

November 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating November

Adoption Month

Remembrance Day

November 11

World Kindness Week

November 13–19

International Men's Day

November 19

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 **Friday November 11th, 2022** for Remembrance Day. Lest we Forget. "At the going down of the sun and in the morning, we will remember them."

Self Screening

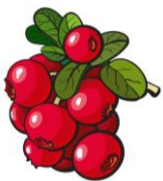
The self screener must still be completed at home. If you or your loved one have any symptoms of Covid-19 or are not feeling well, please do not come in to the program. Anyone at TGC with symptoms will be sent home. If your loved one tests positive for Covid-19, please contact a member of the ADP staff for further information about our Covid-19 policy. If you or your loved one will not be attending, please contact front reception at (613) 236-0428 ext. 2100 and they will notify the ADP staff team.

Storm Cancellations



A snowstorm is just one kind of winter storm. Winter storms sometimes result in snow days, where the weather event make travel and exposure to cold air risky for regular daily activities. When the local school buses in Ottawa are cancelled, the in-person Adult Day Program will be cancelled. A program staff will contact you and/or your family early in the morning to advise you and your para booking will be cancelled. Stay safe and comfortable at home.

Cran-tastic



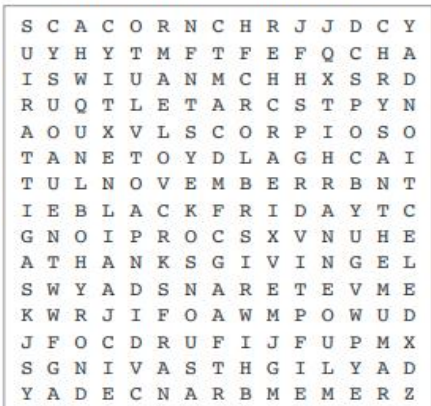
Foods that are a vibrant color are often good for you, and the shiny, red cranberry is a case in point. Cranberries are chock full of vitamins, minerals, and antioxidants, and they famously protect against urinary tract infections. While cranberries may taste exceedingly tart or bitter when eaten raw, they become tasty and sweet when cooked or dried. Cranberry sauce may be traditional for Thanksgiving, but these sweet, tart berries also make great additions to cheesecake, muffins, scones, pies, cheeses, sandwiches, rice, and drinks. With so many recipes, you could celebrate Eat a Cranberry Day every month of the year.

Extra Mile Day – November 1st is a day to recognize that everyone has the ability to make positive change if they go the extra mile. Actions can be simple, like offering a smile, or as complex as you want. Ask your group to create a list: What Can I Do to Go the Extra Mile Today? A little kindness goes a long way to improving everyone's day! Find a cause that your community cares about and put a plan in place to support it.

Puzzle of the Month

Searching for November

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



ARCHER (Sagittarius)
AUTUMN
BLACK FRIDAY
CHILLY
CHRYSANTHEMUM
DAYLIGHT SAVINGS
ELECTION DAY
ELEVENTH

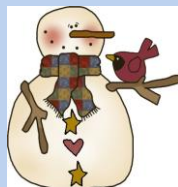


NOVEMBER
REMEMBRANCE DAY
SAGITTARIUS
SCORPIO
SCORPION (Scorpio)
THANKSGIVING
TOPAZ
VETERANS DAY

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November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.



Donald F. – Nov. 4th
Fred S. – Nov. 13th
Jean L. – Nov. 24th
Debra S. – Nov. 30th
Gerry S. – Nov. 30th

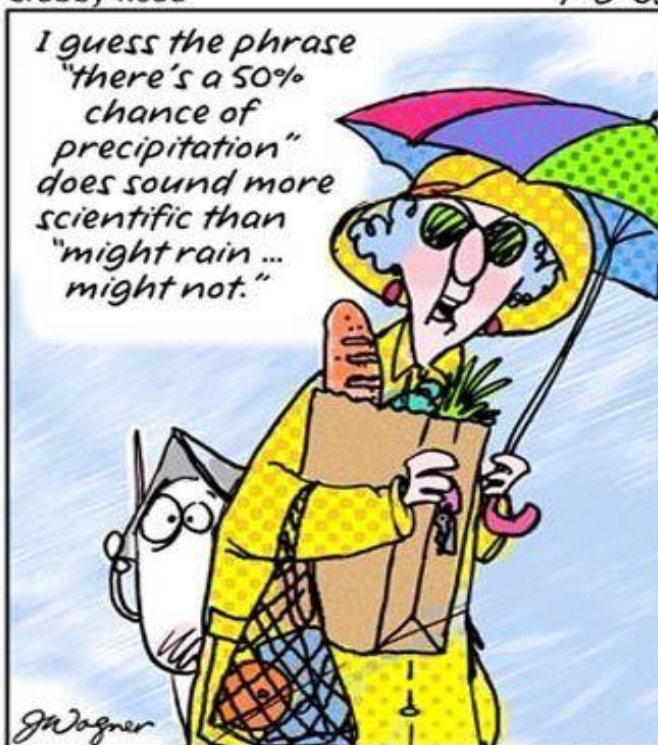


Christmas Bazaar

Join us on **Saturday December 3rd, 2022** from 9:30am-2:00pm. Featuring crafts from our studios, books, baking, silent auction and a Christmas Café. Plus a visit from Santa himself! Donations of baked goods to sell at the Bazaar will be accepted as of **November 28th, 2022**. Please see Sonia for more info.

Crabby Road

4-6-08



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