



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 Community Room Programs See Attached Sheet	6 Caregiver Support 10 - 11 am	7 Bingo 11 - 12 pm	8
11	12 Community Room Programs See Attached Sheet	13 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm Community Café – Fitzroy Harbour 1:30pm - 2:30pm	14 Games Galore 1-2pm	15
18 Victoria Day Holiday No Programs	19 Community Room Programs See Attached Sheet	20 Caregiver Support 10 - 11 am West Carleton Diners Club - Carp 12pm – 1:30 pm	21 Bingo 11 - 12 pm	22
25	26 Community Room Programs See Attached Sheet Caregiver Support 2pm – 3:30pm	27 Caregiver Support 10 - 11 am Kanata Diners Club 10 am - 1 pm	28 Games Galore 1-2pm	29

Green – In-person Programs

Red – Virtual Programs (Computer/Tablet)

Blue – Phone Programs

## Social Programs Calendar Description

Programs offered run in person, over the telephone **or** by Teams (**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, monthly in person Caregiver Support Group & West Carleton Diners Club**

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 and feeling overwhelmed? Would you like to connect with other caregivers? Call Heidi at 613-591-3686 ext. 327 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.**