

# West Carleton Community Support Services Calendar - September 2019



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
<b>2</b>  <b>Rural Service Centre Closed for Labour Day</b>	<b>3</b>  9:00-12:00 Drop In	<b>4</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>5</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>6</b>
<b>9</b>  9:00-12:00 Savvy Seconds Pop Up Shop-WOCRC Staff Onsite	<b>10</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>11</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>12</b>  9:00-12:00 Savvy Seconds Pop Up Shop-WOCRC Staff Onsite  1:00-2:00 Community Cafe	<b>13</b>  11:30-1:30 West Carleton Diner's Club-Kinburn Presentation: Goulbourn Museum
<b>16</b>  <b>Rural Service Centre Closed For Planning Day</b>	<b>17</b>  9:00-12:00 Drop In  1:30-2:30 Community Café	<b>18</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>19</b>  9:00-12:00 Drop In	<b>20</b>  9:00-12:00 Drop In- St. James Anglican Church Carp
<b>23</b>  9:00-12:00 Drop In	<b>24</b>  9:00-12:00 Drop In  1:00-3:00 Caregiver Support Group in Carp	<b>25</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>26</b>  9:00-12:00 Community Home Visits	<b>27</b>  11:30-1:30 West Carleton Diner's Club- Carp Entertainment TBA
<b>30</b>  12:00-4:00 Community Home Visits				

Constance & Buckham's Bay Community Service Centre- 262 Len Purcell Drive  
Fitzroy Harbour Community Service Centre- 184 Jack Lougheed Way



**Please note WOCRC Staff will be available on site during the programming hours listed above and all other times by calling 613-591-3686 ext. 327 or 299.**

### **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.

### **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](mailto:buchanan@wocrc.ca) or 613- 591-3686 x 287.**

### **Savvy Seconds Pop-Up Shop**

Gently used clothing is available free of charge for any shopper. We will have a variety of clothing options for families with children and older adults. Come out and browse - we hope you find something you like!

### **Caregiver Support Group at Carp Commons, 480 Donald B. Munro Drive, Carp.**

Are you caring for an older adult? Are you feeling tired? Overwhelmed? Would you like to meet other caregivers? Our caregiver support group meets on a monthly basis to discuss topics that may assist you in your well-being.

For more information about the support group, including how to join, please call: **613-591-3686 ext. 299** or email us at [bignell@wocrc.ca](mailto:bignell@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.**

### **Community Café**

Looking for an opportunity to connect with friends and neighbours? Join us for coffee, tea and treats at our monthly community café! Everyone welcome!

### **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.**

***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](mailto:css@wocrc.ca)***