



Community Services Inventory

Food and Nutrition-Related Programs for Seniors in Leeds, Grenville and Lanark Counties

February 2010 – February 2011

Leeds and Grenville Counties

Program	Description	Contact Info	Location, Date, Time, Cost
CCAC Nutrition Counselling	Nutrition counselling by RD to anyone house-bound. No referral necessary	1-800-267-6041 ACCESS Centre	Location: Counselling is done in client's home. Time: usually every 2 weeks, depending on individual needs Cost: Free
Good Food Box North Leeds	Fresh, local produce for North Leeds area	1-888-998-9927 Country Roads CHC	Order by the 7 th of every month, and pick up 3 rd Tuesday of the month at your host site (call for host site information) Cost: All orders must be paid "cash in full" when ordering. Prices vary between \$5 and \$15 depending on the size of box requested.
Good Food Box Brockville	Fresh local produce for Brockville and area	613-342-5211 Church Office	Location: Salvation Army, Community Church, 175 First Street, Brockville Order by the 2 nd Thursday of the month, and pick up at the church the 3 rd Tuesday of the month Cost: Only available once every three months
What's Cooking	Community Kitchen	1-888-998-9927 Country Roads CHC Cheryl English Ext. 237	Location: Elgin United Church, 77 Main Street, Elgin Date: 1 st Wednesday of the month, call for further details. Cost: Free Location: Free Methodist Church, 84 Bedford Street, Westport Date: 1 st Tuesday of the month, call for further details. Cost: Free
Seniors Potluck Lunch Gananoque	Lunch	613-382-2755 Mable Barnes	Location: Grace United Church, 120 Pine Street, Gananoque Date: 3 rd Tuesday of the month Time: 1:00 p.m. Cost: Free
Loaves and Fishes	Low-Cost Meals	613-345-6498 Irene Selkirk	Location: 25 Front Avenue, West, Suite 1A , Brockville Date: Monday to Friday Time: 4:00 p.m. – 6:30 p.m.; takeout available after 6:30 p.m. Cost: \$1 – soup/salad, entree, dessert, drink; 6 meal card \$5.00
Seaway Christian Church	Community Supper	613-925-5840 Church Office	Location: Seaway Christian Church, 349 Churchill Road, Prescott Date: 4 th Monday of each month Time: 5:00 p.m. Cost: Free, accepts food or cash donations from community
King's Kitchen	Community Supper	613-925-5340 Carol Lalonde	Location: South Grenville District High School, 100 Edward Street, Prescott Date: Every Wednesday Time: 4:30 p.m. – 6:30 p.m. Cost: Donation basis

Lanark County

Program	Description	Contact Info	Location, Date, Time, Cost
CCAC Nutrition Counselling	Nutrition counselling by RD to anyone house-bound. No referral necessary	1-800-267-6041 ACCESS Centre	Location: In client's home Time: Flexible – usually every 2 weeks, depending on the individual needs Cost: Free
Almonte United Senior's Luncheon	Fit as a Fiddle – fitness & nutritious lunch	613-256-1355 Church Office	Location: United Church, 106 Elgin Street, Almonte Date: Friday's Time: 12:00 noon Cost: \$6.00 for lunch/exercise; \$3.50 for the exercise
Cooking on a Dime	Class open to all – learn cooking skills and cooking on a budget.	613-259-2182 1-866-762-0496 Ronit or Karina	Location: North Lanark Community Health Centre, 207 Robertson Drive, Lanark Call for details as time and dates vary Cost: Free
Diabetes and You – What YOU Want to Know	Informative, interactive, fun program provides information about meal planning, shopping, and physical activity.	613-259-2182 1-866-762-0496 Lori or Ronit	Location: North Lanark Community Health Centre, 207 Robertson Drive, Lanark Date: Wednesday's Time: 6:00 p.m. to 7:30 p.m. Cost: Free
Noon Lunch and Sunday Dinner Perth	Community meals	613-267-4652 Office	Location: Salvation Army, 40 North Street, Perth Date: Monday to Friday Time: 11:00 a.m. – 12:30 p.m.; Sunday dinner 5:30 p.m. Cost: Free
Lunch Smiths Falls	Community meals	613-283-3563 Office	Location: Salvation Army, 243 Brockville Street, Smiths Falls Date: Friday's Time: 11:30 a.m. – 1:30 p.m. Cost: Free
Good Food Box Smiths Falls	Fresh local produce for the Smiths Falls community	613-283-1952 Smiths Falls CHC	Location: Smiths Falls Lions Club, 19 Abbott Street, Smiths Falls Order by the 2 nd Wednesday of the month, pick up at Lions Club the 3 rd Tuesday of the month Cost: Call for details as price varies



Community Services Inventory

Exercise Programs for Seniors in Leeds, Grenville and Lanark Counties

February 2010 – February 2011

Leeds & Grenville Counties

Activity	Description	Contact Info	Location, Date, Time, Cost
CPHC Exercise Program	Assist those with physical challenges in maintaining their independence.	613-342-3693 x318 1-800-465-7646 Vivienne Fotheringham	Call or check website for program and dates Programs run in Brockville, Elgin, Lansdowne, Lyndhurst, Portland, Toledo, Westport, Prescott, and Spencerville Nominal fee for classes.
Get W.I.T.H. It	Walk the halls of the high school.	613-283-1952 ext 136 Serreh Koeslag	Location: Thousand Island Secondary School, Brockville Day: Monday and Wednesday (3 month program) Time: 6:00 p.m. until 8:00 p.m. Drop in, no need to pre-register. Call to confirm dates as they change, as the program runs during the school year. Cost: Free
Senior Fit	Volunteer-led weekly senior fit class.	613-272-3302 Country Roads CHC	Location: Portland Community Hall, Portland Day: Monday's and Fridays Time: call for time A program is also in place for residents of Lombard Manor
SAIL Walking Group Gananoque	Seniors' walking group.	613-382-1175 1-800-561-8024 Pat Dandele	Location: Gananoque Arena, 600 King Street, East, Gananoque Date: Monday and Wednesday Time: 10:00 a.m. – 11:00 a.m. Cost: Free Location: Lansdowne Community Building, Lansdowne Day: Tuesday and Thursday Time: 10:00 a.m. – 11:00 a.m. Cost: Free Location: Mallorytown Community Building, Mallorytown Date: Wednesday and Friday Time: 10:30 a.m. – 11:30 a.m. Cost: Free
Swimming	Adult Swimming Aqua Fit	613-342-7961	Location: YMCA, 309 Park Street, Brockville Cost: Seniors \$7.00 (day pass) Call for times

Activity	Description	Contact Info	Location, Date, Time, Cost
Shepherd's Welcome Centre	Activities including: Tai-Chi, Badminton, Aerobics, Exercise, French, Knitting, and Quilting.	613-345-24126 Office	Location: Wall Street United Church, 6 Wall Street, Brockville Cost to join is \$20 for 3 months. Call for further details and times.
Seniors Indoor/Outdoor Walking	Walking program	613-258-4487 Eva	Location: Kemptville Community Complex, 285 County Rd 44, Kemptville Dates: Monday, Wednesday and Friday Time: 9:00 a.m. – 10:00 a.m. Cost: Free

Lanark County

Activity/Program	Description	Contact Info	Location, Date, Time, Cost
ASK – Active Seniors Coalition	For older adults and seniors who are interested in physical activity	North Lanark CHC 613-259-5447 Linda Russell	Location: Throughout the region, call for details and dates. Cost: – fees range from \$3-\$5/per activity
CPCH exercise program	Assist those with physical challenges in maintaining their independence.	Vivienne Fotheringham 613-342-3693 x318 1-800-465-7646	Location: Call for programs and dates Cost: Nominal fee for classes.
Get Up! Get Out! Get Active! For Seniors and Older Adults	Weekly exercise classes and walking groups in a social setting. Different levels of fitness ability are accommodated.	North Lanark CHC 613-259-2182 1-866-762-0496 Kara	Monday's, 9:30 a.m. – 10:30 a.m., Middleview Hall (medium-high mobility exercise class) Tuesday's, 9:00 – 10:00 a.m., The Lanark Walking Group, North Lanark CHC, Lanark Village (medium-high mobility) Wednesday's, 9:30 a.m. – 10:30 a.m., North Lanark Community Health Centre, Lanark Village (low-medium mobility exercise class) Wednesday's, 1:30 p.m. – 2:30 p.m., North Lanark Community Health Centre (low-medium mobility exercise class) Thursday's, 9:30 a.m. – 10:30 a.m., Watson's Corners Hall (medium-high mobility exercise class); Ferguson's Falls Hall (medium-high mobility exercise class) Cost: Free
Get W.I.T.H. It	Walk the halls of the school.	North Lanark CHC 613-259-2182	Location: Maple Grove School, Lanark Day: Monday's and Wednesday's Time: 5:30 p.m. until 7:30 p.m. Drop in, no need to pre-register. Call to confirm dates as they change, as the program operates during the school year. Cost: Free
Get W.I.TH. It!	Walking program	Merrickville District CHC 613-269-3400	Location: Smiths District Collegiate Institute, 299 Percy St, Smiths Falls Day: Tuesday's and Thursday's Time: 5:30 p.m. – 7:30 p.m. Drop in, no need to pre-register. Call to confirm dates as they change, as the program runs during the school year. Cost: Free

Activity/Program	Description	Contact Info	Location, Date, Time, Cost
Swimming	Adult Swimming	613-257-1005	Location: Carleton Place Pool, 359 Bridge Street, Carleton Place Time: Saturday, Sunday: 12:00 – 1:00 p.m. Cost: Seniors \$3.50 Adults: \$3.30
Fit as a Fiddle	Exercise program for seniors	Home Support 613-256-4700	Location: Almonte United Church, 106 Elgin Street, Almonte Time: Friday's 10:00 a.m. Transportation and Lunch available Cost: Exercise \$3.50, Lunch \$3.00
Hikes for Older Adults	Low impact hikes for the older adult includes lunch & bus.	Home Support 613-256-4700	Bus will pick up clients and deliver them to the various locations for the hike and lunch. Cost: Will depend on location and distance. Call for further details such as times, cost and location of the hikes and lunch.
Swimming	Adult swimming, aqua fit, low impact aqua fit classes.	613-267-5302	Location: 80 Wilson Street, Perth Call for details and cost of the classes.
Walking	Mall walking	613-283-2418	Location: Country Fair Mall, Hwy 29 South, Smiths Falls Time/Day: Daily 7:00 a.m. – 9:00 a.m. Cost: Free
Seniors Activity Building	Wide variety of activities available!	613-283-4684	Location: 61 Cornelia Street, Smiths Falls Call for details and locations of activities.

Home Support Program Locations in Lanark County

Hot Meals on Wheels: Available in all regions with minor differences. 8:30 a.m. to 4:30 p.m. Available for seniors and adults (18+) with physical or cognitive disabilities. Also for those experiencing isolation and need for socialization. Most meals are heart healthy, low salt with no preservatives. Special diets available: minced, pureed, diabetic and renal.

Frozen Meal: Standard for all regions.

Diner's Club: Specific to each region - see below. Assessments made to determine need and most suitable location and service to meet needs.

Agency Location	Contact Info	Details of Service
<p>Almonte and Mississippi Mills 67 Industrial Drive Almonte</p>	<p>613-256-4700 Jeff Mills</p>	<p>Diner's Club – Home Support office (1st, 4th Thursday of month), “Golden Oldies” at 12:00 noon, cost \$8.25.</p> <p>Supper Club – Legion, Almonte, 3rd Monday of month at 6:00 p.m. cost \$8.25.</p> <p>Lunch Bunch Club – every 2nd Wednesday of month. Group of persons with physical disabilities meet at a different restaurant. No cost. Responsible for lunch meal cost. Transportation provided at a minimal cost.</p> <p>Lunch Program – Almonte Home Support “music & memories” lunch program. Offers fellowship, memory stimulation and caregiver relief. Held at the Home Support Office, 67 Industrial Avenue, Almonte.</p> <p>Meals on Wheels Program: 7 days week at noon.</p>
<p>Carleton Place/Beckwith 210 Bridge Street Carleton Place</p>	<p>613-253-0733 Margaret Bourke or Doris Lantz</p>	<p>Meals On Wheels: are available at 12:00 noon 5 days/week, cost \$6.00 each. Frozen meals are available 7 days/week at a cost of \$5.00/entrée; \$1.50/soup.</p> <p>Diner's Clubs:</p> <ul style="list-style-type: none"> • Friday 12:00 noon, at Home Support Office - \$8.00. • 2nd Wednesday of month at Beckwith Township Hall at 12:00 noon - \$10.00. • Last Wednesday of month at Carleton Place Arena at 12:00 noon - \$10.00.
<p>Lanark Highlands 207 Robertson Drive Lanark</p>	<p>613-259-5412 John Carlisle</p>	<p>Frozen Private Recipes: Self-referral method. Call for frozen meal delivery every 2nd Friday of month - \$5.00 entrée, \$1.30 soup (no dessert). No tax. No transportation cost. Billed at end of month on how many ordered. Focus on seniors to be nutritionally balanced. Available options: low salt, low fat, pureed, minced, diabetic, renal, vegetarian, gluten-free and lactose free.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Foy Hall (Princess St., Lanark), first Wednesday of month at 12:00 noon - \$10.00.

Agency Location	Contact Info	Details of Service
Pakenham	613-624-5647 John Carlisle	<p>Meals On Wheels: Frozen meals (no hot meals) delivered every Tuesday/Wednesday for seniors and physically and mentally disabled. \$4.50-entrée - \$1.30 soup and dessert.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Tuesday 12:00 noon, Five Arches Lounge (Pakenham) end of September through April, \$4.00. • Meal Tickets – for seniors, \$5.00, for restaurants in Pakenham (Centennial Restaurant) and Arnprior (Brax Family Restaurant).
Perth 23-A Wilson Street, West	613-267-6400 Suzanne Bourbonais	<p>Meals On Wheels: Hot meals available 5 days per week. Frozen meals available 7 days/week. Delivered at 12:00 noon to seniors and physically disabled. \$6.00 per meal, \$5 for frozen meal (subsidy available).</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Glad Tidings Church, 160 Wayside Drive, Perth, 3rd Wednesday of month at 12:00 noon, cost - \$10.00. • Support group with those with vision loss assistance luncheon call for details. • Small in-house Diners Club every Wednesday at 12:00 noon.
Smiths Falls 4 George Street	613-283-6745 Nancy Andison	<p>Meals On Wheels: Hot meals available for seniors 5 days per week in town and 3 days per week in rural areas (Mon., Wed., Fri.). \$5.00 per meal. Frozen meals also available on Fridays for weekend. Private recipes available. \$5.00 entrée & \$1.50 soup.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • 4 George Street, every Thursday, transportation provided \$5.00. • Easton's Corners-Wolford Township Hall, 2nd Tuesday of month cost \$10.00.

Home Support Program Locations in Leeds and Grenville Counties

Hot Meals on Wheels: Available in all regions with minor differences. 8:30 a.m. to 4:30 p.m. Available for seniors and adults (18+) with physical or cognitive disabilities. Also for those experiencing isolation and need for socialization. Most meals are heart healthy, low salt with no preservatives. Special diets available: minced, pureed, diabetic and renal.

Frozen meal: standard for all regions. See specifics below per region differences.

Diner's Club: Specific to each region - see below. Assessments made to determine need and most suitable location and service to meet needs.

Agency Location	Contact Info	Details of Service
Athens and Elizabethtown 12 Wellington Street Athens	613-924-1629 1-800-465-7646 Jamie Chapman or Maria Millward	<p>Meals on Wheels: Monday to Thursday, not available on Friday. Hot meals cost \$4.75. Frozen meals every 2 weeks will be delivered, cost \$4.00, soup \$1.50, dessert \$1.50</p> <p>Diner's Club: Once per month, cost \$8.00</p> <p>Men's Breakfast: 3rd Friday of month, cost \$5.00</p>
Brockville 12-333 California Avenue	613-342-3693	<p>Hot Meals on Wheels: Available in regions with minor differences. Available for seniors and adults (18+) with physical or cognitive disabilities. Most meals are heart healthy, low salt. Special diets available: minced, pureed, diabetic and renal.</p> <p>Frozen Meals: Entree \$4.75, Soup \$1.50, Dessert \$1.50 – will be delivered every 2 weeks.</p>
Cardinal/Prescott 555 King Street, West Prescott	613-925-3731 Tracey Lirette	<p>Meals on Wheels: Monday to Thursday Hot meals cost \$4.75, frozen meals every 2 weeks will be delivered, cost \$4.00, soup \$1.50, dessert \$1.50</p>
Portland 2790 Highway 15 Portland	613-272-8014 1-800-465-7646 Donna McKenna	<p>Meals on Wheels: Frozen meals available.</p> <p>Diner's Clubs: Focus on frail seniors, disabled in need of socialization. \$7, 11:30-1:30, eat at 12 noon: -Bolingbroke ABC Hall- 3rd Tues/month -Westport Senior Hall- 2nd Thurs/month -Elgin Community Hall- 3rd Wed/month -Portland - Country Roads CHC- 4th Thurs/month -Delta Baptist Church- 2nd Fri/month</p>

Agency Location	Contact Info	Details of Service
SAIL 740 King Street, West Gananoque	613-382-1175 1-800-561-8024	<p>Meals on Wheels: delivers 5 days/week for Town of Gananoque, weekend delivery can be arranged in special circumstances, 3-5 days/week for rural areas. Delivered at lunchtime. Available for seniors, adults with disabilities, and adults convalescing.</p> <p>Meals are hot or frozen – costs are \$1.50 soup or dessert, \$4.00 entrée, \$5.25 entrée, soup or dessert, \$6.50 full meal. Foods available are vegetarian, texture modified meals and special diets.</p> <p>Diner's Club: Held bi-weekly in Gananoque on Tuesday (except statutory holidays). Alternate weeks a soup/sandwich lunch is served including dessert for \$5.00. The opposite week, a dinner is offered at noon consisting of an entree, dessert, coffee or tea for \$7.50. Lunch usually has a guest speaker or entertainment. Need to call and reserve a spot; escort transportation included in price.</p> <p>-Seeley's Bay Fire Hall (2nd Floor): 3rd Wednesday of month -Gananoque Secondary School: alternate Tuesday of each month at 12:00 noon, students from hospitality program prepare food -Lansdowne Community Bldg: 1st Tuesday of month -Lyndhurst Legion: 2nd Thursday of month -Mallorytown Legion: 4th Wednesday of month</p>
Kemptville 215 Sanders Street	613-258-3203 Cheryl Brown	<p>Meals on Wheels: Frozen meals or hot meals – 3 course meal \$7.50; if sold separately, entrees \$5.00, soups \$1.35, desserts \$1.35. Frozen meals to rural areas with the geographical area. Service for frail, elderly (65 yrs) with physical disabilities. Monday – Friday heated meals available and frozen meals for weekends.</p> <p>Diner's Club Luncheons: Wednesday for \$9.00 for Home Support.</p>
Loaves and Fishes 25 Front Avenue, West Suite 1 Brockville	613-345-6498 Irene Selkirk	<p>Low Cost Meals: This is a restaurant that serves meals to anyone in need. Meals cost \$1.00.</p> <p>Services available from Monday to Friday, 4:00 p.m. – 6:30 p.m.</p> <p>Takeout meals are also available from 6:30 p.m.</p> <p>Meals include soup or salad, main course, dessert, coffee/tea/juice or milk.</p> <p>Will sell cards with 6 meals for \$5.00</p>