

May 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating May

Cinco de Mayo

May 5th

Mother's Day

May 8th

Victoria Day

May 23rd



Adult Day Program Staff

We are just a phone call away!

613-236-0428

Penny Durocher, Program Coordinator, extension #2200
pdurocher@thegoodcompanions.ca

Sonia Movrin, Assistant Program Coordinator, extension #2190
smovrin@thegoodcompanions.ca

Afua Okyere, Program Assistant, extension #2191
aokyere@thegoodcompanions.ca

Maria Mangyao, Program Assistant, extension #2191
mmangyao@thegoodcompanions.ca

Titilope Kazeem-Oshinubi, Program Assistant Placement Student, extension #2191
tkazeem@thegoodcompanions.ca

Monthly Highlights

We continue to follow the guidance of Ottawa Public Health and Ontario Public Health to ensure the wellbeing of members, staff and volunteers. The Adult Day Program will be providing in person services daily, **Monday through Friday**. We will continue to provide programs for the members of the Adult Day Program through **phone conferencing** daily at 2:30pm. Please see our monthly calendar for programming schedules.

Statutory Holidays



The Adult Day Program will be closed on **Monday May 23rd, 2022** for Victoria Day. Enjoy the holiday!

Program Hour Changes

The Adult Day Program in person services will be returning to their regularly scheduled hours effective Monday May 2nd, 2022. Our in person programming will be running from **9:30am-2:30pm**, Monday through Friday. If you are travelling using the services of Para Transpo, your scheduled pick up time has been booked for 9:00am and 2:30pm for your return home.

Happy Mother's Day!

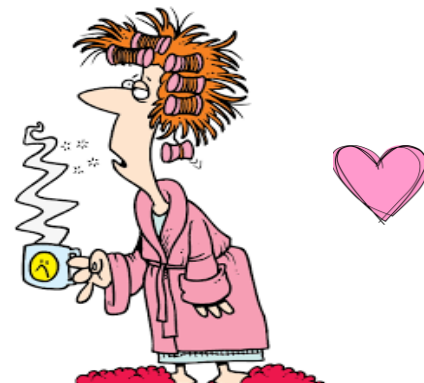


Mother's Day is celebrated all around the world honouring the mother of the family or individual, as well as motherhood.

A Real Mom:

Emotional, yet the rock.
Tired, but keeps going.
Worried, but full of hope.
Impatient, yet patient.
Overwhelmed, but never quits.
Amazing, even though doubted.
Wonderful, even in the chaos.
Life changer, every single day.

-Rachel Martin



Caregiver Meditation



Beginning Tuesday May 3rd, 2022 meditation sessions will continue to run from 2:00pm-2:30pm on a weekly basis until the end of **June 2022**.

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!

Cinco de Mayo



It is fiesta time, and a trip to the store is required for this big celebration in Mexico. Cinco de Mayo is a celebration of Mexico's independence and celebrated on the fifth of May. The most popular drink

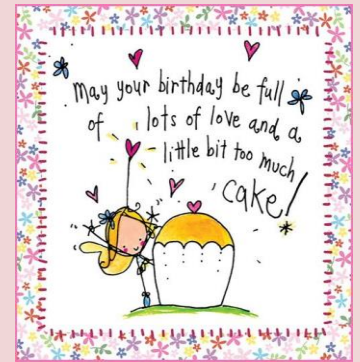
is Tequila and almost half the drinks consumed on Cinco de Mayo are margaritas. The most popular vegetable to eat on this day are avocados followed by a very popular game of Loteria, which is bingo using image cards.

May Birthdays



In astrology, those born May 1—20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21—31 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are flexible and clever extroverts who can make persuasive arguments.

Sandra R. – May 2nd
Stanka J. – May 13th
Diane A. – May 14th



Monthly Word Search Puzzle

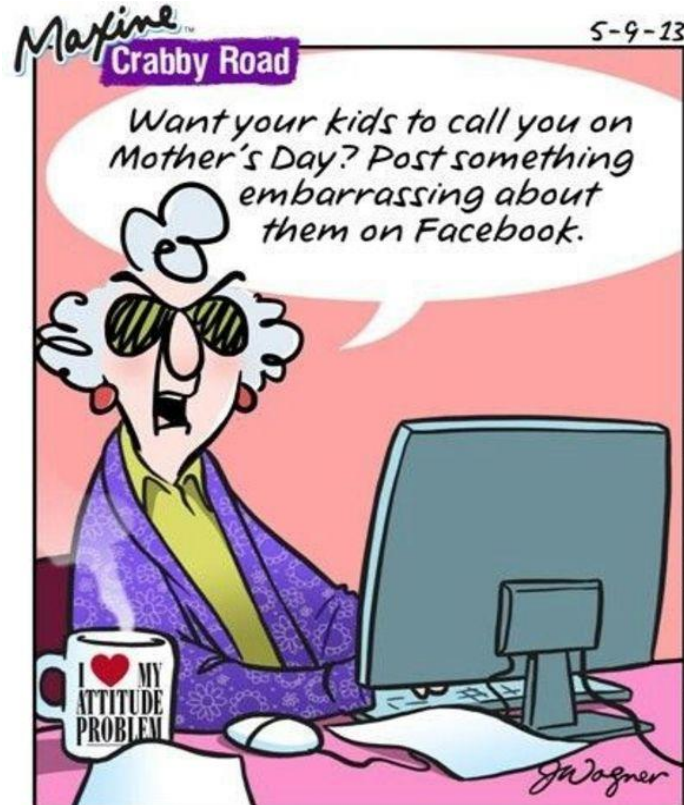
Mother's Day

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



APPRECIATION	FLOWERS	MEMORIES
BRUNCH	GIFTS	NURTURE
CANDY	GIVING	PATIENT
CARING	HUGS	PERFUME
COMFORT	JEWELRY	SPECIAL
FAMILY	KISSES	SWEET

Joke of the Month



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