

November 2024

Adult Day Program



The Good Companions 670 Albert St. Ottawa, Ontario K1R 6L2

Celebrating November

Día de los Muertos

November 1 and 2

Dwali

November 1

Remembrance Day

November 11

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
jsauve@thegoodcompanions.ca

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

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



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. 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.

Centre Closure Dates

The Good Companions will be closed on **Friday, November 29th** to prepare for the Christmas Bazaar.

The Day Program will also be closed from **December 23 to January 1**, inclusive, for Christmas and New Year's.

Remembrance Day



The centre will be closed on **Monday November 11th** for Remembrance Day. Whether you stay home or go to the public celebration, it is time to remember all of the veterans who fought in the wars for our freedom today.

Daylight Savings Time Ends

Fall behind as the clocks go back an hour on **Sunday November 3rd**. Remember to change your clocks and watches before going to bed Saturday, and change the batteries in your smoke detectors.



Craft Studio Sale & Christmas Bazaar



Join us on **Saturday November 30th** for our annual Craft Studio Sale and Christmas Bazaar. Donations of baked goods to sell at the Bazaar will be accepted. Please ensure to clearly label your baked good items and indication of ingredients, i.e.: contains nuts.

Also join us **Saturday November 16th** for the Queer Christmas Craft show. Support local artists and business while finding something special for a loved one.

Monthly Puzzle



NOVEMBER

- | | |
|------------|--------------|
| CORNUCOPIA | MEAL |
| FAMILY | PIE |
| FEAST | PILGRIMS |
| FOOD | POTATOES |
| GOURDS | SCARECROW |
| HUNTING | SHARING |
| INDIANS | THANKSGIVING |
| WALZ | TURKEY |

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

© Cheryl K. D'Amico

November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

- Donald F. – November 4
- Rosalie S. – November 8
- Adelia D. – November 10
- Jean L. – November 24
- Doreen M. – November 24
- Debra S. – November 30

Joke of the Month



Facebook.com/maxine