

January 2019

The Adult Day Program



670 Albert Street • Ottawa, Ontario • 613-236-0428



Celebrating January

New Year's Day – 1st

Robbie Burns – 25th

Friendly Reminders

**A reminder that it is our policy to charge you for the program days that you do not attend because the space is reserved for you.

**If you are not coming to the Day Program because you are ill, please call Para Transpo to cancel your ride for that day. If you have been sick, please make sure that you have fully recovered before you return to the program. Please contact the front reception at (613) 236-0428 ext. 2100 to leave a message for your absence from the program on the days you will not be attending.

**If you have any questions or concerns please do not hesitate to contact Penny at ext. 2200.



Positive
Approach
to Care

Christmas Holidays

The Adult Day Program will be closed from December 24th, 2018 through January 1st, 2019 inclusive. We have cancelled your Para Transpo bookings during this time. We will resume the program effective Wednesday January 2nd, 2019.

Monthly Highlights

As a new year begins, let's look back at how busy we were before the holidays. The members helped our annual Christmas Bazaar by making sugar cookies to sell at the bake table. You did an amazing job and you may wonder how we would know that? Every baker had a sample of these cookies with hot cocoa before wrapping them up.



MAKING XMAS COOKIES



Christmas Luncheon & a Special Guest

Another year of celebrating the holiday season together. Our wonderful in house kitchen staff prepared us a delicious meal. A special visitor and his elves surprised us during our annual Luncheon and brought each one of our members an early Christmas gift bag. Thank you Johnson & Johnson and Santa!



Twelve Days of Christmas BINGO

What did your "true love" give to you for Christmas? You might get a prize if you play bingo with these special cards. The members searched for partridge, doves, calling birds, hens, geese and swans as they made a straight line or attempted to fill the card. We asked the members when they won to shout out "Ho, Ho, Ho", "five golden rings" or partridge in a pear tree". The staff prepared 12 days of Christmas presents for the winners to open at the at the end of the game. Felix saw how much fun we were having and decided to play a round with us!



Happy New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year's traditions year after year? Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scent Free Policy

For the comfort and safety of everyone, please ensure you or your loved one do not wear perfume, cologne or other scented fragrances on the days that they are attending the program.



January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Violet C. – January 1st

John J. – January 17th

Edna T. – January 18th

Roxanne G. – January 24th

Lois E. – January 25th

Emma. A – January 28th

Guilia C. – January 31st



Robbie Burns Day



Robert Burns. Born in Alloway, Scotland, on January 25, 1759, Robert Burns was the first of William and Agnes Burns' seven children. Between 1784 and 1785, Burns also wrote many of the poems collected in his first book, *Poems, Chiefly in the Scottish Dialect*, which was printed in 1786 and paid for by subscriptions. The main reason Burns is so popular today is because of the themes and language of everyday life that he used. His poems were humorous and he used small subjects to express big ideas. A traditional Burns supper includes haggis (a traditional Scottish dish celebrated by Burns in *Address to a Haggis*), Scotch whisky with the recitation of Burns's poetry, neeps, tatties and Shortbread.