

West Carleton Community Support Services Calendar -December 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
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4 1:30-4:30 Bridge Club	5 10:00-3:00 Counselling Services with Sofia	6 10:00-3:00 Drop In 1:30-4:30 Crafts with Colleen at CBBCA	7 1:00-2:30 Afternoon Break	8 11:30-1:30 West Carleton Diner's Club in Kinburn-Entertainment by Helen MacDonald
11 1:30-4:30 Bridge Club	12 1:00-3:00 Senior's Christmas Tea	13 12:00-2:30 Sandhills Seniors Lunch & Meeting 1:00-3:00 Afternoon Break 1:30-4:30 Crafts with Colleen at CBBCA	14 1:00-2:30 Holiday Cookie Cafe	15 10:00-3:00 Drop in at St. James Anglican Church Carp
18 1:30-4:30 Bridge Club	19 1:00-2:30 Holiday Cookie Cafe	20 10:00-3:00 Drop In 1:30-4:30 Crafts with Colleen at CBBCA	21 West Carleton Food Access Centre Food Hamper Deliveries	22
25 Centre Closed	26 Centre Closed	27 1:30-4:30 Crafts with Colleen at CBBCA	28 10:00-3:00 Counselling Services with Sofia	29

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



Bridge Club

“Aunt Alice’s Bridge Club”, The Bay’s longest running bridge club welcomes new members. To join or find out more about “Aunt Alice’s Bridge Club”, contact **Marlene Vollmer at 613-832-8900****Bridge Lessons-** The club is offering lessons. At least four learners are needed to form a class. First class is full and progressing well! To get on the waiting list for the next class, or for more information, **please contact Andy Rapoch at 613-290-8311 or adults55plus@cbbca.ca.**

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.

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.

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. There is still time to create Christmas gifts and ornaments. A kettle is always at the ready to make hot drinks. Please bring your own mug, as well as your ongoing craft project. **For more information, contact Colleen at 613-832-4666.**

Afternoon Break

Feel free to stop in for an afternoon break and enjoy a cup of tea or coffee. As always, staff are available to assist with Community Support Services at this time.

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.**

Senior’s Christmas Tea

Please join us for a Senior’s Christmas Tea hosted by the Bethel St. Andrew’s UCW.

Sandhills Seniors Lunch and Meeting

Sandhills Seniors gets together on the 2nd Wednesday of every month at The Legion for a potluck lunch provided by members, a guest speaker, and regular meeting. (Visitors/Non-cooks pay \$6.00.) **For information about the club please contact Gloria Wilson at 613-832-3222.** Sandhills Seniors was the first “seniors” group in The Bay and is a member of the West Carleton Seniors Council, which organizes a tournament of indoor games in March hosted at each of its members’ locations.

Holiday Cookie Café

Stop in for an informal time to socialize and enjoy a light Holiday treat.

West Carleton Food Access Centre Food Hamper Deliveries

Western Ottawa Community Resource Centre Staff will be in the community, helping with the West Carleton Food Access Centre Food Hamper deliveries.

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.