

## The Seaway Senior Citizens Chronicle

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



- September weather. Summer isn't over but most of the hot and humid weather is gone. Hello to warm days filled with sunshine and cool nights when open windows bring in fresh air for restful sleeping. New energy comes with the shorter days as there is less daylight for squandering. Perhaps it's nature's way of making us use every hour of precious daylight!
- Nature's bounty from Ontario fields fills the shelves in markets. Who can resist baskets of field-ripened tomatoes, peaches, muskmelons, pears, apples, and plums as well as crisp cauliflower, zucchini, carrots and new potatoes? Enjoy using fresh produce in salads and for baking. The colours of the fresh fruit and veggies inspire to try new recipes.
- Our garden project is slowly underway. You will notice the tarp and mulch has been delivered to the garden site at the back of the property. A fence and raised garden beds are being ordered and you can watch for workshops over the winter on gardening, canning etc., as well as workshops to create colourful and interesting garden ornaments.

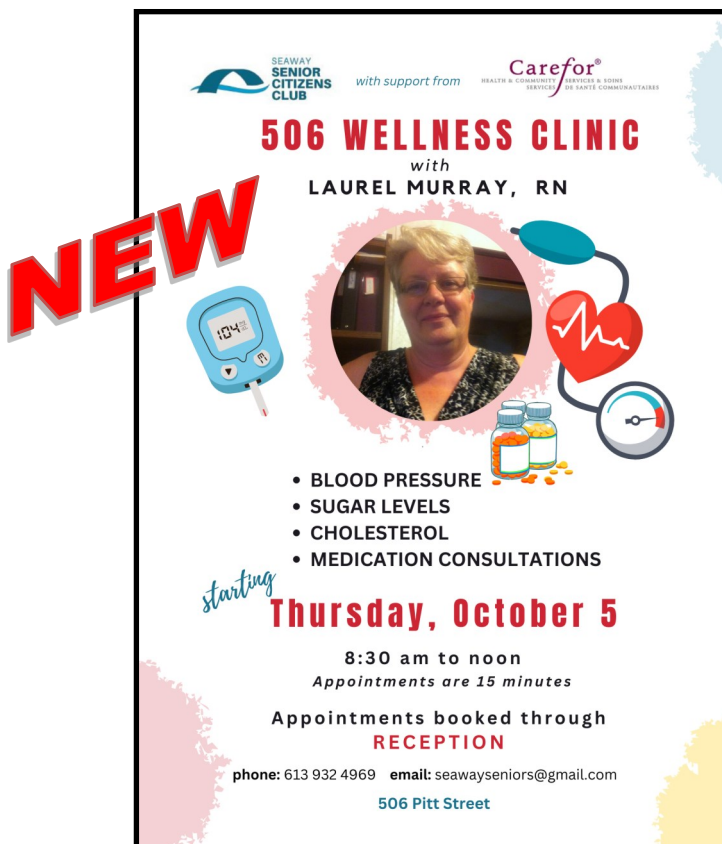
# Message from the Manager

Hello Members,

- We are happy to inform you that our Membership has climbed to 429 members as of August 3rd. Thank you for your welcoming spirit as we continue to welcome new members.

## General Membership Meeting

- Due to delays with our Audit, we have yet to determine a date for our General Membership meeting. Please watch our bulletin board for updates and any further information when the date is chosen.
- Our Board of Directors is looking to find an Activity Director. Fay Emerton Proulx is currently in the position, as well as the position of Director of Personnel, Policies and Procedures. If you are interested in sitting on the Board, please approach me and I can provide you with more information.



SEAWAY SENIOR CITIZENS CLUB with support from Carefor®

**506 WELLNESS CLINIC**  
with  
LAUREL MURRAY, RN

**NEW**

starting **Thursday, October 5**  
8:30 am to noon  
Appointments are 15 minutes

Appointments booked through  
**RECEPTION**

phone: 613 932 4969 email: seawayseniors@gmail.com  
506 Pitt Street

Services: BLOOD PRESSURE, SUGAR LEVELS, CHOLESTEROL, MEDICATION CONSULTATIONS



SEAWAY SENIOR CITIZENS CLUB

**50/50 DRAW**

Our 50/50 Draws will be held monthly on the last Friday of the month at 3:00 p.m.  
Proceeds from the draw go toward programming.

**TICKETS ARE**  
**\$2.00 EACH OR 3 FOR \$5.00**

**JULY'S WINNER**  
**OLGA FITCH**  
**\$218.50**



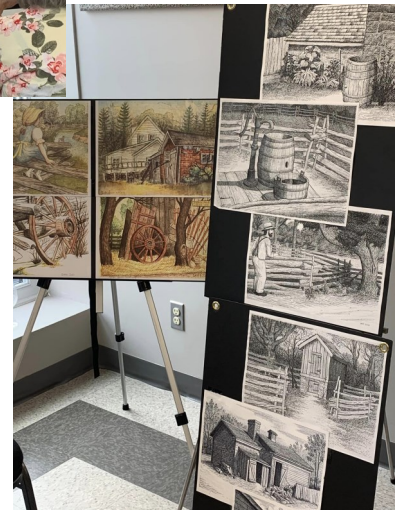
# *Last Month in Review*



**Artist Gaetan Saucier**

“The right perspective is important.” Words to live by - but also to paint and draw by as we learned from Gaetan (Gates) Saucier at his most interesting and educational presentation at the club yesterday. Topics also included shading, cropping, tools, and materials as well as the need to trust your artistic intuition.

**Thank you Gaetan for a enjoyable afternoon.  
We hope you will come back again.**





# *Last Month in Review*

## **Sweet Corn on the Cob Lunch**



Corn on the cob was the featured menu item on August 22nd at the Club, along with sandwiches, pickles and banana splits for dessert. Hoping to work off some of the calories, some members enjoyed a game of Cornhole (a bean bag toss game) after lunch.



# Club Stuff



Congratulations to club members Hilary Beaty and Larry Poirier for outstanding showings at this year's Williamstown fair. Hilary and her horse Reba received three third place and one first place ribbons, while Larry placed first in the very dark maple syrup category and received a third place ribbon for his delicious zucchini relish. Bravo !



Larry has provided his award winning relish as a fundraiser for the club. Be sure to get a jar at Reception!



## ***Hello Members of Seaway Senior Citizens Club.***

- Please note that there are several items in the Lost and Found. Please take any items that belong to you before the end of September. Any items left over after September 29th will be donated. Thank you,




Thank you to our volunteers who manned the Garage Sale on Saturday, August 12. The event brought in \$170 for the club and helped cleanup surplus supplies.



# UPCOMING

Mark Your Calendars

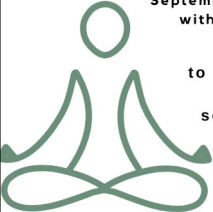
# EVENTS

## THE FOUR KEYS OF YOGA

Cultivate kindness  
compassion  
joy and equanimity  
using the four keys of yoga.

New Workshop Series begins on Monday,  
September 11th at 10:15 am  
with Rosanne Fortier



to register please call the Centre  
at 613-932-4969 or email to  
seawayseniorsinfo@gmail.com

506 PITT STREET



Thursday, September 14  
10 am - noon

## ARTIST TIPS AND TRICKS FIND YOUR OWN STYLE

with Darrell Proulx



Unleash your creativity and learn tips and tricks of DIY Art. Join Darrell for a hands-on workshop where you'll explore a variety of artistic techniques to create your own Fall-themed work of art. No previous experience is necessary - leave with your own art piece, supplies included, fun for all!



**\$45.**

Registration at Reception

Phone: 613 932 4969 \* Email: seawayseniors@gmail.com  
506 Pitt St.

## The Write Stuff

with local Author  
**Katalin Kennedy**

www.katalinkennedy.com


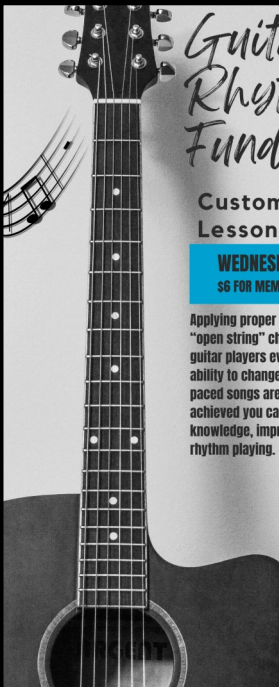
**TUESDAY SEPTEMBER 26 | 1 PM - 3 PM**  
Oak Room

Local Authors Sharing their Stories and Books  
Writer's Talk / Readings and Q & A Session

REGISTER at Reception  
☎ 613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca

members - \$5 per session  
non members - \$7 per session

Centre at 506 Pitt St. Cornwall, ON

## Guitar Rhythms and Fundamentals

Customized Guitar Lessons with Ed O'Brien

**WEDNESDAYS AT 1:00 PM**  
\$6 FOR MEMBERS, \$8 FOR NON-MEMBERS

Applying proper rhythms to songs using standard "open string" chords is a goal that many novice guitar players eventually reach. With an increased ability to change chords faster and efficiently, faster paced songs are possible. Once this playing level is achieved you can, with some fundamental musical knowledge, improve, augment, and enliven your rhythm playing.

- The 12 notes of the musical alphabet
- Reading the major scale sheet

With this understanding, your rhythm playing can now improve by playing:

- Root first
- Alternative base (AB)
- Chord link runs
- Arpeggio
- Freestyle

**UPCOMING**

Mark Your Calendars

**EVENTS**



GET YOUR TICKETS NOW

## Thanksgiving Dinner

OCTOBER  
TUESDAY 3rd 5:00 PM  
2023

**Tossed Salad  
Turkey and Stuffing  
Mashed Potatoes and Gravy  
Vegetables  
Lemon Meringue Pie**

Grateful hearts gather on Thanksgiving to celebrate the abundance of life

**\$15**

SEAWAY SENIOR CITIZENS CLUB

## Paint Nite with Lise Vivarais

**\$45**  
All materials provided

**POSTPONED**

Thursday, August 10th  
7:00 pm  
Limited space available  
Call 613-932-4969 or  
Diane Riley 613-938-7776

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

Watch emails, bulletin boards, Facebook and future Newsletters for more information on the new date for the Paint Nite, yet to be determined.

Thank you to our sponsors



**Ontario**



SEAWAY SENIOR CITIZENS CLUB

FOOD, FUN AND GREAT GIFTS!

## SATURDAY NOVEMBER 18 10 AM - 2 PM

# CHRISTMAS ART & CRAFT SHOW

Art • Crafts • Food and Drink • Music •  
Penny Auction • Christmas Carols •  
Handmade Quilt Draw

**To book an Art/Craft/Bake Table:**  
**\$20.** for members or **\$10.** 4' x 4' table  
**\$30.** for non members

for information or to book a table contact **Karen Cooper**  
613 932 4969  
seawayseniors@gmail.com  
www.seawayseniors.ca

or visit:  
Centre located at 506 Pitt St. Cornwall, ON



# Upcoming Events



## Akwesasne International Powwow Saturday, SEPTEMBER 9

10 am



Meet at the **Cornwall Civic Complex** to access **Free Cornwall Transit Bus** to Cornwall Island and the A'nowara'ko:wa Arena Powwow Grounds. Free return buses run on a regular basis back to the Civic Complex Parking Lot.



Registration and full details  
at Reception Desk

Free  
for 65+  
\$8. for all  
others

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

Please watch the monthly activities calendar for the latest and most up-to-date information on upcoming events and activities. Information can also be found on our website and Facebook page.

<https://seawayseniors.ca/>

<https://www.facebook.com/SeawaySeniorCitizensClub1201>



A One of a Kind Adventure on the St. Lawrence River  
**Thursday, SEPTEMBER 12**  
8:00 am - 3:30 pm

**FULL**



**Pontoon Boat on the St. Lawrence River**

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



**Medicinal Plant Walk**

Take a guided tour exploring the unspoiled beauty of Thompson Island and uncover some of the healing properties of plants hidden in her forests.



**Mohawk Cultural Exchange & Traditional Meal**

Learn some of the rich history of the Mohawk's 10,000 years of living along the Great River and participate in the community of a traditional meal with friends.

Non  
members  
**\$50.**

Registration and full details  
at Reception Desk

**\$45.\***

\*Members price. Sponsored in part  
by the Ontario Trillium Foundation

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



## St. Lawrence River Cruise

**Tuesday, September 19**

**1 pm - 4pm**

**3 Hour Guided History of  
St. Lawrence River Cruise**



*sign up today*

Limit 16 passengers

for details:

Speak to Reception  
or call 613 932 4969



+ 613-932-4969 506 Pitt St., Cornwall, ON seawayseniors@gmail.com



# *Activity Profile*

We are so proud of our club's choir 'Steve Ellam and the Pacemakers' who performed a wonderful concert on July 23<sup>rd</sup> at Lamoureux Park, as part of the Arts in the Park program.

The choir meets on Friday mornings at 9:30 and will resume from their summer break on September 22nd. Old classics are enjoyed by all.



# *Volunteer Profile*



For over 10 years, Steve has filled the halls of SSCC with song in his role as musical director of our choir. He is talented and passionate about music and easily transmits his love of singing to choir members.

You can find him at the Centre most Friday mornings with his enthusiastic group of choristers, singing with heart and enthusiasm many of the great standards of our lives.

Thank you for leading our incredible choir, Steve.

You are music to our ears!!

**Thank you Steve!!**

# *Recipe*



## Skillet Mac & Cheese

### Ingredients

- 2 cups uncooked pasta (about 8 ounces), such as elbow macaroni, cavatappi or shells
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1-1/2 cups half-and-half cream
- 3/4 pound process cheese (Velveeta), cubed
- Optional toppings: Fresh arugula, halved cherry tomatoes and coarsely ground pepper

### Directions

- 1. Cook pasta according to package directions; drain.
- 2. Meanwhile, in a large cast-iron or other heavy skillet, melt butter over medium heat. Stir in flour until smooth; gradually whisk in cream. Bring to a boil, stirring constantly. Cook and stir until thickened, about 2 minutes. Reduce heat; stir in cheese until melted.
- 3. Add macaroni; cook and stir until heated through. Top as desired.



# *August Lunch*



## **DARLEEN'S LUNCH MENUS**

**SEPTEMBER 7**

**MEAT LOAF  
MASHED POTATOES  
VEGGIES AND  
COLESLAW  
LEMON TARTS**

**SEPTEMBER 14**

**CHICKEN AND DUMPLINGS  
BUN  
VEGGIES  
CHOCOLATE VANILLA  
PUDDING**

**SEPTEMBER 21**

**SPINACH SALAD  
HAM  
SCALLOPED POTATOES  
VEGGIES  
BROWNIE**

**SEPTEMBER 28**

**HAMBURGER STEAK  
BUN  
VEGGIES  
ROASTED POTATOES  
CHOCOLATE CUP CAKES**

**PLACE YOUR ORDER BY  
CALLING THE CLUB ON  
TUESDAY BETWEEN  
9:00 AND 11:30 A.M.  
AT 613-932-4969**

**\$ 10**

**PICK UP AT THE SEAWAY SENIOR CITIZENS CLUB AT 506 PITT  
STREET IN THE 5TH STREET PARKING LOT ENTRANCE BETWEEN  
11:00 A.M. AND 1:00 P.M.**

# Puzzle

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

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



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

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



## 7 healthy aging tips for women



- **Exercise to ease arthritic pain and stiffness.** Although exercise might seem daunting when joints are stiff and painful, it can improve mobility and ease pain\*. Moderate, low-impact aerobic exercise, along with exercises that increase range of motion and strengthen muscles supporting joints\*, can also help reduce stress on joints, improve balance, boost energy, and lift mood.
- **Reduce dementia risk with a personalized lifestyle prescription.** Women at risk for Alzheimer's who participated in a personalized prevention program\* – emphasizing diet, exercise, stress reduction and sleep hygiene – improved cognitive performance and reduced risk factors like high blood sugar and cholesterol more than male participants, reported a 2022 *Journal of Prevention of Alzheimer's Disease* study.
- **Keep bones strong with brisk walking.** Osteoporosis is 4 times more common in women than men\*, according to Web MD. Women can help prevent and treat osteoporosis by eating calcium-rich foods, taking Vitamin D supplements, and doing weight-bearing exercise like walking briskly\*, advises Harvard Medical School. Medications that slow bone loss and build bone may reduce fracture risk if you have osteoporosis.
- **Prevent stroke by eating healthy and exercising daily.** Women who exercised 30 minutes daily, ate healthy food, and lost weight gradually if overweight reduced ischemic stroke risk by 36%\*, reported a 2020 *Stroke* study.
- **Strengthen social connections and keep moving to ease depression.** An *American Journal of Psychiatry* study found frequently confiding in others,\* and visiting with family and friends, protects strongly against depression. Just six minutes of physical activity\* improves mood in older adults, reported a *Journal of Geriatric Physical Therapy* study.
- **Head off migraines.** While medications can help to prevent and treat migraines, managing stress, avoiding triggers, exercising, sleeping well, and healthy eating can reduce migraine frequency and pain\*.
- **Breathe easier.** Asthma diagnosed later in life is more common in women\* and can develop after a viral infection, according to Asthma UK. Monitor symptoms and triggers and ask your doctor about when and how to use appropriate medications. Keeping a healthy weight, and avoiding colds and flu, can reduce risk of symptoms.

# *A Slice of Life*



I wrote a column in May about gardening which is one of my favourite pastimes. Summer of 2023 was quite the summer to undertake that pleasure; not enough rain, too much rain, or too hot yet everything is now abundant - even the weeds. But that's good. Now it is time to reap the rewards from either your large vegetable garden or the smaller balcony one. Most things will have ripened and so you have a choice of tasty vegetables from your own garden. What a wonderful feeling that is. A time to reap what you sow. That is the most fun of growing vegetables and if you are really

ambitious it is also a time to make pickles or preserves from what you have grown. I remember the thrill I had from my first garden when I moved to the Cornwall area. Being a big city woman, it was an absolute joy and of course, I over planted and of course, everything thrived so I was left with an abundance of produce that I shared with friends and neighbours. It seems to me that this is a good season to also reflect on our own lives - whether we have reaped our personal awards in our loves. Another form of 'reap what you sow'. It is often called Karma and Buddhist and Hindus also believe that an individual is born with Karmic residue from past lives that must be resolved. I cannot prove or disprove that but I have met people who always seem to have bad luck. Maybe that is why. More immediate is the 'reap what you sow' concept. If you are mean to someone, it will come back to bite you possibly not in areas related to your nastiness but it does seem to bite back. Sometimes we are not even aware of what we project out into the world. I prefer to think on the positive side....do good and you will receive good. Oh don't expect the big Lottery win but just be aware of the small caring things people do for you. Even receiving telephone calls when you least expect them and often when most needed is part of this. I only hope that my caring actions are well received as well. So while you are munching on that juicy tomato you've grown - just remember - you earned it. And if someone does something wonderful for you, you also earned it so..... Happy reaping.

*Lorna Foreman*



## ***Good Reads: Love Heart Lane by Christie Barlow***

This book has all the ingredients of a Christmas movie. The leading lady returns to her childhood home. Weather interferes. She is surrounded by her childhood friends, but their reactions are mixed. Her grandmother has died. Of course, she thought there was more time. She was wrong.

Felicity's mom tried to urge her to get home for Christmas, but she's working at a big department store in London that's under new ownership, so she feels she can't ask for time off during the Christmas rush.

Then grandma Bonnie dies. Felicity Simmons kicks her boyfriend out of the apartment. The next day she's on a plane, flying north from London, landing in a snowstorm, and then getting a taxi to venture further into the Scottish highlands.

The taxi driver won't risk crossing the bridge and climbing the steep hill to the village of Heartcross. He leaves her on the road with her suitcase.

She crosses the bridge, but can't carry or drag the suitcase uphill in the snow, so abandons it under a tree.

Hours later she's back with the farmer for the suitcase but a Shetland pony has fallen into the freezing river water, and her former childhood sweetheart, Fergus, is trying to rescue it. Fergus falls into the river twice, but everyone is rescued, with Felicity driving the tractor.

A wild rainstorm with high winds wipes out the bridge. Felicity gets the help of six-year-old Esme (Fergus' daughter) to launch an appeal on the Facebook fund-raising page, hoping for two hundred and fifty thousand pounds.

The money allows for the building of a temporary replacement bridge, the armed forces flies in an emergency shipment of food, and Fergus (now a widower) and Felicity re-kindle their former romance.

By the end of the book, you've fallen in love with all of the characters, so are delighted when author Christie Barlow mentions in a subsequent letter, that Fergus, Felicity and everyone in Heartcross will be back in future books.

**Review by John R. Copps**



# *Laughter is the Best Medicine*

## Texting FOR Seniors

**BFF** - best friend fell  
**BTW** - bring the wheelchair  
**TTYL** - talk to you louder  
**BYOT** - bring your own teeth  
**LMDO** - laughing my dentures out  
**FWIW** - forgot where I was  
**IMHAO** - is my hearing aid on?  
**OMMR** - on my massage recliner  
**ROFLACGU** - rolling on the floor laughing and can't get up

How many retirees does it take to change a light bulb?

One, but it'll take all day.



"Ed is having a tough time adjusting to retirement."



# Useful Links



Our centre is a busy place and we couldn't get everything done without them.

**Volunteers are always required** for a variety of tasks including answering phones and registrations at the front desk, leading in-house activities, distribution of meals at curbside pickup or at special events, submission of articles of interest to our newsletter, selling tickets at the Cornwall Bingo, etc.

If you are able to help out a few hours a month or more, please contact:

## **Front Desk Volunteers:**

Micheline at 613-935-5010.

## **Meals Volunteers:**

Darleen at 613-938-9412.

## **Bingo volunteers :**

Darnell at (613) 932-4969

*WE THANK YOU*

<https://www.facebook.com/SeawaySeniorCitizensClub1201>

<https://seawayseniors.ca>

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

<https://www.cornwall.ca/en/live-here/senior-services-and-initiatives.aspx>

<http://www.oacao.org>

<https://ontariocaregiver.ca>

<https://www.nursenextdoor.com>

<https://chartwell.com/en>

<https://www.bayshore.ca>

<https://www.alzheimer.ca/cornwall>

<https://hearcanada.com>



## **Mission Statement**

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