December 2026

The Good Companions
Supporting a Vibrant Community

Adult Day Program

The Good Companions 670 Albert St. Ottawa, ON K1R 6L2



Celebrating December

Cookie Cutter Week
December 1–7

Hanukkah Begins
December 4

Cocoa Day
December 13

Winter Solstice
December 21

Christmas
December 25

Kwanzaa Begins
December 26

Adult Day Program Staff

We are just a phone call away!

613-236-0428

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Storm Cancellations



A snowstorm is just one kind of winter storm. Winter storms sometimes result in snow days, where the weather event make 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 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.

Centre Closures

The Centre will be closed **Friday December 4th** to prepare for the Christmas Bazaar.

We will also be closed **Thursday December 24th to Friday January 1 inclusive**. The Adult Day Program will resume on **Monday January 4th.** Wishing you and your loved ones a Merry Christmas and a Happy and Healthy New Year.

Farewell

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



Christmas
Word Search

Name: _____

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

Word list:

ANGEL
CHRISTMAS
EGGNOG
ELVES
FAMILY
FROSTY
FRUITCAKE
GIFT
GREETINGS
MANGER
NATIVITY
PRESENTS
REINDEER
SLEIGH
SNOWMAN
SPIRIT
STAR
STOCKING
TIDINGS
WREATH

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December Birthdays

Those born between December 1–21 are Archers of Sagittarius. Archers are both confident and lucky, so they often find success. Their infectious enthusiasm attracts friends to help them achieve their ambitious and lofty goals. Those born between December 22–31 are Capricorn's Goats. Capricorns are independent, detail-oriented, patient, and self-sufficient. These qualities help the sure-footed Goats achieve stability and security needed in their lives.

Hensley O. – December 2nd
Sandra T. – December 2nd
Pearline M. – December 11th
Bill G. – December 19th
Sylvia S. – December 24th



For Better or For Worse by Lynn Johnston

