

The Seaway Senior Citizens Chronicle

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

"Happy Canada Day! Wishing you all a beautiful, relaxing, and joyous day. Thank you for helping to make our centre such a special place to participate in activities, enjoy events, special presentations and learn new skills while sharing laughter and friendships



Canada Day 2025 fitness class

Poetry Corner



Jump

Jump! Jump! you say
Let's dance away
Full of energy and excitement
What a joyous event

Sing! Sing! you say
Out loud if you may
All the crowd singing in harmony
What a splendid journey

Clap! Clap! your hands you say
Cheers to all Canadians
Eh!

Jump, sing, clap you say
Let's all stay that way.

Hélène Summers





Last Month in photos

June was a really busy month at the club with workshops, presentations, representation at the City of Cornwall's Aging Well for Seniors Fair at the Benson Centre and our very special fundraising event "Just Desserts and Sweet Melodies" which was held at the Seaway Valley Theatre Company on the evening of June 12th.

An enormous amount of volunteer work was required to both coordinate and be on site to ensure success and we are extremely grateful to those who worked so hard to pull these events together and also to those who attended these events and supported the club.

July and August will be less busy but we will still be offering two or more events each month. Currently lined up are a free painting class sponsored by Chartwell on July 28th and an information session on the Essential Caregiver Program by Cornwall Community Hospital on August 4th. Both events are open to the public and you can register at reception now.

There will be no newsletter for the month of August, so keep up to date on any new events by checking the bulletin board at the bottom of the stairs in the ground floor reception area, pick up a mini poster at Karen's desk, and/or follow our Facebook page and website.

Painting with Melody Crites - June 9



Demystifying AI & Chat GPT with Tom Cooper - June 2

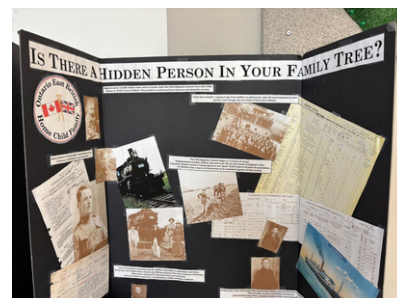


Alzheimer Society Info Session - June 16

Aging Well Fair at the Benson Centre - June 24



British Home Children with Carolyn Goddard Thompson - June 23



Last Month in photos

Fundraising Concert “Just Desserts and Sweet Melodies” - June 12



Steve E & the Pacemakers



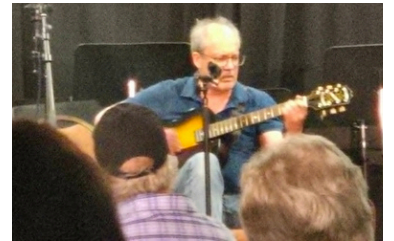
Sweet desserts generously donated from local bakeries and restaurants



**Stormont Royal Canadian Navy
Cadet Corps Band**



Seaway Strings



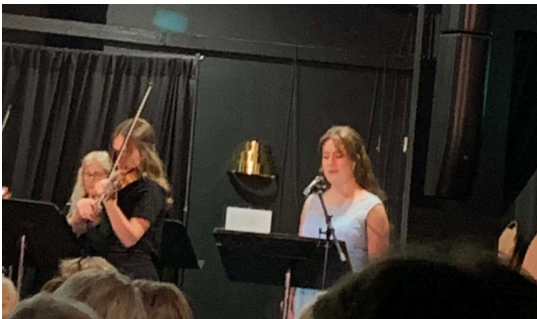
John Casseleman



Melody on the Move with Ed O'Brien



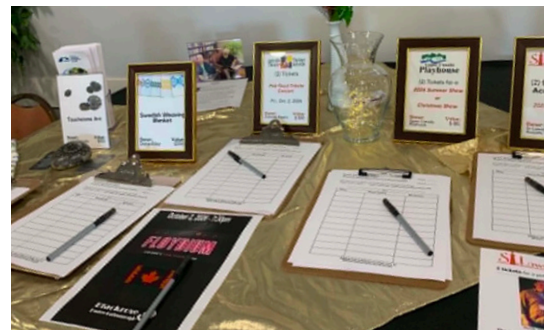
Tarnished Brass



Soprano Olivia Haramis



Emcee David Barkley



Silent Auction for Riverdale School of Music

Coming Events



SEAWAY SENIOR CITIZENS CLUB

HELLO SUMMER

FREE

PAINTING CLASS

sponsored and taught by staff of



CHARTWELL

TUESDAY, July 28

1 pm - 3 pm
Oak Room

Celebrate the Summer by painting and taking home your own masterpiece. The class is taught by our friends from Chateau Cornwall. Personalize your painting while staying true to the Fall theme. All supplies included!

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

Book through Reception

Seaway Seniors Centre located at 506 Pitt St., Cornwall, ON



There will be no newsletter for the month of August as we take a little break but that doesn't mean no special events. Keep up to date on any new events by checking the bulletin board at the bottom of the stairs in the ground floor reception area, pick up a mini poster at Karen's desk, and follow our Facebook page and website for the latest information.



SEAWAY SENIOR CITIZENS CLUB



CORNWALL COMMUNITY HOSPITAL

Info Session

The Essential Caregiver Program

Cornwall Community Hospital recognizes the significant impact of family, friends and caregivers on patient experience and safety. The Essential Caregiver Program has been developed to better integrate caregivers in patient care throughout the hospital journey. The program works to identify and support the caregiver as an essential member of the care team. This session is led by **Judy Dancause**.



Tuesday, August 4


Register at RECEPTION


1 pm @ Oak Room

FREE

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

July Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2026 Seaway Seniors 506 Pitt St (corner Pitt St. & 5 th) * 613 932 4969 seawayseniors@gmail.com www.seawayseniors.ca		1  HAPPY Canada Day! We're CLOSED	2 8:45 am Exercise – GBC*** 10:15 am Novice Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg GBC*** gentle body conditioning	3 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
6 9:00 am Chair Yoga 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move 1:00 pm Shuffleboard	7 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi 6:00 pm Jamming GBC***gentle body conditioning	8 9:00 am Chair Yoga 10:30 am Intermediate Exercise 1:00 pm Bid Euchre <i>Garden Volunteers Welcome!</i>	9 8:45 am Exercise - GBC 10:15 am Novice Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg	10 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
13 9:00 am Chair Yoga 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard	14 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi 6:00 pm Jamming	15 9:00 am Chair Yoga 10:30 am Intermediate Exercise 1:00 pm Bid Euchre <i>Garden Volunteers Welcome!</i>	16 8:45 am Exercise - GBC 10:15 am Novice Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg	17 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
20 9:00 am Chair Yoga 10:00 am Cribbage 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Melody on the Move 1:00 pm Shuffleboard	21 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Crafter's Choice 2:00 pm Tai Chi 6:00 pm Jamming	22 9:00 am Chair Yoga 10:30 am Intermediate Exercise 1:00 pm Bid Euchre <i>Garden Volunteers Welcome!</i>	23 8:45 am Exercise - GBC 10:15 am Novice Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg	24 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
27 9:00 am Chair Yoga 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Shuffleboard 1:00 pm Book Club	28 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 1:00 pm Hello Summer Paint Class 1:00 pm Crafter's Choice 2:00 pm Tai Chi 6:00 pm Jamming	29 9:00 am Chair Yoga 10:30 am Intermediate Exercise 1:00 pm Bid Euchre <i>Garden Volunteers Welcome!</i>	30 8:45 am Exercise - GBC 10:15 am Novice Line Dancing 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg	31 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Drums Alive 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts

**Please note some activities are taking a short break in the Summer. This includes the Choir, Beginner's Guitar, Singing Lessons, Wednesday Guitar Practice, Knit-Wits, and Intermediate Line Dancing. Please check with Your Activity Leader for confirmation. Thank you!* 

The August activity calendar will be available in print and on our website and facebook page in early August.

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.

Don't Miss Out on the Fun!!

This 'n That

July Menu Centre Charles Emile-Claude

July 2 (closed on July 1st Canada Day)

- Tomato Beef Rice Soup
- Chicken Lasagna
- Carrot Cake with Cream Cheese Icing

July 8

- Chicken Noodle Soup
- Meatloaf with Brown Sauce and Butter Noodles and Veggies
- Banana and Chocolate Chip Cake

July 15

- Ham and Vegetable Soup
- Crab Roll in a Brioche Bun with Chef's Salad
- Field Berry Crumble

Centre Charles Emile-Claude is closed from July 20 to August 3. The Centre re-opens on August 4.

Meal - \$8 Soup - \$3 Dessert \$2

Call 613 932 1035 to order
146 B Chevrier Ave., Cornwall, ON

July to September
benefit payment dates **2026**

Canada Groceries and Essentials Benefit (formerly the GST/HST credit):

Canada Pension Plan and Old Age Security:

JULY 3	JULY 29	AUGUST 27	SEPTEMBER 25
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Canada

Wacky Wordies

(solutions)

1. One step at a time
2. Ride in style
3. Head to toe
4. Strike a deal
5. Orderly fashion
6. Sitting on cloud nine
7. A stitch in time
8. Little black dress
9. Mixed metaphor
10. Center of attraction
11. A drop in the bucket
12. Putting on the Ritz

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

50/50 WINNER

June 2026 Winner is
Ken Whissell
Prize Amount: \$127.50

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

In the Library

July



SEAWAY
SENIOR
CITIZENS
CLUB

Library



The Oligarch's Daughter

Joseph Finder (2025, 436 pages)

A tale of spies and betrayal set amid extravagant luxury with a man on the run from an elusive and mysterious adversary.



The Paris Model

Alexandra Joel (2020, 335 pages)

A stunning novel of love, betrayal and family secrets based on a true story.



6:40 to Montreal

Eva Jurczyk (2025, 323 pages)

From international bestselling author Eva Jurczyk, 6:40 to Montreal is a claustrophobic, deceptively bloody thriller that twists and turns until the very last page.



The Life Impossible

Matt Haig (2024, 321 pages)

A magical realism novel by Matt Haig that follows Grace Winters, a grieving 72-year-old retired math teacher.



Far to Go

Alison Pick (2010, 308 pages)

Far to Go is an epic historical novel that traces one family's journey through tumultuous and traumatic events



A Theatre for Dreamers

Polly Samson (2020, 343 pages)

A Sunday Times bestselling novel about the bohemian island of Hydra during the upheaval of the 1960s.

"Books are a uniquely portable magic." – Stephen King



HEART

Health Education & Awareness Team


GOOD NEWS! Type 2 Diabetes is Reversible

LifeLabs is now partnering with LifestyleRx to offer Canadians greater support in managing prediabetes and Type 2 Diabetes

Through early detection and personalized education, many cases are reversible with the help of healthy lifestyle adjustments.

We're proud to partner with **LifestyleRx** to help **Canadians** reverse their Type 2 Diabetes

✓ Covered in BC and ON



LifestyleRx LifeLabs

This Physician-Led 12 week 100% virtual program is fully covered in Ontario. Working with a Canadian physician from your province you will learn and adopt sustainable lifestyle changes.

Lowering your blood sugar can result in some medications being reduced or eliminated.

Physicians will work with you to make these changes when needed while keeping your family doctor informed.

For more information on this program and the science of Diabetes Reversal refer to <https://lifestylerrx.io/>

Take Control of Type 2 Diabetes

Lifestyle First, Improvement Inevitable,
Remission Possible

✓ Covered in BC, AB, and ON

Get the Lifestyle Prescription to reverse Type 2 Diabetes. Our Canadian, physician-led program guides you to safe and sustainable changes, allowing you to take control of your health.



Knowing and Growing

July Garden Notes

July is the peak of summer, requiring a focus on watering deeply, retaining soil moisture with mulch, managing pests, and deadheading faded blooms. It is also the ideal time to start succession planting fast-growing fall crops to ensure a continuous, year-round harvest.

Smart Watering & Soil Care



Deep Watering: Water early in the morning so roots can absorb moisture before the midday heat.

Mulch: Apply a 2- to 3-inch layer of organic mulch around your plants to regulate soil temperature, suppress weeds, and retain moisture.

Container Check: Hanging baskets and patio pots dry out quickly in the summer heat and may need watering twice a day.

Vegetable Garden Care

Succession Planting: Sow seeds for fast-growing fall crops like bush beans, lettuce, and carrots. Plant about 2 inches deep so the seeds sprout in the underlying damp soil rather than the dry surface.

Herbs: Start more dill and basil so you have fresh herbs well into the fall.

Tomato Maintenance: Remove any tomato suckers, provide support with sturdy cages or stakes. Pinch off dead or diseased leaves (like septoria leaf spot) to prevent spread.



Flower & Lawn Maintenance

Deadhead Flowers: Snip off faded blossoms on summer annuals and blooming perennials to redirect energy toward new flowers.

Trim Annuals: Give tired annuals, such as petunias and million bells, a midsummer trim by cutting stems back by about 20% to encourage bushy regrowth and a fresh wave of blooms.

Lawn Care: Raise your mower blades higher during dry spells. Taller grass retains moisture better and provides shade for the soil.

Recipe

When it feels too hot eat a full meal it is important to remember that you still need to include some protein in your diet. Bake these once and keep the rest in the fridge for a quick protein boost that feels like a guilty pleasure !



COOKIE DOUGH PROTEIN BARS

No-bake bars with a soft cookie dough center, packed with protein and topped with a layer of chocolate. Perfect for a healthy snack or post-workout treat!

INGREDIENTS

For the Cookie Dough Layer:

- 1 1/2 cups (150 g) oat flour
- 1 scoop (30 g) vanilla protein powder
- 1/4 cup (60 ml) maple syrup
- 1/4 cup (60 g) nut butter (peanut or almond)
- 2 tbsp milk of choice
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1/3 cup (50 g) mini chocolate chips

For the Chocolate Layer:

- 3/4 cup (120 g) dark chocolate chips
- 1 tbsp coconut oil or nut butter

Optional Toppings:

- Extra mini chocolate chips
- Flaky sea salt

TIPS

- Store in the fridge for up to 1 week or in the freezer for up to 2 months.
- You can use whey, plant-based, or casein protein powder.

INSTRUCTIONS

- 1 Line a small baking dish (8x8 inch / 20x20 cm) with parchment paper.
- 2 Make the cookie dough layer:
 - In a large bowl, mix oat flour, protein powder, and salt.
 - Add maple syrup, nut butter, milk, and vanilla extract.
 - Stir until a thick dough forms.
 - Fold in mini chocolate chips.
- 3 Press the dough evenly into the prepared dish. Use the back of a spoon or your hands to flatten.
- 4 Make the chocolate layer:
 - In a microwave-safe bowl, melt chocolate chips with coconut oil in 20–30 second intervals, stirring between each, until smooth.
- 5 Pour the melted chocolate over the cookie dough layer and spread evenly.
- 6 Add toppings if desired (extra chips or sea salt).
- 7 Refrigerate for at least 1–2 hours, or until firm.
- 8 Slice into 10–12 bars.
Store in the fridge and enjoy! ♥



YIELD
10–12 bars



PREP TIME
15 minutes



CHILL TIME
1–2 hours



TOTAL TIME
1–2 hours 15 min



NO BAKE
Easy & Healthy!

Did You Know?

Are you looking for something different to do on a nice summer evening?

Check out the free **Arts in the Park Concert** series at the Lions Club Bandshell in Lamoureux Park every Tuesday, Wednesday and Thursday (weather permitting).

The performance lineup is varied (see below) - choose what appeals to you or try something new !

And don't miss the Seaway Winds in concert on Wednesday July 8th - you may see some familiar faces.

Free parking (including three accessible spaces) is available at the side and back of the building as well as at the Civic Complex.

There is bench seating and picnic tables on site but you may prefer to bring your own folding chairs for something a little more comfortable.

Smoking and alcohol are not permitted. Dogs are welcome but must be on a leash.

Stay up to date for any changes by referring to their Facebook page or the City of Cornwall website.

Tip: Get together with friends, pack a picnic, arrive early to get a table and enjoy a great evening.

2026 ARTS IN THE PARK

July / Juillet



Sun / Dim	Mon / Lun	Tue / Mar	Wed / Mer	Thur / Jeu	Fri / Ven	Sat / Sam
			Canada Day 1 	NO CONCERT 2		
5	6	The Social Distance 7 80s/90s dad rock	Seaway Winds 8 Concert Band	Loose Leaf Co 9 Rock/Country	10	11
12	13	Fork in the road 14 Country & Celtic	Seaway Winds 15 Concert Band	The O'Neils 16 Acoustic Soft Rock	17	
19	20	Spencer & Virginia 21 Folk/Country	Duck Tape 22 Punk Rock	NO CONCERT 23 Ribfest	24	25 Ribfest
26 Ribfest	27	Diamond's Edge 28 Classic Rock	The Full Assembly 29 Blues, Jazz, Funk	Switchgear 30 Country & Rock Poutine Feast	31 Poutine Feast	



2026 ARTS IN THE PARK

August / Aout



Sun / Dim	Mon / Lun	Tue / Mar	Wed / Mer	Thur / Jeu	Fri / Ven	Sat / Sam
						1 Poutine Feast
2	3	Castles 4 Acoustic Rock	Moon Motion 5 Classic Rock	Us With Wolves 6 Pop Rock	7	8
9	10	Classic Generation 11 Classic Pop & Country	Meteor Heist 12 Indie / Pop	The Celtic Drivers 13 Celtic / Folk	14	15
16	17	18 Make up Rain Date	19 Family Movie in the Park Soirée cinéma familiale Starting at dusk	20 Make Up Rain Date	21	22
23	24	25	26	27	28	29

Puzzles

These 'wordies' are fun as well as challenging and they may take you awhile to figure them out
See page 6 for the answers to these mind benders

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



1. _____



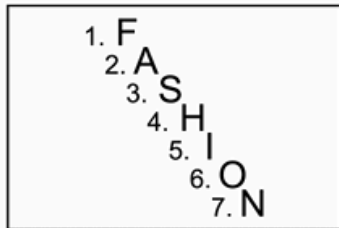
2. _____



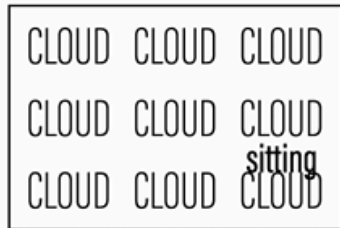
3. _____



4. _____



5. _____



6. _____



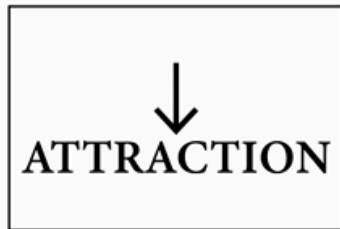
7. _____



8. _____



9. _____



10. _____

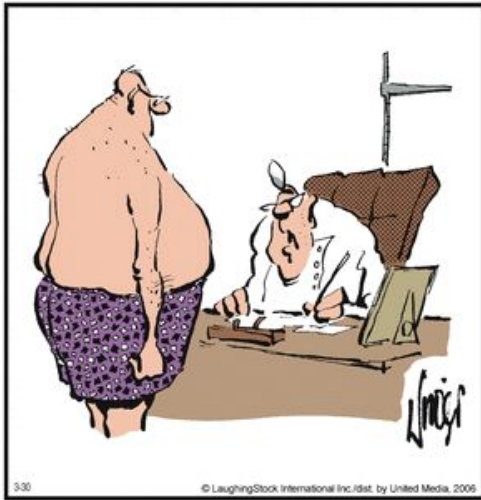


11. _____

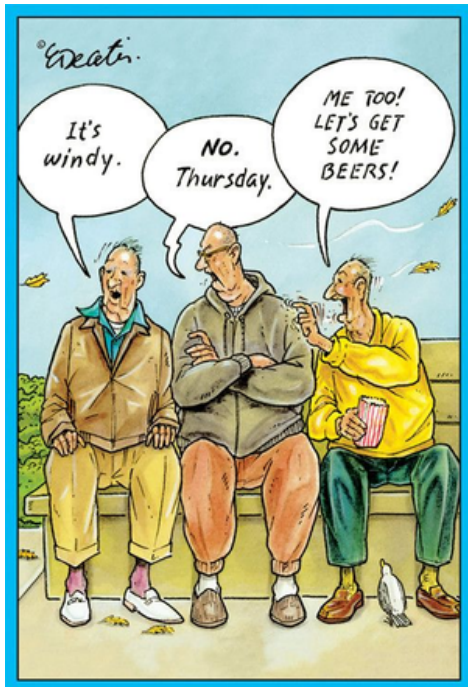


12. _____

Laughter is the Best Medicine



"You've heard of 'The Battle of the Bulge.' Well, you lost."





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