

North Lanark Age-Friendly Directory



A guide to supports, services, activities, organizations, volunteer opportunities, and age-friendly businesses for older adults in Beckwith, Carleton Place, Lanark Highlands, and Mississippi Mills.

North Lanark Age-Friendly Directory

The North Lanark Age-Friendly Directory is a collaborative effort between Carebridge Community Support, the Town of Carleton Place, and Age-Friendly North Lanark. In this Directory, you will find valuable information about local programs and services, including health care, financial aid, recreation and community support groups, and government programs for older adults. It is our hope that this Directory will serve as a helpful tool for anyone seeking services and assistance to serve their individual needs or those of a loved one living in North Lanark.

Information for the Directory was obtained from various sources, including directly from many of the organizations, businesses, and individuals listed, as well as from external sources. Every effort has been made to ensure that the information provided herein is accurate and current.

This Directory is a dynamic publication which is constantly being updated and expanded. If you feel there is something missing or would like to have your business or organization listed in the directory, please contact Jay Young at jyoung@carebridge.ca.

Please note that the inclusion of an advertisement does not imply an endorsement by any of the aforementioned organizations.

Due to the ongoing COVID-19 pandemic, information in this directory is subject to change. We encourage you to contact the agency/organization for up to date information.



Emergency/Crisis Services

Ambulance, fire, and police emergency response: dial 911

Distress Centre of Lanark, Leeds and Grenville 1-800-465-4442

The Distress Centre of Lanark, Leeds and Grenville is a free, confidential and anonymous telephone support service. The distress line allows a safe and comfortable space to reach someone in your time of need. Available 5:00pm to midnight, 365 days a year.

Elder Abuse Ontario Seniors Safety Line 1-866-299-1011

The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Lanark County Interval House and Community Support 24/7 Crisis Line 613-257-5960 / 1-800-267-7946

If you are experiencing violence at home, please reach out.

Online chat: unsafeathomeottawa.ca

Text chat: 613-704-5535

Lanark County Mental Health Crisis Line 613-283-2170

M-F 8:00am-4:00pm

To support individuals and their families who are experiencing acute emotional distress through assessment, stabilization, brief counselling and linkages to community resources.

Lanark, Leeds and Grenville Addictions & Mental Health 24/7 Crisis Line

1-866-281-2911

Lanark County Crime Stoppers 1-800-222-TIPS (8477)

This is a toll free 24-hour number, and the calls are not recorded or traced. Crime Stoppers of Lanark County does not subscribe to call display. The process ensures your complete anonymity. You may also submit a tip via the Crime Stoppers Secure Web Tip Submission web site: <https://new.tipsubmit.com/en>

Poison Control 1-800-267-1373

24-hour emergency poison information

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Non-emergency Contacts

Ontario Provincial Police 1-888-310-1122

Carleton Place Detachment 613-257-5610

Perth Detachment 613-267-2626

www.opp.ca

Fire Services

Carleton Place Fire Station 613-257-5526

Mississippi Mills Fire Department 613-256-1589

Lanark Highlands 613-259-2398 ext. 236

By-law Enforcement

Carleton Place 613-257-5688

Mississippi Mills 613-256-2064 ext. 209

Government Services

Beckwith Township Office

613-257-1539

Business hours: M-F 8:30am-4:30pm

Carleton Place Town Hall

613-257-6200

info@carletonplace.ca

Business hours: M-Th 8:30am-4:30pm

Friday 8:30am-4:00pm

Lanark Highlands Municipal Office

613-259-2398

Business Hours: M-F 8:30am-4:30pm

Mississippi Mills Town Hall

613-256-2064

town@mississippimills.ca

Business hours: M-F 8:30am-4:30pm

Lanark County

613-267-4200

Toll-free: 1-888-9-LANARK

info@lanarkcounty.ca

Business hours: M-F 8:30am-4:00pm

Leeds, Grenville & Lanark District Health Unit

1-800-660-5853

contact@healthunit.org

Service Ontario

43B Landsdowne Ave. Carleton Place

613-257-1522

1-800-267-8097

Service Canada

46 Landsdowne Ave. Carleton Place

1-800-622-6232

Ontario 211

Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in more than 150 languages through the phone and online channels to all Ontario residents.

Phone: dial 211

www.211ontario.ca

Government of Canada Programs and Services for Seniors

1-800-622-6232

www.canada.ca/en/employment-social-development/campaigns/seniors.html

Government of Canada Benefits Finder

benefitsfinder.services.gc.ca/hm

Member of Parliament: Scott Reid

1-866-277-1577

scott.reid@parl.gc.ca

Ontario Ministry for Seniors and Accessibility

www.ontario.ca/page/ministry-seniors-accessibility

1-888-910-1999

Member of Provincial Parliament: Randy Hillier

613-267-8239

rhillier-co@ola.org

Hospitals

Almonte General Hospital

75 Spring St. Almonte, K0A 1A0
613-256-2500
info@agh-fvm.com
www.almontegeneral.com

Carleton Place Memorial Hospital

211 Lake Ave. E. Carleton Place, K7C 1J4
613-257-2200
info@carletonplacehosp.com
www.carletonplacehospital.ca

Telehealth Ontario

1-866-797-0000

TTY: 1-866-797-0007

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

Home and Community Care Support Services (formerly LHIN)

613-310-2222

Toll-free: 1-800-538-0520

www.champlainhin.on.ca

Home and Community Care Support Services coordinates access to government-funded home and community services and long-term care homes, and provide information about and connect people to local community support service agencies to arrange services.

Health Care Connect

1-800-445-1822

www.ontario.ca/healthcareconnect

Health Care Connect refers Ontarians who don't have a physician to a family health care provider who may be accepting new patients.

Mental Health Resources

Counselling Connect

www.counsellingconnect.org

Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. This service is for everyone: children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.

Lanark County Mental Health

613-257-5915

www.lanarkmentalhealth.com

Lanark County Mental Health is a community based mental health service responding to Lanark County adults and transitional aged youth (17 years and over) who experience mental health concerns.

Lanark, Leeds and Grenville Addictions and Mental Health

613-342-2262 | 24/7 Crisis Line: 1-866-281-2911

llgamh.ca

Lanark, Leeds and Grenville Addictions and Mental Health offers services and programs to people who are experiencing addiction or mental health issues. Mental health services are provided for individuals who are 16 years and older and addictions services to persons of any age.

Ontario Seniors Dental Care Program

1-833-207-4435

www.ontario.ca/seniorsdental

The Ontario Seniors Dental Care Program provides comprehensive dental care to eligible low-income seniors.

Ottawa Valley Family Health Team

613-256-9370

www.ovfht.ca

Team of family physicians and interdisciplinary health providers serving people in Mississippi Mills and the surrounding area.

Massage & Physiotherapy

AGH Physiotherapy & Rehabilitation

613-256-2514 ext. 2953

www.almontegeneral.com/physiotherapy

Outpatient Rehabilitation Programming, including a Geriatric Day Hospital Stream. The multidisciplinary team assessment includes physiotherapy, occupational therapy, recreation therapy and nursing. A care plan is developed with follow up treatment interventions as appropriate. A physician referral is needed. There is no cost to participants.

Almonte Physiotherapy

613-256-1022

www.almontephysiotherapy.com

Physiotherapy, orthopedic manual therapy, and prescriptive exercise to maintain pain free function for sport or daily living.

Dixon Massage Therapy- Christine Dixon, RMT

613-257-3632

www.dixonmassage.com

Dixon Massage Therapy provides high quality massage therapy services in a relaxed home-based environment. Specializing in Craniosacral Therapy and Therapeutic Massage. Now in my 28th year of practice.

Healthy Living RMT

613-850-7980

www.HealthyLivingRMT.com

Located near the village of Clayton. Whether you need massage for relaxation or rehabilitation, this home-based clinic provides registered massage therapy treatment in a relaxing atmosphere.

Jeremy Houle, RMT- Houle Healthcare

613-219-9587

www.houlehealthcare.ca

Jeremy is a Registered Massage Therapist in Carleton Place. Over the past 6 years he has been working primarily with surgery

recovery (hip replacements), scar tissue release and soft tissue injury from falls. Jeremy can customize treatments to allow for seated, sidelying or semi-reclined massage treatments.

Lifecare Physiotherapy

613-981-1547

lifecarephysio.com

Specializing in sports injuries, women's health (Pelvic-floor Physiotherapy), TMJ/jaw pain.

Hearing Services

Capital Audiology

613-884-4327

www.capitalaudiology.ca

We test hearing from ages 5-105 and offer a wide range of hearing aids. Our professionals have been offering free house call services to all of the Seniors Residences in Almonte for over 10 years.

Canadian Hearing Services

866-518-0000 ext. 4120

www.chs.ca

Free counselling services and supports to people 55+ who have hearing loss to help improve communication with family, friends, and service providers; stay involved in social activities; and remain safe and independent at home. Services are provided by hearing care counsellors in an accessible and safe environment, including home visits, in office appointments, or virtually.

Lung Health

Lanark Renfrew Lung Health Program (LRLHP)

613-259-2182

www.nlhc.on.ca/PrimaryCare/Lung_Health.html

The LRLHP consists of assessment, spirometry (breathing test), education, the development of an action plan and follow-up care for clients with COPD (chronic obstructive pulmonary disease) or asthma.

Home & Community Support Programs

Alzheimer's Society Lanark Leeds Grenville

613-345-7392

alzheimer.ca/lanark

The Alzheimer Society Lanark Leeds Grenville works to alleviate the personal and social consequences of Alzheimer's disease and related dementia, and promote the search for the cause and cure. If you, a family member or someone you know has been diagnosed with Alzheimer's disease or another dementia, we can help. The Alzheimer Society Lanark Leeds Grenville is a non-profit, registered charity that offers support, education, and advocacy for families of people with Alzheimer's disease and other dementias.

Bayshore Home Health

613-226-7682

www.bayshore.ca

Bayshore's caregivers provide safe, effective, and exceptional client-focused home support services that are in accordance with care plans, policies and procedures. Our caregivers are carefully selected from a large pool of applicants and go through a rigorous screening process to ensure they are of the highest caliber.

Carebridge Community Support

613-256-1031

www.carebridge.ca

Carebridge helps seniors live healthy, happy, active and connective lives - both in their communities and at home, for as long as possible. We offer a full range of programs and services from personal care and safety to outings and gatherings.

Home Hospice North Lanark

613-406-7020

www.hhnl.ca

We are a hospice "without walls" supporting adults with a life-limiting illness. We are dedicated to assisting people who wish to

remain at home wherever that home may be. We are a not-for-profit, registered Canadian Charity, 100% funded through donations and targeted fundraising initiatives. Visiting services are available in North Lanark which includes Almonte, Pakenham, Clayton, Blakeney, Appleton, Carleton Place, Beckwith and surrounding rural areas. The HHNL Home Visiting Team can also provide caregiver support, bereavement support, information, referral to other community services and advocacy. All of our services are confidential and free of charge.

Primary Care Outreach to Seniors: A Program of Connect Well Community Health

613-259-2182

Toll-Free: 1-866-762-0496

connectwell.ca/services/health/primary-care-outreach-to-seniors

A program for people 65 years and over living at home in Lanark Highlands, Carleton Place and Mississippi Mills. Our Primary Care Outreach (PCO) team includes a registered nurse and a community health worker who provide ongoing support to seniors, focusing on what is important to them. The team provides support with care and links seniors to community resources. We strive to improve wellness and to reduce isolation, emergency department visits and hospital admissions. The program is offered at no cost to the client. This program is run in partnership with South East Ottawa CHC.

A Friendly Voice

Toll-free: 1-855-892-9992

A Friendly Voice is a free, confidential "warm line" for older Ontarians, 55+ who just want to chat with a friendly person who cares, without expectations or judgment. Whether you're struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, we offer an empathetic ear and good conversation.

Support Groups

Alzheimer's Society First Link® Learning Series **alzheimer.ca/lanark/help-support/programs-services/first-link-learning-series**

For those caring for someone with Alzheimer's disease or related dementia and those who have been diagnosed.

Barbara Carroll Grief Counselling

613-883-6646

barbaracarrollongrief.com

I am a certified group recovery specialist and offer groups which follow the Grief Recovery Method developed by the Grief Recovery Institute in California. This is a structured educational approach that provides specific action-based steps to help people move beyond loss. Through this type of group people can learn to make choices that move them to a place where they can feel joy and happiness once again.

Dying with Dignity Canada

www.dyingwithdignity.ca

Dying With Dignity Canada is the national human-rights charity committed to improving quality of dying, protecting end-of-life rights, and helping Canadians avoid unwanted suffering. Through advocacy, public education and personal support, Dying With Dignity Canada ensures Canadians have access to quality end-of-life choice and care.

Ontario Caregiver Organization

24/7 Helpline: 1-833-416-2273

ontariocaregiver.ca

Working collaboratively with caregivers, healthcare providers and other organizations, OCO draws on the variety of work that is currently being done to ease caregiver burn-out and improve the caregiving experience. We find ways to make existing services more broadly available so all caregivers, regardless of age, disease, diagnosis or location can access support.

Housing & Long-Term Care

Almonte Country Haven

613-256-3095

www.omniway.ca/homes/almonte-country-haven

82-bed long-term care facility located in a quiet residential area on the outskirts of Almonte with specialized health care services.

Carebridge Community Support

613-256-1031

www.carebridge.ca

Carebridge provides affordable, attractive and safe housing to people with disabilities, seniors, those who are economically disadvantaged, and young families starting out in our community.

Carleton Place Terrace by Symphony Senior Living

613-706-2713

www.symphonyseniorliving.com/communities/carleton-place-terrace

We are a full service assisted living & memory care home. All care is done by our own team members. There is no limit on care, including end of life. We have a vibrant atmosphere with amazing activities, home made meals and much more. All of our activities are open to the seniors in our community, currently being offered on Zoom. There is no charge to attend our activities.

Fairview Manor

613-256-2514

www.almontegeneral.com/fvm-gettoknowus

Fairview Manor is a 112-bed long-term care home owned and operated by the Almonte General Hospital.

Lanark Lodge

613-267-4225

www.lanarkcounty.ca

162-bed long-term care home that provides 24-hour nursing and personal care services, accommodation, meals, and a variety of social and recreational activities.

Orchard View by the Mississippi

613-963-5000

www.orchardviewmississippi.ca

We offer respite or permanent residency with different support levels: independent, supportive, assisted, memory living & palliative. We invite our senior community members to take part in our "Friendly Neighbourhood Program" where you can join in any of the activities & entertainment that we offer for only \$30/year.

Riverview Seniors' Residence

613-253-0504

www.riverviewseniors.com

Independent-living seniors' residence. We offer studio and 1-bedroom units and provide home-cooked meals, laundry and housekeeping. In-house activities include exercises, musical entertainment, crafts, card games, and more.

Stoneridge Manor

613-257-4355

reveraliving.com/en/live-with-us/ontario/carleton-place/stoneridge-manor

60-bed private long-term care facility in Carleton Place, providing a supportive environment that supports your individual needs. Private, semi-private and shared rooms. Services include pan management, palliative care, recreation programs, and a therapeutic garden with raised flower beds.

Waterside Retirement Community

613-253-2010

vivalife.ca/vva-waterside

As far as locations go, it doesn't get any more scenic than this. Overlooking the Mississippi River and nestled alongside the Trans Canada Trail, Waterside is a vibrant rental retirement community in the heart of the Ottawa Valley.

Professional Services

Housing & Downsizing Services

Cavanagh Family Marketplace

613-867-7838

www.facebook.com/CavanaghFamilyMarketplace

Let our family business assist in the organization and purging of your home possessions as you downsize to a simpler lifestyle. We will then work with Hands Auctioneering to make arrangements to auction the items that you'd like to part with.

Jessica Makrodimitras Realtor

613-715-1889

Jessica.Makrodimitras@c21.ca

Downsizing your home can be an overwhelming and stressful process. Let me help you prepare for your next chapter. As a local realtor®, I can simplify your home sale and get you into something more suitable for your needs.

SeniorCareAccess.com

844-585-7255

www.seniorcareaccess.com

A Canada-wide database of housing options and resources for seniors as well as a consulting program offering assistance to families and older adults.

Tea & Toast

613-698-1319

www.teaandtoast.ca

Tea & Toast assists seniors, their caregivers and/or family navigate the Retirement Living Industry and Long-Term-Care Industry in Ottawa and surrounding area.

Turnkey Property Staging Solutions

613-858-8089

cynda@turnkeypropertystaging.com

We will plan your move based on the space you will be moving into and customize it to your specific needs. We will take you through all the required steps of this transition without having you do any of the heavy lifting. Services available in French and English.

Meal Preparation

Beckwith Kitchen

613-257-8330

www.thebeckwithkitchen.ca

Offering a variety of healthy, pre-portioned meals and treats that just need to be heated up and enjoyed.

Caroline's Private Home Care

613-404-5000

carolinecatlady@gmail.com

Specializing in cooking healthy meals right in your home.

The General Store

613-451-7055

www.facebook.com/thegeneralstorecp

Offering a variety of healthy, pre-portioned meals and treats that just need to be heated up and enjoyed.

Housekeeping Services

Caroline's Private Home Care

613-404-5000

carolinecatlady@gmail.com

PSW and Certified Cook that can assist with personal care, cooking, shopping & errands, companionship & respite care.

Cleaning with Meaning

613-808-5268

laceysperberg@gmail.com

Offering weekly, bi-weekly, monthly, or one time cleans for your entire home.

Zen Clean

613-240-8863

Weekly or bi-weekly cleaning services. Own products and equipment supplied. Allie completes all cleaning so you can take comfort in knowing there won't be new staff coming and going in your home.

Professional Services

Tax & Financial Services

Financial Planning & Estate Planning

613-983-4506

advisor.investorgroup.com/en/rebecca_wissink

Offering full financial planning, retirement planning, estate planning and legacy planning. Seniors are provided a no charge, no obligation consultation, as well as continued service if desired.

Mississippi Tax Service

613-257-8944

www.mississippitax.ca

Income tax preparation firm with 30 years experience, personal and professional service. 10% discount for seniors.

Rob's Tax Service

613-720-3150

We provide full at home tax service, ensuring thorough and complete e-filing at comparatively modest rates. We maximize the tax benefits for seniors and minimize the tax owing.

Funeral Arrangements

Joyful Life Celebrations

613-250-9282

www.joyfullifecelebrations.com

Whether you are a couple preparing to marry, a family welcoming a child, or seeking to celebrate the life of a loved one, I promise to work with you to create a ceremony that reflects your values and wishes.

C.R. Gamble Funeral Home & Chapel

613-256-3313

www.crgamble.com

With our years of experience, and highly professional, friendly and compassionate staff, C. R. Gamble Funeral Home & Chapel is the first choice for hundreds of area families each year.

Barker Funeral Home & Cremation Services

613-257-3113

www.barkerfh.com

The Alan R. Barker Funeral Home & Chapel provides simple cremation to full traditional funerals and all types of services and is a locally owned and operated funeral home that has been serving the municipalities of Carleton Place, Lanark County, and surrounding communities for over 140 years.

Dog Walking

Above and Beyond Pet Care

613-880-7154

www.aboveandbeyondpetcare.ca

Fully insured and bonded pet care company. We are committed to providing safe and quality pet services at affordable rates. Your pet's safety and comfort is our first and foremost objective.

Ceebeco Pet Care

613-769-6308

Specializing in dog walking, house sitting and pet sitting. From house pets to hobby farms, we provide drop in visits for all of your pet care needs.

Sue & Zene Godfrey

613-978-1393

Residential pet walking for any size & breed of dog.

Mobile Small Engine Repair

Highland Maintenance and Repair

613-259-2903

[www.facebook.com/](http://www.facebook.com/highlandMaintenanceAndRepair)

[highlandMaintenanceAndRepair](http://www.facebook.com/highlandMaintenanceAndRepair)

Offering onsite service for seniors that need repairs to lawn tractors, generators, other small engines and are not be able to transport them to a service location.

Safety & Assistive Devices

2Care4 Medical Equipment

613-284-1058

2care4medical.com

Sales and servicing of wheelchairs, walkers, stairlifts, chairlifts, aids to daily living, and incontinence products.

CPHC Lifeline

613-342-9991

www.cphcare.ca

We provide Philips Lifeline Medical Alarms Service in the tri-county of Lanark, Leeds & Grenville, and the City of Kingston and surrounding area.

Kin Care Canada

613-884-2273

www.kincare.ca

Installing Safety Bath doors in existing bathtubs and other safety aids in the bathroom. Our doors, since they are installed in the existing tub, are a fraction of the cost of installing a new walk-in tub and don't require a major renovation.

March of Dimes Home & Vehicle Modification Program

1-800-263-3463

www.marchofdimes.ca/en-ca/programs/am/hvmp

An appropriately modified environment can make life safer and more convenient for someone living with a disability. Not sure where to start? MODC has programs that will help you identify and access the tools you need to be as independent as possible in your own home. Our Home and Vehicle Modification Program (HVMP) supports large-scale renovations and retrofits for residents of Ontario.

Ontario Assistive Devices Program (ADP)

1-800-268-6021

www.ontario.ca/page/assistive-devices-program

The program pays up to 75% of the approved cost of a device or makes a fixed contribution towards the cost of the device or services required by persons with long-term physical disabilities.

Bud's Taxi Carleton Place
613-257-5911

Carebridge Community Support
613-256-4700
carebridge.ca/transportation

Our wheelchair accessible bus and vans are available for medical transportation for individuals.

County Cabs
613-253-7777
countycabs.com

Serving Carleton Place, Almonte, and surrounding areas.

Lanark Transportation
613-264-8256

lanarktransportation.com

\$2 per person. Lanark Town Hall to Carleton Place the 1st and 3rd Tuesday of each month. Lanark Town Hall to Perth the 2nd and 4th Tuesday of each month. Can't get to the Lanark Town Hall? Let us know when you book and we will pick you up prior to the 12:00 stop at Town Hall.

Connected Canadians
www.connectedcanadians.ca

We connect older adults with technology training and support. We use a customized, hands-on centered approach to learning. Volunteers with a high comfort level in technology are paired with senior clients. Working together, either one-on-one or in group workshops, clients' various technology challenges are addressed.

PhantasMata Media - Amber Peters
613-297-4387

I train people how to use their own computers and technology in their own homes. I also help problem solve issues they have with any tech problem they have at home.

Tech Tutors at Mississippi Mills Public Library
613-256-1037 (Almonte)
613-624-5306 (Pakenham)

www.missmillslibrary.com/free-tech-tutoring

Schedule a session with the Library's technology tutor to get free one-on-one support. Learn more about computers, iPads, e-readers, tablets, smartphones, Facebook & Twitter, YouTube, and photo editing. Tech Tutor appointments are available over the phone and in person.

TR Leger Free Computer Training
613-256-2519
trleger.ucdsb.on.ca

TR Leger offers digital technology training to keep up with today's workplace such as: using email, finding and researching information online, and creating documents and spreadsheets.

Service Clubs & Legions

Almonte Civitan Club

613-256-6234

www.almontecivitan.com

Our mandate is to serve our local community. Medical equipment loans, volunteer opportunities, fellowship, many projects to raise funds which are given to over 50 community groups and individuals. Many groups rent or are given the hall and they run exercise classes, play bridge, host funeral luncheons, craft sales, teas, parties of all kinds, and many other events.

Almonte Legion

613-256-2142

www.rcl05240.ca

Royal Canadian Legion Branch 240

Almonte Lions Club

e-clubhouse.org/sites/almonte_on/index.php

Lions meet the needs of local communities and the world every day because they share a core belief - to serve their community.

Carleton Place & District Civitan Club

www.facebook.com/CarletonPlaceCivitanClub

Membership is open to adults aged 18 and over. Benefits of membership include: helping others, acquiring valuable leadership skills, travelling, meeting new friends, and enjoying social activities.

Carleton Place Legion

613-257-1727

www.facebook.com/legionbranch192

The Royal Canadian Legion is a non profit organization that has many services for Veterans and their dependents in Carleton Place and area. Our mission is to provide support to our Veterans and their dependents. We also support seniors, youth and various community organizations.

Carleton Place Lions Club

www.facebook.com/CarletonPlaceLionsClub

The Carleton Place Lions Club is a community organization that helps those less fortunate with a strong focus on those with vision difficulties.

Lanark & District Civitan Club

613-259-3216

www.lanarkcivitan.com

To help carry on the fine traditions of the past and to assist its exciting future, our Civitan clubs need new members, they need the enthusiasm and new ideas that new members can bring, so it can continue to provide the service that these clubs have been so successful in making available to those in their communities that need help.

Lanark Legion Branch 395

www.facebook.com/lanarklegion

Our mission is to serve Veterans, which includes serving military and RCMP members and their families; to promote Remembrance; and to serve our communities and our country.

Rotary Club of Carleton Place & Mississippi Mills

www.carletonplacerotary.ca

Our club members are dedicated people who share a passion for both community service and friendship. Becoming a Rotarian connects you with a diverse group of professionals who share your drive to give back. New members are welcome.

Recreation, Leisure & Culture

Sports & Physical Activity

Almonte Curling Club

613-256-4560

almonte.ovca.com

We welcome curlers of all ages and level of skill or experience. We have a Learn 2 Curl program starting each fall. We have a variety of leagues to play in, including a day league with primarily senior members and a choice of four afternoons each week to curl. We welcome curlers who use a "stick" rather than crouch in the hack to deliver their rock.

Almonte Lawn Bowling Club

www.almonte-lawn-bowling-club.com

The Almonte Lawn Bowling Club is always welcoming prospective members. Seniors volunteer to put on coaching clinics for new and existing players, and Introduction to Lawn Bowling events for local community groups. The Club also encourages seniors to compete at the local, district and provincial levels and ALBC is well represented annually.

Almonte Tennis Club

atc.sport.blog

Your annual membership provides you with every-day access to the courts during the season. The season officially runs from May 1 to October 31, but the courts usually remain open from the time that the courts dry off in the spring until the snow flies. The Club operates on a non-profit basis and is partly funded by the town of Mississippi Mills.

Carebridge Health & Wellness Programs

613-256-1031

carebridge.ca/health-and-wellness-programs

Carebridge offers various classes to keep you fit and active. The classes are offered at multiple locations throughout Mississippi Mills and in Carleton Place, and are currently being offering virtually via Zoom.

Carleton Place Curling Club

613-257-1944

www.cpcurling.ca

Are you looking to join one of the Ottawa Valley's premier curling clubs? You'll find that regardless of age or skill level, we have a league for you! Our member volunteers run leagues and special events all season long for everyone to enjoy.

Cochran Fitness

613-621-1222

www.cochranfitness.com

Certified Personal Trainer with certified specialty training in Active Aging. Focus on flexibility/range of motion and age/ability appropriate strength exercises. Small group (5-7) fitness classes in local parks. Home visits for 1-3 people with similar ability levels. At Cochran Fitness, we strive to help everyone achieve their fitness goals. We keep classes small and affordable to ensure the trainer can focus on each individual to avoid stress or injury.

Mississippi Squares Dance Club of Carleton Place

613-257-2480

www.mississippisquares.ca

Square Dance is a heritage activity suitable for ALL ages. You exercise your mind and your body in a friendly, social, non-competitive atmosphere of fun that is beneficial to the whole family. Three levels of dance are offered. The steps that you learn one week become the stepping stones for more learning next week. Dancers receive approximately 30 evenings of dancing each year (15 in the fall, 15 in winter, summers are off). Cost of an evening of dancing is currently about \$5.00.

Recreation, Leisure & Culture

North Lanark Senior Games Association

613-492-0094

district7.osga55plus.ca

We hold annual 55+ Senior games in summer and winter. Every second year we attend the Ontario Senior Games. We are a volunteer organization. Sporting events include: 5 Pin Bowling, Lawn Bowling, Pickleball, Carpet Bowling, Golf, Shuffleboard, Darts, Horse Shoes, Bocce, and Washer Toss. We also play Cribbage, Euchre, and Bridge.

Pakenham Curling Club

613-624-5326

www.pakenhamcurlingclub.ovca.com

In 2019 the Pakenham Curling Club celebrated its 80th Anniversary since establishing in 1939. The club can attribute over 80 years of success to it's community of new and returning members of all ages!

Pickleball On! Your Connection to Local Pickleball

613-253-0240

linda.pond@gmail.com

Pickleball is a fun way to stay sharp and in shape. A net game played on a small area, it combines tennis, badminton and ping pong skills. We play outdoors in the summer, indoors in winter. A wonderful social game, invented by the "old" and embraced by the young. Pickleball is played across Lanark County in schools, health clubs, and community tennis courts. Locations and times vary. Average costs are \$5-10 per session.

ZumbaFunFit.com

613-253-1746

zumbafunfit.com

13 years experience teaching Zumba dance fitness, Zumba Gold for seniors and Zumba in the chair. Area of teaching is Carleton Place/Almonte. Zumba Gold standing classes for seniors with optional use of toning sticks for upper body. Classes are low cost.

Leisure & Lifelong Learning

Art Classes with Cathy Blake

613-853-1674

catherine.blake7@gmail.com

Cathy hosts 8-week courses in drawing of various kinds, outdoor sketching, watercolour, and mixed media. Currently, Cathy is offering an art-challenge group on Zoom; this might continue as a course in person when permitted.

Beckwith Take a Book, Leave a Book

Beckwith Recreation Complex– 1319 9th Line
Take a book to read, leave a book for others!
Read-Share-Recycle-Enjoy!

Carleton Place Public Library

613-257-2702

www.carletonplacelibrary.ca

We enrich and inspire our community by providing a welcoming destination where people connect to their passions. Residents of Carleton Place, Beckwith, and Mississippi Mills are eligible to receive a library card without charge.

Centre for Creative Living

613-721-0033

centreforcreativeliving.weebly.com

This is a non-religious program offered by St. Paul's Church to benefit the wider community. It provides opportunity for people (primarily seniors) to develop their creativity in art, photography and creative writing, as well as participate in yoga, Feldenkrais classes and meditation group. Membership is \$100 per year. Classes cost about \$10 per session purchased in blocks of 10 to 15. We offer subsidies for those who are unable to pay the full cost of their chosen activity.

Recreation, Leisure & Culture

Lanark Highlands Public Library

613-259-3069

lanarklibrary.ca

We celebrate ideas, promote creativity, connect people and enrich lives by providing access to information and changing technology. Lanark Highlands Public Library is a welcoming, inclusive, and creative space where people from all walks of life come to connect, discover, and grow. Anyone who is a resident in Perth, Tay Valley, North Elmsley/Drummond and Lanark Highlands Townships can get a library card at our Library for free.

Learning in Almonte

learninginalmonte.com

The Learning in Almonte series of lectures was originally conceived and founded by Dr. Don Wiles, Professor Emeritus at Carleton University in 2008. The program is now managed by Marny McCook and Glenda Jones, providing lectures for a senior audience from September to April. Each series consists of 6 weekly lectures and have covered a wide range of popular topics.

Mississippi Mills Public Library

613-256-1037

missmillslibrary.com

We offer a visiting library service to home-bound patrons, films from September through March at both branches, coffee and chat group with occasional speakers every Friday morning at Pakenham Branch, afternoon winter knitting group at the Almonte Branch. All events and services at the library are free.

Naismith Men's Shed

613-256-1625

naismithmensshed.ca

This group, part of the 2,000+ Men's Sheds worldwide, is a locally organized and operated group for men dedicated to breaking down a sense of isolation and

loneliness that can lead to depression. While not limited to retirees, we are mostly senior men who meet regularly to chat, have breakfast and/or work together on projects. We have access to a group workshop where we make things together -- especially useful to men who have gone through downsizing and have lost their personal workshop as a result.

Travel In Style Destinations

613-322-8920

www.travelinstyledestinations.com

We are a local travel agency offering a custom travel experience. Specializing in river cruising, solo travel and senior group travel, we pride ourselves on being available from the initial contact all the way through to the post vacation follow up to ensure that your vacation is seamless. We offer in house consultations, so that you can plan your trip from the comfort of your home. Travel document delivery is also available as an added convenience. We work with trusted suppliers who will have the mobility aid of your choice available once you land in your destination.

Recreation, Leisure & Culture

Culture & Museums

Almonte in Concert

almonteinconcert.com

Almonte in Concert hosts chamber music concerts at the Almonte Old Town Hall and is privileged to welcome internationally acclaimed classical musicians in every discipline. From humble beginnings in private homes, the concert series now fills the beautiful Almonte Old Town Hall, an acoustic gem for chamber groups. Almonte in Concert is a non-profit classical chamber music concert series.

Carleton Place & Beckwith Heritage Museum

613-253-7013

www.cpbheritagemuseum.com

We're located in a beautiful stone building constructed in 1872 as the Town Hall and "lock up". Our main floor exhibit gallery features permanent exhibits telling the story of settlement in the area and chronicling the town's history. The Foss Room hosts temporary exhibits, workshops and events! Admission is free.

Middleville and District Museum

613-259-0229

www.middlevillemuseum.org

We are an 1860's schoolhouse in the village of Middleville, Ontario. The Museum building expanded in the 1970s and then again in 2013 to help accommodate its growing collection which includes a pioneer cabin, pioneer tools, horse drawn hearse and an entire classroom! The Museum is home to an extensive collection of local artifacts, archival and genealogical records. Come step into the past and explore pioneer history. Admission is \$5.00 per person; children under 12 are free.

Mississippi Valley Textile Museum

613-256-3754

www.mvtm.ca

The Mississippi Valley Textile Museum collects, preserves, and tells the stories of the mill workers and the local labour history while offering an open, inclusive space for the local community and visitors from across the globe. The Mississippi Valley Textile Museum conserves and interprets the industrial textile heritage of the Mississippi Valley.

North Lanark Highland Games

almontehighlandgames.com

Twenty pipe bands, a hundred dancers and champion heavyweight athletes combine to celebrate Scottish heritage.

North Lanark Regional Museum

613-257-8503

www.northlanarkregionalmuseum.com

The North Lanark Regional Museum is owned and operated by the North Lanark Historical Society with the goal of collecting, preserving and displaying the history of Mississippi Mills. The museum features several exhibit spaces including seasonal exhibits, permanent local history exhibits, and a pioneer log cabin. The museum is the perfect destination for families with young children, retirees and history buffs in general. In addition, the Historical Society holds special events at the museum including a Strawberry Social, Annual Heritage Dinner, Apple Pie Fest with classic cars, a local fashion show, and guest speakers at various times during the year.

Recreation, Leisure & Culture

Sage Age Theatre

613-256-2631

www.sageage.ca

We present hour-long shows of short skits on issues that are of concern to seniors. We entertain at retirement homes, community outreach groups, volunteer celebrations, service clubs, schools, church groups, and Christmas concerts. Our members range in age from sixties up. We meet weekly in the spring and fall and perform 6-10 one-hour shows. Doing improv is a tremendous way to keep our senior bodies and minds active and agile.

Sweet Meadow Farms

613-259-5757

www.lanarkcountyneighbours.ca

Formed in 2012, Lanark County Neighbours for Truth & Reconciliation is a volunteer community group that works to educate non-Indigenous people about the true history of this area. Here on unceded Algonquin Territory we strive to bring Reconciliation alive on a local level and lend our voices to support the struggles of Indigenous people in this region and across the country.

The Good Food Tour

613-402-2901

thegoodfoodtour.com

The Good Food Tour offers a guided culinary, historical and cultural walking tour of Almonte and Carleton Place. Try delicious tastings at food shops and restaurants, hear interesting historical stories and uncover the town's beautiful architecture. Speak with the chefs and owners. Walk at a leisurely pace to hear, smell, and of course taste all these quaint towns have to offer. A custom private tour can be arranged for a group of seniors.

Places of Worship

Almonte

Almonte Baptist Church

207 Reserve St.
613-256-5655
almontebaptistchurch.ca

Almonte United Church

106 Elgin St.
613-256-1355
almonteunited.com

Community Presbyterian Church

111 Church St.
343-881-1444
pccweb.ca/commpresbchurch

Cornerstone Community Church

1728 Concession 11A
613-256-4995
www.cornerstone-almonte.com

Hillside Reformed Presbyterian Church

273 Almonte St.
613-256-2816
www.hillsiderpc.ca

Holy Name of Mary Roman Catholic Church

134 Bridge St.
613-256-1034
hnomalmonte.ca

St. Paul's Anglican Church

70 Clyde St.
613-256-1771
stpaulsalmonte.ca

Beckwith

Beckwith Baptist Church

277 Tennyson Rd.
613-257-8376
beckwithbaptist.wixsite.com/beckwithbaptist

St. James Anglican Church

128 Church St.

Carleton Place

All Nations Church

39 Bridge St.
613-519-7900
allnations.church/carletonplace

Calvary Pentecostal Church

7196 County Rd. 29
613-800-3331
www.calvarycp.ca

Carleton Place Baptist Church

299 Bridge St.
613-257-1889
www.carletonplacebaptist.ca

Eternal Hope Anglican Church

117 Victoria St.
613-257-5490
www.eternalhopechurch.org

Lighthouse Free Methodist Church

355 Moffatt St.
613-257-4255

Ottawa Valley Vineyard Church

215 Lake Ave. W.
613-257-6045
www.ovv.ca

St. James Anglican Church

225 Edmund St.
613-257-3178
stjamescarletonplace.ca

St. Mary's Church

28 Hawthorne Ave.
613-257-1284
stmarysparishcp.com/wordpress

Zion Memorial United Church

37 Franklin St.
613-257-2133
www.zion-memorial.ca

Places of Worship

Clayton

Guthrie United Church

2819 Tatlock Rd.

St. George's Anglican Church

2786 Tatlock Rd.

613-435-5914

stgeorgechurchclayton.webs.com

Lanark

Lanark Baptist Church

77 York St.

613-259-3173

www.lanarkbaptistchurch.com

Sacred Heart of Jesus Church

86 Princess St.

613-259-2155

sacredheartandstbridget.com

St. Paul's Anglican Church

2985 Highway 511

613-561-8455

St. Andrew's United Church

115 Clarence St.

613-259-3380

Pakenham

Anglican Parish of Pakenham

186 Jessie St.

613-624-5463

St. Andrews United Church

2585 County Rd. 29

613-624-5400

www.standrewsunitedpakenham.org

St. Peter Celestine Roman Catholic Church

139 Renfrew St.

613-256-3441

stpetercelestine.ca

Notes

Retail & Seniors Discounts

Bulk Barn Carleton Place

613-253-0404

www.bulkbarn.ca/home-en

10% discount for seniors 65+ on Wednesdays.

Chew That

613-461-1610

chew-that.ca

Independently owned pet supply store offering free delivery for anyone in Almonte and surrounding areas. 15% discount on regular priced items for seniors the first Wednesday of every month.

Dandelion Foods

613-256-4545

dandelionfoods.ca

Natural, full-service grocer and supplements store with on-site nutritionist, free local delivery and curbside pickup.

Evolution Corporate Gear

613-257-3332

www.ecgpromo.com

We can assist with personalized gifts for loved ones of any age.

IDA Pharmacy Carleton Place

613-257-1414

idapharmacy.com/locations/carleton-place

Seniors 50+ receive 20% off their purchase on the first Wednesday of every month.

Janet's Artisan Coats

613-258-3323

www.facebook.com/JanetsArtisanCoats

Do you have a favourite wool blanket, throw or winter coat? Would you like it to have new life? See what Janet can sew it into!

M&M Food Market Carleton Place

613-257-5782

www.mmfoodmarket.com

10% discount for seniors 60+ every Tuesday when shopping in store.

Pet Valu Carleton Place

613-253-8400

petvalu.com

10% discount for senior (60+) VIP members on the last Thursday of every month.

Shoppers Drug Mart

www1.shoppersdrugmart.ca/en/home

Seniors 55+ save 20% every Thursday with a PC Optimum card on almost all regular priced merchandise.

Smart Care Clothing

613-276-2985

www.smart-care.ca

Our line of clothing is both stylish and easy care. We carry both regular and adaptive clothing that can be ordered on our website, by email or by phone. Personal shopping times can also be set up.

Smith's Shoes

613-283-0577

www.smithsshoes1944.ca

We are a full service shoe store. We carry diabetic friendly socks, arch supports, Velcro shoes and sandals, long shoe horns. We offer a mobile fitting service in home for seniors.

The Hub

613-256-5225

thehubalmonte.com

The Hub is a not-for-profit retail store run by the Almonte Community Co-ordinators. Focused on supporting the community of Mississippi Mills, the Hub accepts donations of gently used family fashions, accessories, housewares, books, games and toys.

Tasteblooms Carleton Place

613-883-9464

tasteblooms.com

15% discount for seniors, plus free delivery in Carleton Place.

Food Access

Lanark County Food Bank

613-257-8546

www.lanarkcountyfoodbank.ca

To provide safe and nutritional food assistance to persons in need using the acquisition of food resources through donations, fundraising events, and collaborating with community partners.

Carebridge Community Support

613-256-1031

carebridge.ca/covid-19

Carebridge is collaborating with local Your Independent Grocers stores in Almonte and Carleton Place to deliver groceries to seniors and those at-risk. The process is simple: we have volunteers ready to take your call, shop and deliver your groceries for free. We have partnered with the four Your Independent Grocery stores in Lanark County. We also offer Meals on Wheels, and sell frozen meals for pick up or delivery.

Carleton Place Youth Centre

613-257-8901

cpyouthcentre.org

Seniors can receive healthy nutritious meals prepared by youth and staff.

Mississippi Mills Youth Centre

613-256-5959

mmyc.ca

Seniors can receive healthy nutritious meals prepared by youth and staff.

Community Groups

Beckwith and District Friendship Club Seniors Monthly Lunch

Victoria: 613-257-2588

Food, friendship, and music...all postponed because of the pandemic. We will begin as soon as it's safe. We look forward to meeting again soon. New members welcome.

Bridging Generations Pakenham

[www.facebook.com/](http://www.facebook.com/bridginggenerationsPakenham)

[bridginggenerationsPakenham](http://www.facebook.com/bridginggenerationsPakenham)

Bridging Generations - Age-Friendly Pakenham is a group of Pakenham residents with a shared passion to see Pakenham thrive as a multi-generational, Age-Friendly community. Bridging Generations Pakenham (BGP) began as a grass-roots project to help connect older citizens of Pakenham through learning and inter-generational activities while at the same time building strong networks and a more resilient community. We are always looking for energetic new members with a passion for our community.

Facebook Neighbourhood Groups

*Note that some of these groups are for members of the specific neighbourhoods mentioned. See individual group rules on Facebook for more information.

Mill Run Neighbours– Almonte

www.facebook.com/groups/millrunneighbours

This is a community group for Mill Run neighbours, by Mill Run neighbours! It is a place where you can join in discussions; ask questions, post photos, and share information with your neighbours!

Carleton Place Social Scene

www.facebook.com/groups/cpsocialscene

The one-stop-shop to stay informed of events, promotions and activities in Carleton Place.

Friends of Mississippi Mills

www.facebook.com/groups/1621615121213777

The purpose of this group is to gather people in the community that would like to discuss various topics positively without fear of negative comments.

Carleton Place Health Buddies

www.facebook.com/groups/449702696283660

Are you looking for health buddies or a social health group? Do you want less talk and more action? If you are reading this and think "I need a health buddy", then this group is for you. Must live in Carleton Place or within a 10km radius.

Volunteer Opportunities

Almonte Civitan Club

613-256-6234

www.almontecivitan.com

We are a club of over 100 volunteers. New members are always welcome. Our mandate is to serve our local community.

Carebridge Community Support

613-256-1031

carebridge.ca/volunteers-needed

Carebridge volunteers are an important part of our team and we value each and every one of them. Without our 100+ volunteers, it would be very difficult to offer many of our programs. If you have time and talent to share, Carebridge has many rewarding volunteer opportunities.

Carleton Place Youth Centre

613-257-8901

cpyouthcentre.org

We provide drop-in and online programs for youth ages 8 to 18. Seniors can volunteer and engage with youth at the centre through programs such as: cooking/baking, arts & crafts, music, games and gardening.

Home Hospice North Lanark

613-406-7020

www.hhnl.ca

Home Hospice North Lanark welcomes volunteers from our community. We have a variety of areas for folks to volunteer such as Board Members, Visiting Volunteers for our Hospice Program or to volunteer on committees such as our Fundraising and Public Education/Communication Committee. We also welcome volunteers who may just want to volunteer for a fundraising event, so please send us a note to: chair@hhnl.ca

Mississippi Valley Textile Museum

613-256-3754

www.mvtm.ca

Our volunteers are our most important assets. Without them we would not be able to provide the range and depth of museum events and exhibits. If you would like to join this dedicated group, drop by the museum or contact Barb Dickson at volunteers@mvtm.ca. We are always looking for volunteers to: act as Museum hosts; serve in our Gift Shop; help install displays and exhibits; help maintain the building; help with artefacts; help run educational programs; give guided tours; help out at special events, like Fibrefest (our fibre arts festival); help with fundraising; do whatever else needs to be done!

North Lanark Regional Museum

613-257-8503

www.northlanarkregionalmuseum.com

For seniors who would like to volunteer with our organization, any projects or ideas brought forward would be funded by the Historical Society, therefore ensuring that there is no cost to the volunteers themselves. Current speaker programs offered at the museum are free of charge, and admission to the museum is on a donation basis.