

West Carleton Community Support Services Calendar – November 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 11:00-12:00 Walking Club 1:30-4:30 Crafts with Colleen at CBBCA	2 2:00-4:00 Personal Growth and Happiness Discussion (Part 1)	3
6 1:30-4:30 Bridge Club 2:00-6:00 Flu Shot Clinic	7 2:00-4:00 Personal Growth and Happiness Discussion (Part 2) at CBBCA 2:00-6:00 Flu Shot Clinic	8 11:00-12:00 Walking Club 1:30-4:30 Crafts with Colleen at CBBCA	9 1:00-2:30 Afternoon Break	10 11:30-1:30 West Carleton Diner's Club in Kinburn. Guest Speaker "All about Sleep"
13 1:30-4:30 Bridge Club	14 10:00-3:00 Chat with Sofia	15 11:00-12:00 Walking Club 1:30-4:30 Crafts with Colleen at CBBCA	16 9:30-12:00 Soup for Seniors	17 10:00-3:00 Drop In at St. James Anglican Church Carp
20 1:30-4:30 Bridge Club	21 10:00-3:00 Drop In	22 11:00-12:00 Walking Club 1:30-4:30 Crafts with Colleen at CBBCA	23 10:00-3:00 Chat with Sofia	24 11:30-1:30 West Carleton Diner's Club Carp. Lunch by Chartwell. Guest Speaker "Tips on Downsizing"
27 1:30-4:30 Bridge Club	28 1:00-2:30 Afternoon Break	29 11:00-12:00 Walking Club 1:30-4:30 Crafts with Colleen at CBBCA	30 10:00-3:00 Drop In	

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



Walking Club

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

Crafts with Colleen

Bring your ongoing project and join us in the small room beside the library where we will be knitting, crocheting, rug hooking, weaving, jewelry making. A kettle will be available to make hot drinks, please bring your own mug and ongoing craft. You can bring the project you started at the Library's "Art for Adults". **For more information, contact Colleen at 613-832-4666.**

Personal Growth & Happiness Discussion

Retirees have 30+ years remaining in their lives. We shouldn't be just coasting through our lives. We should have goals and dreams and make them happen. We will walk through a video by Brian Tracy, a leading human potential coach. Every few minutes, he will ask a key question. Our facilitator, Suzanne, will pause the video and we will discuss the question. Registration is not necessary, but it would be nice to have an idea of how many people will be coming. **If you interested, please contact Andy at 613-290-8311 or adults55plus@cbbca.ca.**

Bridge Club

Ever wanted to learn, or re-learn, Bridge? "Aunt Alice's Bridge Club", The Bay's longest running bridge club, is offering lessons Monday afternoons. Lessons start at 1:30 but can begin later if the class wants and need not be three hours long. We need at least four learners to form a class. **(We now have our first class!) If you are interested, please contact Andy at 613-290-8311 or adults55plus@cbbca.ca.** To join or find out more about "Aunt Alice's Bridge Club", contact **Marlene Vollmer at 613-832-8900**

Flu Shot Clinic

People of all ages come out and learn about our Services, Volunteer opportunities & get protected from the "flu". **Registration required by November 1st at 613-591-3686 ext. 327.**

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

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! Catering this month provided by Greensmere Golf and Country Club and Chartwell Kanata. **Please register one week in advance by calling 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!

Soup for Seniors

Beginning September 14th, 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.**

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.

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.