

Corona Times Shopping & Service Info List

Please direct questions to Elizabeth King 613-370-3701

New 55+ website: www.russell55plusclub.com

| | | |
|---------------|---|----------|
| In this list: | Clothing / Shoe Stores | pg 1 |
| | Garden Stores | pg 1 |
| | Grocery Stores -new at the end | pg 2-3 |
| | Hardware / Kitchen Wares Stores | pg 4 |
| | Pharmacies | Pg 4-5 |
| | Restaurants, Cafes, and Bakeries | Pg 5 |
| | Services (211, Yard wk., financial etc) | pgs. 6-7 |
| | Township List of Restaurants still open | pg 8 |

Clothing / Shoe Stores

Please note that as of Monday Apr 11, 20, retail stores can provide curbside pick up. I don't know if the few we have out here will do so.

Moose Creek Mall

- **Chez Therese Clothes** (located in Moose Creek)
- Website is www.cheztherese.ca. They offer ten dollar flat delivery fee, huge sales, and an interactive fashion show which is lots of fun. T
- hey also offer free curbside pick up.
- **Vimi Shoes:** website is www.moosecreekmall.com. They offer shoes that beautiful and comfortable. They are having a great sale. They also offer delivery and curbside pick up.

Sweet Legs with Angie(Winchester):

- Offers tights, leggings, and comfortable tops and other fabulous clothes at reasonable prices
- Contact Angie : facebook page and a website Sweetlegs Winchester with Angie.
Ccurbside pick up and delivery.

Garden Stores

Beyond the house garden center

Allowed to reopen for in-store shopping on May 8th

- 144 Craig St. Each day, will post pictures of plants currently in stock, along with price and pot size.
- To reserve a specific plant, you can call the store at 613.445.5214, email us at info@beyondthehouse.ca, or leave a message on Facebook or Instagram.

Denise and Sylvain Garden Centre Embrun (next to Boston Pizza)

Allowed to reopen for in-store shopping on May 8th

- Website: www.embrungardencentre.ca
- Order online or call for curbside pick up.

Grocery / Food Stores

As per Ontario Health directives,

- **no shopping bags from home.** IGA, Foodland and Boni Choix provide plastic and **paper bags** (upon request), but you will have to pack your own groceries.
- **No cash payments!** Debit cards with tap are preferred. Most will take credit cards for payment.

1. Russell Foodland:

- AS OF NOW THEY ARE **NOT OPEN 24 HOURS**. THEY ARE ONLY **OPEN TIL 8 PM**.
- NO **bags/boxes brought from home**
- Limits on certain foods.
- Offer shopping for **Seniors (65+)** from 8 am and 9 am.
- **Free delivery within 15 km;** on a 2 day turn around. Order by email Karine.boucher@sobeys.com. You must pay by credit card through your email order. Delivery does extend to Embrun.
- **Phone number:** 613-4450468
- **Website:** <https://ontario.foodland.ca/stores/russell/>
- **Facebook Page:** <https://www.facebook.com/pages/category/Specialty-Grocery-Store/Foodland-447268728768722/> They frequently update their FB page and website with the changes.

2. Independent Embrun:

- **Hours of Operation:** Monday to Friday: 8 a.m. to 9 p.m., Saturday to Sunday: 8 a.m. to 7 p.m. and shopping for seniors (65+) 8am to 9am.
- Limits on certain foods.
- Offer **grocery pick-up** at the store. Call them, press 6 and order groceries. All groceries are packed in **their** bags, they put it in your trunk.
- Pick up can take 2 weeks between call and the order being ready.
- Call first thing in the morning. They limit to 40 orders for pick-up per day for community.
- **Phone Number:** 613-443-3064
- **Website:** <https://www.yourindependentgrocer.ca/>; go to local location. Independent Embrun does not offer delivery service
- **Facebook Page:** Independent Grocery (Embrun); although there is very little information.

3. Giant Tiger:

- **No cloth bags and plastic boxes from home;** Offer free plastic bags and will not pack **bags/boxes brought from home**
- Washrooms and Changerooms are unavailable
- Are stocked up on hand sanitizer! (Just remember for this virus only 60 to 70% alcohol based will work.
- No delivery or shopping hours for seniors.
- **Phone Number:** 613-443-1215
- **Facebook Page:** Giant Tiger Embrun, although there is very little information.

4. Boni Choix:

- In store shopping, all patrons are asked to wash their hands in the sink provided at the front of the store.
- Delivery available to closer cities and a small fee further away. Order by phone to make arrangements, and thus far wait times are small.
- Open Monday to Saturday 8 am to 8 pm and Sunday 9am to 7pm.
- Well stocked and have small numbers of shoppers
- No specific senior shop times up to now.
- **Phone Number:** 613-443-5301
- **Facebook Page:** Marché BoniChoix (Marché Alain Viau Market)
<https://www.facebook.com/bonichoixembrun/>

5. M & M, Meat Stores Embrun:

- Curbside pick up. Order on website for pick up in store at prearranged time.
- <https://www.mmfoodmarket.com/en/clickcollect> Allow access, scroll down & choose store
There is a long, long lag time when you click on their order site; give it time, it does eventually come up. Alternately, try to place your order on the site during a low traffic time such as in the evening or very early am.
- Discounts for Seniors for online orders and on walk-in on Tuesdays.

6. Winchester Foodland:

- Offering a home delivery service currently it is free, but next week they will begin charging between 5 and 15 dollars depending on where you live.
- Senior hours from 8-9 am and are controlling the number of persons in the store
- They would prefer people use their plastic bags and will not pack bags brought from home.
- 613-774-1958 dan.pettigrew@sobeys.com.

6. Keurig Warehouse

- Contact info: 1974 Des Pins St. Limoges, 1-613-443-3034
- Have coffees, teas, espressos, hot chocolate available to buy
- Currently have a sale 24 pods for 10 dollars, tax in for most items
- Call in order and they will give you total cost, then you send an e-transfer and arrange pickup
- Have a loyalty card, ask for it, after 12 purchases customers receive a free promotional box.

7. Jan's spices

- Epicure products. She features recipes, videos ect on her facebook page.
- <https://www.facebook.com/JansSpices/>
- 613-850-9879 (Cell) or janicestewart.epicure.com

Hardware/Kitchen Wares Stores

Note: I have left all the email contact info because it is unclear at this time which stores will actually switch to in-store shopping.

Home Hardware & Rona:

- Allowed to reopen for in-store shopping on May 8th

Home Hardware:

- Customers can continue to order essential supplies on homehardware.ca, or by placing phone or email orders. Once orders have arrived, we will notify you and arrange pick-up or delivery
- https://www.homehardware.ca/en/?gclid=Cj0KCQjw17n1BRDEARIsAFDHFexsmPMHkrgoOIQgKggYkzCumRy5lGaU0oDBVHZMlrXjkewPr_Le4CUaApu1EALw_wcB&gclidsrc=aw.ds
- Embrun: (613) 443-2889 ken.carscadden@homehardware.ca
- Russell (613) 445-2171 barryhh@homehardware.ca <barryhh@homehardware.ca>;

Rona

- <https://www.rona.ca/en/Rona-la-coop-agricole-dembrun-ltd-embrun?catalogId=10051&langId=-1&storeId=10151>
- 613-443-7662 email jfjulien@coopembrun.com

Pampered Chef:

- Consultant Ann Marie Desjardin: Home: 613-445-9800 Cell: 613-794-8298 Email: blingu10cil@gmail.com
- www.pamperedchef.ca/pws/amdesjardins. Her contact info is as follows Anne Desjardins- Independent Pampered Chef Consultant

Pharmacies

1. Ida Pharmacy Russell:

- Free delivery, same day if you call before noon and next day otherwise. Order by phone or website.
- Customers should call ahead re: needs, don't want people to go in
- **Facebook page** is Downtown Ida Pharmacy. They have many updates.
- **Website:** <http://downtownidapharmacy.ca/>
- phone number is 613 445 1223
- Hours of operation are not changed.

2. Russell Pharmacy (PharmaChoice):

- Can arrange free delivery. They request that customers who don't feel well, no matter what illness you have, don't go into the store.
- Hours of operation remain the same.
- As the situation evolves, they will adjust our policies to best manage your needs.
- **Phone number:** 613 445 5555
- **Facebook:** Russell Pharmacy (PharmaChoice)
- **Website:** <http://www.pharmachoice.com/on/Russell>

3. Shoppers Drug Mart (Embrun)

- Free delivery
- Website offers a link to consult a doctor online
- Senior shopping daily from 8-9 (but don't stop others from entering at same time).
- Seniors' discount daily between 8 am and 9am.
- Call in their prescriptions in advance.
- **Phone Number:** 61443 3669
- **Facebook page:** Shoppers Drug Mart (Embrun)
- **Website:** <https://www1.shoppersdrugmart.ca/en/home>.

4. Jean Coutu:

- Provide **free local delivery**.
- Prescription renewals should be made online as their phones are backlogged.
- Regular hours for now.
- **Facebook Page:** Jean Coutu Embrun. The page is terrible and provides little information.
- **Website for updates:** English and French is available. <https://www.jeancoutu.com/localisateur-succursale/embrun-867-rue-notre-dame-k0a-1w0/246/>

Restaurant/ Cafes & Bakeries

(see the list from the township at the very end of document)

Muir's Bakery (Maxville Ontario)

- amazing bakery featuring Scottish food and baked goods,
- Stores is no longer open for walk-ins but offer online and telephone orders 613 527-1806
- Pickup and delivery (at a cost).
- Curbside pick up available.
- Facebook page at Muir's Bakery Maxville.

Gazoo Donuts:

- They sell homemade cinnamon donuts;
- Delivery and curbside pick up.
- Website: www.gazoodonuts.com

Experience Coffee & Smoothie Bar Embrun):

- Offer specialty coffees, smoothies, paninis & wraps
- Have changed back to walk in orders and payment but outside pickup.
- Phone ahead and pay by Visa for pickup at door. [613-265-9441](tel:613-265-9441)
- For Menu and number go to:
<https://www.facebook.com/1625199144476670/photos/a.1679737265689524/2467800513549858/?type=3&theater>

Metcalf Golf Course (1956 8th Line Rd. Metcalfe):

- Order by phone 613-821-3673
- All orders must be pre-paid by Visa MasterCard or by E-Transfer
- <https://www.facebook.com/metcalfegolf/photos/a.83956922970/10158624519812971/?type=3&theater>
- Pick order before 1:00pm the day of pick up times at 4:00 to 6:00pm. Remain in car and call them on cell to let them know you're there, pick up table in hallway outside of Hicories.

Winchelsea Farms:

- To go dinners offered Thursday to Saturday at the end of the month and Brunch on Saturday. Right now the website is not showing events but if you subscribe, you will receive an email advising you of the next 'Meals to Go. '
- Contact them at 613-774-1998 or email: events@thewinchelsea.com or <https://www.facebook.com/winchelsea.winchester>
- Dinners are \$18 plus HST per person/ with dessert \$22 plus HST. Sunday Brunch is \$15.00 per person plus tax, pick between 10 and noon!
- Pick up at the Winchelsea between 4:30pm & 6:30pm

See Township list of restaurant during COVID at the very end.

Services

Eastern Ontario Health Unit EOHU:

- Updates re Prescott Russell and Eastern Ontario Health Unit COVID statistics are posted daily. <https://eohu.ca/en>
- Regarding Current Statistics: <https://eohu.ca/en/covid/covid-19-status-update-for-eohu-region>
- Regarding Assessment Centres <https://eohu.ca/en>

Good Neighbours Food Bank :

- Our Foodbank in Russell wrote a note to us about how their service works and who could benefit from it. If you require assistance you can call them at 613 443 2793. They can accommodate special requests and 55+ through Elizabeth King can arrange a volunteer to pick up your items. They have received a grant from the federal government which will be helpful at this time. Please do not hesitate to avail yourself or to tell other people about this.
- Website: <https://goodneighbours.wixsite.com/foodbank>
- If you don't need this service and would like to donate, donations can be sent by e-transfer to: goodneighbours.bonsvoisins@gmail.com or sent by cheque to 42 Blais St., P.O. Box 573, Embrun KOA 1W1

Recreational:

- Please note the bike path is no longer open to bikes, runners, or skaters, and skateboarders. Walkers only. Signs are posted at all entrances.
- Parks, including the dog park, are still closed.

Seniors Info and Services:

- Providing emergency care and over the phone care (25) consultation fee.
- The government has promised money for seniors' programs through the united way.
- Call 211 with questions so that you can be linked up to services.
- If you are not sure feel free to call Elizabeth King , 55+, at the number above and she will investigate.
- The provincial government announced that anyone receiving the GAINS benefit will receive an extra 83 dollars per month for the next few month. You must have a certain income under 10 thousand to qualify for gains.

Veterinary:

- Providing emergency care and over the phone care (25) consultation fee.
- 613 445 5622
- Offers delivery and window pick up for pet supplies and medicines

Volunteers:

- 55+ has volunteers available to work for you. If you require help with yard work, delivery of items or would just like to talk about things you can call us or email us, and we can link you up with a volunteer.
- If you require a meal or help with services, please feel free to call or email. We can also arrange for cloth masks if needed.

Yard Work: (other service providers are available, let Mary know of any to include)

- There are several in the area.
- Dave Stewart offers tree trimming and yard work, call 613 370 0555.

Following is the updated Restaurant lists from the township. Note that My Second Home is closed and that Le Village Restaurant adjacent to the Embrun Hotel is now open for takeout.

Restaurants Still Open for Takeout / Delivery During COVID-19

Restaurants qui sont ouverts pour ramasser des plats à emporter et/ou livraison pendant COVID-19

Updated: May 7 / Mis à jour: 7 mai

| Restaurants | Tel. | Email Addresses / Adresses courriel | Delivery / Livraison | Hours of Operation / Heures d'ouverture | Menus |
|----------------------------------|------------------------------|-------------------------------------|--------------------------------------|---|---|
| Académie du Gourmet Academy | 613-443-1700 | maryse@academiedugourmet.ca | Yes / Oui | Deliveries on Fridays / Livraison les vendredis | https://www.facebook.com/AcademieGourmetAcademy/ |
| Au P'tit Castor | 613-443-0865 | au.ptit.castor@gmail.com | Yes / Oui | 11am to 7pm Mon to Sat / 11h à 19h lundi au samedi | https://www.facebook.com/aupitcastor/photos/p.803652566684848/803652566684848/?type=1&theater |
| Boston Pizza | 613-443-1221 | | Yes / Oui | 4pm to 9pm everyday / 16h à 21h chaque jour | https://bostonpizza.com/en/locations/embrun.html |
| Brasserie Étienne Brûlé Brewery | 613-370-3000 | info@etiennebrule.ca | Yes / Oui | Deliveries 11am to 2pm and 4pm to 9pm Tuesday to Sunday / Livraison 11h à 14h et 16h à 21h mardi au dimanche | https://www.facebook.com/brasserieetiennebrulebrewery5/photos/a.1695305444050522/2547481138832944/?type=3&theater |
| Brasserie Tuque de Broue Brewery | 613-443-4497 | info@tuquedebroue.ca | Yes Tues & Thurs / Oui mardi & jeudi | Visit Facebook page for Hours of Operation / Visitez la page Facebook pour les heures d'ouverture | https://brasserie-tuque-de-broue-brewery-inc.myshopify.com/collections/all?fbclid=IwAR1ThnUJHCRUoB0S1K1coaBzN-vjIHxRxdJ53xveixLY10BxRNYnDLrMA120 |
| Caesars Palace | 613-443-2000 | | Yes / Oui | 11am to 10pm Mon to Thurs, 11-11 Fri-Sat, 3 to 9 Sun / 11h à 22h lundi au jeudi, 11h à 23h vendredi et samedi, 15h à 21h dimanche | http://caesarpalaceembrun.com/?fbclid=IwAR3niGb29vadkNqOn9o597DnaABX2e9WLMdb2GXAjgDEGs_PcHU0Q5hcYo |
| Colonel's City Pizza | 613-370-2220 | | Yes / Oui | 11am to 10pm Mon to Thurs, 11-11 Fri-Sat, 3 to 9 Sun / 11h à 22h lundi au jeudi, 11h à 23h vendredi et samedi, 15h à 21h dimanche | https://colonelscitypizzaembrun.ca/ |
| Dairy Queen | 613-443-3093 | | No / Non | Drive-thru only 11 am to 9 pm / service au volant seulement 11h à 21h | https://www.dairyqueen.com/us-en/Menu/Food/ |
| Dong Seng Chinese Food | 613-443-3426 | | No / Non | 11am to 9pm Wed to Mon, 4:30pm to 9pm Tues / 11h à 21h mercredi au lundi, 16h30 à 21h mardi | |
| Expérience | 613-265-9441 | | No / Non | 10am to 4pm Mon to Sat / 10h à 16h lundi au samedi | https://www.facebook.com/1625199144476670/photos/a.1679737265689524/2467800513549858/?type=3&theater |
| Fry Me to the Moon | 613-863-8773 | | Yes / Oui | 11am to 8pm Wed to Monday / 11h à 20h mercredi au lundi | https://www.facebook.com/1404056003191249/photos/a.1404302706499912/2336404836623023/?type=3&theater |
| Gabriel's Pizza | 613-443-3345 | | Yes / Oui | | https://gabrielpizza.com/ |
| Homestead Pub | 613-370-9000 | homesteadpub2018@gmail.com | Yes / Oui | 5-8pm Wed to Sat, preorders from 2 to 4pm on these days / 17h à 20h mercredi au samedi, commande à l'avance de 14h à 16h durant ses journées | https://www.facebook.com/homesteadPubEmbrun/photos/pcb.1831169546984857/1831169296984882/?type=3&theater |
| Joe's Pizza Shop | 613-443-3320 | | Yes / Oui | 11am-9pm / 11h à 21h | https://www.facebook.com/Joes-Pizza-Shop-535053320170584/ |
| KC's Country Inn | 613-443-3983 | | No / Non | 10:30am to 8pm Mon to Sat / 10h30 à 20h lundi au samedi | |
| Kyan Cuisine | 613-620-3826 | info@kyancuisine.ca | Yes / Oui | Deliveries Mondays / Livraisons lundi | https://www.facebook.com/KyanCuisine/ |
| Latin Table | 613-443-2542 | latintable1028@gmail.com | No / Non | 12 to 7pm Thursday to Sunday / 12h à 19h jeudi au dimanche | https://www.facebook.com/pg/Latin-Table-Table-Latine-425435848300955/photos/?tab=album&album_id=555913251919880&ref=page_internal |
| Lil Moms | 613-443-1802 | | No / Non | 11am to 7pm Mon, Tues, Sat, 11am to 7:30pm Wed & Thurs, 11am to 8pm Fri / 11h à 19h lundi, mardi et samedi, 11h à 19h30 mercredi et jeudi, 11h à 20h vendredi | https://bit.ly/3eEeCR8 |
| Milano Pizzeria | 613-445-3131 | | Yes / Oui | | |
| Russell Restaurant | 613-445-2886 | | Yes / Oui | 4pm to 8pm Mon to Sat / 16h à 20h lundi au samedi | www.russellrestaurant.ca |
| Subway | 613-443-0616 | | No / Non | 9am to 9pm / 9h à 21h | https://www.subway.com/en-CA/MenuNutrition/Menu |
| The Hot Potato | 613-715-0778 | | No / Non | 11am to 7pm everyday / 11h à 19h chaque jour | https://www.facebook.com/TheHotPotatoChipstand/?__tn__=%2Cd%2CP-R&eid=ARC6GcEU7Af01wppchiW9A2V51-srqzq-zqwDG139VXptyndp-Occolp1ClmjCYxCB2_CPcMJB2Jmm |
| Tiffany's Pizza | 613-443-2381 | | No / Non | | https://www.tiffanyspizza.ca/menu |
| Tim Hortons (Embrun) | 613-443-0931 | | No / Non | | https://www.timhortons.ca/menu |
| Tim Hortons (Russell) | 613-445-3434 | | No / Non | | https://www.timhortons.ca/menu |
| Village Dining Lounge | 613-252-9111 613-443-3184 | | No / Non | Pick up after 4pm / Prêt à ramasser après 16h | https://bit.ly/3ftlnoo |
| Boulangerie du Village | 613-370-8800 | | Closed / Fermé | | https://villagebakeryembrun.ca/products/ |
| My Second Home | 613-443-7722 | | No / Non | | |
| Sandee's Restaurant | 613-370-0771 | | Closed / Fermé | | https://www.zmenu.com/sandeess-restaurant-embrun-online-menu/ |