

# Diners Clubs

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

**Country Lunch & Learn** \$7  
2<sup>nd</sup> Friday of the month  
**West Carleton Diners Club**  
4<sup>th</sup> 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.

February 12, 2010  
Kinburn Community  
Centre  
3045 Kinburn Side Road

**Lynwood Retirement Home**  
Learning about new services

*Register by Feb. 5*



February 26, 2010  
Galletta Community Centre  
119 Darwin Street, Galletta

**Ottawa Valley's Great Fire**  
Author – Terry Currie

*Register by Feb. 19*



**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*