

March 2025

# Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



## Celebrating March

Women's History Month

Daylight Saving Time Starts

March 9<sup>th</sup>

Quilting Day

March 15

St. Patrick's Day

March 17

French Bread Day

March 21

## 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

[jsauve@thegoodcompanions.ca](mailto:jsauve@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)



## 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.

## Daylight Saving Time



On **Sunday March 9<sup>th</sup>, 2025** we will lose an hour of sleep once clocks "spring forward" for the end of daylight-saving time. On Saturday night, be sure you change your clocks and alarms.

## St. Patrick's Day



Saint Patrick's Day, or the Feast of Saint Patrick, is a religious and cultural holiday held on March 17, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland. Saint Patrick's Day is celebrated in more countries than any other national festival.

Celebrations generally involve public parades and festivals, Irish traditional music sessions, and the wearing of green attire or shamrocks. There are also formal gatherings such as banquets and dances.



## Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.

**Puzzle of the Month**

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

St. Patrick's Day Word Search

Words to Find:

rainbow	luck	green	pot
shamrock	jig	gold	Irish
leprechan	lucky		

## March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They’re emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

- Lionel Mc.** – March 1<sup>st</sup>
- Penny B.** – March 3<sup>rd</sup>
- Paul St.** – March 4<sup>th</sup>
- Courtney D.** – March 9<sup>th</sup>
- Kevin O.** – March 16<sup>th</sup>
- Richard M.** – March 20<sup>th</sup>
- Sue S.** – March 20<sup>th</sup>
- Mari D.** – March 21<sup>st</sup>



## Joke of the Month

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Time to plant my garden...  
or as the local bunnies call it, my  
“all-you-can-eat buffet.”

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