



October 2017

West Carleton Diners Club

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with 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**.

The second and fourth Friday of the month from 11:30 a.m. to 1:30 p.m.

Please register **at least 7 days in advance** at **613-591-3686 ext. 327**.
Transportation can be arranged upon request.

Cost per lunch: \$8.00

Friday, October 13th

Register by October 6th
Kinburn Community Centre
3045 Kinburn Side Rd., Kinburn

Apple Cider, Apple Pie - Oh My! On this day we will enjoy all things apple. Our menu on this day will include delicious local apples and there will be some fun trivia too.

Special Guest: Gillian Devy from Costco.
Presentation of Costco's health products and services.

Friday, October 27th

Register by October 20th
Galetta Community Centre
119 Darwin St., Galetta

Musical Entertainment by John Lacasse

Please note: Diners Clubs will be cancelled if the Ottawa school boards cancel their bus transportation for the day.

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.