

February 2025

Adult Day Program

The Good Companions | 670 Albert St. | 613-236-0428 |



Celebrating February

**Black History Month
Winterlude**

January 31-February 17

Groundhog Day

February 2

Thank a Mail Carrier Day

February 4

Galentine's Day

February 13

Valentine's Day

February 14

Adult Day Program Staff

We are just a phone call away!

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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 Holiday

Family
forever.
for always.
no matter
what

The Adult Day Program will be closed on **Monday February 17th, 2025** for Family Day. Wishing you and your family a safe and healthy holiday together.

Valentine's Day

The Good Companions is hosting a Valentine's Day Tea Wednesday February 12th to celebrate the day of love. Tea and coffee will be served with black forest cake and entertainment will be provided by Malcolm Wade.



Mardi Gras

Mardi Gras celebrates the last day of Carnival before Lent. We will be hosting a Mardi Gras luncheon on Wednesday, February 19th, served with corn and crab bisque, Cajun pork, rice and beans, and banana bread pudding.



Winter in the Capital

Ottawa is home to the largest natural ice rink in the world, as designated by the Guinness World Records. Each year, from January to February, the picturesque Rideau Canal, the only World Heritage Site by UNESCO in Ontario, freezes and welcomes thousands of visitors for winter fun. People come from all over the world to glide along the Rideau Canal Skateway to 7.8 kilometers (4.8 miles), stretching from the heart downtown Ottawa to Dows Lake, the largest surface. The rink hosts a daily average of 19,000 visitors during the winter months. So, if you come to Ottawa during the winter season, it is definitely an activity you do not want to miss! Access to the rink is free.

Monthly Puzzle

WINTER WORD SEARCH

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

BERRIES	COLD	HAT	JACKET	SLED
BLIZZARD	DARK	ICE	MITTENS	SNOW
BOOTS	FIREPLACE	ICESKATE	PLOW	SNOWFLAKE
COCOA	FROZEN	ICICLE	SCARF	SNOWMAN

February Birthdays

If you were born between February 1–18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

- Raquel R.** – February 10
- Barbara B.** – February 12
- Bruce B.** – February 15
- Brian R.** – February 18
- Naznee M.** – February 21
- Fran C.** – February 22
- Nicole P.** – February 22
- Dave T.** – February 22
- John R.** – February 25
- Gwen T.** – February 25
- Diana D.** – February 26



Joke of the Month

