

Recreation & Community Services Guide

2024



Arts & Culture • Recreation & Leisure
Community & Social Services • Events



613-376-3027



southfrontenac.net



EngageFrontenac.ca



**SOUTH
FRONTENAC**



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www.hartingtonequipment.com





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 in Perth Road, Inverary, Sydenham, Glenburnie
www.nomadyogini.ca 
info@nomadyogini.ca 
 613-453-4195

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For up to date information, please contact the groups and organizations listed in this guide, or check www.southfrontenac.net.

PHARMASAVE[®]
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 Experience the convenience of a pharmacy that truly cares. We answer the phone every time!
 No automated systems— just friendly voices ready to help. Your full service local pharmacy!
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 613-372-1346 • leonardfuels@persona.ca
leonardheatingandcooling.ca

A Message From Mayor Vandewal:



In our new strategic plan, we talk about enhancing the quality of life for all residents in South Frontenac by being a welcoming and thriving rural community. While delivering critical services to residents is at the core of what we do, I've always believed it is our parks, facilities, programs, and events that are the lifeblood of our community.

As part of our commitment to municipal service excellence, in 2023 we conducted a Recreation Fee and Facility Study, with input from user groups on how to best allocate services and facilities so it is fair and equitable to everyone. Stay tuned as we share more details on the study and what it means for residents who use our facilities and programs.

I encourage you to get out and get active in South Frontenac in 2024. Swing a racquet, shoot a hoop or bike a trail. Join a club. Volunteer. Sign up for an exercise class. Attend a local festival or event. I guarantee you'll find friendly, welcoming faces as you discover all that South Frontenac has to offer. Enjoy!

Mayor Ron Vandewal
613-376-3027 ext. 2236

A Message from Recreation Staff:

As we head into the busy spring season, we are pleased to bring you our annual Recreation & Community Services Guide. This guide is chock-full of information about the many clubs and associations that make South Frontenac a perfect destination for your recreation and leisure pursuits.

After a few years hiatus, we are excited to be reintroducing the McMullen Beach Day Camp. This special multi-sports camp will leverage the natural and built assets afforded at the site, including the use of the newly reconstructed sports courts, and of course lots of swimming on the beautiful shores of Verona Lake.

South Frontenac is also home to many wonderful events. I encourage you to check out and contribute to the Events Calendar on our website to stay up to date on happenings. If you're interested in volunteering at our events, please email us at recsupport@southfrontenac.net.

Amanda Pantrey
Recreation & Events Coordinator
613-376-3027 ext. 4447



Township Information



Battersea Ball Park



Centennial Park



Dave Bowes Park



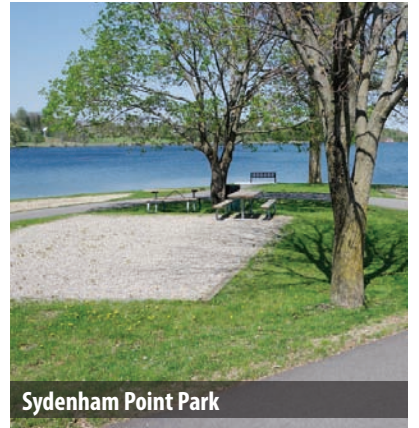
Harris Hall Park



Gilmour Point Park



Davidson Beach



Sydenham Point Park



Gerald Ball Park



Latimer Park



Glendower Hall Park



McMullen Park



Tett Park

Photos by Paul Wash

PARK FEATURES	Ball Diamond	Basketball Court/Nets	Benches/Picnic Tables	Canteen	Dog Park	Football Field	Gazebo/Pavilion	Horseshoe Pits	Multi-Use Court	Paved Pathways	Playground	Soccer Field	Washroom Facilities
	Recreation Hubs (& Beaches*)												
Centennial Park 4500 Centennial Park Road, Harrowsmith	•	•	•	•	•		♿	•	•	♿	♿	•	•
Davidson Beach* 3487 Four Seasons Drive, Inverary			•										
Gerald Ball Memorial Park 3364 Moreland Dixon Road, Sunbury		•	•	•				•	•		•	•	•
Gilmour Point Park* 1763 Wellington Street, Battersea			•				•						•
McMullen/Verona Park* 6089 Carleton Drive, Verona		•	•				•		•		♿	•	•
Sydenham Point Memorial Park* 4410 Point Road, Sydenham	•		♿	•		•	♿		•	♿	♿	•	♿
Neighbourhood Parks													
Battersea Ball Diamond 5167 Battersea Road, Battersea	•	•	•	•							♿		•
Dave Bowes Memorial/Keeley 2042 Park Valley Road, Sydenham	•		•	•			•				♿		•
Frontenac Community Arena 4299 Arena Boundary Road, Godfrey				•								•	♿
Glendower Park 1381 Westport Road, Godfrey	•	•	•						•		♿		
Inverary Ball Diamond 4772 Latimer Road, Inverary	•		•	•			•				•		•
Latimer Park (Heska) 5402 Holmes Road, Inverary		•	•				•				♿		
Wilmer Ball Park 5178 Wilmer Road	•		•	•							♿		•

PARK FEATURES

	Ball Diamond	Basketball Court/Nets	Benches/Picnic Tables	Canteen	Dog Park	Football Field	Gazebo/Pavilion	Horseshoe Pits	Multi-Use Court	Paved Pathways	Playground	Soccer Field	Washroom Facilities
Parkettes/Green Spaces													
Harris Park 5612 Perth Road, Perth Road			•								•		•
Princess Anne Park 5597 Road 38, Hartington												•	•
Tett Park 36 Tett Crescent, Perth Road			•								•		
Community Operated (non-municipal)													
Ken Garrett Memorial Park 4010 Perth Road, Inverary	•	•	•				•				•		•
Lions Club Mini Park 4389 Verona Sand Road, Verona											•		
Call 613-376-3027 Ext 4331 or email bookings@southfrontenac.net for rental information. ♿ = Accessible Feature													



BEARS & GARBAGE DON'T MIX

HELP PREVENT BEAR ENCOUNTERS

Put your garbage out in a secure container at 7:00 am on your collection day



SOUTH FRONTENAC

Looking for a Hall or Meeting Space?

The Township of South Frontenac has a variety of facilities and rooms to meet your rental needs. Whether you are looking for a hall for your birthday, anniversary or special celebration, or your group is looking for a space for a club or association meeting, consider South Frontenac for your next event!

To book one of our facilities visit www.southfrontenac.net or contact Recreation & Leisure Services at 613-376-3027 Ext 4331, via email at bookings@southfrontenac.net or in person at 2490 Keeley Road, Sydenham.

Will you require additional certificates or permits?

Check out www.southfrontenac.net to ensure your plans are aligned with relevant policies, find out how to apply for milestone certificates, and other information to help make sure your event is a success.

Glendower Hall

Amenities:

- Full Kitchen
- Stage & Dance Floor
- Accessible Entrance/Washroom
- Capacity: 200



1381 Westport Road, Godfrey

Photo: Paul Wash

This large hall is South Frontenac's most northern facility and is perfect for your next event. Glendower is a bustling social space and hosts card nights, jams, Canada Day events, family reunions and more.

Harris Park Hall

Amenities:

- Air Conditioned
- Full Kitchen
- Meeting Room
- Accessible Entrance/Washroom
- Capacity: 50



Photo: Paul Wash

Looking to host an event in the Perth Road Village area? Harris Park Hall has everything you will need! Equipped with lots of amenities, this facility is in a great location that is easily accessible, not to mention it is surrounded by a beautiful park with a playground.

Storrington Centre

Amenities:

- Air Conditioned
- Kitchen
- Accessible Entrance/Washroom
- Capacity: 250



Photo: Paul Wash

The Storrington Centre in Sunbury is South Frontenac’s most frequently used indoor space. Boasting over 4,000 square feet, this community hub is also home to the Storrington Branch Public Library and a Public Services Yard with sand available to residents in the winter.

Sydenham Library

Amenities:

- Air Conditioned
- Kitchenette
- Audio/Visual Equipment
- Accessible Entrance/Washroom
- Seating: 45
- Capacity: 67



4412 Wheatley Street, Sydenham

Photo: Paul Wash

Located in the heart of the village of Sydenham, the Sydenham Library Community room is a beautiful space with much to offer. This facility is ideal for community group meetings, business gatherings, special events, and much more.

Frontenac Community Arena

Amenities:

- Single Pad Ice Facility
- Canteen & Community Room
- 6 Change Rooms
- Seating For 350 Spectators
- Pro Shop
- Accessible Entrance/Washroom



4299 Arena Boundary Road, Godfrey

Photo: Paul Wash

In 1976, with the support of several Townships in Frontenac County, the North Frontenac Community Arena opened at Godfrey. Over the years, the Arena (now Frontenac Community Arena) has provided a place for young and old alike to gather and engage in sporting and recreational activities and dream big. Contact the FCA directory for rental information at frontenacarena.com or call 613-374-2177.

BOAT LAUNCHES

Township Owned

Bob's Lake	460 Steele Road
Buck Lake	7930 Perth Road
Canoe Lake	1130 James Wilson Road
Desert Lake	2460 Desert Lake Road
Devil Lake	8771 Perth Road
Dog Lake	1863 Wellington Street 1519 Ormsbee Road
Kingsford Lake	40 Kingsford Lake Dam Road
Knowlton Lake	5120 Knowlton Lake Road
Loughborough Lake	5060 Lower Round Lake Road 2250 Battersea Water Street 316 Koen Road
South Otter Lake	6473 Salmon Lake Road
Sydenham Lake	4410 Point Road
Upper Rock Lake	4151 Opinicon Road
Verona Lake	4234 Salmon Drive 4278 Water Street
Wolfe Lake	4041 Westport Road Hanna Road

See the centre of this guide for a map of Township owned and maintained boat launches.

Other boat launches within South Frontenac are noted below, however they are NOT owned or maintained by the Township and we do not regulate the use.

Non-Township

Cronk Lake	5976 Bedford Road
Elbow Lake	6494 Salmon Lake Road
Loughborough Lake	4737 Perth Road 2340 Loughborough View Road
Millhaven Creek	3793 Road 38
Sydenham Lake	Wilmer Road

WATER ACCESS

Mitchell Creek	7880 Canoe Lake Road (municipally owned at Mitchell Creek Bridge)
Napanee River	1025 River Road (municipally owned at end of River Road)
Little Long Lake	5700 Bedford Road (municipally owned at culvert)

Council & Recreation Committee

South Frontenac Council 2022 – 2026 Term

Mayor

Ron Vandewal 613-376-3027 x2236

Bedford District

Adam Turcotte 613-273-9876

Steve Pegrum 613-328-3076

Portland District

Doug Morey 613-372-5431

Ray Leonard 613-583-6552

Loughborough District

Randy Ruttan 613-353-6439

Scott Trueman 613-353-7358

Storrington District

Norm Roberts 613-353-7182

Ron Sleeth 613-353-2475

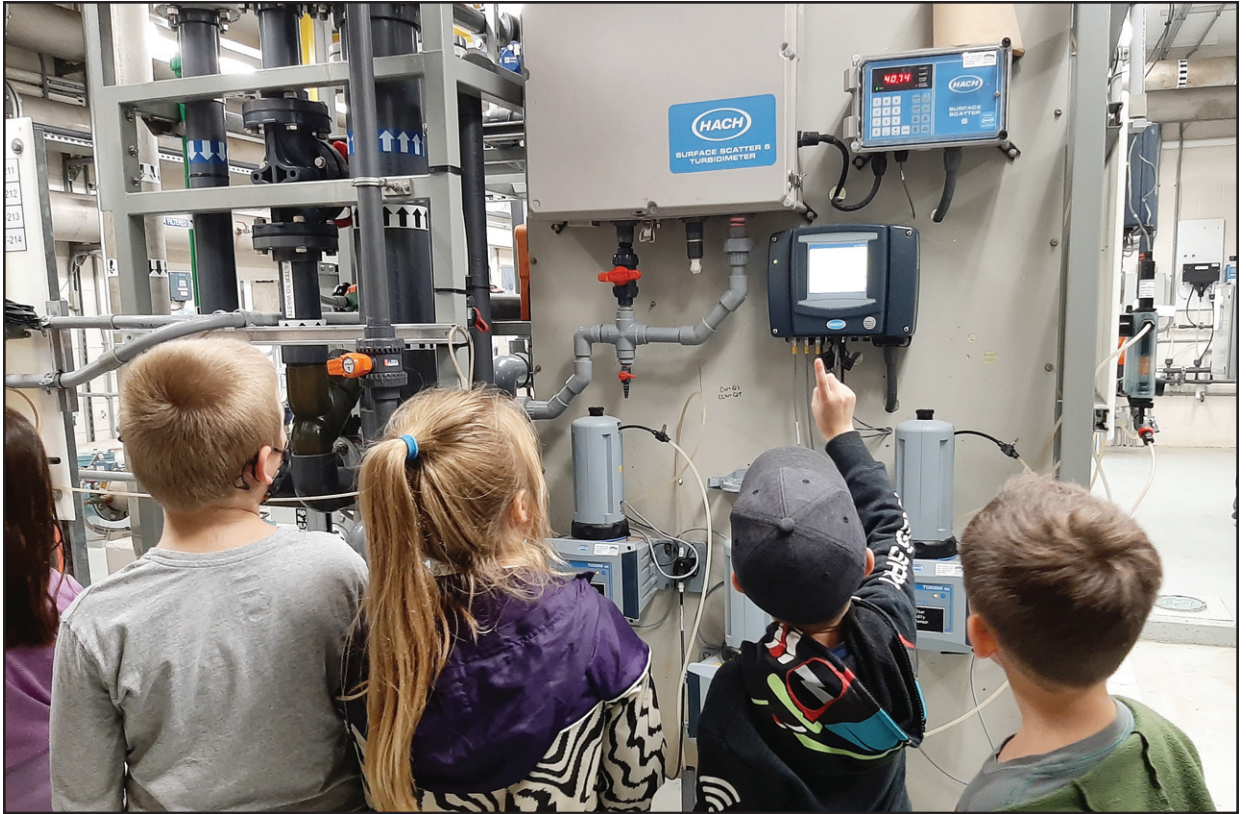
Recreation & Leisure Services Advisory Committee

The Recreation & Leisure Services Advisory Committee reports to Council on matters which include:

- Advise Council in the implementation of the recommendations of the Recreation, Parks, and Leisure Master Plan.
- Act as a conduit between the community and Council.
- Assist with the coordination and execution of Township-led events and programs.
- Provide informed input on the annual recreation budget cycle.
- Support community recreation education initiatives.

Members: Councillor Norm Roberts, Councillor Ray Leonard, Michele Zigman, Holly Wilson, Paige Moreland, Paul Wash, Marc Goudie, Karl G. Hammer, Shane Peters, Marie Wilkins.

To connect with the Recreation & Leisure Services Advisory Committee, please call 613-376-3027 ext. 4447 or email recsupport@southfrontenac.net.



Loughborough Public School students visit the Sydenham drinking water plant.

Municipal Services

613-376-3027

4432 George Street · 2490 Keeley Road

Public Services

Ext. 4330/ 4331

pwsupport@southfrontenac.net

recsupport@southfrontenac.net

The Public Services Department keeps South Frontenac moving, safe and vibrant. Connect with public services for inquiries regarding:

- Road maintenance, capital road projects, winter control, streetlights/signs, entrance permits and private lane information

- Solid waste management, including curbside collection of garbage and recycling, landfill management and bag tags
- Facility maintenance, capital facility projects, boat ramps, parks and beach maintenance
- Recreation and leisure services including facility rentals, programs and events

Development Services

Ext. 2226

Are you looking to renovate or build in South Frontenac? Are you curious about zoning, environmental protection or setting up shop in the community? Contact the Development Services Department on matters such as:

South Frontenac is a welcoming and thriving rural community.

Building Services

building@southfrontenac.net

- Building permits for new construction, renovations, or additions
- New and replacement sewage systems
- Sewage system records

Planning Services

planning@southfrontenac.net

- Planning applications, including consents and minor variances
- Permitted uses and zoning information

- Heritage buildings and preservation
- Environmental protection
- Official Plan Update

Corporate Services

Ext. 2229/2200 (taxation)

reception@southfrontenac.net

taxes@southfrontenac.net

Corporate Services ensures financial accountability, legislative compliance, and provides administrative services for the municipality. Contact Corporate Services for:

Put waste in its place



Our recycling app will allow you to

- 1** See your waste collection schedule at your fingertips
- 2** Receive reminders on your phone
- 3** Look up what items can be recycled in the Waste Wizard!



Search for South Frontenac Recycles in the app store or go to www.SouthFrontenac.net/SFRecycles

- Municipal property taxes, utility billing and the municipal budget
- Municipal grants and funding opportunities
- Human resources and recruitment
- Cemetery services
- Lottery and animal licencing

Clerk's Office

Ext. 2239

admin@southfrontenac.net

The Clerk's Office is the direct link between Township staff and Council. Connect with the Clerk on issues regarding:

- Council matters, including requesting a delegation to appear before Council

South Frontenac 2024

Community Recreation & Leisure Services Fair

Learn about and register for local recreation, leisure and social programs for all ages.

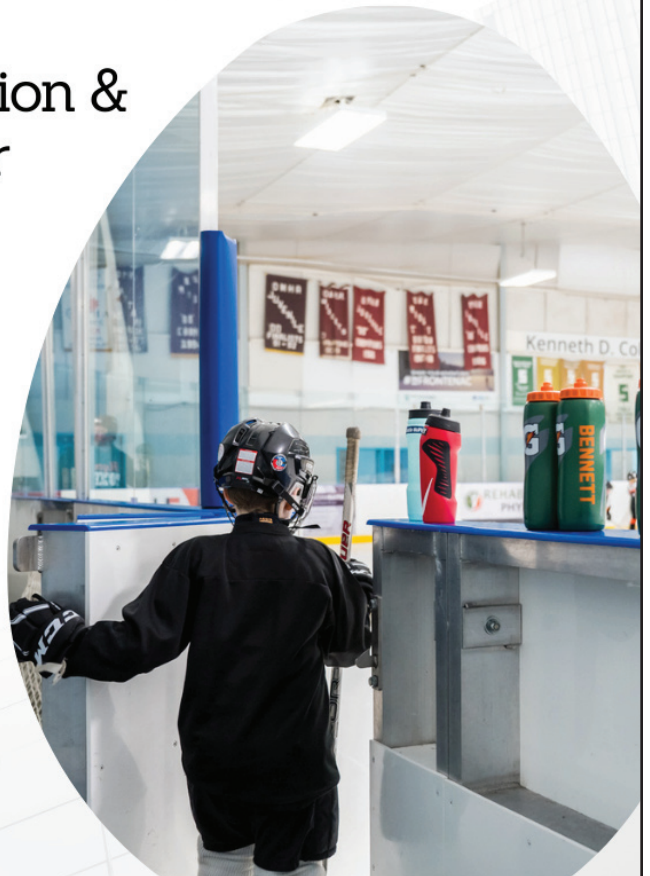


March 16, 2024
11:00 am - 2:00 pm



Verona Lions Club
4504 Sand Road

recsupport@southfrontenac.net





Fire Prevention Training at our Public Schools

- South Frontenac By-laws or to submit a By-law complaint
- Freedom of Information and Protection of Privacy inquiries or requests
- Accessibility accommodations

Fire & Emergency Services

Ext. 2234

fireadmin@southfrontenac.net

South Frontenac Fire & Rescue is a hybrid force with 110 volunteer fire fighters. With eight fire stations located throughout the

township, SFFR volunteer fire fighters help to protect the community. Contact SFFR for inquires about:

- Open air burning, bans and restrictions
- Emergency preparedness
- Volunteer firefighter opportunities



2023 Community Recreation & Leisure Services Fair

County of Frontenac

613-548-9400

www.frontenacounty.ca

South Frontenac is one of four lower-tier municipalities in the County of Frontenac. Connect with the County for information on:

- Frontenac Paramedic Services
- Economic development
- GIS Services
- Fairmount Home Long Term Care Facility
- Frontenac County Council

Conservation Authorities

Cataraqui Region Conservation Authority

www.cataraquiconservation.ca

613-546-4228 / 1-877-956-2722

Rideau Valley Conservation Authority

rvca.ca

613-692-3571

Quinte Conservation Authority

www.quinteconservation.ca

2061 Old Hwy 2, Belleville, ON K8N 4Z2

Tel: 613-968-3434

Stay informed

- 1 Look for our ad banner each week on the back page of the Frontenac News
- 2 Subscribe to our monthly e-newsletter NewsFlash at southfrontenac.net/subscribe
- 3 Follow us on our socials

southfrontenac.net engagefrontenac.ca



**SOUTH
FRONTENAC**





Arts & Culture

Arts, Music & Venues

Frontenac Women's Chorus - Kingston and area's first Women's Chorus, going strong for over 25 years. All ages, and all singing abilities are welcome. We support our local communities through concerts and guest performances, featuring the music of our time (with a few classics thrown in).

Stellaterhart@gmail.com

613-653-6673

Guitar & Ukulele Lessons - 35 years of experience. All ages and levels. Various Styles. Electric or acoustic. Lessons geared towards student's personal goals and interests. Lesson location is at my home studio in Fermoy or Zoom. Get the details and start pickin'. John Russell.

ideastofretabout@icloud.com

613-483-0377

Kingston Frontenac Public Library - Bringing the community together!

Sixteen branches are

ready to welcome you, including the Hartington, Storrington, and Sydenham Branches in South Frontenac. Borrow books and other items and enjoy library programs and events, online and in person.

Visit kfpl.ca/hours-and-locations to learn more.



South Frontenac Programming Highlights

Stories at the Point in Sydenham

Join Kingston Frontenac Public Library bi-weekly for outdoor storytime fun at Sydenham Point (4410 Point Road, Sydenham) starting Friday, June 7. This program is in partnership with EarlyON! Visit www.keyon.ca to pre-register.

Reading Challenges

Win prizes, earn badges, and embark on exciting adventures through Kingston Frontenac Public Library's range of reading challenges, including 1000 Books Before Kindergarten, Teen School Year Reading, and seasonal challenges, including summer reading for all ages. Visit www.kfpl.beanstack.com to register.

Teen Review Board

Join Kingston Frontenac Public Library's Teen Review Board for a fun volunteer opportunity! High school students can review books, movies, games and music borrowed from the library to earn volunteer hours and share their opinions on our website.

Hartington Branch

5597 Road 38, Hartington.

613-372-2524

Storrington Branch

3910 Battersea Road

613-353-6333

Sydenham Branch

4412 Wheatley St, Sydenham

613-376-3437

Piano Lessons - All ages welcome, it is never too late to begin. Piano lessons available at my home studio.
www.carolynscreative.com.
Carolyn Schaub 613-376-6207

Painting & Crafts - Do you like to paint, draw, and do other crafts with a group who can help or offer encouragement? Join us at the Storrington Centre, 1st & 3rd Wednesdays of the month from 9:00

-12:00. Contact Theresa at 613-387-2094.

Storrington Book Club – Drop in, informal gathering, talk about what you are reading. 3rd Thursday of the month, 11am-noon. Contact Theresa at 613-387-2094

Soulful Singing in Beautiful Battersea (4th Tuesday of the month) - Join in Soulful Singing, an active meditative practice that promotes mindfulness, joy, creativity and

COMMUNITY OPERATED HALLS	Accessible Entrance	Air Conditioned	A/V Equipment	Bottle Filling Station	Capacity/ Room	Kitchen	Licensed	Meeting Room/Hall	Washroom Facilities
Bellrock Hall 6034 Leveque Road, Verona • 613-929-2444	♿				90	•			♿
Golden Links Hall 4186 Colebrook Road, Harrowsmith • 613-372-2410	♿	•	•	•	200	•	•	•	♿
Harrowsmith & District S & A Club 4041 Colebrook Road, Harrowsmith • 613-372-0917	♿	•			90	•			♿
Royal Canadian Legion, BR. 496 4361 Amelia Street, Sydenham • 613-376-6808	♿				160	•	•		•
Grace Centre 4295 Stagecoach Road, Sydenham • 613-376-6477	♿				150	♿		♿	♿
Storrington Lions Hall 2992 Princess Road, Inverary • 613-353-6920	♿	•			325	♿	•	♿	♿
Verona Lions Hall 4504 Verona Sand Road, Verona • 613-374-2821	♿	•			200	•	•	•	♿



Canada Day 2023 at The Point

community. Everyone welcome in the circle of song. \$15 per night, first time free. Info/RSVP: Wendy Luella 613-549-3102, info@www.wendyluellaperkins.com

Trinity Quilters - A group of quilters who welcome new members to work on individual and group projects. The group shares ideas, techniques, snacks and laughs. Participants work at their own pace and skill level. Information - Angie Billings 613-374-3711

Wintergreen Studios - Is an environmental education and wilderness retreat centre located in South Frontenac. Established in 2007, Wintergreen embodies joyful ways of living in balance with the natural world. The programs and off-grid facilities inspire people to live harmoniously, to become more resilient, and to return to their homes, workplaces, and communities nurtured and rejuvenated—ready to make a difference. 613-273-8745



www.wintergreenstudios.com
info@wintergreenstudios.com

Food & Agriculture

Fat Chance Farmstead - Uncertified organic pick your own strawberries. Check our website to find out when we're open. www.fatchancefarmstead.com fatchancefarmstead@gmail.com 613-539-5569

The Frontenac Farmers Market opens for the 2024 season on Friday May 10th! Running every Friday from 3pm-7pm at Centennial Park in Harrowsmith the community can enjoy live music, onsite food and drink, weekly special events, and over 30 weekly vendors. Come out, meet your neighbours and support your local farmers and artisans. For more information visit www.frontenacfarmersmarket.com

Frontenac Federation of Agriculture - Representing farmers in Frontenac County, City of Kingston, Wolfe and Howe Islands.

Follow us on Facebook.
shanlake@kingston.net

Lanark and District Maple Syrup Producers Association - (LDMSPA) is a group of maple syrup producers located in the Lanark, Frontenac, and Leeds and Grenville Counties and Ottawa-Carleton. LDMSP members producers in South Frontenac include Ormsbee's - 1768 Ormsbee Road - Battersea (available at Ormsbee's Mercantile) Gorr's Maple Syrup, 3596 Quinn Road, Harrowsmith 613-372-0348 and Crooked Lane Farm - 1023 O'Reilly Rd,

Hartington, 613-372-2970. Information – ldmspa.com. Other South Frontenac Maple Syrup Producers listed on the Ontario Maple Producers website include: East Slope Maple Products, 475 Lee Road, Fermoy, 613-722-7059, John Masswohl, 6533 First Lake Rd, Verona, 613-299-7684, and Stineridge Maple Products, 4659 Holleford Rd., Hartington, 613-583-2626.

National Farmers Union Local 316 - For over 2 decades, NFU Local 316 members and friends have been involved in activities and projects to help build the local food

Show your South Frontenac pride!

Look for SF clothing in local retailers!



and farm system in KFL&A. The NFU advocates for local, provincial, national and international policies that benefit farmers on small and medium-sized farms. We are always looking for new members, either farm family members, farm workers or associate memberships for individuals and families who support our goals. For updates on NFU activity, visit nfontario.ca and nfu.ca. To get in touch with the Local 316 directly please email: local316@nfontario.ca.

Don and Linda's Back Yard Gardens,
Produce Market, Plants and Crafts - 20

Raised Garden beds to choose from throughout our growing season. Saturdays May through Thanksgiving weekend, 9am -1pm. Local Food Bank collection the first Saturday of each month.

4309 Maple Drive, Verona
613-374-1307

Museums & Heritage Societies

Bedford and District Historical Society/ Research Centre – The centre contains hidden treasures waiting to be uncovered by local residents. The committee has been

RESTAURANTS & EATERYS

Creekside Bar & Grill	2261 Wellington Street, Battersea • 613-353-1102
Gilmours on 38	5062 Road 38, Harrowsmith • 613-969-6561
Gino's Pizza & Spaghetti	5062 Road 38, Harrowsmith • 613-507-2929
Grains & Goods Bakery	4431 William Street, Sydenham • 613-376-3737
Lavallee's Cookery	3810 Perth Road, Inverary • 613-653-3333
Lenny's Deli	4415 George Street, Sydenham • 613-376-1111
Ormsbee's Mercantile	3814 Battersea Road, Sunbury • 613-353-6990
MOM Restaurant	6775 Road 38, Verona • 613-374-3095
Muddy Waters Restaurant	6557 Road 38, Verona • 613-374-5444
Mrs Garrett's Bake Shop	3748 O'Neil Lane, Inverary • 613-653-2783
Paradiso Pizza	4047 Perth Road, Inverary • 613-653-9000
The Pizza Place	4946 Road 38, Harrowsmith • 613-372-5693
Prime Takeout	4937 Road 38, Harrowsmith • 613-372-0333
Subway	2779 Rutledge Road, Sydenham • 613-376-6969

South Frontenac is a welcoming and thriving rural community.



The South Frontenac Museum

actively preserving history for 16 years, collecting, preserving and cataloguing local artifacts. The Centre is open by appointment. Glendower Hall, 1381 Westport Road.

bedfordhistoricalsociety2019@gmail.com

South Frontenac Museum – The Museum is owned by the Township of South Frontenac and managed by the South Frontenac Museum Society. We have artifacts, photographs, documents and stories of our earliest Indigenous Peoples and later settlers through the logging and mining boom years to the home life, family histories, architecture and schools of our farming communities. We offer programming all summer and can accommodate groups and school classes, with prior notice. The Museum Society is made up of local residents. We need people of all sorts of skills and interest. We welcome new members and volunteers who want to be a part of our future to come and join our team. You can connect with us on the

web at <http://southfrontenacmuseum.com>, on Facebook: @southfrontenacmuseum or by phone at 613-376-3027 extension 2600.

Let's Discover Our Past...

South Frontenac Museum

Catch a glimpse into how people lived 50, 75, 100, or 150 years ago.

Hartington Schoolhouse
5595 Road 38
SouthFrontenacMuseum.ca
613-376-3027 EXT. 2600

Community Services



**FOOD BANK
DONATIONS
HERE!**

**Please come
inside for
assistance with
large deliveries.
Thank you!*

Community Services

Clothing Depot, Community Caring -

Princess Anne Building, 5597 Road 38, Hartington. Charitable clothing, \$5 per large bag – Information and hours – call Cheryl Kellar at 613-374-3217 or Cheryl Preston at 613-539-5890, or Kathy Ward 613-572-6958.

Hours of Operation: Tuesdays and Fridays, 10:00 am – 2:00 pm. They are also open one Sunday a month. Please call one of the organizers below to verify which Sunday or check out their Facebook page.

Clothing Depot, Style Revival - Free

clothing, Verona Free Methodist Church, Wed 9am -1pm. Open some Saturdays, check FB or call Keilo at 613-374-5289 for more information.

Loughborough Christmas & Emergency

Relief Committee - (LC&ERC) was founded in 1988 on the tradition of neighbours helping neighbours. Funded through community donations, we provide approximately 100 local families with holiday food baskets or with emergency financial assistance. In addition to our yearly mailing, fundraisers are held by caring individuals in our community. They include an evening of Christmas song and fellowship hosted by the Sydenham Holiness Church, and other community events. Donations can be made to LC&ERC either by mail, or through the Canada Helps button found on the website: lcerc.ca

info@lcerc.ca. 613-374-1307 (between 8am and 7pm, Monday to Friday).

New Leaf Link - (NeLL) is a registered non-profit charitable organization that supports



adults with developmental and physical disabilities. NeLL provides programming in Arts, Healthy Living and Community participation. We focus on activities that develop independent life skills, communication, exercise, social interaction and community involvement. NeLL is a place for everyone to learn together and build friendships.

www.newleaflink.ca

contactus@newleaflink.ca



New Leaf Link (NeLL) provides fun and educational day programming to community members 18 years or older with developmental and/or physical disabilities.

When: Tuesday, Wednesday and Thursday - 9:30am-2:30pm

Where: Harrowsmith Free Methodist Church
3876 Harrowsmith Road, Harrowsmith

Program fees: \$46 per day

New Leaf Link's program is tailored to the abilities and interests of the participants. Program themes are community participation, the arts, and healthy living.

An annual outdoor camp experience is also available.

For more information: contactus@newleaflink.ca
www.newleaflink.ca

www.facebook.com/newleaflink

Registered Charity# 813232816RR0001

WE HELP PEOPLE BECAUSE YOU HELP US

At Southern Frontenac Community Services, we are grateful for our generous donors, volunteers and friends. With your support, we can help seniors, individuals and families in need. Every donation stays in the community and helps keep important health and social services close to home. If you are able, gifts can be made online at www.sfcsc.ca/donate or cheques can be made out to SFCSC and mailed to us. Thank you for your support. Together we enable seniors to remain living at home longer and enhance the quality of life in South Frontenac.

"We donate in honour of the wonderful team at the Grace Centre. They have done a wonderful job supporting my parents through challenging times. We so appreciate your hard work and the care you provide. Many thanks!"



19,550

nutritious hot and frozen Meals on Wheels provided

4,300 drives



provided by volunteers for client medical appointments, social outings, and errands

"Thank you for the essential services you provide. I am over 2 hours away from my parents. Your help has given me peace of mind."

15,820 days

of food provided to South Frontenac families in need



"I appreciate the very special people who make such a profound difference in my life."

southern frontenac
community services

OUR IMPACT

5,227 participants

in Grace Social Activity Centre's social and exercise programs



"The team at the Grace Centre have done a wonderful job supporting my parents through challenging times."

38,789

services

provided through support programs for seniors

"Thank you for keeping the Food Bank open and continuing to ensure food for those in our community that need help."

1,638

 congregate dining meals served to

425 clients



PROGRAMS AND SERVICES FOR YOU

SFCSC is a community leader in the provision of health support services and social support programs in South Frontenac and Rural Kingston. SFCSC provides programs and services that improve and maintain the quality of life for residents in our area.



SUPPORT SERVICES

Adult Day ext. 305 – Staff deliver a full day of programming in a group setting for adults living with a cognitive or physical disability. Clients enjoy physical, cognitive, creative and social activities to assist in achieving and/or maintaining their maximum level of functioning.

Home Help ext. 305 – Seniors (60+) and adults with physical disabilities can arrange regular cleanings or assistance with other tasks around the home, such as light housekeeping, minor repairs and cooking.

Respite ext. 305 – Health-trained professionals can fill in for family and friends when a break from care-giving is needed.

Foot Care ext. 307 – Trained providers offer basic foot care for older adults (60+) and adults with physical disabilities. The service includes toe nail trimming and filing, callous assessment and reduction, and foot health monitoring. Appointments required.

Volunteer Visiting Hospice Care ext. 205 – Ongoing emotional and practical support for clients diagnosed with a life-limiting illness.

Transportation Services ext. 307 – Affordable and reliable transportation for seniors (60+) and adults with physical disabilities living in South Frontenac and rural Kingston. Clients can get assistance getting to and from medical appointments, grocery shopping, social outings and more.

Family Services ext. 201 – Families and individuals struggling with finances, homelessness and other issues can access support through referrals from our organization.

FOOD SERVICES

Meals on Wheels ext. 303 – Seniors and adults with physical disabilities can receive a nutritious hot meal delivered to their door over the noon-hour every Monday, Wednesday and/or Friday for \$8/meal. Meals include soup/salad, entrée and dessert. Dietary restrictions and/or allergies may be accommodated. Order online from our website, or call.

Frozen Meals ext. 303 – \$6 each, for anyone in the community in need of healthy meals. Single serving frozen soups also available, \$3. Pick up or delivery. Order online from our website, or call.

Community Food Bank ext. 203 – Residents who are struggling with food security for themselves and their family are able to receive 7 days worth of non-perishable and fresh food items once a month.

SUPPORT GROUPS

To register for any of our free support groups, call 613-376-6477 ext. 205. One-on-one support is also available.

Stroke Support Group - with VON, 3rd Monday of each month, 1 - 3 pm. Registration is required.

Caregiver Support Group - 3rd Wednesday of each month, 1:30 - 3 pm.

Bereavement Support Group - last Wednesday of each month, 1 - 3 pm.



GRACE SOCIAL ACTIVITIES

Location varies contact 613-376-6477 ext. 310 for more information.

Book Club - Every 4th Tuesday of the month, 10:30 - 11:30.

Good Graces Café - Tuesdays 9 - 11 am, coffee, tea, light breakfast, and conversation.

Euchre/Games Club - 1st and 3rd Thursday of each month, 1 - 3 pm.

Painting Workshop - 4th Wednesday of each month, 1 - 3 pm.

Check our website for the monthly calendar and program updates!

FITNESS PROGRAMS

Free with your \$40 annual Grace Centre Activity Pass! Call 613-376-6744 ext. 310

Indoor Walking - Mondays, 9 - 10 am, walking class medium to high intensity.

Cardio & Strength - Tuesdays and Thursdays, 9 - 10 am, a medium to high impact class.

Tai Chi - Wednesdays, 9 - 10 am, gentle sitting and standing exercises to connect mind and body, medium to low intensity.

Fitness & Your Brain - Wednesdays, 10:15 - 11:15 am, exercises to keep you physically and cognitively fit.

Pole Walking - Fridays, 9 - 10 am, a medium to high intensity outdoor walking program in Sydenham using urban poles.

CONTACT US

613-376-6477

info@sfcsc.ca

www.sfcsc.ca

Southern Frontenac Community Services Corporation (SFCSC)



CHURCHES

Anglican

St. John's	2754 Sunbury Road, Sunbury • 613-353-2358
St. Paul's	340 Mill Street, Sydenham • 613-376-3003

Free Methodist Church

Cole Lake	8 White Lake Road, Godfrey • 613-374-5654
Harrowsmith	3876 Harrowsmith Road, Harrowsmith • 613-372-1238 • hfmc.ca
Verona	6804 Road 38, Verona • veronafreemethodistchurch.com

Holiness Church

Sydenham	4348 Amelia Street, Sydenham • 613-453-1158
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Non-Denominational

Portland Community Church	5567 Road 38, Hartington • info@portlandchurch.ca
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Pentecostal Assembly

Verona	6829 Road 38, Verona • 613-374-2976
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United Church

Battersea	2219 Wellington Street, Battersea • 613-353-2453
Inverary	4681 Latimer Road, Inverary • 613-353-2453
Perth Road	5622 Perth Road, Perth Road • 613-453-1941 • pruc.ca
Trinity (Verona)	6689 Road 38, Verona • 372-2525 • h-vpastoralcharge.org

Roman Catholic Church

Sacred Heart of Jesus	Westport Road, Bedford • 613-273-2112
St. Patrick's	3977 Sydenham Road, Railton • 613-376-3001 • railtonodessaparish.com

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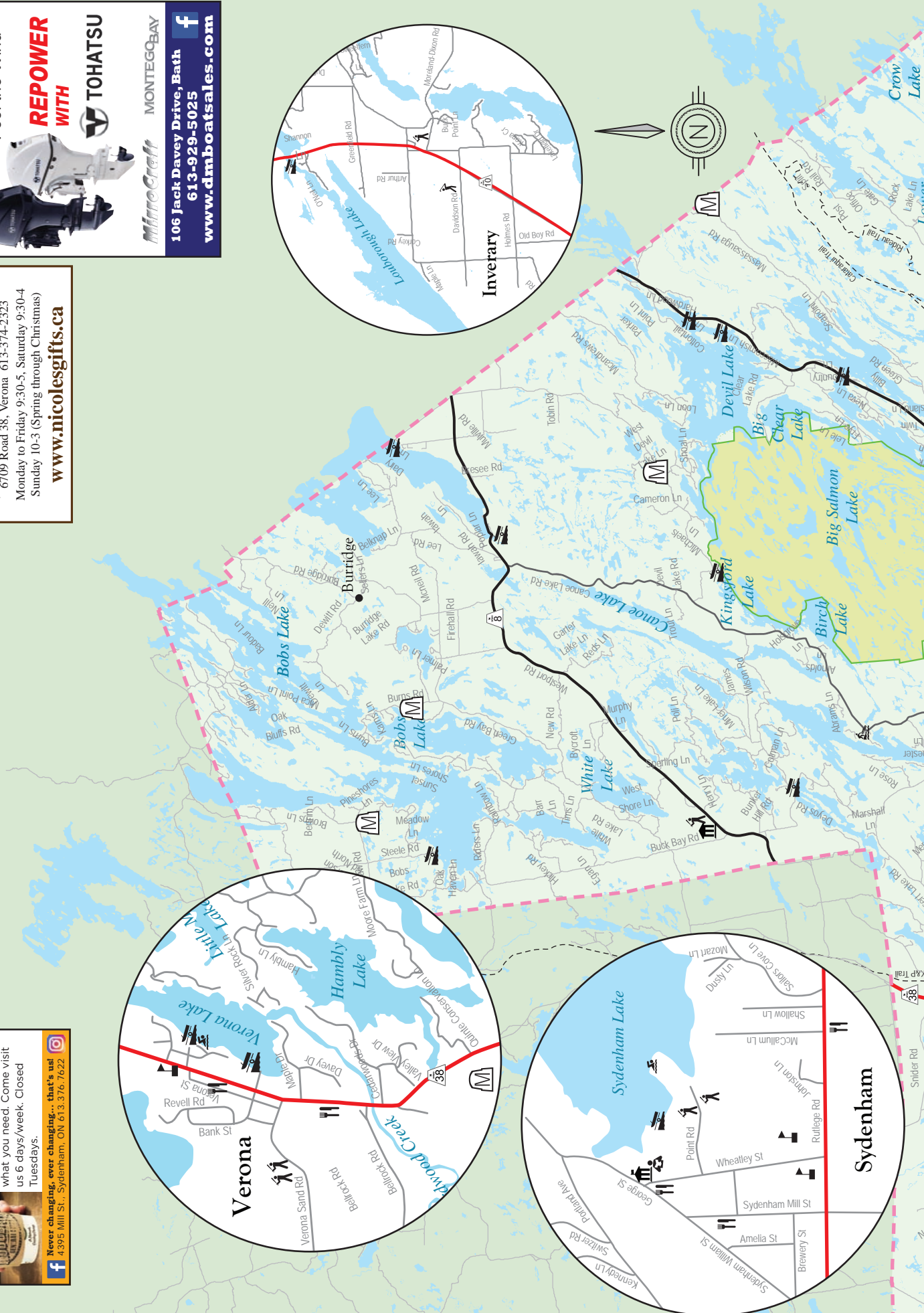
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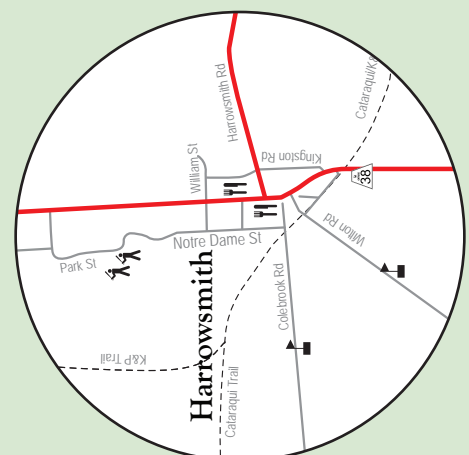
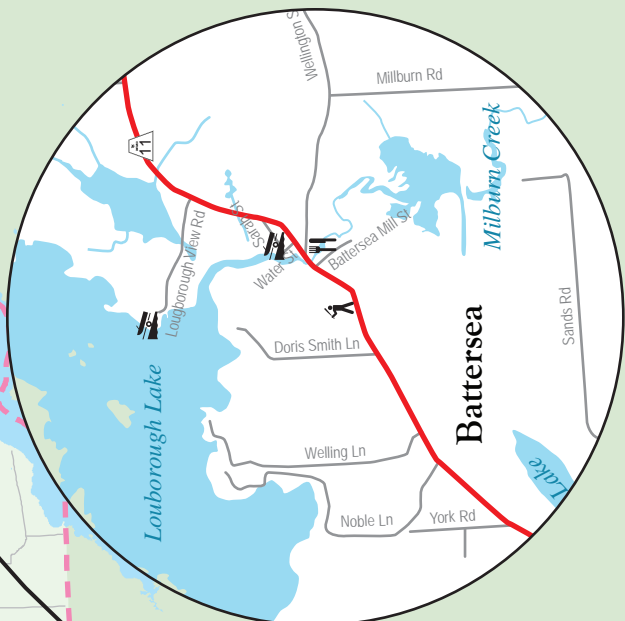
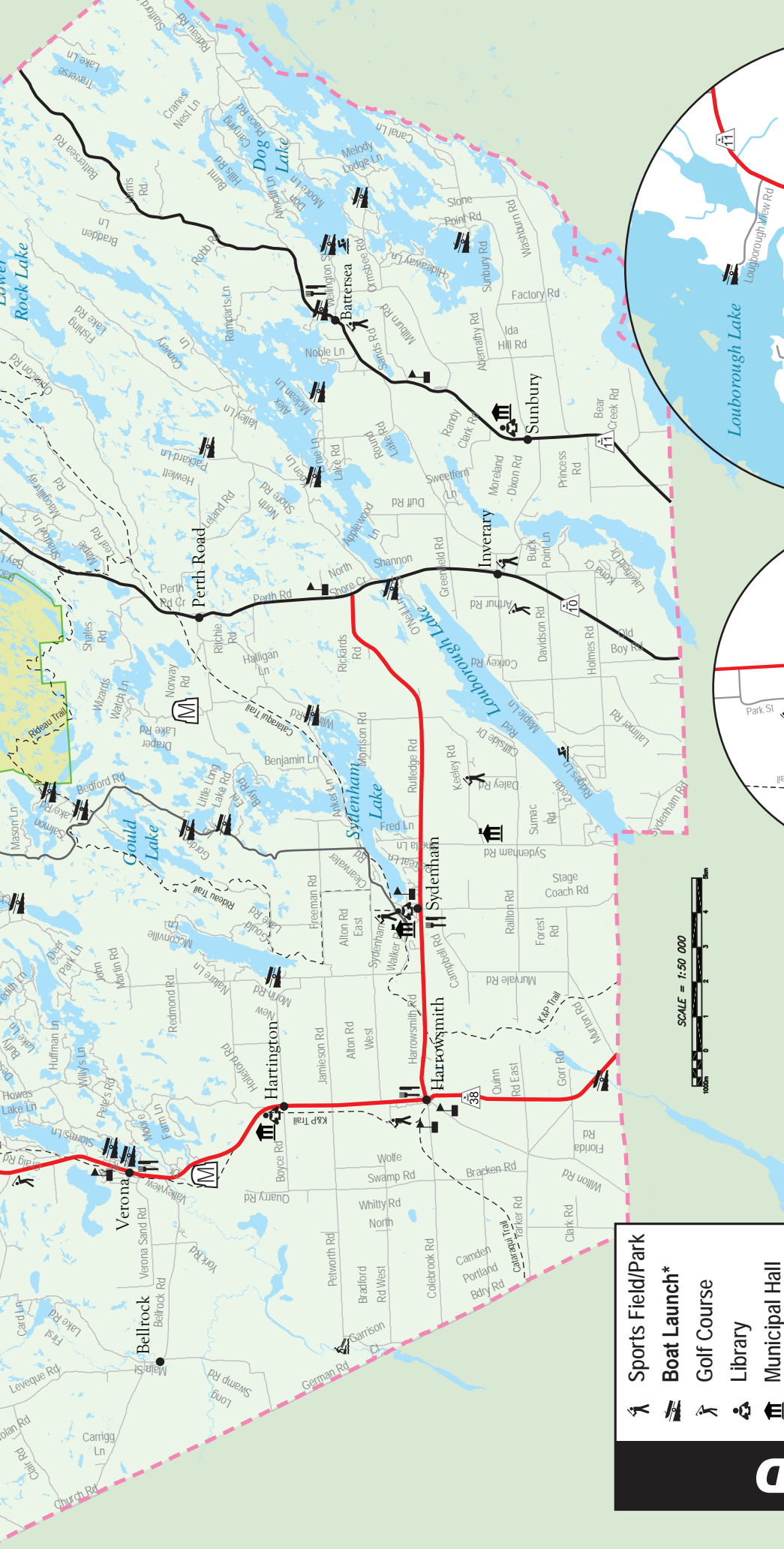
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*The civic addresses for Boat Launches/Water Access Points can be found on Page 12

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English Public

Limestone District School Board

220 Portsmouth Avenue, Kingston, ON, K7M 1V6 • 613-544-6920

Glenburnie Public School

2252 Battersea Road, Glenburnie, ON, K0H 1S0 • 613-542-0633 • glenb@limestone.on.ca

Harrowsmith Public School

4121 Colebrooke Road, Harrowsmith, ON, K0H 1V0 • 613-372-2026 • harro@limestone.on.ca

Loughborough Public School

4330 Wheatley Street, Sydenham, ON, K0H 2T0 • 613-376-3848 • lough@limestone.on.ca

Perth Road Public School

1084 Walsh Road, Perth Road, ON, K0H 2L0 • 613-353-2151 • pertr@limestone.on.ca

Prince Charles Public School

6875 Road 38, Verona, ON, K0H 2W0 • 613-374-2004 • princ@limestone.on.ca

Storrington Public School

4576 Battersea Road, Battersea, ON, K0H 1H0 • 613-353-2868 • storr@limestone.on.ca

Sydenham High School

2860 Rutledge Road, Sydenham, ON, K0H 2T0 • 613-376-3612 • sydhs@limestone.on.ca

Student Transportation

Tri Board Transportation

81 Dairy Avenue, Napanee, ON, K7R 1M5 • 1-866-569-6638 • info@triboard.on.ca

Rural Frontenac Community

Services www.rfcs.ca



EarlyON - Caring for a child can be an experience full of love, hope, dreams, fears and joy. When you come to EarlyON Child and Family Centres, you can learn, connect and play with your child, meet other people and receive parenting information from trained Early Childhood Educators. When you attend an EarlyON program you can expect to find opportunities for sensory play, creative art, music and movement, language and literacy, cognitive and problem solving, science and nature, dramatic play and active play. EarlyON offers FREE programs for parents and caregivers with children from birth to 6 years of age. Programs have moved to a pre-registered format where all participants are required to sign up in advance.

earlyon@rfcs.ca

613-279-3151

Frontenac Transportation Service -

Frontenac Transportation Service provides rides with volunteer drivers for residents of Frontenac County. Serving all residents of North, Central, South Frontenac Townships and the Islands. Services are offered seven days of week. A fee is charged based on the kilometers travelled for this service.

rfcs.ca

transportation@rfcs.ca

613-279-3151 ext 303

Youth Program - Rural Frontenac Community Services Youth Program offers a variety of activities and programs for youth ages 6-18. We offer programs

such as Summer Day Camp, after-school programming, home alone courses and much more. Find us on Facebook at Rural Frontenac Youth Events or on Instagram at Rural Frontenac Youth Hub to stay up to date on all of our opportunities for youth!
www.rfcs.ca
youth@rfcs.ca
613-279-3151 ext 305

Southern Frontenac Community Services Corporation



(SFCSC) is a community hub that provides health and social services in South Frontenac and rural Kingston and beyond. SFCSC works with others to improve the quality of life for all residents by delivering a variety of programs and services for seniors such as an Adult Day Program, Meals on Wheels, Diners' Club, Foot Care, and social and recreational programs. As well, SFCSC provides a Food Bank and homelessness prevention support. All programs are available in-person and/or online. Most programs require a brief intake and assessment.

www.sfcsc.ca

4295 Stagecoach Road

613-376-6477

Community/Service Clubs

Bellrock Hall Community

Association - We host a number of events throughout the year. Regular ongoing scheduled activities include yoga, the VON exercise program, cycling/hiking, snowshoeing,





Drive Thru to Fight the Flu Shot Clinic

euchres, potlucks, and more. The hall is available for rent and features a large playing field and community garden.
 bellrockhall@gmail.com
 6034 Leveque Road, Verona
 613-483-8270

Frontenac 4-H Association - 4-H is a program for youth aged 9 to 21 years (before January 1st of the current year). There is also a Cloverbuds program offered for children 6 to 8 years of age (again, before January 1st). The current registration fee is \$100 per member, regardless of how many clubs a member



participates in during the calendar year. 4-H offers additional opportunities such as camps and scholarships. Contact Ann Babcock at bababcock@hotmail.ca or 613-372-2974 or FB for details.

Frontenac Society of Model Engineers



- A society for model engineering and small scale live steam railway operation. Located in Battersea at 26 Doris Smith Lane, between Doris Smith Lane and the baseball diamond. There are 1,200 feet of 7 1/4" gauge track on the ground and 435 feet of smaller gauge elevated tracks at our site. Guests



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and new members are very welcome! For more information see fsme.ca or Facebook @Frontenacsocietyofmodelengineers.

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info@guidesontario.org
www.girlguides.ca/on
1-800-565-8111

Harrowsmith & District Social & Athletic Club -



(S & A Club) The Harrowsmith S & A is a non-profit, charitable community organization. Yearly membership has advantages, Single Membership \$10 and Family Membership \$20. We rely on volunteers for all events. We hold monthly euchre nights as well as events for all family members. There is a Hall for rental at reasonable rates with a full kitchen, licensed bar available, air-conditioned facility. It's available for family events, meetings, groups, etc. We support local sports groups and charitable initiatives. Consider becoming involved with your community and its future! For more info, rental requests or inquiries, email harrowsmithsanda@gmail.com or visit us on Facebook.

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Harrowsmith Odd Fellows & Rebekahs - The Independent



Order of Odd Fellows & Rebekahs is a charitable organization that promotes local men and women working together for the betterment of our communities. Our motto is Friendship, Love & Truth. We support local programs, provide student bursaries and hospital equipment for use by individuals for as long as needed, without cost. We host events throughout the year for families and youth. The air conditioned Golden Links Hall is available for rent (see facilities for



South Frontenac Fire & Rescue Station 8 Ribbon Cutting, October 2023

rent). Information - Brenda Taylor at 613-372-2410 or regandbrenda@hotmail.com.

FWIO.on.ca
613-372-2329

Harrowsmith Women’s Institute



- The Harrowsmith WI has been supporting the community through advocacy and involvement for over 90 years. Meetings are held at Harrowsmith Free Methodist Church on the last Tuesday of the month from September to June, include an educational presentation or a trip to a locale of interest. The Harrowsmith WI provides assistance to families in need. Women are invited to join and share the legacy of a long-standing rural community organization.

Royal Canadian Army Cadets - The Royal Canadian Army Cadet Corps is looking for 12 to 18-year-old youth from South Frontenac who are interested in life skills and leadership training through fun activities and instruction. All cost associated with uniforms, trips and activities are covered by the cadet corps so it is entirely free to participants. Families are invited to attend sessions to learn more about the program.

Kingstonarmycadets.ca
Contact@KingstonArmyCadets.ca



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2023 Volunteer Appreciation Luncheon Special Recognition Recipients (L-R – Mayor Ron Vandewal, Samantha Pringle – Youth Volunteer, Councillor Godfrey, Councillor Sleeth, Karl Hammer – Dedication Recognition, Councillor Pegrum, Councillor Roberts, Laura Embelton – Good Neighbour Recipient)

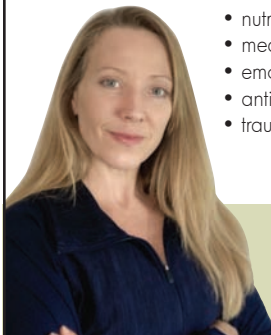
Scouts Canada (South Frontenac Group) - Offering Boys and Girls: Beavers (ages 5-7), Cubs (ages 8-10), Scouts (ages 11-14), and Ventures (ages 15-18). Follow “The Canadian Path” with exciting programming focusing on adventure, outdoor experience and friendship. Youth develop confidence, self achievement and civic responsibilities while having fun and learning to work together. Weekly meetings in Sydenham from Sept. - July. Register online at www.scouts.ca. sfg@xplornet.ca



South Frontenac Seniors and Law Enforcement Together - (SALT) The SALT program is a community initiative to mobilize seniors to become involved with local police and other service agencies that focus on seniors’ needs in the community. SALT events are free for seniors and take place at various locations throughout South Frontenac. Included is a delicious hot meal and an informative presentation. Topics include vehicle safety, fraud prevention, wills and power of attorney,



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and more. Guests may choose to watch the presentations from home and upon registering will be sent a link to connect. admin@frontenacsalt.ca
SFCS 613-376-6477

Storrington Lions Club -

Chartered in 1971, located at 2992 Princess Road, Inverary.



The Storrington Lions Club proudly serves Sunbury, Battersea, Perth Road and Inverary. The Club is composed of volunteers. Currently the club connects with the community through weddings, celebrations of life, youth dances, pickleball, line dancing and birthday parties. Club projects include a monthly Food Bank drive, Aluminum can drive for guide dogs and special occasion dinners. New Members and volunteers are always welcome. Information - call 613-353-6920 email storringtonlionsclub@gmail.com or visit e-clubhouse.org/sites/storringtonon/

Storrington Retirees Association -

Membership fee \$10 per year. We welcome any person who is retired and lives or has lived in Storrington District. We offer home cooked meals and social entertainment. We are planning to resume meeting the second Wednesday of the month (noon-2pm) at the Storrington Centre starting in April. Info – Sharon - 613-353-2358

Sydenham and District Lions



Club - Sydenham Lions support causes and events such as the annual Sydenham Canada Day, Santa Claus Parades; local charities and organizations; Lions vision and service leader dogs; camps for challenged youth and their families; preparing used eyeglasses for distribution to under-developed countries. The Annual Lions Road Toll in Sydenham Village takes place on the long weekend in August & annual Lions Christmas Tree Lighting Service is held the last Friday evening in November before the next day Santa Claus parade. Sydenham-District-Lions-Club on Facebook

Joanne Ankers, joanne.ankers@gmail.com
Christine Kennedy, chrisk@kingston.net

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www.memorylaneflowers.ca
4350 Mill St. Sydenham ON
613-376-6309

Open Tue.-Fri. 10am - 4pm / Sat. by Appointment

Sydenham Royal Canadian Legion



- The Sydenham Legion supports a variety of community efforts, all in the name of Robert Richardson, a WW1 vet who resided in Sydenham until his death in 1949. Annual events include dances, a winter pike contest, and more. Hall rental available. Open 6 days a week Mon-Tues-Wed 2-6pm, Fri 12-10pm, Sat 1:30-6pm. Richardson Legion Branch 496, 4376 William Street, 613-376-6808 Rcl496.sydenham@hotmail.com

Sydenham Women's Institute



- The Sydenham WI has been integral to the life of the local community for over a century. A great get together for fun, food & fellowship. Meets on the second

Monday each month at 6pm in the meeting room of the Sydenham Public Library. FWIO.on.ca

Contact: Nan Keyes, 613-331-6484

Verona Community Association



- The VCA promotes widespread community involvement among local residents, hosts a variety of fun and exciting events, and contributes to the advancement and wellbeing of Verona, November 11, Remembrance Day service 10:45 at the cenotaph in Verona, and Winter Warmup breakfasts in partnership with Trinity united Church.

<https://yourverona.com> vca@xplornet.ca
613-777-8980

Verona Lions Club



- Popular annual events are the Garlic Festival a volunteer road toll, car show and spring and summer Fish Fry. We host a free dart night Thursday nights starting at 6:30pm for all levels of players. The club supports many local projects donating tens of thousands of dollars locally. We maintain a children's mini park, donate our baseball facilities to support South Frontenac's youth baseball program, provide bursaries for local students recognizing community volunteerism. Our Hall is licensed, air conditioned with a capacity of 200 people and available for rent.

Verona Lions Hall, 4504 Verona Sand Road
613-374-2821



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Kayaks on Canoe Lake, photo Janice Hindley

LAKE ASSOCIATIONS

Battersea Loughborough Lake	loughboroughlake.org • presidentBLLA63@gmail.com
Buck Lake	bucklake.ca • bucklakeassoc@gmail.com .
Desert Lake	desertlakelife.ca • dlpoa@snugarbour.on.ca
Dog & Cranberry Lakes	dogandcranberrylakes.ca • dogandcranberrylakes@gmail.com
Fourteen Island & Mink Lakes	fimla.ca • mary.rae@14island.ca
Garter Lake	garterlakeassoc@gmail.com
Greater Bobs & Crow Lakes	bobsandcrowlakes.ca • communications@bobsandcrowlakes.ca
Inverary Lake	inverarylake@kingston.net
Knowlton Lake	josette.mfcp@gmail.com
North and South Otter Lake	nsola.org • executive@nsola.org
Opinicon Lake	opocsec@gmail.com
Sunset Shores Peninsula	Prdprdprd51@gmail.com
Sydenham Lake	sydenhamlake.ca • larry@centredperformance.com
West Devil Lake	westdevillake.ca • wdlpog@gmail.com
Wolfe Lake	wolfelakeassociation.org • wolfelake@rogers.com

Spotlight on South Frontenac Seniors & Law Enforcement Together



SALT presentation at the Verona Lions Club

Seniors and Law Enforcement Together (SALT) is a program designed to bridge the gap between senior citizens and law enforcement. The ultimate goal of the Frontenac OPP and the information sessions is to address issues and concerns that involve health, safety and crime prevention among our growing population of seniors.

The SALT committee organizes and hosts free information sessions every other month, featuring a diverse range of topics relevant to seniors' safety, well-being, and community engagement. These sessions serve as valuable opportunities for seniors to learn, connect with others, and access important resources. Additionally, a complimentary lunch is provided, enhancing the social aspect of the gatherings and fostering a sense of community.

SALT is made up of a group of community minded individuals who volunteer their time to plan and organize events. Some of the topics SALT covers are:

- Seniors and driving
- Health related topics
- Medication management
- Mental health
- Personal security
- Senior services in the community
- Fire prevention
- Scams and fraud
- Power of Attorney, Comfort Care / DNR documents, Wills and financial statements.

The SALT information sessions address health and safety issues affecting seniors, including medical emergencies, falls, home security, and transportation challenges. Raising awareness about common scams, fraud, elder abuse, and other forms of exploitation. Law

South Frontenac is a welcoming and thriving rural community.

enforcement officers provide educational workshops and distribute informational materials to empower seniors to recognize and avoid potential threats. Through these events, SALT provides knowledge regarding resources that are available in the community. Seniors are encouraged to become active participants in their own safety and the well-being of their communities, fostering a sense of empowerment and resilience.

SALT fosters collaboration among various stakeholders, including law enforcement agencies, senior service providers, local government, and community groups. By working together, these partners leverage

their resources and expertise to address the diverse needs of seniors in rural communities.

Overall, the Seniors and Law Enforcement Together (SALT) program represents a proactive approach to addressing the unique challenges faced by seniors, promoting safety, well-being, and community cohesion. Through collaboration, education, and empowerment, SALT aims to create a safer and more supportive environment for seniors in the community.

To stay up to date with upcoming SALT events, visit www.frontgenacsalt.ca ■



NEWSFLASH

January 2024



Sign up for our new monthly e-newsletter

southfrontenac.net/subscribe





Recreation & Leisure

SPORTS & FITNESS

Dance Fitazzet - Offers dance classes ages 3- Adult in Tap, Jazz, Ballet, Lyrical, Contemporary, Hip Hop and Rhythm Tap.
 Sheryl Irwin
 613-376-6559

Elements Fitness & Wellness -



We empower through movement, nourish through nature, and build sustainable healthy habits in a supportive community.
www.elementsfitnessandwellness.com
Elementsfitness2529@gmail.com
 613-929-3589

Frontenac County Minor Softball – All information, including registration, about Softball in Frontenac County can be found at www.fcmsa.ca. Register online before April 15 for the 2024 season. In person registration dates are posted on our website as well. Contact - fcmsapres@gmail.com.

Frontenac Fury/Frontenac Girls Hockey Association



- Provides girls aged 6 to 18 in the County of Frontenac with the opportunity to play recreational house-league hockey with other girls from within their community, and nearby communities. Information - visit www.frontenacfury.ca.

ELEMENTS FITNESS & WELLNESS

613-929-3589
 2529 Freeman RD, Sydenham ON
www.elementsfitnessandwellness.com

TRAINING PROGRAMS

- Strength + Conditioning
- Summit 65+ Functional Training
- BabeFit: Pre + Postnatal Fitness
- Athlete Development
- Health Coaching
- Team Building
 - Yoga
 - Kids Ninja Program



CSA FARM BOX

We grow quality fresh organic produce, nurture pasture raised meat chickens and laying hens. Our Farm Boxes offer a diverse collection of the season's best produce every week.

Our 2024 season will run from June 13 - October 10, 2024. Over the 18 week period members have the option of picking up on Thursdays at Elements on a weekly or bi-weekly basis as your farm credit is valid through the end of the season.

SUMMER CAMP

We welcome Campers aged 4 - 12
 Camp Hours: 8:30 am - 4:00 pm

Girls Camp:

July 2-5 (ages 9 - 12)

Sports Camp

July 8 - 12

Ninja Warrior Camp

July 20 - 26

Olympic Camp

July 29 - Aug. 2

Field to Fork Camp

Aug. 6 - 9



Frontenac Minor Hockey Association - The Frontenac Flyers



Runs from mid-September to mid-March, out of the Frontenac Community Arena. Visit Frontenachockey.ca.

Frontenac Pickleball Club -



Looking for a great venue to play recreational pickleball? Join our Club and enjoy the perks! Frontenac Pickle Ball Club (FPC) reserves 6 beautiful outdoor courts at Centennial Park in Harrowsmith, 3 days per week from the beginning of May to mid Oct, and 3 terrific indoor courts in the gymnasium at Harrowsmith Free Methodist Church from Nov-Apr. Come join us for fun, camaraderie and exercise!

Prices and timings vary depending on the season, so for details please contact us at frontenacpickleballclub@gmail.com, or check our FB page.

Frontenac Soccer Association



- (FSA) Serving Harrowsmith, Verona, Sydenham, Yarker, and other South Frontenac communities. Check our FB page.

Inverary Golf and Country Club - The front nine acts as a relaxing warm up for the back nine, which is longer and tougher but just as beautiful. Once you've finished the 18th hole, you're welcomed with an air-conditioned club house and a full licensed bar and grill.

What can HOCKEY bring out of your child?

**Friends. Teamwork.
Laughter.**

**Health.
Confidence.
Leadership.**

WHEN: MID SEPTEMBER UNTIL MID MARCH
(Registration is open in June. Sign up for an email notification on our website) www.frontenachockey.ca

WHO: GIRLS & BOYS WELCOME | ALL SKILL LEVELS!
(Learn to Skate to fun House League & competitive Rep!)

COSTS: Visit our website for each divisions price
(2 - 3 hrs/wk for regular weekly practices & games & over 6 months of fun & fitness for less than \$85/mth most divisions)

SKILL DEVELOPMENT: PRE SEASON CONDITIONING CLINICS + Goalie Clinics, Power Skating & 3 on 3 Fun Days

Learn to Skate, U5-U18 Programming

**REGISTRATION & INFO AT
WWW.FRONTENACHOCKEY.CA**

FRONTENAC

Girls Hockey Association

- **Be Part of a Team**
- **Make Lifelong Friends**
- **Build Self Confidence**
- **Great Exercise**
- **Motor Skills Development**
- **Social Skills Development**
- **Sportsmanship**

If you are 7 and older and want to play girls hockey-
Join our Fury Family.

If interested please check out our website
www.frontenacfury.ca or
www.facebook.com/frontenacfury



Canoeing on Bobs Lake

www.inverarygolf.com. info@inverarygolf.com
 4524 Latimer Rd, Inverary
 613-353-2133

John & Lynda Trommelen
<https://jolyndance.ca/>
 lyndatr@xplornet.com
 613-372-2313

jACKRO - offers acro classes ages 2- Adult.
 Online registration available on the website.
 villageview@kos.net. Jacklyn Irwin.
 613-770-0289

Nomad Yogini – Yoga, Pilates and
 Foam Rolling classes in Perth
 Road, Inverary, Sydenham, and
 Glenburnie



JoLyn Dance - Dance instruction from
 beginner to advanced in Ballroom, Latin
 & Social dancing. Private lessons for
 weddings, anniversaries can be arranged.

www.nomadyogini.ca
 info@nomadyogini.ca
 613-453-4195



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Call us to book your appointment today!

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 Custom Orthotics.*

1-2779 Rutledge Rd, Sydenham, ON **613.372.1986** www.rehabwell.ca

Rivendell Golf Club - The Rivendell Golf Club is a par 71 course at 6248 yards. Rivendell can accommodate tournaments and events from 20 people to over 100.
rivendellgolf.on.ca
7359 Road 38, Verona
613-374-3404

Roberts Fishing Charters - Join Roberts' Fishing Charters for a thrilling angling adventure. With many freshwater lakes in the South Frontenac region, and diverse fish species, it will be an experience to remember. Contact robertsfishingcharters@yahoo.com or 613-532-7767

South Frontenac Stocksport Club - SFSC provides positive opportunities year-round for physical and social health. We believe in an inclusive and safe place to play, to compete and to grow our sport and club in our community. Non-ice play is at the Centennial Multi Purpose Pad and in winter on lakes and ponds in the South Frontenac area. Stock Sport shares a historical link to its cousin sport of curling. Rental equipment available for newcomers. Keep calm and stock on!
<https://sites.google.com/view/southfrontenacstocksport>
southfrontenacstocksport@gmail.com



Frontenac County Minor Softball Association FCMSA.ca

Register online or see our website for in person registration dates and locations



Catch us at the South Frontenac Community Rec & Leisure Fair March 16, 11-2pm at the Verona Lions Hall

U7 (T-Ball) - 2017-2019	\$70
U9 (5-Pitch) - 2015-2016	\$70
U11 - 2013-2014	\$90
U13 - 2011-2012	\$95
U15 - 2009-2010	\$100
U19 - 2005-2008	\$120

**Registrations for the 2024 season are open
March 1st - April 5th
Season begins in May**



Team Canada at the 2023 America's Cup of Stocksport, hosted in Harrowsmith

Storrington Minor Soccer -

Offers a summer soccer program at Gerald Ball Memorial Park in Sunbury. Information – call 613-387-3730 or 613-353-9928.



and water safety. All camp updates will be posted on our website.
www.sydenhamlakecanoecub.com

Sydenham Lake Canoe Club

- SLCC is a volunteer run club that introduces youth and adults to the lifelong sport of sprint canoe and kayak on Sydenham Lake. Our certified coaches teach basic to advanced sprint paddling skills emphasising fun, fitness, endurance,



White Lake Pickleball – NCCP II & PPR certified coach offering private and group pickleball sessions. Introduction to Pickleball, Skill Development, and Play Strategy. Come see what the excitement is about! All equipment provided.
Pickleballkelli@gmail.com
Kattgrrrl@gmail.com
 613-545-5288



**FRONTENAC
SOCCER ASSOCIATION**

**REGISTRATION
March 1 - April 14, 2024.**

For more information visit
www.frontenacsoccer.com.
 or [https://www.facebook.com/
 Frontenac-Soccer-Association-
 862691723872583/](https://www.facebook.com/Frontenac-Soccer-Association-862691723872583/)



**STORRINGTON
MINOR SOCCER**

We are getting ready for the 2024 soccer season at Gerald Ball Memorial Park in Sunbury.
 New information will be posted to our website and to Facebook as it becomes available.

www.storringtonminorsoccer.ca
 Facebook: Storrington Minor Soccer Association



Backyard hockey



SLCC Summer Programs

Spring Regatta Ready After School Program

Age 6-16 - May 24- June 30 4-5:30 Tues, Thurs

Summer Regatta Ready Full Day Program

Age 6-16 - July 4-15; July 18-29; Aug 2-12; Aug 15-19

Canoe Kids Day Camp

Age 5-12 - July 4-8; July 11-15; July 18-22; July 25-29

Aug 2-5; Aug 8-12; Aug 15-19 8:30-4:00

Adult Recreation or Competitive

May 25-Aug 19 6:30-8:00 (p.m.)

sydenhamlakecanooclub.com



Trails/Outdoor Education

Cataraqi Trail - This trail is suitable for walkers, cyclists, horseback riders, snowmobilers and cross-country skiers. The trail runs for approximately 39 kilometres in South Frontenac. It originates from Smiths Falls, passes by Chaffeys Locks and along the northern side of Sydenham Lake before connecting with the K & P Trail just east of Harrowsmith. It continues westward, past Harrowsmith and ends in Strathcona. Its surface consists, in part, of stone dust between Loughborough-Portland Boundary Road and Harrowsmith, plus a small section west of Hogan Road. The remainder is loose gravel more suitable to cyclists on a mountain or hybrid bike. The eastern section

South Frontenac is a welcoming and thriving rural community.

provides the best vista because of the numbers of ponds and small lakes in a very natural environment. Info. Cataraquitrail.ca

ecoadventurecamp.ca
director@ecoadventurecamp.ca.
613-533-6000 x77058

Eco-Adventure Day Camp - Elbow Lake Environmental Education Centre
Offers unique summer programs with an opportunity to enjoy a beautiful location surrounded by protected forests and secluded lakes.

Elbow Lake Environmental Education Centre - (ELEEC) An environmental education and outreach site, owned in partnership between Queen's University Biological Station and the Nature Conservancy of Canada.



SOUTH FRONTENAC

SWIMMING LESSONS



We offer the Lifesaving Society Swimmer Program in two-week course sessions. The 6-level program makes sure your children learn how to swim before they get in too deep.

PROGRAM FEATURES:

- ✓ Swimmer Levels 1 - 6
- ✓ Sessions start in July
- ✓ Three beach locations

**REGISTRATION OPENS
MAY 13TH AT 9:00 AM**

613-376-3027

www.southfrontenac.net/camp



Surrounded by 1000+ acres of protected land and two beautiful secluded lakes, the site offers a Main Pavilion for meal prep and bathrooms, separate meeting spaces, 10 overnight cabins, over 10km of public hiking trails and numerous public programs. We offer programs year-round, including a weekly Family Night in the summer, learn-to-fish events, and snowshoeing/ice fishing. Visit elbowlakecentre.ca/events for a schedule. The facility is also available

to groups for retreats, conferences and workshops. For more info and to find out about our winter programs, follow us on Facebook, Twitter, and Instagram. elbowlakecentre.ca

Frontenac Provincial Park - Explore Frontenac's 5,355 hectares on the southern edge of the Canadian Shield, open year-round for four-season back country recreation. 48 interior campsites and canoe routes through

 **SOUTH FRONTENAC**

SUMMER DAY CAMP

Our Summer Day Camp is where kids and youth belong, grow, thrive, and lead. Children ages 4 - 12 are welcome to join our team, realize their potential and follow their dreams.

- Gilmours Point Beach, Battersea
- The Point Beach, Sydenham
- McMullen Beach, Verona

REGISTRATION OPENS MARCH 25TH 9:00 AM

www.southfrontenac.net/camp



Pickleball Fall Fun in Frontenac! Photo Kelli McRobert

22 lakes; as well as over 100 km of looped backpacking and hiking trails. Great fishing, wildlife viewing, interior camping, paddling, hiking, swimming, cross-country skiing, snowshoeing, all in the centre of South Frontenac at 6700 Salmon Lake Road north of Sydenham.

Wilderness skills programs throughout the year include: Introduction to backcountry camping, wilderness navigation and electronics, warm winter camping, wilderness survival and first aid, various guided historical, wildlife, and nature walks, and several canoeing & kayaking courses.

The Friends of Frontenac Park have been offering additional opportunities to return a favour to nature for over 25 years.

www.friendsoffrontenac.com

www.ontarioparks.com/park/Frontenac

613-376-3489

Gould Lake Outdoor Centre - Gould Lake (Limestone District School Board) summer

programs provide an opportunity for students to gain high school credits through canoe, kayak and hiking trips. Our programs build on one another by continually providing increased skill training and leadership opportunities as well as unique wilderness experiences.

www.gouldlake.ca

outed@limestone.on.ca

613-376-1433

K & P Trail - This trail originates from Kingston and enters South Frontenac at Orser Road. It merges with the Cataraqui Trail just east of Harrowsmith for about two km then splits to go north to Sharbot Lake and points north. Its surface consists of mostly stone dust suitable for most bikes and is relatively flat. It is easily accessible at the trailhead in Verona, which is also the southernmost point where motorised vehicles are allowed. Also accessible off Craig Road. Information – A virtual tour,

with photos of 80 locations along the trail between Orser Road and the point where the trail leaves South Frontenac at Tichborne, can be found at frontenac-maps.ca/tour/

Rideau Trail - This hiking rail which links Kingston to Ottawa, meanders across South Frontenac from south to northeast for about 80 Km. It enters South Frontenac via the K & P Trail then joins the Cataraqui Trail, heading east to Sydenham before jogging north towards Knowlton Lake and the Gould Lake Conservation Area. After passing Frontenac Park and Perth Road, it

heads north before exiting the township at Bedford Mills. It is accessible from many points and provides a very good view of the natural forest habitat within the township. The Rideau Trail Association organizes excursions throughout the year for members. Information – rideautrail.org/discover-the-trail/maps includes 19 downloadable maps of the rideau Trail between Kingston and Ottawa. Maps 1 through 5 go through South Frontenac.



WINTER EQUIPMENT RENTAL

Kick Sled:

Daily rental rate: \$25 plus HST/ per kick sled

Refundable security deposit: \$100/ per kick sled

Snow Shoes:

Daily rental rate: \$12 plus HST/ per pair

Refundable security deposit: \$30/ per pair

Call the Frontenac Community Arena
at 613-374-2177 or email
frontenac.arena@bellnet.ca



Events



Stay Up To Date

This Events Section is just a snapshot of the things to do here in South Frontenac. There are many events hosted by churches and community groups like dinners, card games, and more. Stay in touch with your community to learn more about things to do.

Check out and contribute to the Events Calendar on our website under the 'Things to Do' tab at www.southfrontenac.net.

Saturday, March 16

Community Recreation & Leisure Services

Fair 11 am – 2 pm Verona Lions Hall
Service clubs, sport leagues/ teams, and community associations will be promoting their services at this free fair. Attendees will be encouraged to learn about and register for local recreation, leisure, and social programs for all ages.

Wednesday, May 1

Touch the Truck - 4 pm – 7 pm The Point Park, Sydenham

Join the Public Services Department, South Frontenac Fire & Rescue, Frontenac OPP, and Frontenac Paramedic Services for this fun, free event! Aligned with Emergency Preparedness Week, Touch the Truck will feature educational information, kids activities, a BBQ by donation for charity, and of course, lots of big trucks and equipment to explore.

Saturday, May 4

Songs of Life and Love - 7pm Trinity United Church (Verona)

Concert featuring the Frontenac Women's Chorus – info: stellaterhart@gmail.com
613-653-6673

Friday, May 10

Frontenac Farmer's Market Opening Day Celebration - Harrowsmith Centennial Park

3pm-7pm
30+ weekly farmer's market vendors plus special features including: entertainment, food and beverage – For more information visit www.frontenacfarmersmarket.com

Sunday May 11

Community High Tea - Storrington Lions Centre, 1pm

Annual dress up event featuring: homemade food and hot drinks, live music and a photo area. Cash bar is available. \$25pp, in advance, call to reserve, Shirley at 613-353-2257. In support of Child Life Services at Kingston Health Sciences Centre

Saturday, May 25

Summer Kickoff Music Festival -

Centennial Park, Harrowsmith 4pm – 10pm
An evening of the region's best live local music, food, and beverages all in one place! There will be a kids' corner for our youngest festival goers ensuring there is something for everyone.



2023 Summer Kickoff Music Festival

Saturday, June 22

Music in the Park – McMullen Park, Verona

1 pm – 3 pm

Music in the Park is back for 2024! This series is a family friendly acoustic style performance on the beautiful beaches of South Frontenac. Be sure to come on out and enjoy some live, local music.

Friday, June 28

Frontenac Farmer's Market Canada Day

Weekend Kickoff Party - Harrowsmith

Centennial Park 3pm-7pm

30+ weekly farmer's market vendors plus special features including: entertainment, food and beverage – For more information visit www.frontenacfarmersmarket.com

Monday, July 1

Canada Day Various locations, 8am – Dusk

Celebrate Canada Day in South Frontenac! With lots happening all over the township, there is something for everyone. Firework finale will be hosted in Sunbury for 2024

with shuttle buses to and from the show offered throughout the township. Keep an eye out for more information to come.

Saturday, July 13

Lakes & Trails Festival – The Point Park, Sydenham 8:30 am – 1 pm

The Lakes and Trails Festival is a community celebration of our many natural and historical assets. It brings people together around the active outdoor lifestyle and sense of community that many of us value.

Saturday, July 20 – Sunday, July 21

Fantasy in the Forest Art Show - Draper Lake 10am-5pm

Mixed media art show and sale. 40 plus artists showing and selling their work in a woodland setting. Free admission Check FB for more info.

Saturday, July 20

Music in the Park – Gilmour's Point, Battersea 1 pm – 3 pm



Janice Templeman and the late Darryl Silver at the South Frontenac Museum's 'Treasures in the attic' event, Summer 2023

Music in the Park is back for 2024! This series is a family friendly acoustic style performance on the beautiful beaches of South Frontenac. Be sure to come on out and enjoy some live, local music.

Saturday, August 17

Music in the Park – The Point Park, Sydenham 1 pm – 3 pm

Music in the Park is back for 2024! This series is a family friendly acoustic style performance on the beautiful beaches of South Frontenac. Be sure to come on out and enjoy some live, local music.

Saturday, August 31

B&B Memorial Show and Shine

Harrowsmith Centennial Park 10am-4pm
For details FB B & B Memorial Show and Shine. All Proceeds to local fire departments and Food Bank.

Saturday, August 31

Garlic Festival - Verona Lions Park

9am-2pm Free family event, host of Eastern Ontario Garlic Awards. Info veronalions.ca

September 1 and throughout harvest season

Open Farm Days various locations and times

Real Food. Real Farms. Real People. Connect with the people and the land that support agriculture in our region - Openfarms.ca

Saturday, September 14

Verona Car Show – Verona Lions Park,

8am-3pm

Vintage Cars in 26 categories, kids area, live music, fun for the whole family. All proceeds to local charities. Info - Veronacarshow.com

Saturday, October 5

Battersea Pumpkin Festival, 10am-4pm,
Battersea Village

An annual one-day festival and community celebration of the harvest in the beautiful village of Battersea. Admission is \$5 or \$20 for immediate family. Visit www.batterseapumpkinfestival.com for more information.

Friday, October 11

Frontenac Farmer’s Market Oktoberfest Harvest Party – Harrowsmith Centennial Park 3pm – 7pm

30+ weekly farmer’s market vendors plus special features including: entertainment, food and beverage – For more information visit www.frontenacfarmersmarket.com

October

Spooky South Frontenac House Decorating Contest

Boo! The Spooky South Frontenac House Decorating Contest will return for the 5th year in October 2024. Dress up your lawn and enter the contest for a chance to win a \$50 gift card to a local business.

Saturday, December 7th

Volunteer Appreciation Luncheon 11:30 am – 1:30 pm

Storrington Centre, Sunbury
Volunteers are the lifeblood of any vibrant community. The Mayor and Members of Council will invite volunteers for a luncheon and as a small token of appreciation and celebration. Special recognition will be given for Youth Volunteerism, Dedication



Recognition, and the Good Neighbour Recognition. Details will be shared fall 2024.

December

South Frontenac Shines Holiday Lights Contest

The South Frontenac Shines Holiday Lights House Decorating Contest will return for the 5th year in December 2024. Light up your house and enter the contest for a chance to win a \$75 gift card to a local business.

January 25th 2025

Snow Social 11 am – 4 pm The Point Park, Sydenham

A free, family-friendly event and celebration of the winter season. With indoor and outdoor activities hosted at The Point Park

and throughout the village, there is truly something for everyone at the Snow Social!

Monday, February 17, 2025

Family Day 11 am – 3 pm Frontenac Community Arena, Godfrey

Celebrate the Family Day holiday at this free event featuring many indoor and outdoor activities for the whole family.



2024 South Frontenac Shines
**HOLIDAY LIGHTS
CONTEST**

Light up your house for a Chance to Win a gift card to a local business!

Details coming Nov. 2024
Email recsupport@southfrontenac.net for more info!



SOUTH FRONTENAC

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Over 25 Years
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613 389 3999



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Cluster Flies, Earwigs, BedBugs,
Cockroaches, Millipedes, & More



Bat Control

Humane Bat Removal
Permanent bat proofing
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3 - 10 year warranty bat proofing
Attic restoration



Wildlife Control

Raccoons, Skunks, Birds, Squirrels, Mice,
Rats, & Other Wildlife Humane Removal
Control of all birds species (pigeon,
sparrows, starlings, seagulls, geese,
woodpeckers, grackles, crows & more

Greenshield Bucks

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Service One coupon per customer.

Greenshield Pest Control

613-389-3999

www.greenshieldpestcontrol.com

Not valid with any other offer. No Cash value. New Customers Only.



www.greenshieldpestcontrol.com





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www.theammosource.com