



# September 2010



<b>Wed, Sept 1<sup>st</sup></b> 1pm-3pm	 <b>Lunch Club.</b> Bigg's Deli & Bar. 1099 St. Laurent Blvd. Cost: OILRC will subsidize each person \$5.00. Bring your own \$\$\$\$.
<b>Thursday, Sept 2<sup>nd</sup></b> Community Garden: 10-1pm Yoga: 5-6pm	 <b>Community Garden.</b> Kilborn Community Garden. Pleasant Park & Dorval. Cost: \$0. <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Sept 3<sup>rd</sup></b> 1-4pm	<b>Drop-In.</b> Board Games - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday, Sept 7<sup>th</sup></b> Community Garden: 4-6pm Healthy Eating: 3-5pm	 <b>Community Garden:</b> Kilborn Community Garden. Pleasant Park & Dorval. Cost: \$0 <b>Healthy Eating:</b> Sandy Hill Community Health Centre 221 Nelson St. - Cost: Free
<b>Wed, Sept 8<sup>th</sup></b> 1-3pm	 <b>Boating on the Canal.</b> Dow's Lake Pavillion. 1001 Queen Elizabeth Driveway. Cost: \$15.00.
<b>Thursday, Sept 9<sup>th</sup></b> Community Garden: 10-1pm Wii Fit: 4-5pm	 <b>Community Garden.</b> Kilborn Community Garden. Pleasant Park & Dorval. Cost: \$0. <b>Wii Fit:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Sept 10<sup>th</sup></b> 1-4pm	<b>Drop-In.</b> Geocaching - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday Sept, 14<sup>th</sup></b> Community Garden: 4-6pm Grocery Smarts: 1-3pm	 <b>Community Garden Cleanup.</b> Kilborn Community Garden. Pleasant Park & Dorval. Cost: \$0. <b>Healthier Me Workshop Part 1:</b> Grocery Smarts – Meet in the Welcome Room @ the Centre. Cost: \$0
<b>Wed Sept, 15<sup>th</sup></b> 5:30-7pm	 <b>Swimming.</b> Jack Purcell Community Centre. 320 Jack Purcell Lane. Cost:\$4.30.
<b>Thursday Sept, 16<sup>th</sup></b> 1-3pm	<b>RDSP Workshop:</b> Community Laundry Co-op 153 Chapel Street
<b>Friday Sept, 17<sup>th</sup></b> 1-4pm	<b>Drop-In:</b> Wii Club - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday Sept, 21<sup>st</sup></b> Yoga: 1-2pm  OILRC AGM: 5:30-6:30pm	 <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0  <b>OILRC AGM:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0



<b>Wednesday Sept, 22<sup>nd</sup></b> 1-4pm	<b>Mini Golf:</b> Puttin Edge 5 Roydon Place. Cost:\$10.50+tax
<b>Thursday Sept, 23<sup>rd</sup></b>  4-5pm	<b>Wii Fit:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday Sept, 24<sup>th</sup></b> 1-4pm	<b>Drop-In:</b> Movie afternoon - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Wednesday Sept, 29<sup>th</sup></b> 7-9pm	<b>Pub Night.</b> Clancy's Pub. 1199 Joseph Cyr St. Cost: Bring your own \$\$\$.
<b>Thursday Sept, 30<sup>th</sup></b>  4:30-5:30pm	<b>Body and Mind:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0

**Remember that registration maybe necessary for some of the activities. Please call to register, if you require an attendant, or if you would like to travel to an activity with a buddy.**



## October 2010



<b>Friday Oct, 1<sup>st</sup></b> 1-4pm	<b>Drop-In:</b> Board games - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday, Oct 5</b>  3pm – 5pm	<b>Healthy Eating:</b> Sandy Hill Community Health Centre 221 Nelson St. - Cost: Free
<b>Wednesday, Oct 6<sup>th</sup></b> 1-3pm	<b>Lunch Club:</b> St. Hubert. 1754 St. Laurent Blvd. Cost: OILRC will subsidize each person \$5.00. Bring your own \$\$\$.
<b>Thursday, Oct 7<sup>th</sup></b>  Wii Fit: 4-5pm  Yoga: 5-6pm	<b>Wii Fit:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0  <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Oct 8<sup>th</sup></b> 1-4pm	<b>Drop-In:</b> Geochaching - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Wed, Oct 13<sup>th</sup></b>  1-2pm	<b>Healthy Potluck &amp; Calendar Planning Meeting.</b> 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: Bring a healthy dish
<b>Thursday, Oct 14<sup>th</sup></b>  5:30-6:30pm	<b>Art Expressions:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Oct 15<sup>th</sup></b>	<b>Drop-In:</b> Wii Club - Welcome Room @ the Centre. 214

1-4pm	Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Monday, Oct 18<sup>th</sup></b> 1-3pm	<b>Pizza &amp; Welcome Room Clean-up.</b> 214 Montreal Rd. 1 <sup>st</sup> Floor. 1-3pm. Cost: \$1.00 per slice.
<b>Tuesday, Oct 19<sup>th</sup></b> Spa Day: 10-11am  Yoga: 1-2pm	♥ <b>Spa Day:</b> welcome Room @ the Centre. 214 Montreal Rd, 1 <sup>st</sup> Floor. Cost: \$0  <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Wednesday, Oct 20<sup>th</sup></b> 1-3pm	<b>Rock Climbing.</b> 2370 Lancaster Rd. Cost: \$5.95 + tax 
<b>Thursday, Oct 21<sup>st</sup></b> Wii Fit: 1-2pm  Museum: 4-6pm	♥ <b>Wii Fit:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0  <b>Museum of Civilization.</b> 100 Laurier St. Gatineau QC. Cost: \$0
<b>Friday, Oct 22<sup>nd</sup></b> 1-4pm	<b>Drop-In: Movie Afternoon - Welcome Room @ the Centre.</b> 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday, Oct 26<sup>th</sup></b> 4-5pm	♥ <b>Healthier Me Workshop Part 2:</b> Alternative Fitness- Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Wednesday, Oct 27<sup>th</sup></b> 1-3pm	<b>Pumpkin Carving.</b> 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Thursday, Oct 28<sup>th</sup></b> 5-7pm	<b>Canadian Museum of Nature.</b> 240 McLeod St. Cost: \$0.
<b>Friday, Oct 29<sup>th</sup></b> 1-4pm	<b>Drop-In: Board Games - Welcome Room @ the Centre.</b> 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Saturday, Oct 30<sup>th</sup></b> 7-11pm	<b>Halloween Dance:</b> Bronson Centre. 211 Bronson Ave. MAC Hall. Cost: Costume Mandatory!!



**Remember that registration maybe necessary for some of the activities. Please call to register, if you require an attendant, or if you would like to travel to an activity with a buddy.**

## November 2010



<b>Tuesday, Nov 2</b> 3pm – 5pm	♥ <b>Healthy Eating:</b> Sandy Hill Community Health Centre 221 Nelson St Cost: \$0
<b>Wednesday, Nov 3<sup>rd</sup></b> 1-3pm	<b>Perkin's Family Restaurant.</b> 1130 St. Laurent Blvd. Cost: OILRC will subsidize each person \$5.00. Bring

		your own \$\$\$.
<b>Thursday, Nov 4<sup>th</sup></b> Tour of Parliament: 12:30-2:30pm  Yoga: 5-6pm		<b>Tour of Parliament.</b> 33 Metcalfe St. Cost: \$0. <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0  <b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Nov 5<sup>th</sup></b> 1-4pm		<b>Drop-In:</b> Geocaching - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday, Nov 9<sup>th</sup></b> 2-3pm		<b>Healthier Me Workshop Part 3:</b> What is Wellness? - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Wednesday, Nov 10<sup>th</sup></b> 1-3pm		<b>Rainbow Cinema.</b> 1200 St. Laurent Boulevard. Bring your own \$\$\$.
<b>Thursday Nov, 11<sup>th</sup></b> Remembrance Day: 10:30-12:30pm Wii Fit: 4-5pm		<b>Remembrance Day Ceremonies.</b> Beechwood Cemetary. 280 Beechwood Ave. Cost: \$0.  <b>Wii Fit:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Nov 12<sup>th</sup></b> 1-4pm		<b>Drop-In:</b> Wii Club - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Tuesday, Nov 16<sup>th</sup></b> 1-2pm		<b>Yoga:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Wed, Nov 17</b> Disability and Abuse: 9:30am- 12:00pm  Holiday Craft: 1-3pm		<b>Disability and Abuse:</b> informative “Working Together” panel / discussion on how community agencies work with people with disabilities experiencing and/ or fleeing abuse.  <b>Holiday Craft Part 1:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Thursday, Nov 18<sup>th</sup></b> Art Expressions: 4-5pm Pub Night: 7-9pm		<b>Art Expressions:</b> Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0 <b>Pub Night:</b> Clock Tower. 575 Bank St. Cost: Bring your own \$\$\$.
<b>Friday, Nov 19<sup>th</sup></b> 1-4pm		<b>Drop-In:</b> Movie Afternoon - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.
<b>Wednesday, Nov 24<sup>th</sup></b> 1-3pm		<b>Rideau Carleton Racetrack &amp; Casino.</b> 4837 Albion Rd. Cost: Bring your own \$\$\$!
<b>Thursday, Nov 25<sup>th</sup></b>		<b>Animal Comforts:</b> Welcome Room @ the Centre. 214

3-4pm	💡	Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0
<b>Friday, Nov 26<sup>th</sup></b> 1-4pm		<b>Drop-In:</b> Board Games - Welcome Room @ the Centre. 214 Montreal Rd. 1 <sup>st</sup> Floor. Cost: \$0.



**Remember that registration maybe necessary for some of the activities. Please call to register, if you require an attendant, or if you would like to travel to an activity with a buddy.**