








June 2017 Activities List

<u>OILRC Activities</u>	<u>Cost</u>	<u>Bus</u>	<u>RSVP</u>
<p>Thursday June 1st City of Ottawa EmployAbility Conference (register online) City Hall 110 Laurier St. 10:00 am – 2:30 pm</p>	FREE	5, 14	
<p>Monday June 5th Independent Living Across Canada Day Open House @ OILRC 4 – 6 pm</p>	FREE	12	
<p>Monday June 5th Pub Night Sir John A 284 Elgin St. 7 – 9 pm</p>	\$	5	
<p>Tuesday June 6th Healthy Eats Sandy Hill Recreation Centre Shopping @ Loblaw's 363 Rideau St. 2:30 – 5 pm</p>	FREE	12	
<p>Wednesday June 7th Lunch Club Dragon Tavern Chinese Buffet 971 Montreal Rd. 12 – 2 pm</p>	\$	12	
<p>Wednesday June 14th Ice Cream Social @ OILRC 1 – 3 pm</p>	FREE	12	
<p>Wednesday June 21st Summer Salad Series @ OILRC 2 – 3:30 pm</p>	FREE	12	
<p>Thursday June 22nd Summer Trip Meeting @ OILRC 2 – 3 pm</p>	FREE	12	

Wednesday June 28 th Friendship Café @OILRC 2 – 3 pm	FREE	12	
Friday June 30 th Drop-in Games & Tim Horton's @ OILRC 1 – 3 pm	FREE	12	

 <u>OILRC Premium Activities</u>	<u>Cost</u>	<u>Bus</u>
Monday June 19 th Mayfair Theatre 1074 bank St. 6:15 pm – 8:15 pm 	FREE	1



Empowerment and Development Events

ALL FREE!



Friday June 2nd
Music Therapy
 @ OILRC
 2 - 3 pm


Friday June 23rd
Yoga Workshop
 @ OILRC
 2 - 3 pm


Thursday June 29th
Creative Expressions
 @OILRC
 1:30 – 3:30 pm
