

August 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating August

Happiness Happens Month

Senior Citizens Day

August 21

Women's Equality 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, 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 Holiday



The Adult Day Program will be closed on **Monday August 1st, 2022** for Civic Day. Enjoy the holiday celebrations!

Program Closures

The Adult Day Program will not be operating from **Monday September 5th, 2022 until Friday September 9th, 2022 inclusive**. As we celebrate the Labour Day Holiday and Special Events at the centre during this time. We will cancel all ParaTranspo regular bookings.

Saying Goodbye

Afua Okyere, Adult Day Program Assistant will be leaving TGC August 26th to pursue a Master's Degree. We would like to thank Afua for her work over the past 5 years as a member of the staff, student and as a volunteer. We wish Afua the very best and will miss her greatly.

Thank you to Titilope Kazeem-Oshinubi for her assistance while completing her student placement with us from January to August 2022.

Thanks to Jessica Zhang, our Summer Student for her work with us this Summer.

We wish all of you the best for the future.



Teddy Bear Picnic

Teddy Bears are cuddly. Picnics are lovely. Let us put them together for an adorable event. Bring your precious teddy bears and come enjoy some light refreshments while delighting in the musical entertainment by Robert Dunlop. We will not be sprawled on checkered blankets under the summer sun, but we will still have a wonderful time of music, food, and good companionship!

Hawaiian Luau

Join us on Tuesday August 30th for a Hawaiian Luau. Wear your best flower top, Hawaiian accessory or even a grass skirt for the occasion. Gary Palmer will provide us with musical entertainment featuring lively music, storytelling and maybe even some hula dancing.



Word Search Puzzle

Klondike Gold Rush

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



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BOOMTOWNS	FREEZING	PAY STREAK
CLAIM	GOLD	PERMAFROST
DAWSON CITY	HOTELS	RISKY
DIGGING	JOURNEY	SLUICES
FIRES	KLONDIKE	SUPPLIES
FORTUNE	MINERS	TRAILS

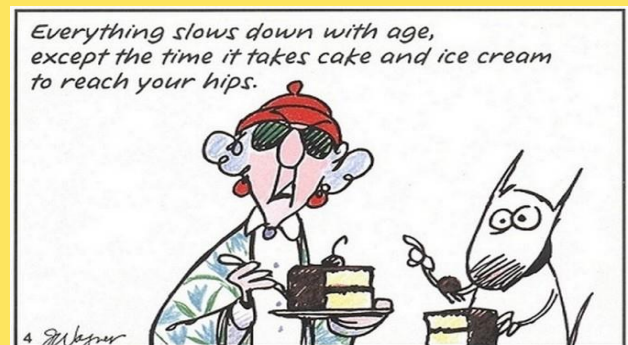
August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail.

Bertie A. – August 9th

Gordon I. – August 9th

Jim T. – August 12th



Bargain Hunters



The second week in August is Bargain Hunting Week, but where can you find a bargain these days? According to experts, there are always deals to be had, if you know when and where to look.

Restaurants are often the least crowded on Tuesday, so they offer two-for-one or kids-eat-free deals to lure customers. Grocery stores often receive new deliveries each week, so you're more likely to find discounted meats and produce on delivery day. Electronics retailers will start stocking new models in April, so shoppers often find great deals on year-old models throughout the spring and summer. Experts swear that the best airfare prices can be found at 3 p.m. on a Tuesday, as all airlines race to match discounts offered by the major airlines the previous Monday.