

# West Carleton Community Support Services Calendar –October 2018



<b>Monday</b> <b>Constance Bay</b> <b>Open 9:00-12:00</b>	<b>Tuesday</b> <b>Fitzroy Harbour</b> <b>Open 9:00-12:00</b>	<b>Wednesday</b> <b>Fitzroy Harbour</b> <b>Open 9:00-12:00</b>	<b>Thursday</b> <b>Constance Bay</b> <b>Open 9:00-12:00</b>	<b>Friday</b>
<b>1</b> National Senior Day!  9:00-12:00 Drop In  1:30-4:30 Bridge Club	<b>2</b>  10:00-12:00 West Carleton Caregiver Support Group	<b>3</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>4</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>5</b>
<b>8</b>  Centre Closed for Thanksgiving	<b>9</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>10</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>11</b>  10:30-12:00 Apetito Frozen Meal Tasting	<b>12</b>  11:30-1:30 West Carleton Diner's Club Special outing to Constance Lake Lodge
<b>15</b>  9:00-12:00 Drop In  1:30-4:30 Bridge Club	<b>16</b>  9:00-12:00 Drop In	<b>17</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA	<b>18</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>19</b>  10:00-12:00 Caregiver Support Group at St. James Anglican Church Carp
<b>22</b>  9:00-12:00 Drop In  9:00-12:00 Savvy Seconds Pop Up Shop  1:30-4:30 Bridge Club	<b>23</b>  9:00-12:00 Drop In  12:00-4:00 Community Home Visits	<b>24</b>  Centre Closed for Staff Development Day	<b>25</b>  9:00-12:00 Drop In  9:00-12:00 Savvy Seconds Pop Up Shop  12:00-4:00 Centre closed for a staff meeting	<b>26</b>  11:30-1:30 West Carleton Diner's Club in Galetta music: Rick Leben
<b>29</b>  9:00-12:00 Drop In  1:30-4:30 Bridge Club	<b>30</b>  9:00-12:00 Drop In  1:30-2:30 Apetito Frozen Meal Tasting	<b>31</b>  10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay  1:30-4:00 Crafts with Colleen at CBBCA		

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



**\*\*New Hours\*\* 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.**

#### **Snow Go Assist Program**

Snow Go ASSIST is a subsidy program for low income seniors who require financial assistance with their snow removal costs. Approved clients may be reimbursed for up to 50% of the cost of snow and ice clearing, up to a seasonal maximum. Must provide proof of income. For more information, call 613-591-3686 ext.315

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

#### **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) (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.**

#### **Community Home Visits**

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

#### **Apetito Frozen Meal Tasting**

Please join us to sample a selection of our frozen meal options!

#### **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.**

#### **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!

**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).**