

April 2026

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating April Defeat Diabetes Month

Passover

Begins Sundown April 1

World Health Day

April 7

Siblings Day

April 10

Earth Day

April 22

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.

Statutory Holiday

The centre will be closed
Friday April 3rd for Good Friday and Monday, April 6th for Easter Monday.



Thank you!

A big thank you to Christine who completed her student placement with us. We wish you all the best in your continued education.

A big thank you to our volunteers Anton and Vanessa who gave their time to us. We appreciate all their hard work and dedication to the program and our members. We wish them both good luck in their new adventures.



Easter Sunday

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- | | | |
|-----------|--------|-------------|
| BASKET | DYED | GRATITUDE |
| BOUQUET | EASTER | HUNT |
| BUNNY | EGGS | JELLY BEANS |
| CANDY | GRASS | LILY |
| CHICK | | PARADE |
| CHOCOLATE | | SUNDAY |



April Birthdays

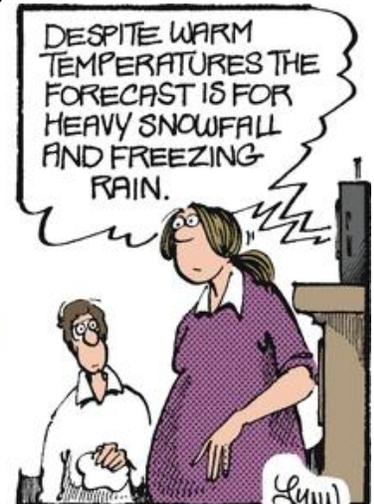
In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

- Bonnie W.** – April 4th
Jenny P. – April 7th
Vera M. – April 10th
Ed K. – April 11th
Gill R. – April 16th
Jayant R. – April 30th



Volunteer Appreciation

April 20-24th is National Volunteer Appreciation week. The Good Companions would not be the place for support, activities, and community without the hard work of our volunteers. Their dedication and hard work do not go unnoticed! Thank you!



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