

South Dundas 360

Spring/Summer 2017



South Dundas Recreation

34 Ottawa St.,
Morrisburg, ON
613-543-2673
www.southdundas.com

The Morrisburg Leader / Comfort Photo

2nd Annual Glow Skate Day

Monday, March 13

Morrisburg Arena

Family Glow Skate

\$5/family

Ages 12 and under*

10:00am–Noon

Graffiti Wall & Face Painting

Youth Glow Skate

\$2/person

Ages 13–18

1:30pm–3:30pm

Featuring a Graffiti Wall

*Children must be accompanied by a parent or guardian.



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Members of Council

Council Members	Address	Contact Information
Evonne Delegarde, Mayor	35 Church Ave. P.O. Box 137 Iroquois, ON K0E 1K0	Home: 613-652-1388 Cell: 613-340-5979 edelegarde@southdundas.com
Jim Locke, Deputy Mayor	5542 Meadowbrook Dr. Iroquois, ON K0E 1K0	Home: 613-652-2233 jlocke@southdundas.com
Bill Ewing, Councillor	P.O. Box 1228 Iroquois, ON K0E 1K0	Home: 613-652-4313 Cell: 613-802-0729 bewing@southdundas.com
Marc St. Pierre, Councillor	12098 County Rd. 4/ Lakeshore Dr. Morrisburg, ON K0C 1X0	Home: 613-543-3525 mstpierre@southdundas.com
Archie L. Mellan, Councillor	10952 Hulbert Rd., Brinston, ON K0E 1C0	Home: 613-989-2734 Cell: 613-299-1356 amellan@southdundas.com



Municipal Office Hours

General Inquiries: _____

Office Hours: 8:30am–4:30pm

Phone: 613-543-2673

Toll Free: 1-800-265-0619

Emergency: 613-652-4028

Address: 34 Ottawa St., PO Box 740
Morrisburg, ON
K0C 1X0

Council Meeting Dates

March 21, 2017	Regular Council Meeting
April 4, 2017	Regular Council Meeting
April 18, 2017	Regular Council Meeting
May 2, 2017	Regular Council Meeting
May 16, 2017	Regular Council Meeting
June 6, 2017	Regular Council Meeting
June 20, 2017	Regular Council Meeting
July 18, 2017	Regular Council Meeting
August 22, 2017	Regular Council Meeting
September 5, 2017	Regular Council Meeting
September 19, 2017	Regular Council Meeting
October 3, 2017	Regular Council Meeting
October 17, 2017	Regular Council Meeting
November 7, 2017	Regular Council Meeting
November 21, 2017	Regular Council Meeting
December 5, 2017	Regular Council Meeting
December 19, 2017	Regular Council Meeting



South Dundas 360° designed by Sandfire Design
Sandy Burns, website and graphic designer.

www.sandfire.ca | hello@sandfire.ca

Park and Beach Days

South Dundas Recreation, the SD&G County Library, and the Ontario Early Years Centre are excited to offer events for the whole family to enjoy.

These programs are free of charge and are open to children of all ages.

For more information, please contact Fiona Carr at 613-652-1100 or 613-360-9934, or email fcarr@giag.ca, or Ben Macpherson at 613-543-2673 or bmacpherson@southdundas.com.



Park Days

Join us as we celebrate Parks and Recreation Month this June. With a different theme at each park, kids can enjoy a variety of activities.

Teddy Bear Picnic

Bring your teddy bear to the park for a checkup and parachute games.

When: Wednesday, June 7

Where: Haldane Park, Iroquois

Time: 10:00am–12:00pm

Bubble Day

Join us for an obstacle course and lots of fun with bubbles.

When: Wednesday, June 14

Where: Earl Baker Park, Morrisburg

Time: 10:00am–12:00pm

Pet Park Day

Vanderlaand Barnyard Zoo will be there with lots of animals for you to pet.

When: Wednesday, June 21

Where: J.C. Whitteker Park, Williamsburg

Time: 10:00am–12:00pm

Beach Days

Beach Days are coming again! Beach Days are a great chance for kids to come out and enjoy some FREE fun in the sun!

Under the Sea

Under the Sea will boast a sandcastle contest, a tug of war, canoes and kayaks, and slip and slide. Kids will want to bring an extra towel to dry off!

When: Friday, July 21

Where: Morrisburg Beach

Time: 12:30pm–2:30pm

Hawaiian Day

Join us for a pineapple top relay race, tug of war, footprint surf board painting, and beach volcanoes!

When: Friday, August 5

Where: Iroquois Beach

Time: 12:30pm–2:30pm



Ontario Early Years Centre Programs

Visit Us!

To view and print our calendar of events, or for more information on these and other upcoming programs, please visit www.giag.ca, or call Fiona at 613-360-9934.

Play and Learn

Play and Learn is offered from 9:00am–12:00pm Mondays and Tuesdays at the South Dundas Municipal building on the 3rd floor, and Thursdays at Iroquois Public School.

Watch Me Grow

Watch Me Grow is offered every Tuesday morning at Play and Learn in Morrisburg. The Public Health Nurses are there to weigh and measure your infant/child, answer questions, provide parental support, and offer immunizations, in a friendly supportive environment.



Easter Egg Hunt

There will be an egg hunt at the Bird Sanctuary on Friday, April 7. This egg hunt is quick and easy, and is aimed for children aged 1–4 years. Bring a basket for your eggs and wear rubber boots. The hunt starts at 11:00am sharp. We will be meeting in the Bird Sanctuary parking lot.

Learn French

Thinking about putting your child in French Immersion? Join us for a parent and young child introduction to French at “Apprends le français avec moi” hosted by “Partir d’un bon pas.” It is a fun hour with art activities, songs and circle games, all in French. It is held Mondays from 10:00am–11:00am at the Morrisburg OEYC.

Triple P: Positive Parenting Program

Triple P: Positive Parenting Program is a great program to help you get more out of parenting your children. Visit www.mytriplep.ca. Groups are held every year in Morrisburg and Winchester.

All programs are FREE!

Ontario Early Years Centres



A Place for Parents And Their Children.



MARCH BREAK



Sunday, March 12

Free Swim at the Cornwall Aquatic Centre

South Dundas Recreation and the Ontario Early Years Centre will be hosting their annual free swim for residents of South Dundas or Early Years members. The swim will be from 1:00pm–2:00pm. Spaces are limited so please contact 613-360-9934 or email fcarr@giag.ca to register.

Monday, March 13

Family Glow Skate

Join South Dundas Recreation and the Ontario Early Years for the 2nd Annual Family Glow Skate! This skate is open to anyone with kids under the age of 12. Wear your brightest clothes and have fun skating under the black lights. There will be lots of activities, including a Graffiti Wall and Face Painting.

Time: 10:00am–Noon

Location: Morrisburg Arena

Ages: Children under 12 (ALL children must be accompanied by a parent or guardian)

Cost: \$5/ family

Youth Glow Skate

Join South Dundas Recreation for the 2nd Annual Youth Glow Skate! Wear your brightest clothes, have fun skating under black lights, and enjoy the Graffiti Wall.

Time: 1:30pm–3:30pm

Location: Morrisburg Arena

Ages: 13–18

Cost: \$2/ person

Tues., March 14

Public Skating

Time: 1:00pm–2:30pm

Wed., March 15

Public Skating

Time: 1:00pm–3:30pm

Thurs., March 16

Home Alone Course

(Can. Safety Council)

Child should be 10 years old to attend.

Participants will receive a home alone guide and a first aid pocket guide.

This course teaches safety tips and what to do in an emergency, as well as basic CPR and First Aid. Please bring a lunch and a pen.

Instructor: Fiona Carr

Age: 10 years or older

Date: Thursday, March 16

Time: 1:00pm–4:00pm

Cost: \$20/ person

Location: South Dundas Municipal Centre, 3rd floor

To register, contact Fiona Carr by email fcarr@giag.ca or call or text 613-360-9934.



Friday, March 17

Babysitting Course (Red Cross)

Participants will learn how to entertain children, how to keep them safe, and what to do in an emergency. Participants will also learn basic First Aid and CPR, and will receive a St John's Ambulance Babysitting handbook. Please bring a lunch and a pen.

Age: 11 years or older

Date: Friday, March 17

Time: 10:00am–4:00pm

Cost: \$40/ person

Location: South Dundas Municipal Centre, 3rd floor

Contact: Fiona Carr at fcarr@giag.ca or 613-360-9934.

Public Skating

Time: 1:00pm–2:30pm

South Dundas Baseball



T-Ball

This is where it all starts! Boys and girls get a chance to learn the fundamentals of hitting and fielding in a fun and engaging environment.

Ages: 4–5 years

Cost: \$25 per child

Time: 6:30pm–7:30pm

Season: Mondays, May 1–June 19

Location: Morrisburg Baseball Diamonds

Coach Pitch

The next step for children to expand on their skills. There is more emphasis on developing hitting and pitching techniques, still in a fun and engaging environment.

Ages: 6–12 years

Cost: \$25 per child

Time: 6:30pm–8:00pm

Season: Thursdays, May 4–July 6

Location: Morrisburg Baseball Diamonds

Registration for T-Ball and Coach Pitch can be done at the South Dundas Municipal Centre beginning April 10. Registration day will be held on Saturday, April 8 from 10:00am–Noon at the Morrisburg Arena.

Williamsburg Baseball

Minor baseball allows kids to take their skills to the next level. Full games and practices begin, and participants will focus on every detail of the game, including pitching, fielding, base-running, and hitting.

Minor Team: 8–10 years old

Major Team: 10–12 years old

Junior & Senior Teams: 13 and up

Williamsburg Baseball is looking for volunteers to help coach and run the teams.

Volunteers Needed!

Parents: The more you put into playing a sport with your child, the more they will get out of it! You do not need to be an all-star, they will only remember that you were there to play with them each week.

The organizers of T-Ball and Coach Pitch need your help to make the season run smoothly. The only commitment is during the hour of baseball each week.

The program is not an excuse to have the organizers babysit your children.

If you are interested in volunteering, or if you would like more information on registering your child, please contact David Lapier at 613-577-3975 or dlapier@sympatico.ca.

Blooper Ball

Teams are required to field a minimum of eight players, including three females, for each game. Leagues start after Victoria Day in May.

Morrisburg League

Season: Tuesdays throughout the summer

Time: First game starts at 7:00pm

To register, or for more information, please contact Steve Sypes at 613-330-4710 or s_sypes@hotmail.com.

Riverside League

Season: Wednesdays throughout the summer

Time: First game starts at 7:00pm

To register, contact Troy White at 613-641-2006.

Banquet

Banquet to take place at the Morrisburg Legion on Monday, July 3, from 5:00pm–7:00pm.

South Dundas Sports Organizations

South Dundas Soccer

The South Dundas Soccer Association provides a recreational soccer program for over 400 youth in South Dundas on a yearly basis. Our goal is to provide a soccer program where everyone has the right to play, no matter what the ability. The 2017 season runs from May to July.

Fee: \$40 per youth until April 9;
\$65 per youth after April 10

Ages: Birth years 1999 to 2012 are eligible to join
Registration dates and forms are available at southdundassoccer.org. We welcome all help for coaching, and volunteers are appreciated. We are also looking at possibly starting an adult recreational league in 2017 as well.

St. Lawrence Rowing Club

The St. Lawrence Rowing Club is a fun, friendly recreational rowing club based in Iroquois, Ontario. Members row on a beautiful stretch of water in the old Galop Canal, adjacent to the St. Lawrence Seaway Locks.

Club members meet several times a week during the season (based on individual preferences) to row in single, pair, double, quad or eight-person boats. No previous experience is necessary. The club is also looking for individuals to participate as a coxswain in the boats.

Website: slrc.ca

Email: info@stlawrencerowing.com

Programming includes:

Learn to Row (LTR)

Cost: \$220

Start Date: Tuesday, May 23, two sessions per week until June 15.

With membership, LTR participants are able to continue rowing until early October. Only 10 seats available. First come, first serve.

Adult/Youth Recreation

Cost: \$220 for entire season, end of May to early October

Registration begins March 1. Obtain a form on our website and bring it to either Upper Canada Motors, or the AGM, which will be held at the McIntosh Inn on Thursday, April 27 at 7:00pm.

Iroquois Lawn Bowling

Lawn Bowling is a fun and engaging sport for people of all ages. It is a great social sport and is easily learned. The Club is located at the corner of Elizabeth Drive and Carman Road in Iroquois. Game times are at 7:00pm on Mondays, Wednesdays, and Thursdays, and

are open to people of all ages. For more information, please contact Cecil McDermot at 613-652-4130 or Ron Beaupre at 613-543-3362.

Morrisburg and District Skating Club

The Morrisburg and District Skating Club is getting ready for its annual year-end Ice Show. This year's show will feature popular Broadway songs. The show will consist of solo performances by the club's senior skaters, pair and trio numbers by the intermediate skaters, and the popular CanSkate numbers that steal the show. Everyone is invited to join the club in celebrating another successful Ice Show event.

"Lights, Camera, Skate" Ice Show

Presented by: Morrisburg and District Skating Club

Date: Saturday, April 1

Time: 7:00pm

Location: The Morrisburg Arena

Website: skatemorrisburg.com

South Dundas Minor Hockey

The South Dundas Minor Hockey Association is composed of approximately 200 boys and girls ranging in age from 4-17, and 50 volunteer coaches, managers and administrators.

Players aged 4, 5 and 6 participate in the Initiation Program, which runs on average twice weekly and focuses on individual skill development. In 2016-2017, SDMHA had 11 teams aged 7-17 playing in the Upper Canada Minor Hockey League. Teams play a 24-game league schedule and average six hours of practice ice time per month.

Hockey Canada and SDMHA believe every player should have the chance to participate in the great game of hockey, to learn the skills of the game, and be given the opportunity to achieve a sense of accomplishment through their participation. Hockey season starts in late September and ends in March.

Registration Date: Saturday, April 8, 10:00am-Noon

Location: Morrisburg Arena

Website: sdhockey.ca

Email: sdmhregistrar@gmail.com

Age	Level
Born 2011, 2012, 2013	Initiation
Born 2009/10	Novice
Born 2007/08	Atom
Born 2005/06	PeeWee
Born 2003/04	Bantam
Born 2000/2001/02	Midget

Sports Registration Day

6th Annual Sports Registration Day

South Dundas Recreation and local sports organizations are once again teaming up for a Sports Registration Day.

Organizations in attendance will include:

- South Dundas T-ball & Coach Pitch
- South Dundas Minor Hockey
- South Dundas Recreation Swimming
- South Dundas Soccer

Please note that all organizations will accept only cash or cheques. There will be no debit machines on site.

Date: Saturday, April 8

Time: 10:00am–Noon

Location: Morrisburg Arena.

For more information, please contact South Dundas Director of Recreation and Facilities Ben Macpherson at 613-543-2673 or bmacpherson@southdundas.com, or visit southdundas.com.

Lifeguarding Opportunities

Head Lifeguards (2)

Responsible for overseeing the day-to-day operations at either the Iroquois Beach or the Morrisburg Beach. Duties include opening and cleaning of beach front and organizing and implementing all children's swimming lessons. The Head Lifeguard is also responsible for the supervision of lifeguarding staff and will report to the Director of Recreation and Facilities.

Proof of valid NLS Waterfront, WSI, and Standard First Aid & Level C CPR are required. Previous experience in a supervisory role and a familiarity with all swim level programs is essential. A passion for teaching children is a must.

Term: June 27 to August 25, 2017

Guards/Swim Instructors (5)

Responsible for overseeing all public swim sessions and various swimming lesson programs at either the Iroquois Beach or the Morrisburg Beach. Duties include guarding public swimming, assisting with organizing and implementing all children's swimming lessons, and day-to-day cleaning and maintenance of the beach fronts. NLS waterfront required, but minimum of NLS Pool required to apply; successful completion of NLS waterfront required by job starting date. WSI, and Standard First Aid & Level C CPR also required. A familiarity with all swim level programs is essential. A passion for teaching children is a must.

Term: June 27 to August 25, 2017

Applications are now being accepted

Apply by email at mail@southdundas.com, or at the South Dundas Municipal Centre.

Questions about qualifications and opportunities for certifications?

Contact Ben Macpherson at 613-543-2673 or bmacpherson@southdundas.com.

Become a Lifeguard

7 Steps to Becoming a Lifeguard:

1. Bronze Medallion and Emergency First Aid with CPR-B (Prerequisites: 13 years of age OR Bronze Star).
2. Bronze Cross (Prerequisites: Bronze Medallion and EFA).
3. Standard First Aid with CPR-C (Prerequisites: None, but only one from Lifesaving Society, St. John's Ambulance, Red Cross, or Canadian Ski Patrol).
4. National Lifeguard Service – Waterfront Option (Prerequisites: Bronze Cross and SFA w/ CPR-C).
5. Red Cross Assistant Water Safety Instructor (Prerequisites: 15 years of age, Bronze Medallion Recommended).
6. 12 Hours of Assistant Teaching
7. Red Cross Water Safety Instructor (Prerequisites: 15 years of age, 12 hours of Assistant Teaching).

Swimming Lessons

What you need to know:

When registering your child(ren) for lessons, please bring information on last level completed; this will help to ensure each participant is placed in the proper class. In the event of a beach closure, staff will do their best to make up for missed classes. The objective is to provide the proper amount of time and teaching to help each student be successful in achieving their badge. Participants will be notified of their class times one week ahead of the session start date.

Session Dates:

Session 1: July 4–14

Registration deadline: Friday, June 23

Session 2: July 17–28

Registration deadline: Friday, July 7

Session 3: July 31–August 11 (No class Aug. 7)

Registration deadline: Friday, July 21

Session 4: August 14–25

Registration deadline: Friday, August 4

2017 Session Fees

	1 Session	2 Sessions	3 Sessions	4 Sessions
1 person	\$50	\$80	\$105	\$145
2 people	\$80	\$145	\$190	\$250
Family (3 or more)	\$115	\$225	\$335	\$445

Splash Pad

Cool down this summer at the brand new Splash Pad!

The Splash Pad is located at Earl Baker Park in Morrisburg, and has washroom facilities on site that are open 7 days a week, from 10:00am–8:00pm.

Pets are not permitted on the splash pad surface.



Morrisburg & Iroquois Beaches

The Iroquois and Morrisburg beaches are located along the St. Lawrence River, are open to the public and are supervised during the months of July and August. Amenities includes change rooms and washrooms.

The swimming areas are marked by buoy lines, and each beach has a floating dock connected to the shore.

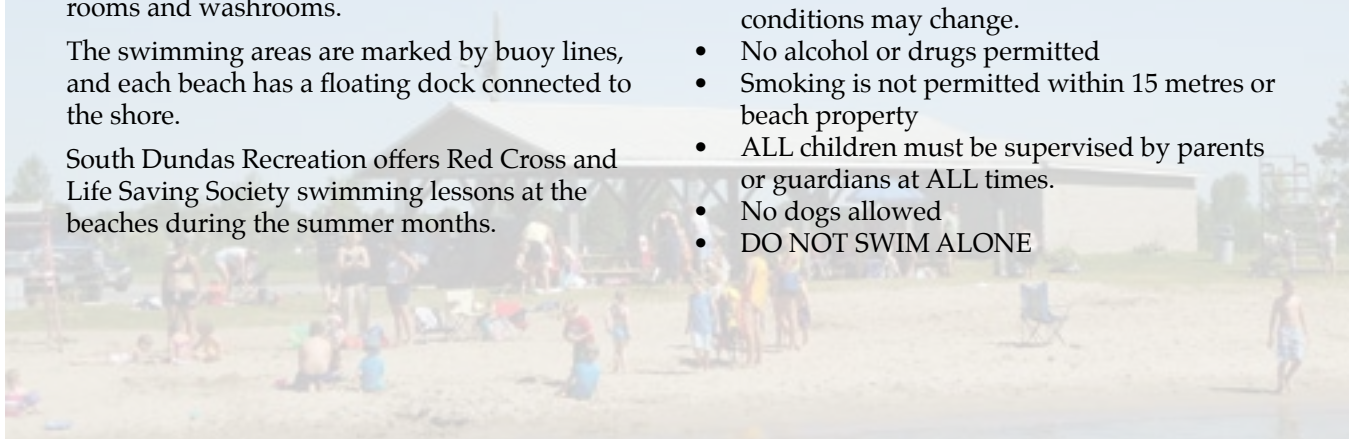
South Dundas Recreation offers Red Cross and Life Saving Society swimming lessons at the beaches during the summer months.

Beach Hours: 8:00am–8:00pm, 7 days a week

Guards on Duty: Monday–Friday, 8:30am–4:30pm

Beach Rules:

- Swim within marked area as waterfront conditions may change.
- No alcohol or drugs permitted
- Smoking is not permitted within 15 metres or beach property
- ALL children must be supervised by parents or guardians at ALL times.
- No dogs allowed
- DO NOT SWIM ALONE



Youth Programs

South Dundas Sparks, Brownies and Guides

Age: Sparks: 5–6
Brownies: 7–8
Guides: 9–11

Time: Mondays from 6:30pm–7:45pm

Cost: \$150

Location: St. Peter’s Lutheran Church, Williamsburg

Contact: Jenn Eamon at (home) 613-643-2047 or (cell) 613-802-9483, or nurse_jenn@live.com or visit

www.girlguides.ca.

Pre-Teen Nights

Age: 8–12 years

Duration: Weekly throughout the year

Time: Wednesdays, 7:00pm–8:30pm

Cost: \$2 per visit

Location: Dixon’s Corner Community Centre

Contact: Josh Biemond at 613-652-4118.

Youth Nights

Age: 13 years and up

Duration: Weekly throughout the year

Time: Tuesdays 7:30pm–9:00pm

Cost: \$2 per visit

Location: Dixon’s Corner Community Centre

Contact: Josh Biemond at 613-652-4118

The Girls Club of South Dundas

The Girls Club offers girls in South Dundas a chance to come together to play games, do crafts, read stories and meet new friends. For more information, contact Sarah Markell at 613-652-2606.

Age: Kindergarten through Grade 8

Duration: Mondays throughout the school year

Time: 6:30pm–8:00pm

Cost: \$2 per visit (covers cost of crafts)

Location: Matilda Hall

Children and Youth Art Classes

Instructor Melanie Giroux will provide a fun environment where kids can let their imaginations run wild in a structured and educated way. She will help them bring their ideas to life with a simple approach focusing on practicing learned techniques and knowledge. Children will have art work to bring home after module.

Ages: Beginner: 6–9

Intermediate & Advanced: 10–16

Dates: March 26–June 18 (no classes Easter Weekend)

Duration: 12 weeks

Times: Beginner: 10:00am–11:30am

Intermediate: 11:30am–1:30pm

Advanced: 1:30pm–3:30pm

Cost: \$65 per person

Location: South Dundas Municipal Centre, 3rd floor

Kids in the Kitchen

Kids are the best food critics. They know what tastes good, and they’re not afraid to ask for it. Participants will learn how to cook some of the tastiest dishes themselves in this interactive class led by Holistic Nutrition & Wellness Specialist Laura Barclay.

Duration: 6 weeks

Cost: \$25 per person

Location: Community Living Dundas County, 55 Allison Avenue, Morrisburg

Kids’ Classes

Dates: Mondays & Wednesdays, May 1–June 7

Ages: 8–12 years

Time: 6:00pm–7:00pm

Youth Classes

Dates: Mondays, May 1–June 5

Ages: 13–16

Time: 7:30pm–8:30pm

Home Alone Course (Can. Safety Council)

Child should be 10 years old to attend. Participants will receive a home alone guide and a first aid pocket guide. This course teaches safety tips and what to do in an emergency, as well as basic CPR and First Aid. Please bring a lunch and a pen.

Instructor: Fiona Carr

Age: 10 years or older

Date: Thursday, March 16

Time: 1:00pm–4:00pm

Cost: \$20/person

Location: South Dundas Municipal Centre, 3rd floor

To register, contact Fiona Carr by email fcarr@giag.ca or call or text 613-360-9934.

Babysitting Course (Red Cross)

Participants will learn how to entertain children, how to keep them safe, and what to do in an emergency. Participants will also learn basic First Aid and CPR, and will receive a St John’s Ambulance Babysitting handbook. Please bring a lunch and a pen.

Age: 11 years or older

Date: Friday, March 17

Time: 10:00am–4:00pm

Cost: \$40/person

Location: South Dundas Municipal Centre, 3rd floor

Contact: Fiona Carr at fcarr@giag.ca or 613-360-9934.

Sandy’s Dance Studio

Professionally-trained instructor Sandy Ruest has 30 years of experience and offers children 4 years and older the chance to learn Hip-Hop and Jazz. Classes run on Thursday evenings from 6:00pm–8:00pm.

For more information, please contact Sandy at 613-574-1401.

Learning Centre Day Camps

Camps are held at The Learning Centre at Iroquois Public School.

Cost is \$125 per week or \$30 per day; please note that snacks and meals are NOT included.

Camps are for children aged 4–12 and take place from 6:30am–5:30pm.

For more information, or to register, call 613-652-1100 or email iroquois@giag.ca.

Space is limited.

Week of:	Theme:
July 3–7	TBD
July 10–14	TBD
July 17–21	TBD
July 24–28	TBD
July 31–August 4	TBD
August 8–11 (closed Aug. 7)	TBD
August 14–18	TBD
August 21–25	TBD

Upper Canada Champions for kids

The Upper Canada District School Board’s Champions for Kids Foundation is a charity formed to help level the playing field for children of struggling families.

It gives families a helping hand and allows their kids to participate in sporting events, the arts, and other fun activities outside of school hours.

Statistics suggest 16-18 per cent of children in Eastern Ontario are living without the basic necessities for a decent life. Many families are struggling to make ends meet, and there isn’t enough money left at the end of the month to provide the extras in life that make childhood more enjoyable.

Children are referred to the foundation through the principal of their respective school, and that



referral is directed to a foundation disbursements committee that evaluates requests and decides the level of support the foundation will provide.

Champions for Kids has raised more than \$1 million since January, 2008, and helped hundreds of kids attend summer camp, funded participation in minor hockey and minor soccer, paid for dance lessons and helped

families meet their children’s medical needs such as paying for eyeglasses, dental care, cancer treatments and EpiPens.

Children can be referred for help by contacting the principal of the closest board school in your area. School contacts and more information can be found at www.ucdsb.on.ca.

Canadian Tire Jumpstart

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation.

We help cover registration, equipment and /or transportation costs.

Children select their own activities reflecting their individual interests and physical needs.

We have supported involvement in more than 60 sports and recreation activities, including hockey, swimming, soccer, dance, yoga, climbing, martial arts, and basketball.

Applications for the Jumpstart Program can be picked up at any Canadian Tire location.



Yoga Classes

Hatha Yoga

Stretching and strength exercises, along with relaxation techniques, help to maintain and improve flexibility and physical health.

Yoga helps to calm the nervous system, improve mental focus, and provide an overall sense of well-being.

Ages: 14 and up

Tuesday Mornings: April 11–July 4 (no class April 25)

Tuesday Evenings: April 11–July 4 (no class April 25)

Friday Mornings: April 21–July 14 (no class April 28)

Duration: 12 weeks

Times: Tuesday Mornings: 10:00am–11:00am

Tuesdays Evenings 7:00pm–8:00pm

Friday Mornings: 9:15am–10:15am

Cost: \$115

Location: South Dundas Municipal Centre, 3rd floor

Flow Yoga

This class combines classic poses and strength building postures, with a focus on breathing to improve strength, stability, stamina and flexibility. Challenge your body while calming your mind!

Ages: 14 and up

Date: Tuesdays, April 11 – July 4 (no class April 25)

Duration: 12 weeks

Times: Morning Classes: 9:00am–10:00am

Evening Classes: 7:00pm–8:00pm

Cost: \$115

Location: South Dundas Municipal Centre, 3rd floor

Seniors Yoga

Enjoy the benefits of yoga in an environment that will allow you to exercise at your own comfort level. Participants can perform yoga from a chair or a mat.



Ages: 50 and up

Classes: Tuesdays, April 11–July 4 (no class April 25)

Thursdays, April 13–July 6 (no class April 27)

Fridays, April 21–July 14

Duration: 12 weeks

Time: Tuesdays, 11:30am–12:30pm

Thursdays, 9:15am–10:15am

Fridays, 10:30am–11:30am

Fridays, 10:30am–11:30am

Cost: All classes are \$65 each

2 classes are \$125

3 classes are \$180

4 classes are \$225

Location: South Dundas Municipal Centre, 3rd floor



Danielle Whiteway, Instructor

Danielle began practicing mindful yoga with a Kripalu teacher in 2002. She became a Hatha Yoga teacher in hopes of sharing the many benefits of Yoga with her clients and the community. She has completed Yoga and Seniors Yoga teacher training, Restorative Yoga, and most recently, her Yoga Therapy teacher training. Danielle's training and 10 years of experience as a Registered Massage Therapist provide her with an extensive knowledge of the physical body, anatomy and physiology. She can adapt your Yoga practice to suit your needs, providing you with a safe and effective experience.

Yoga can be very helpful in rehabilitating injuries, chronic pain, and the restorative component helps ease the stress and fatigue from everyday life. Yoga offers all of these benefits as well as providing a good way to strengthen and tone your body as well as

promoting flexibility. If you are involved in competitive sports or other athletic endeavours, the benefits of Yoga will enhance and improve your performance.

Danielle's Hatha Yoga class is designed for anyone to join. The Flow Yoga is recommended for long-time enthusiasts looking to take yoga to the next level.

Kickboxing and Bootcamp

Kickboxing

It's time to forget what you think you know about kickboxing! This high-energy class is a great workout for anybody, no matter your fitness level. Kickboxing will build endurance and strength with a focus on core training and conditioning.

Still not sure this class is for you? Join instructor Elaine Smith for **free trial classes** on March 27 and 29. Bring a family member or a friend and experience a class that will leave you feeling stronger and more energized.

Trial Classes

Start Dates: Mon., March 27 and Wed., March 29

Time: 6:00pm–7:00pm and 7:00pm–8:00pm

Location: South Dundas Municipal Centre, 3rd floor

Spring Session

Ages: 14 and up

Days: Mondays and Wednesdays

Time: 6:00pm–7:00pm

Duration: 12 weeks

Dates: April 10–July 5

Cost: \$140

Bootcamp

The most popular class South Dundas Recreation offers!

Bootcamp is a co-ed class that offers strength, cardio, flexibility, core and agility training.

This class is geared to all levels of fitness.

No two classes are the same, so participants are always challenged.

Ages: 14 and up

Dates: April 10–July 6

Duration: 12 weeks

Classes: Mondays and Wednesdays, 7:00pm–8:00pm
Thursdays, 6:00pm–7:00pm

Cost: 1 class per week, \$70

2 classes per week, \$135

3 classes per week, \$200

Location: South Dundas Municipal Centre, 3rd floor

COMBO CLASS PASS!

Looking to stay healthy or to get back in shape? Register for the Combo Pass and get access to all the Kickboxing and Bootcamp classes at a discount price of \$230.

Learn to Run Information Night

If you have been looking to start running, or are looking to improve your technique, join Elaine Smith for an information session on Thursday, March 23, from 7:15pm–8:00pm on the 3rd floor of the South Dundas Municipal Centre.

The aim is to find anyone interested in starting a running group. Elaine Smith will instruct the group in an effort to improve technique and build on distances while making your runs more enjoyable.

Elaine is a seasoned runner who wants to share her knowledge and love of running with others in the community.



Elaine Smith, Instructor

In 2007, Elaine joined the South Dundas Recreation Kickboxing and Bootcamp classes in an effort to change her life. Her instructor, Cathy, quickly inspired and motivated her to become fit, healthy and happy. After three years of being a student, and under the mentorship of her teacher, Elaine became a certified personal trainer and began to help teach classes.

Elaine turned from student to teacher when she took over teaching the class in 2011. Elaine uses her own story to motivate others to achieve their goals and takes inspiration from seeing her student's successes. Her energy and enthusiasm are undeniable in every class she teaches.

Students will be challenged and encouraged on every level and will be sure to feel stronger and healthier at the end of every class.

Fitness and Core Exercise Classes



High Intensity **NEW!** Interval Training (H.I.I.T.)

High Intensity Interval Training (H.I.I.T.) will increase metabolism and build lean muscle, while improving cardiovascular and muscular endurance. H.I.I.T. is a highly effective training method for weight loss, and will provide a challenge to anyone looking for one.
Age: 14 and up
Dates: Saturdays, March 25 – June 17 (no class Easter Weekend)

Ultimate CORE!

Are you ready to reveal your Ultimate Core? Join this energetic and challenging class to help you get into 'beach body' shape. The class will focus on improving core strength using a wide variety of equipment and your own body weight. The Ultimate Core goes beyond sit-ups or crunches and engages all aspects of the abdominals and can help to reduce lower back pain, increase stability for better posture and movement in sports and everyday activities.

Age: 14 and up

Dates: Wednesdays, March 29–June 21
Thursdays, March 30–June 15

Duration: 12 weeks

Time: Wednesdays 7:00pm–8:00pm
Thursdays, 7:00pm–8:00pm

Cost: 1 night/week: \$115
2 nights/week: \$140

Location: Wednesdays: Iroquois Civic Centre
Thursdays: South Dundas Municipal Centre

Duration: 12 weeks

Time: 9:00am–10:00am

Cost: \$115

Location: South Dundas Municipal Centre, 3rd Floor

Mommy & Me Exercise Class **NEW!**

Designed for moms to get back in shape after pregnancy, Mommy & Me Exercise Class allows you to work out alongside your baby (age 6+ weeks). The focus in this program is on core strength and posture.

Enjoy a relaxed and social environment with other moms.

Age: Baby must be at least 6 weeks old

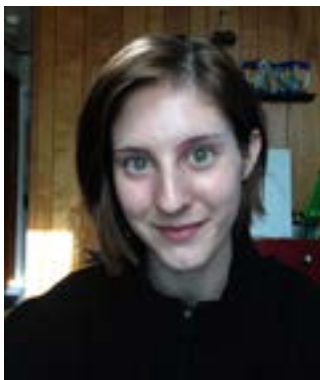
Dates: Wednesday, March 22–June 7

Duration: 12 weeks

Time: 10:30am–11:30am

Cost: \$90

Location: South Dundas Municipal Centre, 3rd Floor



Matraca Bouchard, Instructor

Matraca, or Matty for short, was born and raised in South Dundas. She is a certified group fitness instructor who specializes in group strength and older adult training.

Matty became a fitness instructor so that she could share her passion, knowledge, and experience with the community of South Dundas. Her passion includes jogging, yoga, strength training, and events like the Reebok Spartan Race.

Joining one of Matraca's classes will allow you to realize your potential and reach your fitness goals in a relaxed, no-pressure atmosphere where you can grow at your own pace.

"I look forward to sharing fun, unique and challenging classes with you on your journey to better health and fitness!" she said.

Youth and Adult Programs

Kick Like a Girl Soccer

Kick Like a Girl Soccer is an indoor soccer program for girls. Registration will take place on March 7 from 6:00pm–7:00pm at Iroquois Public School.

For more information, please contact Melanie at 613-246-2562 or kicklikeagirlont@gmail.com.

Start Date: March 21

Duration: 6 weeks

Time: 6:00pm–7:00pm

Location: Iroquois Public School



Taekwon-Do

This traditional Korean martial art promotes confidence and self-esteem in participants of all ages.

All classes include warmup and stretching exercises, elements of basic kicking and punching, patterns and self-defence techniques in a positive and safe environment. Classes are led by Master R. Marin, Black Belt VII Degree, Chan Hun International Taekwon-Do Federation.

Youth Classes

Ages: Junior Achievers: 7–12

Teens: 13–18

Dates: Tuesdays, April 4–June 20

Thursdays, April 6–June 22

Duration: 12 weeks

Times: Junior Achievers: 6:00pm–7:00pm

Teens: 7:00pm–8:00pm

Cost: Ages 7–16: 1 night/week — \$80
2 nights/week — \$110

Ages 17+: 1 night/week — \$110
2 nights/week — \$145

Location: Iroquois Civic Centre

Adult Classes

Ages: 19 and up

Dates: Tuesdays, April 4–June 20

Thursdays, April 6–June 22

Duration: 12 weeks

Time: Tuesdays: 8:00pm–9:00pm

Thursdays: 8:00pm–9:00pm

Cost: 1 night/week — \$110

2 nights/week — \$145

Location: Iroquois Civic Centre

Yoga Works

For information on this program please contact Flo Mackenzie at 613-652-1980.

Classes take place Mondays and Thursdays from 9:30am–11:00am at the Iroquois Royal Canadian Legion.

Zumba Classes

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.

Instructor: Melissa Dow

Ages: 14 and up

Dates: April 10–June 22

Duration: 10 weeks

Classes: Thursdays, 7:00pm–8:00pm

Location: Matilda Hall

Cost: \$100

Recreational/Competitive Volleyball

All are welcome. A one-time fee of \$10 is required.

Age: 14 and up

Duration: Tuesdays throughout the school year

Time: 7:00pm–9:00pm

Cost: \$10 for the season, can be paid to Jamie Thompson upon attendance. Donations accepted for the Seaway District High School Volleyball program.

Location: Seaway District High School, Iroquois

Qigong and Bellyfit

Learn how to reduce stress, increase vitality and improve your health. Women can participate in Bellyfit classes, available with enough interest, starting mid-March. Join Kim Hutt for Meditation Mondays and Stress Management classes on Wednesday evenings. For more information, please contact Kim Hutt at 613-802-1736 or soulyreconnected@gmail.com.

Learn to Speak Spanish **NEW!**

Are you interested in learning to speak Spanish in situations such as meeting people, travelling, or working? Learn a number of useful expressions and much more in this relaxed environment. All ages welcome. Children under 12 require supervision.

Instructor: Martha Moir

Ages: All ages

Dates: Tuesdays &/or Wednesdays, March 21–June 7

Duration: 12 weeks

Classes: Tuesdays, 7:00pm–8:00pm

Wednesdays, 7:00pm–8:00pm

Cost: 1 night/week: \$50

2 nights/week: \$75

Location: South Dundas Municipal Centre, 3rd floor

Riverside Recreation Euchre and Bingo

Take part in some fun and games at the George Jowett Memorial Hall. Euchre takes place every Monday afternoon, beginning at 1:00pm, and Bingo is every Monday night, starting at 7:30pm. For more information, call Linda Robinson at 613-543-3338.

Youth and Adult Programs



Learning Technology for Older Age Adults

Have you recently joined the technology race and bought a smartphone or tablet and you're not sure how to get started? Want to keep friends up to date on your life? Janeen Wagemans is here to help! Each class will cover a different aspect on how to use your new gadget and will be sure to leave you feeling tech savvy.

Instructor: Janeen Wagemans

Age: 50 years and up

Dates: Wednesdays, March 15–May 3
Fridays, March 17–May 5

Duration: 8 weeks

Time: 10:00am–11:30am

Days: Wednesdays — Apple Users
Fridays — Android Users

Cost: \$25

Location: South Dundas Municipal Centre, 3rd floor

Fall Prevention Program

This free program by the Seaway Valley Community Health Centre offers 12 weeks of exercise classes designed to help limit or reduce the risk of falling. For more information or to register, please call Rick Marceau, Seaway Valley Community Health Care, at 613-930-4892 ext. 115.

Age: 50 and up (clinical and self-referrals accepted)

Date: TBD

Time: 1:30pm–2:30pm

Location: South Dundas Municipal Centre

South Dundas Shuffleboard & Carpet Bowling

Contact Cecil McDermott at 613-652-4130.

Ages: 16 years and up

Dates: Mondays, Tuesdays and Thursdays

Time: 1:00pm–4:00pm

Cost: \$5

Location: Matilda Hall

Art, Craft and Wellness Workshops for Adults; De-Stress & Relax

Felting, Painting on Silk, Fabric Art Sculptures, Mosaic, & more.

Art is a form of therapy that encourages creativity and self-expression as vehicles to reduce stress, improve self-esteem, increase awareness and help remedy trauma.

You do not have to be an artist to enjoy the benefits of art therapy. In fact, most of the exercises rely not on the final product you create, but the creative process.

Reiki

Ideal for anyone interested in learning more about universal healing energy, how it works, and the benefits.

For workshops and dates, or to register, please go to auraculinaryarts.yolasite.com, call 613-652-4444 or visit Aura Salon, 35 Iroquois Plaza (one door east of Foodland).

New class location: 15 Iroquois Plaza (next to the LCBO).

Curves

New classes are available at Curves several times a week, including Body Balance, Body Basics, Strength and Stretch, and Jillian Michaels. We're open six days a week. For more information, visit us in person at 147 Main St., Unit 1-A, or call 613-543-9009.

Community Interest Groups

Canadian Club of Morrisburg & District

Hear from keynote speakers about issues of local and national interest while enjoying a delicious home cooked meal.

Topics include politics, history, arts, literature, media and more.

For more information, please contact Clara Edwardson at 613-774-2407.

Gardener's Gathering

Join your fellow, passionate gardeners for plant

exchanges, garden tours and keynote speakers. For more information, please contact Flo MacKenzie at 613-652-1980.

Golden Gears Car Club

If you like classic and special interest vehicles, old or new, come see what we're about!

Members organize and participate in car shows, cruise-ins and related social events. Enthusiasm is all that is required to join!

For more information, visit www.goldengears.ca.

Try, Join, or Teach a Class

Registration

Anyone is welcome to try a class for *free* before making a commitment. Want to participate in a program but can't make every class? We offer a \$10 drop-in fee for any of our classes.

Registration can be done on the second floor of the South Dundas Municipal Centre weekdays between 8:30am and 4:30pm. This is the best way to ensure you or your child will have a spot in an upcoming program. If you are unable to register during work hours and are attending a program that takes place at the Municipal Centre, you can bring your registration form and money (cash or cheque) to the class you would like to attend.

Registration forms can be obtained online at southdundas.com/recreation, from your program instructor, or at the administration desk at the South Dundas Municipal Centre. Payment is required at the time of registration. A 10% charge is applied to refunds, unless the program is cancelled by South Dundas Recreation.

Becoming an Instructor

If you want to share your talent or passion with others in the community, South Dundas Recreation can help. South Dundas Recreation will take care of all the logistical work needed to run a program, this includes advertising, registrations, materials, and more. As an instructor, you simply have to show up and teach your class. Instructors are paid competitive wages and provided with constant feedback and support. If you would like to begin instructing or would like more information on becoming an instructor, please contact Ben Macpherson, Director of Recreation and Facilities at 613-543-2673 or bmacpherson@southdundas.com.

Walking Trails

South Nation Conservation boasts two majestic walking trails in South Dundas: The Two Creeks Conservation Area in Iroquois, and the Robert Graham Conservation Area in Glen Stewart. Both are open year-round and offer a tranquil way to reconnect with nature while getting some exercise.



Two Creeks Conservation Area

Park features:

This is the newest addition to the SNC's network of natural spaces, featuring coastal ecosystems, grassland flood plains, and lowland forests.

Area: 457 acres

Trail: 4.5km

Activities: Hiking, cross-country skiing, etc.

Amenities: Picnic tables, benches, parking

Location: County Rd. 2 between Iroquois and Morrisburg

Robert Graham Conservation Area

Park features:

The mature sugar maples and conifer plants along this trail provide habitat for a variety of wildlife, including deer, rabbits, woodpeckers, and wild turkeys.

Area: 140 acres

Trail: 6.5km

Activities: Hiking, picnicking

Amenities: Picnic tables, privies, parking

Location: County Rd. 18, west of Glen Stewart

Sport Lending Library

How to Borrow Equipment:

The South Dundas Sports Lending Library offers a variety of sporting equipment that can be borrowed *free of charge*.

To borrow equipment:

- 1 Contact Ben Macpherson by phone at 613-543-2673 or by email at bmacpherson@southdundas.com to set a pick-up date and time and to book specific equipment.
- 2 Meet at the Sports Lending Library located on the east side of the Morrisburg Arena next to the Foodbank.
- 3 Sign borrowing papers and sign-off on borrowing agreement.
- 4 Return equipment on an agreed upon date and time.

Equipment available for spring and summer:

- Stand-up paddleboards
- Solo and tandem kayaks
- Canoe
- Bocce ball
- Sport balls and nets (badminton, footballs, basketballs etc.)

What you need to know:

- Borrowing periods are typically three days unless discussed with and approved by Ben Macpherson.
- South Dundas Recreation and Ben Macpherson reserve the right to refuse borrowing of equipment if borrower is not properly fitted to transport said equipment.
- It is the responsibility of the borrower to properly, and safely secure sporting equipment for transportation. Any damage to equipment or fines related to unsafe transportation is the responsibility of the borrower. The Municipality of South Dundas assumes no responsibility.





Green Food Box

What is the Green Food Box?

The Green Food Box is an initiative encouraging residents from the Municipality of South Dundas to buy local and affordable fresh fruits and vegetables.

The boxes are \$10 or \$15 each and are available once a month to all residents, regardless of personal income.

Contents of the boxes change depending on availability, current price and customer feedback.

Order Locations:

- Any South Dundas branch of the SD&G County Library
- Community Living Dundas County, Morrisburg
- Dundas County Food Bank, Morrisburg
- House of Lazarus, Mountain
- Winchester Arena ON North Dundas Green Food Box Day
- Reordering for the following month can be done at pick-up

Where and when do I pick-up?

Your Green Food Box can be picked up on the second Wednesday of every month at the Dundas County Food Bank between 1:00pm and 5:00pm.

Order/pay by:	Pick up on:
Wednesday, April 5	Wednesday, April 12
Wednesday, May 3	Wednesday, May 10
Wednesday, June 7	Wednesday, June 14
Wednesday, July 5	Wednesday, July 12
Wednesday, August 2	Wednesday, August 9
Wednesday, September 6	Wednesday, September 13
Wednesday, October 4	Wednesday, October 11
Wednesday, November 1	Wednesday, November 8
Wednesday, December 6	Wednesday, December 13

For more information:

Email: scasselman@houseoflazarus.com

Phone: 613-989-3830

[facebook.com / GreenFoodBoxDundasCounty](https://www.facebook.com/GreenFoodBoxDundasCounty)

www.linkinghandsdundas.ca



Morrisburg Branch

34 Ottawa Street, Morrisburg
Phone: 613-543-3384
morrisburglib@sdglibrary.ca

Hours:

Monday: 3:00pm–8:00pm
Tuesday: 10:00am–8:00pm
Wednesday: 9:00am–1:00pm
Thursday: 10:00am–8:00pm
Friday: 1:00pm–4:00pm
Saturday: 10:00am–1:00pm

Iroquois Branch

1 Dundas St., Iroquois
Phone: 613-652-4377
iroquoislib@sdglibrary.ca

Hours:

Tuesday: 3:00pm–8:00pm
Wednesday: 10:00am–2:00pm
Thursday: 3:00pm–8:00pm
Friday: 1:00pm–4:00pm
Saturday: 10:00am–1:00pm

Williamsburg Branch

12319 County Rd. 18, Williamsburg
Phone: 613-535-2185
williamsburglib@sdglibrary.ca

Hours:

Tuesday: 4:00pm–8:00pm
Wednesday: 4:00pm–8:00pm
Thursday: 4:00pm–8:00pm
Saturday: 10:00am–1:00pm

www.sdglibrary.ca

SD&G Library Programs

Morrisburg

Seaway Yarn

Crafters ~ Tuesdays at 2:00pm

Join the group as they foster yarn crafts in the community and offer a place where fellow crafters can meet. All levels of skill are welcome.

Family Paint Nights at the Library ~ Third Tuesday of the month at 6:00pm

A fun family event for ages 6 and up. Contact the branch for more details and to save your spot.

March Break Madness ~ March 13–17

During open hours, we have a fun-filled week planned with special programs every day!

PA Day ~ April 7 at 2:00pm

Join us as we watch Pete’s Dragon, a classic movie for all ages. Popcorn and water provided.

amazing technology. Geared toward preschool children; all are welcome to attend. Snack provided.

TD Summer Reading Club ~ Thursdays, July 6–August 24, at 1:00pm

Weekly programs to help keep your child reading all summer.

Iroquois

Maker Club ~ Thursdays at 5:30pm (March to June)

Join the Maker Club and learn new skills, build, create, and explore new technologies. A drop-in program for ages 6–12.

Lego Club ~ Saturdays, 10:00am–12:00pm

Build the tallest tower, or use your imagination to create.

March Break—Fun & Games ~ March 14–17

Board games, puzzles and activities during March Break.

Monkeys Storytime ~ Wednesday, March 15, 10:30am

Stories and activities all about monkeys. For preschoolers and their parent/caregivers.

Easter Craft ~ Saturday, April 8, 10:00am

Stop by the branch and make an Easter craft!

Earth Day Craft ~ Saturday, April 22, 10:30am

Celebrate Earth Day with a craft. For school-aged children.

Mother’s Day Storytime ~ Wednesday, May 10, 10:30am

Stories, songs and activities to celebrate Mother’s Day. A program for preschoolers with parent/caregiver.

Mother’s Day Craft ~ Saturday, May 13 at 10:00am

Stop by the branch and make something for mom!

Father’s Day Storytime ~ Wednesday, June 7, 10:30am

Stories, songs and activities to celebrate Father’s Day. This program is for preschoolers with parent/caregiver.

Father’s Day Craft ~ Saturday, June 17, 10:00am

Stop by the branch and make something for dad!

TD Summer Reading Club ~ Wednesdays from July 5–August 23 at 1:00pm

Weekly programs to help keep your child reading all summer.

Summer Reading Club—Pre-school Storytime! ~ July 5 & Aug. 9 at 1:00pm

Join us for stories and activities. A program for preschoolers with parent/caregiver.

Williamsburg

Coffee Club & Book Talk ~ Second Saturday at 10:30am

Join us for coffee and a chat about books.

March Break Madness:

Scavenger Hunt ~ March 14–18, during open hours

Jigsaw Puzzle Evening ~ Tuesday, March 14, 4:00pm–8:00pm

A drop-in program for children. Puzzles should be small enough to be completed during program time.

Family Night at the Library, Wed., March 15, 6:00pm–8:00pm

Earth Day Storytime ~ Saturday, April 22, at 10:30am

Plant flower seeds and hear a story to celebrate Earth Day.

Family Fun Night ~ Thursdays in May and June at 6:00pm

Share games and activities with friends and family.

TD Summer Reading Club ~ Wednesdays, July 5–August 23, at 4:00pm

Fun-filled weekly programs to help keep your child reading all summer long.

3D Printer Workshop Night ~ Wed., April 12, at 6:00pm

Join us to learn about how our 3D printer works and what you can do with it.

Earth Day Storytime ~ Saturday, April 22, at 10:30am

Join Stacey for a fun-filled morning, build a bird feeder from recycled materials, and learn ways we can help protect Earth.

Mother’s Day Storytime Tea Party ~ May 11, at 10:30am

A special program honoring moms. Enjoy some great stories, along with tea and cookies with your little ones. For preschoolers and their parents/caregivers.

Father’s Day Storytime & Craft ~ June 8, at 10:30am

Build something cool for dad & enjoy a snack and stories.

Seniors’ Social Tea ~ Friday, June 16, from 12:00pm–5:00pm

A program geared entirely to seniors. Check out our displays honouring seniors’ month.

Movie Matinée ~ Friday, June 30 & August 25, at 2:00pm

Join us for a movie (TBD). We’ll even provide the popcorn!

Preschool Adventure Storytime ~ Wednesday, July 19 & August 16 at 10:30am

A fun-filled morning with stories, crafts, songs, and some

Calendar of Events

June

Galop Canal Bluegrass Festival

Date: June 15–17

This event will feature live bands performing at the Iroquois Locks, great food and camping!

July

Canada Day Celebrations

Everyone is welcome to a full day of family fun, featuring live entertainment, BBQ, activities for the whole family, and of course, fireworks! This will be an extra-special event as we celebrate Canada 150!

Date: July 1

Location: Iroquois & Morrisburg

Iroquois Fly-In Breakfast

All are welcome for a hearty breakfast and to feast your eyes on a variety of unique aircrafts, as well as some stunning classic cars at the Golden Gears Car Show, at the Iroquois Fly-In Breakfast. Don't miss this opportunity to take in this anticipated event in beautiful South Dundas along the shores of the St. Lawrence River.

Date: July 16

Location: Iroquois Airport

Vintage, Antiques & Collectables Festival

Many vendors from across eastern Ontario and western Quebec, with all forms of antiques and collectables. Vintage and retro, art glass, vintage and reproduction signage, china, jewellery, furniture, and much more.

Date: July 15–16

Location: Morrisburg



August

Tubie Fest

This exciting weekend includes something for everyone: Children's entertainment, a parade, refreshments, and of course, tubie races!

Date: August 5 & 6

Location: Morrisburg

3rd Annual Pork Fest

It's back for its third year: Porkfest, a celebration of all things pork. Vendors from eastern Ontario and western Quebec will be selling pulled pork, ribs, sausages, pork on a bun, and more.

Date: August 19

Location: Morrisburg

*For full details about these and other events,
view our Community Calendar online at www.southdundas.com.*

Submit Your Own Event on our Website!

It's easy to promote your community event on our online community calendar. Just visit the Community Calendar section of www.southdundas.com and click "Add an Event." Fill out the online form with the name, date, time, location and a short description of your event. Not comfortable adding an event yourself? Contact Chris at chemond@southdundas.com or 613-543-2673 to have the event posted for you.



CANADA 150

Celebrate with us.

