



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Telephone Social 11-12 pm  Chair Yoga-Coming Soon 1:30-2:00 pm	2  Good Friday No Program	3
5 Welcome to CSS 10-11 am  Crafts & Conversation 1-2pm  Trivia Time 6:00-6:45 pm	6  Telephone Social 10 – 11am	7  Spotlight on Services 1 – 2 pm  Watch Party 6:00 – 7:00 pm	8  Telephone Social 11-12 pm  Chair Yoga-Coming Soon 1:30-2:00 pm	9  Discussion Group 10– 11am	10  Coffee & Good News 10-11 am
12 Welcome to CSS 10-11 am  Crafts & Conversation 1-2pm  Karaoke Sing-A-Long 6:00-6:45 pm	13  Telephone Social 10 – 11am  Mindfulness Week 1 1:30-2:30 pm	14  Bingo 1-2 pm  Watch Party 6:00 – 7:00 pm	15  Telephone Social 11-12 pm  Chair Yoga-Coming Soon 1:30-2:00 pm	16  Discussion Group 10 – 11am	17
19 Welcome to CSS 10-11 am  Crafts & Conversation 1 – 2 pm  Reading Group 6:00-6:45 pm	20  Telephone Social 10– 11am  Mindfulness Week 2 1:30-2:30 pm	21  Music: Arlene Quinn 1– 2 pm  Watch Party 6:00 – 7:00 pm	22  Telephone Social 11-12 pm  Chair Yoga-Coming Soon 1:30-2:00 pm	23  Discussion Group 10 – 11am	24  Coffee & Good News 10-11 am
26 Welcome to CSS 10-11am  Crafts & Conversation 1-2pm	27  Telephone Social 10– 11am  Mindfulness Week 3 1:30-2:30 pm	28  Bingo 1-2 pm  Watch Party 6:00 – 7:00 pm	29  Telephone Social 11-12 pm  Chair Yoga-Coming Soon 1:30-2:00 pm	30  Discussion Group 10 – 11am	

**Please note:** Blue Lettering-Telephone Programs Red Lettering-Zoom Programs

## 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 either a telephone call **or** your computer (**Internet Access required**).

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

### Blue Lettering-Telephone Based Programs:



#### **Telephone Social: (Tuesday and Thursday every week)**

Our hosts will guide the participants through conversation with interesting topics, trivia, humor, 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: (2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month)**

You can take part in playing Bingo from the comfort of your own home. We provide you cards to play with. Winners play for bragging rights and some small prizes.

#### **Music: (3<sup>rd</sup> Wednesday of every month)**

#### **Spotlight on Services:**

Guest speakers will answer your questions about services available in our community.

#### **Trivia Time:**

Put your thinking cap on and get ready to have some fun with trivia.

#### **Reading Group:**

Curl up in your favourite chair as we engage in discussion while reading short stories, poetry and biographies together.

### Red Lettering-Virtual Programs /Computer & Internet Required



#### **Discussion Group:**

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:**

Pour yourself a cup of tea and get comfortable with whatever craft project you are working while you craft in the pleasant company of others.

#### **Coffee & Good News: (2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month)**

Pour yourself a cup of coffee and get ready to listen to some of the more positive things happening in the world around us!

#### **Watch Party: (Wednesday evenings)**

Prepare your favourite snack and enjoy an evening chatting with others as we learn about new places while watching travel documentaries together.

#### **Welcome to CSS:**

Information session to answer all your questions about WOCRC services.

#### **Chair Yoga: Coming Soon!**

Exercise program.

#### **Karaoke:**

Let's have some fun singing together.

#### **Mindfulness :**

A trained leader will guide us through a 5 week mindfulness practice to help us become more focused, relaxed and kind to ourselves and others.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.