

West Carleton Community Support Services Calendar – January 2020



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
		1 Rural Service Centre Closed	2 9:00-12:00 Drop In 12:00-4:00 Community Home Visits	3
6 12:00-4:00 Community Home Visits	7 12:00-4:00 Community Home Visits	8 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	9 9:00-12:00 Drop In	10 11:30-1:30 West Carleton Diners Club-Kinburn Presentation: Travelogue by Peter
13 9:00-12:00 Drop In	14 12:00-3:00 Drop In	15 1:30-2:30 Community Café 1:30-4:00 Crafts with Colleen at CBBCA	16 1:00-2:00 Community Café	17 12:00-4:00 Community Home Visits 6:00 Waltz into Winter Dinner and Dance
20 12:00-4:00 Community Home Visits	21 1:00-3:00 Try Before you Buy: Come in and check out our Frozen Meal options	22 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	23 10:00-12:00 Try Before you Buy: Come in and check out our Frozen Meal options	24 11:30-1:30 West Carleton Diners Club-Carp Entertainment: Roxyswan
27 9:00-12:00 Drop In	28 1:00-3:00 Caregiver Support Group in Carp	29 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	30 9:00-12:00 Drop In	31

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: **Erin at 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.**

Try before you Buy: Frozen Meals

Pop in to see what Frozen Meals we have available in our Rural Hub freezers and learn about our frozen meal program.

Waltz into Winter Dance

Buffet Dinner catered by Leatherworks, musical entertainment by the Glen Silverson Band. Event takes place at the Kinburn Community Centre 3045 Kinburn Side Road, starting at 6:00 pm. Cost is \$35/ticket. For more info call 613-591-3686 ext. 327