



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



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

July 10, 2009
Kinburn Community
Centre
3045 Kinburn Side
Road, Carp

The Police are Coming!
To Take... or to TALK about Safety!

Register by July 3



See you in September!

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