

October 2026



The Good Companions
Supporting a Vibrant Community

Adult Day Program

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



Celebrating October

Italian-American Heritage Month

Do Something Nice Day
October 5

Dictionary Day
October 16

Thanksgiving
October 12

Back to the Future Day
October 21

World Pasta Day
October 25

Halloween
October 31

Adult Day Program Staff

We are just a phone call away!
613-236-0428

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Update

The Centre will be closed **Monday October 12th** for Thanksgiving. We wish you and your family a safe and happy holiday.



Daylight Saving Time Ends

The clocks go back an hour on **Sunday November 1st**. Remember to change your clocks and watches before going to bed Saturday, and change the batteries in your smoke alarms.

Oktoberfest



Celebrate the season with us on Tuesday October 20 at our lively Oktoberfest. An afternoon of music by The International Set Duo and a meal of Bratwurst, potato pancakes, schnitzel, and a caramel pretzel brownie.

ADP members will be joining the festivities. Tickets are available for purchase at front reception for anyone else who would like to join.

Angel Tree Returns

The Good Companions is once again partnering with Boys & Girls Club of Ottawa to collect gifts for their Annual Christmas Party.

You can help make a child's holiday special by choosing a tag from our lobby Angel Tree and returning with one new and unwrapped special gift.

If you are shopping early, please feel free to drop off your gifts with Ana Valen a throughout October and November.

For gift suggestions, please see the list on our bulletin board. Thank you for your continued generosity!

Canadian Gratitude

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



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

October Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born between October 23–31 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Nora F. – Oct. 2nd
Jim P. – Oct. 13th
Donna B. – Oct. 14th
Happy T. – Oct. 14th
Herminia B. – Oct. 25th
Helen W. – Oct. 25th
Nima R. – Oct. 26th



APPLES	CRANBERRIES	SHARING
APPRECIATION	FAMILY	SQUASH
AUTUMN	HARVEST	STUFFING
COMMUNITY	OCTOBER	TRADITION
COOKING	PARADES	TURKEY
CORN	PUMPKIN	WEEKEND

