



January / February 2019

West Carleton Diners Club

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time!

Catered by **Greensmere Golf and Country Club** and the **Lorne Sutherland Women’s Institute**.

The second and fourth Friday of the month from 11:30 a.m. to 1:30 p.m.

Please register at least 7 days in advance at 613-591-3686 ext. 327.

Transportation can be arranged upon request.

Club cost: \$10.00

Friday January 11th

Register by January 4th

Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn

Entertainment:

“The Legacy”

With Pam and Doug Champagne

Friday January 25th

Register by January 18th

Huntley Community Centre, 2240 Craig Side Road, Carp

Presentation:

George Charbonneau from Arnprior Regional Health Foundation

Friday February 8th

Register by February 1st

Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn

Presentation:

**Courtney Fowler - Dietician
“Cooking for One or Two”**

Friday February 22nd

Register by February 15th

Galetta Community Centre, 119 Darwin Street, Galetta

Entertainment:

“Country Classics”

With Gaston Moreau

Ce programme est offert en anglais seulement. Si vous souhaitez recevoir des services en français, veuillez communiquer avec le Centre de services Guigues au 613-241-1266.