

The Good Companions

Summer Bulletin

JUNE - JULY- AUGUST • 2021



Charitable # 11894 1152 RR0001



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

670 ALBERT ST.
OTTAWA, ON K1R 6L2
613-236-0428
THEGOODCOMPANIONS.CA

Summer Program Registration **June 21, 22, 23, 24, and 25 from 10:00 a.m.—2:00 p.m.**



We are happy to let you know that we will continue to offer virtual and select in-person programming this summer! Classes include many favourites like Zumba, Chair Yoga, Ukulele, New to Spanish, Improv, and Knitting! And the best part is that you can access many of these classes from the comfort and safety of your own home! See the Summer Program Guide for more information.

Virtual classes will continue to be offered via Zoom—a free-to-use, web-based video conferencing tool. To participate, all you need is a computer, tablet, or cell phone with a camera so we can see you. Steps to connect will be provided upon registration, but don't hesitate to contact us with any questions you may have. See **page 18** for more information about how to use Zoom.

Registration can be done **online** at thegoodcompanions.ca/program-registration. Please note that **submitting the online form does not guarantee your spot in the class**. We want to ensure that as many members as possible have access to these programs. If you have a spot in a class, you will receive a return email with the Zoom link and password to the class (for virtual classes). Please keep this email and password safe. You will need the link and password to log in to the class each week.

To keep us all safe, registration will only be available online or over the phone. We strongly encourage you to register online, however, if that is not possible, leave us a message at 613-236-0428.

The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately. Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment.

Refer to our Summer 2021 Program Guide for more details

Note that you must be a member of The Good Companions to participate in any of the classes offered, both virtual and in-person.

Thank you for your cooperation!

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In Memory

*Ross Burke
Eleanor Jones
Patrick McMahon
Patricia Moscrip*

*Charles Mpiana
Rita Needham
Leslie Peate
Louise St. Louis*



Mission

The Good Companions is an incorporated, charitable organization in Ottawa dedicated to promoting, enhancing and supporting the zest for living, well-being and independence of older adults as well as adults with physical disabilities.

Vision

Support and assist seniors and adults with disabilities to enhance their well-being by promoting independence.

Values

Accessibility, Accountability, Collaboration, Compassion, Dignity, Innovation, Respect for Diversity and Responsiveness.

Contact Us

The Good Companions
670 Albert Street
Ottawa, Ontario
K1R 6L2
Phone: 613 236-0428
Fax: 613-230-2095

thegoodcompanions.ca
info@thegoodcompanions.ca





Team Good Companions



Monique



Vloděk



Mariusz



Darlene



Ana



Penny



Sonia



Nikkie



Linda



Rachel S.



Laura



Caitlin



Afua



Jay



Margaret



Anne



Lu



Katie



Jessie



Alisha



Helen



Frank



Eva



Miranda



Aaron



Sam



Mariola



Nicole



Véronique



Amanda



Mohsin



A Message From Your Executive Director... Monique Doolittle-Romas

Welcome to the summer edition of The Good Companions bulletin.

We are planning to re-open the Centre for in-person classes and programs following Public Health guidelines for the week of June 7th. Although we won't be hosting in-person classes and sessions in June, we will be open for lunch, foot care, and visiting. We recognize that it has been difficult for all of you as we have had to delay our re-opening several times. Over the summer months, we will continue to provide our COVID-19 response programs. Our current programs include Day Program Without Walls, provision of emergency food hampers, distribution of essential items, check-in calls as well as telephone assurance calls, medical transportation, referrals, transportation to vaccine appointments, and our phone-based program, Seniors' Centre Without Walls. We will continue to offer virtual programs throughout the summer. Please refer to the program guide for more details.

Our Annual General Meeting will be held on Monday, June 28, 2021 at 3:00 p.m. The meeting will be virtual again this year. We hope that you will join us. Please contact us for the registration details. We invite you to join us at our next Members' meeting on August 17, 2021 at 2:00 p.m. Contact reception to register.

In the past two months, we had some staffing changes. Emma Revell, Administrative Assistant Database and Zoom Host left our team to take on new challenges. We will miss having Emma as part of our TGC family but we wish her much success. We are pleased to welcome Mohsin Bhujwalla, as our new Administrative Assistant. Mohsin brings a wealth of experience in various administrative capacities including fundraising, database management, and event coordination. He is also passionate about classical music and spending time in nature. Please see our Community Support Services section for additional staff updates.

I want to thank our Executive Committee and Board of Directors for their support and guidance throughout the past year. Their leadership and commitment have allowed our team to respond quickly to emerging needs, and have provided stability in challenging times. Please join me in recognizing Seán K. Kelly, President, Paul Kearns, Vice President, Stacy Levac, Vice President - Property, Leah Canning, Secretary, Jason Kempt, Treasurer, Stephanie Keats, Past President, and our Directors: Cathy Collett, Steve Ilnicki, Maria McKay, Brian Robertson, Jeff Doll, and Travis Ujjainwalla.

Lastly, I would like to recognize our staff team who have worked tirelessly to support our members, clients, and volunteers over the past fourteen months. They became experts in working virtually, they kept our Centre safe and ready to re-open, they came in six days per week to prepare meals and hampers, they returned calls, they delivered hampers and essentials, they scheduled vaccine drivers, they hosted a pop-up vaccine clinic with Ottawa Public Health (in four days, 2,400 people were vaccinated), they called every member, client, and volunteer to advise them of vaccine eligibility, they made thousands of check-in calls every month, they hosted hundreds of virtual classes, they registered members for programs and classes, they connected and engaged with our volunteers, they ensured that all business matters were taken care of, they hosted our Adult Day Program virtually and assisted families with respite, they opened our Seniors' Centre Without Walls program to all seniors in the city and then trained another 211 other agencies to deliver Seniors' Centre Without Walls.

This is just a small listing of all of their work. They are so dedicated to all of you and I am incredibly proud to work with each of them.



Community Support Services...with Anne

Programs and services for seniors age 55+ and adults with physical disabilities age 18+ who live north of the Queensway, between Preston St. and Blair Rd.

We continue to provide many Community Support Services during the pandemic, please check our website for all that we do: <https://thegoodcompanions.ca/community-support-services/>

在新冠肺炎大流行期间，我们将继续提供多种社区支持服务项目。想更多了解我们，请查看我们的网站: <https://thegoodcompanions.ca/community-support-services/>

To access Community Support Services <https://www.caredove.com/champlaincss> or, call us on 613-236-0428 and ask for Community Support Services

如果想使用有关社区支持服务的项目，请点击<https://www.caredove.com/champlaincss> 或者请致电 613-236-0428.

A BIG THANK YOU goes out to our drivers, Barry, George, Bob and Barrie, who continue to support our clients in the community with their drives to medical and vaccine clinic appointments, and delivery of food hampers, giving food security and peace of mind during the pandemic – thank you! You are amazing!

Ask us about Help Around the Home: Do you need your yard cleaned up this summer? Home Help and/or Home Maintenance? Air conditioner installation?

We can help you find a reliable company or screened individual to help with your cleaning and maintenance tasks around the home. All companies or individuals on our referral list have implemented COVID-19 safety procedures in accordance with public health guidelines. Indoor and outdoor tasks include:



Cleaning: Regular light housekeeping or one-time “spring cleaning”, cleaning appliances

Install and clean: Air conditioning units

Yard work: Grass cutting, yard clean-ups, raking, weeding, planting, and pruning

Set up and clean: Patios, outdoor furniture, BBQ's

Household Maintenance: Painting, essential household repairs

Changes to the Community Support Services Staff Team

In May, we congratulated Rachel Worden, our Program Coordinator as she left The Good Companions to take up a new permanent position, and welcomed Katie Yedynak to coordinate transportation, hamper delivery, drives to vaccine appointments. Katie can be reached at extension 2235. Congratulations to Alisha Miller who has moved into the Program Coordinator role for our service arrangement programs, Home Help, Home Maintenance, Handy Helpers, and Snow-Go. Alisha can be reached at extension 2203. Brenda Packer (extension 2250) will continue to work with us as a Program Assistant until the end of September.

And lastly, we welcomed Helen Pei, to our Chinese Seniors' Centre Without Walls Program. Helen will be working on Mondays and Thursdays alongside Jessie Jin who works on Mondays. Both Helen and Jessie can be reached at extension 2777.

我们也欢迎Helen 小裴加入我们的良友中心-情牵你我，温暖在线电话节目，她的工作时间为周一和周四。每周一她会与周一工作的小金一起主持节目。您可以通过分机号2777联系小裴和小金。



Are you part of the LGBTQ2+ community and are interested in programs and services specific to our community?

Since starting at the Good Companions, I've had tons of fun meeting participants and volunteers at the Rainbow Coffee Club and the Wellbeing Check-in Program.

Well-being Check-in Program—If you are part of the LGBTQ2+ community and would like a volunteer from the community to call you, let us know and we will be happy to connect you through our LGBTQ2+ Well-being Check-in Program that we run in partnership with the Ottawa Senior Pride Network.

Rainbow Coffee Club for LGBTQ2+ Seniors—While we continue to follow the guidance from Ottawa Public Health on gatherings and social distancing, our Rainbow Coffee Club for LGBTQ2+ seniors continues to meet virtually via video conferencing on Zoom. Held on the first Wednesday of each month, guest speakers attend to share information on a wide variety of topics. There is a toll-free phone number for those who prefer to dial in.

We hope to also run some outdoor activities during the summer and in-person Saturday programming with Ottawa Senior Pride Network at The Good Companions once it's possible to be together. Stay tuned for more information about these programs.

Over at Ottawa Senior Pride Network (OSPN) there are many virtual events to take part in to stay connected. There are weekly meditation sessions, movie nights, the Older and Bolder women's group, an evening coffee club, and different one-time events.

If you'd like to participate in any of these activities feel free to contact me (contact information at bottom of page) or visit the OSPN website at <https://ospn-rfao.ca/en/home-page/>. At the bottom of the OSPN website home page, you can also sign-up for the newsletter to learn about

Thank you to everyone at the Good Companions and Ottawa Senior Pride Network for such a warm welcome the last few months. I'm eager to connect with more of you over the phone or zoom while we wait to meet in person. Feel free to contact me at the below email or phone number for program information or just to have a chat about ideas or getting support.



Amanda Kristalovich
LGBTQ2+ Program Coordinator
akristalovich@thegoodcompanions.ca
613-236-0428 ext. 2353

Seniors' Centre Without Walls...

Rachel Sutcliffe
SCWW Program Coordinator
(613) 236-0428 ext. 2323
rsutcliffe@thegoodcompanions.ca



Brief History of the Telephone in Ottawa

"After a demonstration of the telephone at the Ottawa Agricultural Exposition in September of that year by William Pettigrew, a friend of Alexander Bell's father, the first telephone line



was installed on 9 November 1877, linking the office of Alexander Mackenzie, the Premier of the Dominion of Canada, in his capacity as the Minister of Public Works to the office of Lord Dufferin, Canada's Governor General, at Rideau Hall. It was a private line. Telephone exchanges that would allow multiple people to be connected to each other through an Operator were still in the future."

- James Powell, Today in Ottawa's History

144 years later the telephone, as a communications tool, continues to make a difference in the lives of people across our city. The telephone means connection, friendship, familiar voices, and an ear on the other end of the line. Seniors' Centre Without Walls uses this **simple** and **uncomplicated** device to connect participants together through group conversations, learning opportunities, all the while facilitating the forging of new friendships and community.

Seniors' Centre Without Walls (SCWW)

SCWW offers free, accessible, group-based opportunities for later-life learning and social connection – all through the **telephone!** We have everything from Health & Wellness presentations, to museum tours, to travelogues and musical events. There are fun and interactive trivia-style games, listening to short stories, Language Club, and many opportunities just to chat as a group. We offer programs 2-3 times per day, Monday-Friday. All you need is a telephone.

You can also call The Good Companions SCWW Daily Schedule line at 613-236-0428 ext. 4260.
To join at the time of a program, dial: 613-686-1547 and enter passcode 834634.



Adult Day Program...with Penny

Penny Durocher
Adult Day Program Coordinator
(613) 236-0428 ext. 2200
pdurocher@thegoodcompanions.ca

Positive Approach to Care Certified Independent Coach
Until There's A Cure, There's Care™

The Good Companions Adult Day Program is a therapeutic program for older adults ages 55+. The program serves frail seniors and adults with physical disabilities or persons with early to mid-stage dementia.

The Adult Day Program is currently following the guidance of Ottawa Public Health and Ontario Public Health to ensure the wellbeing of members and volunteers therefore; we are **extending our closure** of the **in person** Adult Day Program.

We are offering up to **8** programs per week from Monday to Friday, either over the telephone (**DPWW**) or Virtually on (**ZOOM**).

Our Program Schedule can be found on The Good Companions' Website:

<https://thegoodcompanions.ca/programs-services/adult-day-program/>

The ADP Program Staff are working to support you.
Please feel free to reach out and contact us for more information:

Penny Durocher, Day Program Coordinator, Monday to Friday, ext. 2200

Positive Approach to Care Certified Independent Coach

Sonia Movrin – Day Program Assistant Coordinator - Monday to Friday, ext. 2190

Afua Okyere – Day Program Assistant - Monday to Friday, ext. 2191

Caitlin Shanahan – Day Program Assistant - Monday, Wednesday, and Thursday ext. 2191



Ana Valença
Day Centre Coordinator
(613) 236-0428 ext. 2150
avalenca@thegoodcompanions.ca

Fitness Corner... with Ana

The Good Companions offers a wide variety of physical activity classes. Our fitness instructors are very passionate and dedicated to teaching our members.

It is hard to believe that we have been offering fitness classes via Zoom for a year now! Your enthusiasm and commitment helped us endure these difficult times. Thank you for trusting us and for participating in our fitness programs. We hope we can see you in classes this Summer.

To keep us all safe, we won't offer in person registration. We strongly encourage you to register online, but if that is not possible, leave us a message at 613-236-0428. Please be patient while we return your call. Leave one clear message and we will return your call as soon as possible.

Registration Week: June 21, 22, 23, 24 and 25, 10 a.m. - 2 p.m.

The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately. Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment.

Refer to your Summer 2021 Program Guide for more details

**Don't delay! It is never too late to start exercising.
Join a fitness or dance class at The Good Companions this summer!**

Strength, Balance, Flexibility and Cardio! We've got you covered!

Our classes can help you stay physically active all year long in a safe environment, either on-site at The Good Companions or virtually via Zoom.

We offer many fitness and recreational dance classes taught by certified fitness and dance professionals at very reasonable rates.

Refer to your Summer Program Guide 2021 for more details.

Upcoming Events

These are free online presentations via Zoom with an option to connect over the phone. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and get the zoom information to connect. **For more information about using Zoom, see page 18.**

Upcoming Alan P. Sentance Educational Seminars—Online Presentations Via Zoom

How Did People Travel in the Earliest Days? We'll Use the Gatineau Valley Example To Discover! **Presented by Michael Cooper, Fairbairn House Heritage Centre, Wakefield, QC**

Tuesday, June 29th 2021, 11am - 12pm

The small Fairbairn House Heritage Centre in Wakefield, Quebec tells the stories of the Gatineau River valley. Their newest exhibit features local examples of human initiative, from earliest times through to 1939. From a birch-bark canoe to a CPR booking office, we move first by arms and legs, then with animals, finally arriving at engines doing the work. Join Michael Cooper, Fairbairn Museum's past president, on this travel excursion, and find out why our early car drivers learned to go up hills in reverse!

75 Ways To Save on Household Expenses

Presented by Gary Rusyn, Financial Educator at Credit Counselling Society

Thursday, July 15th 2021, 12 – 1pm

In this very informative presentation, Gary Rusyn will discuss ways to save on household expenses. With the help of his expertise, you will learn how to reduce your electricity and heating expenses with simple fixes, save money on your cable, telephone and internet bills, and reduce your grocery bill every month, and implement some easy tips to reduce your personal expenses.

Budgeting 101

Presented by Gary Rusyn, Financial Educator at Credit Counselling Society

Thursday, August 26th 2021, 11am- 12pm

Gary Rusyn is back and in this presentation he will help you apply meaning to your money; set S.M.A.R.T. financial goals; understand the components of creating an effective budget; track your expenses and identify areas of change. He will also help teach you to plan and have enough for irregular expenses, emergency savings and other fun things.

Mind Games: Tips and tricks on improve memory and strengthen your mind

Date: June 30th , 5-6 PM

Description: We will be exploring some of the best ways to exercise your mind to and challenge yourself daily. We will also be looking at some websites and services that may be useful in strengthening memory and cognition.

The Importance of Intergenerational Relationships

Date: July 21st , 5-6 PM

OASIS, a student-led advocacy group, with the goal of closing the gap between the older and younger generations will be exploring the topic of what it means to be younger or older in the modern age and why intergenerational support is becoming increasingly important.

Cyberecurity, Internet Safety and Fraud

Date: August 25th , 5-6 PM

In an increasingly digital world, we will be exploring how to take full advantage of the latest technology while keeping all your information safe! We will also be touching on how to avoid viruses and fraud.

To RSVP for these events, please visit our website at:
thegoodcompanions.ca/upcoming-events or give us a call at 613-236-0428.



TGC Virtual Members' Meeting

Tuesday, August 17, 2021 at 2:00pm

Stay informed about the latest news and updates from The Good Companions!

*Note that this is not an in-person meeting, but will be held virtually via Zoom with an option to connect over the phone. Monique Doolittle-Romas, Executive Director, and Seán K. Kelly, Board President, will co-host the meeting. All members are welcome and encouraged to attend this meeting to receive important updates about the Centre.

Please RSVP by phone at [613-236-0428](tel:613-236-0428) or by email at info@thegoodcompanions.ca



The Good Companions

Join us for The Good Companions' virtual

65TH ANNUAL GENERAL MEETING

Monday, June 28, 2021 | 3:00pm via Zoom

Note that this is **not an in-person meeting, but will be held virtually, via Zoom. You can also connect by phone if you do not have access to the Internet.*

- ♦ Steps to connect will be provided upon registration
- ♦ Documents will be emailed out prior to the meeting
- ♦ If you would like to receive the documents by mail, please notify us by June 14, 2021

You must register to attend this meeting as the steps to connect will not be made available otherwise.

Please RSVP by Monday, June 14, 2021 via one of the following options:

Phone: (613) 236-0428 ext. 2100

Online: thegoodcompanions.ca | Upcoming Events

Email: info@thegoodcompanions.ca

Volunteer Corner...with Nikkie



Nikkie Snagg
Membership & Volunteer Services Coordinator
613-236-0428 x 2230
volunteer@thegoodcompanions.ca



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead



7 Benefits of Coloring Mandalas for Your Mind & Body

Coloring mandalas can promote relaxation, calms the nervous system, invokes positive energies, and balances body energies (Stress Relief Colouring for Adults). Some of the benefits include:

1. **Great Stress Reliever** - As mandalas require attentiveness, calmness to color the circular patterns, they can help in enhanced concentration. This deep engagement in coloring gives you the experience of stress-relief and reduced anxiety.
2. **Therapeutic Effect** - Coloring can reduce negative thoughts, and unpleasantness. The special properties of mandalas are effective in reducing anxiety and stress.
3. **Meditation Alternative** - Psychological studies show that coloring mandalas have the same effect as meditation.
4. **Refreshes the Brain** - Coloring mandalas activates both analytical and creative parts of the brain, enhances problem-solving skills, refines motor skills and produces inner strength.
5. **Sparks Creativity** - Researchers believe adults engaged in colouring have the probability to

rediscover their creative ideas and implement them

in their

lives.

6. **Boosts Immune System** - Modern medicines believes that mandalas have become a healing tool and induce calmness. Mandalas boost the immune system, enhance concentration, reduce pain, and promote good sleep.
7. **Reconnects with your Inner Child** - Inner child healing therapy through coloring mandala pages helps you to reconnect with your inner child and breaks all types of negative thinking patterns.

Volunteer Recognition Update: This year's Volunteer Recognition Event will take place virtually this fall. Exact date and details will be announced in our Fall Bulletin.



What's Cooking...with Frank

Need a break from cooking?

Great news! You can now purchase the same delicious meals you know and love from The Good Companions, to be enjoyed at home!

We continue to offer a variety of frozen meals, soups, and pies for you to purchase and enjoy from the comfort of home, including but certainly not limited to: Chicken Schnitzel, Veggie Burger, Steak and Kidney Pie, Beef Barley Soup, and so much more!

Orders can be placed using one of the following options:

1. Over the phone: 613-236-0428 ext. 2131
2. By email: kstaff@thegoodcompanions.ca
3. Online via the easy-to-use form:

<https://thegoodcompanions.ca/frozen-meal-sales/>

Visit our website for more information: <https://thegoodcompanions.ca/frozen-meal-sales/>

Once your order has been placed, **we will contact you to arrange a time for you to pickup your order.** If you are unable to pickup your order, we **may be able to arrange delivery.**

Please contact us for more information.

Foot Care Clinic



Specially trained foot care nurses from TiredSole™ provide hands-on foot care including:

- Assessment
- Clipping and filing of toe nails
- Treatment of corns, calluses, ingrown nails, thickened nails
- Padding as necessary
- Preventative foot care for high risk clients with diabetes, arthritis and circulation problems
- Referral to doctors, podiatrists, chiropractors or other health professionals as necessary
- Health teaching

Clinics are offered weekly on alternating Wednesdays and Thursdays.

10:00 a.m. — 2:00 p.m. in room 243

Please refer to the calendar for upcoming dates or call 613-236-0428 ext. 2100 to make your appointment.

Costs:

Members \$37/20 minute appointment

Non-members \$40/20 minute appointment

First time clients must book two consecutive 20 minute appointments to allow time for assessment. To cancel an appointment, please provide our office at least 3 business days notice. Failure to do so will result in a cancellation fee equal to the cost of the appointment.

June 2021

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY
Attendance at the Centre is by <u>pre-registration only</u>, including lunch. Please call Reception to register: 613-236-0428	1 Herbed Chicken Leg	2 Roast Pork	3 Beef Stroganoff	4 Turkey Schnitzel
7 Veal with Mushrooms	8 Quiche Lorraine	9 Chicken Schnitzel	10 Sole Meunière	11 Beef Macaroni & Cheese
14 Chicken Cacciatore	15 Swedish Meatballs	16 Pork Chop	17 Hamburg Steak	18 Chicken Drumsticks
21 Ham Steak	22 Breaded Fish	23 Chicken Breast Supreme	24 Pasta with Meat Sauce	25 Turkey Divan
REGISTRATION WEEK: June 21, 22, 23, 24, 25 from 10:00 a.m. to 2:00 p.m.				
28 Chicken Breast	29 Mac & Cheese <div>Lecture: How Did People Travel in the Early Days 11 am—12 pm</div>	30 Farmer's Sausage <div>Mind Games: Tips and tricks to improve memory and strengthen your mind. 5pm-6 pm</div>		

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Attendance at the Centre is by <u>pre-registration only</u>, including lunch.</p> <p>Please call Reception to register: 613-236-0428</p>	<p>1</p> <p>Centre Closed for Canada Day</p>	<p>2 Chicken Teriyaki</p>
<p>5 Swedish Meatballs</p>	<p>6 Broccoli Quiche</p>	<p>7 BBQ Chicken</p>	<p>8 Turkey Cutlet</p>	<p>9 Pepper Pork</p>
<p>12 Chicken Fingers</p>	<p>13 Stuffed Sole</p>	<p>14 Beef, Tomato and Macaroni</p>	<p>15 Roast Pork Loin</p> <p>75 Ways to Save on Household Expenses 12:00 pm—1 pm</p>	<p>16 Beef Stew</p>
<p>19 BBQ Hamburg</p>	<p>20 Chicken à la King</p>	<p>21 Seafood Newburg</p> <p>The Importance of Intergenerational Relationships 5pm—6 pm</p>	<p>22 Spanish Rice</p>	<p>23 Baked Ham</p>
<p>26 Veal Parmesan</p>	<p>27 Sweet and Sour Pork</p>	<p>28 Chicken Breast</p>	<p>29 Stuffed Sole</p>	<p>30 Curried Chicken</p>

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <div>Centre Closed for Civic Holiday</div>	3 Chicken Schnitzel	4 Pork Chop	5 Stuffed Sole	6 Chicken Fingers
9 Chicken Breast	10 Farmer's Sausage	11 Beef Bourguignon	12 Chicken Thighs	13 Ham and Potato Casserole
16 Battered Fish Wedges	17 Meatloaf	18 Pork Chop	19 Chicken with Pasta	20 Veal with Tomato Sauce
23 Spaghetti and Meatballs	24 Hamburg Steak	25 Pork Chop with Mushroom Sauce <div>Cybersecurity, Internet Safety, and Fraud 5 pm – 6 pm</div>	26 Chicken with Mushrooms <div>Budgeting 101 11 am - 12 pm</div>	27 Baked Ham
30 Chicken Drumsticks	31 Sole with Parsley Sauce			

How to Use Zoom

I want to participate in a virtual class/event/meeting– what do I need?

- A computer/tablet/cell phone with access to high speed Internet
- Speakers to be able to hear the instructor
- A webcam (usually built into most laptops, tablets & cell phones) to participate with video

I don't have access to the Internet, can I still participate?

- Absolutely! You can call into Zoom with a regular telephone
- The toll free dial-in number for Canada is: 855-703-8985
- You will need the unique meeting ID you are provided upon registration
- In some cases, you will also need the password (but not always!)
- **Important to note that for fitness classes, you must be on camera (you cannot phone in)**

How do I access Physical Activity, Continuing Education and Craft Studio classes via Zoom?

- Go to <https://zoom.us/join>
- Enter the meeting ID you were provided when you registered
- Enter the password you were provided when you registered

What happens when I click the Zoom link?

- The Zoom desktop app will automatically download to your computer when you start or join your first Zoom meeting. You may need to install it– follow the prompts. Then click Join Meeting.
- The next time you join a Zoom meeting, the app will automatically launch. Click on Open Zoom Meeting to join the class.

Can I use Zoom on my mobile device?

- Yes! You will need to download the appropriate mobile app, from either the Apple Store or the Google Play store, depending on your device.

What should I know about participating in meetings via Zoom?

- Join early – you'll want to join about 5 minutes early to ensure you get in and set up before the meeting starts (i.e. camera and microphone on/off depending on the meeting)
- Limit distractions– it's important to find a quiet space without interruptions or background noise like dogs barking, TV or radio on, etc.
- In-meeting controls allow you to mute/unmute yourself, turn your camera on or off, raise your hand and chat with other participants. These are found at the bottom of your screen.

If you want to learn more about using Zoom, visit the FAQ section on their website:

<https://support.zoom.us/hc/en-us/articles/206175806-Top-Questions>



Reopening FAQ

When does The Good Companions reopen to members?

The Good Companions will reopen once we receive guidance from Ottawa Public Health and Public Health Ontario that it is safe to do so. Hours of operation will be Monday-Friday, 9:00am-3:00pm.

Can I come to the Centre anytime?

No, you **must** pre-register to attend the Centre, even if you are only coming for lunch. If you are registered for a class or have a scheduled appointment (i.e. foot care), you do not need to pre-register. There will be no drop-ins permitted.

How do I pre-register to attend the Centre?

To pre-register, you must call Reception at 613-236-0428 up to 48 hours prior to attending the Centre. Please leave a message if your call is not answered. We will return your call as soon as possible.

Can I come to the Centre any day of the week?

No. Both the staff team and members alike will return to the Centre in cohorts. Cohort **RED** will come to the Centre on **Monday, Wednesday and Friday**. Cohort **BLUE** will come to the Centre on **Tuesday and Thursday**. This means that if you register for an in-person class on Mondays, you may only come to the Centre on Mondays, Wednesdays, and Fridays. Please note that this applies to Foot Care as well, which is offered on alternating Wednesdays and Thursdays at this time.

How many people can be in the Centre at once?

The number of people who can attend in person will be determined by Ottawa Public Health.

Do I have to wear a mask while I am at the Centre?

Yes. You must wear a mask at all times while you are in the Centre, with the exception of during physical activity or while eating, however you **must** remain physically distanced. Please let us know if you require a mask.

Can I have lunch at any time?

Lunch will be offered in two seatings – the first seating will be from 11am until 12pm, and the second seating will be from 12:30pm until 1:30pm to allow for sanitizing. Please note that you must pre-register for lunch as there is limited seating to allow for physical distancing.

Thank you for your cooperation. Please contact us if you have any questions:
613-236-0428 or info@thegoodcompanions.ca

**Need a mask?
We've got you covered!**

Masks help to protect those around you, and should be worn in all enclosed public spaces, including grocery stores, restaurants, retail stores, and on public transit. Masks must also be worn at The Good Companions.

If you are in need of a face mask, please contact us and we would be happy to provide you with one.

Special thanks to the many staff and volunteers who sewed and donated masks, as well as to Canada Sews East Ontario, Conquer COVID-19, and the United Way East Ontario for their donations of masks to help keep our clients and members safe.

We can be reached at
613-236-0428
or by email at [info@
thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

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Accessibility

TGC is committed to providing high quality programs and services to all members of the public it serves and strives to provide goods and services in ways that respect and dignify the independence of all people.

For more information about how you can request documents and publications in various accessible formats, share your unique accessibility needs, or provide feedback on how TGC is fulfilling its AODA (Accessibility for Ontarians with Disabilities Act) requirements, please visit our website at: <http://www.thegoodcompanions.ca/facility/accessibility/>

You may also seek information in the following ways:

In Person: The Good Companions (670 Albert Street, Ottawa ON)

By Telephone: 613 236-0428 x 2290 (Monique Doolittle-Romas - Executive Director)

By E-mail: info@thegoodcompanions.ca

By Mail: Accessibility - The Good Companions
670 Albert Street, Ottawa, ON K1R 6L2

