

**West Carleton Inventory Tool – Spring/Summer 2023**

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| **Event, Program or Service** | **Date/Time** | **Target Audience/Age** | **Location** | **Organization** | **Description of Prog. or Service** | **Contact Info/ Email** |
| The Youth Zone | Tuesdays | 12-18yrs | Constance Bay | WOCRC |  | [hahn@wocrc.ca](mailto:hahn@wocrc.ca) |
| First Aid | TBA | 55+ | Constance Bay | CBBCA / CB Pharmacy |  | Tamara Awada |
| Movie Night | TBA |  | Constance Bay | CBBCA |  | Kate Cahill |
| Bay Days | TBA  Aug / Sept | All ages | Constance Bay | CBBCA | Activities for Youth (dance), Seniors (TBA) | CBBCA Committee |
| CBBCA All-In Fitness Classes | Throughout the week | All ages / Seniors | Constance Bay | CBBCA |  | CBBCA Gym Manager |
| Pickleball | Mon Fri   8am-1pm,  Sun - Wed 5pm-10pm | Everyone welcome | Constance Bay Rink | CBBCA / CB Pickleball |  | Bill and Sue Morron |
| Summer Camp | July / August | Children | Constance Bay | Carp Ridge Learning Centre |  | CRLC |
| Clean-up The Bay | May 29th | All ages | Constance Bay | CBBCA /  City of Ottawa |  | Ruth McKlusky |
| Stay Safe - Home Alone Course | TBA | Youth 9 and up | Constance Bay | Helping Hands First Aid Training |  | CBBCA |
| Babysitting Course | TBA | Youth 11 and up | Constance Bay | Helping Hands First Aid Training |  | CBBCA |
| Mother’s Day Lunch  $18 adult  $8 child | May 14, 2023  11:30 am- 3:00pm | Mom’s and families | Constance Bay Community centre | CBBCA | Soup, sandwiches, dessert, fun, surprises | penny.johnson @bell.net |
| Babysitting Certification Course | June 2, 2023 (PA Day) | ages 11 to 14 | Constance Bay Community centre | Helping Hand and the CBBCA | The Course teaches basic first aid and caregiving skills | Janedwards @cbbca.ca |
| GYM and Fitness Programs | On-going | 18+ | Constance Bay Community centre | CBBCA | All-in Fitness Classes and Gym $35 / mos. | katrina@cbbca.ca |
| Youth Gym | On-going | ages 12 -18 | Constance Bay Community centre | CBBCA | https://cbbca.ca/cms/youth-gym/ | katrina@cbbca.ca |
| Fire Station 63, Fire Safety sessions | Water Safety 22/06/2023  Fire Safety for Teens 27/08/2023 | All ages welcome to attend | Constance Bay Community centre | Ottawa Fire Services - Station 63 and CBBCA | Free sessions on Fire and Water Safety. | evelyn.mccaffery@ottawa.ca |
| Adult Mixed 3-Pitch Softball | Spring/ Summer |  | Constance Bay Community centre | CBBCA | Adult three pitch Mixed Ball | https://cbbca.squarespace.com/store/p/mixed-adult-3-pitch-softball |
| Get your Glow On Constance Bay's 1st Spring Fling! | May 13th, 2023 at 7 pm |  | Constance Bay Community centre | $10.00 advance ($15.00 / door) Proceeds to Food Bank | ultimate retro experience  80's Glow Party |  |
| Constance Bay Pickleball | Spring/ Summer/ Fall | All ages and cater to all levels of play | 6 lit outdoor courts at Len Russell Rink in Constance Bay | CBBCA / CB Pickleball | 6 lit outdoor courts in a nice rural environment, and cater to all levels of play | Facebook @ [Constance Bay Pickleball](https://www.facebook.com/groups/874542856083172/) |
| Clean-up The Bay Event | May 28, 2023 | All ages | Register on the day at the Constance Bay Community Centre | CBBCA / City of Ottawa |  |  |
| Book Club | Last Monday of every month at 7:00 (in the Studio) | For anyone in Constance & Buckham's Bay or surrounding area | Constance Bay Community Centre Studio |  |  | Don’t forget to join the Facebook group CBB Bookclub  ([Click Here](https://www.facebook.com/groups/1299155390819764))! |
| Mother’s Day Lunch  $18 adult  $8 child | May 14, 2023  11:30 am- 3:00pm | Mom’s and families | Constance Bay Community centre | CBBCA | Soup, sandwiches, dessert, fun, surprises | penny.johnson @bell.net |
| John Howard Society - Community Employment Resource Centre | Open Monday-Thursday 8:30-4pm  Friday  8-4pm | All ages from 15 and up | 415 Hazeldean Road  Kanata ON | CERC | An Employment Ontario office with free services for Employers and Jobseekers. For employers, we provide support in filling employment opportunities, have funding available to support the onboarding and training of our jobseekers, funding for upskilling employees, apprenticeship incentives and host hiring events.  For jobseekers, we offer many free workshops, resume and interview skills, certifications, training supports, and screening for Better Jobs Ontario (a government funded re-training program). | info @cercottawa.ca |
| Drop-In program – Carp Book Club | First Thursday of the month 2:30 – 3:30 | All ages | 3911 Carp Road | Ottawa Public Library | Share the enjoyment of good books in a relaxed atmosphere. All are welcome! Drop-in program. This group meets the first Thursday of the month  2:30 p.m. – 3:30 p.m.  March 2: "Alone in the Classroom" by Elizabeth Hay  April 6: "The Spy and the Traitor: The Greatest Espionage Story of the Cold War" by Ben Macintyre  May 4: "The Lake House" by Kate Morton  June 1: "Autopsy of a Boring Wife" by Marie-Renée Lavoie | 613-580-2940 |
| Family Storytime | Wednesdaysfrom May 10 - June 7 10:30-11:00 am | Children of all ages and a parent/caregiver | 3911 Carp Road | Ottawa Public Library | Stories, rhymes and songs for children of all ages and a parent or caregiver. | 613-580-2940 |
| Stay & Play | Wednesdaysfrom May 10 - June 7 at 11 am | Children of all ages and families | 3911 Carp Road | Ottawa Public Library | Join us for Stay and Play after Family Storytime! There will be fun self-directed activities and toys for families.  Drop-in. | 613-580-2940 |
| Caregiver Support | Wed 10am-11am | Those caring for an older adult | Zoom | WOCRC | Peer Support group for those caring for an older adult. Many attendees are caring for someone living with dementia | 613-591-3686  ext. 299  or bignell@wocrc.ca |
| Community Cafes | Once a month (date changes)  1:30-2:30pm  May 17th Fitzroy Harbour  June 21st Constance Bay | Seniors | Location changes monthly within WC | WOCRC | Social in person program to connect with members in your community. Light refreshments, coffee and tea are served. Registration required | Contact Erin 613-591-3686 ext299 or Heidi 613-591-3686 ext 327 |
| Bingo | 2nd and 4th Thursday of the month  11am-12pm | Seniors | Over the telephone | WOCRC | Fun social bingo games. Cards and markers will be mailed to participants.  Draw for gift card prizes at the end of the hour | Contact Erin  613-591-3686  ext. 299  or bignell@wocrc.ca |
| Social telephone programs | 1st and 3rd Thursday of the month  11am-12pm | Seniors | Over the telephone | WOCRC | Trivia, fun icebreaker questions, different topics each week, great discussions | Contact Erin  613-591-3686  ext. 299  or  Heidi  613-591-3686  ext. 327 |
| Diners Luncheon Program | Last Friday of the month | Seniors | Location changes monthly within WC | WOCRC | Social in person program. Lunch is served along with entertainment. Cost is $12 and registration is required. | Contact Heidi 613-591-3686  ext. 327 |
| Constance Bay Open Drop-in Playgroup EarlyON | Thursdays 9:30am - 11:30am | 0-6 years with an adult | Constance Bay Community Centre | WOCRC EarlyON | Play and learn  together! Variety of activities such as building, arts, dramatic play, gross motor  and much more! Opportunity for parents/ caregivers to connect with their community.  Bring indoor shoes and a nut-free snack. | [earlyonyva@ wocrc.ca](mailto:earlyonyva@wocrc.ca)  or  [sabourin@ wocrc.ca](mailto:sabourin@wocrc.ca)  Sign up for our mailing list for cancellations: <https://mailchi.mp/74e4ca8b66ca/wocrc> |
| Fitzroy Open Drop-in Playgroup EarlyON | Tuesdays and Wednesdays 9:30am - 11:30am | 0-6 years with an adult | Bethel-St. Andrew’s United Church  (184 Jack Lougheed Way) | WOCRC EarlyON | Play and learn  together! Variety of activities such as building, arts, circle time, dramatic play, gross motor  and much more! Opportunity for parents/ caregivers to connect with their community.  Bring indoor shoes and a nut-free snack. | [earlyonyva@ wocrc.ca](mailto:earlyonyva@wocrc.ca)  or  [buchanan@ wocrc.ca](mailto:buchanan@wocrc.ca)  [berard@ wocrc.ca](mailto:berard@wocrc.ca)  Sign up for our mailing list for cancellations: <https://mailchi.mp/74e4ca8b66ca/wocrc> |
| Carp Open Drop-in Playgroup  EarlyON | Tuesday - Saturday 9:30am - 11:30 am | 0-6 years with an adult | Carp Memorial Hall  (Basement)  434 Donald B. Munro Drive | WOCRC EarlyON | Play and learn  together! Variety of activities such as building, arts, circle time, dramatic play, gross motor  and much more! Opportunity for parents/ caregivers to connect with their community.  Bring indoor shoes and a nut-free snack. | [earlyonyva@ wocrc.ca](mailto:earlyonyva@wocrc.ca)  Sign up for our mailing list for cancellations: <https://mailchi.mp/74e4ca8b66ca/wocrc> |
| Carp Open Drop-in Baby and Me  EarlyON | Tuesdays  1:00pm - 3:00pm | Non-walking babies with an Adult | Carp Memorial Hall  (Basement)  434 Donald B. Munro Drive | WOCRC EarlyON | Parent chat,  baby social  interaction, and songs.  We adhere to strict sanitization processes and offer a controlled  environment to get out of the house with your little one. Greater opportunity for gross-motor activity in Carp. | [earlyonyva@ wocrc.ca](mailto:earlyonyva@wocrc.ca)  or  [bisson@ wocrc.ca](mailto:bisson@wocrc.ca)  Sign up for our mailing list for cancellations: <https://mailchi.mp/74e4ca8b66ca/wocrc> |
| Toys On Tour  EarlyON | 9:30am - 11:30am  See Calendar for more details: <https://wocrc.ca/toys-on-tour-program/> | Adults with children 0-6 years | **Kinburn**: Cavanagh Sensplex (5670 Carp Rd)  **Fitzroy**:  Bethel-St. Andrew’s United  Church (184 Jack lougheed way)  **Constance Bay**: Constance Bay Community Centre | WOCRC EarlyON | Toys ON Tour is a mobile toy lending library that offers fun and educational toys and games for children aged 0-6 years. We also offer parent resource books covering topics such as sleep, self-regulation, child development, and more! | [earlyonyva@ wocrc.ca](mailto:earlyonyva@wocrc.ca)  or  [inglis@wocrc.ca](mailto:inglis@wocrc.ca) |
| Toy Lending Library  EarlyON | See Calendar for more details: <https://wocrc.ca/toys-on-tour-program/> | Adults with children 0-6 years | Carp Memorial Hall  (Basement)  434 Donald B. Munro Drive | WOCRC EarlyON | Carp is one of our static Toy lending library locations that offers fun and educational toys and games for children aged 0-6 years. We also offer parent resource books covering topics such as sleep, self-regulation, child development, and more! | [earlyonyva@wocrc.ca](mailto:earlyonyva@wocrc.ca)  or  [inglis@wocrc.ca](mailto:inglis@wocrc.ca) |