Western Ottawa Community Resource Centre | Centre de ressources communautaires d'Ottawa ouest



November 2026 - Social Programs Calendar

Community Support Services (Program information on last page)

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	4 Caregiver Support 10 - 11 am	5 Bingo 11:00– 12:00 pm Music & Movement 11:00-12:00 pm	6
9	10 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	11 WC Community Café 1:30-2:30 pm	12 Music & Movement 11:00-12:00 pm Games Galore 1:00-2:00pm	13
16	17 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	18 Caregiver Support 10-11 am	19 Bingo 11:00– 12:00 pm Music & Movement 11:00-12:00 pm	20 West Carleton Diners Club Carp 12:00-1:30pm
23	24 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	25 Kanata Diners Club 10 am - 1 pm	26 Music & Movement 11:00-12:00 pm Games Galore 1:00-2:00pm	27
30 Caregiver Support In-person 2-3:30pm				

Please note: Blue Lettering - Telephone / Red Lettering - Virtual / Green Lettering - In-person

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December 2026 - Social Programs Calendar

Community Support Services (Program information on last page)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	2 Caregiver Support 10:00 – 11:00 am	3 Bingo 11:00– 12:00 pm Music & Movement 11:00-12:00 pm	4
7	8 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	9 Kanata Diners Club 10 am-1 pm Community Café Constance Bay 1:30-2:30pm	10 Music & Movement 11:00-12:00 pm Games Galore 1:00-2:00pm	11
14	15 Move and Groove 9:30-10:30 am Munch and Mingle 10:30-11:30 am Activity Café 1:30-3:30 pm	16 Caregiver Support 10:00 – 11:00 am	17 Bingo 11:00– 12:00 pm Music & Movement 11:00-12:00 pm	18
21 Caregiver Support In-person 2-3:30pm ** Moved Day **	22 No program in the community room	23	24 No Games Galore No Music and Movement	25 Merry Christmas Stat Holiday No Program
28	29 No program in the community room	30		

Please note: Blue Lettering - Telephone / Red Lettering - Virtual / Green Lettering - In-person

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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:



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

Move and Groove – Chair Exercise: Open to seniors of all ages. Chair exercises with warm-up stretching, a little cardio, strength training, and final cooldown.

Munch and Mingle: Social activity with a small snack including: coffee, tea, and muffins and/or cookies

Activity Café: Social group around a cup of tea or coffee enjoying board games.

Music & Movement: Free program offered to everyone who would like to move to music. With an instructor once per month and with a projection screen to join virtually the rest of the month.

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.