



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Caregiver Support 10 - 11 am	2 Telephone Social 11 - 12 pm	3
6 Crafts & Conversation 1 - 2 pm	7	8 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm	9 Bingo 11 - 12 pm	10 Discussion Group 10 - 11 am
13 Community Café Julian of Norwich 1 - 2:30 pm	14 Special Event: West Carleton Senior Council Valentine Lunch 11 :30am - 2 pm	15 Caregiver Support 10 - 11 am	16 Telephone Social 11 - 12 pm	17 Book Club 1 - 2 pm
20 Family Day Holiday No Programs	21	22 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm Community Café Constance Bay 1:30 - 2:30 pm	23 Bingo 11 - 12 pm	24 Discussion Group 10 - 11 am
27	28			

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

Social Programs Calendar Description

Programs offered run in person, over the telephone **or** by zoom (**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:

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. Bingo will run every second week and alternate with the Telephone Social.

Green Lettering – In-Person Programs:

Community Cafés; Kanata Diners Club

& West Carleton Senior Council Special Event:

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.

Book Club: Please call Anna-Leigh at 613-591-3686 extension 322 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.