

West Carleton Community Support Services Calendar – December 2019



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
2 9:00-12:00 Drop In 1:30-4:00 Bridge Club	3 12:00-3:00 Drop In	4 12:00-4:00 Community Home Visits	5 9:00-12:00 Drop In 12:00-4:00 Community Home Visits	6
9 12:00-4:00 Community Home Visits 1:30-4:00 Bridge Club	10 12:00-4:00 Community Home Visits	11 1:00-3:00 Christmas Carol Sing & Tea with UCW 1:30-4:00 Crafts with Colleen at CBBCA	12 9:00-12:00 Drop In	13 11:30-1:30 West Carleton Diner's Club- Kinburn Entertainment: The O'Connor Family
16 9:00-12:00 Drop In 1:30-4:00 Bridge Club	17 12:00-3:00 Drop In	18 1:00-2:00 Holiday Cookie Café 1:30-4:00 Crafts with Colleen at CBBCA	19 Food Hamper Deliveries with the West Carleton Food Access Centre	20
23 12:00-4:00 Community Home Visits	24 9:00-12:00 Community Home Visits	25 Rural Service Centre Closed	26 Rural Service Centre Closed	27
30 9:00-12:00 Drop In	31 1:00-3:00 Caregiver Support Group in Carp			

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. Enquiries about services and or events can be emailed to: css@wocrc.ca

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, 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.**

Holiday Cookie Café

Stop in for an informal time to socialize and enjoy a light holiday treat!

Christmas Carol Sing and Tea

Please join us for a Senior's Christmas Tea hosted by the Bethel St. Andrew's UCW.

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**

Bridge Club (CBBCA Activity)

"Aunt Alice's Bridge Club", all players welcome. For information, **please contact: Marlene at 613-832-8900 or mvollmer@bell.net**

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