








May 2017 Activities List

<u>OILRC Activities</u>	<u>Cost</u>	<u>Bus</u>	<u>RSVP</u>
Tuesday May 2 nd Healthy Eats Sandy Hill Recreation Centre Shopping @ Loblaws 363 Rideau St. 2:30 – 5 pm	FREE	12	
Wednesday May 3 rd Lunch Club St. Hubert 1754 St. Laurent Blvd. 1 – 3 pm	\$	114	
Monday May 8 th Pub Night James Street Pub 390 Bank St. 7 – 9 pm	\$	1, 2, 7	
Tuesday May 23 rd Healthy Eats 1480 Heron Rd. 1 – 3 pm	FREE	112	
Wednesday May 24 th Summer Trip Meeting @ OILRC 2 – 3 pm	FREE	12	
Monday May 29 th Friendship Café @OILRC 2 – 3 pm	FREE	12	
Wednesday May 31 st Drop-in Games & Tim Horton's @ OILRC 1 – 3 pm	FREE	12	

 <u>OILRC Premium Activities</u>	<u>Cost</u>	<u>Bus</u>
<p>Thursday May 18th Museum of Agriculture Sheep Shearing Event 901 Prince of Wales Dr. 9:30 am – 2:30 pm</p> <p> *Bring your lunch*</p>	FREE	85, 101



Empowerment and Development Events

ALL FREE!



Friday May 12th
Music Therapy
 @ OILRC
 1 - 3 pm



Friday May 19th
Yoga Workshop
 @ OILRC
 2 - 3 pm



Thursday May 25th
Creative Expressions
 @OILRC
 1:30 – 3:30 pm



***Reminder: Please RSVP 2 days in advance for activities which have a symbol. Thank you!**