

The Seaway Senior Citizens Chronicle

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

June is Seniors Month in Ontario, recognized annually to honour older adults. The 2026 provincial theme is "**Ontario Seniors — Let's Get Moving,**" which highlights programs promoting physical activity, wellness, and social engagement.

We are so proud that our members certainly "get moving" with a full range of activities to suit every range of motion. We currently offer two types of fitness classes led by certified instructor Cathy Bourgeon - intermediate low impact exercise and gentle body conditioning fitness which can be done while sitting if needed as well as fitness drumming. We also offer chair yoga, two levels of line dancing, shuffleboard and Tai Chi. And even gardening is considered a low impact physical activity combined with the extra benefit of fresh air. If you haven't yet, try these out as we enter into the summer months and you feel the need to get more active. One of the great things about our club is that you do not have to sign up for weeks at a time so if you try a particular activity and it doesn't work for you, you are not locked in.

We invite you to attend the Aging Well Senior Health & Safety Fair at the Benson Centre on June 24th for access to more information, resources and support to enhance well-being and independent living.





We'll be There!



AGING WELL

THE SENIOR HEALTH & SAFETY FAIR

The Aging Well: Senior Health & Safety Fair brings together older adults, caregivers, service providers, health professionals, and community organizations from across Stormont, Dundas, Glengarry, Cornwall, and Akwesasne. The event provides meaningful opportunities for seniors and their families to access information, resources, and supports focused on health, safety, well-being, and independent living.

Date: Wednesday, JUNE 24
Time: 10:00 am to 4:00 pm
Location: Benson Centre, Cornwall




Last Month in photos

May Monthly Dinner - May 19th



Delicious evening from start to finish with BBQ chicken expertly grilled by Jeff Barkley, delicious dessert by Diane Riley and challenging trivia by Denise Williard. Thank you to all the volunteer servers and decorators who once again put a fun evening together for our members.

Thank you Nurses Tea - May 13

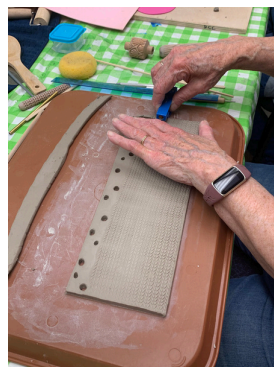


A lovely tea break was held during Nurses week to thank our members who worked in the health care field. Thank you to those who shared career memorabilia which was on display in the reception area.



Pottery Workshop - May 26

It was a full hands on experience with Bernadette Lapierre of Dragonfly Clay Creations as participants learned the technique of slab pottery to make beautiful candleholders.




Coming Events

SEAWAY SENIOR CITIZENS CLUB

Demystifying AI

A Friendly Introduction Workshop

Chat GPT 

with **Tom Cooper**

Tuesday, June 2
(1 pm)


Please bring your Smart phone, iPad, or Laptop

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.

Register at **RECEPTION**
\$ 5.*

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

SEAWAY SENIOR CITIZENS CLUB

Info Session 

Seniors & Osteoarthritis

Approximately 1 in 3 Canadians over the age of 65 are living with diagnosed osteoarthritis.

OA disproportionately impacts women. For adults over the age of 50, women see significantly higher rates of diagnosis and incidence than men.

OA is a primary driver of chronic pain and mobility limitations among older adults.

Learn more in this session led by Isabelle from Cotton Mill Rehab.

Monday, June 8
1 pm
@ Maple Room **FREE**

Register at **RECEPTION**

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

SEAWAY SENIOR CITIZENS CLUB

Acrylic Painting Workshop

Flower Arrangement

with **Melody Crites**

Tuesday, June 9 @ 1 pm
Oak Room

\$15.

Register at **RECEPTION**

maximum of 10 participants

all supplies provided *

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

SEAWAY SENIOR CITIZENS CLUB

Just Desserts & Sweet Melodies Gala

Friday, JUNE 12
6:30 pm

SVT 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

Coming Events


SEAWAY SENIOR CITIZENS CLUB

Alzheimer Society Info Session

Dementia and other related Conditions
with **Josée Desrochers Leduc**

Did you know that Dementia covers a wide range of categories of illnesses including Alzheimer's.

Education Officer, Josée Desrochers-Leduc from the Alzheimer Society of Cornwall & District will present general information for individuals, families, and caregivers on Dementia and other related conditions and the supports and programs available.



Tuesday, June 16
1 pm
@ Oak Room

Register at **RECEPTION**

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

FREE

SEAWAY SENIOR CITIZENS CLUB Celebrates Seniors Month with a presentation on

British Home Children
& the Judy Neville British Home Child Museum
with **Carolyn Thompson Goddard**
The Ontario East British Home Child Family



Between 1869 and 1948, over 100,000 children were sent from the United Kingdom to Canada by philanthropic and religious organizations.

These children mostly came from impoverished, working-class families or overcrowded cities. The agencies believed they were giving them a fresh start in a promising British dominion.

In Canada, they were contracted out as indentured farm laborers and domestic servants. While some were taken in by loving families, a staggering number faced isolation, severe neglect, and physical abuse. Today, it is estimated that roughly 12% of the Canadian population is descended from a Home Child.

Carolyn Goddard is a British Home Child descendant and president of the Ontario East British Home Child organization. She will provide an overview of the child migration scheme, how British Home Children arrived in Canada, and other particulars about their story.

Tuesday, JUNE 23

Registration:
@ Reception
🕒 613 932-4969
🌐 www.seawayseniors.ca

1 pm
(Oak Room)

\$5


★ refreshments will be served

506 Pitt St. Cornwall, ON.

SEAWAY SENIOR CITIZENS CLUB

SAVE THE DATE

GENERAL MEETING
Tuesday, June 30
@ 1 pm
in the Oak Room



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

506 PITT STREET
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 .

Gala fundraiser event June 12th



This fundraising event is aptly named . Just Desserts and Sweet Melodies will please your taste buds as well as provide music to sooth your soul. The evening will showcase the talents of our own club members as well the Royal Canadian Sea Cadets Corps Band (Stormont). We are also incredibly honoured to include internationally recognized cellist Therese Motard and soprano Olivia Haramis among our special guests. Tickets have been selling fast so act quickly if you wish to attend.

Therese Motard has led a life of stellar achievements. After receiving first prizes in interpretation as soloist and chamber musician at the Montreal Conservatory of Music she went to New York to perfect her technique with illustrious masters.

Therese has performed as soloist with famous orchestras on the CBC and Radio-Canada in Montreal, Toronto and Quebec and won prestigious awards nationally and internationally. She has performed with such luminaries as Celine Dion, Luciano Pavarotti, Ginette Reno, Victoria Borge, Yo-Yo Ma, David Bowie, Dionne Warwick and David Brubeck. Therese taught at the University of Montreal and toured extensively with the Montreal Symphony Orchestra. Her many recordings continue to showcase her talent globally. Currently, Therese is the Director of the Riverdale School of Music and Artistic Director of Classiq'Arts SDG.



Olivia Haramis holds degrees in Voice Performance from both McGill University and Wilfred Laurier University.

This summer she will participate in workshops of newly composed operas at the Banff Centre for the Arts and Creativity.

Olivia is a recipient of many awards and scholarships including a McCall MacBain Regional Award and an RCM National Gold Medal. in addition to her work as a performer, Olivia maintains an active private studio where she teaches voice, violin, and piano.

she also serves as the Director of Music at St. John's Presbyterian Church.



June Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Melody on the Move	2 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 1:00 pm Chat GPT Presentation 2:00 pm Tai Chi 6:00 pm Jamming GBC*** <i>gentle body conditioning</i>	3 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 Group Singing Lessons	4 8:00 am Guitar Beginner 8:45 am Exercise – GBC 10:15 am Novice Line Dancing 10:30 am Guitar Practice level 2 & 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Shuffleboard	5 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
8 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Seniors & Osteoarthritis 1:00 pm Shuffleboard 1:00 pm Melody on the Move	9 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 1:00 pm Acrylic Painting with Melody 2:00 pm Tai Chi 6:00 pm Jamming	10 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 Group Singing Lessons	11 8:00 am Guitar Beginner 8:45 am Exercise – GBC* 10:15 am Novice Line Dancing 10:30 am Guitar Practice level 2 & 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Shuffleboard	12 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 6:30 pm Just Desserts Gala
15 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Melody on the Move	16 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 1:00 pm Dementia Presentation 2:00 pm Tai Chi 6:00 pm Jamming	17 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 Group Singing Lessons	18 8:00 am Guitar Beginner 8:45 am Exercise – GBC* 10:15 am Novice Line Dancing 10:30 am Guitar Practice level 2 & 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Shuffleboard	19 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
22 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Melody on the Move	23 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 1:00 pm British Home Children Talk 2:00 pm Tai Chi 6:00 pm Jamming	24 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 Group Singing Lessons	25 8:00 am Guitar Beginner 8:45 am Exercise – GBC* 10:15 am Novice Line Dancing 10:30 am Guitar Practice level 2 & 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Shuffleboard	26 9:00 am Chair Yoga cancelled 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
29 9:00 am Chair Yoga 10:00 am Cribbage 10:30 am Grandma Bingo 10:30 am Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Melody on the Move 1:00 pm Book Club	30 8:45 am Exercise – GBC* 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 1:00 pm General Meeting 2:00 pm Tai Chi 6:00 pm Jamming	June 2026 😊 Seaway Seniors Monthly Calendar 613 932 4969 * seawayseniors@gmail.com www.seawayseniors.ca 506 Pitt St. Cornwall (corner Pitt & Fifth Sts.)		Please note that some activities take a break for the summer months. Please contact the Centre or speak to the Instructor for confirmation.

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 or to Don Crites seawayseniorstech@gmail.com. Please make sure to include details of the event and contact information.

Member Submissions

We welcome your submissions to our monthly newsletters and will try as much as possible to publish them in a timely matter as space permits. Print deadline is the 24th of the month before.

Me

I want to be me!

Do not take away my humanity

Can't you see?

You would be destroying my uniqueness

All you invent can become a mess

A nuisance to bright creative minds

What do you expect to find?

A lost child in an artificial world?

Let my inner child explore

I am also precious as a pearl

Hélène Summers
April 19th 2026



Being Over 80

Have you heard the saying
"if you don't use it you'll lose it"?

So I stay active – I walk, attend exercise class, garden and cut grass in summer and shovel snow in winter.

I am my own cleaning lady – not because I want to be 40 again, I just want to be able to open a bottle wine or a jar of pickles.

My white hair ... I have earned every strand.

My wrinkles... I don't love them but oh well, they are here to stay !

Loneliness still visits sometimes

but so does peace. I have learned to deal with both.

I have become more patient and have learned to not pass judgement on people.

I have accepted the things I have no control over.

There is no one to care for me "but me".

I am learning to spoil myself. I buy those shoes, go where I want and not show up if I don't want to.

I am winding down.

My balance is not as good as it once was but I am careful.

I now respect step stools and ladders.

So no more saving for tomorrow.

Tomorrow has come.

There is no point being the richest bitch in the cemetery !

An faithful member of Seaway Senior Citizens Club

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.



This 'n That



June Menu

Centre Charles Emile-Claude

June 3

- Cream of Chicken Soup
- Macaroni & Meat au Gratin with Veggies
- Chocolate Brownie

June 10

- Tomato & Basil Soup
- Shepherd's Pie
- Strawberry Crumble

June 17

- Beef & Barley Soup
- Italian Sausage, Mashed Potatoes, Veggies & Gravy
- Lemon Squares

June 24

- Ham & Vegetable Soup
- Stuffed Bell Peppers with Roasted Veggies
- Sugar Pie

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

50/50 WINNER

May 2026 winner is:
Sue Pettinella

Prize Amount: \$175.00

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

Our Public Relations Team is looking to expand

If you like to take photos
If you enjoy writing and communication
If you have basic email and computer skills
If you are familiar with the Internet

You already have the skills we are looking for

Join our team!

We would love to have you help us spread club information to members and to the general public through newsletters, emails and social media postings

If you are interested please speak with Don Crites or Liz Collymore, leave a message at reception or send an email to seawayseniorstech@gmail.com



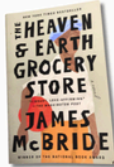
We appreciate our members sharing their expertise and varied interests with us. If you would like to lead a presentation or discussion or if you have skills that you'd like to offer as a volunteer, please see Karen Cooper .

In the Library

June



SEAWAY SENIOR CITIZENS CLUB Library



The Heaven & Earth Grocery Store
James McBride (2023, 381 pages)

A portrait of a Depression-era community of African Americans and Jewish immigrants as they live, love, fight, and work.



Jenny Cooper Has a Secret
Joy Fielding (2025, 334 pages)

Murder mystery - a dementia patient reveals a deadly secret, and one woman must decide whether to believe her.



The Lost English Girl
Julia Kelly (2023, 395 pages)

A story of a young woman facing an unplanned pregnancy, and trying to find her voice in a family burdened by religion and the challenges of living through war..



Old Babes in the Wood
Margaret Atwood (2023, 253 pages)

A collection of short stories that look into the heart of family relationship, marriage, loss and memory, and what it means to spend life together.



The Resistance Painter
Kath Jonathan (2025, 423 pages)

The Resistance Painter is a historical fiction that follows Irena, a painter whose dreams of art school are crushed when the Germans invade Poland.



The Rhythm of Memory
Alyson Richman (2004, 391 pages)

As a student in Chile, Octavio Ribeiro courted her with the words of great poets. Then a sudden coup brings a military dictatorship into power, and puts anyone who resists in grave danger.

*I was going clean the house, but then I realized
this book isn't going to read itself . . .*

Knowing and Growing

Darleen's Garden is now planted !

Thanks to club members, the Cornwall and District Horticultural society and CCVS Green Industry students with teacher Nigel Carlisle working together to plant and mulch vegetables and assemble shiny new raised garden beds generously donated by the Cornwall and District Horticultural Society to be used as pollination beds we are now ready to begin gardening season. If you'd like to join in and help to make this garden prosper please see Karen Cooper.



Did You Know?

THANK YOU!

You may know that throughout the year our 'Melody on the Move' group with Ed O'Brien visits retirement and long term care homes in the city entertaining the residents with an afternoon of music and song. But did you know that by sharing their talents it has resulted in a donation of over \$1,000. to our club !

Ed will be taking some time off over the summer, but the group plans to continue their Monday afternoon sessions.

Thank you Ed and all the group members.

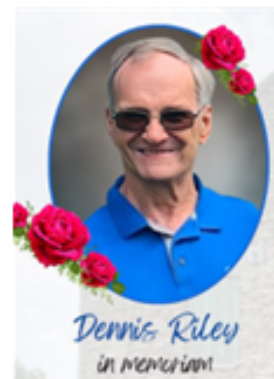


**Did you know that 12% of all Canadians are descendants of British Home Children ?
be sure to attend the presentation on Tuesday June 23rd to find out more fascinating facts**

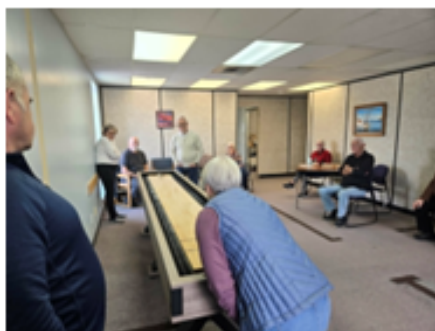
In memory of Dennis Riley

Shuffleboard is one of our newest activities and is off to a great start but did you know that the shuffleboard was purchased in large part thanks to the money raised at the memorial Dennis Riley bid euchre tournament last November?

A memorial plaque has been installed on the shuffleboard itself as a reminder of how much Dennis loved our club. We miss you Dennis.



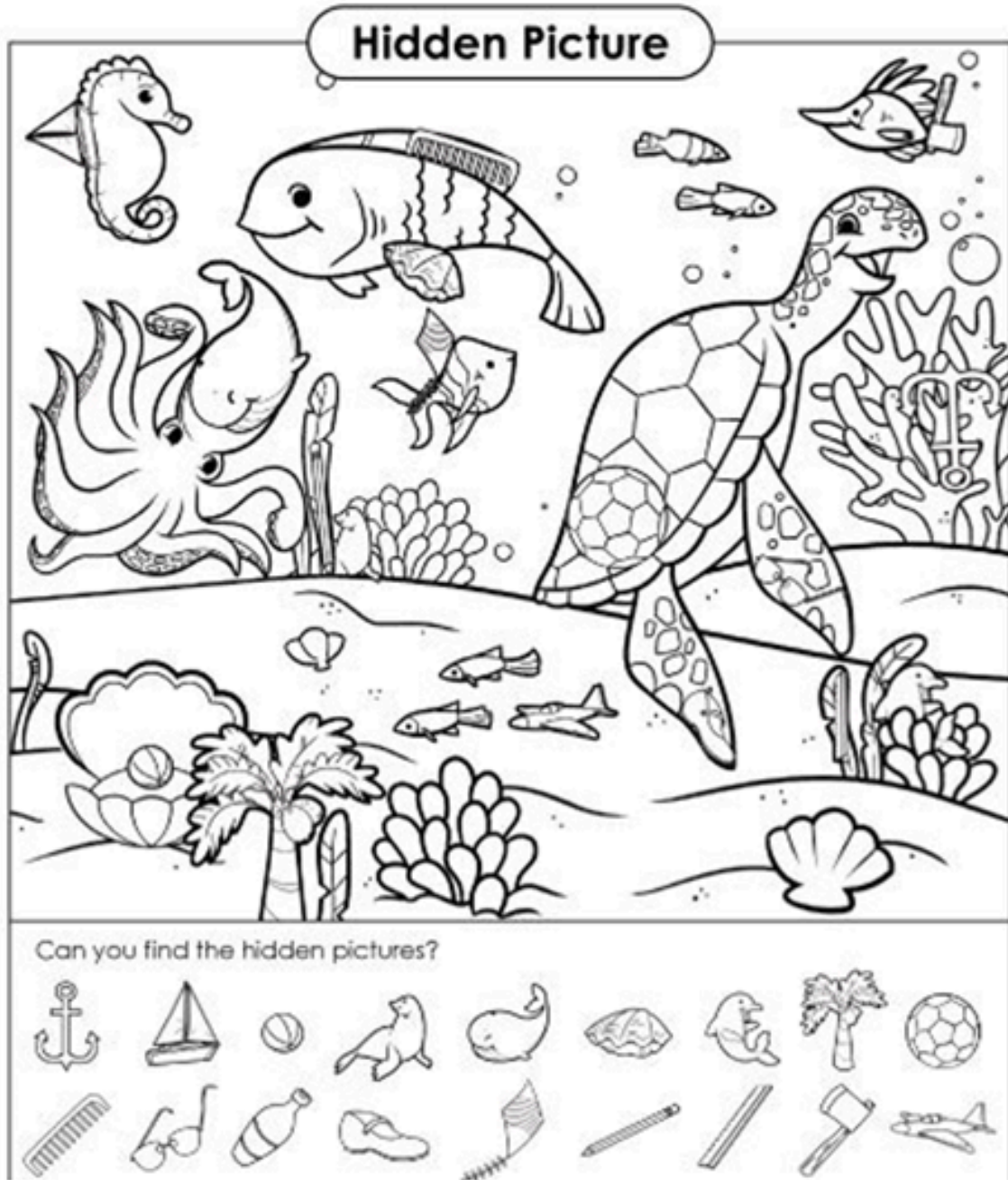
We all have strengths and weaknesses.
We are all imperfect.
This is what make us who we are.



Puzzles

Can you find all the hidden objects in this puzzle?

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



Recipe

It's rhubarb season - try this recipe now when rhubarb is at its peak of freshness

RHUBARB CRISP

Ingredients:

3 cups Rhubarb, washed and diced
1 tbsp Flour
1/2 cup White Sugar
1 tsp Cinnamon
Salt, to taste
1 tbsp Water
6 tbsp Butter
6 tbsp Flour
1/2 cup Brown Sugar
1/2 cup Rolled Oats

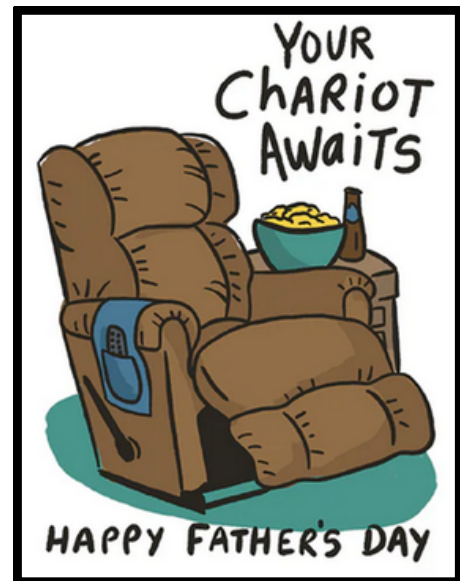
Method:

1. Preheat oven to 350°F.
2. Combine rhubarb, flour, white sugar, cinnamon, salt and water in a bowl. Once mixed, transfer into a greased 6x6 inch baking dish.
3. Cream butter, flour and sugar together. Add in rolled oats making sure it is well combined, like a cookie dough. Make sure that there are no dry bits. Sprinkle on top of rhubarb mixture.
4. Bake until bubbly, about 30 minutes.

Recipe Tip: Delicious on its own or served with a little vanilla ice cream on top.



Laughter is the Best Medicine



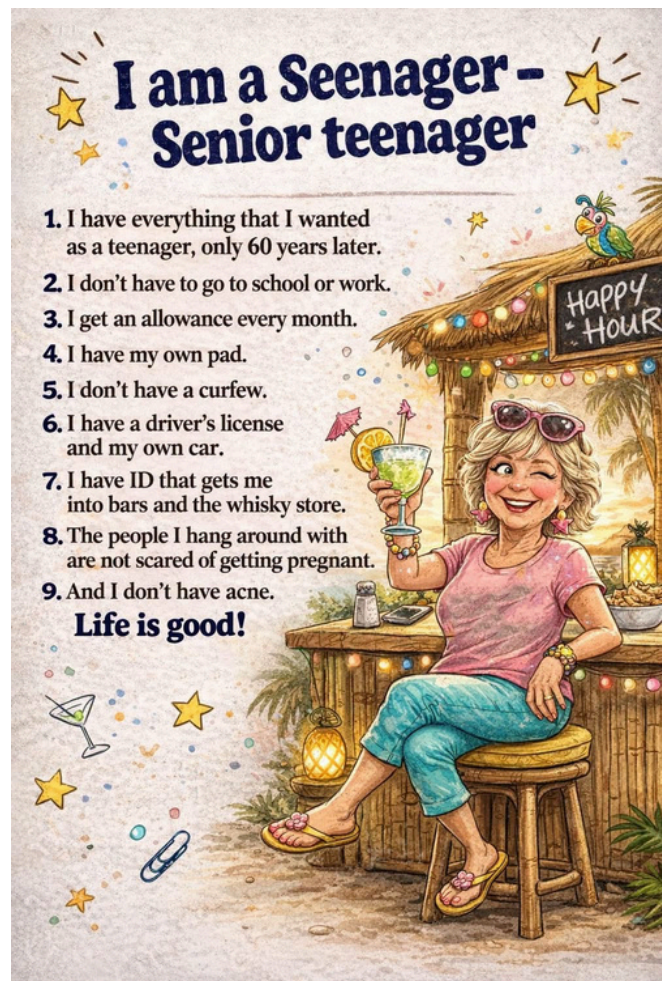
I am old, my knees are weak, my back hurts. But damn it, my beer hand is strong!



I am a Seenager - Senior teenager

1. I have everything that I wanted as a teenager, only 60 years later.
2. I don't have to go to school or work.
3. I get an allowance every month.
4. I have my own pad.
5. I don't have a curfew.
6. I have a driver's license and my own car.
7. I have ID that gets me into bars and the whisky store.
8. The people I hang around with are not scared of getting pregnant.
9. And I don't have acne.

Life is good!





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

We Thank You



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



Funded by the Government of Canada
New Horizons for Seniors Program



Mission Statement

To ensure that older adults in the Cornwall area have opportunities and choices that lead to healthier lifestyles