

August 2026

ADULT DAY PROGRAM

The Good Companions 670 Albert St. Ottawa, ON K1R 6L2 613-236-0428



Celebrating August Family Fun Month

Root Beer Float Day
August 6

Bargain Hunting Week
August 10–16

Vinyl Record Day
August 12

Senior Citizens Day
August 21

Eat Outside Day
August 31

Adult Day Program Staff
We are just a phone call away!
613-236-0428

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Please Note:

The Adult Day Program will be closed on **Monday August 3rd, 2026** for the Civic Holiday. We will also not be running programs on **Thursday August 13th** to celebrate the hard work and dedication of our volunteers.

We will also be closed **Monday, September 7th** for Labour Day.



Senior Active Living Fair & TGC Open House

ADP will not be running on **Wednesday, September 9th** due to our Senior Active Living Fair & TGC Open House. This is an opportunity to connect with local health, safety, and social service organizations and discover the wide range of programs and services offered at The Good Companions. This event is presented in partnership with the Older Adults Association of Ontario and made possible through funding from the Government of Ontario.

Thank you!

A big thank you and congratulations to our student Sheila who is finishing her placement this month. We wish her the best of luck in her future work!





August Word Search



BIKING POOL READING FRIENDS
POPSICLES SNOW CONE RELAX TRAVEL
SUMMER ICE CREAM LEMONADE FUN

Zoo Crew



August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Bill B. – August 4th

Jill T. – August 6th

Elizabeth L. – August 15th

Diana S. – August 19th

Kevin C. – August 21st

Barb L. – August 24th

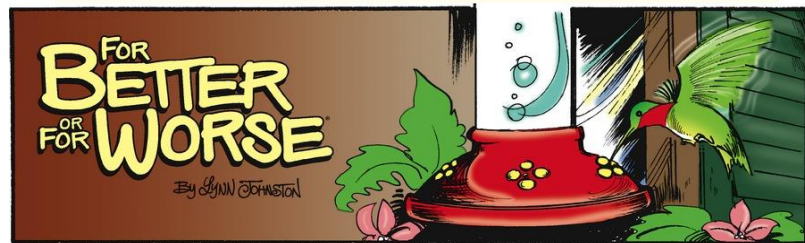
Eva E. – August 26th

Ursula W. – August 26th

Liliana R. – August 28th

Walton H. – August 31st

Pat K. – August 31st



Every so often, you're given the chance to touch a miracle....

Today, I held a hummingbird in my hand.