

September 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2

Celebrating September

Classical Music Month

Piano Month

Labour Day
September 5

Grandparents' Day
September 11

World Alzheimer's Day
September 21

Fall Foliage Week
September 25–October 1

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 & 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. Our phone conferencing program will be running on September 6, 7 and 8th, 2022. See our Day Program Without Walls calendar for schedule.

Say Hello



Please welcome **Jessica Brenner**, our new Adult Day Program Assistant. She will commence her new position on Monday August 29th, 2022 on a full-time basis. Jessica has a background in recreational therapy and social services. We look forward to welcoming her to our team.



Please welcome **Sydney Branch**, a 3rd year BSW student at Carleton University. She will start her student placement with us on Wednesday September 14th, every Wednesday and Thursday until April 2023.

Holy Guacamole!



Señoritas and Señors, grab your Sombreros and join us on **Thursday September 2nd**, for a Mexican Fiesta. The salsa, nacho chips and food will be fresh. George McNaule will provide us with live musical entertainment featuring the famous Macarena dance, to ensure we have no time for a siesta. We want to "Taco Bout" a party!



Products

We have received a generous donation of various incontinence products. If you need any supplies, please contact a member of the day program staff. There is no cost for these products.

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

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Joke of the Month

Crabby Road

9-21-11



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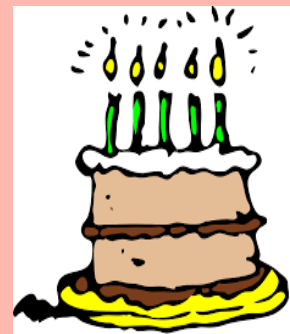
Maxine.com

September Birthdays



In astrology, those born from September 1–22 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. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create balanced environments.

What?! No birthdays this month. We will celebrate regardless with cake and ice cream.



Dining In



Something transformative happened on September 10, 1953. Swanson introduced the TV dinner, and it was an instant success. Swanson was a nationally known food brand famous for its poultry. After an abysmal Thanksgiving in 1952, Swanson found itself with 260 tons of leftover turkey. Swanson salesman Gerry Thomas sketched the idea of a three-sectioned tray, one that could act as both a cooking and serving tray. Savvy Swanson advertisers linked the new frozen food trays with the exciting new appliance of the era, the television, naming it the "TV dinner" and even designing the packaging to look like a tv. Swanson sold 10 million units in its first year, and cooking was transformed forever.