

January 2026

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



The Good Companions
Supporting a Vibrant Community



Celebrating January

New Year's Day

January 1

Fresh Squeezed Juice Week

January 18–24

Belly Laugh Day

January 24

Martin Luther King Day

January 19

Rabbie Burns Day

January 25

Adult Day Program Staff

We are just a phone call away!

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Christmas Break Reminder

The Adult Day Program will be closed **Monday December 22nd, 2025 to Friday, January 2nd, 2026**. The Adult Day Program will resume **Monday January 5th, 2026**. If you travel with Para Transpo, we have taken care of the cancellation of your regular bookings.

Storm Cancellations



A snowstorm is just one kind of winter storm. Winter storms sometimes result in snow days, where the weather event make 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 as well. A program staff will contact you and/or your family early in the morning to advise you and cancel your Para booking. Stay safe and comfortable at home.



Drum Circle fun with William L.



New Year's Word Search

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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE
FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



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January Birthdays

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Alex Bissett. – January 17th

Bernadette S. – January 19th

Anton S. – January 24th



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