



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bingo 11 - 12 pm	2
5	6 Games Galore 1-2pm	7 Caregiver Support 10 - 11 am	8	9
12	13	14 No Caregiver Support Kanata Diners Club 11 am - 1 pm	15 Bingo 11 - 12 pm	16
19 Family Day Holiday No Programs	20 Games Galore 1-2pm	21 Caregiver Support 10 - 11 am Community Café-Constance Bay 1:30 - 2:30 pm	22	23
26	27 Crafts and Conversation 2:30-3:30pm	28 Caregiver Support 10 - 11 am Kanata Diners Club 11 am - 1 pm	29 Bingo 11 - 12 pm	

**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:



**Games Galore:** A fun hour filled with interactive games like Family Feud and Jeopardy. Games will alternate from week to week so it will be a surprise to see what game we play when you join! This program will run every other Tuesday.

#### **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



#### **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.

**Caregiver Support Group:** Are you caring for an older adult and feeling overwhelmed? Would you like to connect with other caregivers? 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.**