



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day Holiday No programs	3 Community Room Programs See Attached Sheet Games Galore 1-2pm	4 Caregiver Support 10 - 11 am French Social 1-2pm	5 Walking Group 9:30 -10:30am	6
9	10 Community Room Programs See Attached Sheet	11 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm French Social 1-2pm	12 Walking Group 9:30 -10:30am Bingo 11 - 12 pm	13
16	17 Community Room Programs See Attached Sheet Games Galore 1-2pm	18 Caregiver Support 10 - 11 am WC Community Café 1:30-2:30pm French Social 1-2pm	19 Walking Group 9:30 -10:30am	20
23	24 Community Room Programs See Attached Sheet	25 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm French Social 1-2pm	26 Walking Group 9:30 -10:30am Bingo 11 - 12 pm	27 West Carleton Diners Club Kinburn 11:30-1:30pm
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Please note: Blue Lettering - Telephone Programs / Red Lettering - Zoom Programs / Green Lettering - In-person Programs

Social Programs Calendar Description

Programs offered run in person, over the telephone **or** by zoom (**Internet Access required**).

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.

Walking Group: Come walk with us! Easy pace with friends around the Bells Corners neighborhood. Meet at Hollyer House on 3865 Old Richmond Rd. for 9:30am.

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!

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.