

SENIORS' CENTRE WITHOUT WALLS

THE GOOD COMPANIONS SENIORS' CENTRE, CENTRE DE SERVICE
GUGUES, AND BARRY'S BAY & AREA SENIOR CITIZEN SUPPORT
SERVICES: PROUD PARTNERS IN CONNECTING SENIORS.

WHAT IS IT?

- FREE telephone-based seniors' activity program
- More than 35 fun activities, educational and health and wellness programs per month
- 1 – 2 activities a day INCLUDING Christmas and New Years
- A community-creating, loneliness-busting program for isolated seniors

WHO CAN PARTICIPATE?

- Seniors 55+ and adults with physical disabilities who find it difficult to leave home
- All Rural Southwest County and Area residents

WHAT ARE THE BENEFITS?

- Just need a telephone...NO computer or bandwidth required
- Creates community and friendships...from the comfort of home
- Enhances existing seniors' programs
- Bridges wait list gaps
- Reduces ER visits by 50%
- Removes barriers – relieves isolation and loneliness

FOR MORE INFORMATION OR TO REGISTER CALL:

613-236- 0428 ext. 2323

www.thegoodcompanions.ca



Funded by The Ministry of Seniors' Affairs



RECENT ACTIVITIES

Chatting About Music

Summer Time and the
Singing is Easy

Canada Science & Tech
Museum Exhibit Tour

Travelogue to Argentina

Dental Hygiene and Aging

Fall Prevention

Seniors Safety Tips

Monthly Birthday Party

Name That Tune

Biographies

Sports Chat

Old Time Radio Plays

Brain Teasers & Riddles

Trivia

Jokes

General Conversations

