

# 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.

November 13, 2009  
Kinburn Community  
Centre  
3045 Kinburn Side  
Road, Carp

**Making Cookies**  
Sponsored by Ottawa Health  
Department

*Register by Nov. 6*



November 27, 2009  
Huntley Community  
Centre  
2240 Craig Side  
Road, Carp

**The 70-40 Rule**  
By Home Instead Senior Care  
With Lesley Ann Sullivan

*Register by Nov. 20*



**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