

September 2026

ADULT DAY PROGRAM

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

Celebrating September

Labor Day (U.S.)

September 7

Chocolate Milkshake Day

September 12

Grandparents Day

September 13

Fall Equinox

September 22

Coffee Day

September 29

Adult Day Program Staff

We are just a phone call away!

613-236-0428

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Justin Sauvé, Adult Day Program
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Barb Loxton, Adult Day Program
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Update

The program will be cancelled
Monday September 7th for
Labour Day and **Wednesday**
September 9th for The Open House.

Staff Update

Yasmin has made the difficult decision to leave the organization.

We'd like to thank Yasmin for everything she has contributed during her time with us. She has built meaningful relationships with the clients, caregivers, and volunteers in our Adult Day Program, and her kindness, compassion, and dedication have made a positive difference. We truly appreciate all of her hard work and the care she has shown every day.

Placement Student

We are happy to welcome Reese L., who is completing her fourth year at Carleton University Bachelor of Social Work. She will be working with us Monday to Thursday from September to December.



Seniors Active Living Fair & Open House

Wednesday, September 9, 2026

9:30 am - 2:00 pm - 670 Albert Street, Ottawa

LEARN MORE

SCAN
ME



For more information contact
613-236-0428, or visit our website:
www.thegoodcompanions.ca

This event will feature information on health, safety, and social services
in the Ottawa area; and will highlight the programs and services at
The Good Companions!

FEATURING....

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

The Good Companions Seniors Active Living Fair is brought to you
in partnership with the Older Adult Centres' Association of Ontario
with funding provided by the Government of Ontario.



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

City of Ottawa
November 15, 2025

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Searching for September

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

T S C T C O S L K K A H G S A
S K O H A U G B A S J R Z C R
E H L B N H H R T B A W W A H
F U O E N M H E I N O S C L E
R A R B I L R F D V C R L E T
E B F M N E P P V H M E D S J
B W U T G S A P O I T H H A Z
O R L B C R S O F M R N L L Y
T D L B E R L B N I G R I V Z
K E C N E D N E P E D N I N U
O P T M H A R V E S T M O O N
T S R C K O Y O M K I P P U R
H A N A H S A H H S O R Z N N
F S A P P H I R E K C P L M F
F R A C Q Z Z C X F Q E F A N



ASTER	INDEPENDENCE (Day, Mexico)	SAPPHIRE
CANNING	LABOR DAY	SCALES (Libra)
COLORFUL	LIBRA	SCHOOL
FARMERS	NINTH	VIRGIN (Virgo)
GRANDPARENTS (Day)	OKTOBERFEST	VIRGO
HARVEST MOON	ROSH HASHANAH	YOM KIPPUR



September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

David H. – September 2nd

Khristina P. – September 26th



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