



Community Support Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>New Year's Day</b> No Programs	2
4	5 <b>Telephone Social</b> 10 am – 11 am	6 <b>Telephone Social</b> 1 pm-2 pm Guest Speaker Goulbourn Museum	7 <b>Telephone Social</b> 11 am – 12 pm	8 <b>ZOOM Chat</b> 10 am – 11 am	9 <b>*New*</b>  <b>Coffee &amp; Good News</b> 10 am-11 am
11  <b>Bingo</b> 1 pm – 2 pm	12 <b>Telephone Social</b> 10 am – 11 am	13 <b>*New*</b>  <b>Watch Party</b> 6:30 pm-7:30 pm	14 <b>Telephone Social</b> 11 am – 12 pm	15 <b>ZOOM Chat</b> 10 am – 11 am	16
18 <b>*New*</b>  <b>Crafts &amp; Conversation</b> 1 pm-2 pm	19 <b>Telephone Social</b> 10 am – 11 am	20 <b>Musical Entertainment</b> 1 pm – 2 pm <b>*New*</b> <b>Watch Party</b> 6:30 pm-7:30 pm	21 <b>Telephone Social</b> 11 am – 12 pm	22 <b>ZOOM Chat</b> 10 am – 11 am	23 <b>*New*</b>  <b>Coffee &amp; Good News</b> 10 am-11 am
25  <b>Bingo</b> 1 pm – 2 pm	26 <b>Telephone Social</b> 10 am – 11 am	27 <b>*New*</b>  <b>Watch Party</b> 6:30 pm-7:30 pm	28 <b>Telephone Social</b> 11 am – 12 pm	29 <b>ZOOM Chat</b> 10 am – 11 am	30

## Social Programs Calendar Description

Are you missing getting together with friends, having good conversations or just feeling a bit lonely? We invite you to take part in any of the virtual social programs we are offering-we hope you will find them fun, factual and interesting. Programs run through a **telephone call** or your **computer (Internet Access required)**.

To participate in any of these **FREE** social Programs call **613-591-3686 option 3** to register and get all of the information you need.

### Telephone Based Programs:

#### Telephone Social:

Our hosts will guide the participants through conversation with interesting topics, trivia, humour, storytelling and reminiscence. Guest Speakers will present from time to time. Join in on the conversation, or just sit back and listen you just might learn something new.

#### Bingo:

Let's play Bingo! You can take part in playing Bingo from the comfort of your own home. Our hosts will provide you cards to play with. Winners play for bragging rights and some small prizes will be awarded. Program takes place on the **second and fourth Monday of each month**.

#### Musical Entertainment: (Telephone Program)

Missing live music? On this day, we will present musical entertainment by some of our favorite local musicians. Although we can't enjoy concerts in person, this is the next best thing!

### Virtual Programs/Computer & Internet Required

#### ZOOM Chat:

Join in with the discussion or listen to our hosts each week as we explore various topics through a variety of computer presentations.

#### Crafts & Conversation:

Call all crafters, artists and makers! Pour yourself a cup of tea and get comfortable with whatever craft project you are working on. Crafts and Conversation is a virtual social group that takes place over zoom and allows you to craft in the pleasant company of others.

#### Coffee & Good News:

Pour yourself a cup of coffee and get ready to listen to some of the more positive things happening in the world around us! Current events, history, and things on the horizon - if it can leave us feeling better, then it's up for discussion!

#### Watch Party:

Prepare your favourite snack and enjoy an evening watching and chatting with others as we stream sporting events and classic movie or television shows.

Call us at **613-591-3686 option 3** to learn about some of the other services we provide like transportation, frozen meals, grocery delivery and more!

*Ces programmes sont offerts en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.*