

January 2024

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating January

**International
Creativity Month**

New Year's Day
January 1

**Make Your Dream Come
True Day**
January 13

Martin Luther King Jr. Day
January 15

Rabbie Burns Day
January 25

Adult Day Program Staff
We are just a phone call away!
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Christmas Break Reminder

The Adult Day Program **will be closed from Friday December 22nd 2023 through Monday January 1st 2024, inclusive.** The Adult Day Program will resume on **Tuesday January 2nd, 2024!** If you travel with Para Transpo, we have taken care of the cancellation of your regular bookings.

Storm Cancellations



A snowstorm is just one kind of winter storm. Winter storms sometimes result in snow days, where the weather event makes 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 as well. A program staff will contact you and/or your family early in the morning to advise you and cancel your Para booking. Stay safe and comfortable at home.

ADP Absences

If you have a sudden or last-minute change and are unable to attend the program, please contact reception at extension 2100 to leave a message on your program day.

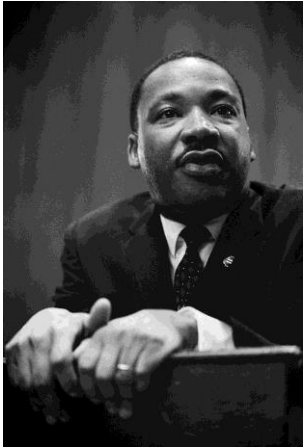
Friendly Reminder

When you drop off or pick up your loved one from the program, please enter the front lobby to ensure that a staff member knows they have arrived or left. We want to continue to ensure the safety of your loved one.

Placement Student

We would like to welcome Aimee Paetz, who is completing her 3rd year of the Social Work Program at Carleton University. She will be working with us on Monday's and Tuesday's beginning January 8th until the end of March 2024.

Martin Luther King Day



Martin Luther King Jr. Day is a federal holiday in the United States marking the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year. Born in 1929, King's actual birthday is January 15. King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial

discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later on January 20, 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

Rabbie Burns Day



Burns Night is celebrated annually in Scotland on or around January 25. It commemorates the life of the bard (poet) Robert Burns, who was born on January 25, 1759. The day also celebrates Burns' contribution to Scottish culture. Typically, Cullen Skink (smoked haddock chowder) or Cock-a-Leekie (chicken, leek and rice) soup

is served to start the meal. This is followed by haggis, neeps, tatties and roast beef. People traditionally greet each other with the phrase "Sláinte Mhath!" which translates to "Good Health"

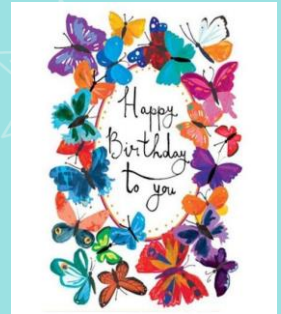
BURNS NIGHT



January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Violet C. – Jan. 1st
Dianne L. – Jan. 6th
Bob M. – Jan. 8th
John J. – Jan. 17th
Gerry G. – Jan. 21st
Bernadette S. – Jan. 19th
Ann St. P. – Jan. 25th



Joke of the Month

