



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.

September 11, 2009
Kinburn Community
Centre
3045 Kinburn Side
Road, Carp

Sage Age
Sponsored by Stonehaven Manor

Register by Sept. 4



September 25, 2009
Huntley Community
Centre
2240 Craig Side
Road, Carp

Glenda Jones
Local Author

Register Sept. 18



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