

September 2021

# Adult Day Program

670 Albert Street \* Ottawa, Ontario \* K1R 6L2



## Celebrating September Sewing Month

**Labour Day**  
September 6



**Grandparents Day**  
September 12th

**International Country Music Day**  
September 17

**Fall Foliage Week**  
September 26–October 2



## 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. 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 September 6th, 2021** for the Labour Day Holiday. Wishing you and your family a safe and healthy holiday.

## In-Person Services

The Adult Day Program staff team are super excited to welcome back some of our members to resume in-person services commencing the week of September 14<sup>th</sup>, 2021. We will be offering in-person services every Tuesday, Wednesday and Thursday from 10:00am-2:00pm daily. Our programming and schedule will be modified. Each member will receive an individualized activity kit to use while at the center. We are looking forward to seeing you again to share the laughter and even the tears of joy as we make our way back together again. It has been a long journey to reach this point, but we did it! Together we will reunite and make new memories once again. The Adult Day Program staff look forward to seeing you soon.

*Welcome Back*

## Caregiver Meditation Sessions



Beginning Tuesday September 7th, 2021 meditation sessions will continue to run from 2:00pm-2:30pm on a weekly basis to the end of September 2021. On Tuesday September 28th, 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!

## Student Placement



Emma S. will be joining the ADP Team as a placement student on Tuesday, September 07<sup>th</sup>. Emma is completing her 4th year in the Bachelor of Social Work program at Carleton U. Emma will join us on Monday's, Tuesday's and Wednesday's until December 2021. Please welcome her to the team!

## Word Search Puzzle



### The Joys of Grandparenting

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



- GRANDDAUGHTER
- GRANDFATHER
- GRANDMOTHER
- GRANDSON
- FAMILY
- FUN
- LAUGH



- LOVE
- MEMORIES
- PRESENTS
- RESPECT
- SPOIL
- STORIES
- WISDOM



## September Birthdays



In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them

defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

- Margaret M. – September 6<sup>th</sup>
- Frank Mc. – September 12<sup>th</sup>
- Giuseppina C. – September 12<sup>th</sup>



## GRAND Things to Do

- Enjoy a Nice Meal Together
- Share Stories
- Go for Ice Cream
- Take a Walk
- Play a Board Game or Cards Together
- Bake a Cake or Cookies
- Share Values and Traditions
- Work on your Garden
- Blow Bubbles
- Work on a Puzzle

