Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating December

Write a Friend Month

Hanukkah December 25-January 2

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 from Monday, December 23rd, 2024 through Friday, January 3rd, 2025 inclusive. The Adult Day Program will resume on Monday January 6th, 2025! Wishing you and your loved ones a Merry Christmas and a Happy and Healthy New Year.

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 inperson 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.

Welcome!



We would like to welcome Leelti and Courtney to The Adult Day Program, who will be assisting us as staff throughout the week until mid-January.

Road World for Seniors



Congratulations to our amazing cyclists! Well done to everyone!

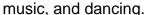
Together we travelled **150 kms** during the competition!





Happy Anniversary!

This year, The Good Companions celebrates 69 years of serving seniors in the community! We were joined by The Starry Nights duo for food,





Monthly Puzzle



STAREWKLYTCTS ETNERVXUAOGQL TJGILHOLLYNOE UCENGVWXKSUSD SILDWHEDSIQNS YSLEIGHSYQROY VGIEHOZYAAUWV ZAERUYSNINLMZ RRWKLQACDZXAR TQARISTOCKING

Sleigh Santa Reindeer Stocking Snowman

Sled

Elves Toys

Holly

Angel Tree Star





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 Nasrin Mc. - Dec. 17th Sylvia S. – Dec. 24th





Joke of the Month



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