

Diners Clubs

Lunch programs for older adults where healthy living is promoted.
Hosted by the City of Ottawa and 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



January 9, 2009
Kinburn Community
Centre
3045 Kinburn Side
Road, Carp

Sherri Wilson
Therapeutic Touch

Register by Jan. 2



January 23, 2009
Huntley Community
Centre
2240 Craig Side
Road, Carp

Redwing Fiddlers

Register by Jan. 16



Please register **at least 7 days in advance** at **613-591-3686 ext. 274**.
Transportation can be arranged upon request.

Available in English only/Disponible en anglais seulement

