

June 2017: Seniors' Month Calendar

Theme: Living Your Best Life

DATE	TIME	EVENT NAME	COST	ADVANCED REGISTRATION	LOCATION	CONTACT INFO
Thursday, June 01 Occurs Every Thursday	1:00 - 3:00pm	Senior's Tea Drop-in for socialization and games.	Free	No	Britannia United Church, 985 Pinecrest Rd.	www.britanniaunitedchurch.ca 613-596-8928
Friday, June 02	7:30am - 4:00pm	Beyond the Guidelines: Managing Complexity in Advanced Disease 2017 Update in Geriatrics for Primary Care	\$200	Yes	The Ottawa Hospital, Civic Campus Amphitheatre, 1053 Carling Ave.	www.med.uottawa.ca/cpd 613-761-4480 ext. 1
Friday, June 02	1:00 - 3:00pm	River Ward Annual Strawberry Social	Free	Yes	Hunt Club-Riverside Park Community Centre, 3320 Paul Anka Drive	andrea.ward@ottawa.ca
Saturday, June 03	10:00am - 4:00pm	Doors Open Ottawa: Abbotsford Open House Come learn about their rich history	Free	No	The Glebe Centre, 950 Bank St.	613-230-5730
Monday, June 05 Occurs Every Monday	1:00 - 2:30pm	Senior's Choir/Singalong No audition required. Please register as a client.	Free	No	Carlington Community Health Centre, 900 Merivale Rd.	613-722-4000 info@carlington.ochc.org
Tuesday, June 06 Occurs Every Tuesday	10:30am - 12:00pm	50+ Computer Club	Free	No	Ottawa Public Library, Emerald Plaza, 1547 Merivale Rd.	www.biblioottawalibrary.ca
Wednesday, June 07	9:00am - 12:00pm	8th Annual Conference on Spirituality and Aging "Loneliness and the Renewal of Hope"	\$12-15	Yes	The Council of Aging Ottawa, 101-1247 Kilborn Place	www.coaottawa.ca Lise-Michèle Bouchard 613-789-3577 ext.1
Wednesday, June 07 Occurs Every Wednesday	7:00 - 8:30pm	Knitting & Crocheting Club	Free	No	Ottawa Public Library, Cumberland, 1599 Tenth Line	www.biblioottawalibrary.ca
Wednesday, June 07	12:00 - 1:00pm	Knit & Knatter	Free	No	Ottawa Public Library, Sunnyside, 1049 Bank	www.biblioottawalibrary.ca
Wednesday, June 07	Starts 7:00pm	Kanata North Community Recognition Awards	Free	No	Mlacak Centre, 2500 Campeau Dr., Kanata	None
Monday, June 12	10:00am - 2:00 pm	Workshops (Fall prevention, mental health, caregivers, diversity, elder abuse, resources)	Free	Yes	To Be Announced	613-236-9300 ext. 309 sybilb@spcottawa.on.ca
Tuesday, June 13 Every Following Tuesday in June	10:30am - 12:00pm	Sharing Dance Practice No experience necessary	Free	No	Korean Community Church, 241 Bell St. North	613-236-9300 ext. 309 sybilb@spcottawa.on.ca
Wednesday, June 14	3:00 - 5:00pm	Council on Aging of Ottawa AGM - Presentation: The Grey Tsunami Threat: A Failure of Evidence to Drive Policy	Free	Yes	The Council of Aging Ottawa, 1247 Kilborn Place	www.coaottawa.ca Lise-Michèle Bouchard 613-789-3577 ext.101
Wednesday, June 14	10:00am	Mayor Jim Watson will present the Ontario Senior of the Year award	Free	No	Ottawa City Hall, Council Chambers, 110 Laurier Avenue West	Heather Theoret Heather.Theoret@ottawa.ca 613-580-2424 ext.17819
Wednesday, June 14	12:00 - 1:00pm	Knit & Knatter	Free	No	Ottawa Public Library, Sunnyside, 1049 Bank	www.biblioottawalibrary.ca
Wednesday, June 14 Every Second Wednesday	10:30 - 12:30pm	Community Social Chat for Chinese Seniors/Newcomers in Mandarin	Free	No	Ottawa Public Library, Cumberland, 1599 Tenth Line	www.biblioottawalibrary.ca

DATE	TIME	EVENT NAME	ADVANCED		LOCATION	CONTACT INFO
			COST	REGISTRATION		
Saturday, June 17	10:00am - 3:00pm	6th Annual Seniors' Month and AGEWELL Celebration	Free	No	Nepean Sportsplex, Halls A-B, 1701 Woodroffe Ave	www.agewellsolutions.ca 613-277-6449
Monday, June 19	10:00am - 2:00 pm	Workshops (Fall prevention, mental health, caregivers, diversity, elder abuse, resources)	Free	Yes	To Be Announced	613-236-9300 ext. 309 sybilb@spcottawa.on.ca
Wednesday, June 21	11:00am - 1:00pm	Councillor Hubley's Annual Senior's Social Live entertainment, prizes, & refreshments	Free	No	Kanata Recreation Complex, Hall A, 100 Charlie Rogers Pl, Kanata	613-580-2752
Wednesday, June 21	Starts 10:00am	Laughter Day Drop-in anytime for games, theatre, music, & fun!	Free	No	First Unitarian Congregation of Ottawa, 30 Cleary Ave	None
Wednesday, June 21	10:00am - 12:00pm	Be Safe, Be Seen How to be more visible while active	Free	No	Place d'Orléans Transit Station	None
Saturday, June 24	10:00am - 3:00pm	Generations in Motion - Des générations qui bougent	Free	No	111 Lisgar Street (Park behind City Hall)	www.coaottawa.ca Lise-Michèle Bouchard 613-789-3577 ext.101
Sunday, June 25	All Day	Lap the Gats for Parkinsons Research Please see website for further details.			To Be Announced	www.agewellsolutions.ca
Wednesday, June 28	12:00 - 2:00pm	Strawberry Social Picnic Lunch \$15 for members/\$30 non-members	\$15-30	Yes	The Glebe Centre, 950 Bank St.	613-230-5730

June 2017: Seniors' Month Calendar

Theme: Living Your Best Life

SUN	MON	TUE	WED	THU	FRI	SAT
				01 · Senior's Tea	02 · Beyond the Guidelines · River Ward Annual Strawberry Social	03 · Doors Open Ottawa
04	05 · Senior's Choir/Singalong	06 · 50+ Computer Club	07 · Annual Conference on Spirituality and Aging · Kanata North Community Recognition · Knit & Knatter · Knitting & Crocheting Club	08 · Senior's Tea	09	10
11	12 · Senior's Choir/Singalong · Workshops	13 · 50+ Computer Club · Sharing Dance Practice	14 · Ontario Senior of the Year award · Knitting & Crocheting Club · Knit & Knatter · Community Social Chat · Council on Aging of Ottawa AGM	15 · Senior's Tea	16	17 · 6th Annual Seniors' Month and AGEWELL Celebration
18	19 · Senior's Choir/Singalong · Workshops	20 · 50+ Computer Club · Sharing Dance Practice	21 · Laughter Day · Knitting & Crocheting Club · Be Safe, Be Seen · Councillor Hubley's Annual Senior's Social	22 · Senior's Tea	23	24 · Generations in Motion
25 · Lap the Gats for Parkinsons Research	26 · Senior's Choir/Singalong	27 · 50+ Computer Club · Sharing Dance Practice	28 · Community Social Chat · Knitting & Crocheting Club	29 · Senior's Tea	30	