

September 2025

Adult Day Program

670 Albert Street Ottawa, Ontario K1R 6L2



Celebrating September

Intergeneration Month

World Alzheimer's Month

Labour Day
September 1

Eat an Extra Dessert Day
September 4

Grandparents Day
September 7

Balance Awareness Week
September 14–20

Oktoberfest
September 20-October 5

Adult Day Program Staff

We are just a phone call away!
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Program Closure

The Adult Day Program will not be operating on **Monday September 1st** for Labour Day and **Wednesday September 3rd** for Our Open House. We will also be closed **Friday September 5th**. We will cancel all ParaTranspo regular bookings on these days.

SENIORS ACTIVE LIVING FAIR & OPEN HOUSE
Wednesday, September 3, 2025
9:30 am - 2:00 pm - 670 Albert St. Ottawa

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

Offers a range of amazing activities

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

This event will feature information on health, safety, social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

Funding provided by Ontario

The Good Companions Seniors' Centre

Placement Students

We would like to welcome Christine Salman from Carleton University, who will be completing their placement twice a week until April. Also joining us is Jasmine Marion-Ouellette from La Cité with us four days a week until December.

Hoofbeats and Heartbeats Equine

We enjoyed a visit from two miniature horse, Angel and Ghost from Hoofbeats and Heartbeats.



Monthly Puzzle



SEPTEMBER

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

ACORN	BREEZE	HOMEWORK	RED
APPLES FALL	LABOR DAY	SCHOOL	
AUTUMN FRIENDS	LEAVES	SQUIRREL	
BOOKS	HARVEST	RAKE	YELLOW



September Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

Khristina P. – September 26th

Leelti G. – September 29th

Therapeutic Paws of Canada



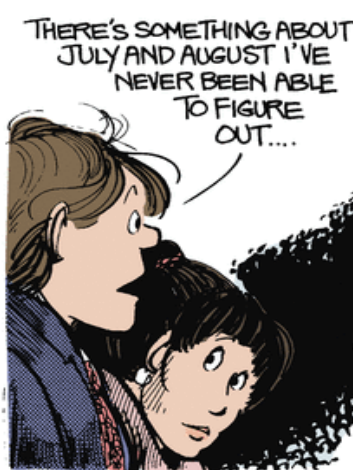
We are excited to have Therapeutic Paws of Canada visit our program on Friday September 12th. They are a registered charity offering free therapy pet visitations.

Currently over **500**

volunteers across Canada donate more than **100,000 hours** of time annually to the various programs offered. Launched on August 30th, 2002, Therapeutic Paws of Canada™ (TPOC) is a volunteer-based organization that provides therapy dog/cat visitation programs for seniors, children, and youth.



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