

April 2024

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R6L2



Celebrating April

April Fools' Day
April 1

Easter Monday
April 1

Earth Day
April 22

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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.

Statutory Holidays



The Adult Day Program will be closed on **Monday April 1, 2024** for Easter Monday.

Centre Closure

The Centre will be closed **Friday April 19th** to celebrate the hard work and dedication of all our volunteers.



Poetry Corner

The Day Program will be enjoying a poetry social Tuesday April 16th with shared poems and tea. If you or your family have any favourite poems or poetry books you would like to share, please bring them in for us to enjoy!

Scent Free Policy

A friendly reminder The Good Companions remains a scent free environment. Many volunteers, members, and staff are affected by strong scents, and we want to continue to provide a safe, welcoming environment for all.

SPARK! Art Gallery

Hosted by the National Gallery of Canada, art from the Gallery is available for viewing in person and virtually. SPARK! is a friendly, conversation-based, free program designed for people living with dementia and their care partners.

Launched in 2016, The National Gallery has collaborated with the Dementia Society of Ottawa and Renfrew County to ensure all staff are trained with dementia sensitivity to allow visitors to enjoy intellectual stimulation, access personal experiences, and participate in meaningful conversation

Intergenerational Program

We are happy to announce we will begin inviting daycare children into the Day Program on April 17 as part of a new Intergenerational Program the centre has started. Our first activity will be a group bean bag toss. Other activities will be available for both children and adults who do not wish to participate.

An Intergenerational Program is a form of human service that involves ongoing and organized interactions between members of younger and older age groups for the benefits of all participants. These programs help lower social isolation and loneliness, promote a sense of purpose and satisfaction, help younger generations understand aging, and enable both generations to learn new skills.



April Birthdays

In astrology, those born from April 1–19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Dorothy R. – April 11th

Carmen B. – April 15th

Bahera S. – April 15th

Jayant R. – April 30th

Joke of the Month

