

DECEMBER 2009



OILRC would like to wish everyone a happy and safe Holiday Season.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Healthy Eating 3:00-5:00 pm 	2 UN International Day for the Disabled Person And Accessibility Day	3 Celebration of People	4 Youth Drop-In And Decorating 4:00 - 7:00 pm	5
6	7 Holiday Shopping Lists and Budgeting 1:00 - 3:00 pm	8	9 Holiday Gifts: No- Bake Cookies 1:00 pm Youth 3:00 pm	10 Respect and Working Well with Others 2:30 - 4:00 pm	11 OILRC Holiday Party 6:00pm to 10:30pm	12
13	14 Shopping at St. Laurent 1:00pm Youth 3:00 pm	15 Acting Workshop 1:00 – 3:00 pm	16 Holiday Gift- Wrapping 1:00 pm Youth 3:00 pm	17	18	19
20	21 Keeping healthy over the holiday 1:00-2:00 pm	22 	23 Holiday Pot Luck 1:00 pm Youth 3:00 pm	24 Office closed at 11:00 am. Reopening on Jan. 4, 2010	25 Office closed	26
27	28 Office closed	29 Office closed	30 Office closed	31 Office closed	Office closed	

Please remember to register for activities if you see this symbol!!





DECEMBER 2009



Tuesday, December 1st 3:00 – 5:00 pm	Healthy Eating: at the Sandy Hill Community Centre (221 Nelson St) \$ 4.00	
Wednesday, December 2nd 10:00 am to 3:00 pm	Accessibility Day: Nepean Sportsplex, Halls A and B, 1701 Woodroff Ave	
Wednesday, December 2nd 3:30 pm	United Nations International Day for the Disabled Persons: at City Hall, Pignott Hall *Call for more information	 
Thursday, December 3rd 5:30 pm Reception 6:30 pm Dinner and Awards	Celebration of People: at Hampton Inn, 100 Coventry Road. Tickets are \$ 70.00/person *Some tickets are available – call OILRC for more information	
Friday, December 11th 4:00 – 7:00pm	Youth Drop-in: Come decorate the room for the holidays	
Monday, December 7th 1:00 – 2:00 pm	Holiday Shopping List and budgeting: in the IL Welcome room on the 1 st floor	
Wednesday, December 9th 1:00 – 3:00 pm Youth 3:00 – 5:00 pm	Holiday Gifts: No-Bake Cookies IL Welcome room on the 1 st floor	
Thursday, December 10th 2:30 – 4:00 pm	Respect and Working Well with Others Workshop: IL Welcome room on the 1 st floor	
Friday, December 11th 6:00 – 10:00pm	Holiday Party at 211 Bronson Ave., Mac Hall. Tickets \$5.00 for members & \$8.00 for non-members. RSVP by Monday, Dec. 7th	 
Monday, December 14th 1:00 – 3:00 pm Youth 3:00 – 5:00 pm	Christmas Shopping St Laurent Mall: Meet at Shoppers Drug Mart door	
Tuesday, December 15th 1:00 – 3:00 pm	Acting Workshop: in the IL Welcome room on the 1 st floor with Maja Bubic	
Wednesday, December 16th 1:00 – 3:00 pm Youth 3:00 – 5:00	Gift Wrapping: Note: Bring your favourite wrapping paper! IL Welcome room on the 1 st floor	
Monday, December 21st 1:00 – 2:00	Keeping healthy over the holiday: in the IL Welcome room on the 1 st floor	
Wednesday, December 23rd 1:00 – 3:00 pm Youth 3:00 – 5:00 pm	Holiday Potluck: Bring your favourite holiday or winter dish! IL Welcome room on the 1 st floor	 

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



Social Activity



Healthy Living



Life Skills

JANUARY 2010

Happy New Year from everyone
at OILRC!



Registration is required for some activities. Please call when you see this symbol beside the activity.





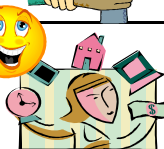







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Office will be open at 8:00am	5 Healthy Eating 3:00– 5:00 pm	6 Canadian Aviation Museum 4:00 pm 	7	8 Drop-in 4:00 – 7: 00	9
10	11	12	13 Pub Night at Dooley's 6:00 – 9:00 pm	14 Disability Tax Credit Workshop 10:00 am to 12:00 pm 	15 Summer-Sun Themed Drop-in 4:00 – 7:00	16
17	18	19 Rockcliff Stables Tour 11:30 am 	20 Hot Dog Day & Spring Calendar Planning 1:00 pm Youth 3:00 pm	21	22	23
24	25	26	27 Pizza and a Movie 1:00 pm Youth 3:00 pm	28	29 Head to Toe Spa Day 2:00 pm to 4:00pm	30 



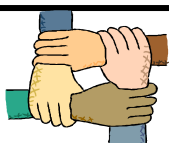
January 2010



<u>DETAILS</u>		
Tuesday, January 5th 3:00 – 5:00 pm	Healthy Eating: Sandy Hill Community Centre (221 Nelson St.) Cost: \$ 4.00	
Wednesday, January 6th 4:00 pm	Tour the Canadian Aviation Museum! 11 Aviation Parkway: Admission is free from 4:00 – 5:00 pm. Cost before 4:00 pm is \$9.00	
Friday, January 8th 4:00 – 7:00 pm	Drop-in: IL Welcome room on the 1 st floor	
Wednesday, January 13th 6:00 – 9:00 pm	Pub Night at Dooley's: 2279 Gladwin Cres. Bring your own \$\$\$	
Thursday, January 14th 10:00 am – 12:00 pm	Disability Tax Credit Workshop by Revenue Canada: at OILRC, 401- 214 Montreal Rd. *please RSVP with Candice 613-236-2558 ext 222	
Friday, January 15th 4:00 – 7: 00 pm	Drop-in: Chase the winter blues away with a summery sun themed drop-in! Bring your shorts, Hawaiian shirts, and your shades!	
Tuesday, January 19th Meet at OILRC 11:30 am	Tour of Rockcliff Stables 1 Sandridge Rd	
Wednesday, January 20th 1:00 – 3:00 pm Youth 3:00 – 5:00 pm	Hot Dog Day and Spring Calendar Planning Meeting: IL Welcome room on the 1 st floor Cost: \$ 1.50 for one hot dog & one drink	
Wednesday, January 27th 1:00 – 3:00 pm Youth 3:00 – 5:00 pm	Pizza & Movie: IL Welcome room on the 1 st floor Cost: \$1.00 per slice	
Friday, January 29th 2: 00 – 4:00 pm	Spa Day: Come pamper your skin and nails with Candice in the IL Welcome room on the 1 st floor	



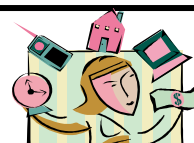
Remember that registration is necessary for some activities. Please call to register, or if you require an attendant, or you would like to travel to an activity with a buddy! 613-236-2558 ext 220 when you see this symbol



Social



Healthy Living



Life Skills

FEBRUARY 2010

Please see back of the page for more information on the activities


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Healthy Eating 3:00–5:00 pm	3 Valentines Day Crafts 1:00 pm Youth 3:00 pm	4 Home Renovation Tax Credit and Family Benefits Credit Workshop 10:00-11:30 am	5	6
7	8 Healthy Relationships Workshop 1:00-3:00 pm	9	10 Snowflake Kingdom Gatineau 11:30 am	11	12 Drop In 4:00-7:00 pm	13
14 Valentines Day	15 FAMILY DAY!! OFFICE CLOSED	16	17 Canal Skate, walking or rolling Hot Chocolate 1:00 pm Youth 3:00 pm	18	19	20
21	22	23	24 Pub Night at Dooley's 6:00-9:00 pm	25	26 Drop-in 4:00-7:00 pm	27
28	<p>Please remember to register when you see this symbol!!</p>					





February 2010



<u>DETAILS</u>		
Tuesday, February 2nd 3:00 – 5:00 pm	Healthy Eating: Sandy Hill Community Centre (221 Nelson St.) Cost: \$ 4.00	
Wednesday, February 3rd 1:00 -3:00 pm Youth 3:00 – 5:00 pm	Valentine’s Day Cards for that someone special. IL Welcome room on the 1 st floor Just bring your imagination!	
Thursday, February 4th 10:00 – 11:30 am	Home Renovation Tax Credit and Family Benefits Credit At OILRC, 401- 214 Montreal Rd. *please get in contact with Candice Botha for RSVP 613-236-2558 ext 222	 
Monday, February 8th 1:00 – 3:00 pm	Healthy Relationships Workshop: in the IL Welcome room on the 1 st floor with Candice	
Wednesday, February 10th 11: 30 am	Snowflake Kingdom! Jacques Cartier Park, Gatineau	
Friday, February 12th 4:00 – 7:00 pm	Youth Drop-in: in the IL Welcome room on the 1 st floor	
Wednesday, February 17th 1:00 – 3:00 pm Youth 3:00 – 5: 00 pm	Canal Skate & Hot Chocolate! Bring your skates or warmest boots! Meet at Dow’s Lake Pavillion Cost: bring your own \$\$\$!	
Wednesday, February 24th 6:00 – 9:00 pm	Pub Night at Dooley’s: 2279 Gladwin Cres. Bring your own \$\$\$	
Friday, February 26th 4:00 – 7:00 pm	Drop-in: IL Welcome room on the 1 st floor	



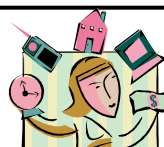
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Social



Healthy Living



Individual Skills

