



STIRLING-RAWDON COMMUNITY GUIDE



Embracing the Future while
Remembering our Past



www.stirling-rawdon.com

Emergency Numbers

FOR ALL EMERGENCIES: 911

Fire – 613.395.0214 – www.srfd.ca

Chief Derrick Little

Stirling-Rawdon Station 1 – 2529 Stirling-Marmora Road

Stirling-Rawdon Station 2 – 2508 Springbrook Road

Police – OPP Central Hastings

105953 Trans-Canada Highway, Madoc

613-473-4234

Hospitals

Belleville General Hospital – 613.969.7400

265 Dundas Street East, Belleville www.ghc.on.ca

Campbellford Memorial Hospital – 705.653.1140

146 Oliver Road, Campbellford www.cmh.ca

Trenton Memorial Hospital – 613.392.2540

242 King Street, Trenton www.ghc.on.ca

Other

Kids Help Phone – 1.800.668.6868

Elder Abuse Hotline – 1.866.299.1011

Three Oaks Foundation – 1-800.267.0533

Poison Control – 1.800.267.1373



Community Info

Stirling-Rawdon Municipal Office

2529 Stirling Marmora Road. Office Hours Monday to Friday 9am to 430pm.

Phone: 613.395.3380 **Website:** www.stirling-rawdon.com

Stirling-Rawdon Public Library

Pre-school reading programs, March break and summer reading programs, free computer classes, book clubs and more! Closed Sunday and Monday. Open Tuesday through Thursday 10am to 7pm, Friday and Saturday 10am to 3pm.

Phone: 613.395.2837 **Website:** www.stirlinglibrary.com

Stirling Community Cupboard

Local Food Bank, open Wednesday mornings for shelf stocking. Open Thursday mornings from 10am until 12pm and Thursday night from 7pm until 9pm. Closed the first Thursday of each month. Serving Stirling-Rawdon area residents. Proof of residency, income source and basic expenses required to register.

Phone: 613.395.3952 **Email:** heatherbailey@sympatico.ca

Community Development Council of Quinte

Good Food Box, Good Baby Box, Community Kitchens and Community Gardens. Good Food Box offered at the Stirling-Rawdon Public Library. Kitchens program offered at the Lions Hall in Stirling.

Phone: 613.968.2466 **Website:** www.cdcquinte.com

Grocery Delivery Service

Come in and shop at Stirling Foodland and have your groceries delivered, or simply phone in your order! Every Tuesday and Friday. \$5.00 flat rate.

Phone: 613.395.2493 **Website:** www.foodland.ca

Stirling Public School

Located at 107 St. James Street, Stirling. New education facility in 2013 serving JK to Grade 8 with an on-site daycare/after school program.

Phone: 613.395.3389 **Website:** www.stirling.hpedsb.on.ca

Stirling Funeral Chapel

Located at 87 James Street, Stirling. Rushnell Family Funeral Services.

Phone: 613.395.2424 **Website:** www.rushnellfamilyservices.com

Meals on Wheels

Offers delicious and nutritionally balanced meals, both hot and frozen. Hot meals delivered every Tuesday and Thursday, to the seniors' apartment common room (where available). Meals include soup or salad, main entrée (meat and vegetables), and a dessert.

Phone: 613.473.9009 **Website:** www.ccch.ca

Stirling-Rawdon Township Office – 2529 Stirling Marmora Road
R&S Home Hardware – 9 Tuftsville Road
Permits are required for all outdoor burning within the municipal boundaries. Valid from January 1st to December 31st each calendar year.

Stirling-Rawdon Landfill Sites

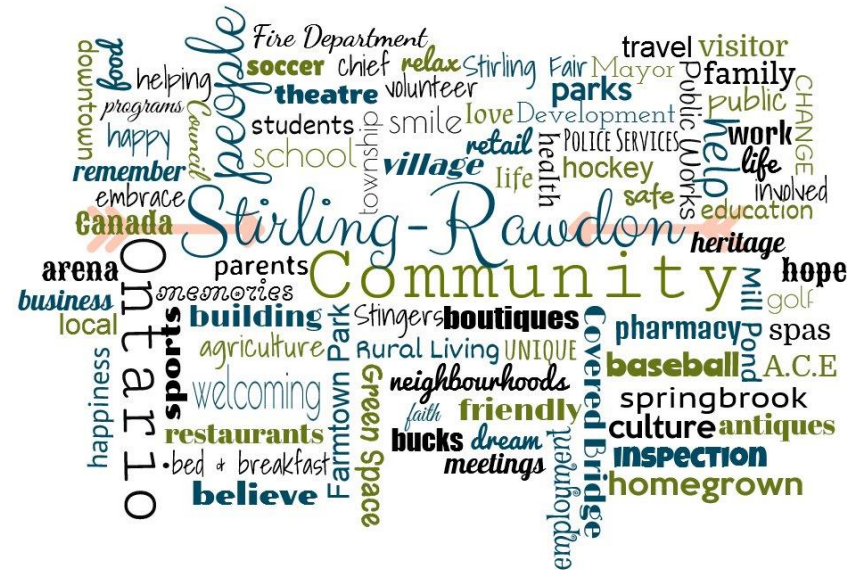
Stirling-Rawdon & District Recreation Centre

Phone: 613.395.5000 **Website:** www.stirlingarena.ca

Stirling Co-Operative Nursey School/Stirling Little Sprouts

Located at Stirling Public School, Stirling. Kindergarten and Pre-School nursery.

Phone: 613.395.2866



Transportation Services

Central Hastings Transit

For current schedule and fares call 613.473.5255 or visit www.chsninc.ca. Runs Monday through Friday.

Central Hastings Transit: Fare Schedule

All fares are one way to or from Belleville	Madoc Marmora Tweed	Springbrook Ivanhoe Thomasburg	Stirling Roslin	Inter-Village Shuttle (one way)
Adults	\$11.00	\$10.00	\$9.00	\$7.00
Students Youth 12-18 years Seniors (65 years +)	\$9.00	\$8.00	\$7.00	\$7.00
Child under 12	\$4.00	\$4.00	\$4.00	\$4.00
Monthly Pass	\$200.00	\$180.00	\$160	

Taxi Service

Madoc Taxi – 613.473.9939

Ellis Taxi – 705.653.4742

Central Taxi – 613.962.5353

Via Rail

Reservations and Information – 1.800.361.1235
(Senior and Student Discounts)

Alternative Transportation for Seniors & Adults with Physical Disabilities

Community Care for Central Hastings

Door-to-door escorted transportation available on a fee-for service basis. Wheel Chair Accessible Health Van. Volunteer drivers are available for long distance and local trips for medical appointments, shopping or social activities.

Phone: 613.473.9009 or 1.800.554.1564 **Email:** ccch@ccch.ca

Central Hastings Support Network

CHSN clients who are either without a vehicle or a license are provided with transportation to necessary meetings with health specialists, legal counsel, and other community services. This door to door service is provided by volunteer drivers. There is a fee for this service. Subsidies may be available for persons on fixed incomes.

Phone: 613.473.5255 **Website:** www.chsninc.ca



General Assistance

Hastings County Social Services

Located at 15 Victoria Avenue, 2nd floor, Belleville. Provides a broad range of services to its 14 member municipalities. These services include: Ontario Works, Child Care, Subsidized Housing, Long Term Care and Land Ambulance.

Phone: 613.968.3465 or 1.800.267.2804 **Website:**

www.hastingscounty.com

Legal Aid Ontario

Provincial Legal Aid Help with Legal problems including Family, Criminal, Immigration and Refugee cases.

Phone: 613.962.9634 **Website:** www.legalaid.on.ca/en

Service Ontario

Two convenient locations nearby: 51 Grand Road, Campbellford or 199 Front Street, Belleville.

Campbellford Phone: 705.653.1579 **Belleville Phone:** 416.326.1234

Website: www.ontario.ca/page/serviceontario

Community Partners for Success – Family Support Program

The Family Support Program provides parents the opportunity to come and engage with other parents who to might be struggling or thriving and wish to share. Family support aims to help parents find solutions within themselves to meet parenting challenges.

Email: cpfs@kos.net

Job Connect

Located at 54 Dundas Street E, Belleville. Job Connect is designed for individuals who need help in finding and keeping jobs. It provides friendly advice about education and training, career planning and job searching.

Phone: 613.966.0205 or 1.866.860.5652

META Employment Services

Located at 161 Bridge Street W, Unit 8, Belleville. META has been working with employers and job seekers throughout the Quinte Region for more than 30 years. META actively matches employers with experienced candidates looking for work.

Phone: 613.966.9069 **Website:** www.metaemploymentservices.com

Pensioners Concerned

Located in the Bayview Mall, Unit 38, Belleville. Open 9am-3pm during tax season, otherwise by appointment. Pensioners Concerned is a volunteer organization that provides tax preparation and assistance for persons with lower incomes, senior citizens, as well as people who may be physically, academically, or developmentally challenged.

Phone: 613.962.6657 **Website:** www.pensionersconcerned.ca

Community Care Income Tax Program/Gateway

Sponsored by Canada Revenue Agency February to April – Call for locations. Gateway has partnered with Canada Customs and the CRA to present a free Community Volunteer Income Tax Program. Trained volunteers prepare tax returns for clients in low income brackets (less than \$25,000 annual income for individuals, less than \$35,000 for households).

Phone: 613.478.1211 or **Toll Free:** 1.855.478.1211

Website: www.gatewaychc.org

Churches

Community Pentecostal Church

289 W Front Street. Stirling.
613.395.5381

The Gathering

613.395.4438
www.the-gathering.ca

Grace Bible Chapel

237 Edward Street, Stirling.
613.395.5022
www.gracebiblechapel.ca

Kingdom Hall of Jehovah's Witnesses

2486 Stirling Marmora Road, Stirling.
613.395.4805

Mount Pleasant United Church

1070 Hoards Road, Stirling.
613.395.3572

Springbrook United Church

4862 Stirling Marmora Road, Springbrook.
613.395.2386

St. Andrews Presbyterian

110 Mill Street, Stirling.
613.395.5006
www.standrewsstirling.com

St. James Catholic

236 Edward Street, Stirling.
613.395.5700

St. Mark's Anglican Church

7 St. Mark's Road, Bonarlaw.
613.472.5029

St. John's Anglican Church

73 North Street, Stirling.
613.395.1745

St. Paul's United Church

104 Church Street, Stirling.
613.395.3379

Senior's Community

Programs

Heart of Hastings Hospice

Providing compassionate, supportive, end of life care to those with life limiting illnesses; as well as bereavement support.

Phone: 613.473.1880 **Website:** www.heartofhastingshospice.ca

Email: info@heartofhastingshospice.ca

Community Care for Central Hastings

Located at 108 Russell Street, Madoc. For seniors and adults with physical disabilities. Services include Meals on Wheels, Diner's Club, Escorted Transportation, Reassurance Calls, Friendly Visiting, Household Management, Crisis Intervention, Rural Mail Alert, and Health & Wellness Programs.

Phone: 613.473.9009 **Website:** www.ccch.ca

Victorian Order of Nurses (VON)

Located at 80 Division Street, Trenton. (VON Hastings, Northumberland and Prince Edward Branch.) Providing services that help clients remain at home, active, independent and a part of their communities.

Phone: 1.888.279.4866 **Website:** www.von.ca

Alzheimer's Society of Hastings and Prince Edward

Non-profit organization and registered charity that offers support, education and advocacy for families of people with Alzheimer's disease and other dementias.

Memory Boost Program: Located at 122 North Street, Stirling. Brain activities, exercise, speakers and more. For people with early stage memory loss, their care partners, and those worried about their memory.

Phone: 613.962.0892 **Website:** www.alzheimer.ca/bhq

Senior's Community

Housing & Accommodation

Stirling Towers Private Retirement Residence

63 W. Front Street, Stirling. A 23 bed home with short stay beds depending upon availability.

Phone: 613.395.2640 **Website:** www.stirlingtowers.ca

Stirling Manor Nursing Home

218 Edward Street, Stirling. A 75 bed, accredited long term care home. Exceptional care and services in a homelike setting.

Phone: 613.395.2596 **Website:** www.stirlingmanor.com

Email: info@stirlingmanor.com

Caressant Care Nursing Home & Retirement Home

58 Bursthall Street, Marmora. A single storey nursing home with 84 accredited nursing home beds including ward, semi-private and private accommodation. 24 hour RN coverage, on call Physician 24/7, Restorative Care Program, and Registered Dietician.

Phone: 613.472.3130 **Website:** www.caressantcare.com

Dr. Parkin Living Centre

Rent geared to income.

2 Madoc Street, Marmora.

Phone: 613.472.5390

Matthew Place

Hastings County rent geared to income.

43 Matthew Street, Marmora, Ontario

Phone: 613.968.3465



Youth Programs

Fina Vista Farm

Located at 1008 Tuftsville Road, Stirling. Offering horseback riding adventures in Stirling, including lessons, trail rides, kids club, leasing and summer camps.

Phone: 613.395.9876 **Website:** www.finavistafarm.ca

Hastings 4H Association

Giving youth an opportunity to learn about farming, cooking, sewing, gardening, small engines and many other skills.

Phone: 613.395.2529 **Email:** hastingscounty4h@gmail.com

Website: www.4-hontario.ca

Ireland Academy of Dance

Taught in Upper Hall above the Stirling Festival Theatre. We are a professional dance academy, specializing in exam classes, recreational, competition and teacher certification. We offer tap, jazz, ballet, pointe, hip hop, lyrical, musical theatre, contemporary, ballroom and acro dance. Serving Belleville; Stirling and Campbellford.

Phone: 613.969.1179 **Website:** www.irelandacademy.com

Loyalist Fencing Club

Located at 22 Harder Drive, Belleville, at Sir John A. MacDonald Public School. Providing a safe and respectful environment in which to learn the art and sport of fencing. Focus is on the ongoing acquisition of fencing skills and physical fitness, as well as on the development of expertise for those interested in competition.

Phone: 613.961.0931 **Website:** www.loyalistfencingclub.ca

Peaceful Warrior Dojo

Located at 400 W Front Street, Stirling. Primary activity is training in the martial art of Aikido, a traditional Japanese program where all levels achieved are recognized by the head dojo in Japan. (Programs for both children and adults.) Also offer yoga. Classes are pay as you go and are designed for beginner and intermediate level practitioners.

Phone: 613.395.4747 **Website:** www.peacefulwarrior.ca

Pegasus Cheer Athletics

Located at 1989 Old Highway 2, Belleville. A low cost, high value athletic program in cheerleading to youth of all ages and abilities. Offering specialized programs for local schools, including group classes and school cheer team instruction.

Phone: 613.779.8644 **Email:** info@pegasuscheer.com

Website: www.pegasuscheer.com

Quinte Ballet School of Canada

Located at 196 Palmer Road, Belleville. One of Canada's top-5 full time professional ballet schools. Also provides opportunities for recreational dancers from children to adults to experience and express the joy of dance.

Phone: 613.962.9274 **Website:** www.quinteballetschool.com

Email: recreation@quinteballetschool.com

Quinte Judo Club

Located at the Franck Masonic Lodge, 33 King Drive, Frankford. Teaches from the competitive concepts and encourages family participation.

Phone: 613.922.5192 **Website:** www.quintejudoclub.com

Email: quintejudoclub@sympatico.ca

Quinte Therapeutic Riding Association

To provide therapeutic horseback riding to handicapped children and young adults.

Phone: 613.395.2990 **Website:** www.quintra.org

Quinte Youth Bowling 10 Pin League

Located at 17 Roy Boulevard, Belleville. Starting in September and running from 8:30am to 11:30am. In house tournaments open to boys and girls, equipment and coaches available.

Website: www.quintebowlingcentre.com

Oak Hills Golf Course

Located at 1538 Frankford-Stirling Road, Stirling. Junior memberships available as well as summer camps. Junior memberships include free participation in junior instructional clinics throughout the season.

Phone: 613.395.2611 **Website:** www.oakhills.ca

Scouts Canada – 1st Stirling Scout Group

Beavers aged 5-7, Cub Scouts aged 8-10. Having fun discovering new things and experiences. Along the way, developing into capable, confident and well-rounded individuals, better prepared for success in the world.

Phone: 613.395.2811 **Website:** www.myscouts.ca

Email: rbeinschroth@hotmail.com

Springbrook Minor Softball

Giving every player a place to play and supply them with the necessary means to do so. Offering house and rep leagues for youth of all ages.

Email: codyandrews_17@yahoo.ca **Email:** brycerowe@hotmail.com

Website: www.springbrookminorsoftball.ca

Stirling & District Minor Hockey

Jr. Tyke, Novice, Atom, Peewee, Bantam, & Timbits, In addition to a player's skill's clinic.

Phone: 613.395.0581 **Website:** www.stirlingblues.ca

Barry Wilson Memorial Fund

This fund helps with registration costs for families requiring assistance for their child to experience the sport of hockey. Both Stirling District Minor Hockey House League and Rep Players are welcome to apply. (Created by the friends and family of Barry Wilson, who enjoyed seeing every child play the sport he loved.)

Email: thebarrywilsonmemorialfund@live.ca

Stirling & District Minor Soccer Association

Fun league where the skills of each player are celebrated. We endorse fair play, respect and team work in a fun learning environment.

Season runs from May until July.

Phone: 613.395.1363 **Email:** trmartin@kos.net

Website: www.stirlinganddistrictminorsoccer.com

Stirling Festival Theatre – Young Company

Located at 41 W Front Street in Stirling. Dedicated to nurturing young talent and their love of theatre. Youth ages 12 to 22 are given the opportunity to come together and create something great, learning not only their lines, songs, dance steps and back stage management but also how to fulfill a commitment and work as a team.

Phone: 613.395.2100 **Website:** www.stirlingfestivaltheatre.com

Stirling Figure Skating Club

Located at 435 W Front Street, Stirling. Pre Can Skate, Can Skate, Pre Can Power, Can Power, Star Skate, Adult Skate. Providing professional skating instruction for the members of our community and surrounding area.

Phone: 613.398.0404 **Website:** www.stirlingskate.ca

Stirling Guiding – Sparks, Brownies, Girl Guides, Pathfinders

Opportunity for girls to meet and have fun while enjoying learning activities.

Phone: 613.395.3090 **Website:** www.girlguides.ca

Email: barbpitman@bell.net

Trent Valley Karate

Specializing in karate, jiu-jitsu, Tai-Chi, self-defence, and kick boxing. Also offering personal training and fitness classes.

Website: www.selfdefencebybev.com



Sports & Recreation

Aware Yoga

Located at 279 Henry Street, Stirling. A gentle style yoga focused first on syncing breath and body movement. A variety of classes available, offered by session or drop-ins available if space permits.

Phone: 613.395.4977 **Website:** www.awareyoga.com

Batawa Ski Hill

A much loved gathering place for families and friends, as well as ski and snowboard enthusiasts from the Quinte Region and beyond. Also offering off season programs such as summer camps, weddings, catering and facility rentals.

Phone: 613.398.6568 **Email:** admin@batawaskihill.com

Website: www.batawaskihill.com

Creekside Yoga

Located at 43 Mill Street, Stirling. A yoga studio and a sanctuary for meditation and relaxation. Classes for all levels of fitness, age and experience. Offering many different styles of yoga, guided meditations and weekend workshops.

Phone: 613.395.4343 **Website:** www.creeksideyoga.ca

Fina Vista Farm

Located at 1008 Tuftsville Road, Stirling. We offer horseback riding adventures in Stirling, including lessons, trail rides, kids club, leasing and summer camps.

Phone: 613.395.9876 **Website:** www.finavistafarm.ca

Email: finavistafarm@hotmail.com

Loyalist Fencing Club

Located at 22 Harder Drive, Belleville, at Sir John A. MacDonald Public School. Providing a safe and respectful environment in which to learn the art and sport of fencing. Focus is on the ongoing acquisition of fencing skills and physical fitness, as well as on the development of expertise for those interested in competition.

Phone: 613.961.0931 **Website:** www.loyalistfencingclub.ca

Quinte Bowl

Located at 17 Roy Boulevard, Belleville. A variety of leagues available. Lazer Bowl and Rock'n Bowl offered on Friday and/or Saturday nights.

Phone: 613.967.2695 **Website:** www.quintebowlingcentre.com

Oak Hills Flying Club

Enjoy aviation activities. Two ultralight flight schools on site: "Stirling Ultralights" and "The Sky Life Aviation".

Phone: 613.395.2360 **Website:** www.oakhillsflyingclub.ca

Oak Hills Golf Course

Located at 1538 Frankford-Stirling Road, Stirling. A 36-hole golf course with changing elevations and watercourses. Men, women and junior leagues available as well as a practice facility. A two-level clubhouse is great for accommodating tournaments and events.

Phone: 613.395.2611 **Website:** www.oakhills.ca

Peaceful Warrior Dojo

Located at 400 W Front Street, Stirling. Primary activity is training in the martial art of Aikido, a traditional Japanese program where all levels achieved are recognized by the head dojo in Japan. (Programs for both children and adults.) Also offer yoga. Classes are pay as you go and are designed for beginner and intermediate level practitioners.

Phone: 613.395.4747 **Website:** www.peacefulwarrior.ca

Quinte Judo Club

Located at the Franck Masonic Lodge, 33 King Drive, Frankford. Teaches from the competitive concepts and encourages family participation.

Phone: 613.922.5192 **Website:** www.quintejudoclub.com

Email: quintejudoclub@sympatico.ca

Stirling Curling Club

Located at 435 W Front Street, Stirling. A four sheet facility with an upstairs and downstairs viewing area. Curling is an exciting, challenging (yet easy to learn), fun and inexpensive winter activity. Also a rental facility April to September.

Phone: 613.395.4444 **Website:** www.stirlingcurlingclub.ca

Stirling Peter Puck Junior League

Men aged 19 to 30 with a friendly level of competitiveness. The league is open to individual players with all levels of skill.

Phone: 613.922.0341 **Website:** www.stirlingpeterpuck.com/Junior1

The Yoga Factory

Located at 214 St. Marks Road, Stirling. Offering a variety of classes for all ages and abilities. Drop-in classes available or private classes for yourself or a group of friends.

Phone: 613.395.1166 **Website:** www.theyogafactory.ca

Trent Valley Karate

Specializing in karate, jiu-jitsu, Tai-Chi, self-defence, and kick boxing. Also offering personal training and fitness classes.

Website: www.selfdefencebybev.com

R.A.D Kickboxing

Located at 219 Frankford Stirling Road, Stirling. A registered member of The World Kickboxing Federation. Classes offered Mondays and Wednesdays from 730pm to 9pm. Offer kickboxing/boxing. Fitness or competition, come join the team! Drop in classes available.

Phone: 613.920.3396 **Email:** radtotalbodyimaging@gmail.com

Health and Wellness

Medical Services

Stirling Medical Centre

Located at 9 Tuftsville Road, Stirling. 3 doctors on staff specializing in family medicine. Open Monday to Friday 830am to 5pm.

Phone: 613.395.5566

Stirling Dental Clinic

Located at 9 Tuftsville Road, Stirling. Friendly, high quality dental care. Experienced dentists covering several specialities ranging from cosmetic dentistry and implants to endodontics and surgery.

Phone: 613.395.2800 **Website:** www.drdougsmith.com

Stirling Pharmacy

Located at 9 Tuftsville Road, Stirling. General pharmacy offering direct billing.

Phone: 613.395.2110 **After Hours Phone:** 613.395.1612

Stirling Pharmasave

Located at 160 North Street, Unit 2, Stirling. Pharmacy, Blood Pressure Kiosk, Ostomy Care, Geriatric Care.

Phone: 613.395.2353 **Website:** <http://www.pharmasave.com>

Range in Motion Massage Therapy

Located at 400 West Front Street, Unit 2, Stirling. Massage Therapy.

Phone: 705.632.8929 **Website:**

Uber Hearing

Located at 234 North Street, Stirling. A customer focused hearing clinic, facilitating positive change in the hearing industry.

Phone: 888.899.6689 **Website:** www.uberhearing.com

Canadian Cancer Society

Cancer information service, peer support service, transportation to and from appointments and treatments, smoker's helpline.

Phone: 613.962.0686 **Website:** www.cancer.ca

Heart of Hastings Hospice

We provide compassionate, supportive, end of life care to those with life limiting illnesses; as well as bereavement support.

Phone: 613.473.1880 **Website:** www.heartofhastingshospice.ca

Email: info@heartofhastingshospice.ca

Alzheimer's Society of Hastings and Prince Edward

Non-profit organization and registered charity that offers support, education and advocacy for families of people with Alzheimer's disease and other dementias.

Memory Boost Program: Located at 122 North Street, Stirling. Brain activities, exercise, speakers and more. For people with early stage memory loss, their care partners, and those worried about their memory.

Phone: 613.962.0892 **Website:** www.alzheimer.ca/bhg

Alternative Medicine

Natural Rhythms Health Centre

Located at 400 W Front Street, Stirling. A chiropractic approach to health, enhancing the health of every member of your family. Eliminate pain and increase mobility without drugs and without surgery.

Phone: 613.395.4747 **Email:** health@naturalrhythms.ca

Website: www.naturalrhythms.ca

North Street Chiropractic

Located at 234 North Street, Stirling. Committed to improving health by providing effective treatment options for physical health issues. Offer gentle and effective chiropractic care and massage therapy for a wide range of conditions.

Phone: 613.395.4778

Nonpareil Natural Health Retreat

Located at 658 Wellmans Road, Stirling. Providing raw organic juice cleansing, fasting and detoxification programs. Recharge, replenish, rest and relax.

Phone: 613.395.6332 **Website:** www.nopareilholistic.com

Back 2 the Garden

Located in Foxboro. Committed to providing health and wellness coaching and products that increase nutrients and decrease toxins and stress naturally.

Phone: 613.847.5617 **Website:** www.back2thegarden.ca

Dawning Vista

Hands on experience with or without horses for healing and wellness. A path of interconnectedness back to life and vitality, away from life limiting symptoms such as anxiety, depression, isolation, pain and loss.

Phone: 905.269.4320 **Email:** info@dawningvista.com

Website: www.dawningvista.com

Pet Health

Hastings Veterinary Service

Located at 9 Tuftsville Road, Stirling. A full service veterinary clinic offering a wide range of pet healthcare to meet all your pet's needs. Doggie Daycare available.

Phone: 613.395.3386 **Email:** info@hastingsvet.ca

Website: www.hastingsvet.ca

Spa Services

Allure Day Spa

Located at 10 W Front Street, Stirling. Offers many esthetic services, tanning solutions, massage services and reflexology.

Phone: 613.395.0900

Mill Creek Spa (The Natural Choice)

Located at 28 W Front Street, Stirling. The perfect destination for relaxation. Enjoy a half or full day, or just a particular treatment to sooth, calm and rejuvenate your body.

Phone: 613.395.7727 **Website:** www.millcreekspa.ca

Arts & Culture

Farmtown Park

Located at 437 W Front Street, Stirling. Celebrates the culture of rural Ontario, the importance of agriculture and the farmers who provide us with safe, local food. The mandate is to recognize and preserve agricultural heritage for future generations by displaying and demonstrating artifacts in a living environment.

Phone: 613.395.0015 **Website:** www.farmtownpark.ca

Millpond Chorus

A relaxed community group that meets to explore many musical genres through a love of song.

Phone: 613.398.7573 **Email:** hgwright@gmail.com

Stirling Citizens Band

All band members are volunteers and practice weekly at the Stirling Public School. The band participates and performs in Santa Claus parades, senior's homes, nursing homes, schools, churches and community functions. New members always welcome.

Phone: 613.395.5133 **Email:** timkim1@bell.net

Stirling Festival Theatre

Located at 41 W Front Street, Stirling. A wide variety of professional shows and concerts. A small town theatre with big time talent.

Home of the SFT - Young Company

Dedicated to nurturing young talent and their love of theatre. Youth ages 12 to 22 are given the opportunity to come together and create something great, learning not only their lines, songs, dance steps and back stage management but also how to fulfill a commitment and work as a team.

Phone: 613.395.2100 **Website:** www.stirlingfestivaltheatre.com

Tuesday Night Art Group

Every Tuesday night, the community is welcomed to come to the Grace Bible Chapel for an evening of art. The doors are open between 6:30 and 9:30 for anyone wishing to drop in and work on a project. Everyone is to bring their own supplies and work on any art of their choosing.

Phone: 613.395.2818 **Website:** www.gracebiblechapel.ca

Accommodations

Stirling-Rawdon Bed & Breakfast

Located at 282 Edward Street, Stirling. A large elegantly constructed brick home on a beautifully landscaped lot. 10 minute stroll from the main street of Stirling. Luxurious overnight accommodations with full home-cooked breakfast.

Phone: 613.395.1647 **Email:** needhamanna@gmail.com

Website: www.stirling-rawdonbedandbreakfast.com



Clubs & Societies

Royal Canadian Legion Branch 228 Stirling

Stirling Legion supports community based organizations financially, using funds through clubhouse functions, raffles, and break open tickets. Also supports youth programs, public speaking, track and field, and team sponsorships.

Phone: 613.395.2975 **Email:** stirlinglegionbr228@gmail.com

Stirling Agricultural Society

A group of individuals who volunteer their time to provide events and help promote the community. Meets first Wednesday of every month from January to October. Annual General Meeting is held in January.

Phone: 613.395.1583 **Website:** www.stirlingfair.com

Email: secretary@stirlingfair.com

Stirling and District Horticultural Society

Educating and encouraging interest in Horticulture. Promotes community gardening and outdoor beautification and protection of the environment.

Phone: 613.395.9165 **Email:** stirlingdhs@gmail.com

Stirling and District Lions Club

We believe that the world gets better and problems get smaller when people unite to serve their local and global community. Join a group of local individuals who are working together to strengthen your community. Lions Hall also available for rent.

Phone: 613.395.3119 **Email:** info@stirlinganddistrictlions.com

Website: www.stirlinganddistrictlions.com

Stirling Rotary Club

We identify local needs then initiate and execute worthwhile projects within the community. We promote world understanding and peace.

Website: www.stirlingrotary.ca

Men/Women's Groups

River Valley Women's Institute

Not-for-profit charitable organization. Non-partisan for rural and urban women with affiliations around the world. We offer quality education and support programs.

Phone: 613.395.4305 **Website:** www.fwio.on.ca

Quinte Masonic Lodge

Located at 33 King Drive, Frankford. Freemasons. Share a concern and respect for human values, moral standards, the laws of society and the rights of individuals. Deeply involved in helping other people through charity work. Attend lodge meetings regularly and participate in Masonic activities.

Email: health@drdan.ca

St. Paul's United Church – A.O.T.S Men's Group

Located at 104 Church Street, Stirling. A.O.T.S – As One That Serves – Includes men from other United Churches in the area. All men are welcome. Members meet on the first Wednesday of each month at 6:30pm. Start with a potluck supper.

Phone: 613.395.3379

Join Us!

Volunteer Opportunities

Belleville General Hospital Auxiliary

Volunteers work in retail, library, carts, rehab, cuddlers in maternity, information desk, ambassadors in ER department, and more!

Phone: 613.969.7400 ext. 2297

Email: bgauxiliary@ghc.on.ca

Canadian Cancer Society

A flexible range of ways to become involved. Opportunities include fundraising activities, health promotion, advocating for prevention, supporting people with cancer, office support and leadership roles.

Phone: 613.962.0686 **Website:** www.cancer.ca

Central Hastings Support Network

Opportunities include the Helping Hands Food Bank, being a volunteer driver, delivering Christmas Sharing Packages, organizing and implementing special fundraising events, and more!

Phone: 613.473.5255 **Website:** www.chsninc.ca

Alzheimer's Society of Hastings and Prince Edward

Non-profit organization and registered charity that helps improve the lives of those who live with a form Dementia and that of their families.

Phone: 613.962.0892 **Website:** www.alzheimer.ca/bhq

Stirling Community Cupboard

Local Food Bank, open Wednesday mornings for shelf stocking. Open Thursday mornings from 10 until 12 and Thursday night from 7 until 9. Closed the first Thursday of each month. Serving Stirling-Rawdon area residents. Proof of residency, income source and basic expenses required to register.

Phone: 613.395.3952 **Email:** heatherbailey@sympatico.ca

Township of Stirling-Rawdon

The Township has several volunteer opportunities available throughout the year for students looking for community service hours or those just looking to help out. We require assistance with our annual Home Renovation and Lifestyle Show in April, Canada Day Celebrations in July, and preparations for Holiday Lighting in November.

Phone: 613.395.3380 **Website:** www.stirling-rawdon.com

Safety

Push for Life

First Aid and CPR Training and Consulting.

Phone: 613.827.5002 **Email:** corin@pushforlife.ca

St. John Ambulance Quinte

Located at 417 Montrose Road, Belleville. Largest provider of regularly scheduled public courses including: Workplace, Pre Hospital and Healthcare, CPR & AED, Emergency & First Aid, Specialized Industry, Family; Children & Youth, Instructor Development, Personal Interest, Pet First Aid and Online courses.

Phone: 613.962.7933 **Email:** quinte@on.sja.ca

Website: www.sja.ca

Red Cross

Located at 88 Parks Drive, Belleville. Improving the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world. Services include Aboriginal Support Services, Community Housing Support, Community Support Services, Emergency and Disaster Services, First Aid and CPR, Health Equipment Loans, Migrant and Refugee Services, Nutrition and Transportation, Senior Support Services, Swimming and Water Safety, and Violence, Bullying and Abuse Prevention.

Website: www.redcross.ca



**CANADIAN
RED CROSS**

**CROIX-ROUGE
CANADIENNE**

Continuing Education

Loyalist College

Offers certificates and diplomas in 65 full time day programs as well as dozens of continuing education courses. A small, progressive organization with strong ties to surrounding communities.

Website: www.loyalistcollege.com

Community Partners for Success – Partners for Change

This program is designed to assist unemployed and underemployed individuals on social assistance to make critical personal life changes to help them to become capable of obtaining and keeping employment. This program is ideally suited to individuals who are currently receiving social assistance including OW or ODSP who want to develop their ability to successfully re-enter the workforce.

Email: cpfs@kos.net

PARO

Offering educational programs, economic alternatives, training, opportunities to network and mentor with other women, business counseling, and support. PARO aims to improve the lives of its members and have a positive impact on the community and the region. Not exclusively for women, everyone is welcome.

Phone: 1.855.899.4788 Email: madoc@contactnorth.ca

Website: www.contactnorth.ca

