

## November 2022 - Social Programs Calendar Community Support Services



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <b>Caregiver Support</b> 10 - 11 am	3 Telephone Social 11 - 12 pm	4
7 <b>Crafts &amp; Conversation</b> 1 - 2 pm  Trivia Time 6:00 - 6:45 pm	8	9 <b>Caregiver Support</b> 10 - 11 am Kanata Diners Club 10 am - 1 pm	10  Bingo 11 - 12 pm	11 <b>Discussion Group</b> 10 - 11 am  Remembrance Day
14 Community Café Julian of Norwich 1 - 2:30 pm <b>Karaoke Sing-Along</b> 6:30 - 7:15 pm	15	16 <b>Caregiver Support</b> 10 - 11 am Community Café- Constance Bay 1:30-2:30 pm	17 Telephone Social 11 - 12 pm	18  <b>Book Club</b> 1-2 pm
21 <b>Crafts &amp; Conversation</b> 1 - 2 pm	22	23 <b>Caregiver Support</b> 10 - 11 am Kanata Diners Club 10 am - 1 pm	24  Bingo 11 - 12 pm	25 <b>Discussion Group</b> 10 - 11 am West Carleton Diners Club- Kinburn 11:30 am - 2 pm
28 <b>Virtual vacation</b> 6:30 - 7:30 pm	29	30 <b>Caregiver Support</b> 10 - 11 am		

**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 or in person social programs we are offering-we hope you will find them fun, factual and interesting. Virtual programs run through either a telephone call or your computer (**Internet Access required**). In person programs are noted in green.

**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:

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

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

### Green Lettering-In Person Programs:

#### Community Café &

#### Kanata Diners Club & West Carleton Diners Club:

Call for details on location, cost and how to register.

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

#### Discussion Group:

Join in with the discussion or listen to our hosts 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 while you craft in the pleasant company of others.

#### Karaoke: (2<sup>nd</sup> Monday of the month)

Let's have some fun singing together.

#### Virtual Vacation: (4th Monday 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.

**Book Club:** Please call Tasjha at 613-591-3686 extension 336 to find out what book we are reading and how to join.

**Caregiver Support Group:** Open to anyone who is caring for someone with a life limiting illness. Call Erin at 613-591-3686 ext.299 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 à Montfort Renaissance au 613-241-1266.**