

February 2026

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



The Good Companions
Supporting a Vibrant Community



Celebrating February

Groundhog Day

February 2

Valentine's Day

February 14

Random Acts of Kindness Week

February 15–21

Chinese New Year (Year of the Horse)

February 17

International Mother Language Day

February 21

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 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.



Statutory Holiday

The centre will be closed **Monday, February 16th** for Family Day.

Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.



Black History Month

Celebrated annually in February, Black History Month celebrates the achievements and contributions of African Americans throughout history. Established in 1926, the date was chosen to coincide with Abraham Lincoln and Fredrick Douglass' birthdays, who both played a role in the history of African Americans. This serves as a time to reflect on the central role of African Americans in history, acknowledging their struggles, achievements, and contributions across various fields.

This year, Canada celebrates "30 years of Black History Month: Honouring Black Brilliance Across Generations-From Nation Builders to Tomorrow's Visionaries." It is a movement that encourages ongoing dialogue about race, equality, and the contributions of African Americans.

WINTER OLYMPICS

WORD SEARCH



Solve the following puzzle by finding all the hidden words!

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

Figure Skating

Ice Dancing

Ski Cross

Short Track

Snowboard

Speed Skating

Skeleton

Ice Skating

Blathlon

Curling

Ski Jumping

Ice Climbing

Skiing

Snowboarding

Bobsleigh

Nordic Skiing

Freestyle Skiing

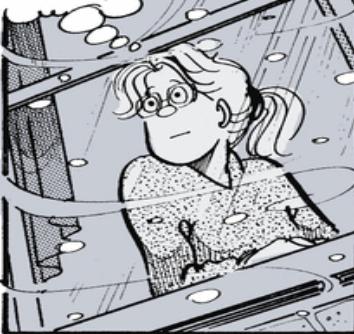
Luge

Ice Hockey

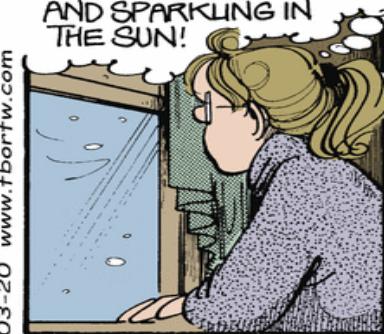
Cross Country



IT'S SNOWING AGAIN!
BIG FLAKES, FALLING
SOFTLY.



THE GROUND WAS ALL
BROWN AND SLUSHY.
NOW IT'S WHITE AGAIN
AND SPARKLING IN
THE SUN!



03-20 www.fbforfw.com

February Birthdays

In astrology, those born February 1–18 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. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Raquel R. – February 10th

Barbara B. – February 12th

Bruce B. – February 15th

Naznee M. – February 21st

Nicole P. – February 22nd

Donna L. – February 23rd

John R. – February 25th



SNOW HAS TO BE ONE
OF THE MOST BEAUTIFUL
THINGS IN THE WHOLE
WORLD.



... AND I'M SICK
OF IT!!!



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