

The Seaway Senior Citizens Chronicle

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



Frogmore Lodge Photo: Historic Cornwall in Photos

Known as Frogmore Lodge, this Victorian style duplex was built on the NW corner of Pitt and Fifth Streets which is now our parking lot. Although Frogmore Lodge is the name of a large estate in Britain, Cornwall legend claims that this house earned its name because it was built close to Fly Creek and the song of the frogs could be heard loud and long.

Longtime club member Bonnie Sayers remembers this house as being occupied by the Arthur family and she would walk by it daily.

The house was also said to be haunted which made finding tenants difficult and some suspect that this is still the case—which would explain the random ringing of the doorbell with no one in sight!



Former site of Frogmore Lodge today— now our South parking lot

A Trip Down Memory Lane



Construction of Keyes Supply 506 Pitt St in 1953. Photo: Cornwall Standard Freeholder March 1953



506 Pitt St today, our home since Oct 2017

Last Month in photos

Spring Painting Class with Chartwell—April 7

Another great painting workshop sponsored by Chartwell brought Spring colours into an otherwise wintery day. Always a popular event, this time our artists created beautiful blooms to start off the season.



Easter Fun—Bunny Hop anyone?

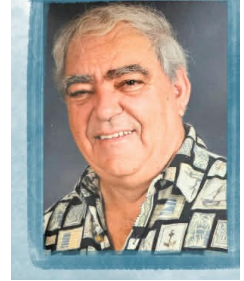
Participants of our Novice Line Dancing Class with Kathy Riddell and club members alike never know what to expect next from this fun group. This April they brought out bunny ears and flowered headbands adding a little colour to the fun just before Easter weekend.



Last Month in photos

Guy Lauzon Memorial Bid Euchre Tournament —April 25

It was a successful sold out event with 48 players honouring the memory of club member and avid bid euchre player Guy Lauzon. Moon shot winners were Betty Ann Mayer, Margaret Gagnon, Charlene Jarvo, Fran Menard, Cathy Lafierere, Gabrielle Therriault, Jannine Callan and Len Currier. Overall winners were: 1st place : William Jorgensen with a score of 340; 2nd place winner: Sharon Clarke with a score of 293; 3rd place winner: Irene Currier with a score of 292. Lois Seguin was the lucky winner of both Share the Wealth draws. Approximately \$900 was raised for the club at this event . Thank you to all who attended. Our prayers are with Carolyn Lauzon and her family at this difficult time.



Health Team Information Sessions

Sexual Assault & Abuse—April 21

Stroke Awareness & Prevention—April 28

Our well attended Health Team Information Sessions are specifically geared towards topics of interest regarding health of seniors. While not always comfortable topics, it is important to be informed. Check the bulletin boards, monthly activity calendar and our Facebook page for information on upcoming sessions.



Coming Events

SEAWAY SENIOR CITIZENS CLUB

CORNWALL COMMUNITY HOSPITAL

Info Session

Seniors Mental Health & Addiction

Did you know that Cornwall Community Hospital has a Geriatric Mental Health Team, a Crisis Team as well as Addiction Services? 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 Team lead, Christi Wells



date change 

Tuesday, May 5

Register at **RECEPTION** **1 pm** @ Oak Room **FREE**

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

SEAWAY SENIOR CITIZENS CLUB

Let's Get Physical (Therapy): Tools for a more Active Life

with **Celine Clement** 
Registered Physiotherapist

Celine Clement is a passionate Physiotherapist from Back in Motion. She is committed to promoting healthier lifestyles for all ages. Her background and expertise empowers her clients to tackle health challenges with innovative solutions. She will share some of her practical tips in this session that will encourage those attending towards better health and increased happiness.



Tuesday, May 12

2 pm
@ Oak Room **FREE**

Register at **RECEPTION**

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

SEAWAY SENIOR CITIZENS CLUB

SHUFFLEBOARD

begins Mondays

starting **May 4** @ 1 pm



sign up at **Reception** **\$3.**

Location:
Upstairs in **PINE Room**

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



SEAWAY SENIOR CITIZENS CLUB

Celebrate May

Dinner Party

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

Tuesday, MAY 19
5 pm



MENU -
BBQ Chicken Breast, Potatoes, Caesar Salad,
Seasonal Vegetables,
Dessert, Tea and Coffee

Please Reserve at Reception
Deadline May 15

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

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

Coming Events

Demystifying AI

A Friendly Introduction Workshop


Chat GPT

with
Tom Cooper

Tuesday, June 2
(1 pm)


Artificial Intelligence. What is it? This is an accessible and practical introduction to Chat GPT. How does it work to help in day to day tasks? Tom Cooper presents practical tips, all in an interactive, hands-on workshop, and Q & A.

Please bring your
Smart phone, iPad, or
Laptop



Register at
RECEPTION
\$ 5.*


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



SAVE THE DATE

GENERAL MEETING

Tuesday, June 23
@ 1 pm
in the Oak Room



CONTACT INFORMATION
613 932 4969
seawayseniors@gmail.com
www.seawayseniors.ca

506 PITT STREET
CORNWALL, ON



Just Desserts & Sweet Melodies Gala

Friday, JUNE 12
6:30 pm

SVTC Seaway Valley Theatre Company
30 Sixth St. East, Cornwall

Featuring

- Seaway Seniors Performing Arts Groups
- Gourmet Desserts, Beverages, Bar

Special Guests

- Therese Motard & The Riverdale Ensemble & guest soprano Olivia Haramis
- Steve E & the Pacemakers
- Seaway Strings
- Royal Canadian Sea Cadet Corps Band (Stormont)


*VIP Ticket provides VIP seating, drink ticket and deluxe dessert package

Tickets: \$20. members * \$25. non members * \$40. VIP*
available @ Seaway Seniors Reception: 506 Pitt St. Cornwall * 613 932 4969



Be sure to attend our Gala Fundraising Event on June 12th. This event will showcase our in-house performing arts groups, Steve E & the Pacemakers, Seaway Strings, the Royal Canadian Sea Cadet Corps Band as well as internationally acclaimed cellist Therese Motard who will be accompanied by the Riverdale Ensemble and guest soprano Olivia Haramis. Ticket prices for this amazing evening will include the concert and three pieces of gourmet desserts from local bakeries and restaurants. A limited number of VIP tickets will ensure front row seating, a drink from the bar and a deluxe dessert package. This event will sell out quickly so don't delay. Tickets on sale starting Monday May 4th.

May Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2026 Seaway Seniors Monthly Calendar 506 Pitt St * 613 932 4969 * seawayseniors@gmail.com * www.seawayseniors.ca				1 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 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard	5 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 10:00 am Crafter's Choice 1:00 pm Mental Health Talk 2:00 pm Tai Chi 6:00 pm Jamming <i>GBC ***gentle body conditioning</i>	6 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 am Guitar Practice 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Group Singing Lessons	7 8:45 am Exercise - GBC 9:00 am Beginner Guitar 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	8 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
11 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard	12 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 10:00 am Crafter's Choice 1:00 pm Physio Workshop 2:00 pm Tai Chi 6:00 pm Jamming	13 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 am Guitar Practice 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Group Singing Lessons	14 8:45 am Exercise - GBC 9:00 am Beginner Guitar 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	15 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
18 	19 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 10:00 am Crafter's Choice 2:00 pm Tai Chi 5:00 pm May Monthly Dinner	20 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 am Guitar Practice 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Group Singing Lessons	21 8:45 am Exercise - GBC 9:00 am Beginner Guitar 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	22 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
25 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Book Club	26 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Line Dancing 10:00 am Crafter's Choice 1:00 pm Pottery Workshop 2:00 pm Tai Chi 6:00 pm Jamming	27 9:00 am Chair Yoga 9:00 am Novice Line Dancing 10:30 am Guitar Practice 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Group Singing Lessons	28 8:45 am Exercise - GBC 9:00 am Beginner Guitar 10:00 am Novice Line Dancing 10:00 am Crafter's Lounge 10:15 am Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	29 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!!

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)

The Seaway Seniors Health Team is celebrating our **60+ NURSES** this month. If you have any photos, caps, pins or memories that you would like to share please bring them in to the office. We are preparing a week long display.

We will also be hosting a **Nurses' Meet and Greet** in the **Spruce Room** on **Wednesday, May 13** from **1pm to 3 pm**.

Join us and share some memories with friends old and new.



THANK YOU
NURSES
NATIONAL NURSES WEEK

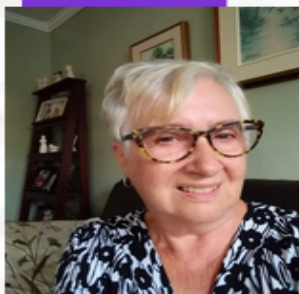
May 11, 2026 – May 17, 2026

This 'n That



Join our Board of Directors

Patricia Dalgleish will be stepping down from her position as Director of Finance as of June this year. We are currently looking for her replacement and Patricia will provide training.



If you are interested in joining our team please see club President Shona Barkley.

Thank you Patricia for your dedication and service to running our club.

50/50 WINNER

April 2026 winner is:
Francine Beaulieu
Prize Amount: \$187.50

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



Larry Poirier, our resident prize winning relish maker is looking for jars. If you have been fortunate enough to have sampled his relish, perhaps you may have some empty jars that you can bring back to the Club for him. He is looking for 500 ml. and 1 litre sizes. Thank you!!

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

Centre Charles Emile-Claude

April Menu




- 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



New Parking Regulations

We have recently added more designated parking spots for members with limited mobility and who display accessible parking permits on their vehicles.



At the same time we have re-painted the lines for the remaining parking spots clearly marking the no parking areas.



We understand that parking in our South lot is limited but we ask that you respect these areas as it is imperative that emergency vehicles and Cornwall Handi-Transit are able to access our building with ease.



Thank you for your cooperation.

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
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Cookies	Chocolate Chip	Shortbread	Oatmeal & Butter Tarts
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Squares, Cookies, and Tarts	\$12. a dozen
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Order from Colleen Fitzpatrick
 answering machine: 613 933 4996 or text: 343 585 2930
 20% of proceeds donated back to 

GET CONNECTED TO A FAMILY DOCTOR

The Great River Ontario Health Team will be on-site to help community members register for **Health Care Connect**, the provincial waitlist for a family doctor or nurse practitioner.

MAY 13, 2026
9:00 AM - 12:00 PM
105 SECOND STREET WEST CORNWALL

- ✓ Get help registering on the waitlist
- ✓ Ask questions about the process

Please bring your health card or a photo of your health card.

No appointment required.

Centre 105
 An Anglican Community Ministry

In the Library

May



SEAWAY
SENIOR
CITIZENS
CLUB

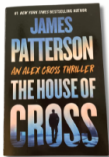
Library



Dear Debbie

Freida McFadden (2026, 315 pages)

If Debbie is wronged, she will seek revenge. A whole cluster of wrongs befall her. Her husband and her two daughters will see her get to work on vengeance both petty and extreme.



The House of the Cross

James Patterson (2024, 405 pages)

In Washington, D.C. Supreme Court candidates are being murdered. Alex Cross and John Sampson are on the case.



The Hundred-Foot Journey

Richard C. Morais (2010, 242 pages)

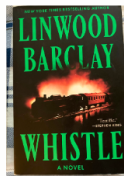
From the slums of Mumbai to London and Paris, a family decides to open an Indian restaurant in France across from a one star Michelin French restaurant.



The Violin Maker's Secret

Evie Woods (2026, 370 pages)

Devlin, a baggage handler, buys a violin that was in the lost and found at Heathrow Airport for his girlfriend. Little did he know the effect that this violin would have on his life.



Whistle

Linwood Barclay (2025, 452 pages)

A story about model trains, a strange hobby store owner; a mother and her son bring you into a very bizarre place.



Yellow Wife

Sadeqa Johnson (2021, 272 pages)

1850s Historical Fiction-This story follows an enslaved woman to barter love and freedom while living in the most infamous slave jail in Virginia.

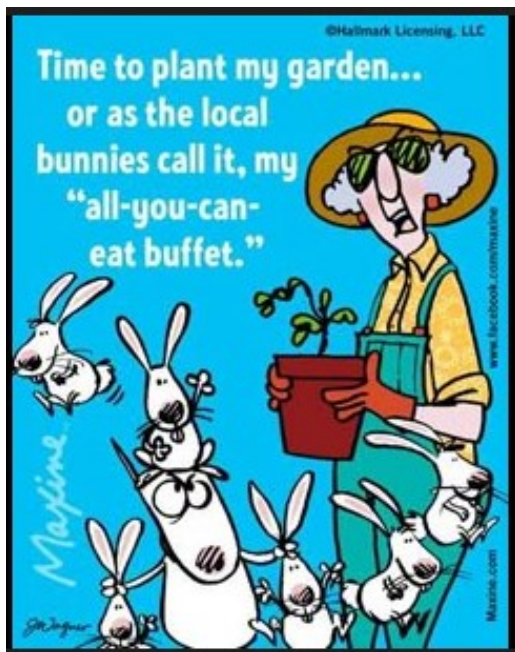
At times I think to myself, "Drop the book and get stuff done!"

Then I laugh and turn the page.

Knowing and Growing

Thank you to our hardworking Garden Volunteers who have already started to tend to 'Darleen's Garden'

With their love and tender care we can look forward to another great season.



In the Garden

- Plant nectar-rich annuals like Cosmos, Zinnias, and Marigolds. Pair them with native perennials such as Black-eyed Susan, Coreopsis, and Wild Lupine for lasting value.
- Add flowering shrubs or small trees that bloom in spring, like Serviceberry, Chokecherry, or Dogwood, to diversify your garden structure.
- Divide perennials like Coneflower, Black-eyed Susan and Bee Balm. This encourages healthy growth and more blooms.
- Refresh mulch to retain moisture but leave bare patches of soil for ground-nesting bees.
- Begin daily observation of your garden. Take note of which flowers attract bees, butterflies, or hummingbirds.
- Finish any major spring cleanup of last year's stalks or leaves by the end of May, once you're sure no pollinators remain inside.

Thanks to Friends of the Garden!

Recipe

HONEY CAKE

Ingredients:

- 3 1/2 cups flour
- 1 tbsp Baking Powder
- 1 tsp Baking Soda
- 2 tsp Cinnamon
- 1/2 tsp Clove & Allspice
- 1 cup Vegetable oil
- 1 cup Honey
- 1 1/2 cup Sugar, granulated
- 3 Eggs
- 1 cup Coffee
- 3/4 cup Orange Juice

Instructions:

- Combine first 6 dry ingredients into a bowl. Add remaining ingredients and mix thoroughly with whisk or electric mixer on low (batter will be thin)
- Spread batter into a greased and floured 3 litre bundt pan.
- Bake at 350 degrees F for 55 to 65 minutes or until cake tester comes out clean
- Cool 20 minutes in pan, then remove on to wire rack to cool completely.

Friends of the Garden



Did You Know?

Canada Groceries & Essentials Benefit



In July 2026, the Canada Groceries and Essentials Benefit (CGEB) will replace the GST/HST credit. Under the new program name, payment amounts will be increased, but the eligibility, payment calculation, and structure will be the same as the GST/HST credit. Quarterly payment amounts will increase by 25% for 5 years (from 2026 to 2031) starting in July 2026.

In most cases, you will not need to apply for the CGEB. The Canada Revenue Agency (CRA) will determine your eligibility automatically when you file your tax return. The CGEB will have the same [eligibility criteria as the GST/HST credit](#).

Starting in July 2026, your quarterly CGEB payments will use the same payment schedule as the GST/HST credit.

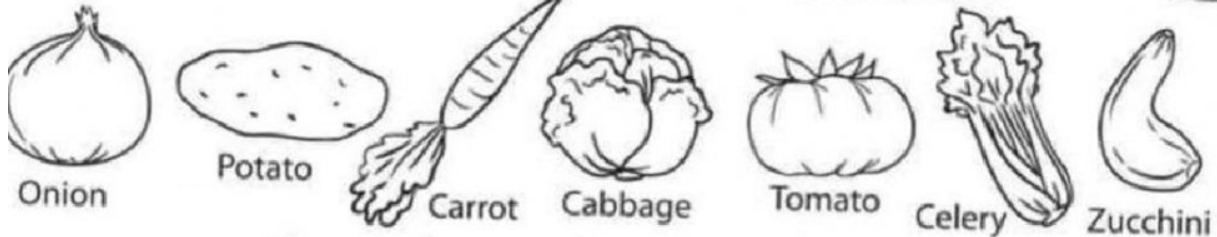
If you are signed up for direct deposit, your payments will be deposited directly to your bank account. If you do not have direct deposit set up, you will receive a paper cheque by mail. To receive your payments faster and more securely, you can [sign up for direct deposit](#).



Grocery Discounts and Savings

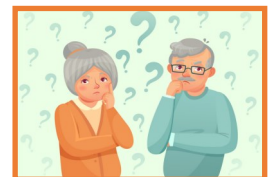
- **Bulk Barn:** Every Wednesday. Discount 15% off for seniors 65 or older with valid ID. Regular priced items only.
- **Shoppers Drug Mart:** Every Thursday. 20% discount for seniors age 55+ with Optimum Card. Regular priced items only

Puzzles



Can you find all the hidden objects in this puzzle?

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



Laughter is the Best Medicine



Happy Mothers Day



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, submission of articles of interest to our newsletter, working with our various committees 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 the following members:

Front Desk Volunteers:

Carol Travers

Event Volunteers:

Karen Cooper

Public Relations Volunteers:

Don Crites



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