



October 2019 Kanata Diners Club

The 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 **Timesaver Foods**. Cookies supplied by **Wildpine Residence**.

Wednesdays from 11 a.m. to 1 p.m.

Kanata Seniors' Centre

Mlacak Centre Halls C and D
2500 Campeau Dr., Kanata

Please register at least 7 days in advance with
Brad Hammond at **613-591-3686 ext. 316**.

Transportation can be arranged upon request.

Club cost: \$10.00

October 2

Register by September 25

**Primary Care
Outreach - PCO**

October 9

Register by October 2

**Ballroom
Dancing with Marilisa**

October 16

Register by October 9

**The
Chords**

October 23

Register by October 16

**Jumpin'
Jimmy Leroux**

October 30

Register by October 23

**Hallowe'en
Spooktacular - Dr. Orkestro**

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.