

June 2017: Seniors' Month Calendar

Theme: Living Your Best Life

Thursday, June 01

Senior's Tea: Drop-in for socialization and games

Occurs Every Thursday, 1:00 - 3:00pm

Britannia United Church, 985 Pinecrest Rd.

613-596-8928

www.britanniaunitedchurch.ca

Friday, June 02

Beyond the Guidelines: Managing Complexity in Advanced Disease 2017 Update in Geriatrics for Primary Care

7:30am - 4:00pm

Cost: \$200

Advanced Registration: Yes

The Ottawa Hospital, Civic Campus Amphitheatre, 1053 Carling Ave.

613-761-4480 ext. 1

www.med.uottawa.ca/cpd

River Ward Annual Strawberry Social

1:00 - 3:00pm

Advanced Registration: Yes

Hunt Club-Riverside Park Community Centre, 3320 Paul Anka Drive

andrea.ward@ottawa.ca

Saturday, June 03

Doors Open Ottawa: Abbotsford Open House - Come learn about their rich history

10:00am - 4:00pm

The Glebe Centre, 950 Bank St.

613-230-5730

Monday, June 05

Senior's Choir/Singalong

No audition required. Please register as a client.

Occurs Every Monday, 1:00 - 2:30pm

Carlington Community Health Centre, 900 Merivale Rd.

613-722-4000

info@carlington.ochc.org

Tuesday, June 06

50+ Computer Club

Occurs Every Tuesday, 10:30am - 12:00pm

Ottawa Public Library, Emerald Plaza, 1547 Merivale Rd.

www.biblioottawalibrary.ca

Wednesday, June 07

8th Annual Conference on Spirituality and Aging "Loneliness and the Renewal of Hope"

9:00am - 12:00pm

Cost: \$12-15

Advanced Registration: Yes

The Council of Aging Ottawa, 101-1247 Kilborn Place

Lise-Michèle Bouchard

613-789-3577 ext.1

www.coaottawa.ca

Knitting & Crocheting Club

Occurs Every Wednesday, 7:00 - 8:30pm

Ottawa Public Library, Cumberland, 1599 Tenth Line

www.bibliottawalibrary.ca

Knit & Knatter

12:00 - 1:00pm

Ottawa Public Library, Sunnyside, 1049 Bank St.

www.bibliottawalibrary.ca

Kanata North Community Recognition Awards

Starts 7:00pm

Mlacak Centre, 2500 Campeau Dr., Kanata

Monday, June 12

Workshops (Fall prevention, mental health, caregivers, diversity, elder abuse, resources)

10:00am - 2:00 pm

Advanced Registration: Yes

Location: To Be Announced

613-236-9300 ext. 309

sybilb@spcottawa.on.ca

Tuesday, June 13

Sharing Dance Practice - No experience necessary

Every Following Tuesday in June, 10:30am - 12:00pm

Korean Community Church, 241 Bell St. North

613-236-9300 ext. 309

sybilb@spcottawa.on.ca

Wednesday, June 14

Mayor Jim Watson will present the Ontario Senior of the Year award
10:00am

Ottawa City Hall, Council Chambers, 110 Laurier Avenue West

Heather Theoret

613-580-2424 ext.17819

Heather.Theoret@ottawa.ca

Council on Aging of Ottawa AGM - Presentation: The Grey Tsunami Threat: A Failure of Evidence to Drive Policy

3:00 - 5:00pm

Advanced Registration: Yes

The Council of Aging Ottawa, 1247 Kilborn Place

Lise-Michèle Bouchard

613-789-3577 ext.101

www.coaottawa.ca

Knit & Knatter

12:00 - 1:00pm

Ottawa Public Library, Sunnyside, 1049 Bank St.

www.biblioottawalibrary.ca

Community Social Chat for Chinese Seniors/Newcomers in Mandarin

Every Second Wednesday, 10:30 - 12:30pm

Ottawa Public Library, Cumberland, 1599 Tenth Line

www.biblioottawalibrary.ca

Saturday, June 17

6th Annual Seniors' Month and AGEWELL Celebration

An exhibition with over 40 vendors.

10:00am - 3:00pm

Nepean Sportsplex, Halls A-B, 1701 Woodroffe Ave

613-277-6449

www.agewellsolutions.ca

Monday, June 19

Workshops (Fall prevention, mental health, caregivers, diversity, elder abuse, resources)

10:00am - 2:00 pm

Advanced Registration: Yes

Location: To Be Announced

613-236-9300 ext. 309

sybilb@spcottawa.on.ca

Wednesday, June 21

Councillor Hubley's Annual Senior's Social - Live entertainment, prizes, & refreshments

11:00am - 1:00pm

Kanata Recreation Complex, Hall A, 100 Charlie Rogers Pl, Kanata

613-580-2752

Laughter Day

Drop-in anytime for games, theatre, music, & fun!

Starts 10:00am

First Unitarian Congregation of Ottawa, 30 Cleary Ave

Be Safe, Be Seen - How to be more visible while active

10:00am - 12:00pm

Place d'Orléans Transit Station

Saturday, June 24

Generations in Motion - Des générations qui bougent

10:00am - 3:00pm

111 Lisgar Street (Park behind City Hall)

Lise-Michèle Bouchard

613-789-3577 ext.101

www.coaottawa.ca

Sunday, June 25

Lap the Gats for Parkinsons Research

All Day

To Be Announced

www.agewellsolutions.ca

Wednesday, June 28

Strawberry Social Picnic Lunch

12:00 - 2:00pm

Cost: \$15 for members/\$30 non-members

Advanced Registration: Yes

The Glebe Centre, 950 Bank St.

613-230-5730

Please Note: Unless otherwise indicated, there is no cost and registration is not required.