



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Crafts & Conversation 1-2pm</p> <p>Trivia Time 6:00-6:45 pm</p>	<p>3</p>	<p>4</p> <p>Spotlight on Services 2-3 pm *Note time change* “Mind Your Brain Health” Virtual Vacation 6:30-7:30 pm</p>	<p>5</p> <p>Telephone Social 11-12 pm</p>	<p>6</p> <p>Discussion Group 10-11 am</p>
<p>9</p> <p>Community Café New In-person Program 1-3 pm Julian of Norwich Church Karaoke Sing-Along 6:30-7:15 pm</p>	<p>10</p> <p>*New Program* Book Club 1-2:30 pm</p>	<p>11</p> <p>Bingo 1-2 pm</p>	<p>12</p> <p>Telephone Social 11-12 pm</p>	<p>13</p> <p>Discussion Group 10-11 am</p>
<p>16</p> <p>Crafts & Conversation 1-2pm</p>	<p>17</p> <p>Nature Walk 10-11 am New In-person Program</p>	<p>18</p> <p>Community Café New In-person Program 1:30-2:30 pm Fitzroy Harbour Virtual Vacation 6:30-7:30 pm</p>	<p>19</p> <p>Telephone Social 11-12 pm</p>	<p>20</p> <p>Discussion Group 10-11 am</p>
<p>23</p> <p>Victoria Day No Programs</p>	<p>24</p> <p>*New Program* Book Club 1-2:30 pm</p>	<p>25</p> <p>Bingo 1-2 pm</p>	<p>26</p> <p>Telephone Social 11-12 pm</p>	<p>27</p> <p>Discussion Group 10-11 am</p>
<p>30</p>	<p>31</p>			

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 join a Telephone Program when it starts please call Mercuri at 613-686-1547, use code to 361778 followed by the # key to join.

Blue Lettering-Telephone Based Programs:



Telephone Social:

Our hosts will guide the conversation with interesting topics, trivia, humour, storytelling and reminiscence. 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 and some occasional small prizes.

Spotlight on Services:

Guest speakers present information on services in our community.

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

Nature Walk **New In-Person Program**

Intergenerational walk with children and families. Call the number below for more information.

Community Cafés **New In-Person Program**

Join us for coffee, tea and conversation with friends.

Must call number below for details and to register.

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: (1st and 3rd Monday of the month)

Pour yourself a cup of tea and get comfortable with whatever craft project you are working on 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.

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

Let's have some fun singing together.

Book Club: (2nd and 4th Tuesday of the month)

New Program. Please call Tasjha at 613-591-3686 ext. 336 for information on how to join.

For information on any of these programs, please call CSS at 613-591-3686 option 3.

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.