



# Autumn 2019 Stittsville Diners Club

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 and sponsored by **Wildpine Residence**.

**Third Tuesday of the month**  
**12 to 2 p.m.**  
**Stittsville United Church**  
6255 Fernbank Rd., Stittsville

Please register **at least 7 days in advance**  
by calling **613-591-3686 ext. 315**.  
Transportation can be arranged upon request.  
**Club cost: \$10.00**

---

**October 15<sup>th</sup>**

*Register by October 8<sup>th</sup>*

**Primary  
Care Outreach**

**November 19<sup>th</sup>**

*Register by November 12<sup>th</sup>*

**Margot  
Beak - Home Instead**

**December 17<sup>th</sup>**

*Register by December 10<sup>th</sup>*

**Sing - along with  
Rev. Grant**

---

*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.*



2 MacNeil Court, Kanata, Ont. K2L 4H7  
Tel.: 613-591-3686 Fax: 613-591-2501 TTY: 613-591-0484  
BN: 12821 9201 RR 0001 info@wocrc.ca www.wocrc.ca