

May 2026

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



Celebrating May

Family Month

Mother's Day

May 10

International Nurses Day

May 12

Victoria Day

May 18

Adult Day Program Staff

We are just a phone call away!

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Statutory Holiday

The centre will be closed **Monday, May 18th for Victoria Day.**

Cinco de Mayo

The fifth of May is when Americans celebrate an important battle in Mexican history with food and music and fun. Cinco de Mayo commemorates the Battle of Puebla, where Mexican forces achieved an unexpected victory over France. It was an important and epic battle that lifted the spirits of the nation and affected the future for more than just Mexico. So, let's gather for a joyful tribute to Mexican culture with this fiesta filled with bright colors, delicious food, and lively music.



Music Therapy

Members enjoy singing and playing along with music therapist David Macintosh.



Word Search

Victoria Day

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

- BIRTHDAY
- CANADIAN
- CARRIAGE
- CELEBRATION
- CROWN
- ENGLAND
- FIREWORKS
- FLOWERS
- HATS
- HOLIDAY
- MAY
- MONARCHY
- MONDAY
- MUM
- PARTY
- PATRIOTISM
- PICNIC
- QUEEN
- SPARKLERS
- VICTORIA
- WEEKEND



May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

- Sandra R. – May 2nd
- Rita B. – May 3rd
- Sandy W. – May 5th
- Dorothy C. – May 6th
- Yasmin R. – May 17th
- Claudette P. – May 18th
- Justin S. – May 21st
- Raquel Q. – May 22nd
- Al W. – May 22nd



Saying Goodbye

Leelti has decided to leave the ADP to pursue her social-work career. We appreciate all her work and dedication with us at the day program and with her student placement. We send best wishes to her in her future endeavors.

For Better or For Worse

