



Community Support Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Telephone Social 10 – 11am Welcome to CSS 1-2 pm	2 Spotlight on Services: Ottawa Public Health 1 –2 pm Virtual Vacation 6:30 – 7:30 pm	3 Telephone Social 11-12 pm Chair Yoga with Stewart 1:00-1:30 pm	4 Discussion Group 10– 11am	5
7 Crafts & Conversation 1-2pm Trivia Time 6:00-6:45 pm	8 Telephone Social 10 – 11am Food and Gardening Group 1-2 pm	9 Bingo 1-2 pm Virtual Vacation 6:30 – 7:30 pm	10 Telephone Social 11-12 pm	11 Discussion Group 10– 11am	12 Coffee & Good News 10-11 am
14 Crafts & Conversation 1-2pm Special Presentation: Music: Twin Flames 2:45-3:45 pm Karaoke Sing-A-Long 6:30-7:15 pm	15 Telephone Social 10 – 11am	16 Please join Music on June 14 th this month Virtual Vacation 6:30 – 7:30 pm	17 Telephone Social 11-12 pm Chair Yoga with Stewart 1:00-1:30 pm	18 Discussion Group 10 – 11am	19
21 Crafts & Conversation 1 – 2 pm Special Presentation: Stories from Turtle Island 2:45-3:45 pm Reading Group 6:00-6:45 pm	22 Telephone Social 10– 11am Food and Gardening Group 1-2 pm	23 Bingo 1-2 pm Virtual Vacation 6:30 – 7:30 pm	24 Telephone Social 11-12 pm	25 Discussion Group 10 – 11am	26 Coffee & Good News 10-11 am
28 Crafts & Conversation 1 – 2 pm Karaoke Sing-A-Long 6:30-7:15 pm	29 Telephone Social 10– 11am Welcome to CSS 1-2 pm	30 Canada Day Program New time: 12:45-1:45 pm Virtual Vacation 6:30 – 7:30 pm	Canada Day Holiday! WOCRC Closed		

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: (2nd and 4th 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.

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.

Special Presentations: Twin Flames and Turtle Island Stories

We will be joining Senior Centre Without Walls for these 2 unique presentations. Twin Flames will take listeners on a musical journey across Canada and the Arctic. This show uses songs and stories to share history from an Indigenous perspective. Turtle Island Stories: Indigenous traditional stories will be shared as they hold the knowledge, memories and identity of Turtle Island First Nations people and communities.

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: (2nd and 4th 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!

Virtual Vacation: (Wednesday evenings)

Virtual Vacation, join us weekly as we travel the globe and experience unique cultures, traditions, landscapes, historical sites, and the general beauty that our world has to offer. Bring your favourite snack and beverage and come travel the world with us from the comfort of your own home. No need to worry about packing a suitcase, and dealing with cancelled flights and layovers.

Welcome to CSS:

Information session to answer all your questions about WOCRC services.

Chair Yoga:

Join us for Chair Yoga with certified instructor Stewart McIsaac.

Karaoke:

Let's have some fun singing together.

Food and Gardening Group:

Let's see where the conversation takes us as we talk about anything related to gardening, food, and backyard nature. Tell us what is or isn't growing in your yard, share a recipe, learn about food history -it will be something new every time!

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.