

# HOLIDAY JINGLE

DECEMBER 2025



## What's Inside?

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A Driving Force  
for Hope

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The Art  
of Togetherness

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Mindful Movement  
for Health

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Beats and Brews  
& Tourtiere's too!

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A Claus for  
Celebration

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613-258-3203

[WWW.SENIORSCS.CA](http://WWW.SENIORSCS.CA)



## A Holiday Message



This holiday season, we celebrate the spirit of empowerment — flipping the switch on ageism and stigma by recognizing the incredible strength, resilience, and generosity within our community of seniors and volunteers. Each day, your stories remind us that independence and connection know no age. Through our programs, you continue to inspire others, proving that life's later chapters can be filled with purpose, laughter, and new friendships.



As we gather in gratitude, we extend heartfelt thanks to our volunteers whose compassion and dedication make everything possible. Together, we are building a community where everyone is recognized, valued, and included.

On behalf of our Board of Directors, I wish you peace, good health, and joy throughout this festive season and into the New Year.



Bill Forbes, President



My heartfelt thanks for allowing us to be partners in your wellness journey this past year.

Wishing you a holiday season filled with whatever brings you joy, peace, and the company of those who matter most to you.

Dawn Rodger, Executive Director



### Our commitment to Truth and Reconciliation

Seniors' Community Services acknowledges that we operate on the traditional territory of the Anishnabek. We honour the historic relationship of the Haudenosaunee and Huron-Wendat peoples to this land. We also recognize all First Nations, Métis, and Inuit peoples who now call North Grenville home, and we commit to actions that advance truth and reconciliation.

## Real Stories. Real People. Real Impact.

The SCS volunteer transportation service for seniors and adults with physical disabilities is far more than a ride from one place to another—it is a lifeline. When mobility changes or driving is no longer possible, this service steps in to preserve independence, dignity and connection. Volunteer drivers provide safe, supportive, door-to-door assistance, helping individuals reach medical appointments, run essential errands and stay engaged in the community. For many, this service becomes the bridge between isolation and a life filled with possibility, purpose and choice.

We asked Jerry Bishop to share her story and she spoke with striking candor about how deeply the SCS Transportation Service has supported her life over the last couple of years. The volunteer drivers at SCS became a lifeline when changes in her husband's health reshaped what "normal" life looked like. Navigating illness, juggling a relentless stream of medical appointments and weathering repeated hospital stays, Jerry found herself wearing thin and caregiver burnout was becoming a reality. She discovered SCS and the transportation service became a vital part of their journey.

When asked how the drivers had impacted their lives, Jerry's answer was simple and heartfelt: "I wouldn't have made it without them." She reflected on her admiration of the driver's compassion and willingness to help, and their unique reasons that brought them to SCS. The drive itself is a reassuring means to get from one appointment to the next. Yet during those rides, Jerry and her husband found something far more valuable—a brief but meaningful reprieve. Laughter, shared stories, and a little space to breathe offered them a welcome break from the relentless reality of illness.

Their story is just one of many. Across the community, this special service is transforming lives—offering independence, connection and relief to those who might otherwise face isolation and struggle alone. It's more than a ride; it's a bridge to health, dignity and hope.



With your support, this service can keep pace with the community's growing needs, ensuring that everyone who depends on it has access to vital transportation.

***You have to hold onto what supports you and lift up what gives you hope. - Jerry Bishop***

To donate, please visit our website at [www.seniorscs.ca](http://www.seniorscs.ca) or contact our office at 613-258-3203.

Warmest regards,



Dawn Rodger, Executive Director  
Seniors' Community Services  
[dawn.rodger@seniorscs.ca](mailto:dawn.rodger@seniorscs.ca)



## Celebrate, Create and Connect

At SCS, we believe that meaningful programs spark more than participation—they create energy, excitement and connection. Whether through art classes, memoir writing, music, fitness or social gatherings, our activities are designed to inspire curiosity, boost well-being and bring people together. When seniors come together to create, move, laugh and explore, the whole centre comes alive.

### Scribbling Seniors

What happens when you gather a room full of writers? They create and publish a masterful anthology of their stories. Sharing your memories one story at a time.

### Art Therapy

Supporting cognitive health, emotional well being, motor skills and encouraging creativity. But the best part of all is spending some time with friends in a safe, comfortable space. More to come in 2026!

### Mindful Movement

We welcomed certified instructor Julia Cavanagh for a low-impact exercise program for older adults that blends seated and standing options. It was a hit! We look forward to helping you make 2026 about being your best self.



## Deck the Hall...Maplewood Hall that is!

A sunny day with a warm breeze set the perfect stage for a joyful afternoon at the Seniors BBQ. Guests tapped their toes to the cheerful tunes of the Four String Trio ukulele group, while the Kemptville Lions Club grilled up burgers to perfection. Moose FM kept the energy high with music and games, and cupcakes from Grenville Mutual Insurance Company added a sweet finish. The gorgeous flower arrangements were provided by The Flower shop and our local Mobile Crisis Unit was there to answer questions and share the day!



*Get social with us!*

# A Claus for Celebration!

## Provincial and Municipal Awards



Chris Morgan hits the right note every time he picks up his guitar and sings Happy Birthday to hundreds of SCS clients every year. In June, Chris received the Ontario Seniors Achievement Award at Queens Park for his dedicated volunteer service to our community. He was one of only twenty recipients in all of Ontario to receive this honour. Whether he is crooning, or welcoming you to the centre as a reception volunteer, he is sure to put a smile on your face.

We are so proud of our volunteer team!

In May, the Meals on Wheels volunteer team received the Municipality of North Grenville Civic Award for a group (seniors). On the road five days a week delivering meals door to door. Jean Hartjes received the award on behalf of the MOW team. A well deserved honour as a 28-year strong volunteer. It was a wonderful night surrounded by inspiring people who continue to build a healthy and strong North Grenville.



## Welcoming New Elves to the SCS Team!



Mackenzie Blair came to us as a co-op student with fresh ideas and energy. She has taken the role of the Program Coordinator for SALC (Seniors Active Living Centre programming) and our talented Marketing & Communications lead. Welcome to SCS!



Lisa Caldwell brings her shine, expertise and laughter as the Program Coordinator for the Diners' Club and Meals on Wheels. The kitchen has never been so organized, and new, local desserts now grace the MOW menu. Welcome to the team!



If not for your generosity, the stories of seniors who are living with dignity and independence would not be as abundant.  
Thank you for helping to build a strong and caring community.  
From our home to yours,  
we wish you the blessing of hope and happiness this holiday season.



## Sleigh Bells Ring for our Volunteers

Since our last holiday newsletter we have welcomed new volunteers to our team. SCS now has **118 volunteers** whose contribution to our community is immeasurable.

We celebrate them every day, but in May, it was extra special and we gathered under the blue skies, shared stories and delicious food. Hayrides, horse time and some much-needed relaxation. A huge thank you to Heritage Stables for hosting us, Star toilets for sponsoring the comfort stations and the incomparable The Village Bean for the delectable food.



### Three Cheers to our 2025/2026 Board of Directors

Bill Forbes, President / Aaron Nichols, VP

Lorrie Brown, Treasurer / Rick Baker, Secretary

Ross Hebert, Director/ Cathy Sheppard, Director

Jennifer Ketchum, Director/Terrance Patterson, Director

Luisa Russo-Lemay, Director / Enikő Megyeri-Lawless, Director

Theuns De Waal, Director / Heather Hyndman, Director

### Congratulations to our 2025 milestone year volunteers!

Ghislaine Crozier  
15 years



Mary Louise Benedict  
10 years



LaDonna Bodnarchuk  
10 years



Golide Leizert  
10 years



Diann Consaul  
5 years



### The Frosty Facts

This is what our volunteer elves have done since our last Holiday Jingle newsletter...



**8423** volunteer hours  
were gifted



**7264** meals were delivered from  
the SCS kitchen to your door



**3509** Client drives and  
108,106 km driven



**935** Footcare appointments





## Jolly Jams & Frosty Facts

The first annual Beats and Brews Trivia night was a sell-out! Trivia buffs packed the Kemptville Brewing Company, dressed up and brought their game! Hosts Double Experience tested the crowd with challenging questions and great music. It was a boisterous night that raised over \$6300. Mark your calendars and brush up on your trivia because we are coming back on Tuesday, September 29<sup>th</sup>, 2026!



A special thanks to the Ralph and Maureen Phillips Family Foundation for their generous support of this event.

## The Secret Recipe = A Sell-Out Event



The famous Morris Family Tourtière event sold out in less than 24 hours last year. So what did chef Val do? She came back with twice the energy and this year we have DOUBLE the pies. Thanks to B&H Grocer for sponsoring the event and donating the meat. The sale starts on December 1st and is first come first serve.

Thank you to Val and her volunteer co-chefs for helping to raise important funds and creating a legacy for SCS.



## Dashing Through the Snow (actually it was a beautiful day for a road trip!)



Last December a busload of excited adventurers rolled out for lunch and a lively afternoon matinee. We had missed our road trips! The gang headed out for a matinee performance of Miracle on 34<sup>th</sup> Street at the Upper Canada Play house and a delicious buffet lunch at the MacIntosh Inn, Morrisburg.

They were even joined by a very special elf. We look forward to our next trip this month.



The SCS office is closed from December 24<sup>th</sup> to January 1<sup>st</sup>. See you in 2026!



# Joy is the Simplest Form of Gratitude



*Yak and Yarn surrounds me  
with friends, and great  
conversations! - Clara*



*Euchre day is the best day  
of the week! I love coming  
for the games - Alf*



*All Seniors deserve caring  
people to help them enjoy their  
golden years - Bev M, SCS  
Volunteer*



*The homemade Christmas  
cards from the kids made  
our day! - Ruth Anne*



*Thank you for the generosity of our community who made our Seniors BBQ and Trivia Night so special  
O'Farrell Financial, Brewed Awakenings, Dancing Willow Wellness, Mrs. McGarrigle's and Pickle & Myrrh - The Caramel  
Shop, Grenville Mutual Insurance and the amazing individuals who donated to the silent auction.*



## Thank you for supporting seniors in your community!

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100

Other ☐ \$ \_\_\_\_\_

☐ Cash

☐ Cheque

☐ Etransfer to [finance@seniorscs.ca](mailto:finance@seniorscs.ca)

To donate online, please visit our website at [www.seniorscs.ca](http://www.seniorscs.ca)

Name: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone : \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

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Seniors' Community Services, like all other registered charities, must adhere to the Canada Revenue Agency (CRA) Income Tax Act when issuing charitable tax receipts. Tax receipts will be issued for donations \$10.00 or more, or upon request.