

September 2023

Adult Day Program

670 Albert Street Ottawa, Ontario K1R 6L2



Celebrating September World Alzheimer's Month

Grandparents Day

September 10

Rosh Hashanah

September 15–17

Yom Kippur

September 24–25

Adult Day Program Staff

**We are just a phone call
away!**

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Kassandra Pantalone Placement
Student
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Program Closure

The Adult Day Program will not be operating on **Monday September 4th 2023** for Labour Day and **Wednesday September 6th 2023** for Our Open House. We will cancel all ParaTranspo regular bookings on these days.



Seniors Active Living Fair & Open House

Wednesday, September 6, 2023

9:30 am - 2:00 pm - 670 Albert Street, Ottawa

This event will feature
information on health, safety,
and social services in the
Ottawa area; and will highlight
the programs and services at
The Good Companions!

- Free Admission/Parking
- Free Chili and Cornbread
- Swag Bags, Door Prizes
- Seminars
- Exhibitors
- Fitness & Cooking Demos
- TGC Craft Studio



Funding provided by: **Ontario**

Program Update

Great News! The Adult Day Program has resumed programming Fridays starting August 25th. Please contact Penny Bodnoff for more information.

Placement Student

We would like to welcome Kassandra Pantalone, who is completing her 4th year of the Social Worker Program at Carleton University. She will be working with us every week Monday to Thursday beginning September 6th until December.

Land Acknowledgment

The Good Companions acknowledges the privilege to be operating on the unceded traditional territory of the Algonquin Anishinaabeg. The peoples of the Anishinaabeg Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The Good Companions honours all First Nations, Inuit and Métis peoples and their valuable past and present contributions to this land.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

#OrangeShirtDay



Truth and Reconciliation Day

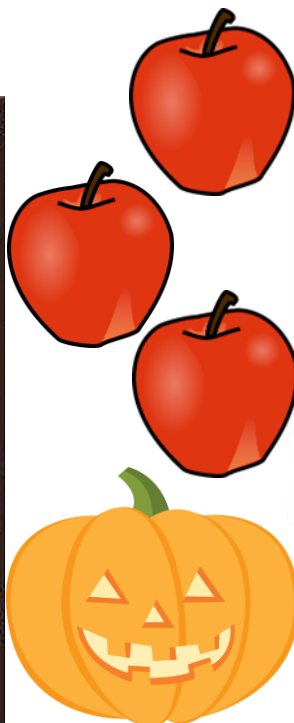
Each year, September 30th marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Join us on **Thursday, September 28th** in honour of indigenous children and their families. Please wear an orange shirt if you wish. Every Child Matters!

Joke of the Month



September Birthdays

In astrology, those born from September 1–22 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are rooted in the material world. They are considered practical, organized, and detail-oriented. Those born from September 23–30 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.

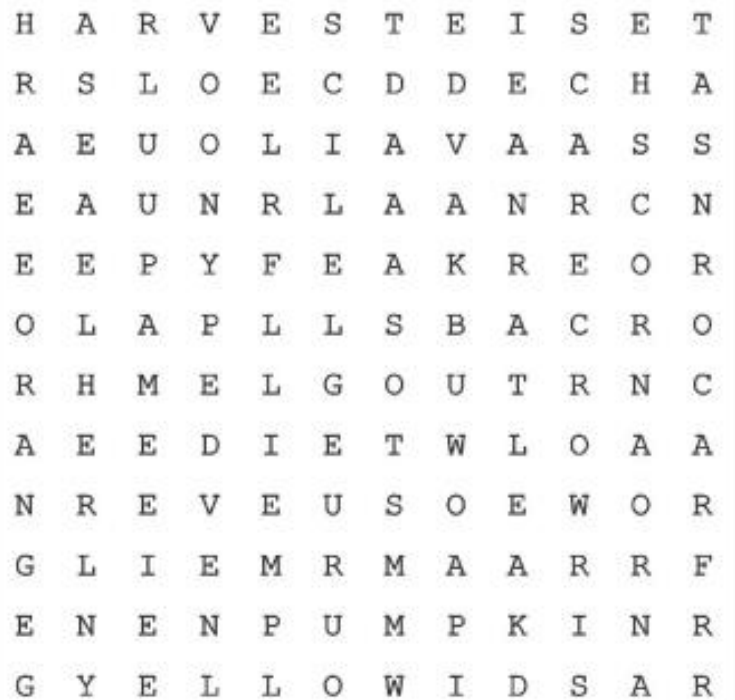
Ratna J. - September 1st

Bill S. – September 6th



FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	

