

West Carleton Community Support Services Calendar – July 2017

Monday Constance Bay Open 10:00-3:00	Tuesday Fitzroy Harbour Open 10:00-3:00	Wednesday Fitzroy Harbour Open 10:00-3:00	Thursday Constance Bay Open 10:00-3:00	Friday
3 Closed for Canada Day	4 10:00-11:00 Tea and Toast	5 11:00-12:00 Walking Club	6 10:00-12:00 Drop In	7
10 10:00-12:00 Drop In	11 11:00-1:00 Sandee's Country Kitchen	12 11:00-12:00 Walking Club	13 10:00-12:00 Drop In	14
17 10:00-12:00 Drop In	18 9:30-3:00 Community Helper Youth Training (CBBCA)	19 9:30-3:00 Community Helper Youth Training (CBBCA)	20 9:30-3:00 Community Helper Youth Training (CBBCA) 10:00-3:00 Chat with Dolores	21
24 1:00-3:00 Afternoon Break	25 9:30-11:00 Nature Playgroup (Bill Mason Trail) 10:00-3:00 Chat with Sofia	26 11:00-12:00 Walking Club	27 11:00-12:00 Walking Club	28 11:30-1:30 West Carleton Diner's Club at PJ's Restaurant
31 10:00-11:00 Tea and Toast				

Constance Bay Community Service Centre- 262 Len Purcell Drive- Open 10:00-3:00
Fitzroy Harbour Community Service Centre- 184 Jack Lougheed Way- Open 10:00-3:00



Tea and Toast

Moving to a retirement residence can be a part of life's journey. Choosing a new space, meeting new friends and relieving worries can all be a positive experience, however when laden with the added stress, this move is often looked upon as negative. Tea & Toast is a service designed to give you industry knowledge without having to become an expert yourself. You are already an expert in your own life and work, let us help with this piece.

Walking Club

Join us for some exercise and good company as we walk around the neighbourhood. Light refreshments will be served.

Drop In

WOCRC staff will be on site at the CBBCA to provide support, information, referrals and practical assistance to community members for a variety of services including, transportation, Frozen Meals, Foot Care and Social Opportunities. Light refreshments will be served.

Sandee's Country Kitchen

Sandee's Country Kitchen will be our guest. Come find out what this company can offer you, and best of all taste test some delicious meals-homemade goodness in every bite!

Chat with Dolores and Sofia

Dolores and Sofia work with the WOCRC providing support, information, referrals and practical assistance to community members. Whether you are coping with a stressful situation, looking for emotional support or enquiring about community services and resources you are welcome to come chat. Dolores and Sofia can assist with practical supports such as providing information about energy assistance programs, Essential Health & Social Services, Ontario Works, Ontario Disability Support Program, housing and shelters etc. To learn more about Dolores and Sofia and what they can offer, drop in for a cup of tea and a chat!

Afternoon Break

Feel free to stop in for an afternoon break and enjoy a refreshing glass of lemonade or iced tea! We would love to know how your garden is growing or what your summer plans are. As always, staff are available to assist with Community Support Services at this time.

West Carleton Diner's Cub

Our Club is on the road once again this summer. Please join us for lunch at PJ's Restaurant in Arnprior at 394 Madawaska Blvd. Cost of the lunch is the responsibility of each guest, based on what you order.

Registration required by July 24th at 613-591-3686 ext. 327.

Nature Playgroup

Weekly nature playgroups held at local NCC stroller friendly trails. We invite children 7 and under and their family to come explore the forest. Bring sunscreen, bug repellent, snack and water. No registration needed, Meet-up at the parking area.

For more information, contact: jaillet@wocrc.ca

For more information on the calendar events or any other services, and to register call 613-591-3686 ext. 3 or email css@wocrc.ca.

West Carleton Community Support Services Calendar –August 2017

Monday Constance Bay Open 10:00-3:00	Tuesday Fitzroy Harbour Open 10:00-3:00	Wednesday Fitzroy Harbour Open 10:00-3:00	Thursday Constance Bay Open 10:00-3:00	Friday
	1 10:00-11:00 Rural Transportation Information Session 9:30-3:00 Community Helper Youth Training (St. James in Carp)	2 11:00-12:00 Walking Club 9:30-3:00 Community Helper Youth Training (St. James in Carp)	3 1:00-3:00 Afternoon Break 9:30-3:00 Community Helper Youth Training (St. James in Carp)	4
7 Closed for Civic Holiday	8 11:00-12:00 Frozen Meals on Wheels Tasting	9 11:00-12:00 Walking Club	10 10:00-12:00 Drop In	11 12:30-2:30 West Carleton Diner's Club at Orchard View by the Mississippi
14 11:00-12:00 Walking Club	15 10:00-3:00 Chat with Sofia	16 11:00-12:00 Walking Club	17 10:00-3:00 Chat with Dolores	18
21 11:00-12:00 Volunteer Information Session	22 9:30-11:00 Nature Playgroup (Carp Splash Pad) 1:00-3:00 Afternoon Break	23 11:00-12:00 Walking Club	24 11:00-1:00 Sandee's Country Kitchen	25
28 10:00-11:00 Rural Transportation Information Session	29 11:00-12:00 Volunteer Information Session	30 11:00-12:00 Walking Club	31 11:00-12:00 Frozen Meals on Wheels Tasting	

Constance Bay Community Service Centre- 262 Len Purcell Drive- Open 10:00-3:00
Fitzroy Harbour Community Service Centre- 184 Jack Loughheed Way- Open 10:00-3:00



Rural Transportation Information Session

Join us at the Service Centre and learn about our transportation program. We can answer all your questions regarding drives to medical appointments and shopping trips and help you access both of these valuable services.

Walking Club

Join us for some exercise and good company as we walk around the neighbourhood. Light refreshments will be served.

Afternoon Break

Feel free to stop in for an afternoon break and enjoy a refreshing glass of lemonade or iced tea! We would love to know how your garden is growing or what your summer plans are. As always, staff are available to assist with Community Support Services at this time.

Frozen Meals on Wheels Tasting

Ever wanted the convenience of a nutritious frozen meal when you're in a pinch. Come join us for an opportunity to taste test some our delicious meals.

Drop In

WOCRC staff will be on site at the CBBCA to provide support, information, referrals and practical assistance to community members for a variety of services including, transportation, Frozen Meals, Foot Care and Social Opportunities. Light refreshments will be served.

West Carleton Diner's Club

We are headed out for a trip to beautiful Orchard View on the Mississippi Retirement Living at 219 Paterson Street Almonte, ON. We are kindly being hosted for a lunch, tour and entertainment.

Registration required by August 4th at 613-591-3686 ext. 327.

Chat with Dolores and Sofia

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Volunteer Information Session

Come apply to become a volunteer in your community with Western Ottawa Community Resource Centre. The Centre's volunteer resources coordinator will be present and accepting applications. Interviews will be held at a later date.

Please call 613-591-3686 ext. 280 if you have any questions.

Sandee's Country Kitchen

Sandee's Country Kitchen will be our guest. Come find out what this company can offer you, and best of all taste test some delicious meals-homemade goodness in every bite!

Nature Playgroup

Weekly nature playgroups held at local NCC stroller friendly trails. We invite children 7 and under and their family to come explore the forest. Bring sunscreen, bug repellent, snack and water. No registration needed, Meet-up at the parking area.

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