

# JUNE 2010

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 Healthy Eating 3pm-5pm	 2 Bowling 1pm-3pm	 3 Community Garden 10am-1pm Yoga 5pm-6pm	4 Board Game Club 4pm-6pm	
6	 7 Community Garden 4pm-6pm	 8 Bowling 5pm-7pm	9 Go Karting 1pm-3pm	 10 Community Garden 10am-1pm Soccerbaseball 5pm-6pm	11 Board Game Club 4pm-6pm	12
13	 14 Community Garden 4pm-6pm	15 Go Karting 5pm-7pm	 16 Mini Golf 1pm-3pm	 17 Community Garden 10am-1pm Yoga 5pm-6pm	18 Board Game Club 4pm-6pm	19
20	 21 Community Garden 4pm-6pm	 22 TopShape Fitness 1pm-2pm Mini Golf 5pm-7pm	23 RCMP Musical Ride 6:30-8:30pm	 24 Community Garden 10am-1pm Soccerbaseball 5pm-6pm	 25 Beach Day 1pm-4pm	26
27	 28 Community Garden 4pm-6pm	29 RDSP Info session 5:30-7:30pm	30 Lunch Club Montana's 1pm-3pm			



**Remember that registration is necessary for some activities. Please call to RVSP. If you require an attendant, or would like to travel to activities with a buddy call 613-236-2558 ext. # 222.**

# July 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>CANADA DAY!</b> Office Closed	2 ♥ Beach Day 1pm-4pm	3
4	5 ♥ Community Garden 4pm-6pm	6 ♥ Healthy Eating 3pm-5pm	7 Alan Shain in: Time To Put My Socks On 7:30pm-9:30pm 	8 Community Garden 10am-1pm <b>Soccerbaseball</b> 5pm-6pm	9 ♥ Beach Day 1pm-4pm	10
11	12 ♥ Community Garden 4pm-6pm	13	14 Carillon Concert 11am-12pm	15 ♥ Community Garden 10am-1pm <b>Yoga</b> 5pm-6pm	16 ♥ Beach Day 1pm-4pm	17
18	19 ♥ Community Garden 4pm-6pm	20  Healthy Potluck & Calendar Planning Meeting 1pm-3pm	21 Canadian Aviation Museum 4pm-5pm	22 Community Garden 10am-1pm <b>Soccerbaseball</b> 5pm-6pm	23 ♥ Beach Day 1pm-4pm	24
25	26 ♥ Community Garden 4pm-6pm	27 ♥ Healthier Me Workshop 2pm-3pm	28 Lunch Club 1pm-3pm	29 ♥ Community Garden 10am-1pm <b>Yoga</b> 5pm-6pm	30 ♥ Beach Day 1pm-4pm	31



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.

# August 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Office Closed</b>	3 ♥ Healthy Eating 3pm-5pm	4 Tour of Governor General's 1-3pm	5 ♥ Community Garden 10am-1pm	6 ♥ Beach Day 1pm-4pm	7
8	9 ♥ Community Garden 4pm-6pm	10 ♥ Healthier Me Workshop 3 pm – 4 pm	11 Royal Canadian Mint Tour 1pm – 3pm 	12 ♥ Community Garden <u>10am-1pm</u> <b>Yoga</b> 5pm-6pm	13 ♥ Beach Day 1pm-4pm	14 <b>OILRC Annual Picnic</b> <b>Vincent Massey Park</b> 1pm-4pm 
15	16 ♥ Community Garden 4pm-6pm	17	18	19 ♥ Community Garden 10am-1pm	20 ♥ Beach Day 1pm-4pm	21
22	23 ♥ Community Garden 4pm-6pm	24	25 ♥ Walk & Roll on the Canal 1pm-3pm	26 ♥ Community Garden <u>10am-1pm</u> <b>Yoga</b> 5pm-6pm	27 ♥ Beach Day 1pm-4pm	28
29	30 ♥ Community Garden 4pm-6pm	31				31



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