

# Kanata Seniors Diners Club

WOCRC, along with 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.

Food catered by Stittsville Villa Retirement Community.

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

**\$7**



Please register at least 7 days in advance with Carol at 613-591-3686 ext. 16.

Transportation can be arranged upon request.

October 7, 2009

**Naturopathic Doctor,**  
**Rebecca Ward**



*Register by Sept. 30*

October 14, 2009



**10<sup>th</sup> Anniversary Celebrations**

**Music by Luc**

*Register by Oct. 7*

October 21, 2009

**Indoor Gardening Tools**  
**With Linda Wright,**  
**Lee Valley Tools**



*Register by Oct. 14*

October 28, 2009



**Halloween – Hat Day!**  
**Come with your funky hat**

*Register by Oct. 21*

**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*

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