

July 2025

Adult Day Program

670 Albert St. Ottawa, ON K1R 6L2



Celebrating July

Family Reunion Month

Share a Sunset with Someone
You Love Month

Canada Day

July 1

Independence Day

July 4

Moon Day

July 20

Adult Day Program Staff

We are just a phone call away!
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Christmas in July

Join The Good Companions
Wednesday July 16th for a
traditional Christmas meal of
roast turkey, mashed potatoes,
green beans, and all the
trimmings. Enjoy the magic of
the season with musical
entertainment by Lauren Hall,
with none of the cold and snow.

Para Transpo Update

Para Transpo has updated their service agreement. All members who have regular bookings with Para Transpo **must be available 75% of their rides per month**. That means you can only cancel one booking per month without it interfering with the scheduled, regular bookings, causing them to cancel all ongoing rides going forward. Please keep this in mind when scheduling doctors' appointments or when going on vacation.



Statutory Holiday

The Adult Day Program will be
closed on **Tuesday July 1st,**
2025 for Canada Day.



The Birth of a King



On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—"My Happiness" and "That's When Your Heartaches Begin"—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the

Presleys did not even own a record player. And besides, his mother's birthday had long passed. Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock 'n' Roll was born.

Monthly Puzzle

CANADA DAY WORD SEARCH

FIND AND CIRCLE EACH WORD!



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

July	Beaver	White	Canada
Patriotic	Guard	Party	Free
Fireworks	Red	Maple	Fun

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.

Andrea N. – July 11th

Gertrude G. – July 11th

Michelle N. – July 17th

Paul S. – July 17th

