

# 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.

September 2, 2009

**Welcome Back Chat**



*Register by Aug. 26*

September 9, 2009



**Bingo!**

*Register by Sept. 2*

September 16, 2009

**Ray Chalmers**  
**Seniors Star Contestant**



*Register by Sept. 9*

September 23, 2009



**Sage Age Theatre**

*Register by Sept. 16*

September 30, 2009

**“One Last River Run”**  
**With Tom Stephenson**



*Register by Sept. 23*

**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