

Kanata Seniors Diners Club

WOCRC and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with disabilities living in our community – a great way to socialize, learn and have some fun at the same time! Catered by Stittsville Villa Retirement Community.

Wednesdays
11:00 am to 1:00 pm
Kanata Seniors Centre
(Mlacak Centre Halls C and D)
2500 Campeau Drive, Kanata

\$7

February 2010

Please register **at least 7 days in advance** with Carol at 613-591-3686 ext. 16.
Transportation can be arranged upon request.

February 3, 2010

A Garden Tour
With Judy Laughton



Register by Jan. 27

February 10, 2010



Valentine's Day
"Love Your Feet!"
With guest Jeff Moustgaa,
Bioped Footcare

Register by Feb. 3

February 17, 2010

To Be Announced



Register by Feb. 10

February 24, 2010



"Of Trees and Their Wisdom"
Welcome back Albert Dumont,
Aboriginal poet

Register by Feb. 17

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