

March 2026

# Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



## Celebrating March

**Women's History Month**

**Daylight Saving Time Begins**

*March 8*

**Plant a Flower Day**

*March 12*

**St. Patrick's Day**

*March 17*

### 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 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.

## Celebrating Ottawa

Ottawa celebrates 200 years as a city! The 'city' was founded in 1826 by Colonel John By, when he spearheaded the construction of the Rideau Canal. First called ByTown, it wasn't incorporated until 1855 as Ottawa, and a few years later Queen Victoria chose it as Canada's capital, paving the way for Confederation in 1867. Join in on festivals, events, activities, movies and many opportunities to learn about 200 years of history taking place throughout the year. Including Shawarma Fest in the ByWard Market, Cider Tulip Fest at Saunder's Farm, Capital Pride drag talent show, and an Indigenous Experience sharing stories and history about Algonquin life, past and present. In the fall, the Ottawa International Animation Festival will have original movies created from archival photos displayed on Rideau Street, and Bluesfest is celebrating ByTown's 200th on July 19 with The Guess Who and The Sheepdogs. These events prioritize ideas that celebrate Ottawa — or ByTown's— culture and history.



## Daylight Saving Time

Daylight Saving Time starts Sunday March 8<sup>th</sup>. Remember to spring forward an hour before going to bed!





# MARCH

## WORD SEARCH

S	C	F	S	P	R	I	N	G	E	F	R	W	D	L	O	C	R	BIRDS
R	U	R	T	U	Y	M	I	P	A	A	B	K	X	T	N	A	A	CLOVER
L	P	B	P	F	L	S	A	R	G	I	D	R	A	M	S	Y	I	DAFFODIL
W	E	N	A	E	R	S	R	E	R	T	H	Y	W	R	T	K	N	DR SEUSS
S	D	P	T	B	R	C	E	D	E	R	V	X	A	L	A	M	B	FAT TUESDAY
H	G	L	R	R	E	S	S	I	E	A	F	D	F	E	W	M	O	FLOWER
A	W	I	E	T	P	B	D	N	R	E	H	F	K	F	L	W		GREEN
M	A	R	C	H	C	Y	W	E	N	E	S	E	L	I	H	C	S	LAMB
R	J	B	K	R	U	H	N	F	A	T	T	U	E	S	D	A	Y	LEPRECHAUN
O	H	R	S	Y	B	T	A	T	T	I	O	P	D	D	A	R	A	MARCH
C	E	E	D	L	I	L	N	U	E	T	C	Y	A	N	F	R	D	MARDI GRAS
K	E	P	A	N	R	R	O	L	N	I	L	J	Y	E	F	A	I	MARIO DAY
S	E	U	Y	D	S	Y	E	I	L	R	O	S	G	S	O	R	P	PI DAY
D	R	S	E	U	S	S	I	P	A	W	V	A	P	S	D	R	N	RAIN
W	F	M	A	R	I	O	D	A	Y	G	E	L	K	B	I	O	R	RAINBOWS
C	H	Y	A	D	J	O	H	D	N	D	R	E	W	O	L	F	R	SHAMROCK
																		SPRING
																		ST PATRICKS DAY
																		TULIP
																		WAFFLE DAY

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### March Birthdays

In astrology, those born between March 1–20 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.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

- Lionel M. – March 1<sup>st</sup>
- Penny B. – March 3<sup>rd</sup>
- Jenni B. – March 3<sup>rd</sup>
- Paul St. L. – March 4<sup>th</sup>
- Caroline P. – March 5<sup>th</sup>
- Mike H. – March 14<sup>th</sup>
- Kevin O. – March 16<sup>th</sup>
- Tony M. – March 20<sup>th</sup>
- Sue S. – March 20<sup>th</sup>
- Mari D. – March 21<sup>st</sup>
- Cecilia B. – March 26<sup>th</sup>

