

The Seaway Senior Citizens Chronicle

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



This year March brings two special occasions - St. Patrick's Day on March 17th and Easter starting with Good Friday on March 29th followed by Easter Sunday on March 31st.

"In like a lamb, out like a lion" is the old adage that is often quoted. So far Spring is in the air, but who knows what March will bring?

And don't forget to turn your clocks ahead on Sunday March 10th, for an extra hour of sunshine!

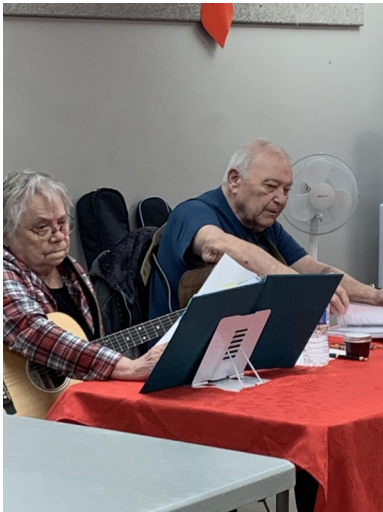


Last Month in Review



Valentine's week was full of love starting with our in house dinner featuring trivia by Denise Willard and post dinner entertainment by the 'Jammers'. And love is always in the air with our suitably dressed 'Cupids' fitness class.

We love and appreciate all our members - they make our club such a fun and friendly place.



Coming Events



 SEAWAY
SENIOR
CITIZENS
CLUB

**St. Patrick's Day
Dinner**

**Tuesday, March 12
5 pm**

Celebrate St. Patrick's at the Club

*Join us for a good time and great food.
Get your tickets today!*

**Salad
Beef Stew
Bun
Pistachio Cake**

 **\$15**

Tickets are available at the Reception Desk

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

506 Pitt St.




Sugar Bush Coach Trip, Meal & Tour

Stanley's Olde Maple Lane Farm 
with a stop at St. Albert's Cheese 

Saturday, March 23

Coach departs Club at **8 am**, returns **3 pm**

 Cost includes VIP Coach, Maple Bush Tour, Sugar Shack Meal, and a visit to Stanley's Barns and Shops. There will also be a stop at the St. Albert's Cheese Factory.
Bookings are non refundable

Book through **Reception**
deadline March 8

\$45.



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

This Trip is subsidized by a grant from the Ontario government. Thank you as well to the SSCC Grant Committee!

Coming Events



SEAWAY SENIOR CITIZENS CLUB

Bunny Bake Sale

Tuesday, March 26
1 pm - 4 pm

Join us for a Special Easter Week Sale!

- Bake Table
- Craft Table
- Book Table
- White Elephant Table
- Easter Basket Raffle

To Donate Baking, Crafts, etc.
Please Visit Registration Desk

Hop on Down and Support Our Seaway Seniors!



SEAWAY SENIOR CITIZENS CLUB

Make it & take it home

Stained Glass Workshop

with *Shelley Burnell*
S & R Creations stained glass decor

Thursday, APRIL 25
7pm - 9 pm

gnome bluebird cardinal hummingbird

\$75. \$45. \$85. \$55.

Choose kit from 1 of 4 lovely designs

Kits Include:

- picture frame
- pattern
- cut glass for pattern
- mosaic glass for around design
- glue & stick to spread glue

See Reception for Information and to Register
deadline is March 26

phone: 613 932 4969
email: seawayseniors@gmail.com
web: www.seawayseniors.ca
506 Pitt St., Cornwall, ON

We have lots going on this month.
Remember space could be limited for
some of these great events.

Don't miss out, **register now.**

Knowing & Growing



Knowing/Growing Project
TIPS



Chop Suey Salad (Salade d'Amour)

contributed by **Fred Deschamps**



Raised Bucket Garden Planter



1. If the planter box is too big, make it half as long
2. Drill 6 or 7 3/8" holes in pail bottoms
3. Break up pieces of styrofoam or use packing pieces to fill bottom of pail to form a 3 to 4 inch drainage layer
4. Fill buckets with good topsoil and peat moss (3 parts soil to 1 part peat moss, stir mixture before inserting into pail)
5. Get growing!



contributed by **Fred Deschamps**

1

- 1 red pepper cubed
- 1 lb baby spinach (wash well and spin)
- 1/2 package (2 cups) of bean sprouts (wash well and spin)
- 4 celery stalks (small bite size chunks)
- 2 cups fresh white mushrooms
- 1/2 cup chopped green onions

2

- 1 cup cashews (halved length wise)
- 2 cups cooked rice (cooled)
- 1/2 to 3/4 cup white grapes cut in two



3 (sauce)

- Mix 1/4 cup light soya sauce
- 3 or 4 garlic cloves chopped very fine (or use press)
- 1/2 cup corn oil (do not substitute)
- Mix all ingredients in jar with lid
- Shake very well
- Add sauce 1/2 hour before serving



February Lunches

March



Darleen's Lunch Menu

March 7

Turkey Stir Fry
Turkey Soup
Bun
Butter Tart

March 14

Meatball Stew
Coleslaw / Bun
Butterscotch Pudding

March 21

Shepherd's Pie
Tossed Salad
Bun
Apple Crisp

March 28

Chicken Rice Soup
Chicken Salad or
Egg Salad Sandwich
Pineapple Cake



Place your order by calling the Club on **Tuesday** between **9 am** and **11:30 am** at **613 932 4969**.

Pickup is on **Thursday** between **11 am** and **1 pm** at 506 Pitt St.

Pies from **Darleen's Kitchen**

Apple Pies
Blueberry Pies

Place your order:
at Reception or
☎ 613 932 4969

\$15 large
\$8 small

506 Pitt St, Cornwall
www.seawayseniors.ca

Seaway Sweets from **Darleen's Kitchen**

- Brownies
- Butter Tarts
- Pecan Tarts
- Date Squares
- Chocolate Chip Cookies
- Oatmeal Raisin Cookies
- Shortbread Cookies
- Shortbread / Jam Cookies

Place your order:
at Reception or
☎ 613 932 4969

\$10 dozen brownies
\$7 dozen cookies

506 Pitt St, Cornwall
www.seawayseniors.ca

Club Stuff



FUR BABIES Pictures & Stories

Many of us have very special members of our family that warm our hearts. We are reaching out to you, our Seaway Seniors family, to share your special pictures and short stories of your Fur babies. Reach out with your special photos and stories to Carol Travers at caroltravers45@gmail.com



Here's my cat. Her name is Sagwa and she's a polydactyl which means she has 6 toes on each paw. She's 3 years old and loves to climb everywhere and hides in the most unusual places.

Contributed by Carol Travers



BUNNY BAKE SALE

**TUESDAY
MARCH 26**
1 PM - 4 PM

Oak Room

Seeking Donations of:

- Baking
- Crafts
- Books

Sign up to **Donate at Reception**.
Donations can be dropped off
the morning of March 26
to Reception by **11 am**

**Contact Karen Cooper for
more information**
Phone: 613 938 4897
Email: hobbite@cogeco.ca

WWW.SEAWAYSENIORS.CA

Club Stuff



SUPERCALIFRAGILISICEXPIALIDOCIOUS !

Club members who the SVTC production of Mary Poppins all agreed - it was an absolutely fantastic show and we were so proud to see three SSCC members up on stage. Showcasing their exceptional acting, singing and dancing talents were Elizabeth Adams, Jacqueline Petro and Alan Scrivener. And back stage behind the scenes was Glenn Cooper working his magic on sound and lighting.

A huge thank you also to Karen Douglass Cooper for coordinating this event.



Even our fitness class got into the Mary Poppins spirit with a visit from their own version of Mary and Bert the chimneysweep.



Recipe



Mocha Dessert Layer Cake

contributed by Debbie Blohon

Ingredients

- 1 cup sifted flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 Tbsp instant coffee or cocoa
- 3/4 cup fine white sugar
- 5 Tbsp cooking oil
- 1/3 cup water
- 4 egg yolks
- 1 tsp vanilla
- 1/4 tsp cream of tartar
- 4 egg whites at room temperature

Method

- Sift flour, baking powder, salt, sugar, and coffee.
- Make a well in flour and add oil, water, egg yolks, and vanilla.
- Beat until smooth. Sprinkle cream of tartar over egg whites and beat until very stiff.
- Fold coffee mixture into egg whites.
- Turn into an ungreased tube pan.
- Bake at 325 degrees for 1 1/2 - 1 3/4 hours.
- Allow cake to cool upside down, suspended.

Filling

- 1/3 cup fine granulated sugar
- 1 to 2 Tbsp instant coffee
- 1/3 tsp salt
- 1 pint chilled whipping cream
- 1/2 tsp vanilla

Filling & Icing Cake

Combine coffee, sugar, salt, and vanilla, and add to the cream. Cover and chill for one hour. Beat until stiff. Cut cake into layers and frost with the filling.

Enjoy!

The Physical and Mental Health

Benefits of Gardening



Strengthen your bones

When your skin is exposed to the sun, this prompts the body to produce the nutrients you need: Vitamin D. This vitamin—also found in fish and fortified products such as milk—helps your body absorb calcium, a mineral essential for bone-building. In addition, exposure to sunlight can help to counter bone decalcification. Just be sure to wear sunscreen if you're going to be outdoors in the sun for more than a few minutes.

Lower your blood pressure

Engaging in 30 minutes of moderate-level physical activity every day helps regulate high blood pressure. As luck would have it, experts consider gardening an excellent physical activity. Whether you're planting, weeding or watering, you're moving your body! Staying active goes a long way in lowering high blood pressure.

Burn calories

Here's some good news for those who already spend hours planting and digging: gardening is considered a moderate-intensity exercise. Yes, you heard it right! You can burn about 330 calories doing one hour of gardening, which is more than walking at a moderate pace for the same amount of time.

Eat healthier

Another positive benefit is that tending to a vegetable garden can help boost your health by supplying you with a better diet of fresh, nutritious and organic vegetables. Canada's Food Guide recommends that fruits and vegetables should make up half of your plate. This helps ensure that you get the nutrients you need to stay healthy and reduce your risk of chronic disease. However, only 1 in 10 people manage to meet these guidelines, according to Canada's Food Guide.

Gardening provides extra assurance that the vegetables and fruits that you grow are fresher, healthier, and better-tasting than the ones from the store, as the food comes straight from your garden. Plus, as a gardener, you can explore new varieties and try vegetables that you would never have thought to buy.

Puzzle



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



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

Puzzle Answer



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

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

Laughter is the Best Medicine

TWELVE COMMANDMENTS FOR SENIORS

1 - Talk to yourself. There are times you need expert advice

2 - In Style are the clothes that still fit.

3 - You don't need anger management. You need people to stop making you mad.

4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

5 - The biggest lie you tell yourself is, I don't need to write that down. I'll remember it. "

6 -On time is when you get there.

7 - Even duct tape can't fix stupid - but it sure does muffle the sound.

8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

9 - Lately, You've noticed people your age are so much older than you.

10 - Growing old should have taken longer.

11 - Aging has slowed you down, but it hasn't shut you up.

12 - You still haven't learned to act your age, and hope you never will??

And one more:

"One for the road" means going to the bathroom before you leave the house.



Turns Out the
RIGHT MASK
CAN MAKE YOUR
ST. PATRICK'S DAY

a lot
MORE FUN!





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.

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

Front Desk Volunteers:
Shona at 613-932-4969.

Meals Volunteers:
Darleen at 613-938-9412.

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