

West Carleton Community Support Services Calendar - August 2019



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
			1 9:00-12:00 Drop In	2
5 12:00-4:00 Community Home Visits	6 9:00-12:00 Drop In	7 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	8 1:00-2:00 Community Cafe	9
12 12:00-4:00 Community Home Visits	13 9:00-12:00 Drop In	14 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	15 9:00-12:00 Drop In	16 11:30-1:30 Diner's Club Event: Outing to Antrim Truck Stop
19 9:00-12:00 Drop In	20 9:00-12:00 Drop In 1:30-2:30 Community Café	21 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	22 9:00-12:00 Community Home Visits	23
26 12:00-4:00 Community Home Visits	27 9:00-12:00 Drop In 1:00-3:00 Caregiver Support Group in Carp	28 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 1:30-4:00 Crafts with Colleen at CBBCA	29 9:00-12:00 Drop In	30

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 at the Fitzroy Harbour Rural Service Centre and Constance & Buckham's Bay Community Centre during the hours listed above and during programming hours.

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 or 613- 591-3686 x 287.**

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

Community Home Visits

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

West Carleton Diner's Club – Outing to Antrim Truck Stop, 580 White Lake Road Arnprior.

Join us for lunch and bring a friend! Cost of lunch for guests is based on menu items ordered on that day. Payment can be made at the restaurant using cash, Debit or Credit Card. Transportation is the responsibility of each guest.

Please RSVP by Friday July 9th to 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