

November 2026



The Good Companions
Supporting a Vibrant Community

Adult Day Program

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



Celebrating November

Memoir Writing Month

Diabetes Month

**Inspirational Role Models
Month**

Go to an Art Museum Day

November 9

Remembrance Day (Canada)

November 11

Apple Cider Day

November 18

Gingerbread Cookie Day

November 21

Adult Day Program Staff

We are just a phone call away!

613-236-0428

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Storm Cancellations



will contact you and/or your family early in the morning to advise you and your para booking will be cancelled. Stay safe and comfortable at home.

A snowstorm is just one kind of winter storm. Winter storms sometimes result in snow days, where the weather event makes travel and exposure to cold air risky for regular daily activities. When the local school buses in Ottawa are cancelled, the in-person Adult Day Program will be cancelled. A program staff



Remembrance Day

The centre will be closed **Wednesday November 11th** for Remembrance Day, and we will have a ceremony on **Tuesday November 10th**. Whether you stay home or go to the public celebration, it is time to remember all of the veterans who fought in the wars for our freedom today.

Mini Craft Sale

The Good Companions Craft Studio is hosting a mini Christmas Sale on **Monday, Nov. 9 and Tuesday Nov. 10th from 9:30 – 1:30** in the lobby. If you are interested in looking at what is for sale, we can bring any interested members down during program time.

Welcome

We would like to welcome our new staff member Maude Desormeaux who is joining the Adult Day Program as a Program Assistant. Maude started with us as a volunteer and we are excited to have her with us to share her knowledge and enthusiasm. Please share a warm welcome to Maude when you see her during the program.

November Word Search



Words to Find

- Autumn
- Fall
- Family
- Feast
- Leaves
- Native (Americans)
- November
- Pilgrims
- Turkey
- Veterans
- Voting
- Windy



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November Birthdays

Those born between November 1–21 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all. Betray a Scorpio and suffer the scorpion sting, but befriend a Scorpio, and you will have a friend for life. Those born between November 22–30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals.

Jimmy H. – Nov. 1st
Donald F. – Nov. 4th
Sam W. – Nov. 17th
Dawn S. – Nov 19th
Cheryl H. - Nov 22nd
Marty D. – Nov. 22nd
Doreen M. – Nov. 24th
Debra S. – Nov. 30th

