



Community Support Services

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|-----------|
| | | 1 Spotlight on Services: Estate Planning 1-2 pm Virtual Vacation 6:30 – 7:30 pm | 2 Telephone Social 11-12 pm | 3 Discussion Group 10– 11am | 4 |
| 6 No Programs Labour Day Holiday | 7 Chair Exercises 10-10:45 | 8 Bingo 1-2 pm | 9 Telephone Social 11-12 pm | 10 Discussion Group 10– 11am | 11 |
| 13 Karaoke Sing-A-Long 6:30-7:15 pm | 14 Coffee & Good News 10-11 am | 15 Virtual Vacation 6:30 – 7:30 pm | 16 Telephone Social 11-12 pm | 17 Discussion Group 10 – 11am | 18 |
| 20 Crafts & Conversation 1 – 2 pm Reading Group 6:00-6:45 pm | 21 Chair Exercises 10-10:45 | 22 Bingo 1-2 | 23 Telephone Social 11-12 pm | 24 Discussion Group 10 – 11am | 25 |
| 27 Karaoke Sing-A-Long 6:30-7:15 pm | 28 Coffee & Good News 10-11 am | 29 | 30 Telephone Social 11-12 pm | | |

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:

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

Bingo: (2nd and 4th Wednesday of the 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 present information on services available in our community.

Reading Group:

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

Coffee & Good News: (2nd and 4th Tuesday 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!

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.

Virtual Vacation: (1st and 3rd Wednesday of the month)

Bring your favourite snack and beverage and come travel the world with us from the comfort of your own home. 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.

Chair Exercises: (1st and 3rd Tuesday of the month)

Seated chair exercise program with Anna-Leigh.

Karaoke: (2nd and 4th Monday of the month)

Let's have some fun singing together.

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.