

## West Carleton Community Support Services Calendar –January 2018



Monday Constance Bay Open 10:00-3:00	Tuesday Fitzroy Harbour Open 10:00-3:00	Wednesday Fitzroy Harbour Open 10:00-3:00	Thursday Constance Bay Open 10:00-3:00	Friday
<b>1</b> Centre Closed	<b>2</b> 10:00-12:00 Drop In	<b>3</b> 11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>4</b> 10:00-12:00 Drop In	<b>5</b>
<b>8</b> 1:30-4:30 Bridge Club	<b>9</b> 10:00-3:00 Counselling Services with Sofia	<b>10</b> 11:00-12:00 Walking Club (weather permitting)  12:00-2:00 Sandhills Seniors Lunch & Meeting  1:30-4:00 Crafts with Colleen at CBBCA	<b>11</b> 10:00-12:00 Drop In	<b>12</b> 11:30-1:30 West Carleton Diner's Club in Kinburn with music by Ginette Hamilton
<b>15</b> 1:30-4:30 Bridge Club	<b>16</b> 10:00-12:00 Drop In	<b>17</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>18</b> 10:00-3:00 Counselling Services with Sofia	<b>19</b> 10:00-3:00 Drop in at St. James Anglican Church Carp
<b>22</b> 1:30-4:30 Bridge Club	<b>23</b> 10:00-12:00 Volunteer Information Session	<b>24</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>25</b> 1:00-2:30 Afternoon Break	<b>26</b> 11:30-1:30 West Carleton Diner's Club in Carp with guest speaker Rachel Sutcliffe "Senior Centre Without Walls"
<b>29</b> 1:30-4:30 Bridge Club	<b>30</b> 1:00-2:30 Afternoon Break	<b>31</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA		

**Constance Bay Community Service Centre- 262 Len Purcell Drive- Open 10:00-3:00**  
**Fitzroy Harbour Community Service Centre- 184 Jack Loughheed Way- Open 10:00-3:00**



***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. Light refreshments available.

***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***

Bring your ongoing project and join us in the small room beside the library where we will be knitting, crocheting, rug hooking, weaving, jewelry making. A kettle is always at the ready to make hot drinks. Please e your own mug, as well as your ongoing craft project. **For more information, contact Colleen at 613-832-4666.**

***Bridge Club***

“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).**

***Counselling Services with Sofia***

Sofia is a counsellor who works with the WOCRC providing counselling support, information, referrals and practical assistance to community members. Whether you are coping with a stressful situation, looking for coping techniques, support or enquiring about community services and resources you are welcome to come. Sofia can assist with practical supports such as providing information about energy assistance programs, Essential Health & Social Services, Ontario Works, Ontario Disability Support Program, housing and shelters etc. To learn more about Sofia and what she can offer please call or drop in.

***Sandhills Seniors Lunch and Meeting***

Sandhills Seniors gets together on the 2<sup>nd</sup> Wednesday of every month at The Legion for a potluck lunch provided by members, a guest speaker, and regular meeting. (Visitors/Non-cooks pay \$6.00.) **For information about the club please contact Gloria Wilson at 613-832-3222.** Sandhills Seniors was the first “seniors” group in The Bay and is a member of the West Carleton Seniors Council, which organizes a tournament of indoor games in March hosted at each of its members’ locations.

***West Carleton Diner’s Cub***

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! Catered by Greensmere Golf and Country Club and Lorne Sutherland Women’s Institute. **Registration required at 613-591-3686 ext. 327.**

***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.

***Volunteer Information Session***

Come apply to become a volunteer in your community with Western Ottawa Community Resource Centre. The Centre’s volunteer resources coordinator will be present and accepting applications. Interviews with will held at a later date. **Please call 613-591-3686 ext. 280 if you have any questions.**

***Afternoon Break***

Feel free to stop in for an afternoon break and enjoy a cup of tea or coffee. As always, staff are available to assist with Community Support Services at this time.

**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).**

**West Carleton Community Support Services Calendar –February 2018**



<p><b>Monday</b> Constance Bay Open 10:00-3:00</p>	<p><b>Tuesday</b> Fitzroy Harbour Open 10:00-3:00</p>	<p><b>Wednesday</b> Fitzroy Harbour Open 10:00-3:00</p>	<p><b>Thursday</b> Constance Bay Open 10:00-3:00</p>	<p><b>Friday</b></p>
			<p><b>1</b> 10:00-12:00 Drop In  6:30-9:00 Community Helper Training (St Isidore's)</p>	<p><b>2</b></p>
<p><b>5</b> 1:30-4:30 Bridge Club</p>	<p><b>6</b> 1:00-2:30 Afternoon Break</p>	<p><b>7</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA</p>	<p><b>8</b> 10:00-12:00 Volunteer Information Session  6:30-9:00 Community Helper Training (St Isidore's)</p>	<p><b>9</b> 11:30-1:30 West Carleton Diner's Club in Kinburn with entertainment by Bob and Don</p>
<p><b>12</b> 1:30-4:30 Bridge Club</p>	<p><b>13</b> 10:00-3:00 Counselling Services with Sofia</p>	<p><b>14</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA</p>	<p><b>15</b> 10:00-3:00 Counselling Services with Sofia  6:30-9:00 Community Helper Training (St Isidore's)</p>	<p><b>16</b> 10:00-3:00 Drop in at St. James Anglican Church Carp</p>
<p><b>19</b> Centre Closed</p>	<p><b>20</b> 10:00-12:00 Drop In</p>	<p><b>21</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA</p>	<p><b>22</b> 1:00-2:30 Afternoon Break  6:30-9:00 Community Helper Training (St Isidore's)</p>	<p><b>23</b> 11:30-1:30 West Carleton Diner's Club Galetta with entertainment by Rick Leben</p>
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***Community Helpers Training***

WOCRC is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills. **For more information, contact Program Coordinator, Megan Richards at 613-591-3686 ext.324.**

***Bridge Club***

“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).**

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