

Tuesday, April 2, 2024

Southern Frontenac Community Services - MY PLAN Seminar Series

Date and Time: Tuesday, April 2 11:00 am - 1:00 pm

Address: 4412 Wheatley St, Sydenham ON

A series of seminar designed to help you **Manage Your: Personal health, care & finances, Legal supports, Actionable items and Navigating health support systems.** This seminars series will be held at the Sydenham Public Library, 4412 Wheatley St., Sydenham from 11:00-1:00 with lunch provided. Please register with Katie Buckley @ 613 376 6477 ext 205 - katie.buckley@sfcsc.ca

March 12 – Estate Care and Pre-Planning – *James Reid Funeral Home – Navigating a funeral and the paperwork that follows.*

March 26 – Service Canada – *Understanding government programs & supports.*

April 2 – Home & Community Care – *helping you stay at home.*

April 9 – Book Talk with Author, Noreen Peters – *Journey with Jim, My personal reflections of caregiving successes and challenges...*

April 16 - ACP - Advance Care Planning Day

VISITING HOSPICE & BEREAVEMENT SERVICES

MY PLAN Seminar Series

A series of seminars designed to help you **Manage Your:**

Personal health, care & finances

Legal supports

Actionable items

Navigating health support systems

March 12th - April 16th, 2024

Sydenham Branch Library, 4412 Wheatley St., Sydenham

11:00 am - 1:00 pm *Lunch Provided

March 12: *James Reid Funeral Home- Estate Care and Pre Planning*

March 26: *Ontario Caregiver Organization*

April 2: *Home & Community Care & Community Paramedics*

April 9: *Book Talk with Author, Noreen Peters*
Journeying with Jim - My personal reflections of caregiving successes and challenges.

April 16: *Advance Care Planning*

Register with:

Katie Buckley

Hospice & Palliative Coordinator

613-376-6477 ext. 205

katie.buckley@sfcsc.ca



southern frontenac
community services



P.O. Box 43, 4295 Stage Coach Rd, Sydenham, ON K0H 2T0 | www.sfcsc.ca | (613) 376-6477 | Reg. Charitable No. 122150204 RR 0001

Council Meeting

Date and Time: Tuesday, April 2 7:00 pm

Address: 4432 George Street, Sydenham, Ontario K0H 2T0

To attend virtually, please register in advance at this link: https://us06web.zoom.us/webinar/register/WN_ertme_JHR6WqF7RU5VcqqQ

To attend in person: 4432 George Street, Sydenham - Council Chambers

*Council Chambers seating is limited, please register by emailing mhannah@southfrontenac.net to secure your in-person seat.

Monday, April 8, 2024

Solar Eclipse at the (Christmas) Farm

Date and Time: Monday, April 8 12:00 pm - 5:00 pm

Address: 3229 Forest Road, Harrowsmith

Total Eclipse at the (Christmas) Farm

The Christmas Farm is hosting a Total Eclipse Event.

Cost: \$25 per carload

What you get: Great View, Live music by Christopher Jackson, Vendors, snacks available for purchase and a memory you won't forget.

Parking is limited

BYO: Eclipse glasses, (we will have a limited number of glasses for sale \$5) lawn chairs, suitable clothing and footwear,

Event will be from noon til 5

To reserve your experience, email the Christmas Farm
at jimanddeni@kos.net
3229 Forest Rd, Harrowsmith, 613-372-5443



Tuesday, April 9, 2024

Southern Frontenac Community Services - MY PLAN Seminar Series

Date and Time: Tuesday, April 9 11:00 am - 1:00 pm

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To attend in person: 4432 George Street, Sydenham - Council Chambers

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Thursday, April 11, 2024

Committee of Adjustment - April 11, 2024

Date and Time: Thursday, April 11 7:00 pm

Address: 4432 George Street

For In-Person Attendance: 4432 George Street, Sydenham (Council Chambers)

For Virtual Attendance:

https://us06web.zoom.us/webinar/register/WN_8a8QOkUiRIKRcMPvNlj15A

Tuesday, April 16, 2024

Southern Frontenac Community Services - MY PLAN Seminar Series

Date and Time: Tuesday, April 16 11:00 am - 1:00 pm

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Advance Care Planning Day 2024 - Planning Seminar

Date and Time: Tuesday, April 16 11:00 am - 1:00 pm

Address: 4412 Wheatley St, Sydenham ON

Prior to the Advance Care Planning seminar, we will have an information table at the Sydenham Public Library on Thursday April 11th from 2:00 pm - 3:30 pm and Monday, April 15th from 12:30 pm - 2:00 pm

Advance Care Planning Day | April 16 | #ifnotyouwho

ACP Workshop
April 16th
11am-1pm

*Lunch
Provided

Sydenham Branch
Library
4412 Wheatley St
Sydenham, ON



If not you, **who?**

Who would you **trust** to
make your healthcare
decisions?



Learn more at advancecareplanning.ca/acpday

Advance
Care Planning
Canada

CHPCA
ACSP

Sponsored by:

Saint Elizabeth
Foundation

GSK

PURDUE

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Address: 4432 George Street, Sydenham, Ontario K0H 2T0

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Wednesday, April 17, 2024

Caregiver Support Group - provided by Southern Frontenac Community Services Corp.

Date and Time: Wednesday, April 17 1:30 pm - 3:00 pm

Address: 4412 Wheatley St -- Sydenham Library

We are here to help and support you and your family

Caregiver Support groups provide people an opportunity to share their thoughts and experiences in a safe, confidential environment.

We hold these groups the third Wednesday of each month at the Sydenham Public Library from 1:30-3:00 p.m. Please call Katie Buckley @ 613 376 6477 ext 205 or email katie.buckley@sfcsc.ca to register or to arrange for one-on-one support.

Friday, April 19, 2024

Spring Youth Dance

Date and Time: Friday, April 19 6:30 pm - 9:30 pm

Address: 2992 Princess Rd, Inverary, ON K0H 1X0

Students in Grades 5 to 8 are invited to a spring dance at Storrington Lions Club Hall from 6:30 to 9:30 pm on Friday, April 19. This event is in support of Storrington Public School. Admission is \$5 pp and includes canteen, free parking and adult supervision.

Saturday, April 20, 2024

Bellrock Community Pancake Breakfast

Date and Time: Saturday, April 20 9:00 am - 11:00 am

Address: 6034 Leveque Road, Verona

- April 20th from 9-11 am
- Free of charge, while supplies last
- Donations accepted
-

Spaghetti Dinner

Date and Time: Saturday, April 20 4:30 pm - 6:30 pm

Address: 6689 Road 38 Verona

Trinity United Church in Verona will be hosting a Spaghetti Dinner Fundraiser on Saturday April 20th, from 4:30 to 6:30 pm. Tickets can be purchased locally in Verona as well as in Sydenham. All proceeds go towards Community Outreach Projects.

Sunday, April 21, 2024

Spring Pop Can Drive

Date and Time: Sunday, April 21 12:30 pm - 2:30 pm

Address: 2992 Princess Rd, Inverary, ON K0H 1X0

Save your drink cans for the next pop can drive by Storrington Lions Club from 12:30 to 2:30 pm on April 21. Proceeds in support of Guide Dogs for the Blind.

Monday, April 22, 2024

Pitch-In Week

Date and Time: Monday, April 22 8:00 am - 6:00 pm

Address: 2490 Keeley Road

Pitch-In Week is returning to South Frontenac April 15-25, 2024. Pitch-In is a community-wide clean up where residents and community groups get together to help clean up roadsides and greenspaces to keep South Frontenac beautiful. It's easy to pitch in—you can pick up garbage by yourself, with your family or neighbours, or organize a group.

South Frontenac provides special biodegradable yellow pitch-in bags free of charge to residents. No garbage tag is required. You can pick up the bags at local retailers who sell our garbage bag tags or from our 2490 Keeley Road or 4432 George Street offices between 8 and 4:30 pm starting Monday April 15.

Put out bags with your regular garbage collection the week of April 22. Only the special yellow bags or clear bags provided will be collected without a garbage tag. Thanks for helping keep South Frontenac beautiful!

Wednesday, April 24, 2024

Grief & Bereavement Support Group - Southern Frontenac Community Services Corp

Date and Time: Wednesday, April 24 1:00 pm - 2:30 pm

Address: 4412 Wheatley St

We are here to help and support you and your family.

We provide emotional support to individuals and families who are either anticipating a death or experiencing grief due to the loss of a loved one.

This grief support is provided on the last Wednesday of each month. The group is held at the Sydenham Public Library.

Please contact Katie Buckley @ 613 376 6477 ex 205 or email katie.buckley@sfcsc.ca to register for this group or arrange for one-on-one support.

Sunday, April 28, 2024

Spring Concert

Date and Time: Sunday, April 28 2:30 pm - 4:30 pm

Address: 6689 Road 38 Verona

The Frontenac Youth Choir is excited to present their Spring Concert at Trinity United Church (6689 Rd 38 Verona) on Sunday April 28th at 2:30pm. Admission is by donation of a food item for the food bank.

<https://events.southfrontenac.net>