

June 2023

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating June

Men's Health Month

Perennial Gardening Month

Caribbean American Heritage Month

Senior's Month

Father's Day
June 18

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Updates

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

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.

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.

Statutory Holiday

The Adult Day Program will be closed on **Monday July 3rd, 2023** for Canada Day.

Canada Day Celebrations



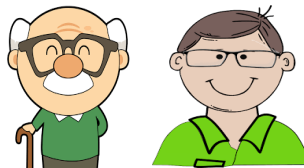
Join us the week of June 26 - June 30 to acknowledge and celebrate the birth of Canada. Wear your Canada Day t-shirt, red coloured clothing or your favourite Canada Day accessory during these days. On Thursday June 29th, 2022, we will sing the National anthem; test your knowledge on Canada and enjoy some special treats.

Canada Summer Job Student

We are excited to announce that we have hired Dahlia Belfer this Summer. Dahlia will be joining the Adult Day Program team on Monday June 12th.

Happy Father's Day!

Father's Day is a holiday of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. It is a day for people to show their appreciation for fathers and father figures.



"A father is a man who expects his children to be as good as they are meant to be." "There's no shame in fear, my father told me, what matters is how we face it." "Daddies don't just love their children every now and then, it's a love without end." "What you teach your children, you also teach their children."



Senior's Month

June is Senior's Month, a time to recognize and celebrate older adults. Seniors' Month is celebrated in Ontario, New Brunswick, Newfoundland and Labrador, Prince Edward Island and Nunavut. Seniors are an important part of our communities and we can all benefit from their wisdom and insight.



While we celebrate seniors in our community, and their many contributions and achievements, Seniors' Month also serves as an opportunity to generate increased awareness of the health and social issues that impact older adults. As we get older, we are faced with health issues like Alzheimer's and dementia, arthritis, heart disease and cancer. Social issues like loneliness, transportation and inadequate housing can also be challenging. There are many lifestyle changes we can make to help us, and our loved ones, lead healthier and happier lives. Staying informed is an important first step in understanding the issues that affect older adults and learning what the evidence says about how we can prevent them.



Puzzle of the Month

Father's Day Word Search





E	M	H	B	O	A	U	M	B	X	W	A	B	L	C	T	
B	S	L	S	N	B	X	L	D	Z	K	Q	U	I	W	L	U
G	T	E	L	C	N	U	A	A	W	M	C	P	Q	X	N	A
Q	S	F	K	P	B	O	G	D	M	F	G	R	M	K	G	M
T	A	J	N	P	R	K	G	D	O	J	O	O	H	X	V	O
N	S	P	H	A	D	D	Y	H	Z	L	V	P	C	O	E	
E	F	D	W	X	V	T	M	S	C	D	F	I	G	X	F	B
R	H	R	F	U	E	C	N	E	A	X	A	D	L	A	G	T
A	E	I	T	K	C	E	N	V	E	C	T	E	I	D	R	Y
P	K	G	Y	A	N	T	I	O	T	N	H	U	K	A	A	I
L	N	J	W	A	Z	O	P	L	C	S	E	U	G	N	N	F
G	I	G	Z	B	W	R	U	Y	A	X	R	T	Y	J	D	I
W	N	N	G	P	E	P	O	L	G	N	I	L	J	B	P	N
Z	Q	O	Q	B	R	O	A	D	L	E	J	Q	W	T	A	I
B	S	R	P	Q	W	U	N	E	L	A	B	T	O	O	F	
Q	V	T	K	C	E	N	R	E	S	P	E	C	T	O	B	N
X	T	S	V	C	A	H	U	J	V	Y	J	T	S	D	J	Z






DADDY
UNCLE
STRONG
GOLF
PROVIDE



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE



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June Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming.

Maria Hidasz-June 17

Barbara Robinson-
June 26



Joke of the Month

