

June 2021

Adult Day Program

670 Albert Street * Ottawa, Ontario * K1L 6R2

Celebrating June

Great Outdoors Month

Chocolate Ice Cream Day
June 7

**Family Health and
Fitness Day**
June 12

Father's Day
June 20

Adult Day Program Staff
We are just a phone call away!
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Monthly Highlights

We continue to follow the guidance of Ottawa Public Health and Ontario Public Health to ensure the wellbeing of members and clients, therefore; we are **extending our closure** of the Adult Day Program. We will continue to provide programs for the members of the Adult Day Program through phone conferencing and virtual zoom programming.

Staffing Updates

Caitlin Shanahan, Program Assistant will be leaving the Adult Day Program staff team on Thursday June 10th, 2021 to further her education. Caitlin joined as a Summer Student in 2018 and became a staff member in May of 2019. Caitlin has been a great asset to the ADP team. Caitlin's enthusiasm and bubbly personality will be missed by everyone. We wish her the very best in her future endeavours. Good Luck Caitlin!

Student Placements

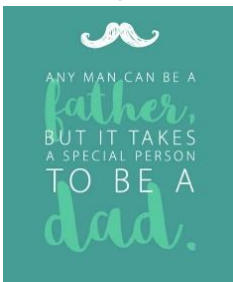
Osheen will begin her placement on Monday May 31st, 2021 and will be with us until August 5th, 2021. Osheen will be with us weekly Monday through Thursday. Osheen is studying at Collège Universel in the SSW (Social Service Worker Program). You will be able to meet Osheen through our virtual zoom and phone conferencing programming. We look forward to Osheen joining our team and wish her a successful placement.

Caregiver Meditation Sessions

Beginning Tuesday June 1st, 2021 meditation sessions will continue to run from 2:00pm-2:30pm on a weekly basis to the end of September 2021. On Tuesday June 22nd, 2021 this session will be extended by an additional 30 minutes for a themed workshop. Jessica Lemieux, Cultivation Therapist will lead these sessions **specifically for our caregivers**. Registration is required. Please reach out to one of our Program Staff who will send you an invitation link to join us virtually through Zoom, free of charge!



Happy Father's Day!



Father's Day is a day of honouring fatherhood and paternal bonds, as well as the influence of fathers in society. Many Canadians observe Father's Day on the third Sunday of June. It is a day for people to show their appreciation for fathers and father figures. Father figures may include stepfathers, fathers-in-

law, guardians (ex. foster parents) and family friends. The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations and planned a day to honor fathers early in the 20th century. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910.



Monthly Bingo Game Prizes



Whether you are participating over the phone or through virtual zoom, our Bingo programs have proven to be the most popular. Not only do we have a lot of fun playing, we have quite a few competitive members. For our past winners, we will be sending out a little token of appreciation for your participation. Beginning in the month of June, all Bingo participants must obtain ten winning games throughout the month to be eligible for a Bingo winning gift package. Your Bingo winning gift package will be mailed out the following month to your registered place of residence. The more you play, the more chances you have to win! Happiness is yelling BINGO!



June Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, sociable communicators. Those born from June 21–30 are Cancer's Crabs. Crabs like to retreat into their "shells" and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Idalina S. – June 20th
Dona M. – June 21st
Denise V. – June 23rd



Joke of the Month

