
























June 2017

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 City of Ottawa EmployAbility Conference (Register online) 10:00 am – 2:30 pm City Hall 110 Laurier St.	2 Music Therapy 2-3pm @OILRC  	3
4	5 IL Across Canada Day Open house @OILRC 4 – 6 pm Pub Night 7 - 9 pm Sir John A 284 Elgin St. 	6 Healthy Eats 2:30 - 5 pm Shopping @ Loblaw's 363 Rideau St.  	7 Lunch Club 12 - 2 pm Dragon Tavern Chinese Buffet 971 Montreal Rd.  	8	9	10
11	12	13	14 Ice Cream Social @ OILRC 1 – 3 pm  	15	16	17
18	19 The Mayfair Theatre 6:15 – 8:15 pm 1074 Bank St.   	20	21 Summer Salad Series 2:00 – 3:30 pm @OILRC  	22 Summer Trip Meeting 2 - 3 pm @OILRC 	23 Yoga (with Janice) 1:45-2:45 pm @ OILRC  	24
25	26	27	28 Friendship Café 2 – 3 pm @OILRC  	29 Creative Expressions 1:30 - 3:30 pm @ OILRC  	30 Drop-in Games & Tim Horton's 1 – 3 pm @ OILRC	
 The Mayfair Theatre (movie TBD) - FREE!						
 Music Therapy / Yoga Class / Creative Expressions - ALL FREE!						