



West Carleton DINERS CLUB

THE WESTERN OTTAWA COMMUNITY RESOURCE CENTRE ALONG WITH LOCAL VOLUNTEERS HOST A PROGRAM THAT INCLUDES A NUTRITIOUS LUNCH AND ENTERTAINMENT OR EDUCATIONAL GUEST SPEAKERS. DESIGNED FOR SENIORS AND ADULTS WITH DISABILITIES. IT'S A GREAT OPPORTUNITY TO CONNECT WITH OTHERS, LEARN SOMETHING NEW AND HAVE SOME FUN IN A WELCOMING ENVIRONMENT!

COST PER LUNCH IS \$12.00

TRANSPORTATION IS AVAILABLE

TIME: 12:00-1:30 PM

UPON REQUEST FOR A FEE

Friday, April 17 Diabetes and Nutrition-What you Need to Know

Bethel St. Andrew's Church Hall: 184 Jack Loughheed Way, Fitzroy Harbour

Register by Friday, April 10

Wednesday, May 20 Sing-A-Long with the "String Cats" Ukulele Group

Huntley Community Mess Hall: 2240 Craig Side Road, Carp

Register by Wednesday, May 13

Friday, June 19 Musical Entertainment-Denim & Lace

Kinburn Community Centre: 3045 Kinburn Side Road, Kinburn

Register by Friday, June 12

FOR MORE INFORMATION AND TO REGISTER

CALL HEIDI 613-591-3686 EXTENSION 327

Hope to See you there

CE PROGRAMME EST OFFERT EN ANGLAIS SEULEMENT. SI VOUS SOUHAITEZ RECEVOIR DES SERVICES EN FRANCAIS, VEUILLEZ COMMUNIQUER AVEC MONTFORT RENAISSANCE-CENTRE DE SERVICES GUIGUES AU 613-241-1266



Western Ottawa
Community
Resource Centre



Centre de ressources
communautaires
d'Ottawa ouest

