

July 2024

Adult Day Program



The Good Companions | 670 Albert St. Ottawa, ON K1R 6L2 | 613-263-0428

Celebrating July

Ice Cream Month

Canada Day
July 1

Independence Day (US)
July 4

Adult Day Program Staff
We are just a phone call away!
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Statutory Holiday

The Adult Day Program will be closed on **Monday July 1st** for Canada Day. Wishing you and your family a safe and healthy holiday.

Summer Student

We would like to introduce Maryam, who has been hired as our summer student. Maryam will be working with the Senior Centre Without Walls and The Adult Day Program until the end of July.

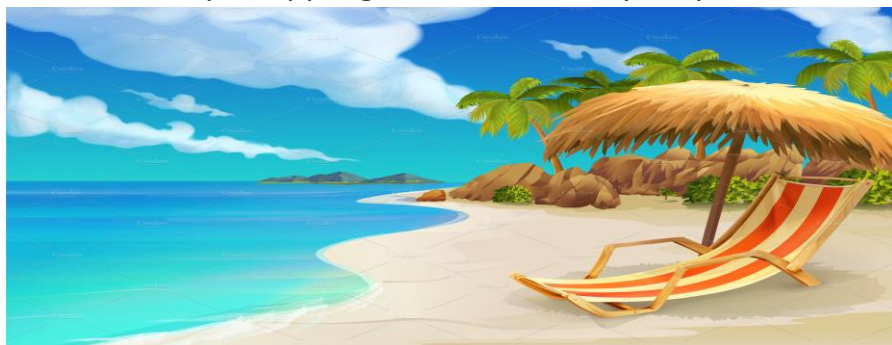


Christmas in July

On Wednesday July 24th we will be celebrating all the holiday cheer with none of the snow and cold. We will be joining a Christmas lunch with turkey and all of the trimmings, and music by Marleen Fawcett.

Beach Party Social

To celebrate the warmth, The Good Companions will be hosting a Beach Party Social, with music by The Chords served with pineapple granita on Tuesday, July 9th



Enjoying the Summer Weather

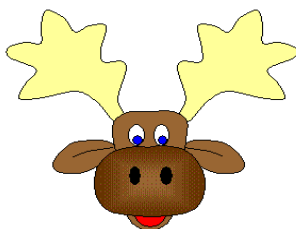
While it is a great time to stay outdoors to do some gardening or enjoy the warm weather, it is important to protect yourself from the sun. Use these helpful tips to prepare for the heat!

- Tune in to local weather forecasts and alerts so you know when to take extra care.
- Find ways to keep cool before the hot weather starts. If you have an air conditioner, make sure it works properly. Find an air-conditioned spot close by where you can cool off for a few hours on very hot days. This will help you cope with the heat.
- Have drinks in your vehicle and keep your tank filled or car charged in case you need to get somewhere cool quickly.
- Arrange for regular visits by family members, neighbours or friends during very hot days in case you need help. Visitors can help identify signs of heat illness that could be missed over the phone.

Canada Word Search

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

- | | |
|-----------|-----------|
| deer | RCMP |
| elk | skates |
| goose | skiing |
| grizzly | sled |
| ice | snowboard |
| lacrosse | snowman |
| moose | syrup |
| mountains | Wild rose |
| Ottawa | |



July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

Sonia M. – July 4th

Bob D.- July 10th

Gertrude G. – July 11th

Michelle N. – July 17th

Daphne F. – July 29th

Joke of the Month

Crabby Road

11-12-11



J. Wagner

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