

West Carleton Community Support Services Calendar – September 2017

<b>Monday</b> Constance Bay Open 10:00-3:00	<b>Tuesday</b> Fitzroy Harbour Open 10:00-3:00	<b>Wednesday</b> Fitzroy Harbour Open 10:00-3:00	<b>Thursday</b> Constance Bay Open 10:00-3:00	<b>Friday</b>
<b>4</b> Labour Day- Centre Closed	<b>5</b> 1:00-3:00 Afternoon Break	<b>6</b> 11:00-12:00 Walking Club  12:00-2:00 Kinburn and District Senior's Lunch  1:00-2:30 Food Handler's Training	<b>7</b> 10:00-3:00 Drop In	<b>8</b> 11:30-1:30 West Carleton Diner's Club in Kinburn- Entertainment by Dai Basset
<b>11</b> 10:00-11:00 Coach Homes of Ottawa Information Session	<b>12</b> 9:30 Kinburn Walking Club  10:00-11:00 Coach Homes of Ottawa Information Session	<b>13</b> 11:00-12:00 Walking Club	<b>14</b> 9:30-12:00 Soup for Seniors	<b>15</b>
<b>18</b> 4:30-7:30 Western Ottawa Community Resource Centre Open House	<b>19</b> 9:30 Kinburn Walking Club  10:00-3:00 Chat with Sofia	<b>20</b> 11:00-12:00 Walking Club	<b>21</b> 1:00-3:00 Afternoon Break	<b>22</b> 11:30-1:30 West Carleton Diner's Club in Carp- Entertainment by Ukulele Ladies
<b>25</b> 10:00-3:00 Drop In  6:00-9:00 Community Helper Training (St. James Anglican Church Carp)	<b>26</b> 9:30 Kinburn Walking Club  1:00-3:00 Men's Ministry- Home Maintenance Program Meeting	<b>27</b> 11:00-12:00 Walking Club	<b>28</b> 10:00-3:00 Chat with Sofia	<b>29</b>

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



**Afternoon Break**

Feel free to stop in for an afternoon break and enjoy a cup of tea or coffee. As always, staff are available to assist with Community Support Services at this time.

**Walking Club**

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

**Kinburn and District Senior's Lunch**

Kinburn and District Senior's meet on the first Wednesday of each month for a potluck lunch and entertainment or speaker. **For more information contact, Judith Waddell at 613-839-3400.**

**Food Handler's Training**

Ottawa Public Health will be our guest to train community volunteers for safe food handling. This program is being offered for existing community volunteers. **For more information contact 613-591-3686 ext. 327.**

**Drop In**

WOCRC staff will be on site 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 Cub**

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time! Catered by Greensmere Golf and Country Club. **Registration required at 613-591-3686 ext. 327.**

**Coach Homes Information Session**

Big changes are coming to the retirement landscape in Ottawa. That's because there is a new option for 'aging in place'. Now you can maintain your own home and independence with family right next door. To learn more about this exciting lifestyle option join us for an information session with Amy McConnell-Friesen from Tea and Toast. **Registration required by September 7<sup>th</sup> at 613-591-3686 ext. 327.**

**Kinburn Walking Club**

The Kinburn Walking Club meets to walk indoors at the Kinburn Community Centre on Tuesday's from 9:30-10:30.

**Soup for Seniors**

Beginning September 14<sup>th</sup>, local church and community volunteers will be making homemade, fresh and hearty soups for seniors and caregivers in our community. Anyone interested in finding out more about this program and who can reserve a free order of soup, **please contact St. George's Anglican Church office: 613-623-3882, or your local WOCRC Service Coordinator at 613-591-3686 ext. 327.**

**Western Ottawa Community Resource Centre Open House**

Come and celebrate our community and the 1<sup>st</sup> anniversary of expansion in West Carleton

**Chat with Sofia**

Sofia works 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. 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 Sofia and what she can offer, drop in for a cup of tea and a chat!

**Community Helpers Training**

WOCRC is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills. **For more information contact Program Coordinator, Megan Richards at 613-591-3686 ext.324.**

**Men's Ministry Meeting Home Maintenance Program Meeting**

Meeting for the Men's Ministry Home Maintenance Program. New volunteers are always welcome!

**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](mailto:css@wocrc.ca).**

West Carleton Community Support Services Calendar - October 2017

<b>Monday</b> Constance Bay Open 10:00-3:00	<b>Tuesday</b> Fitzroy Harbour Open 10:00-3:00	<b>Wednesday</b> Fitzroy Harbour Open 10:00-3:00	<b>Thursday</b> Constance Bay Open 10:00-3:00	<b>Friday</b>
<b>2</b> 6:00-9:00 Community Helper Training (St. James Anglican Church Carp)	<b>3</b> 9:30 Kinburn Walking Club	<b>4</b> 11:00-12:00 Walking Club	<b>5</b> 1:00-3:00 Afternoon Break	<b>6</b>
<b>9</b> Thanksgiving- Centre Closed	<b>10</b> 9:30 Kinburn Walking Club  1:00-3:00 Afternoon Break	<b>11</b> 11:00-12:00 Walking Club  12:00-2:00 Huntley Friendship Club Potluck Lunch	<b>12</b> 10:00-3:00 Drop In	<b>13</b> 11:30-1:30 West Carleton Diner's Club in Kinburn- Presentation by Costco on services and products
<b>16</b> 6:00-9:00 Community Helper Training (St. James Anglican Church Carp)  1:00-3:00 Afternoon Break	<b>17</b> 9:30 Kinburn Walking Club  10:00-3:00 Chat with Sofia	<b>18</b> 11:00-12:00 Walking Club	<b>19</b> 1:00-2:30 Fall Tea	<b>20</b>
<b>23</b> 2:00-5:00 Flu Shot Clinic  6:00-9:00 Community Helper Training (St. James Anglican Church Carp)	<b>24</b> 9:30 Kinburn Walking Club  2:00-6:00 Flu Shot Clinic	<b>25</b> Centre Closed for Staff Development Day	<b>26</b> 10:00-3:00 Chat with Sofia  1:00-2:30 Coffee Open House (St. James Anglican Church Carp)	<b>27</b> 11:30-1:30 West Carleton Diner's Club in Galetta- Entertainment by John Lacasse
<b>30</b> 10:00-3:00 Drop In	<b>31</b> 9:30 Kinburn Walking Club			

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



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### ***Kinburn Walking Club***

The Kinburn Walking Club meets to walk indoors at the Kinburn Community Centre on Tuesday's from 9:30-10:30.

### ***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 cup of tea or coffee. As always, staff are available to assist with Community Support Services at this time.

### ***Huntley Friendship Club Potluck Lunch***

The Huntley Friendship Club meets on the second Wednesday of each month for a potluck lunch and entertainment or speaker. ***For more information contact, Ed Poole at 613-623-3207.***

### ***Drop In***

WOCRC staff will be on site 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***

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time! Catered by Greensmere Golf and Country Club and Lorne Sutherland Women's Institute. **Registration required at 613-591-3686 ext. 327.**

### ***Fall Tea***

Do you have a family member or friend who would like an opportunity to get out? We invite you to join us for a Fall Tea! Entertainment and refreshments will be provided. Event is free but space is limited and registration is required. **Registration required at 613-591-3686 ext. 327.**

### ***Flu Shot Clinic***

People of all ages come out and learn about our Services, Volunteer opportunities & get protected from the "flu". **Registration required by October 13<sup>th</sup> at 613-591-3686 ext. 327.**

### ***Chat with Sofia***

Sofia works 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. 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 Sofia and what she can offer, drop in for a cup of tea and a chat!

***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](mailto:css@wocrc.ca).***