

JULY 2020

southern frontenac
community services

Happy Canada Day!

We will be closed on Wednesday, July 1st to observe Canada Day. Enjoy the holiday and stay safe everyone, we are back to work on Thursday.

Due to the holiday, Food Hamper pickups will be scheduled for Tuesday, June 30th from 1:00 p.m. – 3:00 p.m. instead of Wednesday.

**Call Ellen at 613-376-6477 ext. 203
for info about our community Food Bank.**

4,000+

In our first quarter this year we have delivered almost 4,000 hot and frozen meals to people across South Frontenac.

300

people have needed help from our Community Food Bank from the beginning of May to mid-June



Now more than ever

SFCSC continues to deliver important health support services to seniors, families and some of the most vulnerable people in our community during the COVID-19 pandemic. We are doing everything we can to adapt programs and respond to the people who need some help during this community crisis.

Now more than ever we need and appreciate your support. Your donations help us meet the ever-growing demand from people in our community who are struggling and reaching out for help.

All donations to SFCSC stay in the community and directly help our friends and neighbours in South Frontenac and rural Kingston (north of the 401). If you can help, donations are gratefully accepted online at: www.sfcsc.ca/donate, e-transfers can be sent to ally.dickson@sfcsc.ca, or cheques mailed to 4295 Stage Coach Rd, Box 43, Sydenham, ON, K0H 2T0

It is only with the support of our volunteers and donors that we can help people who are in crisis. And for that, we say thank you.

PHOTO: SFCSC MoW Our Meals on Wheels drivers have helped to deliver almost 4,000 meals across South Frontenac and rural Kingston.



Welcome to SFCSC

We need your help. We're looking for volunteers to act as greeters as part of new health and safety procedures. The greeter will be at the Grace Centre entrance behind a safety barrier to welcome visitors, ensure they participate in self-screening and sign-in processes, and direct inquiries to the appropriate staff. If you can help us by taking on the role as one of our door greeters, we'd love to hear from you and tell you more about the role.

Please contact Dawn for more information, 613-376-6477 ext. 201 or email dawn.callan@sfcsc.ca

Did you hear that?

That's the sound of our doors starting to cautiously open.

The government of Ontario has lifted restrictions and is allowing some businesses, workplaces, services and public spaces to reopen. As a result, we are making some changes and adjustments to how we deliver our health support services.

While many things have changed over the last few months one thing has remained the same, our commitment to the health and safety of our clients, volunteers and staff. In order to keep us all protected during this pandemic and in the future we have updated our protocols.

This is what you can expect:

If you come to the Grace Centre, you will be asked some standard COVID-19 screening questions and if clear, fill out the sign-in sheet.

We have hand sanitizer that we ask you to use when you enter the building. There are more dispensers around the Centre to use as needed.

You'll notice that we are wearing masks and if needed, gloves too. With the current KFL&A Public Health mandatory requirement that people wear masks in indoor public settings, no one is permitted to enter the Grace Centre without one. If you don't have a mask, we can supply one for you.

The staff person you are meeting with will come to the entrance to escort you into the building if needed.

We are working to move many of our programs and services online and for times when people do participate in on-site activities, care will be taken to ensure physical distancing between people. For additional health and safety precautions, plexiglass barriers will be installed in some areas.

We are moving forward with caution and putting measures in place to create a safe environment for everyone. We value your trust and patience throughout this ordeal and look forward to seeing you again!

We're going to need a mulligan

We are sorry to share that we have made the decision to cancel this year's annual Charity Golf Tournament. At first we postponed it until the fall but now we will have a do-over next year instead.



The current state with regard to the COVID-19 pandemic presents a variety of health, safety and economic challenges that in our opinion make it inadvisable to hold the event without potential risk of harm and hardship for our players and the businesses who support us. We appreciate your understanding and we look forward to resuming the event in 2021!

OUTDOOR CARDIO & STRENGTH

Beginning the week of July 7, 2020

Weather permitting, classes will run Tuesday and Thursday mornings at 9:30 a.m. at Sydenham baseball diamond at Point Municipal Park. Please arrive 10 to 15 minutes early to complete a COVID-19 self-screener. Participants must bring their own chair, exercise band and ball*. For everyone's safety physical distancing rules will be followed. Dress for the weather, wear sunscreen and bring some water.

WHEN:

Tuesday & Thursday, 9:30 a.m. – 10:30 a.m. WHERE: Sydenham baseball diamond, Point Municipal Park

FEE: FREE for SFCSC members, \$2 drop-in fee for non-members

*for the month of July, balls and bands can be purchased at the class, bands are \$8 (multiple strengths available and cut to preferred length) and balls \$1.00

Stay Fit Outdoors & Online

It's been too long since we have been able to see our participants and get active, so Grace Social Activity Centre is excited to offer some outdoor and online programs for those aged 55+.

MAKING STRIDES WALKING PROGRAM

This year to help ensure physical distancing, we will be walking the Sydenham Track. Weather permitting, we'll meet at the track on Wednesdays at 8:30 a.m. Please arrive 10 to 15 minutes early to complete a COVID-19 self-screener. There are public washrooms and water stations at Point Municipal Park. The track is not shaded so please make sure to wear a hat and put sunscreen on, and have good supportive foot wear.

WHEN:

Wednesday, 8:30 a.m. – 9:30 a.m. (weather permitting)

WHERE:

Sydenham track, Point Rd.

FEE: FREE

ONLINE CARDIO & STRENGTH

Our amazing fitness instructor Sue has taped a cardio and strength class so you can exercise at home. Find the video on our website under the Grace Centre tab. Please be sure to take care when exercising at home.



1. Choose a safe area where there is room to move freely.

2. Wear proper footwear and clothing

3. Warm up and cool down to reduce the risk of injury

4. If you are alone, have a phone handy in case of emergency

5. Stay hydrated

6. Have fun!

JULY 2020

South Frontenac Garden Tour



For the last two years we have been fortunate to be gifted the money raised through the annual South Frontenac Garden Tour. It's a lovely event that offers a self-driving tour of some really beautiful and unique gardens in our community.

This year the tour is tentatively scheduled for Sunday, July 26 from 9:00 a.m. – 3:00 p.m. with a light take-away lunch generously provided by Chartwell Retirement Residences. Tickets are \$10 and will be available to purchase from some area businesses or online through the SFCSC website.

PLEASE NOTE that we are waiting to confirm if this event will go forward. Our priority is always the health and well-being of our clients, volunteers, staff and friends, and we must continue to be proactive in our efforts to help keep people safe. Please watch the SFCSC Facebook and Twitter pages for updates.



How does your garden grow?

Our garden grows with the care and attention of our volunteers and Alan and his Loughborough Public School Challenge Program students. They grow nutritious vegetables that we use for our Meals on Wheels program and in our Community Food Bank. We're happy to share with Ashley from Loving Spoonful and work together to help feed people in our communities.



THANK YOU

Ashley, Kayla and Claire for your hard work and help in the garden

PHOTO: Ashley - Loving Spoonful & Alan - Loughborough Public School

JULY 2020 - GRACE CENTRE ACTIVITIES



4295 STAGE COACH RD., BOX 43, SYDENHAM, ON
WWW.SFCSC.CA | (613) 376-6477

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CANADA DAY SFCSC Closed	2	3	4
5	6	7 9:30-10:30 Outdoor Cardio & Strength 10:00– 11:00 Virtual Good Graces Cafe	8 8:30-9:30 Making Strides Walking Program	9 9:30-10:30 Outdoor Cardio & Strength 10:00-11:30 Women On Weights Online	10	11
12	13	14 9:30-10:30 Outdoor Cardio & Strength 10:00– 11:00 Virtual Good Graces Cafe	15 8:30-9:30 Making Strides Walking Program	16 9:30-10:30 Outdoor Cardio & Strength 10:00-11:30 Women On Weights Online	17	18
19	20	21 9:30-10:30 Outdoor Cardio & Strength 10:00– 11:00 Virtual Good Graces Cafe	22 8:30-9:30 Making Strides Walking Program	23 9:30-10:30 Outdoor Cardio & Strength 10:00-11:30 Women On Weights Online	24	25
26 9:00 - 3:00 South Frontenac Garden Tour TENTATIVE	27	28 9:30-10:30 Outdoor Cardio & Strength 10:00– 11:00 Virtual Good Graces Cafe	29 8:30-9:30 Making Strides Walking Program	30 9:30-10:30 Outdoor Cardio & Strength 10:00-11:30 Women On Weights Online	31	