

West Carleton Community Support Services Calendar –September 2018



****Take Note Important Information on Reverse Side****

****New Hours** & Snow Go Assist Applications**

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
3 Centre closed for Labour Day	4 10:00-12:00 West Carleton Caregiver Support Group	5 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	6 9:00-12:00 Drop In 12:00-4:00 Community Home Visits	7
10 9:00-12:00 Savvy Seconds Pop Up Shop 1:30-4:30 Bridge Club	11 1:00-3:00 Men’s Ministry Home Maintenance Volunteer Meeting	12 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	13 9:00-12:00 Savvy Seconds Pop Up Shop	14 11:30-1:30 West Carleton Diner’s Club in Kinburnn. Entertainment by Robin & Joe
17 1:30-4:30 Bridge Club	18 Service Centre CLOSED- Staff Training 7:00-9:00 West Carleton Advisory Committee Meeting- Call for Information	19 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	20 9:00-12:00 Drop In	21 10:00-12:00 Caregiver Support Group at St. James Anglican Church Carp
24 1:30-4:30 Bridge Club	25 9:00-12:00 Drop In 12:00-4:00 Home Visits 4:30-7:30 WOCRC Open House -2 MacNeil Court Kanata	26 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	27 9:00-12:00 Drop In 12:00-4:00 Community Home Visits	28 11:30-1:30 West Carleton Diner’s Club in Carp. Guest Speaker: Home Instead Senior Services

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

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.

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

Walking Club (weather permitting)

Join us for some exercise and good company as we walk around the neighbourhood. Light refreshments will be served.

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.

Community Home Visits

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

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!

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 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.

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.