























When you see **this symbol**  please call to **RVSP** if you plan to attend, have any dietary needs, require an attendant, or would like arrange a travel buddy: 613-236-2558 ext 222

Fri., Sept. 2		Drop In: Wii - OILRC -1st Floor - 3:30-5:30pm - Free
Mon., Sept. 5		Office Closed – Labor Day
Tues., Sept. 6		Grocery Shopping: Loblaws – 363 Rideau St., - 1-2pm - Free
Tues., Sept. 6		Healthy Cooking: Sandy Hill CHC. 221 Nelson St. - 3-5pm - Free
Wed., Sept. 7		Lunch Club: Forno Antico. 683 Bronson Ave. 1-3pm. Cost: OILRC will provide \$5 toward your bill.
Thurs., Sept. 8		Pub Night: Dooley's. 2279 Gladwin Cres. - 7-9pm - Cost: Your responsibility.
Fri., Sept. 9		Drop In: Board Games - OILRC -1st Floor - 3:30-5:30pm. Free
Tues., Sept. 13		Discussion: The Excitement of Trying New Things - OILRC -1st Floor – 5:30 – 6:30pm - Free
Tues., Sept. 13		Movies: Rainbow Cinema - St. Laurent Mall - Meet in theater lobby - 12-3pm - Cost: \$2
Wed., Sept. 14		Craft Day: Paint a Fall Scene - OILRC -1st Floor - 9:30-11:30am - Cost: \$3
Thurs., Sept. 15		Celebrating: Brown Bag Birthdays - OILRC - 1st Floor - 12-2pm - Bring your own brown bag lunch - Free
Fri., Sept. 16		Hockey Game: 67's Pre-season - Landsdown Park - 1015 Bank St. 7:30-10pm - Cost: \$11.50
Mon., Sept., 19		\$3 Hair Cuts: OILRC - 1st Floor – 9-12pm – Cost \$3.00
Tues. Sept. 20		OILRC AGM – 2410 Southvale Cres. – Pizza @ 5:30pm, meeting at 6:30pm - Free
Wed., Sept. 21		Swimming: 320 Jack Purcell Lane - 5:30-7pm - Cost: \$4.50
Thurs., Sept. 22		Summer Get-away Meeting: OILRC - 1st Floor – 5-6pm
Fri., Sept. 23		Drop in – Wii: OILRC - 1st Floor - 3:30-5:30pm. Free
Mon., Sept. 26		Yoga: OILRC - 2 nd Floor - 4-5pm - Free
Tues., Sept. 27		Discussion: Is work for me - OILRC - 1st Floor - 1-2pm - Free
Wed., Sept. 28		Craft Day: Apple & Cinnamon Wreaths. OILRC – 1 st Floor – 9:30-11:30am - Cost: \$3
Fri., Sept. 30		Drop In: Board games - OILRC -1st Floor. 3:30-5:30pm. Free














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Tues., Oct. 4		Grocery Shopping: Loblaws 363 Rideau St. - 1-2pm - Free
Tues., Oct. 4		Healthy Cooking: Sandy Hill CHC - 221 Nelson St. - 3-5pm - Free
Wed., Oct. 5		Lunch Club: Carlingwood Family Restaurant - 2121 Carling Ave. – 1-3pm - Cost: OILRC will provide \$5 toward your bill
Wed., Oct. 5		RDSP Info Session – OILRC – 7–8pm - Free
Thurs., Oct. 6		Discussion: The Excitement of Trying New Things - OILRC -1st Floor – 5:30–6:30pm - Free
Fri., Oct. 7		Drop In: Movie Day - OILRC - 1st Floor - 3:30-5:30pm - Free
Mon., Oct. 10		Office Closed - Happy Thanksgiving
Tues., Oct. 11		Discussion: Is work for me? OILRC - 1st Floor – 5:30-6:30pm - Free
Wed., Oct. 12		Craft Day: Apple Witch Head - OILRC - 9:30-11:30am – Cost: \$3
Wed., Oct. 12		RDSP Info Session – Ottawa Public Library – 281 Woodroff Ave., – 7–8pm - Free
Thurs., Oct. 13		Celebrating: Brown Bag Birthdays - OILRC - 1st Floor - 12-2pm - Bring your own brown bag lunch - Free
Fri., Oct. 14		Drop In: Board Games - OILRC - 1st Floor - 3:30-5:30pm - Free
Mon., Oct. 17		\$3 Hair Cuts: OILRC - 1st Floor – 9-12pm – Cost \$3.00
Tues., Oct. 18		Movies: Rainbow Cinema - St. Laurent Mall - Meet in theater lobby - 12-3pm - Cost: \$2
Wed., Oct. 19		Calendar Planning & Pizza: OILRC - 1st Floor - 1-3pm
Thurs., Oct. 20		Museum: Science and Technology - 867 St Laurent Blvd. - 4-5pm - Free
Fri., Oct. 21		Mamma Mia - OILRC Fundraiser – Notre Dame High School – 710 Broadview Ave., - 6-9pm - \$20.00
Mon., Oct. 24		Summer Get-away Meeting: OILRC – 5:30-6:30pm - Free
Tues., Oct. 25		Pub Night: Don Cherry’s - 290 Rideau St. - 7-9pm – Cost: Your responsibility.
Wed., Oct. 26		Craft Day: Apple Witch Head - OILRC - 9:30-11:30am – Cost: \$3
Wed., Oct. 26		Discussion: The Do’s & Don’ts of Online Dating - OILRC - 1-2pm - Free
Fri., Oct. 28		Halloween Party: 251 Donald St. - 7-11pm - Free
Mon., Oct. 31		Yoga: OILRC - 4-5pm - Free



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Tues., Nov. 1		Grocery Shopping: Loblaws 363 Rideau St. - 1-2pm - Free
Tues., Nov. 1		Healthy Cooking: Sandy Hill CHC - 221 Nelson St. - 3-5pm - Free
Wed., Nov. 2		Lunch Club: Dunn's Deli, 355 Dalhousie St. - 1-3pm - Cost: OILRC will provide \$5 toward your bill.
Thurs., Nov. 3		Museum: Of Nature - 240 McLeod Street - 5-7pm - Free
Fri., Nov. 4		Drop In: Movie Day - OILRC - 1 st Floor - 3:30-5:30pm - Free
Mon., Nov. 7		Pub Night: Royal Oak Pub - 188 Bank St. - 7-9pm - Cost: Your responsibility
Tues., Nov. 8		Discussion: Getting Your Message Across - OILRC - 5:30-6:30pm
Wed., Nov. 9		Craft Day: Remembrance Day Wreath - OILRC -1st Floor - 9:30-11:30am - Cost: \$3
Fri., Nov. 11		Remembrance Day Ceremony: Beachwood Cemetery, meet at OILRC - 10am-12pm – Free – Leaving the office at 10am – not waiting
Fri., Nov. 11		Drop In: OILRC - 1 st Floor - 3:30-5:30pm - Free
Mon., Nov. 14		Discussion: Getting your Message Across - OILRC - 1 st Floor – 1:30-2:30pm - Free
Mon., Nov. 14		RDSP Info Session – Ottawa Public Library – 2516 Alta Vista Dr., – 7–8pm - Free
Tues., Nov. 15		Discussion: The Do's & Don'ts of Online Dating - OILRC - 1 st Floor – 5:30-6:30pm - Free
Wed., Nov. 16		Currency Museum: 245 Sparks Street (between Bank and Kent) – 1-3pm - Free
Thurs., Nov. 17		Brown Bag Birthdays - OILRC - 12-2pm - Bring your own lunch - Free
Fri., Nov. 18		Drop In: Board Games - OILRC - 1 st Floor - 3:30-5:30pm - Free
Mon., Nov. 21		\$3 Hair Cuts: OILRC - 1st Floor – 9-12pm – Cost \$3.00
Tues., Nov. 22		Movies: Rainbow Cinema - St. Laurent Mall - Meet in theater lobby - 12-3pm - Cost: \$2
Wed., Nov. 23		Craft Day: Lighted Pinecone Basket - OILRC - 9:30-11:30am - Cost: \$3
Fri., Nov. 25		Splash Wave Pool – 2040 Ogilvie Rd. - 1:00-3:30pm - Cost: \$5.50
Mon., Nov. 28		Yoga: OILRC - 4-5pm - Free
Wed., Nov. 30		Drop In: Pizza & Wii - OILRC - 1 st Floor - 3:30-5:30pm - Free