

April 2023

# Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



## Celebrating April

### April Fools' Day

April 1

### Easter Sunday

April 9

### Easter Monday

April 10

### Earth Day

April 22

**Penny Bodnoff**, Adult Day Program Coordinator, extension #2200  
[pbodnoff@thegoodcompanions.ca](mailto:pbodnoff@thegoodcompanions.ca)

**Sonia Movrin**, Adult Day Program Assistant Coordinator, extension #2190  
[smovrin@thegoodcompanions.ca](mailto:smovrin@thegoodcompanions.ca)

**Justin Sauvé**, Adult Day Program Assistant, extension #2191  
[jsauve@thegoodcompanions.ca](mailto:jsauve@thegoodcompanions.ca)

**Grace Barrett**, Adult Day Program Assistant, extension #2191  
[gbarrett@thegoodcompanions.ca](mailto:gbarrett@thegoodcompanions.ca)



## Updates

If you have any updates to your contact information or address, please contact one of the Program Coordinators to discuss.

## 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. 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 Holidays



The Adult Day Program will be closed on **Friday April 7<sup>th</sup>, 2023** for Good Friday and **Monday April 10<sup>th</sup> 2023** for Easter Monday.

## Important Reminders

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. Upon arrival to the centre, please ensure that you and your loved one are wearing a mask prior to entering the building.

## Absent & Running Late

If you or your loved one will not be attending the program or are running late, **please contact our front reception at 613-236-0428 ext. 2100** and they will notify the ADP staff on duty. Please do not send emails to the program staff for same day absences or running behind schedule.

## What's New – OBIE

Award winning tech solution has arrived at the Adult Day Program. Obie is a highly advanced interactive gaming console that projects custom-made games onto any surface. The games are great for cognitive stimulation, social engaging and physically invigorating! *"We don't stop playing because we grow old; we grow old because we stop playing."* **Obie launch party coming soon!**

### 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.

### Note of Thanks

We would like to take this opportunity to thank our placement students, Sydney and Dahlia for all of their hard work and dedication during their placement with the Adult Day Program. We wish you both the very best in the future.

### Maple Sugar Shack Season



Maple syrup season generally starts in March until the sap stops 3rrunning, by the end of April. There are 25 maple farms in Ontario to visit. No matter how you feel about the cold, the maple season is the best part of the long, Canadian winter for many. Experience the best of the maple season with nature trails, horse drawn wagon rides, how maple syrup is made, delicious pancakes, maple taffy, farm animals and cherished memories.



We are thrilled to have George McNaule perform for us on Wednesday April 19<sup>th</sup>, for our **Sugar Shack Social**. George will entertain us with folk music that surely will get us dancing.



For lunch we will indulge in a traditional sugar shack meal featuring split pea soup, homemade quiche, maple baked beans, smoked ham, Pouding chômeur with vanilla ice cream, coffee and tea.

### April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

**Dorothy R.** – April 11<sup>th</sup>  
**Carmen B.** – April 15<sup>th</sup>



### Joke of the Month

