

West Carleton Community Support Services Calendar – February 2019



Monday Constance Bay Open 9:00-12:00	Tuesday Fitzroy Harbour Open 9:00-12:00	Wednesday Fitzroy Harbour Open 9:00-12:00	Thursday Constance Bay Open 9:00-12:00	Friday
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4 9:00-12:00 Drop In 1:30-4:30 Bridge Club	5 10:00-12:00 Caregiver Support Group at Bethel-St. Andrews Church	6 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	7 9:00-12:00 Drop In 10:45-12:00 Health/Wellness Workshops 12:00-4:00 Community Home Visits	8 11:30-1:30 West Carleton Diner's Club in Kinburn. Presentation by Courtney Fowler - Dietician "Cooking for One or Two"
11 9:00-12:00 Drop In 1:30-4:30 Bridge Club	12 9:00-12:00 Drop In 1:00-3:00 Men's Ministry Home Maintenance Volunteer Meeting 7:00-9:00 West Carleton Advisory Committee Meeting- Call for Information	13 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	14 9:00-12:00 Drop In 10:45-12:00 Health/Wellness Workshops	15 10:00-12:00 Caregiver Support Group at St. James Anglican Church Carp
18 9:00-12:00 Drop In 1:30-4:30 Bridge Club	19 9:00-12:00 Drop In 1:30-2:30 Community Cafe	20 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	21 9:00-12:00 Drop In 10:45-12:00 Health/Wellness Workshops	22 11:30-1:30 West Carleton Diner's Club in Galetta. Entertainment- "Country Classics" With Gaston Moreau
25 9:00-12:00 Drop In 1:30-4:30 Bridge Club	26 9:00-12:00 Drop In	27 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	28 9:00-12:00 Drop In 10:45-12:00 Health/Wellness Workshops 12:00-4:00 Community Home Visits	

Constance Bay Community Service Centre- 262 Len Purcell Drive- Open 9:00-12:00
Fitzroy Harbour Community Service Centre- 184 Jack Lougheed Way- Open 9:00-12:00



Please note WOCRC Staff will be available at the Rural Service Centre during the hours listed above. Staff will also be available at WOCRC activities at the centres and in the community. All other times, please call 613-591-3686 ext. 327 or ext. 299.

Storytime

Join us at Storytime where the books come to life with songs, puppets and exciting twists. Be transported into a new adventure every week! Ideally suited for children 2-6 years (younger siblings welcome). Please note this activity will take place in French and English. For more info, contact: buchanan@wocrc.ca (613) 591-3686 x 287.

Crafts with Colleen (CBBCA Activity)

Bring your ongoing project and join us in the small room beside the library. **For more information, contact Colleen at 613-832-4666.**

Drop In

WOCRC staff will be on site to provide support, information, referrals and practical assistance to community members for a variety of services including, transportation, frozen meals, foot care and social opportunities.

Bridge Club (CBBCA Activity)

“Aunt Alice’s Bridge Club”, The Bay’s longest running bridge club welcomes new **experienced** members. For more information, **please contact Andy Rapoch at 613-290-8311 or adults55plus@cbbca.ca.**

West Carleton Caregiver Support Group

Are you caring for an older adult? Are you tired? Overwhelmed? Would you like to meet other caregivers? Our caregiver support group meets twice a month to discuss topics that may assist you in your well-being. Onsite respite care is available. For more information about the support group, including how to join, please call 613-591-3686 ext. 299 or email us at css@wocrc.ca.

Community Home Visits

Service Coordinators will be in the community providing support and service coordination through home visits.

West Carleton Diner’s Club

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time! **Registration required at 613-591-3686 ext. 327.**

Health/Wellness Workshops (CBBCA Activity)

Dr. Stephanie Deschenes from Carp Chiropractic will be hosting a series of Health and Wellness Workshops. For more information and to see a list of session topics, **please contact Andy Rapoch at 613-290-8311 or adults55plus@cbbca.ca.**

Community Café

Stop in for an informal time to socialize and enjoy some refreshments.

For more information on the calendar events or any other services, and to register call 613-591-3686 ext. 3 or email css@wocrc.ca.