

West Carleton Community Support Services Calendar –April 2018



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
2 Centre Closed	3 1:00-4:00 Community Home Visits	4 10:00-11:30 Storytime 11:00-12:00 Walking Club (weather permitting) 1:30-4:00 Crafts with Colleen at CBBCA	5 1:00-4:00 Community Home Visits	6
9 1:30-4:30 Bridge Club	10 1:00-3:00 Drop In	11 10:00-11:30 Storytime 11:30-1:30 Joint Meeting for West Carleton Senior Clubs in Kinburn 1:30-4:00 Crafts with Colleen at CBBCA	12 1:00-3:00 Drop In	13 11:30-1:30 West Carleton Diner's Club in Kinburn. Entertainment by "Musical Memories"
16 1:30-4:30 Bridge Club	17 1:00-4:00 Community Home Visits	18 10:00-11:30 Storytime 11:00-12:00 Walking Club (weather permitting) 1:30-4:00 Crafts with Colleen at CBBCA	19 12:00-4:00 Tax Clinic in Fitzroy Harbour	20 10:00-3:00 Drop in at St. James Anglican Church Carp
23 1:30-4:30 Bridge Club	24 1:30-2:30 Coffee and Current Events	25 10:00-11:30 Storytime 11:00-12:00 Walking Club (weather permitting) 1:30-4:00 Crafts with Colleen at CBBCA	26 1:30-2:30 Coffee and Current Events	27 11:30-1:30 West Carleton Diner's Club in Galetta. Presentation: Ottawa Police Service "Avoiding Fraud"
30 1:00 WCSG Darts- WC Legion (Darts will be available) 1:30-4:30 Bridge 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



Community Home Visits

Service Coordinators will be in the community providing support and service coordination through home visits.

Storytime

Join us at Storytime where the books come to life with songs, puppets and exciting twists. Be transported into a new adventure every week! Ideally suited for children 2-6 years (younger siblings welcome). Please note this activity will take place in French and English.

Walking Club (weather permitting)

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 is always at the ready to make hot drinks. Please e your own mug, as well as your ongoing craft project. **For more information, contact Colleen at 613-832-4666.**

Bridge Club

“Aunt Alice’s Bridge Club”, The Bay’s longest running bridge club welcomes new **experienced** members. For more information, **please contact Andy Rapoch at 613-290-8311 or adults55plus@cbbca.ca.**

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 available.

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.**

Tax Clinic

Karen McKrimmon’s office is hosting a free tax clinic **in Fitzroy Harbour**. For more information, call: 613-592-3469.

Coffee and Current Events

Join us for a cup of coffee or tea while we enjoy a friendly discussion about what’s happening in our community, our city and abroad.

West Carleton Senior Games (WCSG)

Events have been organized by the West Carleton Senior Council and WOCRC will be participating.

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.