

## West Carleton Community Support Services Calendar –March 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
			<b>1</b> 1:00-4:00 Community Home Visits	<b>2</b>
<b>5</b> 1:30-4:30 Bridge Club	<b>6</b> 1:00-4:00 Community Home Visits	<b>7</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>8</b>	<b>9</b>  11:30-1:30 West Carleton Diner's Club in Kinburn: Travelogue of France
<b>12</b> 1:30-4:30 Bridge Club	<b>13</b> 10:00-3:00 Counselling Services with Sofia	<b>14</b> 1:30-4:00 Crafts with Colleen at CBBCA	<b>15</b> 10:00-3:00 Counselling Services with Sofia  12:00-4:00 Tax Clinic in Fitzroy Harbour	<b>16</b> 10:00-3:00 Drop in at St. James Anglican Church Carp
<b>19</b> 1:30-4:30 Bridge Club	<b>20</b> 1:30-2:30 Time out for Trivia	<b>21</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>22</b> 1:30-2:30 Time out for Trivia	<b>23</b> 11:30-1:30 West Carleton Diner's Club in Carp: Entertainment by "The Legacy"
<b>26</b> 1:30-4:30 Bridge Club	<b>27</b> 1:00-4:00 Community Home Visits	<b>28</b> 10:00-10:45 Storytime  11:00-12:00 Walking Club (weather permitting)  1:30-4:00 Crafts with Colleen at CBBCA	<b>29</b> 1:00-4:00 Community Home Visits	<b>30</b> Centre Closed

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.

### ***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](mailto:adults55plus@cbbca.ca).**

### ***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.**

### ***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 and Lorne Sutherland Women’s Institute. **Registration required at 613-591-3686 ext. 327.**

### ***Counselling Services with Sofia***

Sofia is a counsellor who works with the WOCRC providing counselling support, information, referrals and practical assistance to community members. Whether you are coping with a stressful situation, looking for coping techniques, support or enquiring about community services and resources you are welcome to come. 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 please call or drop in.

### ***Tax Clinic***

Karen McKrimmon’s office is hosting a free tax clinic in Fitzroy Harbour. **Registration required 613-592-3469.**

### ***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.

### ***Time for Trivia***

Join us for a casual hour of fun with Trivia to be enjoyed with some light refreshments.

**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).**