

December 2024

# 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](mailto:pbodnoff@thegoodcompanions.ca)

**Sonia Movrin**, Adult Day Program Assistant Coordinator, extension #2190  
[smovrin@thegoodcompanions.ca](mailto:smovrin@thegoodcompanions.ca)

**Justin Sauvé**, Adult Day Program Assistant, extension #2191  
[jsauvé@thegoodcompanions.ca](mailto:jsauvé@thegoodcompanions.ca)

**Yasmin Rodriguez**, Adult Day Program Assistant, extension #2192  
[yrodriguez@thegoodcompanions.ca](mailto:yrodriguez@thegoodcompanions.ca)

**Barb Loxton**, Adult Day Program Assistant, extension #2193  
[BLoxton@thegoodcompanions.ca](mailto:BLoxton@thegoodcompanions.ca)

## Christmas Break



The Adult Day Program will be closed from **Monday, December 23<sup>rd</sup>, 2024 through Friday, January 3<sup>rd</sup>, 2025 inclusive**. The Adult Day Program will resume on **Monday January 6<sup>th</sup>, 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 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.

## 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, music, and dancing.



### Monthly Puzzle



- |          |          |       |       |
|----------|----------|-------|-------|
| Sleigh   | Stocking | Elves | Angel |
| Santa    | Snowman  | Toys  | Tree  |
| Reindeer | Sled     | Holly | 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. 5<sup>th</sup>
- George C.** – Dec. 14<sup>th</sup>
- Nasrin Mc.** – Dec. 17<sup>th</sup>
- Sylvia S.** – Dec. 24<sup>th</sup>



### Joke of the Month

