

May 2017

When you see this symbol, call (613) 236-2558 x222 to RSVP, **two days in advance.**



If you do not RSVP your participation is not guaranteed.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2 Healthy Eats 2:30 - 5 pm Shopping @ Loblaw's 363 Rideau St.	3 Lunch Club 1 - 3 pm St. Hubert 1754 St. Laurent Blvd.	4	5	6
7	8 Pub Night 7 - 9 pm James St. Pub 390 Bank St.	9	10	11	12 Music Therapy 1-3pm @OILRC 	13
14	15	16	17	18 Museum of Agriculture 9:30-2:30pm 901 Prince of Wales Dr. 	19 Yoga (with Janice) 1:30-2:30 pm @ OILRC 	20
21	22 CLOSED	23 Healthy Eats 1 - 3 pm 1480 Heron Rd	24 Summer Trip Meeting 2 - 3 pm @OILRC	25 Creative Expressions 1:30 - 3:30 pm @ OILRC 	26	27
28	29 Friendship Café 2 – 3 pm @OILRC	30	31 Drop-in Games & Tim Hortons 1 – 3 pm @ OILRC			



Museum of Agriculture (Sheep shearing event) - FREE!



Music Therapy / Yoga Class / Creative Expressions - ALL FREE!

