

Adult Day Program

670 Albert Street * Ottawa, Ontario * K1R 6L2



Celebrating August

**Read a Romance
Novel Month**

Sandcastle Day
August 7

Elvis Week
August 11–17

Bowling Day
August 14

Chef's Appreciation Day
August 21

International Dog Day
August 26

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 are moving forward with a plan to resume our in person Adult Day Program services. Our services will be modified to ensure the health & safety of our clients, staff and volunteers. One of the ADP staff team will be contacting you soon. We will continue to provide programs for the members of the Adult Day Program through phone conferencing and virtual zoom programming.

Statutory Holiday



On behalf of the Adult Day Program Staff, we would like to thank you for being with us. Whether it is over the phone, virtually or by email, we are fortunate to be able to stay connected with you all throughout this year. The Day Program Without Walls will be closed on **Monday August 02nd, 2021** for the Civic Holiday. Wishing you and your family a safe and healthy holiday.

Caregiver Meditation Sessions



Beginning Tuesday August 3rd, 2021 meditation sessions will continue to run from 2:00pm-2:30pm on a weekly basis to the end of September 2021. On Tuesday August 31st, 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!



Fabulous East



Join us on Tuesday August 3rd via Zoom at 10:30am as our placement student Osheen will take us through the Fabulous East. An armchair travel to India, the seventh largest country in the world. An experience to discover and explore the monuments, taste and music of the country.

50's Music Social



Join us on Friday August 6th via Zoom at 10:30am as our summer student Caitie takes us to travel back in time to the era of Elvis, Frank Sinatra, Connie Francis and The Everley Brothers. We will reminisce about some of your favorites and learn more about the songs we all love. Bring your dancing feet as we swing, twist and shout to these classic hits.

Phone & Zoom Etiquette

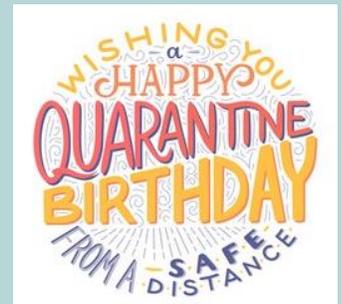
Things to remember when participating in a telephone or Zoom virtual program. Everything around you is picked up by your device and broadcast through everyone else's speakers; clearing your throat, drinking coffee, or background noise. When participating in programs over the phone, do not forget to place yourself on mute by pressing *6 when you are listening to the presenter. When you wish to participate or speak, you can unmute yourself by pressing *6 again to join the call. When participating in a Zoom program, do not forget to be respectful, kind and considerate. It is important to chat responsibly and mute yourself when others are speaking. Even quiet background noises are distracting. Minimize interruptions as these are very loud for other participants and finding a quiet place during your participation in the programs is highly recommended. It is also important to follow our code of conduct on each call and create a safe and welcoming space for everyone.



August Birthdays

In astrology, those born August 1–22 are Leo's Lions. These "kings of the jungle" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause. Those born August 23–31 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love of others makes them defenders of justice, goodness, and purity.

Bertie A. – August 9th
Iris D. – August 22nd



Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



AUGUST
EIGHTH
GLADIOLUS
GOLF
HOT
LEO
LION (Leo)



PERIDOT
SUMMER
SUNSHINE
SWIMMING
VACATION
VIRGIN (Virgo)
VIRGO

