

Adult Day Program

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



Celebrating April

Good Friday - Closed

April 19th

Easter Monday - Closed

April 22nd

Friendly Reminders

**A reminder that it is our policy to charge you for the program days that you do not attend as 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 about 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

A snow storm cancellation was held on Wednesday February 13th, 2019. This date will not be invoiced on your monthly statement. **The Centre will be closed on Friday April 19th, 2019 for Good Friday and on Monday April 22nd, 2019 for Easter Monday. We wish you and your family a Happy Easter!**

Mardi Gras Celebrations

We enjoyed a Mardi Gras lunch featuring Chicken Gumbo Soup, Creole Pork Loin, Rice & Beans and a delicious Cajun Cake. Entertainment was provided by The Original Trillium Dixieland Band. The members made Mardi Gras Mask using paint, feathers & beads.



St. Patrick's Shamrock Tea

Entertainment was provided by the Trillium Academy of Irish Dance. The Program Staff and members were delighted to watch a beautiful performance by the dancers and their gorgeous handmade authentic costumes. Some of their costumes are valued up to \$800 each. The featured dessert was a Chocolate Guinness cake during the Shamrock Tea.



Hot Cross Buns – Easter

Hot Cross Buns are traditionally served on Good Friday. A Hot Cross Bun is a rich, spiced tea cake. Easter day, like Christmas day, is also associated with special food. The origins of hot cross buns may go back as far as the 12th century. According to the story, an Anglican monk baked the buns and marked them with a cross in honor of Good Friday. Over time they gained popularity, and eventually became a symbol of Easter weekend. The standard hot cross bun recipe consists of strong bread flour, full fat milk, butter and yeast. Sultanas or raisins are then added to the mixture with eggs, cinnamon and even orange zest. The buns are then baked in a hot oven for 20 minutes till golden brown and then brushed with a coat of glaze.



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 products on the days that they are attending the program



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.

April Birthdays

In astrology, those born April 1–19 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. Those born April 20–30 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded!

Dan M. – April 9th

Brenda O. – April 10th

John B. – April 21st

Elizabeth S. – April 21st



Hula Is Life



From April 21–27, the greatest hula dancers in the world will converge on Hilo, Hawaii, for the annual Merrie Monarch Festival. The festival celebrates the ideals of King Kalakaua, the last King of Hawaii, known as the “Merrie Monarch,” and an ambassador of Hawaiian culture all around the world. The hula dance, once banned in public, was put on full display at his coronation. Hula dates back to ancient Hawaii. When written language did not exist, history and stories were preserved and passed from generation to generation in song and dance. Every movement—a hand gesture, a swaying hip, a stepping foot—told part of the story. When missionaries arrived, Hawaiian language and music were discouraged; even the hula was banned. The Merrie Monarch changed all that, and today, hula is a quintessential part of Hawaiian culture. Hula festivals abound throughout the year in Hawaii, but the best of the best of hula comes every April in honor of the Merrie Monarch.