

Never be bored in Deep River

Safe. Clean. Friendly. Scenic. Active. Busy clubs and groups. Opportunities to get involved.

This lists only some of the many local clubs and activities, plus suggestions for things to try.

Keep informed about local groups and their upcoming events and activities via the North Renfrew Times weekly newspaper, Town of Deep River website, posters, and on local social media.

Always something to do!

Table of Contents

Town of Deep River Recreation Dept Programs & Events	1
Summer Activities	1
Winter Activities.....	2
Summer Equipment Lending Hub	2
Independent Club Programs & Events for Various Ages	2
Summer Activities	2
Other Seasonal Activities	2
For Families to Enjoy	3
Community Events	3
Theatre, Arts and Culture.....	4
Stuff for Teens.....	4
Outdoor or Sports Activities	5
Indoor Activities (mainly for Adults)	5
Opportunities to Volunteer	6
Club/Committee Volunteer Roles	6
Hands-On Volunteering	6
Visit Local Museums.....	6
Suggested Day Trips	7
Social Media Links	7

Town of Deep River Recreation Dept Programs & Events

Check www.deepriver.ca and Face Book for details and changes to these popular programs.

Summer Activities

- ❖ Summer playground program. Teen leaders guide youngsters in a variety of daily activities in playgrounds around town.
- ❖ Summer Science Activity Camp (Arena)
- ❖ Summer Arts Camp (Arena)
- ❖ Summer Sports Camp (Arena Mezzanine)
- ❖ Pool Swim lessons/sessions (Community pool). Trained instructors give a range of lessons to various ages, from very young to adults. Year round, includes lane swims, public, family and adult swims, aquafit, SUP program, aqua-therapy for those mobility-challenged, etc.
- ❖ Lamure Beach. Trained lifeguards watch over young swimmers at this safe and sandy beach with shelter, play equipment and toilets.

- ❖ Stand-Up Paddle Boards (SUP), kayak rentals at Lamure Beach. Rent for hours or half days of fun. Ask staff at the beach.
- ❖ Yoga: SUP Yoga. Regular sessions at Lamure Beach with stand-up paddle boards in this delightful outdoor setting.
- ❖ Boat launch, Marina slip rentals – inquire at Town hall for details
- ❖ Public Library. Reading programs, games, play, songs, and fun stories for young kids (with adults) run by dedicated library staff. www.deepriverlibrary.ca and on Facebook.
- ❖ Annual Triathlon. This popular event starts at the marina with a swim around buoys, a bicycle circuit around town, and run around town streets. A sanctioned race for serious individuals and teams. Participate, volunteer, or just watch.

Winter Activities

- ❖ Ice Arena Activities/Events. Skating lessons, public skate sessions, figure skating and numerous hockey teams for all ages.
- ❖ Tree lighting and Santa Parade (downtown). Usually in the evening near the start of December. A different theme every year, with lighted floats. Fun for kids to see or join in.
- ❖ Accessible Playground downtown. Structures with many features for accessibility, exercise, play.

Summer Equipment Lending Hub

A variety of outdoor sports equipment available for free use. Items at the Deep River Library but book through the Town website. Items include: golf clubs, scooters, water mats, canoes, kayaks and stand-up paddle boards.

Independent Club Programs & Events for Various Ages

Various independent clubs run programs of lessons, games, seasonal leagues, tournaments, social events, etc. Clubs are easily and quickly formed, so an up-to-date list is difficult to maintain. The Deep River Town site lists some. <http://www.deepriver.ca/departments/recreation/clubs-activities/> and the Community Association lists some. <https://www.drca.ca/list-view-members>

Summer Activities

River fun – boating, swimming, sailing, regattas, canoeing, kayaking, sculling, fishing.

Deep River Yacht & Tennis Club www.drytc.ca

- ❖ Sailing lessons. Popular activity for any age. Skilled instructors make sure everybody is safe, knows what to do, and has fun.
- ❖ Tennis lessons. Instructors give group or individual lessons to any age group.
- ❖ Pickle Ball lessons. This new sport uses some of the tennis club's courts and is popular with all ages.

Deep River Golf Club A professional is available to teach this fun activity in a pleasant and relaxed venue.

Tournaments and league play throughout the season. Junior program for kids. Open to the public.

www.deeprivergolf.ca

Deep River Lawn Bowling Club Combines strategy, competition, sociability, affordability, and fun for all ages.

Volunteers are happy to instruct beginners and welcome them to social events. www.drlbc.org.

Youth soccer program (Various fields). An ideal sport for young kids, with plenty of outdoor exercise, mobility skills, teamwork drills, requiring minimal equipment. Minor soccer association at www.drams.ca

Baseball (Various fields). Casual leagues play baseball and softball; particularly popular with adults.

Camp Lau-ren youth camp. A summer activity program for kids in a nearby rustic camp by the river. Experienced counsellors ensure a fun and safe experience at www.camplau-ren.com

Other Seasonal Activities

- ❖ Year-round Badminton (Mackenzie Gym). Extremely popular numerous times each week, for all ages, ensuring a wide range of abilities and opportunities to find partners. <https://www.drca.ca/deep-river-badminton-club>
- ❖ Fall/Winter Gymnastics (Mackenzie Gym). Regular drills and skills develop mobility, flexibility, strength and coordination using a variety of equipment. On Facebook.

- ❖ Youth indoor Basketball program, Hoopstars (Mackenzie gym). An ideal sport for teens, requiring minimal equipment and run by award-winning instructors. Valley Hoopstars on Facebook.
- ❖ Winter Short Mat Bowling (Library Program Room) extends the lawn bowling season by moving indoors.
- ❖ Winter indoor Soccer (Mackenzie Gym). An energetic sport played in a large gym, ideal for adults and teens. Plenty of running because the ball bounces off the walls and always stays in play! Check on Facebook.
- ❖ Tai Chi, Karate clubs (Mackenzie Gym). Very popular activities for a range of ages, particularly youth. Dedicated and experienced instructors teach the skills and discipline needed to master the various levels. For karate, check out www.deepriverkarate.ca.
- ❖ Year-round indoor 5-pin bowling (downtown alley). An easy activity to enjoy, with family or friends. The alley can be rented for parties and there are casual leagues and instruction if needed for casual, youth, seniors, mixed, blind, ladies bowling.
- ❖ Various hockey teams (Ice Arena). Teams of all ages and abilities use the arena for practice and play throughout the season. Very popular, especially with kids.
- ❖ Figure skating (Ice arena). Dedicated instructors teach skills and routines to young skaters throughout the season. Skating club www.deepriverskatingclub.com
- ❖ CANDU Swim Club (Community Pool). An energetic group swims and improves their performance throughout the season, often competing in swim meets in and out of town. www.deeprivercandus.blogspot.ca
- ❖ Cross Country skiing. The perfect outdoor winter activity on beautiful trails expertly groomed and running through interesting terrain. Mostly casual but lessons and competitions are enjoyed by all ages. Equipment rentals available. www.drxc.ca
- ❖ Annual Cross-Country ski fest “Silver Spoon” (Four Seasons ski trails). One of the region’s premier events for cross-country skiing, attracting scores of competitors from across Canada. Local skiers compete against these elite visitors or participate just for the fun. Lots of opportunities to participate, volunteer, or just watch. <http://bright-ideas-software.com/silverspoon/>
- ❖ Downhill Skiing (Mount Martin Ski Club). A small but well maintained hill on the edge of town with runs of different skill levels. Lessons for any age available from certified instructors. Canadian Ski Patrol station on site. Cozy chalet for snacks and socializing. Some competitions and fun days. A perfect place to learn downhill skiing or snowboarding or just to hone your skills. www.mountmartin.ca/
- ❖ Snowmobile Club (Deep River is connected to the Trans Canada Snowmobile Trail.) A popular outdoor activity throughout the winter. A wide variety of excellently groomed trails with convenient parking areas for sled trailers. www.nrsa.ca/
- ❖ Ice fishing on local lakes and huts on the Ottawa River is popular throughout the legal season.

For Families to Enjoy

Community Events

- ❖ July 1st Canada Day parade, community celebrations, impressive fireworks display (Local downtowns).
- ❖ Summer Farmers Market downtown Deep River every second Saturday offers a variety of local fresh products plus arts and crafts.
- ❖ Summerfest – on the August long weekend, every second summer. Bands, vendors and entertainment on the campus. Tons of fun!
- ❖ Library “Giant Book Sale/s.” A popular Deep River event twice a year with great deals on a large variety of pre-read books, CDs, etc. Would you believe a shopping bag full of entertainment for only \$20?
- ❖ Schoolhouse Museum Days (Schoolhouse museum). Hosts a variety of entertainments, food, demonstrations, silent auctions, historical artefacts, arts and crafts. www.schoolhousemuseum.wordpress.com and Facebook.
- ❖ Horticultural Society exhibits and contests (Town Hall). Serious gardeners formed this society to learn and share their experiences and encourage gardening in the area. Volunteers welcome. www.drahs.wordpress.com/
- ❖ Tree lighting and Santa Claus parade, town activities (Local downtowns). Early in December, exciting fun for the whole family. Many opportunities to participate.
- ❖ Winter Carnivals (Local towns) Fun and unusual activities and games for the whole family in a festive atmosphere. Always feature hot chocolate!

- ❖ North Renfrew EarlyON Child and Family Centre provides support in learning, child development and well-being. At St. Mary's School. www.fcsrenfrew.on.ca/services/earlyon-child-family-centre/

Theatre, Arts and Culture

- ❖ **THEOP** is a volunteer group that brings professional concert series to town. (Mackenzie auditorium). Five or six professional concerts each year feature national and international acts in a diverse series. www.theop.ca
- ❖ **Library Arts Committee** volunteers manage and care for the art gallery in Deep River Town hall and hosts diverse art shows from local and visiting artists in the Library Program Room. www.drlac.ca and Facebook
- ❖ **Deep River Players** stage popular stage performances and musicals (Mackenzie auditorium) that are extremely popular and involve large numbers of adults and kids: acting, singing and dancing; designing, decorating and painting sets; making costumes; makeup, hairstyling; assisting with performances www.deepriverplayers.ca
- ❖ **Deep River Community Band** is 35 or so amateur players who rehearse weekly (except summer) and present two popular concerts per year.
- ❖ **Deep River Symphony Orchestra** is an amateur orchestra of 40 musicians with a professional director that provides a variety of music in three or so concerts yearly. (Mackenzie auditorium). www.drso.ca
- ❖ **Deep River Choral Group** (Mackenzie auditorium). A large choir of amateur singers rehearse weekly (except summer) and perform two or so concerts yearly, often with the DRSO. <https://www.drca.ca/deep-river-choral-group>
- ❖ **Numerous instrumental music and singing teachers** in the area provide a wide choice of music instruction.
- ❖ **Summer Music Camp** for youth. Professional music instructors lead 100 young people from far and wide in this program covering many instruments and singing, culminating in a concert for all.
- ❖ **School plays, concerts** (Mackenzie auditorium and other schools). A lively school arts scene provides opportunities for students to explore and perform a diverse range of works, some created by themselves.
- ❖ **Junior Music Club**. Young music students of all levels get opportunities to perform a piece they're currently learning to gain experience and confidence in a mini concert setting.
- ❖ **Pembroke**, only 40 minutes away, has a symphony orchestra, a community choir, community band, a theatre company (Streetlight Theatre), speakers series at Algonquin College, etc.

Stuff for Teens

There are many sports and other activities to keep teens busy and healthy. Popular sports activities include: soccer, hockey, volleyball, basketball, badminton, fencing, tai chi, karate, martial arts, cycling, skate-boarding, tennis, swimming, sailing, paddle-boarding, windsurfing, etc.

Also look for playing fields, beaches, outdoor rinks, cycle paths, etc.

Teens can also work part-time or volunteer for community hours in such places as:

- ❖ Tim Hortons
- ❖ Subway
- ❖ Burger King
- ❖ Plan B restaurant
- ❖ Valu Mart
- ❖ Giant Tiger
- ❖ Canadian Tire
- ❖ Other area businesses
- ❖ Public Works Department (gardening, mowing lawns and fields, general outdoor tasks)
- ❖ Recreation Department (running daily camps for kids, lifeguarding at the pool or at Lamure Beach, working at the arena, staffing community events, etc.)
- ❖ Instructing tennis or sailing lessons
- ❖ Museum attendants, various tasks
- ❖ Volunteering at local libraries
- ❖ Summer internship at North Renfrew Times.

Outdoor or Sports Activities

- ❖ Rent a vegetable garden plot (various locations around town) to grow vegetables for yourself or the food bank. Water is supplied. To rent a plot contact the DR Horticultural Society. www.drahs.wordpress.com/
- ❖ Play tennis at the public courts. Membership allows informal play at numerous times on six courts.
- ❖ Try Pickleball at the public tennis courts. This new sport is being tried by people as an alternate to tennis.
- ❖ Go cycling. Low traffic levels around town allow plenty of opportunities for cycling, even for kids. A variety of bush trails around town allows more adventurous riding. There are informal cycling groups enjoying touring on day trips in the area.
- ❖ Go hiking/walking/running, exploring on your own. Town streets with back lanes and a variety of walking and ski trails provide plenty of places to hike or walk.
- ❖ Try rollerblading. Our mainly flat streets make this an easy sport to enjoy around town.
- ❖ Enjoy water sports. The nearby clean rivers and lakes provide easy access to a wide range of water activities, whenever you want.
- ❖ Enjoy beach activities (Lamure, Pine Point, Burke's, Tee-Lake, Corry Lake) Clean, sandy beaches are great places for play, family picnics, relaxing, water sports, etc. Yes, the water is clean!
- ❖ Visit a horse riding camp. Some nearby stables provide opportunities to ride or learn to handle horses.
- ❖ Enjoy the numerous public playgrounds around area. Great places for youngsters to burn off surplus energy and have fun with others. Most have play structures to help develop motor skills.
- ❖ Go ice-skating at the arena. Public skate sessions and learn-to-skate programs as well as figure skating and hockey programs. Or skate at several outdoor rinks in the area, freely available for anyone to use at any time. Most are lit.
- ❖ Enjoy the public swimming pool in Mackenzie High. Swimming lessons, aquafit and much more.
- ❖ Enjoy winter hill sledding (Hill Park) A load of fun, especially for kids. This short hill offers opportunities for lots of thrills. Plenty of close parking so parents can stay warm!
- ❖ Go Cross-Country Skiing or snowshoeing on various trails. Locals seem to ski wherever they like around town, but there are plenty of groomed trails to explore within walking/skiing distance.
- ❖ Enjoy the Four Seasons Conservancy ski and snowshoe trails. The Conservancy runs a heated chalet on Balmer Bay Road open to anyone. An extensive groomed trail system created in loops allows skiers and snowshoers to easily adjust the time they stay outdoors. www.drxc.ca

Indoor Activities (mainly for Adults)

- ❖ Bridge (Library Program Room) for social bridge as well as an enthusiastic duplicate bridge group
- ❖ Indoor short-mat bowling (Library Program room) Contact the Lawn Bowling Club
- ❖ Seniors Friendship Club activities (Various locations) www.seniorfriendshipclub.ca & on Facebook.
- ❖ Deep River Curling & Squash Club offers winter curling and year-round 24/7 squash www.drcsc.ca
- ❖ Woodworking club (Hill House workshop) www.drwa.ca/
- ❖ Pottery/ceramics (Downtown Potters Guild studio) On Facebook. *Deep-River-Potters-Guild-Studio*
- ❖ Baila fitness courses (Downtown studio) High and low energy workouts, Pilates, kids classes, etc. www.bailastudio.com
- ❖ River Fitness gym downtown.
- ❖ Yoga classes (Various instructors/locations)
- ❖ Martial Arts studio downtown www.hiltzhapkido.com
- ❖ Darts and games nights at Legions
- ❖ Informal walking groups
- ❖ 'WITH' *walk in the hall* sessions during winter (Mackenzie school)
- ❖ Informal birdwatching groups, plus Christmas Bird Count.
- ❖ Fencing club with instruction and drills for all ages. www.cafconnection.ca
- ❖ Numerous sewing, weaving, quilting and other craft groups gather throughout the community.
- ❖ Deep River Weavers Guild at <https://deepriverweaversguild.wordpress.com/>
- ❖ Toastmasters meetings (Long-Term Care meeting room) On Facebook *Deep-River-Toastmasters-Club*
- ❖ Library activities: book clubs, writers circle, etc. Libraries in Deep River; Laurentian Hills; Head, Clara & Maria.

Opportunities to Volunteer

One of the reasons for the large number of clubs in the area is because most are run by enthusiastic volunteers. Volunteering is a great way to contribute to the community and meet other people with your interests.

Club/Committee Volunteer Roles

All clubs need people to help run them. Do you have an interest in finances, publicity, writing, webmastering, IT, recording minutes, leading a project, speaking, etc? Here are some suggestions.

- ❖ Service Clubs (Rotary, Lions, Knights of Columbus, Deep River Sorority)
- ❖ Seniors Friendship Club www.seniorsfriendshipclub.ca
- ❖ Symphony Orchestra roles www.drso.ca
- ❖ Choral Group roles <https://www.drca.ca/deep-river-choral-group>
- ❖ Community Band roles <https://www.drca.ca/deep-river-community-band>
- ❖ THEOP committee www.theop.ca
- ❖ Deep River Players www.deepriverplayers.ca
- ❖ Library boards www.deepriverlibrary.ca
- ❖ Friends of the Library fundraising committee <https://deepriverlibrary.ca/>
- ❖ Deep River Library Arts Committee www.drlac.ca
- ❖ Deep River & District Community Foundation board www.drdcf.ca
- ❖ Community Association board www.drdca.secretary@gmail.com
- ❖ Hospital Foundation board <https://www.drdhfoundation.com/>
- ❖ North Renfrew Family Services board <http://bright-ideas-software.com/NRFS/>
- ❖ North Renfrew Long Term Care Centre board www.nrltc.ca
- ❖ Nuclear Heritage group www. <https://nuclearheritage.com/>
- ❖ Canadian Nuclear Society local branch <https://www.cns-snc.ca/CNS/chalk-river/>
- ❖ Horticultural Society roles www.drahs.wordpress.com/
- ❖ Various Town advisory committees and boards
- ❖ Deep River, Chalk River Legions
- ❖ Churches, mosque

Hands-On Volunteering

Apart from executive roles, most clubs and events need hands-on helpers for a wide variety of tasks, from such things as volunteer firefighting for Deep River and Laurentian Hills; working for the Food Bank, Long Term Care or the Library. You could help manage or coach local sports teams or assist with the maintenance and grooming of walking, ski or snowmobile trails.

Visit Local Museums

www.renfrewcountymuseums.org gives 20 museums within a couple of hours drive. The closest are:

- ❖ Canadian Clock Museum (Deep River). The only clock museum in Canada features a variety of clocks (mostly Canadian) plus other mechanical curiosities. www.canclockmuseum.ca
- ❖ Society for the Preservation of Canada's Nuclear Heritage (Deep River). A growing collection of early artefacts and information from Canada's illustrious nuclear heritage. www.nuclearheritage.ca and on Facebook
- ❖ Schoolhouse Museum (Rolphton). A collection of unique artefacts and photographs showing the early days in the area. Guides are happy to show you around. Annual *Fun Day* in July. www.schoolhousemuseum.wordpress.com and Facebook
- ❖ Petawawa Heritage Museum <https://www.petawawaheritagevillage.com/>
- ❖ Military Museum (Garrison Petawawa). A great place for anybody with an interest in military history and equipment. Kids can climb over tanks!
- ❖ Hydro Museum (Pembroke). The first city in Canada with electric street lighting. <http://www.renfrewcountymuseums.org/museums/murray-l-moore-hydro-museum/>

- ❖ Champlain Trail Heritage Museum (Pembroke). A huge waterwheel shows you where to find this large museum displaying the history of the local area. <https://www.pembroke.ca/tourism/museums/the-champlain-trail-museum.htm>

Suggested Day Trips

- ❖ Drive (90 minutes) to Wilno town, tavern, artist studios. A beautiful area to drive around, especially in the autumn. The tavern specialises in authentic Polish dishes, including a Sunday lunch buffet and live music at night.
- ❖ Annual Madawaska studio tours. An hour or so drive down the Valley to choose from a variety of unique artist studios in beautiful settings.
- ❖ Pontiac Studio tours in Quebec. Similar to Madawaska artist studio tour but with a Quebec twist.
- ❖ Visit Chutes de Coulonge. Inspiring gorge scenery, fascinating historical site, spine-tingling ziplines if you dare.
- ❖ Visit Barry's Bay (90 minutes) downtown and boutiques. Take a pleasant street stroll with unique boutiques in this historical town.
- ❖ Visit Barron Canyon in Algonquin Park. Unexpectedly deep scenic canyon easily visited along short pathway. Caution advised for young kids. Gorgeous in autumn.
- ❖ Hike to High Falls, Algonquin Park. Trailhead close to Barron Canyon. An hour's walk, a great summer place to slide into a foamy pool. Surprisingly popular.
- ❖ Visit Fall Fairs (Arnprior, Cobden, Renfrew, Shawville, Westmeath, Perth). Each with a different feel but with a local agricultural focus. All within an hour or so easy drive, great for the whole family.
- ❖ Attend Annual Pembroke National Fiddling Championships. A local tradition featuring the best fiddlers and step dancers you'll ever see, in a casual atmosphere.
- ❖ Visit Fort William (boat, or drive through Pembroke). A historical inn on a wide beach serving simple meals.
- ❖ Climb Mt Martin (need boat, canoe). The highest point across the river yields stunning views of the area after climbing through the forest and up some steep sections. Great in autumn.
- ❖ Climb Oiseau Rock (need boat). A short but steep climb yields wonderful views from a Quebec cliff lookout and an amazing hidden lake at the top you can swim in.
- ❖ Explore Presqu'île (need boat, canoe). This 'almost island' across the river is like a quiet fiord with steep cliffs and a small sandy beach for picnicking and swimming.
- ❖ Attend the unique Golden Lake Pow-wow. This annual event, with drumming, dancing in full regalia, crafts, and food is open to the public.
- ❖ Tour the Bonnechere Caves, Eganville. The area's best cave system features guided or self-guided tours through passageways carved by the nearby river.
- ❖ Camp at Driftwood Provincial Park, just up the highway. Sites beside the river, pleasant hiking trails, swim areas, and day area for picnics, boat launch.

Social Media Links

- ❖ Ottawa Valley Food Co-operative www.ovfc.ca
- ❖ Deep River/Chalk River Discussions Group. (Facebook page with a wide range of queries and responses by more than 4 thousand local residents.)
- ❖ Deep/Chalk River Yardsale. (Facebook postings of a wide range of items for sale.)
- ❖ Seniors Friendship Club website gives current activities for seniors plus a listing of local tradespeople and service providers recommended for home repairs, etc. <http://www.seniorsfriendshipclub.ca/our-friends/> and on Facebook at Sfc Uov.
- ❖ Town of Deep River website gives details of Town services, schedules for recycling pickups, hours of operation of garbage dumps, etc. www.deepriver.ca
- ❖ "Deep River Home Together" site (www.deepriver.ca under Departments, Recreation) gives links to online classes, workshops and virtual experiences related to physical activity, well-being, education, culture, music, dance, education, kids activities, etc.

Suggestions for additions to these lists can be sent to the local Rotary club at
rotarynorthrenfrew21@gmail.com



Rotary Club of North Renfrew (Deep River) 2021 December