

May 2025

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R6L2



Celebrating May

Clean Air Month

May Day/Lei Day

May 1

Wildflower Week

May 4–10

Windmill Day

May 10

Mother's Day

May 11

Adult Day Program Staff

We are just a phone call away!

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Statutory Holiday

The centre will be closed **Monday, May 19th** for Victoria Day.



Mother's Day Tea

Join The Good Companions and ADP members Tuesday May 7th for a Mother's Day High Tea and Music at 1:00pm. Tickets can be bought at the front reception until May 5 at 3 pm.



Race Weekend

Join us in supporting The Good Companions for the 2025 Ottawa Race Weekend! Whether you're running, walking, or cheering us on from the sidelines, your support will make a difference. Your contribution will directly support our ongoing efforts to enhance the lives of seniors in our community. This is your chance to give back and make a lasting impact! For more information, contact Laydee Fuertes at 613-236-0428 ext 2221, or by email at lfuertes@thegoodcompanions.ca

Spring Crafts

Our members enjoyed an afternoon decorating their own Easter and Spring themed wreaths!



A Mom-entous Occasion

Celebrated with great enthusiasm, Mother's Day falls on Sunday, May 11th. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children,

but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

Word Search

Flower Word Search

MCARNATIONNTSTLWES
BULAAEBNSAISEERFUA
OARFSBLLWHIRRLLETIJ
WBUTTERCUPORDWONSO
OACLUENOMENAE LUISN
RAMARYLLISBLATIRVQ
REWVTZEUOGEEEOSSHJU
ATLEIOOMSCEPLSAIAI
YNLNUCSBPQORILSBWL
SNNDMOLIDOFFADOIAO
NIJECHINACEAINASRT
AAARVSNEITAPMIICII
PISSIOUHYACINTHUA
ELMLCNCDCIENIUSMR
SLIMARIGOLDLDTLOR
SLNNAROBXRUIHEGII
YIEBLITS AOCARAAEEP
UECEE L LGEIFRNGDTBN

Amaryllis
Anemone
Aster
Astilbe
Begonia
Bluebell
Buttercup
Carnation
Columbine
Cosmos
Crocus
Daffodil
Dahlia

Echinacea
Foxglove
Freesia
Gardenia
Geranium
Hibiscus
Hyacinth
Impatiens
Iris
Jasmine
Jonquil
Lavender
Lily

Lotus
Marigold
Nasturtium
Orchid
Pansy
Petunia
Rose
Snowdrop
Tulip
Violet
Wisteria
Yarrow
Zinnia

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Suzanne B. – May 1st

Sandra R. – May 2nd

Gail L. – May 5th

Sandra W. – May 5th

Yasmin R. – May 17th

Claudette P. – May 18th

Justin S. – May 21st

Joke of the Month

Crabby Road

5-13-12



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