

MAY 2021



We are here to help.

Almost all of our programs and services are available online or, now that better weather is here, outdoors. Take a look at this month's calendar and you'll see a number of fitness classes, a new walking program, Book Club, support groups and a workshop that are available to you.

Our Meals on Wheels program continues to deliver hot, delicious and nutritious meals three times a week, and you can place your order online. Our Food Bank is available to anyone in South Frontenac who needs some help. Maybe you need to use it once or twice, or maybe you need to access it regularly. Please reach out. It's super easy to register and the application process is non-intrusive and completely confidential.

Transportation services are still available to get seniors to essential medical appointments. If you or someone you know may benefit from a regular, friendly check-in call, our Telephone Reassurance Program is here to do just that. A call from one of our volunteer callers to make sure you have what you need and to enjoy a friendly chat.

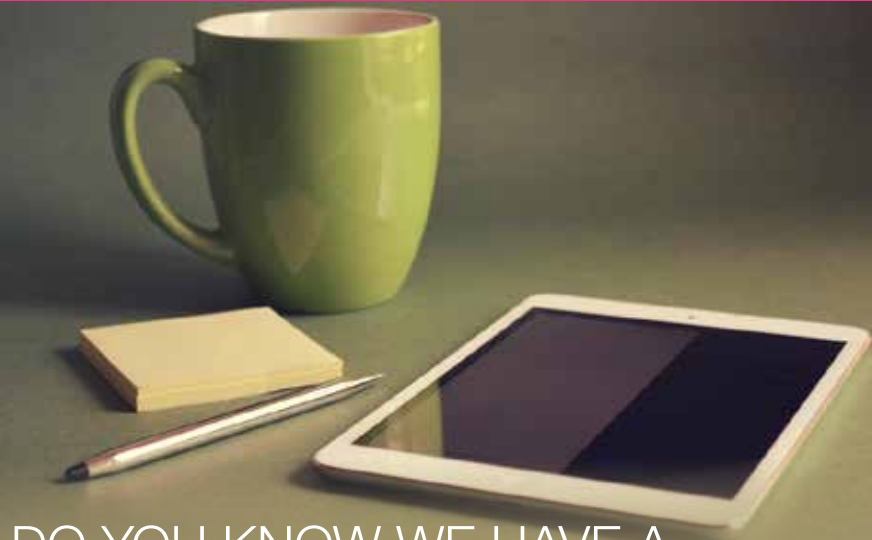
You are not alone. We are here to help, now, and far beyond the other side of this pandemic.

613-376-6477 or www.sfcsc.ca for more information on how we can help you.

#wecandothis

COVID fatigue is real. We are all feeling the weight of the pandemic and we're getting tired. Protocols and restrictions change. And then change back again. It can be confusing and frustrating.





DO YOU KNOW WE HAVE A LENDING LIBRARY?

Now, more than ever it seems, it is important to know how to use a computer. Whether it is to order groceries, get information, work, make appointments, see the news or connect with family and friends, going online is a key way to communicate.

With this in mind, part of our response to the new 'covid-way' of doing things has been to significantly elevate our tech resources and move almost all of our programs and services online.

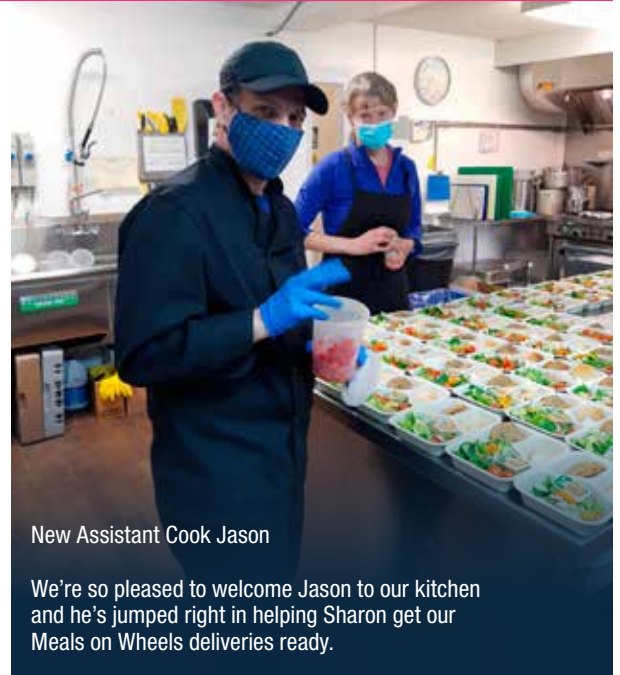
This includes creating a new Lending Library of computer tablets that are available to our senior clients. Much like a regular library, you can check out a tablet for a period and return it later.

We also offer training on how to use your tablet. We'll help you learn how to get online and how to join in some of our activities like fitness classes and social groups. We can show you how to order meals for Meals on Wheels and attend workshops and health support groups.

Find out more by contacting Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.

Our Lending Library was achieved through the generous support of;

- Community Foundations of Canada
- Community Foundation for Kingston & Area
- Act 2 Services
- Retired Teachers of Ontario District 20
- Ministry for Seniors & Accessibility
- Connected Canadians



New Assistant Cook Jason

We're so pleased to welcome Jason to our kitchen and he's jumped right in helping Sharon get our Meals on Wheels deliveries ready.

SAY HELLO!



Jason is our new Assistant Cook. Born in Kingston, he lives in Hartington, is a volunteer firefighter for South Frontenac, and is a Red Seal Chef*. Jason has jumped right in to the Meals on Wheels kitchen and we are so happy to have him as part of our team.

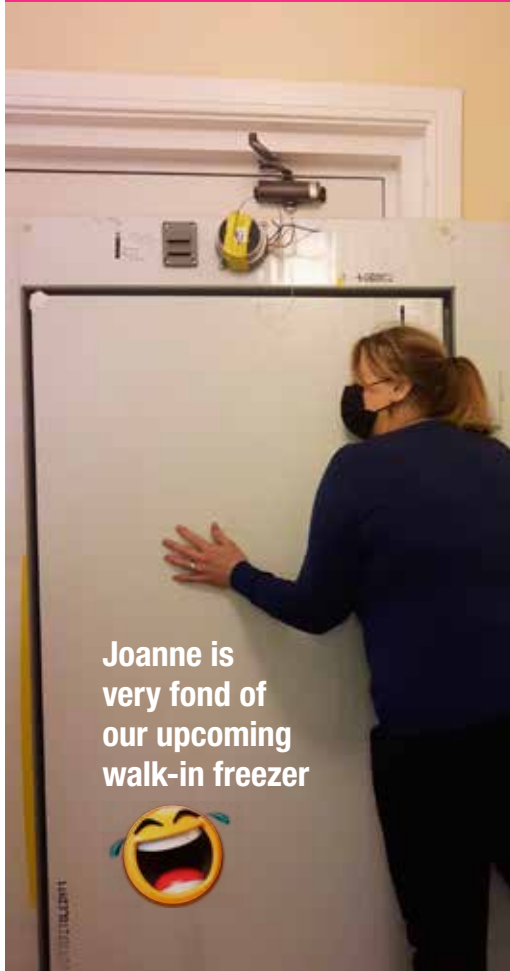
Q: What is one thing about yourself that might surprise people?

A: I collect Lego and rubber ducks

Q: What is one thing that you didn't expect when you started working with SFCSC?

A: I was surprised by the size of the operation here and the amount of volunteers who are involved!

**The Red Seal is short for Red Seal Interprovincial Program, was established in 1959 and is a universally recognized and highly prestigious certification of apprenticeship in Canada.*



Joanne is very fond of our upcoming walk-in freezer

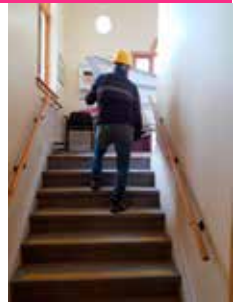


FREEZE PLEASE

By the way Joanne, our Meals Program Coordinator, is hugging the new door, it's safe to say that she's pretty excited by the progress of our new walk-in freezer build!

Bit by bit it's coming along and before you know we'll be good to go. This new walk-in is such a benefit to us. We'll be able to consolidate the food from the seven smaller freezers we have throughout the Centre to the new walk-in unit. And we'll still have room for the abundance of food we're having to store to meet the steadily increasing demand for our Meals on Wheels program.

None of this would be possible if not for the generous donation from the Community Foundation for Kingston & Area (CFKA) to purchase the walk-in freezer unit, and a gift from the Davies Charitable Foundation to cover the cost of construction and installation. Their support has a tremendous and positive impact on the people in our community and we are very grateful for their help.



workers are hard at it getting our new walk-in freezer installed



Do you have some time? Do you drive? If yes, we need you! We're looking for drivers to help seniors get to appointments, deliver food hampers and Meals on Wheels. If you can help, please contact Melissa, 613-376-6477 ext. 209 or melissa.elliott@sfcsc.ca



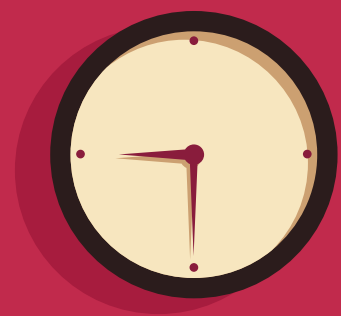
APRIL SHOWERS BRING MAY FLOWERS

And vegetables too!

SFCSC gardens are off to a great start. Before you know it you'll be able to stroll along our garden path and enjoy our beautiful flowers. And fresh vegetables will find their way to our kitchen for Meals on Wheels and into Food Bank hampers.



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WORK OUT WITH THE Y

Grace Social Activity Centre is pleased to partner the YMCA of Eastern Ontario to offer a new senior fitness program at the Grace Centre in Sydenham! The class started in early March and the response has been great. All in-person spaces for the class in the Hall are currently full, but we are offering the class online so you can still take part from your home.

This class is scheduled to run until the end of June.

To join from home it is recommended you have the following items to complete exercises;

- Yoga mat - substitute option is a blanket
- Resistance band - weights or water bottle or soup cans
- Gliders - paper plates or dish clothes can work
- Balance pod – another option is a pillow
- Chair



- WHAT:** Mobile Y- Fitness Senior class
WHEN: Monday & Wednesday mornings
WHERE: Online, virtual GoTo Meeting
TIME: Mondays 9:30-10:30 a.m. & Wednesdays 10:30-11:30 a.m.
(after stay-at-home order is lifted)
FEE: Participants need a 2021 Grace Activity Pass. Pro-rated registration fees for virtual programming will be discussed at time of registration.
Contact Ashley to get your Grace Activity Pass.
REGISTER: Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.

The class is postponed until the stay-at-home order is lifted.

GET YOUR WALKING SHOES ON!



Starting this month our Making Strides walking program is back!

This free drop-in activity is open to older adults (55+) and we encourage you to come and enjoy the spring weather and sunshine (when the stay-at-home order is lifted of course).

The walking program takes place every Friday morning. Until the stay-at-home order is lifted you can take part online. After the order is lifted we'll meet weekly at the Sydenham Point parking lot (near the football field) and, weather permitting, walk one of the multiple mapped out routes or on the track.

Make sure you wear supportive and comfortable shoes, and when we start to meet outdoors be sure to have your sunblock and hat ready.

WHAT: Making Strides walking program
WHEN: Friday mornings
WHERE: Online* until stay-at-home order lifted, then outdoors at Sydenham Track @ Sydenham Point
TIME: 8:30 a.m. – 9:30 a.m.
FEE: FREE
REGISTER: Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.



VOLUNTEER COFFEE KLATCH!

A big thank you to SFCSC volunteers and Verona residents JP & Kathleen, who donated some much appreciated outdoor seating. We've set it up (with appropriate distance between chairs of course!) so that our volunteers can gather for a little coffee klatch, nibble on some cookies and have a catch up.

COMING SOON.

PICKLEBALL CLINIC FOR BEGINNERS!

Starting in June, we are happy to announce a partnership with Deanna Hanes, President of the Kingston Pickleball Club, to offer an 8-week beginners pickleball clinic in Sydenham. This clinic will teach game rules, court positions, serving and dinking! Spots are open to South Frontenac residents and are limited to 10 people. All paddles, balls and nets will be supplied weekly to participants. We suggest participants dress for the weather and wear running shoes.

WHAT: Pickleball Clinic for Beginners
WHEN: June 2 to June 21, 2021
WHERE: Sydenham Point net courts,
TIME: 10:00am to 12:00pm
FEE: \$80.00/player
REGISTER: Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.

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MAP YOUR FUTURE

Southern Frontenac Community Services is excited to announce our Master Action Plan (MAP) workshop is back. For six weeks, every Thursday starting May 13th, take part in this great opportunity to help you get prepared to live your life how you want to, and make sure your plans/wishes are known to family and friends.



Over a period of 6 weeks, we will explore:

- Downsizing your home
- Retirement financial planning
- Accessing home care with the SELHIN
- Funeral/ celebration of life possibilities
- Will and estate planning
- Seniors' mental health

Each MAP participant receives a binder that includes all of the information from the presenters at each workshop over the six weeks. At the end of the workshop you'll have all your important papers/ documents complete and together.

Sessions will be hosted in-person and online. Please note that in-person sessions will be compliant with pandemic guidelines for KFL&A.

WHAT:	MAP – Master Action Plan
WHEN:	Thursday afternoons from May 13, 2021 to June 17, 2021
WHERE:	Online and Grace Centre (Once stay home order is lifted)
TIME:	1:00 p.m. - 2:30 p.m.
FEE:	\$10/person
REGISTER:	Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.

MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <div> IMPORTANT IF YOU PLAN TO ATTEND AN ON-SITE PROGRAM OR PARTICIPATE ONLINE YOU MUST CALL/EMAIL THE CONTACT PERSON RESPONSIBLE FOR THE ACTIVITY SO THEY CAN RESERVE YOUR SPOT. </div> <div> BLUE FONT 613-376-6477 x310 ashley.bates@sfcsc.ca </div>	3	4 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	5 9:00-10:00 Tai Chi	6 9:30-10:30 Cardio & Strength	7 8:30-9:30 Making Strides walking program	8
9 <div> BLUE FONT 613-376-6477 x310 ashley.bates@sfcsc.ca </div>	10	11 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 11:00-12:00 Book Club	12 9:00-10:00 Tai Chi	13 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	14 8:30-9:30 Making Strides walking program	15
16 *May 17, 19, 25 Support Groups 613-376-6477 x205 sandy.whaley@sfcsc.ca <div> GREEN FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca </div>	17 1:30-3:00 VON Stroke Support Group	18 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	19 9:00-10:00 Tai Chi 9:00-12:00 Alzheimer's Private Caregiver Support Group 1:30-3:00 Caregiver Support Group	20 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	21 8:30-9:30 Making Strides walking program	22
23 <div> BLACK FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca </div>	24 VICTORIA DAY SFCSC CLOSED	25 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 1:00-3:00 Bereavement Support Group	26 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y-Senior Fitness	27 9:30-10:30 Cardio & Strength 1:00-2:30 M.A.P course	28 8:30-9:30 Making Strides walking program	29
30 <div> RED & ORANGE FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca </div>	31 10:30-11:30 Mobile Y-Senior Fitness 1:00-3:00 Creative Writing Club	Due to the holiday closure on May 24th, Meals on Wheels will not be delivered on that day. However, we will supply clients with a frozen meal the week before to make sure a tasty meal is available on the holiday Monday.				

BLUE FONT
 ONLINE ACTIVITIES

GREEN FONT
 OUTDOOR &
 ONLINE ACTIVITIES

BLACK FONT
 OUTDOOR &
 SYDENHAM TRACK

RED FONT
 ACTIVITIES @
 THE GRACE CENTRE

ORANGE FONT
 ACTIVITIES @
 THE GRACE CENTRE
 + ONLINE