

February 2019

Adult Day Program



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



Celebrating February

Groundhog Day - February 2nd
Valentine's Day - February 14th

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.**



Statutory Holidays

The Adult Day Program will be closed on Monday February 18th, 2019 for Family Day. We have cancelled your Para Transpo bookings during this time.

Monthly Highlights



to greet every member upon arrival and take their meal order for lunch. We are truly fortunate to have Joan in our lives and thank you from the bottom of our hearts for everything you do for us and the program. *Pictured from the left, Penny Durocher (Day Program Coordinator), Joan West (middle) and Sonia Movrin (Day Program Assistant).*

"The program has always been an integral part of The Good Companions. I am amazed at how quickly strangers become friends. New members come in for the second time and feel at home when they are welcomed by the same volunteers and spend the day surrounded by familiar faces from the week before. I have worked with dozens of volunteers, 10 staff program coordinators and have met hundreds of interesting members all whom have contributed hugely to my life. For this I am extremely grateful." Joan R. West



We wish to congratulate Joan who celebrated her **50th year** in January 2019 volunteering in our Adult Day Program on Wednesday's. This is such an incredible gift that Joan has provided to the members, volunteers and staff of the day program at The Good Companions We are honored to have Joan as part of our amazing program on a weekly basis. Joan takes the time

Heartfelt
THANKS
TO OUR VOLUNTEERS!

The Year of the Pig



Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the

chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

Groundhog Day is growing more and more popular in Canada. There is a festival in Wiarton, Bruce County, Ontario, where the town groundhog, Wiarton Willie, delivers his “prediction” early in the morning on February 2nd every year. According to folklore, if the groundhog sees its shadow on February 2nd it will return to its burrow, indicating that there will be six more weeks of winter. If it does not see its shadow, the spring will be on its way. The groundhog concept first became popular in Canada in 1956 when Wiarton Willie became a household name for his early February weather predictions. It became one of the largest winter festivals in Bruce County, Canada.



Scent Free Policy

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

February Birthdays

In astrology, those born between February 1–19 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. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

- Doris M. – February 12th**
- Norman S. – February 14th**
- Karen G. – February 17th**
- Nicole P. – February 22nd**



Underwater Weddings

With Valentine’s Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine’s Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine’s Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand’s Andaman Coast.