



SENIORS' LUNCHEON

Thursday, November 3

11 a.m. – 1 p.m.

Villagia in the Glebe

480 Metcalfe St.

(formerly The Palisades)

Feel the wind in your hair!

Seniors living in Capital Ward (the Glebe, Glebe Annex, Old Ottawa South, Old Ottawa East, Dow's Lake, Heron Park and Riverside) are invited to join Councillor David Chernushenko for a **FREE lunch** and more:

- Find out about the **Cycling Without Age** bike ride program from Gary Bradshaw
- Meet the City of Ottawa's **Active Living Club** cycling instructor
- Try a **seniors-friendly yoga** session with Tatiana Eremina
- Learn about the City of Ottawa's **services for seniors**

Seating limited – register now!
info@capitalward.ca or call 613-580-2487

Shuttle service available courtesy of Villagia (pick-up locations will be based on requests)

