

West Carleton Community Support Services Calendar –July 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 for Canada Day	3 9:00-12:00 Drop In 9:30-11:00 Nature Playgroup- Splash Pad in Carp (Juanita Avenue)	4 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	5 10:30-11:30 Use it or Lose it! Join us for fun Brain Game Challenges	6
9 9:00-12:00 Savvy Seconds Pop Up Shop 1:00-4:00 In the community: Visiting Savvy Seconds & West Carleton Food Access Centre 1:30-4:30 Bridge Club	10 9:30-11:00 Nature Playgroup- Shirley's Bay (Rifle Road) 1:30-2:30 Use it or Lose it! Join us for fun Brain Game Challenges	11 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	12 9:00-12:00 Savvy Seconds Pop Up Shop	13 11:30-1:00 West Carleton Diner's Club Event: Lunch at PJ's Restaurant in Arnprior
16 1:30-4:30 Bridge Club	17 9:30-11:00 Nature Playgroup- Fitzroy Beach (Cannon Smith Drive)	18 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	19 1:00-4:00 Community Home Visits	20 10:00-12:00 Caregiver Support Group at St. James Anglican Church Carp
23 1:30-4:30 Bridge Club	24 9:00-12:00 Drop In 9:30-11:00 Nature Playgroup- Fitzroy Beach (Cannon Smith Drive)	25 10:00-11:30 Storytime in Fitzroy Harbour and Constance Bay 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	26 9:00-12:00 Drop In	27
30 1:30-4:30 Bridge Club	31 9:30-11:00 Nature Playgroup- Bill Mason Centre (Dunrobin Road) 1:00-4:00 Community Home Visits			

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



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. Please note this activity will take place in French and English. No registration needed/Meet-up at the parking area. For more info, contact: buchanan@wocrc.ca (613) 591-3686 x 287

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.

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

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.

Community Home Visits

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

Use it or Lose it!

Put on your thinking caps and join us for fun Brain Games and trivia challenges. Light refreshments will be served.

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!

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.**

West Carleton Diner's Club-Outing for lunch to PJs restaurant in Arnprior from 11:30-1:00. **Registration required at 613-591-3686 ext. 327.**

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.