



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>Chair Exercises</b> 1-2 pm Crafts & Conversation 2:00-3:30pm (BC)	5 <b>Caregiver Support</b> 10 - 11 am Kanata Diners Club 10 am - 1 pm <b>French Social Program</b> 1:00-1:30 pm	6 <b>Chair Exercises</b> 10-11 am <b>Bingo</b> 11 - 12 pm	7
10	11 <b>Games Galore</b> 1-2 pm <b>Chair Exercises</b> 1-2 pm Crafts & Conversation 2:00-3:30pm (BC)	12 <b>Caregiver Support</b> 10 - 11 am <b>French Social Program</b> 1:00-1:30 pm	13 <b>Chair Exercises</b> 10-11 am	14
17	18 <b>Chair Exercises</b> 1-2 pm Crafts & Conversation 2:00-3:30pm (BC)	19 <b>Caregiver Support</b> 10 - 11 am <b>French Social Program</b> 1:00-1:30 pm	20 <b>Chair Exercises</b> 10-11 am <b>Bingo</b> 11 - 12 pm	21 <b>West Carleton Diners Club-Carp</b> 11:30 am – 1:30 pm
24	25 <b>Games Galore</b> 1-2 pm <b>Chair Exercises</b> 1-2 pm	26 <b>Caregiver Support</b> 10 - 11 am <b>French Social Program</b> 1:00-1:30 pm Community Café- Constance Bay 1:30-2:30 pm	27 <b>No Chair Exercises</b>	28

## 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, Categories, 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 Diners Club:

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



**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. (BC) – Bells Corners

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



**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.

### **French Social Program :**

Bonjour à tous! Joignez-vous à nous pour un petit social au téléphone ou par l'application zoom.

Nous discuterons de nos souvenirs, famille, fêtes, événements et passe-temps tout en ayant des fous rires!

**Chair Exercises:** Let's move together and create a positive atmosphere for healthy aging. Open to seniors of all ages. Chair exercises with warm-up stretching, a little cardio or strength training, and final cooldown. To register call 613-591-3686 and ask for Anna-Leigh ext. 322 or Genevieve ext. 330.

**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.**