

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Healthy Cooking 3 Pm-5 Pm	3 Community Garden Planning Meeting 4 pm- 6 pm	4	5 Board Game Club 4 pm-7 pm	6
7	8 Summer Getaway Committee meeting 4pm-6pm	9 Yoga 4 pm-5pm	10 IMAX Experience 1pm-3 pm	11 Revenue Canada Presentation 6 pm-8 pm	12 Board Game Club 4 pm-7pm	13
14	15	16	17 St. Patrick's Day Pot luck 1pm-3pm	18 Income Tax Clinic 6 pm-10 pm	19 Board Game Club 4 pm-7pm	20
21	22 Pub Night at Dooley's 6pm-9pm	23	24 Swimming at Jack Purcell 5:30pm-7:30pm	25	26 Board Game Club 4pm-7pm	27
28	29	30	31 Bowling at RA Center 1pm-3pm			

**Remember that registration is necessary for some activities.  
Please call to RVSP, or if you require an attendant, or would like  
to travel to activities with a buddy  
613-236-2558 ext. 220 when you see this symbol**





# March 2010



DETAILS	
<b>Tuesday, March 2nd</b> 3:00pm- 5:00pm	<b>Healthy Cooking:</b> Sandy Hill Community Center (221 Nelson St.) Cost: \$4:00 Note: Contact us one week in advance of any dietary needs or allergies. Call Jamie at ext. 220
<b>Wednesday, March 3<sup>rd</sup></b> 4:00 to 6:00 pm	<b>Community Garden Meeting:</b> The <i>Welcome Room</i> at the Centre. Take part in the planning of this year's garden.
<b>Friday, March 5th</b> 4:00-7:00pm	<b>Drop-In - Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Monday, March 8<sup>th</sup></b> 4:00-6:00 pm	<b>Summer Getaway Committee meeting:</b> The <i>Welcome Room</i> at the Centre- Come kick off of the summer getaway plans & let us know your ideas for this year's trip.
<b>Tuesday, March 9<sup>th</sup></b> 4:00-5:00pm	<b>Yoga:</b> The <i>Welcome Room</i> at the Centre
<b>Wednesday, March 10<sup>th</sup></b> 1:00-3:00 pm	<b>The IMAX Experience:</b> 2385 City Park Drive. Cost: \$9
<b>Thursday, March 11<sup>th</sup></b> 6:00- 8:00 pm	<b>Revenue Canada Presentation:</b> The Centre 214 Montreal Road
<b>Friday, March 12<sup>th</sup></b> 4:00-7:00	<b>Drop-In - Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Wednesday, March 17<sup>th</sup></b> 1:00-3:00pm	<b>Potluck – Going Green:</b> The <i>Welcome Room</i> at the Centre.
<b>Thursday, March 18th</b> 6:00 – 10: 00 pm	<b>Income Tax Clinic:</b> The Centre 214 Montreal Road
<b>Friday, March 19<sup>th</sup></b> 4:00-7:00pm	<b>Drop-In – Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Monday, March 22<sup>nd</sup></b> 6:00-9:00pm	<b>Pub Night at Dooley’s:</b> 227 Gladwin Cres. Bring your own \$\$\$
<b>Wednesday, March 24<sup>th</sup></b> 5:30 – 7:30	<b>Swimming at Jack Purcell:</b> 320 Jack Purcell Lane. Bring your swim suit and towel. Cost: \$4.50
<b>Friday, March 26<sup>th</sup></b> 4:00 – 7:00 pm	<b>Drop-In -Board Game Club:</b> The <i>Welcome Room</i> at the Centre. Come out and enjoy some classic board Games.
<b>Wednesday, March 31<sup>st</sup></b> 1:00 – 3:00 pm	<b>Bowling</b> at the RA Center.2451 Riverside Drive. Cost: \$2.00 per game

**Remember that registration is necessary for some activities. Please call to RVSP, or if you require an attendant, or would like to travel to activities with a buddy**

**613-236-2558 ext. 220 when you see this symbol**



# April 2010

**Note:** Contact Jamie ext. 220 one week in advance of the Healthy Eating activity with any dietary needs or allergies.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Tai Chi 1:00Pm-2:00 Pm Healthy Cooking 3 pm-5pm	7 Bowling at RA Center (Youth) 5pm-6pm	8 Talk on nutrition on a budget 12 pm-2pm	9 Board Game Club 4pm-7pm	10
11	12 Weight room demonstration at Jack Purcell 11am-1pm	13	14 Rainbow Cinema (youth) 5pm-6pm	15 Budgeting Workshop 4pm Community Garden Meeting 7pm	16 Board Game Club 4pm-7pm	17
18	19 Community Garden 4pm-6pm	20	21 Dinner Club 5pm-7pm	22 Community Garden 10am-1pm	23 Board Game Club 4pm-7pm	24
25	26 Community Garden. 4pm-6pm	27	28 Movie Time Rainbow cinema 1pm-3pm	29 Community Garden 10am-1pm	30 Board Game Club 4:00pm-7pm	






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# April 2010



DETAILS	
<b>Tuesday, April 6<sup>th</sup></b> 1:00 -2:00 pm	<b>Tai Chi:</b> The <i>Welcome Room</i> at the Centre. 
<b>Tuesday April 6<sup>th</sup></b> 3:00-4:00 pm	<b>Healthy Eating:</b> Sandy Hill Community Center (221 Nelson St.) Cost: \$4.00
<b>Wednesday, April 7<sup>th</sup></b> 5:00-6:00pm	<b>Bowling</b> at the RA Center (Youth): 2451 Riverside Drive. Cost: \$2.00 per game
<b>Thursday, April 8<sup>th</sup></b> 12:00-2:00 pm	<b>Talk on nutrition on a budget:</b> The <i>Welcome Room</i> at the Centre.
<b>Friday, April 9<sup>th</sup></b> 4:00 – 7: 00 pm	<b>Drop-In - Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Monday, April 12<sup>th</sup></b> 11:30-1:00	<b>Weight room demonstration:</b> Jack Purcell Community Centre 320 Jack Purcell Lane.
<b>Wednesday April 14<sup>th</sup></b> 1:00-3:00 pm	<b>Move Time:</b> Rainbow Cinema (Youth): St. Laurent Shopping Center. Cost: \$4.00
<b>Thursday, April 15<sup>th</sup></b> 4:00-6:00 pm	<b>Budgeting Workshop:</b> The <i>Welcome Room</i> at the Centre 
<b>Thursday, April 15<sup>th</sup></b> 7:00-9 pm	<b>Community Garden Meeting with City:</b> Have a green thumb, enjoy the sun & do some gardening. <b>Kilborn Community Garden</b> at Pleasant Park and Kilborn Ave.
<b>Friday, April 16<sup>th</sup></b> 4:00-7:00pm	<b>Drop-In - Game Club:</b> The Welcome room.
<b>Monday, April 19<sup>th</sup></b> 4:00-6:00pm	<b>Community Garden: Kilborn Community Garden</b> at Pleasant Park and Kilborn Ave.
<b>Wednesday, April 21<sup>st</sup></b> 5:00-7:00	<b>Dinner Club</b> (Youth): Tuckers Market Place. 61 York Street. Cost: Subsidy \$5.00 
<b>Thursday, April 22<sup>nd</sup></b> 10:00-1:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Friday, April 23<sup>rd</sup></b> 4:00-7:00	<b>Board Game Club:</b> The <i>Welcome Room</i> .
<b>Monday, April 26<sup>th</sup></b> 4:00-6:00pm	<b>Community Garden: Kilborn Community Garden</b> at Pleasant Park and Kilborn Ave
<b>Wednesday, April 28<sup>th</sup></b> 1:00-3:00 pm	<b>Movie Time:</b> St. Laurent Shopping Center Cost: \$4.00
<b>Thursday, April 29<sup>th</sup></b> 10:00-1:00 pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Friday, April 30<sup>th</sup></b> 4:00 – 7:00pm	<b>Board Game Club:</b> The <i>Welcome Room</i> at the Centre.

**Remember that registration maybe necessary for some of the activities. Please call to register, if you require an attendant, or if you would like to travel to an activity with a buddy**



# May 2010

**Note:** Notified Jamie at ext: 220 at least one week in advance if you have any dietary needs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Community Garden 4pm-6pm	4 Healthy Cooking 3pm-5pm	5 Imax Experience (Youth) 5pm-7pm	6 Community Garden. 10am-1pm	7 Board Game Club and Healthy Potluck 4pm -7pm	8
9	10 Community Garden. 4pm-6pm	11	12 Tour of Parliament Buildings 1pm -3pm	13 Community Garden 10am-1pm Pre Employment Workshop 1-3pm	14 Board Game Club 4pm- 7pm	15
16	17 Community Garden 4pm-6pm Head to Toe Spa Day 4pm-6pm	18 Canadian War Museum 4pm-6 pm	19 Canadian Tulip Festival 1pm-3 pm	20 Community Garden 10am-1pm Canadian Tulip Festival 5pm-7pm	21 Board Game Club 4pm- 7pm	22
23	24 Community Garden 4pm-6pm	25 Lunch Club Tucker's 12pm-2pm	26 Boccia Ball 1pm-3pm	27 Community Garden 10am-1pm.	28 Night at the Races 6:00pm	29
30	29 Community Garden 4pm-6pm	30	31			





**Please remember to register when you see this symbol!!**



# May 2010



<b>Monday, May 3<sup>rd</sup></b> 4:00-6:00 pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Tuesday, May 4<sup>th</sup></b> 3:00-5:00 pm	<b>Healthy Eating:</b> Sandy Hill Community Center (221 Nelson St.) Cost: 4:00
<b>Wednesday, May 5<sup>th</sup></b> 5:00 – 7:00pm	<b>The IMAX Experience (Youth).</b> 2385 City Park Drive. Cost: \$9 
<b>Thursday, May 6<sup>th</sup></b> 10am-1:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Friday, May 7<sup>th</sup></b> 4:00-7:00pm	<b>Drop-In - Board Game Club and Healthy Potluck:</b> The <i>Welcome Room</i> at the Centre.
<b>Monday, May 10<sup>th</sup></b> 4:00-6:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Wednesday, May 12<sup>th</sup></b> 1:00pm-3:00pm	Tour of Parliament Buildings: Meet by the eternal flame on Parliament Hill.
<b>Thursday, May 13<sup>th</sup></b> 10:00-1:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Thursday, May 13<sup>th</sup></b> 1:00-3:00pm	<b>Pre-Employment Workshop:</b> The <i>Welcome Room</i> at the Centre.
<b>Friday, May 14<sup>th</sup></b> 4:00-7:00pm	<b>Drop-In - Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Monday, May 17<sup>th</sup></b> 4:00-6:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Monday, May 17<sup>th</sup></b> 4:00-6:00pm	<b>Spa Day:</b> The Welcome Room. Come pamper your skin and nails with Candice
<b>Tuesday, May 18<sup>th</sup></b> 4:00-6:00pm	<b>Canadian War Museum:</b> 1 Vimy Place. Cost: \$ 5
<b>Wednesday, May 19<sup>th</sup></b> 1:00-3:00pm	<b>Canadian Tulip Festival:</b> Confederation Park
<b>Thursday, May 20<sup>th</sup></b> 10:00- 1:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Thursday, May 20<sup>th</sup></b> 5:00-7:00pm	<b>Canadian Tulip Festival (Youth):</b> Confederation Park Cost: Bring your own \$
<b>Monday, May 24<sup>th</sup></b> 4:00pm-6:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Friday, May 21<sup>st</sup></b> 4:00-7:00pm	<b>Drop-In - Board Game Club:</b> The <i>Welcome Room</i> at the Centre.
<b>Tuesday, May 25<sup>th</sup></b> 12:00-2:00pm	<b>Lunch Club:</b> Tuckers Market Place 61 York Street. Subsidy \$5
<b>Wednesday, May 26<sup>th</sup></b> 1:00-3:00pm	<b>Boccia Ball:(Youth)</b> 214 Montreal road. Come Try this indoor version of lawn bowling. 
<b>Thursday, May 27<sup>th</sup></b> 10:00am-1:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave
<b>Monday, May 29<sup>th</sup></b> 4:00pm-6:00pm	<b>Community Garden:</b> Kilborn Community Garden at Pleasant Park and Kilborn Ave