December 2022

Adult Day Program The Good Companions

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

Penny Bodnoff, Adult Day Program Coordinator, extension #2200 pbodnoff@thegoodcompanions.ca

Sonia Movrin, Adult Day Program Assistant Coordinator. extension #2190 smovrin@thegoodcompanions.ca

Jessica Brenner, Adult Day Program Assistant, extension #2191 jbrenner@thegoodcompanions.ca

Maria Mangyao, Adult Day Program Assistant, extension #2191 mmangyao@thegoodcompanions.ca

Justin Sauvé, Adult Day Program Assistant, extension #2191 jsauvé@thegoodcompanions.ca

Sydney Branch, Adult Day Program Placement Student, extension #2191 sbranch@thegoodcompanions.ca

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



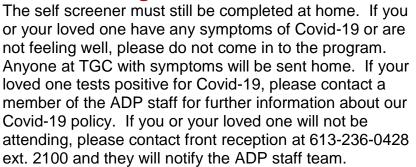
The Adult Day Program will be closed on Friday December 2nd, 2022 to set up for our Annual Craft Studio Sale & Bazaar. We will also be closed from Thursday December 22nd, 2022 through Monday January 2nd, 2023 inclusive. The Adult Day Program will resume on Tuesday January 3rd, 2023! Wishing you and your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

Program Staff Updates 🗱

We are excited to announce and welcome Justin Sauvé to our TGC Family. Justin is joining our team as an Adult Day Program Assistant. Justin will be instrumental in leading our new LGBQT2+ Day Program.

Maria Mangyao will be leaving us at the end of December to join her fiancé 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





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 inperson 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.



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 LGBTQ2+ 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.

