





September

| <u>Details</u> | |
|---|---|
| Tues. Sept. 1 3:00pm - 5:00pm | Healthy Eating – Lets do some cooking together at the Sandy Hill Community Centre (221 Nelson St) \$4.00 |
| Wed, Sept. 2 1:00pm - 3:00pm Youth: 3:00pm – 5:00pm | Lunch Club – Swiss Chalet (540 Montreal Road) Subsidy \$5.00  |
|  Friday, Sept. 4 4:00 pm – 7:00 pm | Hot Air Balloon Festival Meet at the OILRC at 4:00pm  |
| Wed, Sept. 9 6:00pm - 9:00pm | Pub Night – Dooley's 227 Gladwin Crescent |
| Wed, Sept. 16 5:30pm - 7:00pm | Hotdog Day – OILRC 1 st floor |
| Wed, Sept. 16 5:30pm - 7:00pm | Swimming – Jack Purcell Pool 320 Jack Purcell Lane  |
| Friday, Sept.18 4:00pm – 7:00pm | OILRC BBQ – Vincent Massey Park |
| Wed. Sept. 23 4:00pm - 7:00pm | Movie Night – Rainbow Cinema, St. Laurent Shopping Centre |
| Tue. Sept. 29 5:30pm - pizza 6:30pm AGM | OILRC AGM – 2410 Southvale Crest. 1 st floor – Completed by 7pm |
| Wed. Sept. 30 2:00pm-6:00pm | Meet & Greet Potluck – Let us know what you are bringing. Veggies from the community garden will also be prepared.  |

**Register is required for some activities.
Please call 613-236-2558 ext 220 when you see this symbol
beside the activity**








| <u>Details</u> | |
|---|--|
| Tues. Oct. 6 3:00pm - 5:00pm | Healthy Eating – Lets do some cooking together at the Sandy Hill Community Centre (221 Nelson St) \$4.00 |
| Tues. Oct. 6 6:30pm - 8:00pm | RDSP Presentation – OILRC - 214 Montreal Road |
| Wed. Oct. 7 1:00pm - 3:00pm Youth: 3:00pm – 5:00pm | Lunch Club – Mother Tucker's 61 York St., Subsidy \$5.00  |
| Wed, Oct. 14 1:00 pm – 9:00pm | Experimental Farm – Building 72, Arboretum |
| Wed, Oct. 14 6:00pm - 9:00pm | Pub Night – Dooley's 227 Gladwin Crescent |
| Friday, Oct. 16 4:00pm – 7:00pm | Drop-In – OILRC – 1 st Floor |
| Wed. Oct. 21 3:00pm - 6:00pm | Lifestyle – Walk in Gatineau Park – Meet at the OILRC at 3:00 |
| Friday, Oct. 23 4:00pm - 7:00pm | Drop-In – OILRC – 1 st Floor |
| Wed. Oct. 28 1:00pm - 3:00pm Youth – 3 – 5:00 pm | Pumpkin Carving & Potluck – At the OILRC - Let us know what you are bringing. Something orange & black would be great.  |
| Friday, Oct. 30 7:00pm - 11:00pm | OILRC Halloween Party - Heron Community Centre - 1480 Heron Rd. |

If you are not at the meeting place within 10 minutes of the schedule activity time we will not wait. If you know you will be late call Jamie at 613-236-2558 ext: 220 and he will make arrange to meet.



November

| <u>Details</u> | |
|--|---|
| Tues. Nov. 3 3:00pm - 5:00pm | Healthy Eating – Lets do some cooking together at the Sandy Hill Community Centre (221 Nelson St) \$4.00 |
| Wed, Nov. 4 1:00pm - 3:00pm Youth: 3:00pm – 5:00pm | Lunch Club – Montana's 1750 Olgilvie Rd., Subsidy \$5.00  |
| Wed., Nov. 11 10:00 pm – 2:00 pm  | Remembrance Day Ceremony Meet at the OILRC at 10:00pm |
| Friday, Nov. 13 3:00pm - 5:00pm  | Planning for the next calendar – OILRC, 1 st floor |
| Wed, Nov. 18 6:00pm - 9:00pm | Pub Night – Dooley's 227 Gladwin Crescent |
| Friday, Nov. 20 4:00pm - 7:00pm | Drop-In – OILRC – 1 st Floor |
| Wed. Nov. 25 1:00pm - 3:00pm Youth: 3:00pm – 5:00pm | Bowling – RA Centre, 2451 Riverside Dr., |

Don't forget to register for an activity with this symbol
At 613-236-2558 ext 220

