

Recreation and Community Services Guide

2025



Township Info · Arts and Culture · Events
Community Services · Rec and Leisure



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Shaunis Sakell - Business Advisor
613 372 1414 ext 202
shaunis@frontenacbusiness.ca

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Township Information 4-17

Beaches and Parks; Boat Launches;
Council; Municipal Services

Arts and Culture 18-27

Arts, Music and Venues/Hall Rental;
Food and Agriculture; Libraries; Museum

Community Services 28-44

Churches; Community Services; Education

Recreation and Leisure 45-55

Fitness and Sports; Trails and Outdoor

Events 56-63

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



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**Everything
Frontenac**

Businesses - Events - Services



A Message From Mayor Vandewal:



Recreation in South Frontenac in 2025 will be a year of change with new processes and updated amenities. First, with the close of our two-year long Recreation Services Study, we have updated the Township fees and the allocation process for recreational services. The new fee schedule reflects Council's commitment to balance the operational needs and fiscal responsibility.

Community members will get to enjoy the renovated washrooms and canteen building at Centennial Park. The renovations improve functionality and accessibility, ensuring all users can participate in recreation. This summer the large baseball diamond at the same park will be rehabilitated, extending the lifespan and usability of the amenity.

While I say it every year, I truly encourage our residents to get out and get active in South Frontenac. Slide into second base, push a disc on a shuffleboard court, or enjoy a hike or bike ride along one of the many trails in and around South Frontenac. Our community thrives because of the many active clubs and volunteers. Please utilize this Recreation Guide to get active and join community events – the community will welcome you with a smile.

Mayor Ron Vandewal

A Message from Recreation Staff:

As a member of the municipal recreation team, my goal is to help create a vibrant and inclusive community. While developing this guide, it's always exciting to see the many opportunities to reach that goal presented in snapshot of 60-some odd pages. This guide is a terrific opportunity to showcase how you can get involved in our bustling community, and I hope it inspires you to try a new club, discover a new trail, or visit a new destination here in South Frontenac.

In 2025, we're thrilled to continue offering many of our beloved programs and events. Our Day Camps will be ready to welcome campers throughout July and August, and our community event planners are hard at work preparing exciting events for your family. Use the events section at the back of this guide to mark your calendars and plan on joining us in all the fun.

For questions on how to get involved in our community, email us at recsupport@southfrontenac.net.

Amanda Pantrey
Recreation and Events Coordinator

South Frontenac is a welcoming and thriving rural community.

Township Information

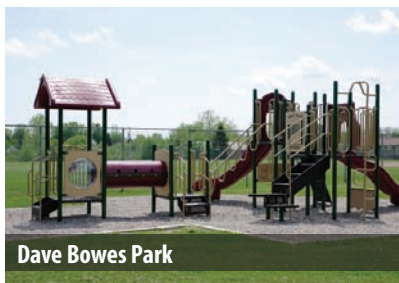




Battersea Ball Park



Centennial Park



Dave Bowes Park



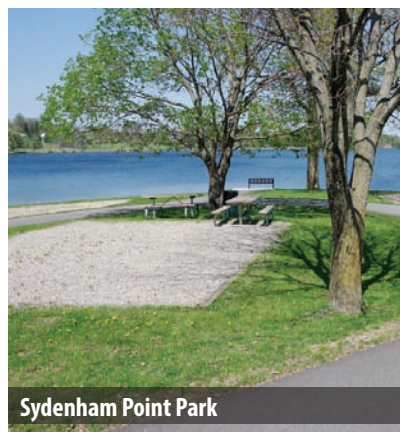
Harris Hall Park



Gilmour Point Park



Davidson Beach



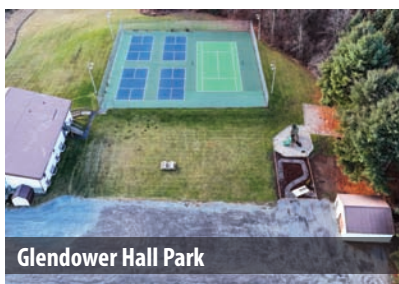
Sydenham Point Park



Gerald Ball Park



Latimer Park



Glendower Hall Park



McMullen Park



Tett Park

Photos by Paul Wash

South Frontenac is a welcoming and thriving rural community.

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 and 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 or email bookings@southfrontenac.net for rental information. ♿ = Accessible Feature													

New Facility Rental Rates

Started January 1st, 2025

Municipal Recreation Facilities · Halls · Parks · Fields · Diamonds



See southfrontenac.net/rentals for more info

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/rentals or contact Recreation and Leisure Services at 613-376-3027, via email at bookings@southfrontenac.net or in person at 2490 Keeley Road, Sydenham.

Will you require additional certificates or permits?

If you are considering hosting an event on municipal property, we highly encourage reviewing our event planning webpage at www.southfrontenac.net/eventplanning. There, you will find lots of helpful information on topics such as making your event accessible, food and drink permitting, noise bylaw information, and much more. Visit the webpage early in your planning to ensure your event aligns with relevant policies and that you are setting yourself up for success.

Glendower Hall

Amenities:

- Full Kitchen
- Stage and 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



5612 Perth Road Crescent, Perth Road

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



3910 Battersea Road, Sunbury

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.

South Frontenac is a welcoming and thriving rural community.

Sydenham Library

Amenities:

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



Photo: Paul Wash

4412 Wheatley Street, Sydenham

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. **Please note** the Sydenham Library Community Room is currently unavailable due to construction. Please check our website for the most up-to-date information.

Frontenac Community Arena

Amenities:

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



Photo: Paul Wash

4299 Arena Boundary Road, Godfrey

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 310 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

South Frontenac has many municipally owned and maintained sites where you can launch a boat or small watercraft like a kayak or canoe. Many are simply gravel road allowances leading to the water. There are also several non-Township owned boat launches that can be used by the public.

Water Access

Kingsford Lake	40 Kingsford Lake Dam Road
Little Long Lake	5700 Bedford Road (municipally owned at culvert)
Mitchell Creek	7880 Canoe Lake Road (municipally owned at Mitchell Creek Bridge)
Napanee River	1025 River Road (municipally owned at end of River Road)
South Otter Lake	6473 Salmon Lake Road

Boat Launches, 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

Council and Recreation Committee

South Frontenac Council 2022 – 2026 Term

Mayor

Ron Vandewal 613-376-3027

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 and Leisure Services Advisory Committee

The Recreation and 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, Karl G. Hammer, Shane Peters, Marie Wilkins.

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



Dave cleaning his plow truck, Sir Salter.

Municipal Services

613-376-3027

4432 George Street · 2490 Keeley Road

Public Services

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

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:

Building Services

building@southfrontenac.net

South Frontenac is a welcoming and thriving rural community.

- 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

reception@southfrontenac.net

taxes@southfrontenac.net

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

- Municipal property taxes, utility billing and the municipal budget
- Municipal grants and funding opportunities



Free sand/salt mix

2490 Keeley Road, Sydenham
 3910 Battersea Road, Sunbury
 5286 Hinchinbrooke Road, Hartington
 1389 Westport Road, Godfrey

- Human resources and recruitment
- Cemetery services
- Lottery and animal licencing

Clerk's Office

jthompson@southfrontenac.net and
bylaw@southfrontenac.net

The Clerk's Office is the direct link between Township staff and Council.

Connect with the Clerk on issues regarding:

- Council and committee matters, including delegation requests
- By-law enforcement
- Emergency management
- Freedom of information and protection of privacy inquiries
- Accessibility
- Lottery licensing
- Cemetery management
- Unopened road allowance matters; and
- Commissioner of oaths services
- South frontenac by-laws or to submit a by-law complaint
- Freedom of information and protection of privacy inquiries or requests

TOWNSHIP OF SOUTH FRONTENAC

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SOUTH FRONTENAC



SFFR Ice Rescue Training, February 2024

Fire and Emergency Services

fireadmin@southfrontenac.net

South Frontenac Fire and 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 inquiries about:

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



Sparky and Barrack the Bear at the 2024 SFFR vs OPP Hockey Day Fundraiser. Photo: Michael East



The new Frontenac Paramedics Glenburnie base was completed and came online July 5, 2024

County of Frontenac

613-548-9400

www.frontenaccounty.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

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



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**SOUTH
FRONTENAC**



Arts and Culture



Arts, Music and 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).
www.fwchorus.ca

Guitar and 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,



including the Hartington, Storrington, and Sydenham Branches in South Frontenac are ready to welcome you. Borrow books, stream movies, learn a new language and enjoy library programs.
South Frontenac Programming Highlights:
Stories at the Point in Sydenham
Join weekly for outdoor storytime fun at Sydenham Point (4410 Point Road, Sydenham) starting Friday, June 6. This program is in partnership with EarlyON! Visit www.keyon.ca to pre-register.

Reading Challenges

Win prizes and embark on exciting adventures through KFPL's reading challenges, including 1,000 Books Before Kindergarten and seasonal challenges like Summer Reading for all ages. Visit www.kfpl.beanstack.com to register.

Teen Review Board

Join the 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 the website.
Visit kfpl.ca to learn about all these activities and more.

Hartington Branch

5597 Road 38, Hartington
613-372-2524

Storrington Branch

3910 Battersea Road, Sunbury
613-353-6333

Sydenham Branch

4412 Wheatley Streety, Sydenham
613-376-3437

Painting and Crafts - Do you like to paint, draw, knit, crochet and do other crafts with a group who can help or offer encouragement? Join us at the Storrington Centre, 1st and 3rd Wednesdays of the month from 9:00am-noon. 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 (2nd Tuesday of the month @ 7pm). Join this singing meditation practice that promotes mindfulness, joy and community. Everyone is welcome in the circle of song. \$15 per night, first time free. Details: Wendy Luella

Perkins 613-549-3102,
info@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

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 and 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 2024 at Centennial Park, hosted by the Harrowsmith Social and Athletic Club

Wintergreen Studios - 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



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

Food and 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 2025 season on Friday, May 9! Running

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. LDMSPA members producers in South Frontenac include:



- Ormsbee's - 1768 Ormsbee Road, Battersea (Ormsbee's Mercantile)

South Frontenac is a welcoming and thriving rural community.

- Gorr's Maple Syrup, 3596 Quinn Road, Harrowsmith 613-372-0348
- Crooked Lane Farm - 1023 O'Reilly Rd, Hartington, 613-372-2970.
- East Slope Maple Products, 475 Lee Road, Fermoy, 613-722-7059
- John Masswohl, 6533 First Lake Rd, Verona, 613-299-7684
- Stineridge Maple Products, 4659 Holleford Rd., Hartington, 613-583-2626.

Information – ldmspa.com.

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 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 nfuontario.ca and nfu.ca. To get in touch with the Local 316 directly email: local316@nfuontario.ca.

Show your South Frontenac pride!

Look for SF clothing in local retailers!



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 and Heritage Societies

The Bedford Historical Society was
established in 2006 to preserve the history
of Bedford Township's people, places and

events from before its creation in 1850 until
its evolution in 1998 into Bedford District of
South Frontenac Township. The Societies'
archives are housed at the Glendower
Hall (1381 Westport Road), appreciatively
supported by the Township of South
Frontenac. The donated archives are open
to the public by appointment, contact:
bedfordhistoricalsociety2019@gmail.com. If
you are an oral historian we'd enjoy chatting
with you.

RESTAURANTS AND EATERYS

Creekside Bar and Grill	2261 Wellington Street, Battersea • 613-353-1102
Gilmours on 38	5062 Road 38, Harrowsmith • 613-969-6561
Gino's Pizza and Spaghetti	5062 Road 38, Harrowsmith • 613-507-2929
Grains and 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



The South Frontenac Museum

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 www.southfrontenacmuseum.ca, on Facebook: @southfrontenacmuseum or by phone at 613-376-3027.

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

Spotlight on South Frontenac **Frontenac Farmers Market**

The Frontenac Farmers Market takes place every Friday afternoon from May 9th – October 31st, from 3:00 pm – 7:00 pm at Centennial Park in Harrowsmith.



Enjoying some live music at the Frontenac Farmers Market

Every Friday afternoon from early May to late October, the Frontenac Farmers Market transforms Centennial Park in Harrowsmith into a bustling hub of activity. But it's more than just a market – it's a celebration! It's a place to connect with your neighbours, enjoy live music, and soak in the festive atmosphere. Locals and visitors alike are encouraged to bring family and friends to experience the joy of community connection.

The vibrant market features over 40 diverse vendors, changing weekly to offer a delightful variety of products. Discover local treasures, from sweet maple syrup and tangy

elderberry preserves to artisanal breads, handmade jewelry, gourmet pet treats, fragrant soaps, and refreshing wines. Don't miss out on our homemade lemonades or a warm cup of coffee while you shop or enjoy delicious onsite food options while relaxing in our lively beer garden.

"There is no better way to kick off your weekend than meeting your friends and neighbors at the Farmers Market," says Market Coordinator Tarra Williamson, owner of Bloom Farm in Harrowsmith. "Whether you stop by to quickly grab supplies for your weekend at the cottage or

stay for a while and enjoy dinner and drinks with friends, make the Frontenac Farmers Market a part of your Friday routine.”

The Market also features several special events throughout the season. From seedling sales in May, to a Halloween Party in October, and lots in between, there’s always something happening at the market.

We can’t wait to see you at the market, where fresh produce meets a fun social gathering! Stay up to date with the market at www.frontenacfarmersmarket.com or by following us on Instagram @frontenacfarmersmarket_.

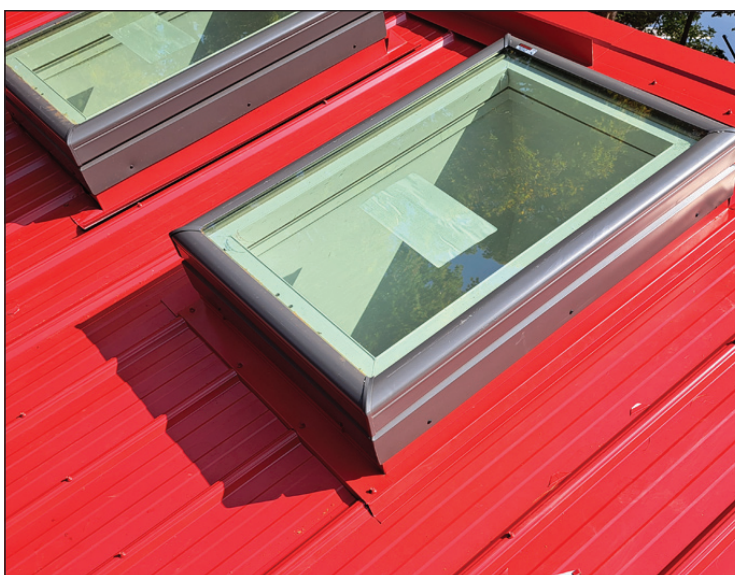


Grabbing essentials from the Frontenac Farmers Market.



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In addition to a thorough inspection inside the house, expect exterior vulnerable areas such as skylights to be carefully examined. At the end of the inspection, you will receive a detailed and honest report on the condition of the house. Call to book your home inspection.

Community Services



Community Services

Clothing Depot, Community Caring - Princess Anne Building, 5597 Road 38, Hartington. Charitable clothing, \$5 per large bag. Hours of Operation: Tuesdays and Fridays, 10:00 am – 2:00 pm. They are also open one Sunday a month. Check out the Hartington Community Caring 2nd Hand Store Facebook page for more information.

Clothing Depot, Style Revival - Free clothing, Verona Free Methodist Church, Wed 9am -1pm. Open some Saturdays, check FB or call Keilo at 613-453-9972 for more information.

Loughborough Christmas and 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

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

Continued on page 31



New Leaf Link (NeLL) provides fun, learning and friendship in a day program for persons with intellectual, developmental or physical disabilities who are 18 years or older.

The program is tailored to the abilities and interests of the participants. Themes are community participation, the arts, and healthy living. A 4-day camp is offered annually. Transportation support is available.

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

Where: Harrowsmith Free Methodist Church
3876 Harrowsmith Road, Harrowsmith
Program fees: \$46 per day

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

www.facebook.com/newleaflink

Registered Charity# 813232816RR0001

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

Non-Denominational

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

Pentecostal Assembly

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

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 • 613-376-6695
www.stpat-stmary-railton-odessa.com

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. EarlyON also welcomes grandparents and anyone who may be visiting the area. Registration is encouraged but drop in's are welcome. For more information and registration please visit keyon.ca.

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



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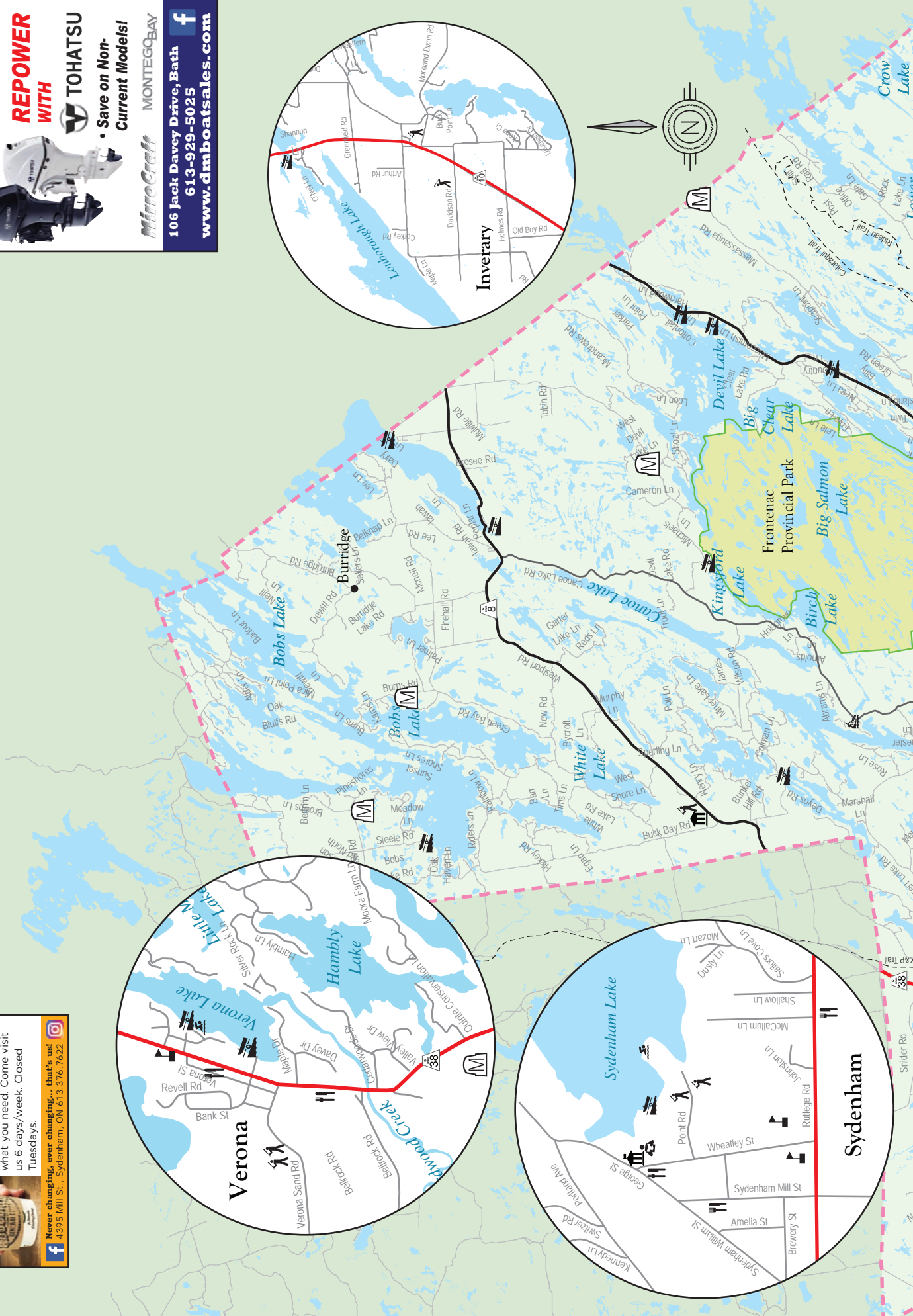
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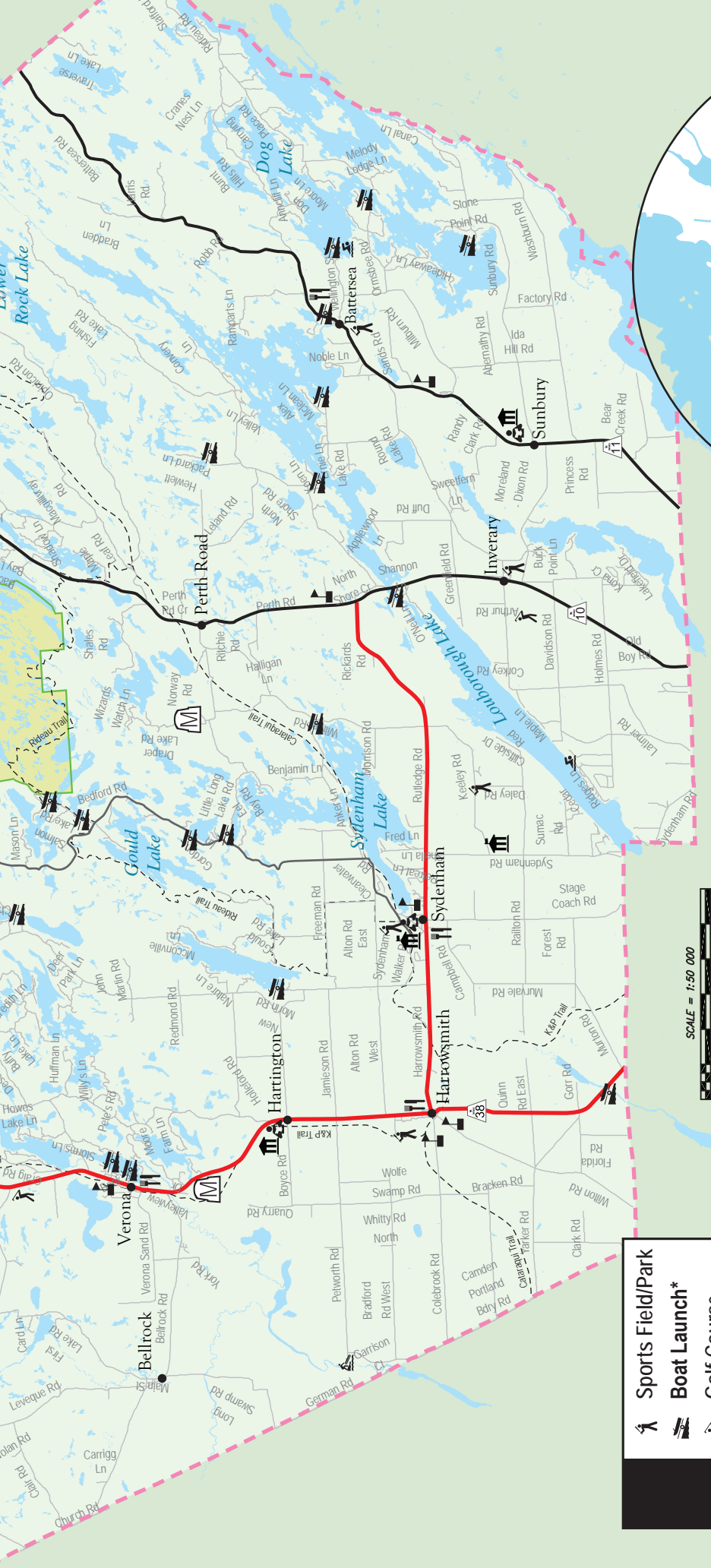


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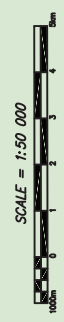
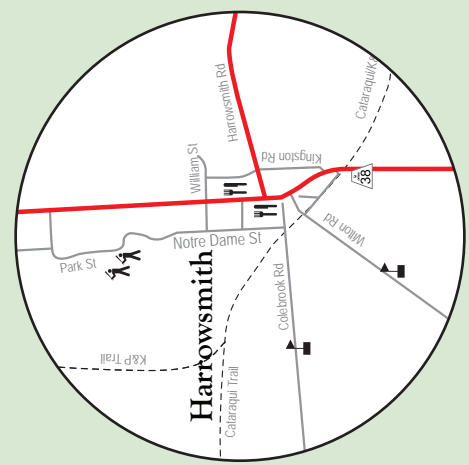
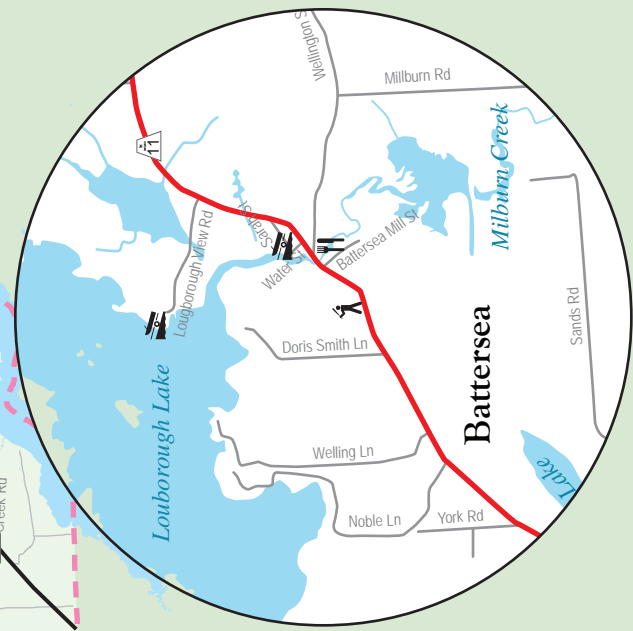




LEGEND

- Sports Field/Park
- Boat Launch*
- Golf Course
- Library
- Municipal Hall
- Municipal Office
- Public Beach
- Restaurant
- School
- Waste Site
- Water Access*

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



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Southern Frontenac Community Services



Corporation - (SFCSC) SFCSC is a community provider of health and social support services in South Frontenac and rural Kingston. SFCSC offers a range of programs and services designed to help seniors age well in their own community, while also supporting families meet their basic needs. SFCSC provides a variety of programs and services for seniors such as Adult Day, Meals on Wheels, Diners' Club, foot care, hospice and bereavement support as well as social and recreational activities. Additionally, SFCSC operates a Food Bank to assist those in need. Most programs require a brief intake and/or registration.

Community/Service Clubs

Bellrock Hall Community

Association. Bellrock is a happening place to be! We



host festivals, dinners, and performances. Regular activities include games nights, line dancing, and potlucks. The hall is available for rent and features a large playing field, well-equipped kitchen, a stage and a community garden.

bellrockhall@gmail.com

6034 Leveque Road, Verona

613-484-5977

Or check us out on Facebook

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 \$110 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 and new members are very welcome! For more information see fsme.ca or Facebook @Frontenacsocietyofmodelengineers.



Girl Guides of Canada - Girl

Guides is a place where girls aged 5-17 can explore, grow, and have fun in a supportive environment. With weekly meetings led by motivated volunteers, girls take part in exciting activities like outdoor adventures, STEM projects, community service, and creative challenges. Whether they're making new friends, building confidence, or trying something new, Girl Guides gives everyone the space to just be themselves.



Continued on page 39

GRACE SOCIAL & ACTIVITY CENTRE

The Grace Social & Activity Centre is the perfect place for adults (aged 55+) in South Frontenac to make new friends and enjoy a variety of programs to support an active and social lifestyle.

Most activities run weekly with a full calendar of fitness programs (for all fitness levels). Social opportunities can include cards and games, book clubs and painting and educational workshops. New activities added regularly!



**JOIN THE FUN! PURCHASE AN ACTIVITY PASS - ONLY \$40 PER YEAR
AND GET ACCESS TO OUR SOCIAL AND RECREATIONAL PROGRAMS**
(SPECIAL PROGRAMS MAY BE SUBJECT TO ADDITIONAL FEES)

The Grace Centre offers a welcoming atmosphere that fosters community and active living. Reach out to us to learn more or to purchase your Activity Pass today:

Call us at
613-376-6477 ext. 310

Scan here



or go to www.sfcsc.ca
to learn more and view
monthly activities
calendar

southern frontenac
community services

Join us at our Good Graces Cafe for an opportunity to get together with old friends and meet new ones!



Come on in for chit chat, puzzles, play cards,
play crokinole or enjoy puzzles!
Serving freshly brewed coffee, tea, and bagels*
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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 help seniors age well in their own community and to facilitate connections and provide families with services to meet their basic needs.



SUPPORT SERVICES

Adult Day ext. 304 – 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. 301 – 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. 301 – Health-trained professionals can fill in for family and friends when a break from care-giving is needed.

Foot Care ext. 212 – Trained providers offer basic foot care for older adults (60+) and adults with physical disabilities. Appointment required.

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.

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

Bereavement and Caregiver Support ext. 205 – SFCSC provides emotional and psychosocial support to individuals and families who are anticipating a death or experiencing grief due to the loss of a loved one or friend. One on one visits and calls available.

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.

Diners Club ext. 303 – Friends gather for a delicious full-course meal and entertainment!

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, 1:00 - 2:30 pm.

Bereavement Support Group - last Wednesday of each month, 1:00 - 2:30 pm.



GRACE SOCIAL ACTIVITIES

Contact 613-376-6477 ext. 310 for more information

Book Club - 3rd Tuesday of the month, 10:30 - 11:30 am.

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

Euchre/Games Club - 2nd and 4th Thursday of each month, 1 - 3 pm.

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

Check our website for the monthly calendar and program updates!

FITNESS PROGRAMS

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

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

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)



EDUCATION

English Catholic

Algonquin and Lakeshore Catholic District School Board

151 Dairy Avenue, Napanee, ON K7R 4B2 • 1-800-581-1116

St. Patrick Catholic School

3889 Wilton Road, Harrowsmith, ON, K0H 1V0 • 613-372-2251 • alcdsb.on.ca

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

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



Wilma getting her garden ready for planting

Registration is under \$200 for the year, making it an affordable way for girls to discover new skills and life-long friendships. Learn more and find a unit near you at girlguides.ca/joinus.

Harrowsmith and District Social and 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 many 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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Battersea Loughborough Lake	loughboroughlake.org • presidentBLLA63@gmail.com
Buck Lake	bucklake.ca • bucklakeassoc@gmail.com .
Buffy Lake Association	jackie_van_houten@hotmail.com
Chaffey's Area Lakes	remembercala.ca
Desert Lake	desertlakelife.ca • info@desertlakelife.ca
Devil Lake Association	devillake.org • devillakeassociation@gmail.com
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

South Frontenac is a welcoming and thriving rural community.

Lions Club, Storrington -

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 storingtonlionsclub@gmail.com or visit e-clubhouse.org/sites/storringtonon/

Lions Club, Sydenham and District -

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; 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



Lions Club, Verona - Regular

meetings are held the second and fourth Tuesdays of the month and new members are always welcome. 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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Our local Girl Guides selling cookies and making crafts at the 2024 Lakes and Trials Festival

Odd Fellows & Rebekahs,



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

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

Royal Canadian Legion, Sydenham

- A fixture in downtown Sydenham for 70 years! The Sydenham Legion supports a variety of community efforts, all in the name of Robert Richardson, a WW1 vet who resided in Sydenham until





2024 Volunteer Appreciation Luncheon Special Recognition Recipients (L-R – Councillor Roberts, Councillor Turcotte, Sue Maranda – Good Neighbour recipient, Councillor Leonard, Lucie Picard – Good Neighbour recipient, Mayor Ron Vandewal, Cheryl Preston – Dedication Recognition recipient, Councillor Trueman, Reade Pearce – Youth Volunteer recipient, Curtis Pearce – Youth Volunteer recipient. Absent from the picture is Allie Twort, Youth Volunteer recipient).

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

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, program *not* offered during July & August. 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, 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 Retirees Association -

Membership fee \$10 per year. We welcome any person who is retired and lives in South Frontenac. We offer home cooked meals and social entertainment. We meet on the second Wednesday of the month (noon-2pm) at the Storrington Centre.
Info – Sharon - 613-353-2358

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, The VCA owns and manages the electronic



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

Women's Institute, Harrowsmith - 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, including 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.

FWIO.on.ca

613-372-2329

Women's Institute, Sydenham



- The Sydenham WI has been integral to the life of the local community for over a century. A great get together for fun, food, education & fellowship. Meets on the second Monday each month at 6pm in the meeting room of the Verona Free Methodist Church.

FWIO.on.ca

Contact: Nan Keyes, 613-331-6484



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Public Library 



Cataraqui
Trail



Memberships and Information
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(613) 546-4228 ext. 304

Recreation and Leisure

SPORTS AND FITNESS

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

Frontenac County Minor Softball – All information, including registration, about Softball in Frontenac County can be found at www.fcmsa.ca. Register online after March 1st for the 2025 season. In person registration on MARCH 19, from 6pm-8pm, and March 22 from 9am-11am. Check the website for locations. 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.

Frontenac Minor Hockey Association - The Frontenac



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




FCMSA.CA
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OPENS MARCH 1ST**

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U9- 2016-2017	\$80
U11- 2014-2015	\$110
U13- 2012-2013	\$115
U15- 2010-2011	\$120
U17- 2008-2009	\$130
U19- 2006-2007	\$140

Register online or in person:
**March 19th 6-8pm &
 March 22nd 9-11am**
check website for in person locations



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



Ice fishing in South Frontenac

Frontenac Pickleball Club - Are you a 50+ pickleball player looking for a great venue to play recreational pickleball? Join our Club and enjoy the perks! Frontenac Pickleball 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 Facebook page.





**FRONTENAC
SOCCER ASSOCIATION**

**REGISTRATION
March 1 - April 14, 2025.**

For more information visit
www.frontenacsoccer.com.
or <https://www.facebook.com/Frontenac-Soccer-Association-862691723872583/>

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**

Get Stronger This Summer! Register for a Summer Strength & Conditioning Program for Older Adults. Certified Group Trainer-Led Workouts: Safe, effective exercises tailored to your needs. Social Connection: Meet new friends and stay motivated. Increased Mobility & Strength: Improve balance, flexibility, and endurance. Fun & Encouraging Environment: Feel supported every step of the way. Program Dates: July 8 – August 26 (weekly - 8 classes total) Location: Storrington Centre. Cost: \$40 for 8 classes or \$10 drop-in fee/class. Spots are limited—reserve yours today! Email strengthtrainingforlife@gmail.com to register or for more information.





Nomad Yogini



Yoga, Pilates & Foam Rolling Classes

in Perth Road, Inverary, Sydenham, Glenburnie, Harrowsmith and Verona

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

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.

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

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

JoLyn Dance - Dance instruction from beginner to advanced in Ballroom, Latin & Social dancing. Private lessons for weddings, anniversaries can be arranged. John & Lynda Trommelen <https://jolyndance.ca/> lyndatr@xplornet.com 613-372-2313

Nomad Yogini – Yoga, Pilates and Foam Rolling classes in Glenburnie, Harrowsmith, Inverary, Perth Road, Sydenham and Verona. www.nomadyogini.ca info@nomadyogini.ca 613-453-4195





2024 Battersea Pumpkin Festival

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

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://www.sfsc.website/>

southfrontenacstocksport@gmail.com



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Arthritis Pain, Rotator Cuff Injuries & More.**

Call us to book your appointment today!

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

Storrington Minor Soccer -

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



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



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. Find us on Facebook.

Kattgrrrl@gmail.com

613-545-5288

Trails/Outdoor Education

Cataraqui 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

25th Anniversary



Canoe Kayak Programs

Day Camp & Intro to Sprint Paddling Day Camps

Age 6-12

June 30-July 4 (4 days); July 7-11; July 14-18; July 21-25
July 28-Aug 1; Aug 5-8 (4 days); Aug 11-15; Aug 18-22
8:30 am - 4:00 pm

Competitive Sprint Spring, Summer and Fall Programs

Age 8-16

Adult & Senior Programs

www.sydenhamlakecanoecub.com



**STORRINGTON
MINOR SOCCER**

We are getting ready for the 2025 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



Keeping cozy by the firepits at the community outdoor ice rink at Centennial Park. Photo credit: Megan Drew

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

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.

ecoadventurecamp.ca

613-533-6383



Elbow Lake Environmental

Education Centre - (ELEEC) An

environmental education and out-reach site, owned in partnership between Queen's University Biological Station and the Nature Conservancy of Canada. 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, 11 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



Walking on the Cataraqui Trail

edge of the Canadian Shield, open year-round for four-season backcountry recreation. 48 interior campsites and canoe routes through 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

South Frontenac is a welcoming and thriving rural community.

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/



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
APRIL 28 AT 10:00 AM**

📞 613-376-3027

🌐 www.southfrontenac.net/camp



Rideau Trail - This hiking trail 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.



SOUTH FRONTENAC

SUMMER DAY CAMP

Gilmour's Point, Battersea

The Point, Sydenham

McMullen Beach, Verona

Monday - Friday
July - August

Kids ages
4 - 12 welcome!

Registration Opens Online March 24th at 10:00 am

www.southfrontenac.net/camp 613-376-3027 recsupport@southfrontenac.net



Frontenac Provincial Park



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.

Please check out and contribute to the community calendar at www.southfrontenac.net.

Wednesday, May 7

Touch the Truck - 4pm - 7pm

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.

Friday, May 9

Frontenac Farmer's Market Opening Day Celebration - 3pm - 7pm

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

Saturday, May 10

Community High Tea - 1pm

Storrington Lions Centre. 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 10

Inverary Spring Market - 10am - 3pm

Ken Garrett Memorial Park. 180+ Vendors. Makers, creators, artists & authors, music, petting zoo, kids activities. Canteen is open for breakfast & lunch.

Saturday, May 10

"For the Love of Song" - 7pm

Verona Free Methodist Church (Verona). Concert featuring the Frontenac Women's Chorus – info: stellaterhart@gmail.com 613-653-6673. All welcome. Free will offering.

Saturday, May 24

Summer Kickoff Music Festival 2pm - 9pm

Harrowsmith Centennial Park. Join us at Centennial Park in Harrowsmith for an evening of the region's best live local music, food, and beverages all in one place! There will be a kids zone for our youngest festival goers ensuring there is something for everyone. Visit www.southfrontenac.net/musicfestival for more info.

Saturday, June 21

Beats by the Beach - 1pm - 3pm

McMullen Park, Verona. Our Beats by the Beach 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 once a month throughout the summer. Visit www.southfrontenac.net for more info.

Friday, June 27

Frontenac Farmer's Market Canada Day

Weekend Kickoff Party - 3pm-7pm

Harrowsmith Centennial Park

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

Tuesday, July 1

Canada Day, 8am – Dusk

Various locations. Celebrate Canada Day in South Frontenac! With lots happening all over the township, there is something



SOUTH FRONTENAC

Check out and contribute to the

COMMUNITY EVENTS CALENDAR

Free advertising · High viewership · Easy, self-serve event submission



South Frontenac is a welcoming and thriving rural community.



Having fun on a four-wheeler at the 2024 Touch the Truck event

for everyone. Keep an eye out for more information to come. Visit www.southfrontenac.net for more info.

Saturday, July 12

Lakes and Trails Festival - 10am - 4pm

The Point Park, Sydenham. 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. Visit www.southfrontenac.net for more info.

Saturday, July 19 – Sunday, July 20

Fantasy in the Forest Art Show – 10am-5pm

Draper Lake (Perth Road). 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 .

Also on Labour Day Weekend, August 30 and 31.

Saturday, July 20

Beats by the Beach 1 pm – 3pm

Gilmour's Point, Battersea. Our Beats by the Beach 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 once a month throughout the summer. Visit www.southfrontenac.net for more info.



Beats by the Beach at Gilmour's Point in Battersea

Sunday, August 10

Boot 'n Bonnet British Car Day -

10am - 3pm

Ken Garrett Memorial Park (Inverary).

This year's show will celebrate the 50th anniversary of the "Wedgie" (TR7-TR8) and the 70th of the MGA. Join us for the day - Canteen is open for breakfast and lunch.

Saturday, August 16

Beats by the Beach - 1pm - 3pm

The Point Park, Sydenham. Our Beats by the Beach 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 once a month throughout the summer. Visit www.southfrontenac.net for more info.

Saturday, August 30

B&B Memorial Show and Shine -

10am - 4pm

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

Saturday, August 30

Garlic Festival - 9am - 2pm

Verona Lions Park. Free family event, host of Eastern Ontario Garlic Awards. Info veronalions.ca

August 30 and throughout September

Loughborough Heritage Orchard U-pick – 3371B Lakeside Road, Inverary
Heritage McIntosh, Canadian Red Melba, Yellow Transparent, Spartan, Duchess of Oldenburg, Baxter, Sandow and Canadian Red Atlas are all well established and available during harvest. Other new varieties are coming all the time. Email info@heritage-orchard.com or call 613-653-6673 to confirm u-pick dates.

September 5 to 7

Open Farms - 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 13

Verona Car Show - 8am-3pm

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



Taking a wagon ride at the 2024 Frontenac County Plowing Match

Saturday, September 27

Inverary Fall Market - 10am - 3pm

Ken Garrett Memorial Park. 180+ vendors. Makers, creators, artists & authors, music, petting zoo, blow up castles, kids activities. Canteen is open for breakfast & lunch.

Saturday, October 4

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

An annual one-day festival and community celebration of the harvest in the beautiful village of Battersea. Visit www.batterseapumpkinfestival.com

Friday, October 10

Frontenac Farmer's Market Oktoberfest

Harvest Party - 3pm - 7pm

Harrowsmith Centennial Park. 30+ weekly farmer's market vendors plus special

features including: entertainment, food and beverage – Visit www.frontenacfarmersmarket.com.

Saturday, November 22

Volunteer Appreciation Luncheon -

11:30am – 1:30pm

Storrington Centre, Sunbury. Volunteers are the lifeblood of any vibrant community. The Mayor and Members of Council will invite volunteers for a luncheon 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 2025.

Saturday, December 6

Holiday Farmer's Market, 3pm -7pm

Centennial Park, Harrowsmith

Join us for a celebration of food for the season.

Visit www.frontenacfarmersmarket.com.

January 24, 2026

Snow Social - 11am - 4pm

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 16, 2026

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.

Municipal Grant Programs

- Community Grant Program
 - Capital stream
 - Operating stream
 - Sponsorship stream
- Private Lane Upgrade Assistance Program
- Lake Ecosystem Grant Program



Visit www.southfrontenac.net/grants



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Rats, & Other Wildlife Humane Removal
Control of all birds species



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Seasonal programs for your properties,
and outdoor events

Greenshield Bucks

This certificate value is \$25 off your Home or Cottage
Service One coupon per customer.

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613-389-3999

www.greenshieldpestcontrol.com

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



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(613)372-2662**

www.theammosource.com