



Join OWCS for some Extra Outings!

<p>For more information or to register please contact Amy 613-728-6016</p> <p><u>Space is Limited</u></p>	<p>Lunch at “Restaurant International” Algonquin College Culinary School</p> <p><u>Tuesday, March 30th</u> Pick up's will start at 11am Cost \$5.00</p>
<p>Shopping</p> <p><u>Tuesday, March 23rd</u> Shopping at T & T Supermarket Ottawa's Largest Asian Grocery Store Pick up's will start at 10am</p>	<p>Lunch @ Joey's Only</p> <p><u>Saturday, March 27th</u> Pick up's will start at 11am Cost \$5.00</p>

Social Sundays!

<p>Show Time!</p> <p><u>Sunday, March 28th</u> Big Band Concert at the Canadian Aviation Museum Cost \$5.00 Pick up's will start at 12 noon</p>	<p>Canadian Museum of Civilization</p> <p><u>Sunday, April 18th</u></p> <p>Cost \$5.00 Pick up's will start at 12 noon</p>
<p>Tulip Festival</p> <p><u>Sunday, May 16th</u> Cost \$5.00 Pick up's will start at 12 noon</p>	<p>Strike up the Band!</p> <p><u>Sunday, May 31st</u> Big Band Concert at the Canadian Aviation Museum Cost \$5.00 Pick up's will start at 12 noon</p>



Adult Day Program

- Chair Exercises
- Musical Entertainment
- Mental Aerobics
- Discussions
- Hot Nutritious Lunch
- Special Events

Do the above activities seem interesting to you or someone you know?

At the **OWCS Day Program** you will find them all! OWCS operates programs for Frail Elderly and those with Alzheimer or Related Dementias. Programs run Monday to Thursday and transportation to our centre is available.

For more information please contact Allan or Samantha.

They look forward to hearing from you!

Come and see the OWCS
display at Westgate
Shopping Centre on
Thursday March 25th.

There will be over 20
exhibitors for the Health
and Wellness Show!