

March 2019

Adult Day Program



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

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



Celebrating March

Mardi Gras - March 5

International Women's

Day - March 8

St. Patrick's Day - March 17

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.



Monthly Highlights

Snow storm cancellations were held on Wednesday January 23rd, 2019 and Thursday January 24th, 2019. These dates will not be invoiced on your monthly statement. On Sunday March 10th, 2019 we will Spring forward! Set your clocks one hour ahead!

Pop On Over Social



We were busting into 2019 with some great programming that got everyone popping. Since January had special days in honor of popcorn, bubble wrap and bubble baths, we decided to dedicate a party to all things that pop. We cut some bubble wrap into geometric shapes, painted and stamped the patterns onto craft paper. We listened to some bubbly music like "Tiny Bubbles" by Don Ho. Everyone enjoyed pop art word searches and we blew up balloons in varying sizes and used them during our exercise program. For our afternoon snack, we all enjoyed freshly popped butter popcorn, assorted soda pop and popsicles. We want to thank everyone for popping over!



Old / Heirloom Day



On Wednesday March 20th, 2019, we will be hosting an old/heirloom day at 1pm. We are asking each member, volunteer and staff to bring a favorite old thing to talk about (family heirlooms, a unique

souvenir from one of your travels, old pictures, etc.) Or you can bring in and donate one old small item and we will donate it. (vase, picture frame, gently used sweater or a white elephant item).



Para Transpo Information

If you or your family member are waiting for Para and it does not arrive ½ hour after the scheduled pick up, please call Para directly at (613) 244-4636 to inquire about your ride.

Please note that if you have a 9:00am regular booking with the anticipated arrival time and miss your scheduled pick up, then your afternoon 2:30pm pick up will be **automatically cancelled** by Para Transpo. You will have to call them directly at (613) 244-7272 to re-schedule your ride home.

Program Cancellation

When local school buses are cancelled, the Adult Day Program will be cancelled. You will receive a phone call from one of the program staff to confirm the cancellation.

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.

March Birthdays

In astrology, those born March 1–20 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. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

Barbara D. – March 3rd

Penny D. – March 3rd

Rafael B. – March 11th

Charlene S. – March 23rd

Chao W. – March 25th



Night Owls



The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl's nocturnal nature, their swift silence, their chilling calls of

“who,” or their bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia. In ancient Greece, the owl was the symbol of Athena, goddess of wisdom. It was believed that an “inner light” gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches’ helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.