





















## December 2011

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Date		Cost	Activity
Fri Dec 2		Free	<b>Outdoor Scavenger Hunt</b> 1-3pm, meet at D'Arcy McGees, 44 Sparks St. The first clue starts at the War Memorial.
Tues Dec 6		Free	<b>Healthy Cooking Class</b> 2:15pm shopping at Loblaws, 363 Rideau St 3pm cooking at Sandy Hill CHC, 221 Nelson St.
Wed Dec 7		Bring \$	<b>Lunch Club</b> 1-3pm, Swiss Chalet, 675 Kirkwood Ave *OILRC will provide \$5 to go towards your bill
Thurs Dec 8		Free	<b>Canadian Museum of War</b> 5-7pm, 1 Vimy Place
Fri Dec 9		Free	<b>AccessAbility Day</b> 9:00-1:30pm, City Hall, 110 Laurier Av, lunch provided, You <u>must</u> register by Dec. 1 by calling 3-1-1
Tues Dec 13		Free	<b>Workshop: Effective Budgeting</b> , 1-2pm @ OILRC
Tues Dec 13		Free to walk	<b>Holiday Shopping</b> 3-5pm, Billings Bridge Shopping Centre, 2277 Riverside Drive East, meet at Tim Horton's, opposite OC Transitway terminal. Bring your money if you want to shop.
Wed Dec 14		\$9.20	<b>Craft Day</b> Paint a Ceramic Mug! 1-3pm Meet at 'Gotta Paint', 352 Kirkwood Ave *Mugs will be put in oven and can be picked up at next Craft Day. Great Christmas present idea!
Fri Dec 16		\$2	<b>Holiday Party</b> 6:00-10:00pm, Mac Hall, 211 Bronson Ave., *\$2 members, \$3 non-members. Please RVSP by Dec. 13 <sup>th</sup> .
Mon Dec 19		\$3	<b>Haircuts</b> 9am-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
Mon Dec 19		Free	<b>Drop In Board Games</b> 3-5pm, OILRC Welcome Room
Tues Dec 20		Free	<b>Pancake Breakfast</b> 9:30-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
Wed Dec 21		\$3	<b>Craft Day - Cork Reindeer</b> , 1-3pm, OILRC 1 <sup>st</sup> floor Welcome Room
<b>OFFICE CLOSED for Holidays: Monday, December 26<sup>th</sup> → Monday, January 2<sup>nd</sup></b>			

## January 2012

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Date	Phone icon	Cost	Activity
<b>Tues Jan 3</b>		Free	<b>Healthy Cooking Class</b> 2:15pm shopping at Loblaws, 363 Rideau St 3pm cooking at Sandy Hill CHC, 221 Nelson St.
<b>Wed Jan 4</b>		Bring \$	<b>Lunch Club</b> 1-3pm, Sushi Kan, 1900 Innes Road (All You Can Eat \$12.99) *OILRC will provide \$5 to go towards your bill
<b>Thurs Jan 5</b>		Free	<b>Workshop:</b> Strategic Goal Planning, 5-6pm, OILRC
<b>Fri Jan 6</b>		Free	<b>Drop In Bingo</b> , 3:30-5:30pm , OILRC 1 <sup>st</sup> floor Welcome Room
<b>Tues Jan 10</b>		\$3	<b>Craft Day –</b> Sea Shell Shadow Box, 9:30am-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Wed Jan 11</b>		Free	<b>RDSP Session</b> 6:30-8:00pm Ottawa Public Library, Sunnyside Branch, 1049 Bank, Ottawa, ON
<b>Wed Jan 11</b>		Bring \$	<b>Pub Night</b> 8:00-10:00pm, Karaoke @ Grace O'Malley's, 1151 Ogilvie Road. Bring your money for drinks or food.
<b>Thurs Jan 12</b>		Free	<b>RDSP Session</b> 5:30-7:00pm at Seaway Valley Community Healthy Centre, Cornwall, ON
<b>Fri Jan 13</b>		Free	<b>Drop In Movie Day</b> , 3-5pm, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Tues Jan 17</b>		\$6	<b>Bowling</b> 2-4pm Walkley Bowling Centre, 2092 Walkley Rd *Toonie Tuesday = \$2 shoe rental, \$2 a game
<b>Thurs Jan 19</b>		Free	<b>Museum of Civilization</b> 5-7pm, 100 Laurier Street, Gatineau
<b>Fri Jan 20</b>		\$8	<b>University of Ottawa Men's Varsity Basketball Game</b> 7-10pm, meet at Sports Complex, 801 King Edward Avenue *Purchase tickets at 7pm, game starts at 8pm
<b>Mon Jan 23</b>		\$3	<b>Haircuts</b> 9am-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Tues Jan 24</b>		Free	<b>Table Tennis</b> 6-8pm, W.E. Gowling School, 250 Anna Ave
<b>Wed Jan 25</b>		\$3	<b>Craft Day</b> Create a Snow Globe, 1-3pm, OILRC 1 <sup>st</sup> floor
<b>Wed Jan 25</b>		Free	<b>Workshop:</b> Bye Bye Frustrations! 3-5pm, OILRC
<b>Fri Jan 27</b>		Free	<b>Drop In Wii</b> , 3:30pm-5:30pm, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Mon Jan 30</b>		Free	<b>Drama Workshop</b> 2-3pm OILRC 1 <sup>st</sup> floor Welcome Room

## February 2012



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Date		Cost	Activity
<b>Wed Feb 1</b>		Bring \$	<b>Lunch Club</b> 1-3pm, Pilos Restaurant, 876 Montreal Rd *OILRC will provide \$5 to go towards your bill
<b>Fri Feb 3</b>		\$17.75	<b>Ottawa 67's Game</b> Peterborough vs. Ottawa, 7:30-10pm, Ottawa Civic Centre, 1015 Bank St., meet at box office
<b>Tues Feb 7</b>		Free	<b>Healthy Cooking Class</b> 2:15pm shopping at Loblaws, 363 Rideau St 3pm cooking at Sandy Hill CHC, 221 Nelson St.
<b>Wed Feb 8</b>		Free	<b>Winterlude Fun!</b> See the Snow Sculptures, 2:30-4:30pm, meet at Confederation Park, corner of Elgin St & Laurier Ave
<b>Fri Feb 9</b>		Bring \$	<b>Pub Night</b> Billards (Pool) @ MacLaren's on Elgin, 301 Elgin Street 7-9pm
<b>Fri Feb 10</b>		Free	<b>Drop In</b> Board Games, 3:00-5:00pm, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Tues Feb 14</b>		\$3	<b>Valentine's Day Desert Potluck &amp; Craft Day</b> 1-4pm, bring a favourite sweet treat to share
<b>Wed Feb 15</b>		\$4.30	<b>Swimming</b> at Jack Purcell Community Centre, 320 Jack Purcell Lane 5:30-7pm
<b>Fri Feb 18</b>		Free	<b>Winterlude Fun!</b> Roll/Walk/Skate on the Canal! 6-8pm, meet at Dow's Lake Pavilion, 1001 Queen Elizabeth Drive
<b>Mon Feb 20</b>		\$3	<b>Haircuts</b> 9am-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Tues Feb 21</b>		Free	<b>Workshop:</b> Declutter & Organize Your Life, 10am-12noon
<b>Wed Feb 22</b>		\$3	<b>Craft Day</b> Beaded Animals 9:30-11:30am, OILRC 1 <sup>st</sup> floor Welcome Room
<b>Fri Feb 24</b>		Free	<b>Tobogganing</b> at Mooney's Bay, 1-3pm, meet at corner of Riverside Dr. & Ridgewood Ave (Bus #87). Bring plastic sled.
<b>Mon Feb 27</b>		Free	<b>Winter Walk &amp; Hot Chocolate</b> 2-4pm, meet at OILRC
<b>Tues Feb 28</b>		\$2	<b>Rainbow Cinema</b> 12-3pm, meet in cinema lobby at St. Laurent Shopping Centre (lower level)