

# The Seaway Senior Citizens Chronicle

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



The summer BBQ was held at the club on Thursday July 18th - from 12:00 until 3:00 pm.

The results of the 50/50 draw brought in \$142.00 for the club with winners Micheline Russell and Ida Beaty each taking home \$71.00. Congratulations ladies!

There were also donations which helped to cover the costs of the event.



# Events



Volunteers, Ed Trask, Larry Poirier, Ron Decoste, (and Dennis Riley, not pictured here) were on hand to cook hot dogs and hamburgers for the appreciative members at the summer BBQ event.

There were also many salads and ice cream sandwiches for dessert. Thank you to all who contributed and helped with this very successful event.





**UPCOMING**

Mark Your Calendars  
**EVENTS**



Please watch the monthly activities calendar for the latest and most up-to-date information on upcoming events.

## Western Themed

### Welcome Back Party

Thursday, September 19th

\$12.00 per person.

Fried chicken, baked beans, homemade tea biscuits, potato salad, dessert (red velvet cupcakes, home-made pecan tarts, western rice crispy squares) tea/coffee. Selling non-alcoholic beer \$2.00 per can.

Wear your cowboy/cowgirl gear and dance to country music. Line dancing lessons. The fun starts at 5:00 p.m.



## Hallowe'en Event

Thursday, October 31st

Details to follow. Check you calendar.



The draw for the Queen-sized Quilt will be held at the Christmas Party on

December 5, 2019.

The quilt can be viewed at the Club.

# *Activities—Swedish Weaving*



*Submitted by group leader Mona Van Den Corput*

Swedish weaving is a great fun activity to do. Keeps the brain active also. It is done on monks cloth and we use a variety of wool colours; not cotton though. I have instructions as to how to prepare the cloth before starting your project. I usually start off a new person with a runner or small piece. We use special needles called Bodkin needles.

Some people prefer to do small projects such as table runners, etc. then later do a lap or afghan to give as a gift to family or friends.

We have a good time exchanging patterns, coloured wool, etc. Lots of talking amongst the group. It is a very therapeutic and enjoyable time .

We meet on Fridays from 9:45 to 11:45 a.m.

**ALL ARE WELCOME! COME SEE FOR YOURSELVES!**



# *Activities—Swedish Weaving*



# Community Events

Come and watch some of the world's best curlers in action at the annual **Shorty Jenkins Curling Classic!** Men's and women's teams will be vying for the title, with all action taking place at the Cornwall Curling Centre. The event runs from September 11-15. Day passes \$20.

Tarot cards, fortune tellers, palm readers and more! Come on out to the **Psychic Fair** and see what it has to offer! From September 13 – 15 at the Best Western Parkway Inn experience the spiritual side. Admission is \$5 per day.

Enjoy all things Scottish including fiddlers, dancers, music and entertainment at the **Celtic Concert!** This concert is held at the Lost Villages Museum in Long Sault on September 14th from 1pm-4pm.

1860s **Fall Fair Weekend and Quilt Show** Upper Canada Village September 15. Participate in the excitement of a wonderfully re-created 1860s Fall fair, See livestock, agricultural and dairy products, vegetables, flowers, and fine arts. Join in the old fashioned fun and games which promise to entertain the whole family. Bigger and better this year: step up to the plate and proudly show off your facial hair at the Fourth Annual Beard and Moustache Championship! As well, an amazing array of contemporary works from quilting guilds across Eastern Ontario.

**Paranormal Evening**– On September 21s see if you have what it takes to be a paranormal investigator! This is a chance for you to investigate with members of Bytown Paranormal, use their equipment and see if you have what it takes to be a paranormal investigator. This event is family-friendly. You will get a chance to try out equipment and perhaps find out what spirits dwell at the The Lost Villages Museum! The event runs from 8 pm to 11 pm, please arrive by 7:45 pm. Tickets are \$18 per person.

Saturday, September 21, join the **FREE Glengarry Routes Heritage Bus Tour of North Glengarry Township.** It's a "hop on, hop off" tour of heritage locations, where you can visit local artists, listen to live music and learn about the history of 'Where Ontario Began'. This event is being organized in conjunction with the Glengarry Pioneer Museum's "Battle of Glengarry, War of 1812" event, which will take place from 10 am to 5 pm (the battle is at 3 pm). It's free to attend the tour and ride on the bus, but there is a \$10 charge to enter the Glengarry Pioneer Museum grounds for the battle.

**Pumpkinferno**-Take an after-dark tour through a spectacular outdoor exhibit of 7,000 artistically designed and hand carved pumpkins. This multi-award winning event takes visitors through a world of illuminated pumpkins along the streets and paths of Upper Canada Village. New exhibits are added each year. Open select evenings from late September through October. Tickets are limited and date-specific ... book ahead online to ensure your night of choice!

Held at beautiful Marlin Orchards, the Country Harvest **Pottery Show** allows visitors inside access to how all their pottery is made with live demonstrations. This free two-day event, October 12 and 13, allows people to check out beautifully handcrafted pottery and buy some to bring home. Pick up some functional pieces, or pieces that will decorate and add to the character of your home. With Christmas coming quickly, these exceptional pieces will make fantastic gifts.

For more information on these and many other events visit [cornwalltourism.com](http://cornwalltourism.com)



## *Volunteer Corner*



**Jeannine Terriah was born in St. Isidore de Prescott and has been a member and volunteer for 5 years. Her sister introduced her to the group and she was attracted to the socializing aspect of the club. Jeannine can be seen volunteering at the Bingo selling cards, and collecting money that is so valuable to the club's success. Thank you, Jeannine, for all that you do**



**Kathy Riddell went to school at Cornwall Collegiate and Vocational School in Cornwall. She has been a member for 4 years and found out about the Club through line dancing at another group. She is the head of the decorating committee and has a lovely group of helpers. Raising money with crazy costume parties is another source of fun for her. But most of all she enjoys the exercising and line dancing. Great job, Kathy!**







Canada's new Food Guide\* is refreshingly different because of its emphasis on healthy eating behaviours and enjoyment of food, and evidence-based advice rather than narrow dietary prescriptions. The new guidelines have the flexibility to be adapted to many different diets, cultures, tastes and cuisines. The Guide has come a long way since the 1944 version that advised consuming at least one serving of potatoes, having many slices of bread with butter, and guzzling milk every day,\* according to The Globe and Mail.

### Healthy eating and aging well

For older adults, the encouraging message is healthy eating can help you stay strong and protect against fragility, which are important to maintain your independence and quality of life.

1. **Eat well and reduce health risks.** Healthy eating can help seniors maintain a healthy weight, provide essential energy and nutrients, and prevent, lower the risk or slow the progression of chronic illnesses like heart disease or type 2 diabetes.\*
2. **Adapt to changes in aging.** These changes may affect appetite, sense of taste or smell, or ability to chew or swallow.\* Add different herbs and spices rather than salt to enhance flavours, and choose foods with softer textures, such as soups and cooked rather than raw vegetables, to make eating easier.
3. **Eat more plant-based protein foods.** The emphasis is on consuming more protein from plant-based foods like beans, lentils and nuts,\* and less from animal-based foods like milk, meat and poultry.
4. **Focus on proportions, not portions.** The new guide shows a plate, half covered with fruits and vegetables, and the other half divided into whole grains and proteins.\* Rather than prescribing specific portion sizes, it gives you the freedom and flexibility to make specific food choices to get the balance right.
5. **Enjoy meals with others.** Eating alone can lead to loss of appetite for seniors.\* Eating with others makes meals more social, which may encourage you to spend more time enjoying a meal, eat larger amounts and take in more nutrients.
6. **Drink water first.** Your sense of thirst may decline with aging. Drinking water regularly promotes hydration\* and helps limit consumption of sugary drinks and alcohol.
7. **Be mindful.** Pay attention to the aromas, textures and tastes of foods.\* This can help you to be more conscious of what you're eating, make healthier choices and savour the flavours of meals and snacks.

Chartwell Retirement Residences offers residents nutritious, tasty and balanced meals that can be enjoyed alongside friends, [so eating well is part of living well.](#)

#### \*The following sources provided references for this blog, in order of appearance:

1. Government of Canada. "Canada's Food Guide." (2019), online: <https://food-guide.canada.ca/en/>
2. The Globe and Mail. "Canada's new food guide puts common sense back on the table." (2019), online: <https://www.theglobeandmail.com/opinion/editorials/article-globe-editorial-canadas-new-food-guide-puts-common-sense-back-on-the-table/>
3. Government of Canada. "Healthy eating for seniors." (2019), online: <https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>
4. Government of Canada. "Healthy eating for seniors." (2019), online: <https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>
5. Government of Canada. "Eat protein foods." (2019), online: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>
6. Government of Canada. "Eat a variety of healthy foods each day." (2019), online: <https://food-guide.canada.ca/en/>
7. Government of Canada. "Eat meals with others." (2019), online: <https://food-guide.canada.ca/en/healthy-eating-recommendations/eat-meals-with-others/#section-4>
8. Government of Canada. "Make water your drink of choice." (2019), online: <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-water-your-drink-of-choice/>
9. Government of Canada. "Be mindful of your eating habits." (2019), online: <https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/>



## *Rice Pudding*

By: Reina Drouin

- 3/4 cup Arborio rice
- 6 cups milk
- 1/2 vanilla bean split and scraped
- 1/2 cup sugar
- Pinch salt
- 1/4 cup heavy cream
- 1 tsp freshly ground orange zest



Combine all ingredients except zest and cream. Simmer, stirring frequently until rice is tender and liquid has been absorbed; about 40-45 minutes. Remove vanilla bean; stir in zest and cream. Can be served warm or cold.

## *Mud pies*

- 2 cups sugar
- 1/2 cup margarine
- 1/2 tsp salt
- 1/2 cup milk
- 5 tbsp cocoa
- 1 tsp vanilla
- 3 cups rolled oats
- 1 cup flaked coconut



Stir first 6 ingredients in a medium saucepan. Bring to a boil then remove from heat and add the oats and coconut . Drop by spoonful onto wax paper and refrigerate until set. Yummy.

By Marie Martin





**ROYAL LEPAGE**  
Performance Realty  
Brokerage, Independently Owned and Operated

722 Pitt Street, Suite 111  
Cornwall, Ontario K6J 3R9, Canada

Toll Free: 866 938-3860  
Office: 613 938-3860  
Fax: 613 933-3860  
Residence: 613 933-6067  
Cell: 613 936-7918

Email: [alfredheim@royallepage.ca](mailto:alfredheim@royallepage.ca)  
Web: [www.royallepage.ca/ALFREDHEIM](http://www.royallepage.ca/ALFREDHEIM)

**Alfred Heim**  
Broker, ABR, SRES, MVA  
"Your Cornwall & Area Real Estate Professional"

THE AWARD OF EXCELLENCE  
LIFETIME ACHIEVEMENT  
Royal LePage  
National Award

SUPPORT YOUR CENTRE NEVADA TICKETS

Now available at the front desk

Carl's Smoke & Gift Shop

272 Pitt St./Corner Pitt & 3rd

7/11 MAX CONVENIENCE STORE

472 Leitch Drive, Glenview Heights

AZ Convenience Store

340 4th St. W / Corner Cumberland & 4th St.

**Profits help support our club!**

CORNWALL BINGO CENTRE

Every 2nd Sunday at 1:00 pm

And every 2nd Monday Night at 7:00 pm

Inquire in the office for dates.



**FRONT DESK** volunteers needed. If you can spare a few hours, please contact Micheline at 613-935-5010.

**MEALS** volunteers needed to help serve meals for our special events.

Please contact Darleen Guindon.

613-938-9412.

**One way to find out if you are old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.**







Again, the Club wishes to remind you that we are looking for **Bingo** volunteers. If you have any suggestions that might help us in the search for volunteers, please bring forward your ideas. So far some ideas include a call blitz to members who may not see the newsletter or bulletin boards. Another idea is a monthly call coordinator who could create a call list and recruit volunteers who could make regular calls.

The suggestion to bring a friend to volunteer with you might be more appealing. If you are interested, but hate to go alone, bring a friend who might even eventually become a member.

If you are interested in the above, or have other suggestions on how we can better manage the volunteer pool for the Bingo, please bring your ideas forward to Darnell at [darnellproulx@gmail.com](mailto:darnellproulx@gmail.com). Thank you.



**Note to Members:** The Board is looking for a **Property Director**.

The Club is also looking for an advanced **Country Line Dancing Instructor** for Thursday mornings.

If interested in either position inquire at the front desk or call the club at (613) 932-4969.

## Advertising Rates

### SSCC Newsletter

We publish approximately bi-monthly

Rates apply as follows:

- Business Card Size \$35.00
- 1/4 page \$70.00
- 1/2 page \$125.00

Contact Allan R. Leishman for more information  
(613) 360-0011 or Seaway Seniors Citizens Centre  
(613) 932-4969

## SUDOKU

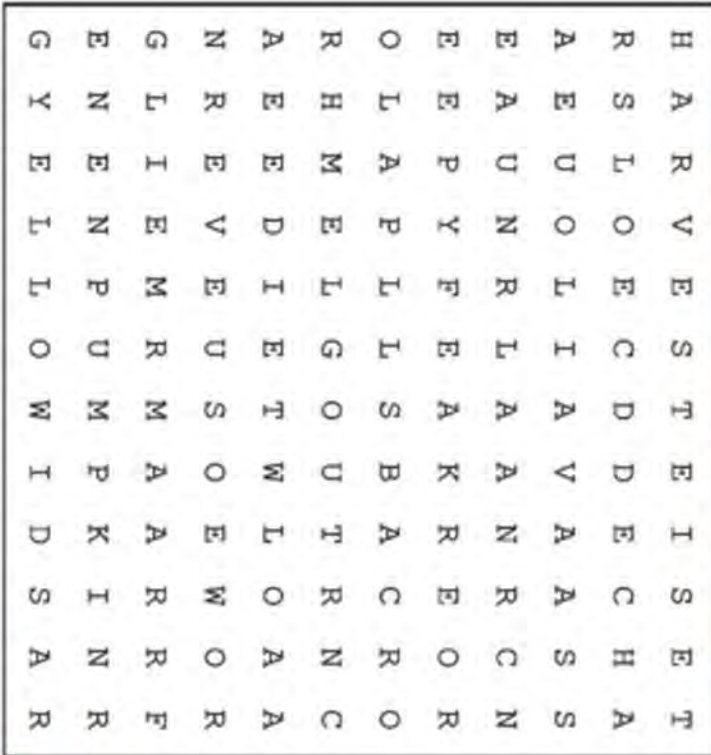
	4		2		1		6	
9		5					3	7
5		7		8			1	4
	1							9
		1					6	
			7		5			
6		8	9		4	5		3



# WORD SEARCH

## FUN FALL WORD SEARCH

Find each of the fall words hidden below.



### WORDS TO FIND:

- |           |              |
|-----------|--------------|
| pumpkin   | harvest      |
| yellow    | apples       |
| scarecrow | hayride      |
| autumn    | red          |
| leaves    | Thanksgiving |
| sunflower | football     |
| acorns    | orange       |
| corn      |              |

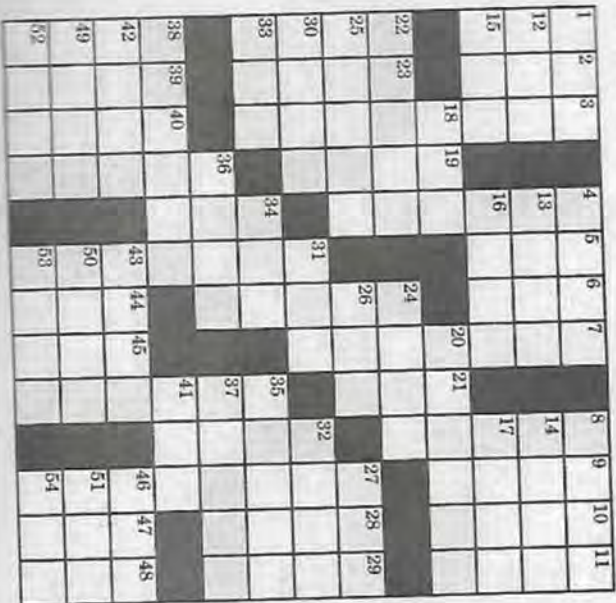


### ACROSS

- and order
- Horse pace
- Skin condition
- She bleats
- Broad
- Bank offering
- Hot drink
- Biblical garden
- Deposited
- Relatives, collectively
- Lives (in)
- Fragrance
- African feline
- Baby minder
- Lowest die roll
- Ask for alms
- Employs
- Fall behind
- Possess
- Nap locale
- Football official
- Measuring stick
- Embraces warmly
- Frighten
- Clever plot
- Light brown
- Needy
- Ark captain

### DOWN

- Allow
- Deep reverence
- Lost strength
- Good blackmail total
- Free (of)
- Lyric poem
- Watching over
- Woody of Hollywood
- Black fuel
- Hammer target
- Last sections
- Rural hotels
- Great sadness
- Ignore impolitely
- Violin box
- Goofs off
- Weighing devices of old
- Always
- Tiny disease spreader
- Mythic tales
- Hawaiian dance
- Strong liquor
- More willingly
- Groups of cattle
- Shadowbox
- Handle difficulties
- Did some gardening
- Feedbag morsel
- Pretty Gardner
- Gallery display
- your best!



Solution in next edition