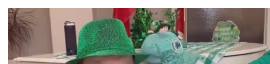
The saying goes that 'many hands make light work' and while this is true 'many hands make work fun'. Join in and share your talents, ideas and perhaps previous work experience by volunteering in some capacity. We presently need people to help out on all committees.

Remember our volunteers are giving up their personal time and without compensation to make our club a very special place so when you see them, please thank them for their dedication. It just might make their day a little brighter.

# *Last Month in photos*

## **St Patrick's Day Shenanigans—Good Music, Good Food, Good Friends and artists at work**

March 17th was a busy day at the club and it was awash in green in celebration of St. Patrick's Day. While the tantalizing aroma of a delicious dinner wafted through the air, some club members expressed creativity in learning or perfecting a new skill— paper quilling. Farther out of town a performance of Irish tunes by “Melody on the Move’ entertained residents of Maxville Manor. Unfortunately due to space limitations we could not show all the members of this talented group but you can watch the video on our Facebook page where you will be able to enjoy the tunes for yourself and maybe even sing along !



# *Last Month in photos*

## **Fraud and Scam Awareness with Cornwall Police Services—March 24**



March was Fraud Prevention month and statistics show that seniors often fall prey to scams either online, by phone or by door to door interactions. Cornwall Police Services (CPS) and Victim Services of SDG&A shared information on the various types of scams, awareness and safety tips as well as providing information on Victims Support Services. Thank you Constables Patrick Huygen, Constable Dan Cloutier and Anik Brisebois Supervisor of Client Services, Victim Services of SDG&A for such an informative presentation.

## **Bunny Bake Sale —March 28**

It was still feeling like winter outside but inside the club Spring was blooming with a tempting display of delicious treats donated by our club members and with beautiful creations by both club members and other local craftspeople. A big thank you for all donations of baked goods and for your support of this yearly event. And a very special thank you to the FUNraising committee for their hard work in making this happen.



## **Watercolour with Bruni — March 31**

Thank you Bruni for leading another class—this time with dragonflies . Look closely and you'll see that Bruni was even wearing a coordinated necklace especially for the class!



# Coming Events

SEAWAY SENIOR CITIZENS CLUB

## SPRING FLING PAINTING CLASS

sponsored and taught by staff of

 CHARTWELL

**TUESDAY, April 7**  
1 pm – 3 pm  
Oak Room

Leap into Spring by painting your own masterpiece. Choose your colours and make this work of art your own. Personalize your painting while staying true to the Spring theme. All supplies included!

**Free with Refreshments**

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

**Book through Reception**

Centre located at 506 Pitt St., Cornwall, ON

SEAWAY SENIOR CITIZENS CLUB

CORNWALL COMMUNITY HOSPITAL

## Info Session

### Mental Health Crisis Team



Did you know that Cornwall Community Hospital has a Mental Health Crisis Team? They are people helping people within our community who are facing challenges with mental health

Mental health problems can include a situational crisis, depression or anxiety. This session is led by CCH Mental Health Crisis Team lead, Christiane Brunet.

**Tuesday, April 14**  
1 pm  
@ Oak Room

**Register at RECEPTION** **FREE**

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

SEAWAY SENIOR CITIZENS CLUB

CORNWALL COMMUNITY HOSPITAL

## Info Session

### Assault & Sexual Abuse Program



**The Assault and Sexual Abuse Program (ASAP)** at Cornwall Community Hospital provides comprehensive care for victims of sexual assault and intimate partner violence. The program offers 24/7 emergency healthcare, and counseling services. ASAP supports individuals of all ages and backgrounds, ensuring confidentiality and respect for clients' privacy. **Learn more about what CCH offers in our community.**

**Tuesday, April 21**  
1 pm  
@ Oak Room

**Register at RECEPTION** **FREE**

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

SEAWAY SENIOR CITIZENS CLUB

CORNWALL COMMUNITY HOSPITAL

## Info Session

### Stroke Awareness and Prevention



Cornwall Community Hospital is a District Stroke Centre and is responsible for local stroke care in this region of Eastern Ontario. Services include a **Stroke Prevention Clinic**, the **Acute Stroke Unit**, and **Tele-stroke Consultation**. Melissa Dore, District Stroke Coordinator for Eastern Champlain will be here to speak about **Stroke Awareness and Prevention Services**.

**Tuesday, April 28**  
1 pm  
@ Oak Room

**Register at RECEPTION** **FREE**

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

# April Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APRIL 2026</b> <b>Seaway Seniors Monthly Calendar</b> <b>506 Pitt St 613 932 4969</b> <b>www.seawayseniors.ca</b>		<b>1</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 Group Singing Lessons	<b>2</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>3</b> <b>CLOSED for GOOD FRIDAY</b>
<b>6</b> 9:00 am Chair Yoga 10:00 am Cribbage <b>10:30 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>7</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 Painting with Chartwell</b> 2:00 pm Tai Chi 6:00 pm Jamming GBC*** gentle bodyconditioning	<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 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>15</b> 9:00 am Chair Yoga 10:00 am Cribbage <b>10:30 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>14</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 Mental Health Session</b> 2:00 pm Tai Chi 6:00 pm Jamming	<b>18</b> 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 am Guitar Practice 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Knit Wits 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>20</b> 9:00 am Chair Yoga 10:00 am Cribbage <b>10:30 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>21</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 Assault Info Session</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 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>27</b> 9:00 am Chair Yoga 10:00 am Cribbage <b>10:30 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>28</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 Stroke Awareness</b> 2:00 pm Tai Chi 6:00 pm Jamming	<b>29</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 Group Singing Lessons	<b>30</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>The Shuffleboard is available for practice upstairs in the Pine Room. For details, speak to Murray Romisher.</b>

## Attention activity leaders & members:

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

# HEART



*(Health Education Awareness and Resource Team)*

Make sure to attend these excellent information sessions in April and feel free to bring family and friends along too. Partnering with Cornwall Community Hospital these sessions are designed to feature issues of particular interest to seniors and their families.



## Info Sessions

**APRIL** Tuesdays, 1 pm  
@ Oak Room

In partnership with the Cornwall Community Hospital and local health experts Seaway Seniors are hosting monthly talks focusing on health, safety, and resources we all need to navigate our wellness journey with confidence.



**Tuesday, April 21**

**The Assault and Sexual Abuse Program (ASAP)**  
Navigating local resources for protection, advocacy, and community safety.

**Register at  
RECEPTION**



**Tuesday, April 14**

**CCH Mental Health Crisis Team**  
Accessing immediate support and recognizing signs of distress.



**Tuesday, April 28**

**Stroke Awareness & Prevention**  
Identify early warning signs and strategies for prevention.

613 932 4969

506 Pitt St.

[www.seawayseniors.ca](http://www.seawayseniors.ca)

# This 'n That

## 50/50 WINNER

March 2026 winner is:  
Bill Jorgensen  
Prize Amount: \$157.50

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



## Tax Clinic

**OPEN** on March 2, 2026 at the Agape Centre  
Monday to Friday 9 am to 2:30 pm  
No Appointments Necessary  
Maximum Income \$40,000  
613-938-8341

If you are unable to climb two flights of stairs at Agape, accessible site available on Water Street. Please call 343-370-8657 for more information and appointment.



**Did you know** there is a lost and found area located above the coat rack on the main floor of the club? Water bottles, gloves, hats and shoes are just waiting to be reclaimed by their owners.



## Poetry Corner

### *Stiletto*

No more wearing stilettos  
Is that the reason, we are shorter  
as we get old?  
Remember those nice sleek legs?  
Now we want to remove the shoes;  
we even beg  
We have every colour in the closet  
To match our outfits, now we fret  
It hurts, it hurts, it's too tight  
My toes are crushed, what a sight!  
Fit in there, I look good!  
What is the point, it changes my mood  
That's it, I am giving them away  
I am now comfortable, this is the way  
I want to stay.

*Hélène Summers*



*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

## April Menu

Centre Charles  
Emile-Claude



April 1

- Carrot & Ginger Soup
- Turkey Breast, Gravy, Mashed potatoes, & Veggies
- Chocolate Pie



April 8

- Beef & Barley Soup
- Spaghetti and Meat Sauce
- Carrot Cake and Creamed Cheese Icing



April 15

- Ham and Vegetable Soup
- Breaded Pork Chops, Rice Pilaf, & Veggies
- Field Berry Crumble



April 22

- Cream of Zucchini Soup
- Asian Stir Fry with Chicken and Rice
- Pineapple Upside Down Cake



April 29

- Hamburger Soup
- Swedish Meatballs, Mashed Potatoes, Cranberry Sauce
- Walnut Pie

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

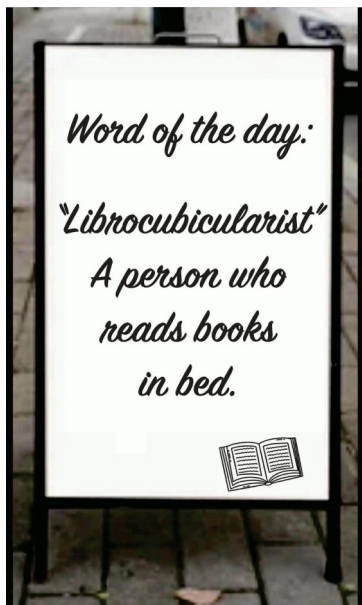
answering machine: 613 933 4996 or text: 343 585 2930  
20% of proceeds donated back to



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# In the Library

If you do this  
..... You have a  
lot in common  
with many of  
our members!



**April**   **Library**

**The Evacuee's Promise**  
**Cathy Sharp (2025, 365 pages - large print)**  
Brings to life what it was like for children that had to be taken to the English countryside to keep them safe from the London blitz.

**The Island Walkers**  
**John Bemrose (2003, 498 pages)**  
The book represents Canadian life in the 1960s. Analysis of small mill town life and industrial relations in south west Ontario.

**Kiss Her Goodbye**  
**Lisa Gardner (2025, 398 pages)**  
Mystery in Tucson! A look into Afghan refugees and the complicated stories they bring with them to a new life.

**Knit Lit: Sweaters and their stories . . .and other writing about knitting**  
**Linda Roghaar (2002, 246 pages)**  
Short and diverse knitting stories coming from all different perspectives.

**Miss Morgan's Book Brigade**  
**Janet Skeslien Charles (2024, 301 pages)**  
In post WW1 France, Jessie Carson strives to establish children's libraries turning ambulances into bookmobiles.

**The Other Mrs.**  
**Mary Kubica (2020, 359 pages)**  
A small town murder, a killer on the loose, and an eerie old house . . .

*At times I think to myself, "Drop the book and get stuff done!"  
Then I laugh and turn the page.*

# Knowing and Growing

Now that Spring is officially here and there *should* no longer be a blanket of snow in your yard and your garden, the temptation is to get out there and do a real good clean up . Don't overdo it and keep in mind that the ecosystem needs protection. Here are some garden 'messes' you should consider before eliminating them for the sake of a pristine appearance. And if you don't have a garden of your own, please consider working with our team to help 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' 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)*

## GARDEN "MESSSES" YOU SHOULD NEVER TIDY UP

The messier it looks, the more life it holds.



- Leaf Litter Left Unraked**  
Shelter for toads, ground beetles, and queen bumblebees all winter.
- A Fallen Branch Left in Place**  
Home for woodlice, centipedes, and fungi that recycle wood into soil.
- An Old Tree Stump**  
Stag beetle larvae develop inside for years; robins and thrushes hunt the surface.
- Uncut Grass Along the Fence**  
Hunting ground for shrews and refuge for solitary bees and grasshoppers.
- A Puddle That Never Dries**  
Drinking spot for birds, common toads, and wasps that hunt caterpillars.
- A Loose Pile of Stones**  
Thermal shelter for common lizards and slow-worms that hunt garden pests.
- A Patch of Bare Undisturbed Soil**  
Nesting ground for mining bees that pollinate fruit and vegetables.
- The Forgotten Corner**  
The densest wildlife habitat in the whole garden.
- Fallen Fruit Left Where It Drops**  
Autumn and winter food for blackbirds, song thrushes, fieldfares, and butterflies.
- Cobwebs Along the Fence**  
Each web catches dozens to hundreds of insects per night unaided.

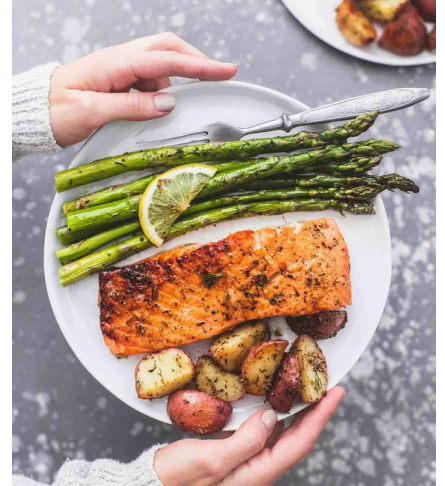
**IF YOUR GARDEN LOOKS PERFECT, YOUR ECOSYSTEM IS EMPTY.**

# Recipe



## Sheet Pan Baked Salmon, Asparagus and baby potatoes

Celebrate Spring flavours by preparing a fully balanced meal in just one pan. It tastes delicious and there is less clean up !



- First, **preheat** the oven to 400 degrees, then **toss** the potatoes with 2 tablespoons of olive oil, the salt and pepper to taste, the garlic powder, and then 2 teaspoons of Italian herb blend. Arrange the potatoes on a **large sheet pan** and pop in the oven to get a head start on **baking for about 10 minutes**.
- While the potatoes are done pre-baking, **arrange the salmon fillets and asparagus** on the sheet pan. Then, **whisk** together the melted butter, honey, dijon mustard, and 1/2 teaspoon of the remaining Italian herb blend. **Brush** the melted butter mixture onto the salmon fillets.
- For the asparagus, you're going to want to **drizzle** it with the remaining 1 tablespoon of olive oil then **season** it with salt and pepper to taste and then place lemon slices between the asparagus spears.
- Put all of this back into the oven to **bake for about 15 more minutes**, or until the asparagus and potatoes are fork-tender and the salmon is cooked through. Serve right away!

# Puzzles

Can you find all the hidden objects in this puzzle?

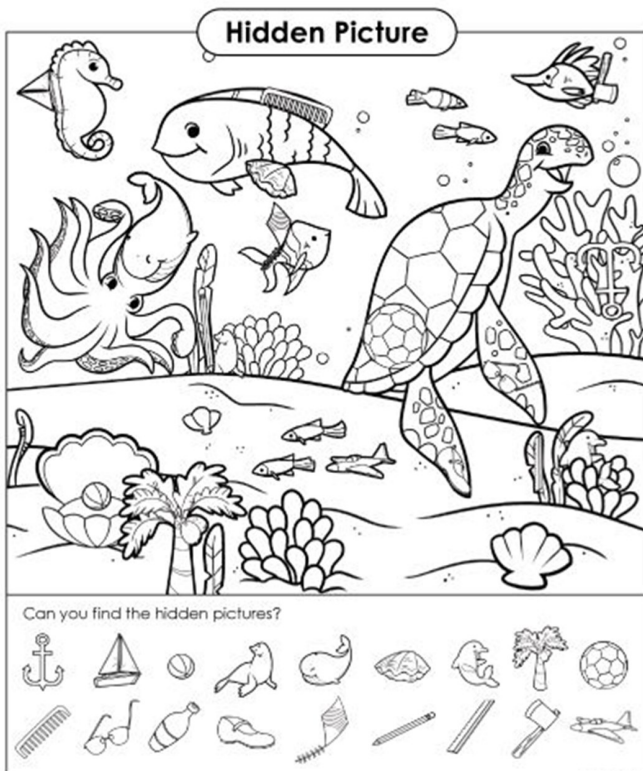
Did you find all the words in the word search?

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



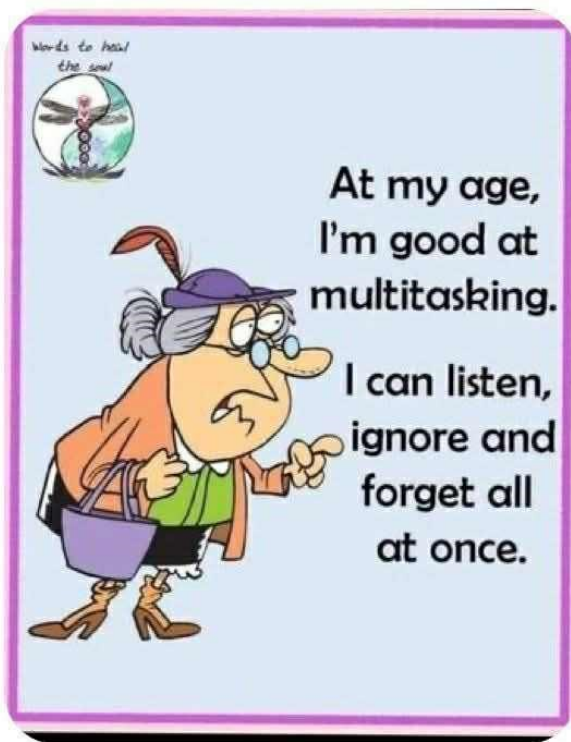
DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



April Blossom Breeze Bud Bulbs Bunny  
 Butterfly Chick Daffodil Easter Eggs Grass  
 Green Hatch June March May Nest Puddle  
 Rainbow Robin Season Showers Sunshine  
 Thaw Tulip Umbrella

# Laughter is the Best Medicine





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