

# Location

1137 Wellington Street  
Ottawa, Ontario K1Y 2Y8

# Ottawa West Community Support



## Accessibility

- From the 417 Queensway, exit at Parkdale
- North on Parkdale
- East onto Wellington Street
- Our building is bordered by McCormick and Carruthers St.
- Side Street Parking, Available, maximum 1 hour
- OC Transpo Bus Route #2



*Should you have any questions or concerns, please contact our office.*

*Our Day Program Staff looks forward to hearing from you!*



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COMMUNITY  
SUPPORT



1137 Wellington Street  
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(613) 728-6016

(fax) 728-3718

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[www.owcs.ca](http://www.owcs.ca)



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*Visit our web site today!*  
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# Our Mission

OWCS is a non-profit community support agency, serving seniors in west end Ottawa. For over 30 years, OWCS has been committed to providing practical support that assists our clients to remain living in their home and community in a manner which respects their dignity and worth.

OWCS is a registered charity funded by the Ministry of Health, City of Ottawa, fundraising and donations.

## Objectives

- ♥ Enhance the social, physical and mental health of individuals
- ♥ Provide respite for caregivers
- ♥ Provide entertainment & enjoyment for individuals



## Outline of the day!

### Morning

- Meet & Greet
- Tea/Coffee/Morning Snack
- Discussion (group update, current events etc)
- Chair Exercises
- Wellness Information & Mental Aerobics

### Lunch

- Hot nutritious lunch provided
  - special diet needs are met when possible
- Assistance Provided

### Afternoon

- Games, Sing Alongs, Crafts & Gardening
- Musical Entertainment, Guest Speakers, Outings
- Special Events – New Years, St. Patrick's, Easter, Christmas and more!

## Information

OWCS operates programs for Frail Elderly & those with Alzheimer or Related Dementias

### MONDAY TO THURSDAY

- A Reasonable Program Fee is Charged
- Includes Hot Nutritious Lunch

ASK US ABOUT TRANSPORTATION IN THE OWCS VAN