

# 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**

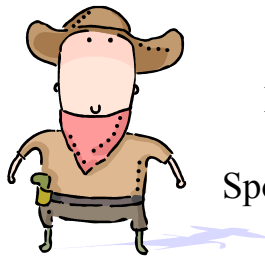
**\$7**



Please register **at least 7 days in advance** with Carol at 613-591-3686 ext. 272.

Transportation can be arranged upon request.

July 15, 2009



**Country & Western Day**

With Charles Gregoire

BBQ lunch provided by the

Kanata Lions Club

Sponsored by Stonehaven Manor

*Register by Jul. 8*



August 12, 2009

**Come and Enjoy a  
Summer Picnic!**



*Register by Aug. 5*

September 2, 2009



**Welcome Back Chat**

Let's enjoy each others company  
and catch up from the summer

*Register by Aug. 26*

**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