

Never be bored in Deep River !

Safe. Clean. Friendly. Active clubs and groups. Easy to participate.

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 social media.



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Town of Deep River Recreation Dept - Programs & Events

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

Summer Activities

- ❖ Summer playground program. Teen leaders guide youngsters in a variety of daily activities around town.
- ❖ Summer Science Activity Camp (Arena)
- ❖ Summer Arts Camp (Arena)
- ❖ Summer Sports Camp (Arena Mezzanine)
- ❖ 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. Ask beach staff.
- ❖ 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 Libraries. Reading programs, games, play, songs, and fun stories for young kids (with adults) run by enthusiastic staff. www.deepriverlibrary.ca and <https://library.laurentianhills.ca> and <https://hcmpubliclibrary.ca/>
- ❖ Annual Triathlon. This popular event starts at the marina with a swim around buoys, a bicycle circuit around town, and a run around town streets. A sanctioned race for serious individuals and teams. Participate, volunteer, or just watch. Check Town website for details.

Winter Activities

- ❖ 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.
- ❖ Ice Arena Activities/Events. Skating lessons, figure skating and numerous hockey teams for all ages. Numerous outdoor rinks. too.
- ❖ 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.



Sports Equipment Lending Hub

A variety of outdoor sports equipment is available for free use.

Items are at the Deep River Library, 613-584-4244, or you can book through the Town website.

Items include: golf clubs, scooters, water mats, canoes, kayaks and stand-up paddle boards.

Some equipment for winter activities, too.

Independent Clubs - 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 website lists some at <http://www.deepriver.ca/departments/recreation/clubs-activities/> and the Community Association lists some at <https://www.drca.ca/list-view-members>

Summer Activities

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

Deep River Yacht & Tennis Club www.drytc.ca

- ❖ Sailing lessons. Popular 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, 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.
- ❖ Also pickup Basketball at Mackenzie gym on Wednesday evenings and pickup Volleyball on Monday evenings.
- ❖ 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.
- ❖ Winter Short Mat Bowling (Library Program Room) extends the lawn bowling season by moving indoors.
- ❖ Year-round indoor 5-pin bowling (downtown alley). An easy activity to enjoy, with family or friends. Casual leagues and instruction if needed for youth, seniors, mixed, blind, ladies' bowling. Can be rented for parties.
- ❖ 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 youth.
- ❖ Ball Hockey League runs from late April to end of June at the arena, with 10 age groups and special needs division. <https://cleanandcreative.ca/deep-river-ball-hockey>
- ❖ 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. Also separate snowshoe trails. Mostly casual but lessons and competitions are enjoyed by all ages. Equipment rentals available. www.drxc.ca
- ❖ 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.

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, artisanal items, and crafts.
- ❖ Summerfest – on the July/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/
- ❖ Local nature and nursery school for young kids <http://www.deeproootsnatureandnurseryschool.com/>



The annual “Summermusic” camp for youngsters is always popular.

Theatre, Arts and Culture

- ❖ **THEOP** is a volunteer group that brings professional concert series to town. (Mackenzie auditorium). Six or so 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 host many diverse art shows from local and visiting artists in the Library Program Room. www.drlac.ca and Facebook.
- ❖ **Deep River Players** stage performances and musicals (usually in 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
- ❖ **River Run Theatre**. A new group of enthusiastic amateurs presents a wide variety of shows in various venues.
- ❖ **Deep River Community Band** is 35 or so amateur players who rehearse weekly (except summer) and present two popular concerts each year.
- ❖ **Deep River Symphony Orchestra** is a long-standing amateur orchestra of 40 musicians with a professional director that provides a variety of music in two or three concerts yearly. (Mackenzie auditorium). www.drso.ca
- ❖ **Deep River Choral Group** (Mackenzie auditorium). A 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.
- ❖ **Deep River Youth Orchestra** Ages 9 and up, minimum Grade 2 RCM playing level. Runs October to May and is conducted by Susan Butler. susan.oboe59@gmail.com
- ❖ **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.
- ❖ **Local libraries**. Art exhibitions throughout the year showcase a wide variety of work in various media, special events and programs.
- ❖ **Pembroke**, only 40 minutes away, has a symphony orchestra, a community choir, community band, a theatre company (Streetlight Theatre), a speakers' series at Algonquin College, etc.

Stuff for Teens

There are many local 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
- ❖ 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
- ❖ Or look online.

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 allow more adventurous riding. Informal cycling groups enjoy 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 along the river 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.
- ❖ Enjoy the public swimming pool at Mackenzie school. Swimming lessons, fun days and other activities.
- ❖ Enjoy winter hill sledding (Hill Park) A load of fun, especially for kids. This short hill offers lots of thrills. Plenty of close parking so parents can stay warm!
- ❖ Go Cross-Country skiing or snowshoeing on numerous trails. Locals seem to ski wherever they like around town, but there are plenty of forest trails to explore within walking/skiing distance.
- ❖ Walk, ski or snow-shoe the Four Seasons Nature trail from Beach Avenue to Tack Point on the river, any season.
- ❖ 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. A bird-watching shelter is an ideal destination. www.drxc.ca
- ❖ The Reilly Bird Nature Reserve is on Meilleurs Road just along from the School House Museum. It can be walked or snowshoed so is a four-season resource. [Reilly Bird Nature Reserve • Ontario Nature Trails](#)

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 and equipment (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
- ❖ Yoga classes (Various instructors/locations)
- ❖ Martial Arts dojo/studio downtown www.hiltzhapkido.com
- ❖ Darts and games nights at Deep River and Chalk River Legions
- ❖ '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, quilting and other craft groups gather throughout the community
- ❖ Deep River Weavers Guild at <https://deeperiverweaversguild.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, researching? Here are some of the groups run by volunteers.

- ❖ 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 and <https://library.laurentianhills.ca/> <https://hcmpubliclibrary.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/
- ❖ Schoolhouse Museum info@schoolhousemuseum.ca
- ❖ 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 Centre or for Libraries. You could help manage or coach local sports teams or assist with the maintenance and grooming of public gardens, or maintaining trails for walking, skiing or snowmobiling. Tons of opportunities!

Visit Local Museums

- ❖ The Canadian Clock Museum (Deep River). The only clock museum in Canada, features a wide 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 local history. <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, a Sunday lunch buffet, and live music some nights.
- ❖ Annual Madawaska studio tours. An hour or so drive down the Valley to choose from a variety of unique artist studios in beautiful settings. Check online for dates.
- ❖ 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). Take a pleasant street stroll with unique boutiques in this historic 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, in 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 has a different feel 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 weekend atmosphere.
- ❖ Visit Fort William (boat, or drive through Pembroke). A historic 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 l'Oiseau Rock (need boat to cross river). A short but steep climb yields wonderful views from a cliff lookout and an amazing hidden lake at the top you can swim in.
- ❖ Explore Presqu'île (need boat or 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 indigenous 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. Camp sites beside the river, pleasant hiking trails, swim areas, and day area for picnics, boat launch.

Some Social Media Links

- ❖ North Renfrew Times webpage northrenfrewtimes.ca and on Facebook
- ❖ 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.)
- ❖ Deep River and Surrounding Area Events <https://www.facebook.com/groups/282545860594/>
- ❖ Seniors Friendship Club website gives activities for seniors plus a list of local tradespeople and service providers, etc. <https://www.seniorsfriendshipclub.ca/deep-river-area-service-providers/> and on Facebook.
- ❖ 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.

Send suggestions for additions to these lists to rotarynorthrenfrew21@gmail.com

You can access this document online at local library websites www.deepriverlibrary.ca and <https://library.laurentianhills.ca>



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