

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.

January 8, 2009
Kinburn Community
Centre
3045 Kinburn Side Road

Program to be Announced

Register by Dec. 31



January 22, 2009
Huntley Community Centre
2240 Craig Side Road,
Carp

Happy Feet Day!
Bioped Foot Care

Register by Jan. 15



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