

West Carleton Community Support Services Calendar – October 2019



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
	1 12:00-4:00 Community Home Visits	2 1:30-4:00 Crafts with Colleen at CBBCA 1:00-3:00 Men's Ministry Home Maintenance Volunteer Meeting	3 9:00-12:00 Drop In 12:00-4:00 Community Home Visits	4
7 12:00-4:00 Community Home Visits	8 12:00-4:00 Community Home Visits	9 Drop In 12:00-3:00 1:30-4:00 Crafts with Colleen at CBBCA	10 9:00-12:00 Drop In	11 11:30-1:30 West Carleton Diner's Club-Kinburn Presentation: Sage Age Theatre
14 Rural Service Centre Closed For Thanksgiving	15 1:30-2:30 Community Café	16 Drop In 12:00-3:00 1:30-4:00 Crafts with Colleen at CBBCA	17 1:00-2:00 Community Cafe	18 9:00-12:00 Drop In- St. James Anglican Church Carp
21 9:00-12:00 Drop In	22 12:00-4:00 Community Home Visits	23 Drop In 12:00-3:00 1:30-4:00 Crafts with Colleen at CBBCA	24 9:00-12:00 Community Home Visits	25 11:30-1:30 West Carleton Diner's Club- Galetta Entertainment: George Chenier
28 12:00-4:00 Community Home Visits	29 1:00-3:00 Caregiver Support Group in Carp	30 Drop In 12:00-3:00 1:30-4:00 Crafts with Colleen at CBBCA	31 9:00-12:00 Drop In	

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.

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

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