
















September 2010

Note: Notify Joey at ext: 227 at least one week in advance if you have dietary needs








| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|---|----------|
| |  | | 1 Lunch Club Bigg's Deli and Bar 1-3pm | 2 Community Garden 10-1pm Yoga 5-6pm  | 3 Drop-In Board Games 1-4pm | 4 |
| 5 | 6 Labour Day Office Closed | 7 Community Garden 4-6pm Healthy Eating 3pm-5pm  | 8 Boating on the Canal at Dow's Lake  | 9 Community Garden 10-1pm Wii Fit 4-5pm  | 10 Drop-In Geocaching 1-4pm | 11 |
| 12 | 13  | 14 Community Garden 4-6pm Grocery Smarts  1-3pm  | 15 Swimming Jack Purcell 5:30-7pm  | 16 RDSP Workshop 1-3pm  | 17 Drop-In Wii Club 1-4pm | 18 |
| 19 | 20 | 21 Yoga 1-2  OILRC AGM 5:30-6:30pm | 22 Mini Golf: Putting Edge 1-4pm  | 23 Wii Fit 4-5pm  | 24 Drop-In Movie Day 1-4pm | 25 |
| 26 | 27 | 28 | 29 Pub Night: Clancy's Pub 7-9pm | 30 Body & Mind- Wellness 4:30-5:30pm  |  | |

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 or 227.



October 2010

Note: Notify Joey at ext: 227 at least one week in advance if you have dietary needs














| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|------------------------------------|--|
| | | | | | 1 Drop-In Board Games 1-4pm | 2 |
| 3 | 4 | 5 ♥ Healthy Eating 3pm-5pm | 6 Lunch Club: St. Hubert 1-3pm | 7 Wii Fit 4-5pm Yoga 5-6pm ♥ | 8 Drop-In Geocaching 1-4pm | 9 |
| 10  | 11 Happy Thanksgiving Office Closed | 12  | 13 ♥ Healthy Potluck & Calendar Planning 1pm-2pm | 14 ♥ Art Expressions 5:30-6:30pm  | 15 Drop-In Wii Club 1-4pm | 16 |
| 17 ♥ | 18 Pizza Party & Welcome Room Cleanup 1-3pm ♥ | 19 Spa Day 10-11am Yoga 1-2pm  ♥ | 20 ♥ Rock Climbing 1-3pm  | 21 ♥ Wii Fit 1-2pm Museum 4-6pm | 22 Drop-In Movie Day 1-4pm | 23  |
| 24 | 25 | 26 ♥ Alternative Fitness 4-5pm | 27  Pumpkin Carving 1-3pm | 28 Museum of Nature 5-7pm | 29 Drop-In Board Games 1-4pm | 30 Halloween Dance 7-11pm |

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 or 227.



November 2010

Note: Notify Joey at ext: 227 at least one week in advance if you have dietary needs

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|---|--|---------------------------------------|---|
| | 1 | 2  | 3 Lunch Club: Perkin's Restaurant 1-3pm | 4 Tour of Parliament 12:30-2:30pm | 5 Drop-In Geocaching 1-4pm | 6 |
| 7 | 8 | 9  Body & Mind- Wellness 2-3pm | 10 Rainbow Cinema 1-3pm  | 11 Remembrance Day 10:30-12:30pm  Wii Fit 4-5pm  Yoga 5-6pm  | 12 Drop-In Wii Club 1-4pm | 13 |
| 14 | 15 | 16  Yoga 1-2pm  | 17 Holiday Craft Part 1 - 1-3pm Disability and Abuse Forum 9:30-12:00pm | 18 Art Expressions 4-5pm  Pub Night 7-9pm | 19 Drop-In Movie Day 1-4pm | 20 |
| 21 | 22 | 23 | 24 Rideau Carleton Raceway  1-3pm | 25 Animal Comforts 3-4pm  Wii Fit 4-5pm  | 26 Drop-In Board Games 1-4pm | 27  |

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