

NOVEMBER 2020

southern frontenac  
community services



# VISIONSoup

It's that time of year again!

**VISIONSoup is back with a twist  
(a Covid-19 twist that is).**



On Saturday, November 21st from 11:30 a.m. – 1:30 p.m., come to the Grace Centre at 4295 Stagecoach Rd. in Sydenham. For \$25 and a donation to our Community Food Bank, you can buy a beautiful pottery bowl and a takeaway container of soup.

This is how things will go...

- Come to the front doors of Grace Hall
- Review the list of soup choices so you know what's available
- Enter the Hall (mask required of course)
- Go through a Covid-19 screening
- If you 'clear' you'll sign-in (for contact tracing purposes)
- Use hand sanitizer (when you enter and when you leave)
- Choose your beautiful pottery bowl
- Pick up your soup (takeaway container)
- Exit through the door at the back of the building (in one door and out the other)

**Tickets should be purchased in advance  
through e-transfer to [VisionSoup2020@gmail.com](mailto:VisionSoup2020@gmail.com)**

You can pre-order your tickets (use the same email as the e-transfer) and cash will be accepted at the door if necessary. Please bring the exact amount to limit the handling of money.

Things are a bit different this year but the delicious soup hasn't changed. The beautiful hand-made pottery bowls are still here. The wonderful support of our food bank is the same.

Another thing that hasn't changed? Our never-ending appreciation and gratitude for the support of our friends and neighbours. We are lucky to be a part of such a caring community.

**WHAT:** VISIONSoup

**WHEN:** Saturday, November 21

**TIME:** 11:30 p.m. – 1:30 p.m.

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham (limited number of people inside at any one time)

**COST:** \$25 and a food bank donation (non-perishable food item)

**TICKETS:** purchase in advance by e-transfer to [VisionSoup2020@gmail.com](mailto:VisionSoup2020@gmail.com), cash will be accepted at the door if necessary but please bring the exact amount (\$25) to limit the handling of money



GIVING  
TUESDAY



DEC 1

## GivingTuesday – December 1, 2020

GivingTuesday is a global movement that happens every year. It's day for people to come together to support the causes and charities that are important to them. Last year we were so grateful for the generosity we received on GivingTuesday. It is the collective power of our friends coming together to offer support that enables us to deliver health and social services to some of the most vulnerable people in our community.

**We help people because you help us. We'll be sharing more about GivingTuesday as the date draws nearer.**

## Drive-thru to Fight the Flu

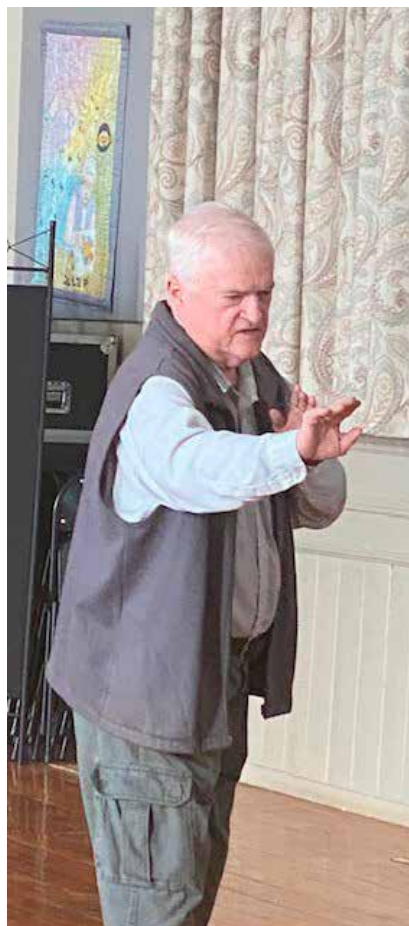
If you haven't had your flu shot yet you may want to check out a few area drive-thru flu shot clinics. When you go you will have to stay in your car and be sure to have your mask, be wearing short sleeves and bring your valid Ontario Health card.

### Harrowsmith

Sydenham Medical Clinic will be at the Harrowsmith Free Methodist parking lot, 3876 Harrowsmith Rd.  
Tuesday, November 3rd 10:00 a.m. – 2:00 p.m.  
Tuesday, November 10th 2:00 p.m. – 6:00 p.m.  
Tuesday, November 17th 10:00 a.m. – 2:00 p.m.

### Verona

Verona Lions Hall, 4504 Verona Sand Rd.  
Thursday, November 5th 1:00 p.m. – 6:00 p.m.



## The Man of Many Hats

David Row has been a valued volunteer of ours for close to 20 years. He has shared many of his skills and talents over time including teaching art lessons, being a volunteer driver and leading a Tai Chi class that focuses on building flexibility, mobility and balance. Many hats and many thanks to you David!

**Photo:**  
Volunteer, David Row

southern frontenac  
community services

Ontario 

 United Way  
Kingston, Frontenac,  
Lennox and Addington  
Partner Agency

## Please Note

To allow for some time off around the holidays, there will be a single December/January issue of our newsletter that you will receive mid-December. Thank you!



## Pie, Cider & Captain Canada!

We celebrated Thanksgiving in style with lots of delicious pie and apple cider donated by Chartwell retirement residences. Dave Linton stopped by with his Captain Canada float to show appreciation and thanks to front line workers, 1st responders, essential workers & volunteers.



## Tea, Treats & Teamwork

Our Volunteer Social High Tea was a great success! Our team of volunteers are essential to our ability to deliver our health and social service support programs. Our Volunteer Social happens every Friday and there are a variety of fun themes and activities to come. All SFCSC volunteers are invited to take part. It's one way for us to show our appreciation for everything you do for us.



## Crafty Clients

Our Adult Day clients make the best crafts!

## Coat Drive

Clean, new or gently used **adult coats**. Coats must be washable only. No leather, heavy wool or other clothing please. **October 26 - November 7th.** Distribution will be done by agencies serving vulnerable population.

### Drop off Points

#### Kingston

**City Hall:** 216 Ontario Street  
Mon-Fri 8:30am to 4:30pm

#### Kingston Community Health Centres:

#4-263 Weller Avenue,  
Mon-Fri 8:30am to 4:30pm

For more information visit  
[www.unitedwaykfla.ca/coatdrive](http://www.unitedwaykfla.ca/coatdrive)

#### Calvin Park Library:

88 Wright Crescent,  
Mon-Thu 10:00am to 8:00pm;  
Fri-Sat 9:00am to 5:00pm

#### Pittsburgh Branch Library:

80 Gore Road, Tue, Wed, Thu  
10:00am-6:00pm

#### Isabel Turner Library:

935 Gardiners Road,  
Mon-Thu 10:00am to 6:00pm;  
Fri-Sat 9:00am to 5:00pm

#### Napanee

#### Kingston Community Health Centres:

26 Dundas Street W.,  
Mon-Fri 8:30am to 4:00pm.  
(Closed Noon to 1:00pm)

#### Morningstar Mission:

59 Water Street W.,  
Mon, Tue, Wed, Fri  
9:00am to 4:00pm



**United Way**  
Kingston, Frontenac,  
Lennox and Addington  
Partner Agency

## Winter Is Coming

Snow, cold, ice, flurries. There's no escaping it, winter is on its way. The United Way of Kingston, Frontenac, Lennox & Addington is looking for donations of clean, new or gently used adult winter coats to help those who may not have one. Coat donations can be dropped off until November 7 at various locations (listed below). #locallove More info at [www.unitedwaykfla.ca/coatdrive](http://www.unitedwaykfla.ca/coatdrive)



NOVEMBER 2020

# Get Moving!



Take part in our health and wellness activities – in person and online! To operate safely and adhere to Covid-19 guidelines around physical distancing and contact tracing, you must register for all classes.

Some in-person classes are full but we have waitlists which your name can be added.

**Contact: [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca) or 613-376-6477 x310**



## Cardio & Strength

In Person: Tuesday class at the Frontenac Community Arena (Piccadilly) and Thursday at the Grace Centre (Sydenham). To manage the number of people in rooms at the arena and at the Grace Centre, you must register for in-person classes. Currently both classes are full but you can contact Ashley to be added to the waitlist.

Online: you can join the virtual classes by contacting Ashley to register.

**WHAT:** Cardio & Strength exercise class

**WHEN:** Tuesday & Thursday

**TIME:** 9:30 a.m. – 10:30 a.m.

**WHERE:** Tuesdays @ Frontenac Community Arena, 4299 Arena Boundary Rd., Piccadilly OR online

Thursdays @ Grace Centre, 4295 Stagecoach Rd., Sydenham OR online

**REGISTER:** [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca) or 613-766-0234 x310



## Tai Chi

In Person: Wednesday mornings take part in an hour-long Tai Chi class at the Grace Centre that is focused on building flexibility, mobility and balance. You can also take part online. Please contact Ashley to register for either the in-person or online class.

**WHAT:** Tai Chi class

**WHEN:** Wednesday

**TIME:** 9:00 a.m. – 10:00 a.m.

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham OR online

**REGISTER:** [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca) or 613-766-0234 x310



## Yoga with Hanna

Namaste! Hanna is a certified yoga therapist who has been teaching yoga for seventeen years. We are so pleased to welcome her back to the Grace Centre. Hanna teaches in the Viniyoga tradition which focuses on breath and movement awareness to support and increase overall well-being.

**WHAT:** Yoga class

**WHEN:** Friday

**TIME:** 9:30 a.m. – 10:30 a.m.

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham OR online

**REGISTER:** [ashley.bates@sfcsc.ca](mailto:ashley.bates@sfcsc.ca) or 613-766-0234 x310

## Volunteer Social

You've heard of a Strawberry Social.  
Maybe an Ice Cream Social?

### Welcome to our Volunteer Social!

Friday afternoons are a great time to relax and spend time with fellow SFCSC volunteers. We started with a few Fridays in September and enjoyed ice cream in the garden, pie and apple cider on another day, and we had a wonderful tea party in Grace Hall. The response has been great and we're going to keep going until the end of the year!

All SFCSC volunteers and potential volunteers are encouraged to come out Friday afternoons from 1:00 p.m. – 3:00 p.m. and join in. Learn more about our programs and services, and about volunteer opportunities that may be available. You can meet some staff, chat with other volunteers, share some laughs and get a bit of pampering! You do so much for us, and we want to do something for you.

Due to COVID-19 and the need to practice safe physical distancing rules, we have to manage the number of people in the Hall. If you plan to attend a Friday Volunteer Social please let Melissa, our Volunteer Coordinator, know.

**WHAT:** Volunteer Social

**WHEN:** Every Friday afternoon

**TIME:** 1:00 p.m. – 3:00 p.m.

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham

**COST:** FREE

**RSVP:** melissa.elliott@sfcsc.ca or 613-766-0234 x209

Our Volunteer Social High Tea was a huge success!



**Our volunteers do so much for us. Come to a Volunteer Social and let us spoil you!**

**Real men drink tea from dainty cups**



## SALT

On Friday, November 13th Seniors and Law Enforcement Together (S.A.L.T) is back at the Grace Centre and invites seniors from the South Frontenac area to a presentation on Seniors & Winter Driving, as well as a free takeaway lunch.

You can attend in person (20 people max.). If you are coming to the Grace Centre you will be asked for your phone number when you register and can expect a call on the morning of the event to be screened for Covid-19 symptoms. Transportation to the event is available, but it is very limited and on a first come first served basis.

If you can't make it out, you can take part virtually (50 people max.). When you register you will need to supply your email address.

**You must register before November 10th.**

Guests will receive a free takeaway lunch as they leave Grace Hall (no food or drink in the Hall) and for those who attended virtually, a meal can be delivered.

**WHAT:** SALT presentation and free takeaway lunch

**TOPIC:** Seniors & Winter Driving

**WHEN:** Friday, November 13

**TIME:** 11:00 p.m. – 12:00 p.m.

**WHERE:** Grace Centre, 4295 Stagecoach Rd., Sydenham OR online

**COST:** FREE

**TRANSPORTATION:** limited (first come first served)

**DEADLINE:** You MUST register by Tuesday, November 10, 613-376-6477 x303 or joanne.silver@sfcsc.ca

# NOVEMBER 2020



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <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>2</div>	<div>3</div> <div>9:00–11:30 Good Graces Café</div> <div>9:30–10:30 Outdoor Cardio &amp; Strength</div>	<div>4</div> <div>9:00–10:00 Tai Chi</div>	<div>5</div> <div>9:30–10:30 Cardio &amp; Strength</div>	<div>6</div> <div>9:30–10:30 Yoga w/ Hanna</div> <div>1:00-3:00 Volunteer Social</div>	<div>7</div>
<div>8</div> <div>RED &amp; ORANGE FONT * 613-376-6477 x 310 ashley.bates@sfcsc.ca</div> <div>*Wed. Nov. 25 Bereavement Support 613-376-6477 x205 sandy.whaley@sf csc.ca</div> <div>*Fri. Nov. 13 SALT 613-376-6477 x303 joanne.silver@sfcsc.ca</div> <div>*Fri. Volunteer Social 613-376-6477 x209 melissa.elliott@sfcsc.ca</div> <div>BLACK FONT 613-376-6477 x 310 ashley.bates@sfcsc.ca</div>	<div>9</div>	<div>10</div> <div>9:00–11:30 Good Graces Café</div> <div>11:00–12:00 Book Club</div> <div>9:30–10:30 Cardio &amp; Strength</div> <div>12:00–4:00 Foot Care Clinic</div> <div>1:30–2:30 Online Caregiver Support Group</div>	<div>11</div> <div>9:00–10:00 Tai Chi</div>	<div>12</div> <div>9:30–10:30 Cardio &amp; Strength</div>	<div>13</div> <div>9:30–10:30 Yoga w/ Hanna</div> <div>11:00–12:30 SALT</div> <div>1:00-3:00 Volunteer Social</div>	<div>14</div> <div>RED FONT ACTIVITIES @ THE GRACE CENTRE</div> <div>ORANGE FONT ACTIVITIES @ THE GRACE CENTRE + VIRTUAL</div>
<div>15</div>	<div>16</div>	<div>17</div> <div>9:00–11:30 Good Graces Café</div> <div>9:30–10:30 Outdoor Cardio &amp; Strength</div>	<div>18</div> <div>9:00–10:00 Tai Chi</div> <div>1:30 Caregiver Support Group w/ Alzheimer Society KFLA</div>	<div>19</div> <div>9:30–10:30 Cardio &amp; Strength</div>	<div>20</div> <div>9:30–10:30 Yoga w/ Hanna</div> <div>1:00-3:00 Volunteer Social</div>	<div>21</div> <div>BLACK FONT ACTIVITIES @ FRONTENAC COMMUNITY ARENA (PICCADILLY) + VIRTUAL</div> <div>BLUE FONT ONLINE ACTIVITIES</div>
<div>22</div> <div>BLUE FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca</div> <div>PURPLE FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca</div>	<div>23</div>	<div>24</div> <div>9:00–11:30 Good Graces Café</div> <div>9:30-10:30 Cardio &amp; Strength</div> <div>1:00-4:00 Foot Care Clinic</div>	<div>25</div> <div>9:00–10:00 Tai Chi</div> <div>1:00 Bereavement Support Group</div>	<div>26</div> <div>9:30–10:30 Cardio &amp; Strength</div> <div>1:00 Bereavement Support Group</div>	<div>27</div> <div>9:30–10:30 Yoga w/ Hanna</div> <div>1:00-3:00 Volunteer Social</div>	<div>28</div> <div>PURPLE FONT ACTIVITIES @ SYDENHAM PUBLIC LIBRARY</div> <div>PINK FONT ACTIVITIES @ SHARBOT LAKE RETIREMENT &amp; RETREAT</div>
<div>29</div> <div>PINK FONT 613-376-6477 x205 sandy.whaley@sfcsc.ca</div>	<div>30</div>					