

Rural Frontenac Seniors Directory 2025



**A directory of services for older adults
and those that care about them.**

Enabling You to Live Rural Life to its Fullest



**Thank you to the staff at
Rural Frontenac Community Services
for updating the directory.**

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General Information

Call 211 When you don't know where to turn

2-1-1 is a helpline that easily connects people to the social services, programs and community supports they need.



Website: www.211Ontario.ca

Service Information: Free, Confidential, Information and referral helpline to community, social, government and health services.

Call 811 – Health Connect Ontario

8-1-1 is for non-urgent health care information, advice and referrals. The personal health information of people using the services is secure and protected at all times. This service does not replace 911, which should still be used for a medical emergency.

Website: www.ontario.ca/health811

Call 911 In an emergency

9-1-1 when you need Police, Fire or Ambulance Services or to report a crime in progress, including vandalism.

To report a crime (non-emergency) call 613-279-2195/1-888-310-1122

Call 988 if you are in a crisis

9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to get help without judgement.

Call: 9-8-8 (toll-free, 24/7); **Text:** 9-8-8 (toll-free, 24/7)

Website: <https://988.ca>

Southeast Helpline

Local health services for **Southeast** Ontario include Rural Hastings, Quinte, Rural Frontenac, Lennox and Addington, and Kingston.

Website: www.southeasthealthline.ca

Community Services

Rural Frontenac Community Services

Locations: 1109 Garrett St, and 1004 Art Duffy Rd, Sharbot Lake

Phone: 613-279-3151; 1-855-279-2052

Email: info@rfcs.ca

Website: www.rfcs.ca

Service Information: Offering a range of services to residents in Rural Frontenac.

Seniors In Home Services

- In Home Respite
- Housekeeping
- Home Maintenance
- Meals on Wheels

Seniors Community Programs

- Foot Care
- Transportation
- Intergenerational Program
- Community Café

Other Rural Frontenac Community Services:

- Family Counselling
- Licensed Daycare
- EarlyON
- Youth Programs
- Frontenac Transportation Services
- Volunteer Income Tax Program
- Christmas Assistance Program

Co-Located Services

- Addictions and Mental Health
- Women's Program through Land O' Lakes Community Services
- Ontario Disability Support Program
- Ontario Works
- Providence Care
- The Legal Clinic
- Maltby Centre

Community Services

Land O'Lakes Community Services

Location: 12497 Hwy 41, Northbrook

Phone: 613-336-8934; 1-877-679-6636

Website: www.lolcs.com

Service Information: Offers a range of services to residents in Addington Highlands and Ward 1 North Frontenac.

Seniors In Home Services

- Homemaking/Home Maintenance
- Meals on Wheels

Seniors Community Programs

- Diners Club
- Foot Care
- Transportation

Other Land O'Lakes Programs

- Developmental Services
- Women's Program
- Volunteer Income Tax Program
- Community Programs
- Pine Meadow Nursing Home

Southern Frontenac Community Services

Location: 4295 Stagecoach Rd, Sydenham

Phone: 613-376-6477

Website: www.sfcsc.ca

Service Information: Offers a range of services to residents in South Frontenac.

Seniors In Home Services

- Respite
- Home Services and Maintenance
- Meals on Wheels
- Foot Care

Seniors Community Services

- Transportation
- Adult Day Services
- Diners
- Hospice & Bereavement Services

Other Services

- Seniors Activity Centre, Food Bank, Grace Community Garden

Health Care: Family Health Teams

Sharbot Lake Family Health Team

Location: 1005 Medical Centre St, Sharbot Lake

Phone: 613-279-2100; 613-279-2101

Website: www.sharbotlakefht.com

Service Information: The Sharbot Lake Family Health Team includes Physicians, Nurse Practitioner, Psychiatrist, Nurses, Certified Diabetes Educators, Dietitian, Occupational Therapist, Respiratory Therapist, Health Promoter and an administrative support team. They provide a wide range of community based primary health care services to residents in the communities of Central Frontenac, as well as portions of North and South Frontenac. Their approach integrates disease prevention and health promotion into the traditional process of diagnosing and managing patients with acute and chronic disease.

They offer an array of programs and services which include:

Chronic Disease Management Programs:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes Education
- Mental Health

Healthy Lifestyle Programs:

- Walking Group
- Good Food Box
- Deep in the Bones Exercise Program
- Mindfulness Based Stress Reduction (MBSR)

Other Programs and Services

- Urgent Care Clinics
- Smoking Cessation
- High Risk Foot Care
- Prenatal Care
- Preventative Care
- Well Child
- Well Woman
- Seasonal Vaccination

Health Care: Family Health Teams

Lakelands Family Health Team

Locations: 12357 Hwy 41, Northbrook; 31 Central St, Denbigh

Phone: 613-336-8888 Northbrook

Phone: 613-333-1333 Denbigh

Email: info@lakelandsfht.ca

Website: www.lakelandsfht.ca

Service Information: The family health team provides primary health care services including chronic disease management, disease prevention and health promotion at two sites, Northbrook and Denbigh, to rostered patients.

The Team consists of Physicians, a Nurse Practitioner, a Mental Health Counsellor, RN, RPNs, as well as support staff.

Services include:

- Physicians and the Nurse Practitioner provide individuals, families, groups and communities with health services in health promotion, disease and injury prevention, cure, rehabilitation and support
- Dietitian provides counselling for diabetics
- Mental Health Counsellor provides therapy and other therapeutic functions for individuals, couples, families and the community
- Registered Nurse (RN), in consultation with the team, develops programs (Hypertension, smoking cessation, chronic pain, diabetes, healthy living, COPD/asthma, mental health) which are offered to rostered patients
- Blood work, Spirometry (breathing tests) and EKG are services offered on site at both Clinics.
- Minor surgical procedures such as skin biopsies, suturing and splints are completed at both locations

Health Care: Dental Care

Sharbot Lake Dental Office

Location: 1007 Medical Centre St, Sharbot Lake

Phone: 613-279-2665

Website: www.sharbotlakedental.com

Service Information: This service is a general dental practice.

Ontario Seniors Dental Care Program

Phone: 416-916-0204 **Toll-free:** 1-833-207-4435 **TTY Toll-free:** 1-800-855-0511

Website: www.ontario.ca/seniorsdental

Service Information: ("The Program") provides comprehensive dental care to eligible low-income seniors.

The Canadian Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents.

Phone: 1-833-537-4342

Website: www.canada.ca/canadian-dental/care-plan

Applications now open for Seniors aged 65 and over; Children under the age of 18; Adults with a valid Disability Tax Credit certificate.

Health Care: Pharmacist

Services available in Pharmacies in Ontario

Services may vary by location.

- prescription dispensing services.
- prescriptions to treat certain common ailments.
- prescriptions for COVID-19 antivirals (Paxlovid)
- prescriptions for Oseltamivir (Tamiflu) to treat influenza.
- Smoking Cessation Programs
- diabetes management support and education
- Meds Check Program
- flu shots (if you are older than 2 years old)
- special packaging options for medications
- home health care supplies
- mobility aids and safety equipment
- delivery of prescriptions

Pharmacists can prescribe certain medication to treat the following common ailments:

- acid reflux (gastroesophageal reflux disease (GERD))
- acne
- canker sores
- cold sores (herpes labialis)
- dermatitis (atopic, eczema, allergic and contact)
- diaper rash
- hay fever (allergic rhinitis)
- hemorrhoids
- impetigo
- insect bites and hives
- menstrual cramps (dysmenorrhea)
- nausea and vomiting in pregnancy.
- oral thrush (candidal stomatitis)
- parasitic worms (pinworms and threadworms)
- pink eye (conjunctivitis; bacterial, allergic, and viral)
- sprains and strains (musculoskeletal)
- tick bites (post-exposure prophylaxis to prevent Lyme disease)
- urinary tract infections (UTIs)
- yeast infections

Ontarians seeking care should visit their local pharmacist and bring their health card.

Health Care: Pharmacy

Sharbot Lake Pharmacy

Location: 1036 Elizabeth St, Sharbot Lake

Phone: 613-279-2901

Email: sharbotlakepharmacy@gmail.com

Website: <https://pharmasave.com/sharbot-lake>

Service Information: Sharbot Lake Pharmacy is a full-service pharmacy providing for the needs of our community. Closed Sunday.

Our pharmacy:

- fills prescriptions
- keeps current files on all patients
- performs Med Checks
- provides Vaccinations
- conducts Clinic Days
- provides a variety of packaging plans to aid our patients

Tobia's Guardian Pharmacy

Location: 12357 Hwy 41, Northbrook

Phone: 613-336-8111

Email: tobiapharmacy@gmail.com

Website: www.tobiapharmacy.com.

Service Information: Full-service pharmacy providing for the needs of the community. Closed Saturday and Sunday.

Our pharmacy:

- prescribing for minor ailments
- virtual Walk-in Clinic
- vaccine and injection services
- compliance packaging
- delivery to Denbigh Medical Centre
- home health care support
- smoking cessation programs
- basic prescription compounding
- daily dispensing of prescription

Health Care: Wellness/Alternative Care

Sharbot Lake Chiropractic & Wellness

Location: 14628A Rd 38, Sharbot Lake

Phone: 613-279-5555

Website: www.sharbotlakechiropractic.ca

Service Information: Chiropractic Care, Naturopathic Medicine, Registered Massage Therapy, Holistic Wellness Services, Yoga Classes/Therapy

Products:

- Custom Made Orthotics
- Vitamins/Supplements
- Topical Pain Relief
- Compression Socks
- Braces
- Physiotherapy Bands
- Posture Aid
- TENS Units

Westport Chiropractic Centre

Location: 15-2 Church St, Westport

Phone: 613-273-9090

Email: spine@kingston.net

Website: www.westportchiro.com/services

Service Information: Chiropractic assessment and treatment for musculoskeletal problems, Low-level laser therapy, Low-force instrument adjusting, Exercise and nutritional advice.

Products:

- Custom foot orthotics

Kehoe Massage Therapy

Location: 6618-B Rd 38, Verona

Contact: Vicky Kehoe, RMT

Phone: 613-483-4494

Email: vicky_kehoe@hotmail.com

Website: www.kehoemassagetherapy.ca

Service Information: Registered Massage Therapy for relaxation, therapeutic/treatment based, posture realignment/gait, or sports injury/performance.

Health Care: Foot Care

See listings for agencies offering footcare:

- **Rural Frontenac Community Services Page 5**
- **Land O'Lakes Community Services Page 6**
- **Southern Frontenac Community Services Page 6**

Walking on Clouds: Advanced Nursing Foot Care

Location: Will visit client's home

Phone: 613-876-4956

Email: stonehaven.heather@gmail.com

Service Information: Toenail, corn, and callous care.

Knock Your Socks Off Foot Care

Locations: Clinics and Home Visits: Westport, Snow Road, Ompah, Plevna, Cloyne

Phone: 613-770-0230

Email: kyso.footcare@gmail.com

Website: www.kysofootcare.ca

Service Information:

- Comprehensive lower leg assessment
- Diabetic foot risk assessment
- Develop an individualized care plan
- Health education/instruction
- Foot treatment (trim/file/reduce, offload, corrective/comfort tape)

Health Care: In-Home Support

Rural Frontenac Community Services – See Page 5

Phone: 613-279-3151

Website: www.rfcs.ca

Service Information: Used, donated equipment loans – wheelchairs, walkers, commodes, bath/shower chairs, canes, crutches, raised toilet seats. The equipment loan bank relies on donations. If you have any of these items that you no longer need, please consider donating them to Rural Frontenac Community Services.

Bayshore Home Care Solutions

Phone: 613-542-4242; 1-866-986-0097

Website: www.bayshore.ca

Service Information: Referral required from Physician, Hospital or Ontario Health atHome. A self-referral can also be obtained through Ontario Health atHome.

St. Elizabeth Health Care

Location: 1471 John Counter Blvd, Kingston

Phone: 613-530-3400

Website: www.sehc.com

Service Information: We provide a wide range of home care services to meet the variety of needs of our patients and families in their homes and communities.

Ontario Health at Home

Phone: 613-544-7090/1-800-267-6041

Location: 1471 John Counter Blvd. Suite 200, Kingston

Website: <https://ontariohealthathome.ca>

Service Information: Care Coordinators will determine the health care required to keep you in your home determined. Referrals can be made by anyone. Services include:

- Care coordination
- Social Work
- Occupational therapy
- Nutritional counselling
- Nursing
- Personal support
- Medical Supplies/Equipment
- In-home respite
- Physiotherapy
- Access to drug coverage
- Speech and language therapy

Health Care: In-Home Support

Perth Civitan Club Medical Bank

Phone: 613-200-2181

Location: 6787 County Rd. 43, Perth

Email: perthcivitan@gmail.com

Website: www.civitanclubofperth.com

Service Information: Our Medical Bank has a variety of used equipment available for free rental up to 90 days.

Wheelchairs, walkers 2 wheeled and 4 wheeled, lift chairs, canes, leg wedges, braces: leg, knee and back, boot walking casts, jiffy poles, bathtub support handles, bed rails, bath stools, chairs, benches, raised toilet seats and commodes (\$10 disinfecting fee applies), electric hospital beds, crutches, CPAC machines, hoist lifts, and electric lift for inside the bathtub.

The equipment may not always be available upon request.

Kingston Health Sciences Centre at Home (KHSC @Home)

Location: 76 Stuart St. Kingston

Phone: 1-866-697-4523 – Available 24/7

Website: <https://kingstonhsc.ca>

Service Information: KHSC @Home offers a 16-week transitional care program with Bayshore that provides medically complex and frail elderly patients with the care needed within their home when they are discharged from KHSC. For patients who need more than one type of service and have multiple care needs for a short period of time. No age requirement.

The team consists of your coordinator, nurses, personal support workers, occupational therapists, physiotherapists, social workers, and dietitians.

Health Care: Mental Health and Addictions

Addiction and Mental Health Services

Phone: Intake 613-544-1356

Website: www.amhs-kfla.ca

Service Information: Rural Outreach, Addictions and Counselling and Treatment.

Crisis Services

Phone number: 613-544-4229 or Toll Free 1-866-616-6005

AMHS-KFLA is here for you. If you are in distress, or know someone who is, give us a call. Our crisis lines are staffed 24/7, 365 days a year, by experienced professionals who can provide immediate support, advocacy, and referrals to appropriate services as needed.

Alzheimer Society of Kingston, Frontenac, Lennox & Addington

Location: 1200 Princess St, Providence Village, Kingston

Phone: 613-544-3078; 1-800-266-7516

Email: reception@alzking.com

Website: www.alzheimer.ca/kfla

Service Information: The services of the Alzheimer Society are available, **free of charge**, to those living with dementia, their families, friends, and care partners as well as service providers and the community.

The services include:

- Education and training programs for families/caregivers/service providers
- Family Support Groups
- Support groups for individuals living with dementia
- Individual support for families & caregivers
- Resource Centre and Lending Library

Recreation – Classes

Stretch & Strengthen Class

Location: Kennebec Hall, 5998 Arden Rd, Arden

Phone: 613-335-2286, Theresa Smith

Email: bigclearla@gmail.com

Service Information: Warm up stretches, aerobics, toning and cool down, all done to music. Work at own pace, and everyone is welcome. Bring your own mat and weights.

Ompah Fitness Program

Location: 10200 Rd 509, Ompah

Phone: 613-769-4977

Email: youngscottages@gmail.com / elaineatcanonto@gmail.com

Service Information: Use of equipment, videos, free weights, balls, floor mats available.

Smart Exercise GP

Location: 10200 Road 509, Ompah

Email: elaiatcanonto@gmail.com

Service Information: VON sponsored Exercise Program – Monday & Friday mornings.

Exercise Classes, Snow Road Community Centre

Location: 14073 Road 509, Snow Road Station

Facilitator: Sue Sworowski

Website: www.snowroadcommunitycentre.com

Service Information: Every Wednesday from 9:30am to 12:00pm

S.O.S. (Share Our Skills), Snow Road Community Centre

Location: 14073 Road 509, Snow Road Station

Website: www.snowroadcommunitycentre.com

Recreation – Classes

Sharbot Lake Karate

Location: 1013 Clement Rd, Sharbot Lake

Phone: 613-453-2478

Email: sharbotlakekarate@gmail.com

Website: www.sharbotlakekarate.ca

Service Information: Karate – all year. Mini Samurai, Beginner Karate, Advanced Karate and REC Karate. Call Nicole for further information.

Tai Chi Arden

Location: 5998 Arden Rd, Arden

Phone: 613-335-3567; 613-798-6718

Email: char.duchene@gmail.com

Service Information: Instruction in Taoist Tai Chi. Everyone welcome.

Canadian Tai Chi Academy

Location: 1107 Garrett St, Sharbot Lake

Phone: 613-329-0552 / 613-279-2662

Email: jpariselli@gmail.com

Website: www.canadiantaichiacademy.org

Yoga, Snow Road Community Centre

Location: 14073 Road 509, Snow Road Station

Email: mandmkennelly@gmail.com

Website: www.snowroadcommunitycentre.com

Service Information: 8-week session of yoga geared to your skill level.

Yoga, Sponsored by Kennebec Recreation Committee

Location: 5998 Arden Rd, Arden

Phone: 613-335-3186

Service Information: Everyone who wishes to participate in light exercise welcome.

See also the Sharbot Lake Chiropractic & Wellness Centre page 12.

Recreation – Cards

Euchre, District 2 Recreation Committee

Location: 1455 Mountain Grove Rd, Mountain Grove - Mondays

Phone: 613-876-7079

Service Information: Bring a snack to share. Light lunch after the game.

Euchre, Kennebec Recreation Committee

Location: 5998 Arden Rd, Arden - Tuesdays

Phone: 613-335-2845

Website: www.ardenlegion.ca

Service Information: Coffee and tea provided. Bring your own snacks.

Euchre, Royal Canadian Legion Branch #425

Location: 1015D Legion Rd, Sharbot Lake – Wednesdays

Phone: 613-279-2659; 613-279-3315

Website: www.sharbotlakelegion.ca

Euchre, Royal Canadian Legion Branch #334

Location: 5967 Arden Rd, Arden - Thursdays

Phone: 613-335-2737

Email: david.moore@hotmail.ca

Website: www.ardenlegion.ca

Bridge, Ompah Community Hall

Location: 10200 Hwy 509, Ompah

Phone: 613-479-2318

Email: arthur_jms@yahoo.ca

Service Information: Friday afternoons.

Games Night, Snow Road Community Centre

Location: 14073 Road 509, Snow Road Station

Service Information: 1st and 3rd Tuesday every month

Recreation – Activities

Darts - Royal Canadian Legion Branch #334

Location: 5967 Arden Rd, Arden

Phone: 613-335-2737

Email: rclegion334@gmail.com

Website: www.ardenlegion.ca

Biking

Location: 1005 Medical Centre St, Sharbot Lake

Phone: 613-279-2751

Email: hollywoodrudy@gmail.com

Skating and Hockey Frontenac Community Arena

Location: 4299 Arena Boundary Rd, Godfrey

Phone: 613-374-2177

Email: frontenac.arena@bellnet.ca

Website: www.frontenacarena.com

Lake Swim Group

Location: Sharbot Lake Beach

Phone: 613-279-2751

Email: hollywoodrudy@gmail.com

Arden Pickleball, Kennebec Sports Centre

Location: 5998 Arden Road, Arden

Email: cavanagh6@hotmail.com

Contact: Rosemary Cavanagh

Bedford Pickle Ball

Location: 1381 Westport Rd, (County Rd 8) Godfrey

Phone: 613-376-3027

Website: <https://www.southfrontenac.net/en/town-hall/contact-us.aspx>

Service Information: Private lessons and learn to play available at White Lake Pickle Ball, Godfrey.

Recreation – Activities

North Frontenac Pickleball, Clar-Mill Hall

Location: 6598 Buckshot Lake Road, Plevna

Service Information: At the rink during summer months, anytime, free

Sharbot Lake Pickle Ball

Location: Pickle Ball Courts on Garrett St, Sharbot Lake

Phone: 613-808-4411

Service Information: An email list and what's App is used to facilitate communication about play.

Arden Cornhole, Kennebec Recreation Centre

Location: 5998 Arden Rd, Arden

Phone: 613-335-2604

Service Information: Wednesday 1:00-4:00pm

Snowshoe Lending Library

Rural Frontenac Community Services

Location: 1004 Art Duffy Rd, Sharbot Lake

Phone: 613-279-3151

Email: youth@rfcs.ca

Website: www.rfcs.ca

Service Information: Free rental of Adult, Youth and Children's sizes available. Deposit required.

Recreation – Parks and Trails

North Frontenac Parklands Township of North Frontenac

Location: Various lakes throughout North Frontenac Township

Phone: 1-800-234-3953 Ext. 233 or 613-479-2231 Ext. 233

Email: recreation@northfrontenac.ca

Website: www.northfrontenacparklands.ca

Sharbot Lake Provincial Park Ontario Parks

Location: 25467 Hwy 7, Sharbot Lake

Phone: 613-335-2814; 1-888-668-7275

Website: [www.ontarioparks.ca/park/sharbot lake](http://www.ontarioparks.ca/park/sharbot%20lake)

Handicapped Accessible access.

Service Information: Walking trails. Camping—electrical and non-electrical tenting and trailer sites; two sand beaches; boat launches onto Black Lake and Sharbot Lake; Canoe rentals available; Picnic shelter. We also rent Stand up Paddle Boards and Kayaks.

Meisel Woods Conservation Area

Location: 1392N Anderson Rd, Tichborne

Phone: 613-692-3571

Email: info@rvca.ca

Website: www.rvca.ca/conservation-areas/no-fee-required/meisel-woods-ca

Winter Trails - Crown Land Trails

Location: 1233 Hollywood Lane, Sharbot Lake

Email: brian.robertson85@gmail.com or hollywoodrudy@gmail.com

- limited summer hiking
- winter hiking/snowshoeing opens mid-November

Kennebec Wilderness Trails

Location: Accessed at Trailheads at 28786 Hwy 7 and on Nordic Road in the Kennebec Shores Waterfront Community.

Phone: 613-279-2935

Website: <https://ontarionaturetrails.com/trail/kennebec-wilderness-trails/>

Service Information: Offers 4 seasons of outdoor recreational activities, hiking, birding, snowshoeing.

Community Food Programs Food Banks

North Frontenac Food Bank

Location: 14152 Rd 38, Sharbot Lake

Phone: 613-279-8855

Email: nffb14@gmail.com

Website: www.northfrontenacfb.org

Service Information: To provide food and resources for the benefit of those in need. We achieve this by providing fresh produce, eggs, dairy, frozen food, canned food and dry food once per month to individuals and families.

Land O'Lakes Food Bank

Phone: 613-336-8934 to make a referral

Service Information: Available to low-income individuals, families and seniors, once a month. Hampers include 7 days worth of perishable and non-perishable food items.

Southern Frontenac Community Services

Phone: 613-376-6477 – call 2 days prior to pickup

Website: www.sfcsc.ca

Service Information: Available to low-income individuals, families and seniors in South Frontenac and rural Kingston (north of Hwy 401), once a month. Hampers include 7 days worth of perishable and non-perishable food items.

Community Food Programs Meals on Wheels

Rural Frontenac Community Services

Phone: 613-279-3151

Website: www.rfcs.ca

Service Information: Hot, delicious, and nutritious noon-time meals which include salad or soup, entrée, and dessert, are available to be delivered to your door by a volunteer driver, three days/week. Frozen meals are also available.

Land O' Lakes Community Services

Phone: 613-336-8934

Website: www.lolcs.com

Service Information: Hot, delicious, and nutritious noon-time meals which include salad or soup, entrée, and dessert, are available to be delivered to your door by a volunteer driver, three days/week. These drivers provide a social contact and check on the health and safety of the client. Frozen meals are also available.

Southern Frontenac Community Services

Phone: 613-376-6477

Website: www.sfcsc.ca

Service Information: A delicious and nutritious 3 course hot meal is delivered to your door by one of our volunteer drivers. Frozen meals are also available.

Community Food Programs Community Meals

Diners Club

Land O'Lakes Community Services Diners Program

Phone: 613-336-8934

Website: www.lolcs.com

Service Information: Social outing where meals are prepared by volunteers (small fee). Held once monthly in the Villages of Finton, Northbrook and Denbigh.

Southern Frontenac Community Services

Phone: 613-376-6477

Website: www.sfcsc.ca

Service Information: The Diners Lunch is a social and affordable lunch, often including entertainment and guest speakers.

Royal Canadian Legion, Branch #425

Location: 1015D Legion Rd, Sharbot Lake

Phone: 613-279-2659

Website: www.sharbotlakelegion.ca

Service Information: For more information, contact the Legion.

Coffee Group, Ompah Community Hall

Location: 10200 Hwy 509, Ompah

Phone: 613-340-7887

Email: katiworden39@gmail.com

Service Information: Wednesday 10:00am – 11:30am; Cost \$2.00

Birthday Bash Potluck Dinner, Ompah Community Hall

Location: 10200 Hwy 509, Ompah

Phone: 613-340-7887

Email: katiworden39@gmail.com

Service Information: 3rd Wednesday of the month at 6:00pm; Cost - Donation

Community Food Programs Grocery Stores

Mike Dean Grocer

Location: 1039 Elizabeth St, Sharbot Lake

Phone: 613-417-0321

Website: <https://mikedeans.com>

Service Information: Home cooked take-out meals, platters, groceries, delivery available.

Gray's Grocery and Corner Bakery

Location: 14832 Rd 38, Sharbot Lake

Phone: 613-279-2725

Service Information: Cuisine - deli, Indian, pizza, fresh baked items, sandwiches, fresh fruits and vegetables, take-out, and outdoor seating available.

Parham General Store

Location: 10951 Rd 38, Parham ON

Phone: 613-375-6335

C4 Country Convenience

Location: 6323 Arden Rd, Arden

Phone: 613-335-4444

Service Information: Convenience/Grocery store, gas station, take-out pizza, seasonal chip truck on site.

North of 7 Restaurant and Market

Location: 7325 Hwy 506, Plevna

Phone: 613-479-2603

Website: https://frontenaccfdc.com/business_directory/north-of-7-restaurant-market

Service Information: Full-service grocery store and licensed restaurant with home cooked meals, take-out, outdoor mini golf, propane, fuel, bag tags and road access permits.

Libraries and Learning

Northern Connections Adult Learning Centre

Locations: 24719 Hwy 7, Sharbot Lake; 12497 Hwy 41, Unit 2, Northbrook

Phone: Sharbot Lake 613-279-2499

Phone: Northbrook 613-336-0691

Email: info@ncalc.ca (for both sites)

Website: <http://www.ncalc.ca>

Service Information: Adult Education & Training including:

- Literacy and Basic Skills; Essential Skills
- Essential Skills
- Computer Training (Introduction, Internet/Email, Microsoft Office, graphics and photos, etc.)
- Special interest workshops
- ACE (Academic and Career Entrance) a high-school equivalency prep program for College or Apprenticeship (in partnership with and accreditation by St. Lawrence College)
- E-lab for online college courses (in partnership with and accreditation by Loyalist College)
- Public Internet Access

Cloyne & District Historical Society and Museum

Location: 14325 Hwy 41, Cloyne

Phone: 613-336-6858

Email: pioneer@mazinaw.on.ca

Website: www.pioneer.mazinaw.on.ca

Service Information: The Cloyne & District Historical Society and the Pioneer Museum is a not-for-profit, charitable, volunteer organization whose mandate is to preserve and record the history of the local area.

Kennebec and District Historical Society

Phone: 613-335-2073

Website: www.kennebechistorical.org

Service Information: Our purpose is to preserve and share the history of our area.

Libraries and Learning

Kingston Frontenac Public Library

Phone: 613-549-8888 **Website:** www.kfpl.ca

Arden Branch Location: 5998 Arden Rd, Arden

Phone: 613-335-2570

Cloyne Branch Location: 1011 Little Pond Rd, Cloyne

Phone: 613-336-8744

Mountain Grove Branch Location: 1455 Mountain Grove Rd, Mountain Grove

Phone: 613-335-5360

Parham Branch Location: 1082 Long Lake Rd, Parham

Phone: 613-375-6400

Plevna Branch Location: 6638 Buckshot Lake Rd, Plevna

Phone: 613-479-2542

Sharbot Lake Branch Location: 1037 Robert St, Sharbot Lake

Phone: 613-279-2583

Items can be delivered to the library closest to you.

What can you borrow?

- STEM discovery Kits - Designed for children ages 7 to 12.
- Museum and Park Passes (CD)
- Reminiscing Kits – for caregivers of people with dementia
- E-books, e-Audiobooks, and digital collections
- Wi-fi hotspots
- Radon Detectors and Meters
- Language Learning tools (ex. Mango language)
- Press Reader, providing digital access to newspapers and magazines
- Stream movies and TV shows through Kanopy and Hoopla

Ompah Community Library

Location: 10200 Rd 509, Ompah

Phone: 613-479-2855

Libraries and Learning

Book Club, Ompah Community Library

Location: 10200 Road 509, Ompah

Phone: 6913-479-2570

Email: lindarush@yahoo.com

Service Information: Meets once a month.

Book Club, Snow Road Community Centre

Location: 14073 Road 509, Snow Road Station

Phone: 613-519-358/8

Email: elaineatcanonto@gmail.com

Service Information: 2nd Tuesday of the month at 1:00pm.

Service Clubs and Groups

A service club is a voluntary non-profit organization where members meet regularly to perform charitable works either through hands-on efforts or by raising money for other organizations. A service club often has other membership benefits, such as social occasions, networking, and personal growth opportunities.

Royal Canadian Legion – Branch #334

Location: 5967 Arden Rd, Arden

Phone: 613-335-2737

Email: rclegion334@gmail.com

Website: ardenlegion.ca

Service Information: Monthly meetings, community dinners, scheduled social events and dances. Everyone Welcome.

Royal Canadian Legion – Branch #425

Location: 1015D Legion Rd, Sharbot Lake

Phone: 613-279-2659

Website: www.facebook.com/SharbotLakeLegion

Service Information: Monthly meetings, community dinners, scheduled social events and dances. For more information, please call. Everyone welcome.

Villages Beautiful

Phone: 613-375-6206; 613-406-3203

Email: villagesbeautiful2000@gmail.com

Website: www.facebook.com/villagesbeautiful

Sharbot Lake & District Lions Club

Location: Meetings are held at 1015D Legion Rd, Sharbot Lake

Phone: 613-279-2263 or 613-375-6318

Email: sharbotlions@gmail.com

Website: <http://e-clubhouse.org/sites/sharbotlakeon>

Service Clubs and Groups

North Frontenac Little Theatre

Email: info@northfrontenaclittletheatre.com.

Website: <https://www.northfrontenaclittletheatre.com>

Service Information: Volunteers needed for two yearly productions. One in the fall before Christmas and the other in the spring. This is an excellent opportunity for social interaction with people from all age groups and various backgrounds. People needed for costumes, stage managing, set designs, makeup, musical and, of course, acting. For more information, please email or watch for news items in The Frontenac News.

Golden Sunset Seniors Club

Location: 12328 Hwy 41, Northbrook

Phone: 613-336-8682

Service Information: This service is for people 50 years and older. Meetings begin with a potluck at Noon. The April anniversary dinner and the Christmas dinner are catered and have a country music band for entertainment. The group plays games after the regular meetings. There are also five euchre tournaments a year. Volunteers are welcome, just come to a meeting.

Parham Happy Travelers #698

Location: 10884 Rd 38, Parham

Phone: 613-375-6337

Service Information: Our activities include games, entertainment, potluck lunches and fellowship. We also make donations once a year to other charitable groups, local fire hall, food bank, and church hall.

Arden Seniors "Happy Gang"

Location: 5998 Arden Rd, Arden

Phone: 403-710-6176

Service Information: Everyone over 55 years old welcome.

Faith Community

United

Arden United Church

Location: 1076 Railway St. Arden, Arden

Phone: 613-335-2474

Email: minister@ardenpastoralcharge.ca

Mountain Grove United Church

Location: 1018 MacCrimmon Rd, Mountain Grove

Phone: 613-335-2474

Email: minister@ardenpastoralcharge.ca

Henderson United Church

Location: 2408 Henderson Rd, Arden

Phone: 613-335-2474

Email: minister@ardenpastoralcharge.ca

Land O'Lakes Emmanuel United Church

Location: various locations

Phone: 613-336-2655

United Church Centenary Pastoral Charge

Location: 1040 Elizabeth St, Sharbot Lake

Phone: 613-259-2364 or 613-279-2245

Parham United Church

Location: 1035 Wagarville Rd, Parham

Phone: 613-259-2364

Catholic

St. James Major Roman Catholic Church

Location: 14608 Rd 38, Sharbot Lake

Phone: 613-279-3399

Faith Community

Anglican

St. Paul's Anglican Church

Location: 903 Flinton Rd, Flinton

Phone: 613-767-3963

Website: <http://ontario.anglican.ca>

Holy Trinity Anglican Church

Location: 6652 Buckshot Lake Rd, Plevna

Phone: 613-267-3421; 613-479-2755

St. Andrew's Anglican Church

Location: 1028 Elizabeth St. Sharbot Lake

Phone: 613-328-9861; Wardens: 613-453-8146 or 613-279-2350

Free Methodist

Parham Free Methodist Church

Location: 10031 Rd 38, Parham

Phone: Church 613-375-6171 or 613-267-3518

Pineview Free Methodist Church

Location: 14391 Hwy 41, Cloyne

Phone: 613-336-8100

Cole Lake Free Methodist Church

Location: 8 White Lake Rd, Godfrey

Phone: 343-333-3956

Pentecostal

Sharbot Lake Pentecostal Church

Location: 14183 Rd 38, Sharbot Lake

Phone: Office 613-279-2267; Cell 613-985-1242

Email: sharbotlakepentecostalchurch@gmail.com

Faith Community

Presbyterian

Snow Road & Elphin Presbyterian Church

Locations: Snow Road & Elphin

Phone: 613-279-2462; 613-278-2385

Wesleyan Church

Arden and Community Wesleyan Church

Location: 1035 Queen St, Arden

Phone: 613-335-3772

Harlowe Wesleyan & Standard Church

Location: 4478 Henderson Rd, Arden

Phone: 613-336-2429

Other

River of Life Christian Fellowship

Location: 7064 Hwy 506, Plevna

Phone: 613-479-0059

Beth Israel Congregation

Location: 116 Centre St, Kingston

Phone: 613-542-5012

Website: Kingston-bethisrael.ca

Jehovah's Witnesses Kingdom Hall

Location: 12797 Rd 38, Sharbot Lake

Phone: 613-279-2877

Website: jw.org

Through the Roof Ministry

Location: 3662 Flinton Rd, Flinton

Phone: 613-336-2614

Faith Community

Other

The Church of Praise

Location: 1285 Shibley Rd, Sharbot Lake

Phone: 613-279-3118

Kuluta Buddhist Centre

Location: 82 Sydenham St. 2nd floor, Kingston

Phone: 613-544-1568

Website: www.meditateinkingston.org

Seventh Day Adventist

Location: 66 Wright Cres, Kingston

Phone: 613-548-7765

Email: kingstonclerk@adventistontario.org

Website: www.kingstonsda.org

Kingston Unitarian Fellowship

Location: 206 Concession St, Kingston

Phone: 613-544-8777

Email: office@kuf.ca

Baha'i Faith Church/Cathedral

Location: Clarence St. Kingston

Phone: 613-384-9080

Personal Safety

Seniors and Law Enforcement Together (SALT)

Central and North Frontenac Phone: 613-279-3151

South Frontenac Phone: 613-376-6477

Website: www.frontenacsalt.ca

Service Information: SALT was established to bridge the gap between seniors and law enforcement. The goal is to address issues and concerns that involve the health and security of older adults. SALT is a community partnership with the OPP, agencies, and residents. For information about the monthly programs or to register call.

Kingston Interval House – Emergency Shelter

Phone: 613-546-1833 **Crisis Line:** 613-546-1777 or 1-800-267-9445

Email: info@kingstonintervalhouse.com

Website: www.kingstonintervalhouse.com

Sexual Assault Centre Kingston (SACK)

Location: #1-400 Elliott Ave, Kingston

Phone: 613-545-0762 **24 Hour Crisis Line:** 1-877-544-6424; 613-544-6424

Email: sack@sackington.com

Website: www.sackington.com

Service Information: SACK provides free, confidential support services to all survivors of sexual violence, recent or historic, throughout KFL&A. Counselling and support for youth.

Sexual Assault/Domestic Violence Program, KGH, Emergency Department

Phone: 613-549-6666 ext. 4880 1-800-567-5722 24/7.

Service Information: To access service, go to your nearest hospital emergency department and ask for the Sexual Assault/Domestic Violence Nurse on call.

Personal Safety

Women's Program, Land O'Lakes Community Services

Locations: Land O'Lakes Community Services, 12497A Hwy 41, Northbrook
Rural Frontenac Community Services, 1109 Garrett St, Sharbot Lake

Crisis Line: 613-336-8937/1-877-679-6636

Phone: Northbrook Office: 613-336-8934 Sharbot Lake Office: 613-279-3151

Website: www.lolcs.com www.rfcs.ca

Victim Services of Kingston and Frontenac

Location: 24586 Hwy 7, Sharbot Lake

Phone: 613-548-4834 (by appointment only)

Email: info@victimserviceskingston.ca

Website: www.victimservicekingston.ca

Service Information: Assistance for victims and survivors of crime, tragic circumstance and disaster in the City of Kingston and the County of Frontenac.

Elder Abuse Ontario

Phone: 1-833-916-6728

Email: admin@eapon.ca

Elder Abuse is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. Types of elder abuse include Financial, Psychological, Physical, Sexual, Systemic, Neglect.

Seniors Safety Line

Phone: 1-866-299-1011 **24/7**

Website: www.awhl.org/online-chat

Service Information: The Assaulted Women's Help Line operates the Seniors Safety Line. The SSL is the only 24-hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Callers receive emotional support, safety planning, information, and referrals in over 200 languages. The SSL is a “senior friendly” service with a live counsellor available to help navigate often difficult systems, 7 days/week, 365 days a year.

Housing

Seniors Housing

North Frontenac Housing Corporation

Location: 1096B Clement Rd, Sharbot Lake

Phone: 613-279-3322

Email: manager@nfhousingcorp.org

Website: www.nfhousingcorp.org

Long Term Care

Pine Meadow Nursing Home

Location: 124 Lloyd St, Northbrook

Phone: 613-336-9120

Website: www.pinemeadownursinghome.ca

Service Information: **64 bed** long term care home owned by Land O' Lakes Community Services and managed by Extendicare Inc.

Fairmount Home

Location: 2069 Battersea Rd. Glenburnie

Phone: 613-546-4264

Website: www.fairmounthome.ca

Service Information: **128 Bed** licensed long term care home owned and operated by Frontenac County.

Retirement Homes

Sharbot Lake Retirement and Retreat

Location: 14244 Rd 38, Sharbot Lake

Phone: 613-279-7799

Email: info@slrr.ca

Website: www.sharbotlakeretirement.ca

Country View Care Retirement Home

Location: 9504 Rd 38, Godfrey

Phone: 613-374-2023

Website: www.everythingfrontenac.ca/businesses/country-view-care

Housing

Housing Supports

Salvation Army Rural Housing

Locations: 6697 Rd 38, Verona

Phone: 613-507-6868; 613-548-4411 x 141

Website: www.salvationarmy.ca

Service Information: The Homelessness Prevention Funding is available for low-income individuals not in receipt of Ontario Works or ODSP. Housing support services are available to all residents of Frontenac County; this includes eviction prevention services, and for those seeking affordable housing.

Kingston-Frontenac Renovates Program (KFRP)

Location: 362 Montreal St, Kingston

Phone: 613-546-2695 x 4949/4836

Email: Housing@CityofKingston.ca

Website: CityofKingston.ca/Residents/Community-Services

Service Information: Low-income homeowners can receive financial assistance through forgivable loans to complete urgent repairs and make accessibility improvements.

Water Testing for homeowners with private well

Location: Central Frontenac Township Office, 1084 Elizabeth St, Sharbot Lake

Phone: 613-279-2935

Website: www.centralfrontenac.com

Service information: To test your private water supply, pick up a well water sampling kit during regular business hours at the Township of Central Frontenac Office.

Other Services

Legal Services

The Legal Clinic (Not for Profit-Free Legal Services)

Location: 10 Sunset Blvd, Perth

Phone: 613-264-8888 or 1-888-777-8916; 613-887-9117

Website: www.legalclinic.ca

Southeast Health Unit (formerly KFL&A Public Health)

Location: 221 Portsmouth Ave, Kingston

Phone: 613-549-1232; 1-800-267-7875

Website: www.kflaph.ca

Did you know? You can find tip sheets on the KFL&A Public Health website for many issues that affect those 55 and over.

- Alcohol & Drugs
- Animal/Insect Bites
- Cancer Prevention
- Dental/Oral Health
- Eating Well
- Extreme Weather
- Falls Prevention
- Food Safety
- Heart Health
- Immunization
- Indoor Air Quality
- Infections & Illness
- Menopause
- Pest Control
- Physical Activity
- Safe Water
- Sewage Systems
- Sun Safety
- Tobacco
- Volunteering

Other Services

Transportation

Frontenac Transportation Services – Page 5

Rural Frontenac Community Services – Page 5

Phone: 613-279-3151

Email: transportation@rfcs.ca

Website: www.rfcs.ca

Service Information: Screened volunteer drivers provide a one-on-one service that enables residents of all ages to get where they need to go. Priority is given to medical appointments.

See also Land O’Lakes Community Services Page 6

Service Information: This service provides transportation for seniors to medical appointments or social activities.

See also Southern Frontenac Community Services Page 6

Service Information: Offers affordable and reliable transportation to seniors (60+), and adults with physical disabilities (not covered by ODSP), living in South Frontenac and Rural Kingston.

Lanark Transportation

Phone: 613-264-8256

Website: www.lanarktransportation.com

Service Information: Offers door-to-door service for medical appointments and other needs in the Lanark County area.

Christmas Assistance Programs

Salvation Army with Rural Frontenac Community Services

Phone: 613-279-3151

Email: info@rfcs.ca

Website: www.rfcs.ca

Land O’Lakes Community Services

Christmas Hampers

Phone: 613-336-8934

Website: www.lolcs.com

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Rural Frontenac Community Services enables our residents to live rural life to its fullest. We are a multi service organization located in rural Frontenac County that has been providing community-based services to children, youth, vulnerable adults and seniors for 50 years.

With a commitment to contributing to strong, healthy communities, Rural Frontenac Community Services is known as a leader in responding to issues specific to the rural communities of Frontenac County.