

October 2023

# Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



## Celebrating October

### Popcorn Poppin' Month

### Country Music Month

### Thanksgiving Day October 9

### Halloween October 31

## Adult Day Program Staff

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

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## Monthly Highlights Road Worlds for Seniors

For just over four weeks each year, Road Worlds for Seniors provides an opportunity to participate in a global indoor sports event. The Adult Day Program members will join this championship starting October 2<sup>nd</sup> until October 27<sup>th</sup>. Together, we will explore the world with Motiview. In 2022, 183,889 kms were travelled. **The ADP Cyclists** were 79<sup>th</sup> place overall in Canada.



## Statutory Holiday



The Adult Day Program will be closed on **Monday October 9th, 2023** for the Thanksgiving Holiday. We are thankful for you and your loved one being part of our Adult Day Program.

## Program Closure

The Adult Day Program will be closed on **Friday October 13th, 2023** for Staff Training and Development Day. If you travel with Para Transpo, we will cancel your booking.

## 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.



## Saturday Programming



**LGBTQ2+ Adult Day Programming**  
spaces are available on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month from 9:30am until 2:30pm. For additional information, please reach out to Penny, ADP Coordinator, directly.

## Thanksgiving Traditions



Why do we celebrate Thanksgiving in Canada? To express gratitude for a bountiful Fall harvest. A typical Thanksgiving dinner consists of roast turkey, turkey stuffing with onions and celery, mashed potatoes, gravy, green beans, corn, dinner rolls, cranberry sauce and pumpkin pie. Some Thanksgiving traditions could be breaking the wishbone for good luck, breaking out the china, eating a traditional meal together, going around the table to share what you are most grateful for or take a nap.

## Puzzle of the Month

### HALLOWEEN WORDSEARCH

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



GHOST	PUMPKIN	FRIGHT	COB WEBS
WITCH	MONSTER	HORROR	CANDYCORN
TRICK	COSTUME	SCREAM	HALLOWEEN
TREAT	SPOOKY	BOO	OCTOBER
CANDY	SCARY	MASKS	HAUNTED HOUSE

## October Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace. Those born from October 23-31 are Scorpio's scorpions. Scorpions seek deep connections and nurture deep empathy and commitment.

**Nima R. October 26<sup>th</sup>**



## Who Knew?



**Leaf**, any usually flattened green outgrown from the stem of a vascular plant. As the primary sites of photosynthesis, leaves manufacture food for plants, which in turn ultimately nourish and sustain all land animals.

## Joke of the Month

Crabby Road  
**Greatest Hits**

10-7-11



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