

December 2023

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating December

Write a Friend Month

Hanukkah
December 7-15

Christmas
December 25

Kwanzaa
December 26-January 1

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

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

Yasmin Rodriguez, Adult Day
Program Assistant, extension #2192
yrodriguez@thegoodcompanions.ca

Barb Loxton, Adult Day Program
Assistant, extension #2193
BLoxton@thegoodcompanions.ca

Christmas Break



The Adult Day Program **will be closed** on **Friday December 1st, 2023** to set up for our Annual Craft Studio Sale & Bazaar. We will also be closed **from Friday, December 22nd, 2023 through Monday January 2nd, 2024 inclusive**. The Adult Day Program will resume on **Tuesday January 2nd, 2024!** Wishing you and your loved ones a Merry Christmas and a Happy and Healthy New Year.

Thank You!

We would like to thank our student Kassandra for all her hard work during her time with us at the program. We wish her the best of luck going forward in her studies.

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.

TGC Craft Show and Christmas Bazaar

Join us on **Saturday December 2nd, 2023** 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 30th, 2023**. Please see Sonia for more info.

Road World for Seniors ❄️

Congratulations to our amazing cyclists! Well done to everyone! Together we travelled over 500 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!"

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

George C. – Dec. 14th



Joke of the Month

