

Diners Clubs

Lunch programs for older adults where healthy living is promoted.
Hosted by the WOCRC.

Country Lunch & Learn \$7
2nd Friday of the month
West Carleton Diners Club
4th Friday of the month
11:30 am to 1:30 pm



Please register at least 7 days in advance at 613-591-3686 ext. 20.
Transportation can be arranged upon request.

December 11, 2009
Kinburn Community
Centre
3045 Kinburn Side Road,
Kinburn

Celebrating the Holiday Season
With Christmas/Irish music by the
Barley Shakers

Register by Dec. 4



Merry
Christmas

Services from the former Nepean Support Services are now offered by the WOCRC!

WOCRC – Nepean Site Tel: 613-591-3686



Available in English only/Disponible en anglais seulement