

West Carleton Community Support Services Calendar –August 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
		<p>1</p> <p>10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay</p> <p>11:00-12:00 Walking Club</p> <p>1:30-4:00 Crafts with Colleen at CBBCA</p>	<p>2</p> <p>11:00-12:00 Morning Break</p>	<p>3</p>
<p>6</p> <p>1:30-4:30 Bridge Club</p>	<p>7</p> <p>10:00-12:00 West Carleton Caregiver Support Group</p>	<p>8</p> <p>10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay</p> <p>11:00-12:00 Walking Club</p> <p>1:30-4:00 Crafts with Colleen at CBBCA</p>	<p>9</p> <p>9:00-12:00 Drop In</p>	<p>10</p> <p>11:30-3:30 West Carleton Diner's Club Event: Outing to The Waterside Retirement Community in Carleton Place</p>
<p>13</p> <p>9:00-12:00 Savvy Seconds Pop Up Shop</p> <p>1:30-4:30 Bridge Club</p>	<p>14</p> <p>Camp Awesome at Bethel St. Andrew's in Fitzroy Harbour</p>	<p>15</p> <p>Camp Awesome at Bethel St. Andrew's in Fitzroy Harbour</p> <p>10:00-11:30 Storytime in Constance Bay</p> <p>1:30-4:00 Crafts with Colleen at CBBCA</p>	<p>16</p> <p>9:00-12:00 Savvy Seconds Pop Up Shop</p>	<p>17</p> <p>10:00-12:00 West Carleton Caregiver Support Group at St. James Anglican Church Carp</p>
<p>20</p> <p>1:30-4:30 Bridge Club</p>	<p>21</p> <p>1:00-4:00 Community Home Visits</p>	<p>22</p> <p>10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay</p> <p>11:00-12:00 Walking Club</p> <p>1:30-4:00 Crafts with Colleen at CBBCA</p>	<p>23</p> <p>1:00-4:00 Community Home Visits</p>	<p>24</p>
<p>27</p> <p>1:30-4:30 Bridge Club</p>	<p>28</p> <p>11:00-12:00 Morning Break</p>	<p>29</p> <p>10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay</p> <p>11:00-12:00 Walking Club</p> <p>1:30-4:00 Crafts with Colleen at CBBCA</p>	<p>30</p> <p>10:00-11:00 Nature Walk</p>	<p>31</p>

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

Please Note: There may be times when staff will not be available at the schedule times listed. Please call ahead 613-591-3686 ext. 327



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.

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. **For more information, contact Colleen at 613-832-4666.**

Morning Break

Drop in for a refreshing beverage, a chat and learn about our services!

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.

West Carleton Diners Club. Join us for a special outing to the Waterside Retirement Community in Carleton Place from 11:30am-3:30pm **Registration required at 613-591-3686 ext. 327.**

Savvy Seconds Pop-Up Shop

Gently used clothing is available free of charge for any shopper. We will have a variety of clothing options for families with children and older adults. Come out and browse - we hope you find something you like!

Community Home Visits

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

West Carleton Caregiver Support Group

Are you caring for an older adult? Are you tired? Overwhelmed? Would you like to meet other caregivers? Our caregiver support group meets twice a month to discuss topics that may assist you in your well-being. Onsite respite care is available. For more information about the support group, including how to join, please call 613-591-3686 ext. 299 or email us at css@wocrc.ca

Nature Walk (weather permitting)

Join us for a walk around the Bay to see the birds and the flowers! Meet us at CBBCA. Weather Permitting.

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.