

The Seaway Senior Citizens Chronicle

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

September is here already ! Youngsters are going back to school and activities which may have been curtailed for the summer are resuming their previous schedules.

September is also a good time to focus on your health and well being . Don't wait until the winter when it's harder to get out and get to doctor's appointments.

Our HEART team is thrilled to offer an important information session by the Great River Ontario Health Team.

An Ontario Health Team is made up of health care providers from several sectors, including, but not limited to:

- Family doctors and nurse practitioners
- Other primary care providers including family health teams and community health centres
- Hospitals
- Home and community care
- Community support services
- Long-term care
- Mental health and addictions services
- Health promotion and disease prevention services
- Rehabilitation and complex care
- Palliative care (including hospice)
- Emergency health services (including ambulance/paramedicine services)
- Specialist physicians
- Social service organizations



Your HEALTH and WELL-BEING matter!

The **Great River Ontario Health Team** is a collective of area health and social service providers who plan and work together, as one team, to provide integrated services and supports to meet the health needs of people who seek care in the City of Cornwall, Stormont, Dundas & Glengarry, Akwesasne and parts of rural Southeast Ottawa and Russell Township.

Find out more about this eastern Ontario Health Team and what they are working to do for you and your Health needs. Do you need a family physician ? Do you have questions about local health care? This Session is for you!

TUESDAY, September 29

1 pm @ Oak Room

**Register at
RECEPTION**

**open to the public*



613 932 4969

506 Pitt St.

www.seawayseniors.ca



***If you are having trouble finding a physician they can help.
If you are searching for support services they can help***

DON'T MISS THIS ONE - SIGN UP NOW

Summer Activities



Coming Events



VOLUNTEER INFO CAFÉ

Seaway Seniors has a lot of great volunteer opportunities in a wide variety of areas. Have you ever wondered how you might share your talents or interests?

Find out more at our Volunteer Info Cafe.

September 8
1 pm Oak Room

JOIN US →

613 932 4969
www.seawayseniors@gmail.ca
info@seawayseniors.com



Enhancing Care Program

For care partners of people living with dementia in Ontario
Includes: partners, spouses, siblings, adult children, and other family and friends



Do you care for someone with Dementia?

Join us for this free presentation on a **NEW Program** for **Care Partners**. The Geriatric Psychiatry Community Services of Ottawa in partnership with Cornwall Community Hospital begins **free** sessions here at Seaway Seniors Centre this Fall to provide **Coaching, Advocacy, Respite, Education, and Relationship Support** for care partners of a person living with Dementia. Learn more by attending this presentation led by Tiffany Dugas, Clinical Coordinator with Geriatric Psychiatry Community Services of Ottawa

Wednesday, September 9

1 pm

Register at
RECEPTION

@ **Maple Room**



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



A One of a Kind Adventure on the St. Lawrence River

Tuesday, SEPTEMBER 15
8:30 am - 3:30 pm

- Pontoon Boat Ride on St. Lawrence River
- Traditional Mohawk Cooking Class
- Cultural Programming
- Traditional Food - Breakfast & Lunch

Cruise the St. Lawrence River to and from Thompson Island with a knowledgeable River Guide. Experience the beauty of the Great River and her wildlife up close.

Enjoy the unspoiled beauty of Thompson Island and experience the richness of Mohawk cultural traditions through teachings and a Medicinal Plant Walk.

Explore the rich history of 10,000 years of Mohawk living along the Great River and participate in the community of a traditional breakfast and lunch with friends.

8:15 am departure from Warden's Marina - Summerstown

Registration/
map and full details at Reception Desk

\$50

Please wear long pants
and closed toe shoes

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



HARVEST BBQ & OPEN HOUSE

Find out about a New Season of Activities
for Adults 50+

Saturday
September 19
10 am - 2 pm

506 Pitt Street
Corner of Pitt & 5th Sts.
Cornwall, ON

613 - 932 - 4969
www.seawayseniors.ca

\$10 Burger or hotdog, salads,
chips, and a drink



Coming Events

 **WHO Are YOU ?**
A Talk on GENEALOGY
 with
 Genealogist **Ada Sloan**

TUESDAY, September 22
@ 1 pm

Ada Sloan is a graduate from the University of Toronto / National Institute for Genealogical Studies with a Professional Learning Certificate in Advanced Methodology. She specializes in Canadian, United States, Ireland, Scotland, England, and Loyalist family records.



Reserve at RECEPTION
 Call 613-932-4969 or drop by the Centre at 506 Pitt St.
\$5



506 Pitt Street
www.seawayseniors.ca

  presents
Your HEALTH and WELL-BEING matter!

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1 pm @ Oak Room

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***open to the public**
FREE



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

  **Alzheimer Society**
Dementia Friendly Community Training
 with
 Josée Desrochers Leduc

What is a Dementia Friendly Community? A Dementia Friendly Community is a place where people living with dementia and their care partners are understood and supported.

People with dementia and their care partners have the right to live well in the community, together.

Together, we can create a Dementia Friendly Community together. Let's learn how with Josée Desrochers Leduc !



Tuesday, October 6
1 pm - 3:30 pm
@ Oak Room
FREE

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

More events are in the planning stage and are awaiting final details. Make sure to check on our Facebook page or on the bulletin board at the stairs opposite reception for the latest posters. Lots of fun things coming up!

September Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER '26 506 Pitt St, Cornwall 613 932 4969 seawayseniors@gmail.com www.seawayseniors.ca	1 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 Euchre 2:00 pm Tai Chi 6:00 pm Jamming	2 9:00 am Chair Yoga 10:30 am Intermediate Exercise 10:30 Guitar Practice 1:00 pm Bid Euchre	3 8:00 am Beginner Guitar 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	4 9:00 am Chair Yoga 9:30 am Swedish Weaving 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
7 Labour Day – Centre Closed 	8 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 Volunteer Info Session 1:00 pm Euchre 2:00 pm Tai Chi 6:00 pm Jamming	9 9:00 am Chair Yoga 10:30 am Intermediate Exercise 10:30 am Guitar Practice 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Learn to Sing	10 8:00 am Beginner Guitar 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 1:00 pm Seaway Strings	11 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choir 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
14 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	15 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 1:00 pm Crafter's Choice 1:00 pm Euchre 2:00 pm Tai Chi 6:00 pm Jamming Trip - Thompson Island (8:30 am to 3:30 pm)	16 9:00 am Chair Yoga 10:30 am Intermediate Exercise 10:30 Guitar Practice 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Learn to Sing	17 8:00 am Beginner Guitar 8:45 am Exercise cancelled 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	18 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choir cancelled 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
21 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	22 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 1:00 pm Genealogy / Ada Sloan 1:00 pm Crafter's Choice 1:00 pm Euchre 2:00 pm Tai Chi 6:00 pm Jamming	23 9:00 am Chair Yoga 10:30 am Intermediate Exercise 10:30 Guitar Practice 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Learn to Sing	24 8:00 am Beginner Guitar 8:45 am Exercise – GBC*** 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 10:30 pm Guitar Practice level 2, 3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	25 9:00 am Chair Yoga 9:30 am Swedish Weaving 9:30 am Choir 10:30 am Intermediate Exercise 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 pm Darts
28 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 Melody on the Move 1:00 pm Book Club	29 8:45 am Exercise – GBC*** 10:00 am Art Group 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dancing 1:00 pm Crafter's Choice 1:00 pm Great River Health Network 1:00 pm Euchre 2:00 pm Tai Chi 6:00 pm Jamming	30 9:00 am Chair Yoga 10:30 am Intermediate Exercise 10:30 Guitar Practice 1:00 pm Bid Euchre 1:00 pm Knit Wits 1:00 pm Learn to Sing	Activities are often organized by Volunteers. These Members generously give of their time and energy. They sometimes must make changes to the schedule due to unavailability or illness. These changes may not be reflected in the Calendar. Please check with the Activity Leader or the Office if you are unsure. *BBQ & Open House Saturday, September 19 (10 am – 2 pm)	

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

Poisonous

If you let it, your mind can become poisonous
 You do not know how dangerous
 It is complicated, so vast
 It can slip away so fast
 No one can understand fully
 How it processes; its quite a journey
 Life's unexpected events can be devastating
 You must begin contemplating
 At times it is a trigger
 It prevents you to go any further
 If you seek the right help there's potential
 Whether its physical or mental
 There's always room for hope
 There's tools to help you cope
 I am grateful for my sanity
 Some are lost souls; lets appreciate thewith
 humanity

Helene Summers
 July 28th/26

50/50 WINNER

August 2026 Winner is
Maura Villemaire
 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

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	

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 

September Menu Centre Charles Emile-Claude

September 2

- Minestrone Soup
- Meat Lasagna
- Chocolate Brownie

September 9

- Beef & Barley Soup
- Chicken Cacciatore with Butter Noodles
- Apple Pie

September 16

- Broccoli Cream Soup
- Roast Beef, Gravy & Seasonal Veggies
- Raisin & Maple Syrup Bread Pudding

September 23

- Italian Wedding Soup
- Asian Stir Fry with Chicken & Rice
- Field Berry Crumble

September 30

- Rice & Chicken Soup
- Beef Stroganoff
- Date Square

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

This 'n That



SEAWAY SENIOR CITIZENS CLUB

Beginner GUITAR

a-**CHORD**-ing to **Gates**

Thursdays, 8 am - 10 am
beginning September 3

Open to **Beginner** Guitar Students only
Pre-register @ Reception
Only **10 spots** available

\$4

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

506 Pitt St. Cornwall, ON



SEAWAY SENIOR CITIZENS CLUB

SHUFFLEBOARD

takes place on
Mondays @ 1 pm

If you are interested in also playing on **Thursday** afternoons this Fall please leave your Name and Phone Number at **Reception**

\$3.

Location:
Upstairs in **PINE Room**

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

Did you know that members can enjoy our harvest from 'Darleen's Garden' which is lovingly tended by dedicated volunteers? Take what you need from the little table outside the library




SEAWAY SENIOR CITIZENS CLUB

FOOD BANK Donations

#EndHungerNow

FEED A FAMILY, CHANGE A LIFE!
Drop-Off HERE

Many go hungry every day in our Community. Your contribution helps us distribute food to families in crisis.

Join us in the fight against hunger.

Centre 105 Agape UNITY

In the Library

September  **Library**

 **The Paris Novel**
Ruth Reichl (2025, 265 pages)
An adventure through the food, art, and fashion scenes of 1980s Paris.

 **Station Eleven**
Emily St. John Mandel (2014, 333 pages)
An actor dies on stage on the last night before the pandemic sweeps over the world. The novel tells the story about the relationships that sustain us, the ephemeral nature of fame and beauty of the world as we know it.

 **The Winemaker's Wife**
Kristin Harmel (2019, 377 pages)
A story set amid the champagne vineyards of northern France during the darkest days of World War II.

 **The Light We Carry**
Michelle Obama (2022, 298 pages)
Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world.

 **Save Our Souls**
Matthew Pearl (2025, 203 pages)
October 1887 - The author chronicles the true story of the Walkers, who took the ship, the Wandering Mistrel, along with the crew to go, "sharking".

 **The Kitchen**
Laura Carter (2021, 316 pages)
Maggie is in the running to be the next head chef at a Michelin starred Manhattan restaurant.

Knowing and Growing

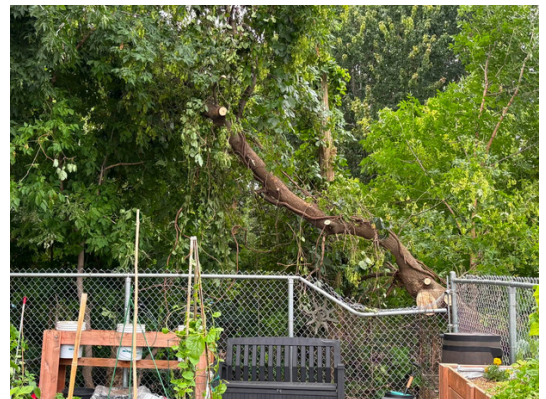
To Do This Month

- Continue planting fall bloomers, including Sedum, Helenium, and late-flowering Asters. These keep nectar flowing until frost.
- Keep hummingbird feeders up until no visitors appear for two full weeks. Migrating birds rely on them late into the season.
- Begin leaf management. Instead of bagging leaves, rake them into beds where pollinators overwinter. Delay full cleanup until spring.
- Skip all pesticide use. Pollinators are still busy collecting late-season nectar.
- Plant native trees and shrubs in early fall. Cooler weather helps roots establish before winter, giving pollinators strong resources next year.
- Collect and dry seed heads from Coneflower, Sunflowers, and Black eyed Susan to feed birds now and to reseed pollinator beds in the spring.

Thank you to the Cornwall & District Horticultural Society for the generous donation of 4 Garden Beds and Pollinator Plants.

Sadly our garden was hit hard by a thunder storm in August. Luckily no plants were affected and our vegetables

continue to prosper and grow. Heartfelt thanks to the volunteers who worked hard to get the fence repaired and the tree branches removed.



Recipe



Chocolate Chip Zucchini Muffins

By Lise Bennett

Ingredients

2 cups flour
1 cup sugar
1/2 tsp baking powder,
cinnamon & cloves
1 tsp baking soda
1/2 tsp baking powder
4 tbsp cocoa powder
2 eggs
1/4 cup soft margarine
1/2 cup oil
1/2 sour milk (add 1 tsp
vinegar to mik)
1 tsp vanilla
2 cups shredded zucchini
1/4 cup chocolate chips
(optional)

COOK TIME : 20 MINS @
375 degrees

DIRECTIONS

Combine and sift flour, baking powder, baking soda and spices.

Set aside.

Combine rest of ingredients and cocoa powder. Mix with beater for 2 minutes.

Add zucchini. Blend.

Add dry sifted ingredients and chocolate chips. Stir.

Spoon into large grased muffin cups.

CREAM CHEESE FROSTING

2 tbsp soft margarine
1/4 cup soft cream cheese
2 cups icing sugar
1/2 tsp vanilla

Did You Know?

Club members Hilary Beaty and Larry Poirier now have more ribbons to add to their collection after the judges at the Williamstown Fair awarded 1st place prizes for their maple syrup, zucchini relish, pickled beets and ketchup and 2nd place prize for their Gouverneur sauce. Larry has been very generous in donating jars of his delicious relish to the club for door prizes at Christmas but did you know that Larry also sells his products?

If you have not yet tried it , you will have a chance to enjoy some on your hotdog or hamburger at our upcoming Open House and Fundraising BBQ on Saturday September 19th. And you will also be able to purchase your own supply from Larry himself.



Puzzles

WELLNESS WORD SEARCH



K	E	X	E	R	C	I	S	E	I	A	G
F	B	R	E	A	T	H	I	N	G	B	B
I	M	S	G	A	J	L	S	K	A	B	A
T	E	G	K	D	C	M	W	A	H	I	L
N	U	T	R	I	T	I	O	N	A	I	A
E	T	U	M	D	H	E	A	L	T	H	N
S	L	E	E	P	R	J	F	S	M	S	C
S	K	F	S	U	L	S	G	U	J	L	E
I	M	E	D	I	T	A	T	I	O	N	M
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SEASONEDTIMES.COM



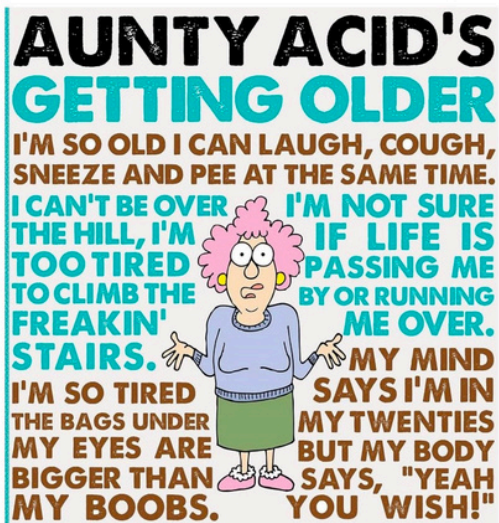
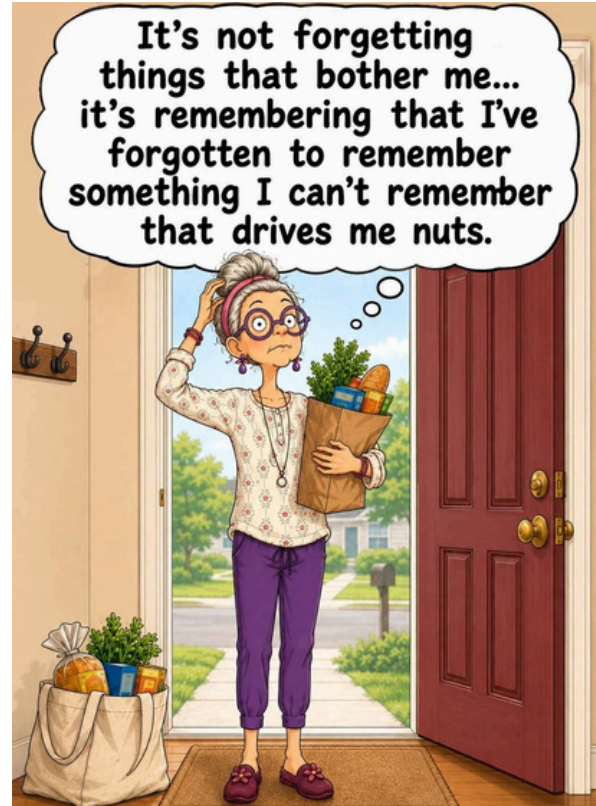
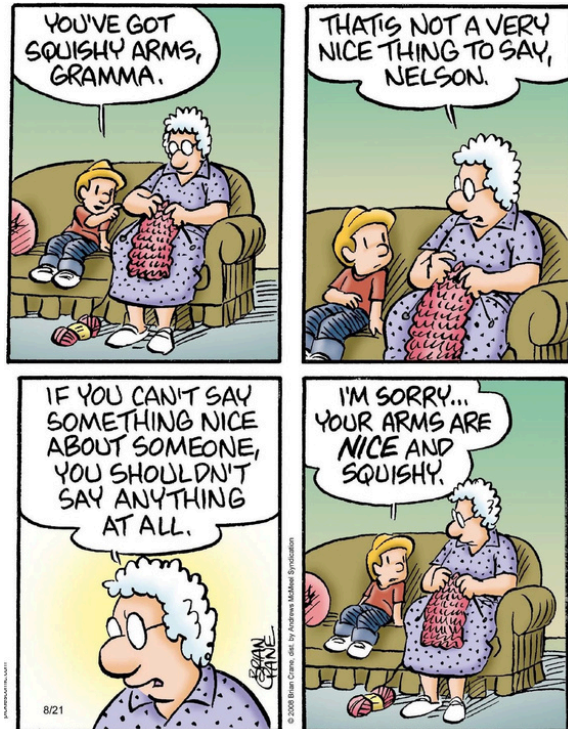
FITNESS
NUTRITION
HYDRATION

EXERCISE
SLEEP
BALANCE

MEDITATION
BREATHING
HEALTH



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, 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



Mission Statement

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