

July 2026

Adult Day Program

670 Albert Street, Ottawa, Ontario K1R 6L2



The Good Companions
Supporting a Vibrant Community



Celebrating July

Parks and Recreation Month

Canada Day

July 1

Independence Day (U.S.)

July 4

Blueberry Day

July 8

Nelson Mandela International Day

July 18

Tell an Old Joke Day

July 24

Adult Day Program Staff

We are just a phone call away!

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Statutory Holiday



The Adult Day Program will be
closed on **Wednesday July 1st,**
2026 for Canada Day.

Indoor Footwear

Summer is here and we are excited to be outside enjoying the sun. Wearing sandals is a great way to enjoy the outdoors, but we must remind everyone that your family or loved one is wearing appropriate shoes for the program. Please make sure that your loved one is wearing appropriate foot wear for moving and walking. We want to ensure the safety of all members, so we must ask that they **wear shoes with a closed heel or strap** to prevent the shoe from falling off or in case of emergency.



Thank you for understanding.



Safe Hand off Policy

When driving your loved one to the centre, please enter the front lobby with your family member and wait with them until an ADP staff member arrives to greet you. Please enter the building and greet staff to pick up your loved one so we know they have left. This will help us to ensure the safety of all of our members.





Canada Day Word Search

Circle words in the puzzle below



July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 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 a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

- Alia S. – July 2nd
- Gertrude G. – July 11th
- Andrea N. – July 11th
- Rob S. – July 16th
- Tamara Z. – July 16th
- Michelle N. – July 17th
- Michael C. – July 20th



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|-------------------|-----------------|---------------|
| BARBECUE | FESTIVITIES | PARADE |
| BEAVER | FIREWORKS | PATRIOTISM |
| CANADA | MAPLE LEAF | RED AND WHITE |
| CANADIAN MOUNTIES | NATIONAL ANTHEM | |



For Better or For Worse

