

March 2020

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**. Desserts provided by **The Bradley**.

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

March 4

Register by February 26

**Normalizing Death
Speaker Presentation**

March 11

Register by March 4

Dai Basset

March 18

Register by March 11

**Dementia Society
Speaker Presentation**

March 25

Register by March 18

Line Dancing

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.