

August 2025

Adult Day Program

670 Albert St. Ottawa, ON K1R 6L2



Celebrating August

Homemade Pie Day
August 1

Farmers Market Week
August 3–9

Bowling Day
August 9

Vinyl Record Day
August 12

Adult Day Program Staff

We are just a phone call away!
613-236-0428

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Upcoming Closures

The Good Companions will be closed **Monday, August 4th** for the **Civic Holiday** & **Saturday, August 23rd** to celebrate **Capital Pride**. We will also be closed **Monday September 1st** for **Labour Day**, **Wednesday September 3rd** for **The Open House**, and **Friday September 5th** for a **staff training**. We will cancel all ParaTranspo bookings for those days.

Introducing My Para Transpo

My Para Transpo is a new self-serve system that allows customers to book, cancel, and track their trips anytime, from any device.

Key Features:

- **Book & Cancel Trips:** Plan next-day or 1 week in advance for holiday rides, and cancel easily
- **View & Track:** See upcoming trips and track your vehicle
- **Quick Rebooking:** Save preferences for companions and mobility aids
- **Easy Sign-In:** Use your ParaPay ID or create an account

Visit octranspo.com/myparatranspo to get started. For help, check out the FAQ or download the User Guide. For questions, or if you require assistance setting up, contact us at

myparatranspo_monparatranspo@ottawa.ca

Stay Informed with Para Transpo Trip Notifications

Never miss a ride again! Para Transpo customers can now receive trip notifications by **email**, **SMS text***, or **automated voice call**.

- **Vehicle Nearby** – Sent 15 minutes before your ride arrives
- **Vehicle Arrived** – Sent when your ride reaches your pickup location
- **Missed Connection** – Sent if the vehicle departs after waiting 5 minutes

Sign up today through your **My Para Transpo** account under the **Notifications** menu, or by calling **OC Transpo Customer Service** at **613-560-5000**. To receive SMS alerts, you'll need to submit your phone number using the **Address and Text Phone Number Change Request Form** in your account.

For more details, visit: [Sign Up for Para Transpo Trip Notifications](#)

Saying Farewell and Congratulations

Thank you to Caprice for her assistance while completing their student placement with us

August WORD SEARCH



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



August
Beach
Camping
Hot
Lazy
Ocean
Peach

Picnic
Pool
Relax
Summer
Sunshine
Vacation
Waffle

August Birthdays

In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious—reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are Virgos, known for being industrious and efficient. They pay close attention to details and get the job done right on the first try.

Ralph S. – August 11th

Addie C. – August 20th

Kevin C. – August 21st

Barb L. – August 24th

Pat K. – August 31st

Hoofbeats and Heartbeats



Equine

Trust • Believe • Connect

We are excited to have Hoofbeats and Heartbeats visit the Adult Day Program on Tuesday August 19th. Hoofbeats and Heartbeats have been bringing therapy-trained miniature horses to schools, senior centres, and retirement homes since 2020 to provide joy, connection, and quality of life.

Comic of the Month

