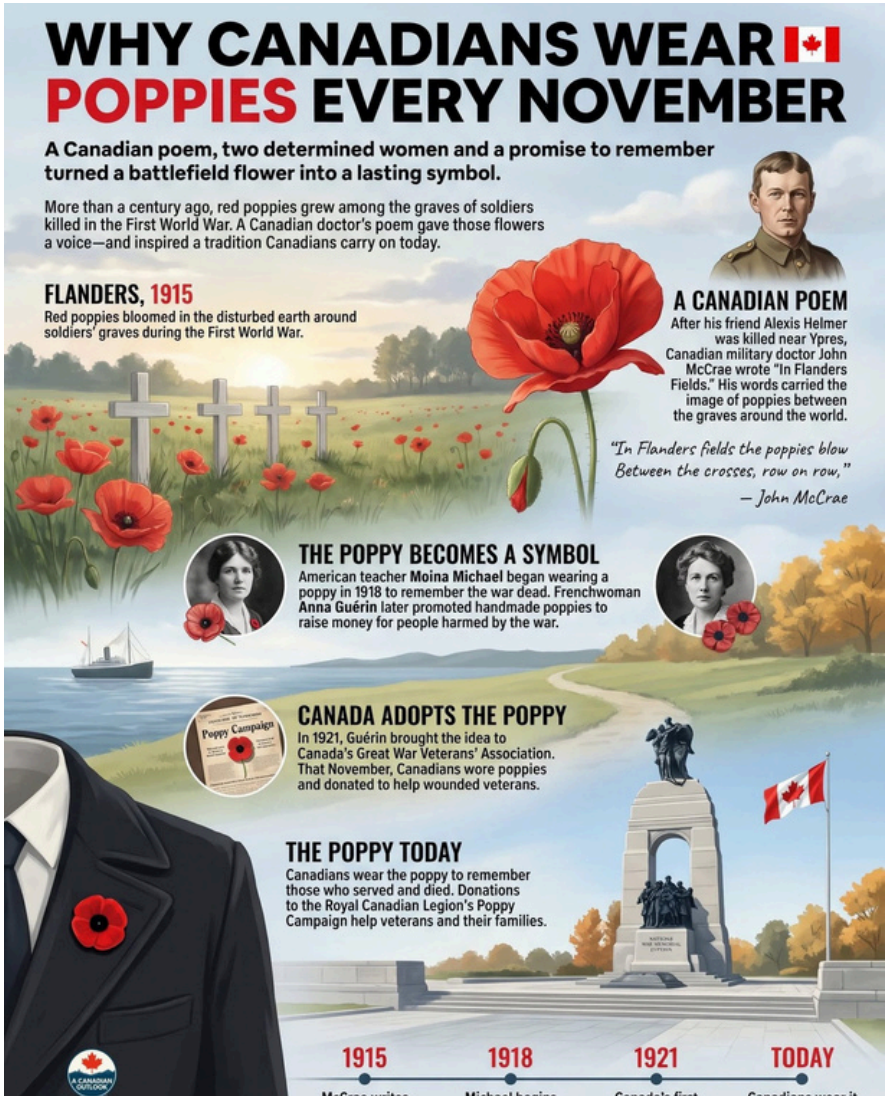
SEAWAY SENIOR CITIZENS CLUB

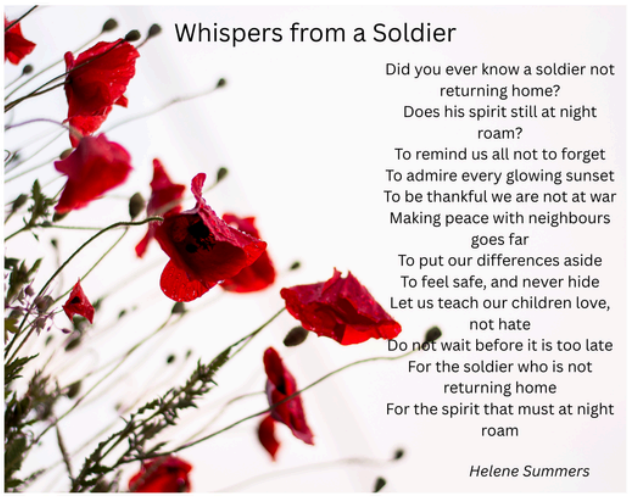
November 2026

The Seaway Senior Citizens Chronicle

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

On November 11 we honour the courage, service, and sacrifice of our veterans and the fallen.





The poppy is small; what it stands for is not. We remember them.

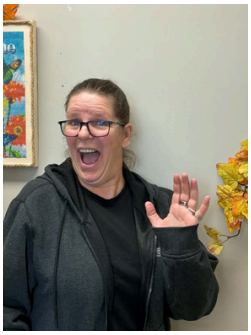
Last Month in photos











The long ears donkey do drop 50/50 fundraiser on Saturday October 24th was a great success and we are already looking forward to doing it again next year. Co-winners Ursula Schroeder and Rita Morrison shared winnings of $187. each. Thank you to club members Hillary Beaty and Larry Poirier for their hospitality and hard work .



Quilling workshop October 20th



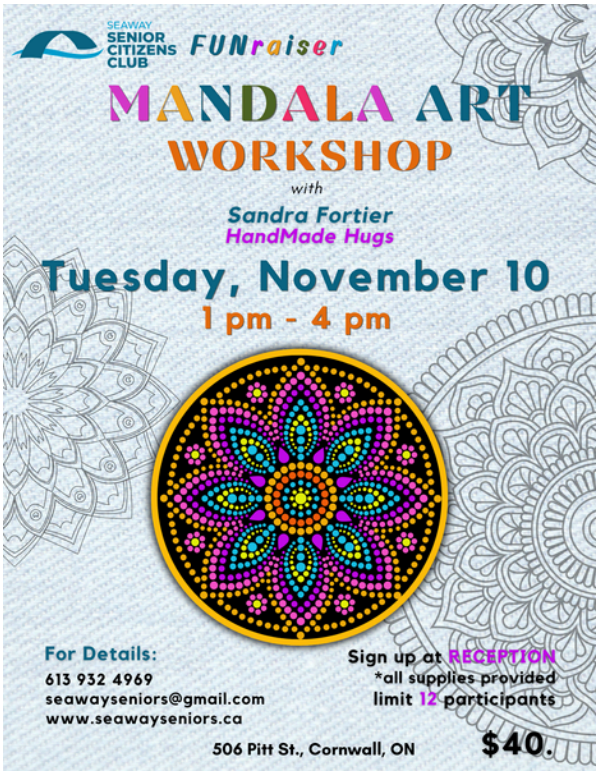


Harvest dinner October 27th





Coming Events







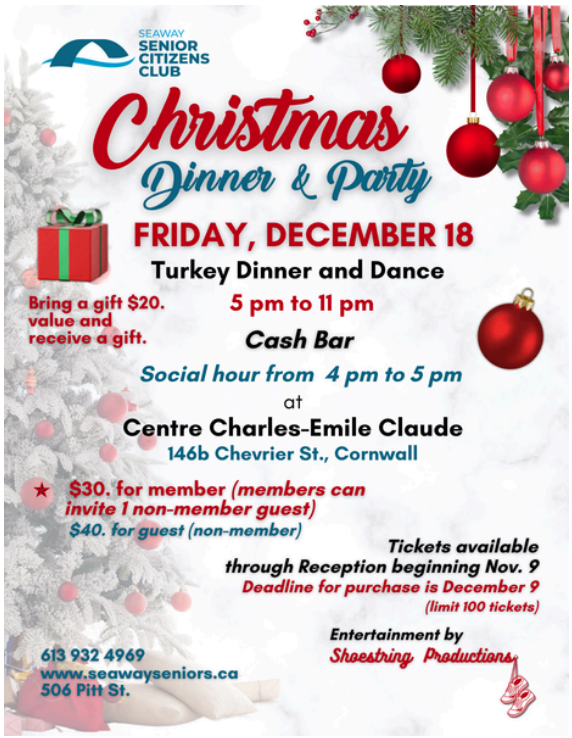


Coming Events









November Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 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 Chartwell Painting Class 1:00 Euchre 2:00 pm Tai Chi 6:00 pm Jamming	4 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	5 8:45 am Exercise – GBC*** 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 10:30 pm Guitar Practice level 1-3 1:00 pm Jamming 1:00 pm Mah-jongg GBC*** gentle body conditioning	6 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
j9 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	10 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 Mandala Art FUNraiser 1:00 Euchre 2:00 pm Tai Chi 6:00 pm Jamming	11 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	12 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	13 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
16 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	17 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 211 Presentation 1:00 Euchre 2:00 pm Tai Chi 6:00 pm Jamming	18 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	19 8:45 am Exercise – GBC*** 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 10:30 pm Guitar Practice level 1-3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	20 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
23 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	24 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 Wreath Making Workshop 1:00 pm Crafter's Choice 1:00 pm Euchre 2:00 pm Tai Chi 5:00 pm Western Dinner	25 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	26 8:45 am Exercise – GBC*** 10:15 am Novice Line Dancing 10:15 am Intermediate Line Dance 10:30 pm Guitar Practice level 1-3 1:00 pm Jamming 1:00 pm Mah-jongg 1:00 pm Seaway Strings	27 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
30 9:00 am Chair Yoga 10:00 am Cribbage 10:30 Exercise Intermediate 1:00 pm Bid Euchre 1:00 pm Canasta 1:00 Shuffleboard 1:00 pm Melody on the Move 1:00 pm Book Club	*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.*		Silver Snowflake Bake Sale & Market Sat. Nov. 21 (10am – 2 pm) Dennis Riley Bid Euchre Tournament Sat. Nov. 28 (10:30 am)	**NOVEMBER 2026** 506 Pitt St, Cornwall 613 932 4969 seawayseniors@gmail.com www.seawayseniors.ca

Remember to check thebulletinboard beside the stairs atreception 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!!

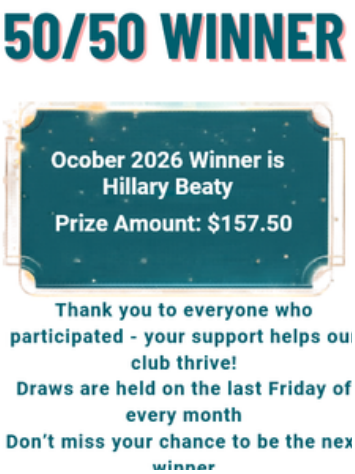
This 'n That





Congratulations to Elizabeth Adams and Jacqueline Petro who were recently awarded the Seaway Valley Theatre Company's Shining Light Award in recognition of their long time behind the scenes commitment of time, talent and dedication to the SVTC theatre family.







Club members Linda Dacres and John Fracalanza recently enjoyed the opportunity to perform at the recent 2026 Cornwall & Area Arts Hall of Fame Gala. ✨

YOUR HEALTH MATTERS

H.E.A.R.T. Tips Corner

The leaves are changing, and so is the season. Flu season is on its way, but a few simple habits can keep you and the people you love on your feet. Save this for later!

- Boost your immune system: Eat plenty of colorful, nutritious foods, keep moving, and prioritize a good night's sleep so your body is ready to fight back.
- Practice good hygiene: Wash your hands often with soap and water, especially before eating and after being out in public. It's one of the easiest ways to stop germs in their tracks.
- Avoid close contact with sick people: A little extra distance can help keep the flu from making its way around your home, workplace, or community.
- Stay home when sick: Rest is the best medicine. Staying in when you feel unwell helps you recover faster and keeps others healthy too.

And don't forget to get your flu shot !

Its your best defense against the flu

Flu shots are free for seniors aged 65 and older and available at pharmacies, doctor's office and clinics



Knowing and Growing



Recipe



This easy no bake snack is also a great gifting idea !
Package in glass containers or cellophane bags as a delicious hostess gift

🎄 CHRISTMAS CRACK SNACK MIX

Yield: Approximately 10–12 servings
Prep: 10 minutes | Set: 10–15 minutes
Total: About 25 minutes

INGREDIENTS

- 3 cups Rice Chex or Corn Chex cereal
- 2 cups original Cheerios
- 1–2 cups pretzel sticks
- 1 cup red and green Christmas M&M's
- 10 oz white chocolate melting wafers, such as Ghirardelli

DIRECTIONS

1. In a large mixing bowl, gently toss together Chex cereal, Cheerios, pretzels and Christmas M&M's.
2. Place white chocolate melting wafers in a microwave-safe bowl. Microwave at 50% power in 20–30-second intervals, stirring thoroughly between each, until smooth.
3. Pour melted white chocolate over the snack mixture and gently fold until evenly coated.
4. Spread onto a parchment-lined baking sheet in an even layer.
5. Let stand at room temperature for approximately 10–15 minutes, or until the chocolate has hardened. Break into clusters and serve!

Did You Know?

Did you know that it's not only fitness classes that can help reduce your risk of falling?
Winter weather is on the way with the possibility of icy streets and sidewalks. Now is the time to focus on fall prevention and our club offers more than just one way to achieve that goal . Why not try out one of these activities to get you started on the way to enhanced mobility and balance?



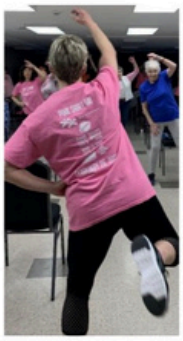
Maintain Mobility, Balance → Fall Prevention

Certified Fitness Instruction: Tailored exercises that target overall muscle strength, flexibility, balance and core stability

Chair & Restorative Yoga: Joint mobility, posture control, and accessible low-impact movement

Recreational Line Dancing: Dynamic balance practice through regular structured movement and music

Tai chi: Improves balance and stability, increasing flexibility as well as joint mobility and muscle elasticity, enhances stress reduction and mood, promoting better sleep, and assists with Cardiovascular Health

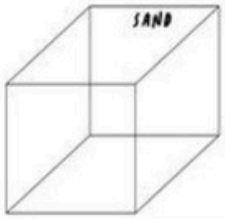





Puzzles

Brain Teaser

1.



2.

|R|E|A|D|I|N|G|

3

LE
VEL

4.

WEAR
LONG

5.

CHAIR

6.

ECNALG

7.

R
ROAD
A
D

8.

STAND
I

HE'S/HIMSELF

9.

DEATH LIFE

10.

TOUCH

11.

TOWN

12.

HE'S/HIMSELF

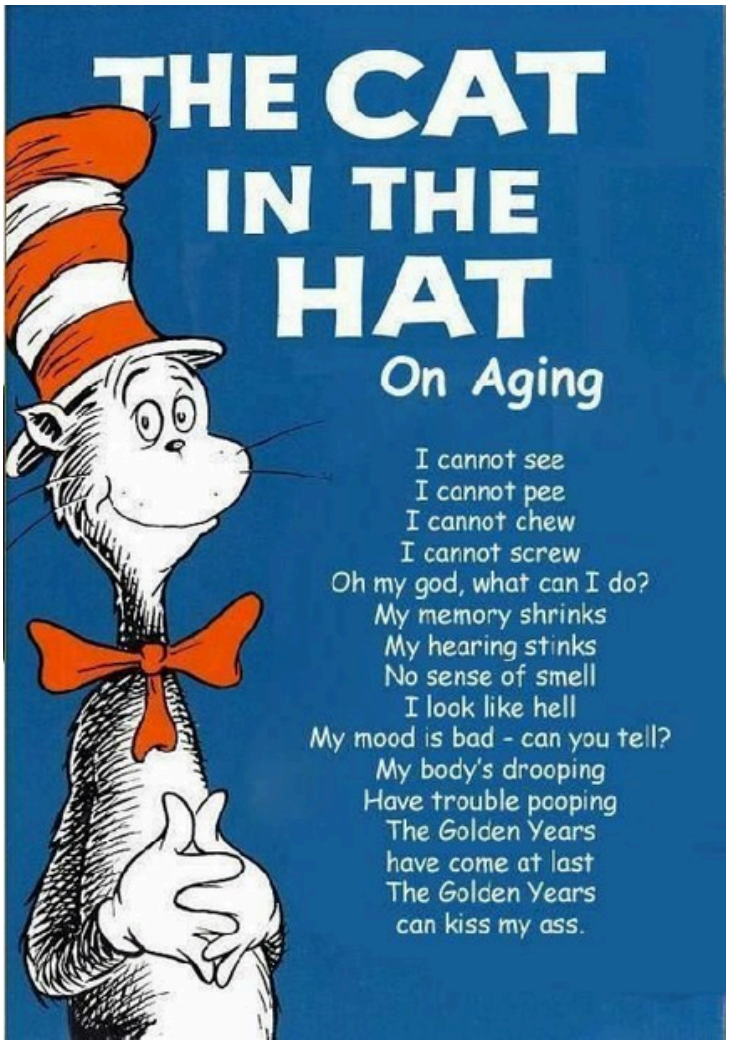
Puzzle answers on page 12

Laughter is the Best Medicine



© Randy Glasbergen/ glasbergen.com



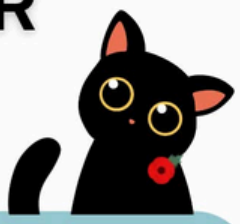


Puzzle Answers: 1) Sandbox, 2) Reading between the lines, 3) Split Level, 4) Long underwear, 5) highchair, 6) Backwards glance, 7) Crossroads, 8) I understand, 9) life after death, 1O) touchdown, 11) downtown, 12) he's beside himself

November at a Glance

SEAWAY SENIOR CITIZENS CLUB

NOVEMBER



Coming Soon . . .
Special Events Schedule

TUES. NOV.3	Chartwell Paint Class - Poppies 2:00 pm - 3:30 pm Oak Room, free
TUES. NOV.10	Mandala Art FUNraiser 1:00 pm - 3:30 pm Oak Room, $40.
TUES. NOV.17	"211" Services with John Hoyle 1:00 pm - 3:00 pm Oak Room, free with refreshments
SAT. NOV. 21	Silver Snowflake Bake Sale & Market 10:00 pm - 2:00 pm *with Gingerbread House Contest*
TUES. NOV. 24	Wreath Making FUNraiser Maple Room 1:00 pm, $20.
TUES. NOV. 24	November Dinner (Western Theme) Oak Room 5:00 pm $20 members, $25 non-members
SAT. NOV. 28	Dennis Riley Bid Euchre Tournament Oak Room 10:30 am $20 entry fee

Information at RECEPTION

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

506 Pitt St. *(corner of Pitt and Fifth Sts)*



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

Cornwall
ONTARIO CANADA
A city with a world of possibilities

Ontario

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

SALC
SENIORS ACTIVE LIVING CENTRE

Canada
Funded by the Government of Canada
New Horizons for Seniors Program

CHARTwell®
retirement residences

Mission Statement

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