

December 2022

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating December

Write a Friend Month

Hanukkah

December 18–26

Christmas

December 25

New Year's Eve

December 31

Adult Day Program Staff

We are just a phone call away!
613-236-0428

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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.



Christmas Break



The Adult Day Program **will be closed** on **Friday December 2nd, 2022** to set up for our Annual Craft Studio Sale & Bazaar. We will also be closed **from Thursday December 22nd, 2022 through Monday January 2nd, 2023 inclusive**. The Adult Day Program will resume on **Tuesday January 3rd, 2023!** Wishing you and your loved ones a Merry Christmas and a Happy, Healthy New Year.

Program Staff Updates



We are excited to announce and welcome Justin Sauv  to our TGC Family. Justin is joining our team as an Adult Day Program Assistant. Justin will be instrumental in leading our new LGBTQ2+ Day Program. Maria Mangyao will be leaving us at the end of December to join her fianc  in British Columbia. We would like to thank Maria for her work over the past 3 years. We wish you the very best and will miss you greatly!

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.

Road World for Seniors



Congratulations to our amazing cyclists! Well done to everyone! Together we travelled over 550 kms during the competition. **A special thank you to Dan McEwen, from Motiview Canada** for your encouragement, leadership and guidance during our first race.



Congratulations

Message from Dan: "I wanted to extend a sincere thank you for the service you provide your clients. I'm impressed at the size of your heart and your appreciation for what our seniors can accomplish when given the opportunity. Keep up the great work :) Pedal on!"

New Program



We are now running an **LGBTQ+** Adult Day Program on the 2nd and 4th Saturday of each month from 9:30am until 2:30pm. For additional information, please reach out to Penny, ADP Coordinator directly.

December Birthdays



In astrology, those born from December 1–21 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures. Those born from December 22–31 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators.

- Genevieve C.** – Dec. 5th
- Dervis G.** – Dec. 11th
- George C.** – Dec. 14th
- Bob D.** – Dec. 21st
- Annie W.** – Dec. 31st



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 Claus himself! Donations of baked goods to sell at the Bazaar will be accepted as of **November 28th, 2022**. Please see Sonia for more info.

Joke of the Month

