

October 2025

# Adult Day Program

670 Albert Street Ottawa, Ontario K1R 6L2



## Celebrating October

**Cookbook Month**

**Train Your Brain Day**

*October 13*

**Thanksgiving**

*October 13*

**Halloween**

*October 31*

### Adult Day Program Staff

*We are just a phone call away!*

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## 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.

## Centre Closure Dates

The Good Companions will be closed on **Monday, October 13th** for Thanksgiving. We wish you and your family a safe and happy holiday.



## Oktoberfest

Celebrate the season with us on Wednesday October 22 at our lively Oktoberfest. An afternoon of music by The International Set Duo and a meal of sauerkraut, hot German potato salad, pork loin, and apple crisp. We will also be celebrating at The Day Program with music by The Chords on Monday October 6th

## Halloween Tea

Join us Friday October 31<sup>st</sup> for a spook-tacular Halloween Tea filled with treats, tea, and festive fun - costumes encouraged! Entertainment provided by The Usual Fellows Jazz Band, and dessert featuring apple turnover with caramel sauce.





## The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show's* "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.



## October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you're born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success.

**Jean-François M.** – October 3<sup>rd</sup>

**Anneka M.** – October 12<sup>th</sup>

**Donna B.** – October 14<sup>th</sup>

**Suong T.** – October 14<sup>th</sup>

**Jim L.** – October 20<sup>th</sup>

**Herminia B.** – October 25<sup>th</sup>

**Helen W.** – October 25<sup>th</sup>

**Nima R.** – October 26<sup>th</sup>



**PEANUTS**

by  
SCHULZ

