

SEPTEMBER 2021

COME & VISIT US AT THE OPEN FARMS EVENT

September 11, 12 • 2021

4500 Centennial Park Road
Harrowsmith



southern frontenac
community services

**Please help to load our
trailer with non-perishables
for the Food Bank at the
Open Farms in Frontenac Event**

Do you know that Southern Frontenac Community Services Corp. (SFCSC) has a large vegetable garden that helps to supply Meals on Wheels and our Food Bank with fresh produce? Do you know that SFCSC has partnerships with and buys foods from a variety of local farms to help ensure quality meals and foodstuffs for our clients? Do you know that in 2020-21 SFCSC provided 17,731 hot and frozen Meals on Wheels and 14,532 days of food to South Frontenac individuals and families in need? Do you know that SFCSC couldn't do any of this without the support of our volunteers and community? Stop by our booth at Open Farms to learn more about our gardens, the many programs and services we offer, and how you can be involved and help people in our community.



SEPTEMBER IS HUNGER ACTION MONTH!

September is Hunger Action Month across Ontario! Right here in South Frontenac, our Food Bank served 621 households in the past year, including 634 children and 102 seniors. These are tough times, and your support is needed. For Hunger Action Month, we are encouraging people to donate a different item each week.

September 6 – Canned Vegetables

September 13 – Mac 'n Cheese

September 20 – Cereal

September 27 – Canned Fruit

Donations are gratefully accepted and can be dropped off at the Food Bank:

4295 Stagecoach Rd., Sydenham Monday - Friday
8:30 a.m. - 4:30 p.m.



GOOD GRACES CAFÉ

Café is open to all community members (aged 55+) every Tuesday morning. Come and enjoy a cup of coffee or tea, catch up with friends and meet new friends. Café is a great way to connect with people in our community and learn more about what's happening at Southern Frontenac Community Services.

WHAT: Good Graces Café

WHEN: Tuesday mornings

WHERE: Grace Centre, Sydenham

TIME: 9:00 a.m. - 11:00 a.m.

FEE: Free

MOBILE Y FITNESS

This class involves medium level exercise with resistance bands, exercise pods and sliders with moves that can be adapted to suit anyone's comfort level. The class focuses on balancing, strength and core muscles.

WHAT: Mobile Y Fitness

WHEN: Monday and Wednesday mornings (Sept. to Dec.)

WHERE: Grace Centre, Sydenham and online

TIME: Monday, 9:30 a.m. – 10:30 a.m.

Wednesday, 10:30 a.m. – 11:30 a.m.

FEE: \$40 for Grace Activity Pass holders, \$60 for non-pass



NOTE:

for in-person classes please
arrive 10 - 15 minutes early to complete
a COVID-19 self-screener.

REGISTER:

Ashley Bates, ashley.bates@sfcsc.ca
or 613-376-3477 ext. 310.

CARDIO & STRENGTH

People have told us that they really like doing fitness classes outdoors so we're going to continue with outdoor classes until mid-October or cold weather sets in. These classes are also available online so you don't have to miss out. Contact Ashley and she'll get you set up.

WHAT: Cardio & Strength class

WHEN: Tuesday and Thursday mornings

WHERE: Centennial Park, Harrowsmith or online

TIME: 9:30 a.m. – 10:30 a.m.

FEE: Free for Grace Activity Pass holders, \$2 for non-pass

TAI CHI

Tai Chi is back! Take part online or at the Grace Centre for an hour-long Tai Chi class that is focused on building flexibility, mobility, and balance!

WHAT: Tai Chi

WHEN: Wednesday mornings (September to June)

WHERE: Grace Centre, Sydenham and online

TIME: 9:00 a.m. - 10:00 a.m.



Ontario 



L to R, Cooper (12 yrs.), Karter (15 yrs.) Dillon (18 yrs.) and David Townsend, SFCSC Executive Director

GOOD KIDS DOING GOOD DEEDS

A few years ago Cooper came home from school one day and asked if he could use money that he had saved to buy a backpack for a child who was bringing their lunch in a plastic bag. His parents took Cooper out to buy the bag and filled it with school supplies (Cooper got to keep his savings!) and it started from there. With a generous cash donation from Mom and Dad, and Cooper's two older brothers pitching in, an annual campaign was born. Four years later with gifts from other community

members and area businesses the boy's backpack campaign continues to grow. This year they have donated 60 backpacks filled with school supplies for kids of all ages. That's amazing! The family stopped by to drop off the backpacks that we'll get to children in South Frontenac. They also collected and brought in a large donation of non-perishables for our Food Bank. Thank you boys for everything you do to help others in your community, you are making a difference.

SEPTEMBER 2021

It is one of the most meaningful volunteer experiences you'll ever have. **We really need volunteers for our Hospice Visiting Service.** As a Hospice Volunteer you'll offer emotional and practical support to clients living in North, Central and South Frontenac who are over the age of 18 and have been diagnosed with a life-limiting or terminal illness.

You'll make home visits and provide companionship, assist with errands or watch over clients as they rest. By providing this important support service it allows caregivers the time to do what needs to be done at home or elsewhere while having the peace of mind of knowing their loved one is being cared for.

All Hospice Volunteers receive training and are meant to supplement the care and support provided by family, friends and other professional care providers of the Palliative Care Team.



Please consider taking on this rewarding, life enriching volunteer opportunity.

CONTACT: Melissa Elliott, melissa.elliott@sfcsc.ca or 613-376-6477 ext. 209



NEW!

Do you need a tech tutor to help you learn how to use your tech devices? Are you in need of a computer tablet? **We can help.** Tablets, phones or computers; we have volunteer Tech Team willing to help you learn and explore. Contact Ashley to learn more and get your name on the list for some very useful tech support.

WHAT: Tech Tutor

WHEN: Tuesday, September 14, 2021

WHERE: Grace Centre, Sydenham

TIME: By request

FEE: Free for Grace Activity Pass holders

REGISTER:

Ashley Bates, ashley.bates@sfcsc.ca or 613-376-3477 ext. 310.

WE LOOK FORWARD TO SEEING YOU (from 2 metres away)!

The health and safety of our clients, volunteers, visitors and staff is our top priority. As the autumn season settles in and more activities move indoors we will continue to follow all provincial guidelines around Covid-19. This is what we're doing to keep everyone safe.

Capacity limits dictate access into the building keeping with provincial rules around gathering indoors. Please make sure you register for programs to reserve your spot. Most activities are available online so you don't have to miss out if the on-site numbers are filled.



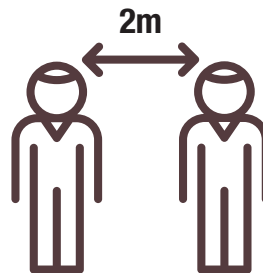
Covid-19 Screening

Anyone coming to the Grace Centre must enter through the front doors of Grace Hall (Stagecoach Rd. doors). You'll go through a Covid-19 self-screening questionnaire and if you clear, you'll sign-in. This way if someone gets ill, we can identify where they have been and who they may have had contact.



Mandatory Masks

Every person entering the building must wear a mask. If you don't have one we can supply one for you.



Physical Distancing

If you are on-site at the Grace Centre, either indoors or outside, we ask you to be mindful of physical distancing guidelines and keep a minimum of 2 metres (6 feet) between yourself and others.



Cleaning & Sanitizing

Cleaning and sanitization will take place multiple times a day throughout the building. Several dispensers and bottles of hand sanitizer are readily available for frequent use.

SEPTEMBER 2021



4295 STAGECOACH RD., BOX 43, SYDENHAM, ON
www.sfcsc.ca | (613) 376-6477

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>IMPORTANT</div> <div>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>GREEN FONT</div> <div>613-376-6477 x 310 ashley.bates@sfcsc.ca</div> <div>RED & ORANGE FONT *</div> <div>613-376-6477 x 310 ashley.bates@sfcsc.ca</div> <div>PURPLE FONT</div> <div>613-376-6477 x205 sandy.whaley@sfcsc.ca</div>			1 10:30-11:30 Mobile Y– Core and Stretch	2 9:30-10:30 Cardio & Strength	3	4
	6 LABOUR DAY SFCSC CLOSED	7 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	8 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y Senior Fitness	9 9:30-10:30 Cardio & Strength	10	11
	13 9:30-10:30 Mobile Y Senior Fitness 1:00-3:00 Creative Writing Club	14 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength 10:30-11:30 Book Club	15 9:00-10:00 Tai Chi 10:00-1:00 Private Caregiver Support 10:30-11:30 Mobile Y Senior Fitness 1:30-3:00 Caregiver Support Group	16 9:30-10:30 Cardio & Strength	17	18
	20 9:30-10:30 Mobile Y Senior Fitness 1:00-3:00 VON Stroke Support Group	21 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	22 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y Senior Fitness	23 9:30-10:30 Cardio & Strength	24	25
26	27 9:30-10:30 Mobile Y Senior Fitness 1:00-3:00 Creative Writing Club	28 9:00-11:00 Good Graces Café 9:30-10:30 Cardio & Strength	29 9:00-10:00 Tai Chi 10:30-11:30 Mobile Y Senior Fitness 1:00-3:00 Bereavement Support Group	30	31	

GREEN FONT
ACTIVITIES OUTDOORS
& ONLINE

RED FONT
ACTIVITIES @
THE GRACE CENTRE

ORANGE FONT
ACTIVITIES @
THE GRACE CENTRE
& ONLINE

PURPLE FONT
ACTIVITIES @
SYDENHAM PUBLIC
LIBRARY