

December 2025

# Adult Day Program

670 Albert St. Ottawa, Ontario K1R 6L2



## Celebrating December

### Hanukkah

December 14–22

### Christmas

December 25

### Boxing Day

December 26

### Kwanzaa

December 26–January 1

### New Year's Eve

December 31

### Adult Day Program Staff

We are just a phone call away!

613-236-0428

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**Justin Sauvé**, Adult Day Program Assistant Coordinator, extension #2191  
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**Leelti Gebremedhin**, Adult Day Program Assistant, extension #2190  
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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 Adult Day Program will not be running **Friday December 5<sup>th</sup>** for a staff meeting. The Adult Day Program will also be closed **from Monday, December 22<sup>nd</sup>, 2025 through Friday, January 2<sup>nd</sup>, 2026 inclusive**. The Adult Day Program will resume on **Monday January 5<sup>th</sup>, 2026!** Wishing you and your loved ones a Merry Christmas and a Happy and Healthy New Year.

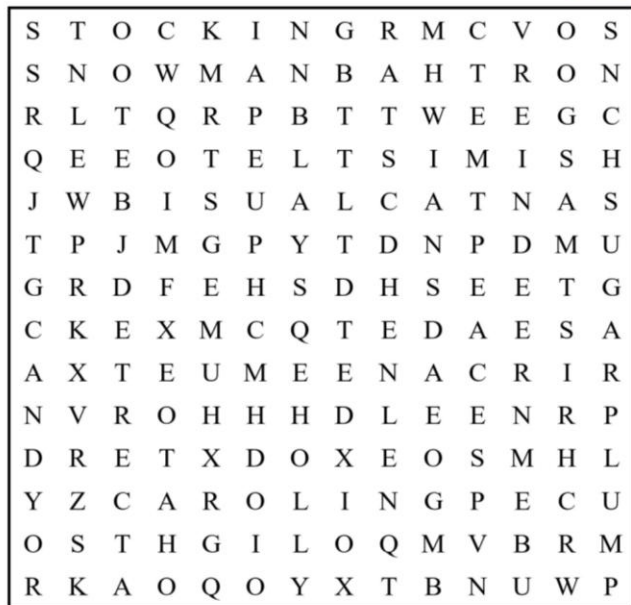
## Happy Anniversary!

This year, The Good Companions celebrates 70 years of serving seniors in the community! We were joined by Brent Meidinger for food, music, and dancing





## Christmas Word Search



CANDY  
CANE  
CAROLING  
CHRISTMAS  
DECEMBER  
HOLLY  
LIGHTS  
MERRY

MISTLETOE  
NORTH  
PEACE  
POLE  
PRESENTS  
REINDEER  
SANTA CLAUS  
SLEIGH

SNOWMAN  
STAR  
STOCKING  
SUGARPLUM  
TREE  
WREATH



## December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

**Genny C.** – December 5  
**Pearline M.** – December 11  
**George C.** – December 14  
**Bill G.** – December 19  
**Sylvia S.** – December 24



## Saying Farewell and Congratulations

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



12-21 www.fborfw.com



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