

## West Carleton Community Support Services Calendar – May 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
<b>1</b> 9:30 *WCSG Carpet Bowling* Fitzroy Harbour CC  1:00-3:00 Crafting in the Community	<b>2</b>	<b>3</b> 10:30-12:30 Crafting in the Community  7:30 Fashion Show hosts: Bethel St. Andrews UCW Kinburn CC	<b>4</b> 10:00-3:00 Chat with Dolores  1:00 *WCSG Euchre* Kinburn CC	<b>5</b>
<b>8</b>	<b>9</b> 1:00-2:00 Coffee and Conversation	<b>10</b> 10:30 Walking Club	<b>11</b> 10:00-3:00 Chat with Dolores  1:00 *WCSG 5 Pin Bowling* Arnprior \$\$	<b>12</b> 11:30-1:30 Kinburn Diner's Club
<b>15</b> 10:00-12:00 Diabetes SCREEN event	<b>16</b> 1:00 *WCSG Euchre* Constance Bay CC	<b>17</b> 11:00-12:00 Exercise with Jan Fraser	<b>18</b> 10:00-3:00 Chat with Dolores  1:00 *WCSG Bridge* Kinburn CC	<b>19</b> 10:00 *WCSG Golf* Arnprior \$\$
<b>22</b>	<b>23</b> 10:00-12:00 Diabetes SCREEN event	<b>24</b> 10:00 *WCSG Poker Walk* Carp Outdoor Rink	<b>25</b> 10:00 *WCSG Lawn Bowling* Galetta CC  10:00-3:00 Chat with Dolores	<b>26</b> 11:30-1:30 Carp Diner's Club  11:30 *West Carleton Senior Games Banquet-* Fitzroy Harbour CC
<b>29</b> 1:00-2:00 Coffee and Conversation	<b>30</b>	<b>31</b> 10:30 Walking Club		

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



### ***Carp and Kinburn Diners 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 the Lorne Sutherland Women's Institute

**Registration required at 613-591-3686 ext. 327.**

### ***Chat with Dolores***

Dolores 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. Dolores 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 Dolores and what she can offer, drop in for a cup of tea and a chat!

### ***Community Helper Training Sessions***

Saturday May 27<sup>th</sup> 9:00-4:00, Location: Huntley Parish, Carp.

WOCRC is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills. For more information contact **Program Coordinator, Megan Richards at 613-591-3686 ext.324.**

### ***\*West Carleton Senior Games\* (WCSG)***

Events noted with \*WCSG and stars\* have been organized by the West Carleton Senior Council and WOCRC will be participating. For more information Contact Barb Paul at 613-839-1304.

### ***Diabetes SCREEN Event***

Centretown Community Health Centre will be facilitating this Event. The aim of the program is to do outreach in the community including rural areas. The morning includes a Diabetes Workshop given by a Nurse who is a diabetes educator. Additional staff will be on site to provide a CANRIKS assessment and HbA1c blood test and referral information. This is a valuable opportunity being made to the community and we hope you are able to attend.

### ***Crafting in the Community***

Please join us for an opportunity to do some crafting together, meet some new friends and have a cup of tea/coffee in a fun, relaxed setting. Participants are encouraged to bring any craft or project to work on during the session.

### ***Exercise with Jan Fraser***

Certified Exercise Instructor Jan Fraser will lead us in Chair Exercises and provide information on exercise classes at the CBBCA.

### ***Fashion Show & Silent Auction***

Hosts are Bethel St. Andrews UCW at the Kinburn Community Centre. Tickets: \$10.00

***Coffee and Conversation-*** Come out for a casual time to socialize and talk about current and community events.

***Walking Club-*** Join us for some exercise and good company as we walk around the neighbourhood.

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).

## West Carleton Community Support Services Calendar – June 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
			<b>1</b> 10:00-3:00 Chat with Dolores	<b>2</b>
<b>5</b> 1:00-3:00 Crafting in the Community  6:00-9:00 Community Helpers Training (Huntley Parish)	<b>6</b> 1:00-2:00 Coffee and Conversation	<b>7</b> 10:30-12:30 Crafting in the Community	<b>8</b> 10:00-3:00 Chat with Dolores	<b>9</b> 11:30-1:30 Kinburn Diner's Club
<b>12</b> 6:00-9:00 Community Helpers Training (Huntley Parish)	<b>13</b>	<b>14</b> 11:00-12:00 Exercise with Jan and Barbara	<b>15</b> 10:00-3:00 Chat with Dolores	<b>16</b>
<b>19</b> 1:00-2:30 Spring Tea	<b>20</b> 1:00-2:30 Spring Tea	<b>21</b> 10:30 Walking Club	<b>22</b> 10:00-3:00 Chat with Dolores	<b>23</b> 11:30-1:30 Carp Diner's Club
<b>26</b>	<b>27</b> 1:00-2:00 Coffee and Conversation	<b>28</b> 10:30 Walking Club	<b>29</b> 10:00-3:00 Chat with Dolores	<b>30</b>

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



### ***Carp and Kinburn Diners 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 the Lorne Sutherland Women's Institute

**Registration required at 613-591-3686 ext. 327.**

### ***Chat with Dolores***

Dolores 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. Dolores 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 Dolores and what she can offer, drop in for a cup of tea and a chat!

### ***Community Helper Training Sessions***

Monday June 5<sup>th</sup> and 12<sup>th</sup> 6:00-9:00, Location: Huntley Parish, Carp.

WOCRC is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills. For more information contact **Program Coordinator, Megan Richards at 613-591-3686 ext.324.**

### ***Crafting in the Community***

Please join us for an opportunity to do some crafting together, meet some new friends and have a cup of tea/coffee in a fun, relaxed setting. Participants are encouraged to bring any craft or project to work on during the session.

### ***Exercise with Jan and Barbara***

Certified exercise instructor Jan Fraser and Certified Black Belt Nia Instructor Barbara Carriere will lead us through a session of Chair exercises and an introduction to Nia. They will also be sharing information about classes available at CBBCA.

### ***Spring Tea***

Do you have a family member or friend who would like an opportunity to get out? We invite you to join us for a Spring Tea! Entertainment and refreshments will be provided. Event is free but space is limited and registration is required. To register please call 613-591-3686 ext. 327.

### ***Coffee and Conversation***

Come out for a casual time to socialize and talk about current and community events.

### ***Walking Club***

Join us for some exercise and good company as we walk around the neighbourhood.

**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).**