

FALL & EARLY WINTER 2026

COFFEE
COMPANY &
CONVERSATION
IS BACK!

a weekly gathering for
seniors in the community

SENIORS – COME & JOIN US

September 10 to December 17
Thursdays at 10:00 am

St Mark the Evangelist Anglican Church
1606 Fisher Avenue, Ottawa

For more information contact: St Mark's at 613 224 7431

WE ARE BACK! THURSDAYS AT 10AM UP-COMING ACTIVITIES

September 10

Welcome Back: an '**Ice Cream**' morning with coffee, CCC goodies, and a Fun Activity

September 17

Creative Writing & Koffee Klatsch

September 24

Guest: **Keith McCuaig**, musician and teacher;
University of Ottawa professor, presenter at international musicology conferences – blues, country and 50s/60s rock

October 1

Guest: **Mary Reid** of **Green Thumb Garden Centre** (master gardener and guest expert on CBC radio) –
'Putting Your Garden to Bed and/or Bringing Your Garden Inside'

October 8

Games & Koffee Klatsch

October 15

Guest: **Alan Sandeman** – 'music man about town' –
singer/composer, playing in bands for over 40 years, with a repertoire of iconic songs ranging from rock to reggae

October 22

Creative Writing & Koffee Klatsch

October 29

'**Hallowe'en Horror**' & **Hijinks**!

November 5
November 12

Games & Koffee Klatsch

Post Remembrance –

Guests: **Rob Clipperton** (retired CBC Radio broadcaster and host),
Garth Hampson (retired RCMP Staff Sergeant & community volunteer) and **Evelyn Greenberg** (well known Ottawa pianist) – sharing stories and songs from the Wartime Years
Honouring the Royal Canadian Legion's 100th anniversary

November 19

Creative Writing & Koffee Klatsch

November 26

Guests: **Mike Martin** (*Sgt. Wildflower Mysteries*) –
Volume II of the Capitol Crime Writers short story mysteries
with writers **Kim Blanche** and **Maya Valenzuela**

December 3
December 10
December 17

Getting Ready for Christmas at CCC

Christmas Stories Shared

'**Christmas Joy**' - CCC's Traditional Singalong –
led by Joy Bowerman on piano

Christmas Break until January 2027