

June 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating June

Camping Month

Pet Appreciation Week

June 5–11

Father's Day

June 19

First Day of Summer

June 21

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, 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.

Canada Summer Job Student

We are excited to announce that we have hired Jessica Zhang this Summer. Jessica will be joining the Adult Day Program team on Monday June 6th until Friday July 29th, 2022.



Happy Father's Day!

Father's Day is a holiday of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. It is a day for people to show their appreciation for fathers and father figures.

"A father is a man who expects his children to be as good as he meant to be." "There's no shame in fear, my father told me, what matters is how we face it." "Daddies don't just love their children every now and then, it's a love without end." "What you teach your children, you also teach their children."



Canada Day Celebrations



Join us the week of June 27 - June 30 to acknowledge and celebrate the birth of Canada. Wear your Canada Day t-shirt, red coloured clothing or your favourite Canada Day accessory during these days. On Thursday June 30th, 2022, we will sing the National anthem; test your knowledge on Canada and enjoy some special treats.

Caregiver Meditation



Beginning on Tuesday June 7th, 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!



Milking June... for all it's Worth

Holy cow! We are milking June for all it's worth. In addition to Dairy Month, World Milk Day (June 1), and National Cheese Day (June 4), we are celebrating Father's Day and the beginning of Summer.

Monthly Word Search Puzzle

Searching for June

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

C	Y	G	N	O	L	S	P	E	X	S	A	V	S	X
N	A	A	S	Q	Z	Q	I	C	N	Y	W	I	W	E
T	O	M	D	I	E	A	H	I	F	Z	X	C	E	U
D	M	R	P	G	M	K	W	R	O	T	C	C	D	D
B	I	F	E	I	A	T	H	O	H	Z	A	W	D	S
P	F	X	N	M	N	L	C	S	X	X	N	K	I	K
U	E	F	K	D	M	G	F	E	N	K	C	K	N	E
X	A	A	J	O	C	U	R	J	L	Z	E	T	G	N
X	U	P	R	R	W	N	S	A	F	L	R	I	S	I
R	Y	P	A	L	J	U	N	E	T	E	E	N	T	H
D	G	B	Z	V	A	C	A	T	I	O	N	I	W	S
F	J	J	E	I	C	X	K	R	K	G	L	M	P	N
Y	A	D	S	R	E	H	T	A	F	E	Q	E	K	U
C	T	O	U	V	A	H	S	G	D	Y	I	G	R	S
A	C	B	I	S	O	D	M	H	M	I	Z	U	J	P

CAMPING
CANCER
CRAB (Cancer)
FATHER'S DAY
FLAG DAY
GEMINI
JUNETEENTH
PEARL



ROSE
SHAVUOT
SIXTH
SUMMER
SUNSHINE
TWINS (Gemini)
VACATION
WEDDINGS

June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones.

Maria H. – June 17th

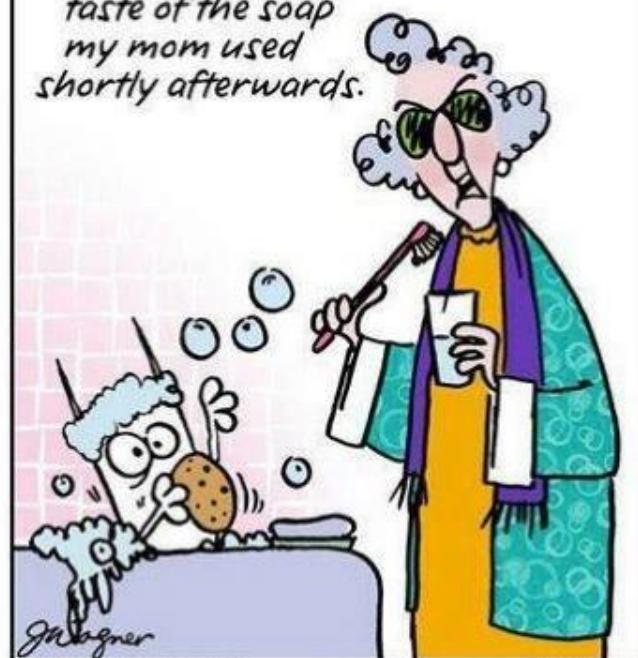
Barbara R. – June 26th



Crabby Road

6-14-12

I'll never forget the first words I learned from my dad ... or the taste of the soap my mom used shortly afterwards.



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