



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Community Room Programs See Attached Sheet Games Galore 1-2pm	5 Caregiver Support 10 - 11 am French Social 1-2pm	6	7
10	11 Community Room Programs See Attached Sheet	12 Caregiver Support 10 - 11 am Kanata Diners Club 11 am - 1 pm French Social 1-2pm	13 Bingo 11 - 12 pm	14
17 Family Day No Programs	18 Community Room Programs See Attached Sheet Games Galore 1-2pm	19 Caregiver Support 10 - 11 am WC Community Café 1:30-2:30pm French Social 1-2pm	20	21
24	25 Community Room Programs See Attached Sheet	26 Caregiver Support 10 - 11 am Kanata Diners Club 11 am - 1 pm French Social 1-2pm	27 Bingo 11 - 12 pm	28 West Carleton Diners Club-Kinburn 11:30-1:30pm

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**).

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



Caregiver Support Group: Are you caring for an older adult living with dementia 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.