

The Good Companions

Fall Bulletin

SEPT - OCT - NOV • 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

Fall Program Registration September 14th, 15th, and 16th

Program registration can be done online at thegoodcompanions.ca/programs-services/program-registration. **You must be a member of The Good Companions to participate in any of the classes offered, both virtual and in-person.** Memberships can be renewed online, by phone, in person, or by mail. 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.

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

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

Refer to the **Fall Program Guide** for a full list of the programs being offered.

Thank you for your cooperation!

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: 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



Table of Contents

Program Registration	p.2
Good Companions Staff Team	p.4
Monique's Message	p.5
Community Support Services	p.6
LGBTQ2+ Programs	p.7
Volunteer Corner	p.8
Adult Day Program	p.8
Seniors' Centre Without Walls	p.9
Reopening FAQ	p.10
65 th AGM Recap	p.11
Fitness Corner	p.12
In House Services	p.13
September 2021	p.14
October 2021	p.16
November 2021	p.18
Fisher Park Community Social	p.20
Membership Renewals	p.20

In Memory

*Najieh Ali
Geeta Bastodkar
Gertrude Biskupski
Dian yan Gao
Phyllis Grigg
Francis Hemken
Kay Walker*



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



Afua



Maria



Rachel



Margaret



Emily



Nikkie



Linda



Anne



Carolyn



Katie



Jessie



Helen



Brenda



Frank



Eva



Miranda



Aaron



Sam



Mariola



Nicole



Emma



Véronique



Amanda



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

IMPORTANT INFORMATION FOR THE REOPENING OF THE CENTRE

Welcome to the Fall 2021 edition of The Good Companions Bulletin. We are excited to reopen the Centre on Monday, August 9th, 2021. We are looking forward to seeing our members, clients and volunteers in person again. Currently, Ontario is in Step 3 for reopening and as such The Good Companions must adhere to the guidelines.

Highlights of the reopening:

- In order to attend the Centre, everyone must pre-register up to 48 hours prior to attending. Pre-registration is solely by telephone to avoid any duplication or errors. If you are registered for a class you do not have to pre-register.
- It will not be possible to drop in to the Centre without pre-registering.
- Pre-registration will be required for social visits and lunch.
- If you are planning to come to the Centre we will be asking you to confirm that you are fully vaccinated and to provide us with the dates of the vaccines. While we cannot mandate that you provide us with the information, we are putting in this measure to do all that we can to ensure that we can reduce the risk of transmission.
- While at the Centre, you will have to wear a mask at all times unless you are eating or drinking.
- At this time, based on guidance from Public Health, we are limiting the number of members to 50 per day. The number of

members who can attend will increase at a later date as public health guidance allows.

- In September, as classes begin for the fall session, we will be able to offer more programs but they all will be at 50% capacity.
- Anyone entering the Centre must enter at the main doors and will meet a staff member who will conduct a screener, check your temperature and ask for contact information. This information will be kept on site at the Centre in a secure location should it be required by Ottawa Public Health.
- Members will enter the Centre on Empress Avenue North and will exit from the Centre on the east side of the building. This will allow for greater physical distancing.
- Members will be asked to follow all public health guidance including physical distancing, wearing a mask, washing hands and using hand sanitizer.
- Our staff will continue to work in cohorts for the time being to ensure physical distancing and ongoing service provision.
- We will continue to offer virtual programs as well as in person programs through the fall and winter.

Please feel free to contact me should you have any questions or concerns. We are looking forward to resuming our programs and being together at the Centre.



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.

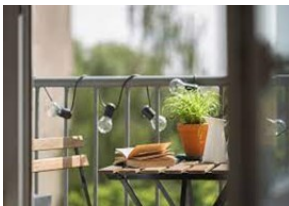
We continue to provide many Community Support Services during the COVID-19 pandemic; please check our website for all that we do: thegoodcompanions.ca/community-support-services/ or call 613-236-0428 and ask for Community Support Services.

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。请查看我们的网站以了解更多内容：thegoodcompanions.ca/community-support-services/ 或致电613-236-0428（分机2777）咨询社区支持服务项目。

Home Help and Home Maintenance

Be prepared, fall is a time of change! As we transition into the winter months, Community Support Services can help you to prepare your home inside and out for the coming winter in a number of ways; call and ask us about our list of **screened, insured companies and individuals** who can help you with:

- ⇒ **Cleaning up your yard** before winter arrives - raking, pruning, sweeping, and covering plants
- ⇒ **Cleaning and storing** outdoor furniture, BBQs from patios and balconies
- ⇒ **Cleaning windows and screens**, removing air conditioning units
- ⇒ **Organizing your storage** - garden shed, basement and indoor storage areas
- ⇒ **House cleaning** - regular or one-time cleaning around your home



Handy Helper Volunteers for Technology Support

Want to connect virtually with friends and family this fall? Ask us about our Handy Helper Volunteers who can call you to assist with:

- ⇒ **Setting up and using hand held devices** (tablets & cellphones)
- ⇒ **Support and basic use** of laptops and desktop computers
- ⇒ **Learning how to join virtual programs** e.g., Zoom, using the Internet, sending emails



To learn more or to access any of the programs and services above, please call us at 613-236-0428 and ask for Community Support Services, or request services online through Caredove: www.caredove.com/champlaincss

有关我们所有其他服务的更多信息，请拨打 (613) 236-0428 联系社区支持服务，或通过我们的 Caredove 网站访问在线服务：

Hope to see you soon!

I hope everyone has been able to spend more time outside over the summer. We sure have at the Good Companions; the **Walking Group** for LGBTQ2+ seniors started in June and will continue into the fall. We walk around the neighbourhood for about 45 minutes every Tuesday morning. It's a group of fun and friendly people, we would love to welcome you on our walks. Send me an email or give me a call if you would like to join!



Another program to look forward to this fall is **Saturday programming for LGBTQ2+ seniors**. Twice a month on Saturdays, The Good Companions will be opening its doors specifically for LGBTQ2+ seniors. There will be lunch and different activities throughout the day. We plan to start Saturday programming late October so keep an eye on the Good Companions' and Ottawa Senior Pride Network's website, emails or social media accounts. People are welcome to come try out Saturday programming without having a Good Companions membership once before needing a membership to attend Saturday programming. You can contact our Membership Coordinator, Nikkie Snagg, at 613-236-0428 ext. 2230 if you have any questions about membership!

You may notice the new acronym that we are using at the Good Companions and Ottawa Senior Pride Network: LGBTQ2+. In addition to lesbian, gay, bisexual, transgender and queer, "2" for Two Spirit people has been added.

Who are Two Spirit people?

Two Spirit is a term that was created in 1990 at a conference in Winnipeg. It is an umbrella term used in some Indigenous communities to describe sexual orientation and cultural, spiritual, and gender identities. Since there are many different words in different Indigenous languages, Two Spirit was chosen as an encompassing English word. For some people, Two Spirit is a spiritual identity meaning someone who has both masculine and feminine spirits. It can also apply to someone's cultural role in their community. Not all Indigenous people who are LGBTQ+ identify as Two Spirit.

As always, feel free to contact me at the below email or phone number for program information or to have a chat about ideas or getting support.

Can't wait to see some of you this fall!



Ottawa Senior
Pride Network
Réseau Fierté
des aîné(e)s d'Ottawa

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



Volunteer Corner...with Nikkie

VOLUNTEER

all that's missing is U!

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



Are you interested in making a difference in someone's life?

Volunteering at The Good Companions offers a rewarding experience in a friendly atmosphere. Help us reduce isolation, promote independence and make everlasting friendships.

Visit us online at: thegoodcompanions.ca/get-involved/volunteer to view our available opportunities and to apply online. I look forward to hearing from you!

Volunteer Vacancies

- | | |
|---|--|
| ◇ Knitting Leader | ◇ SCWW—Short Story Reader |
| ◇ Jewelry Leader | ◇ SCWW—Program Leader |
| ◇ Craft Assistant | ◇ Sing Along Pianist |
| ◇ Woodshop Leader | ◇ Choir Pianist |
| ◇ Telephone Assurance (Mandarin/
Cantonese Speaking) | ◇ Telephone Receptionist
(various shifts) |



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 Adult Day Program continues to follow the guidance of Ottawa Public Health and Public Health Ontario to ensure the well-being of members and staff, therefore we are moving forward with a plan to resume our in person Adult Day Program services. Our services will be modified to ensure the health & safety of our members and staff.

We continue to offer up to **5** programs per week from Monday to Friday, either over the telephone (**DPWW**) or virtually via **Zoom**. Our program schedule can be found online: thegoodcompanions.ca/programs-services/adult-day-program

The ADP Program Staff are here to support you. Please feel free to contact us for more information:

Penny Durocher – Day Program Coordinator - Monday to Friday, ext. 2200
Sonia Movrin – Day Program Assistant Coordinator - Monday to Friday, ext. 2190
Afua Okyere – Day Program Assistant - Monday to Friday, ext. 2191
Maria Mangyao – Day Program Assistant, Tuesdays, Wednesdays & Thursdays, ext. 2191

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

Seniors' Centre Without Walls...with Rachel

In partnership with The Shenkman Arts Centre *Encounters with Artists Project* and MASC, Seniors' Centre Without Walls is pleased to present:

Afternoon Tea and Tales: Tales of Wisdom Storytelling Series



Curl up with a warm cup of tea and a telephone for this monthly series featuring MASC artists! Storytellers Sébastien Lemay, Jacqui Du Toit, Jennifer Cayley, and Kim Kilpatrick share tales of wisdom from around the world and right here at home.

Thursday, September 30

Sébastien Lemay uses storytelling, singing, theatrical play, multiple instruments, and humour to explore nature and Franco-Ontarian culture.

Thursday, October 28

Born and raised in South Africa, **Jacqui Du Toit** is known for her animated stories from the motherland, involving singing and dramatic impersonations that excite and inspire her audience.

Thursday, November 25

Jennifer Cayley's repertoire includes literary, historical and personal stories, and yet it is the traditional folk and fairy tales along with some of the world's great epics that are the foundation of her work.

Thursday, December 16

While **Kim Kilpatrick** is most recognized for her autobiographical works about living with blindness, she tells all types of stories from folktales to epic material, from historical stories to literary pieces.



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.

For more information and to receive a Program Guide & Calendar, please contact:

Rachel Sutcliffe

SCWW Coordinator

613-236-0428 ext. 2323

rsutcliffe@thegoodcompanions.ca

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.



Reopening FAQ

When does The Good Companions reopen to members?

The Good Companions will reopen on Monday, August 9, 2021. Hours of operation will be Monday-Friday, 9:00am-3:00pm until the week of September 20, at which point we will resume normal hours of operation of 8:30am-4:00pm.

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?

As we gradually return to the Centre, both the staff team and members alike will return 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**. Following the week of program registration, members will no longer be required to come to the Centre in cohorts, and will be able to visit the Centre any day of the week.

How many people can be in the Centre at once?

Currently we are limited to 50 members per day in the Centre, not including staff or volunteers. This number may change as public health guidance allows.

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 of the tables. 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



The Good Companions 65th Annual General Meeting

WRAP-UP

On Monday, June 28th, The Good Companions hosted its 65th Annual General Meeting. With over 75 guests, the usual business was taken care of including: approval of our audited financial statements, celebrations and acknowledgment of all the hard work accomplished during the previous year, and approval of the Nominating Committee's slate of Officers and Board Directors for the coming year.

The following group of dedicated individuals is your 2021/22 Board of Directors:

President Seán K. Kelly

Past President Stephanie Keats

Vice President Property Stacy Levac

Vice President Paul Kearns

Treasurer Jason Kempt

Secretary Leah Canning

Directors Cathy Collett, Jeff Doll, Steve Ilnicki, Brian Robertson, Maria McKay

A special congratulations to **Monique Doolittle-Romas**, the unsuspecting recipient of the 2020-2021 Employee of the Year Award! Staff of The Good Companions surprised our Executive Director by awarding her this honour in recognition of her devoted leadership, ongoing support, and guidance navigating the pandemic! Thank you, Monique, for all you do!

Congratulations and thank you to Miranda Gumeni, for 15 years of dedicated service, as well as Monique Doolittle-Romas, for celebrating 5 years of service at TGC!



Fall is here and cooler temperatures
are right around the corner!
Stock your freezer today with filling soups,
delicious entrees and hearty meat pies!

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:
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.



Fitness Corner...with Ana

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

Nights are getting longer, leaves are beginning to fall, and you can probably already smell pumpkin spice in the air. When seasons change, we get the opportunity to take inventory of our lives.

Since this time of year is usually comprised of less activity, more food, and potentially more stress (e.g. the holidays), preparing yourself is an excellent way to be ahead of the game.

Here are a few tips for you to stay happy and healthy this fall season:

- 1. Take time for yourself.** The holidays will soon begin. Take some time to go for a long walk, meditate, write in a journal, or try a new yoga class.
- 2. Boost your vitamin D intake.** Our bodies absorb vitamin D through our skin's exposure to the sun, so with the shorter autumn days it's important to be sure we are getting enough.
- 3. Stay hydrated.** Dry air and dropping temperatures can dehydrate your body faster than you think, even without a blazing summer sun overhead.
- 4. Keep moving.** With shorter days, it is easy to decide to spend a lazy evening sitting and watching a movie. Finding some activities in your area will not only get you moving, but also boost your mood!
- 5. Eat fruits and vegetables that are in season.** Since most fruits and veggies have a high water content, their quality and nutrition value start to diminish the moment they begin to lose water: when they're harvested. Eating produce that is in season usually means its travelling a shorter distance from the farm to your table, which means a higher retention of vitamins and minerals!
- 6. Boost your immune system.** Temperatures are dropping, which means our immune systems are working extra hard this time of year to fight off colds and other illnesses.

Excerpt from: <https://www.truelemon.com/blogs/tc/7-ways-to-stay-happy-and-healthy>
Friday, July 9, 2:43pm

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

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.

Refer to your Fall 2021 Program Guide for more details.

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



In House Services

The Good Companions is pleased to offer many in-house services to members, clients and visitors. Appointments are required for all in-house services. Please call reception to book an appointment: 613-236-0428.

(\$) = **Fee applies.** Prices range according to membership status and length of appointment. Volunteers, members, Community Support Services clients and visitors are welcome to participate. **(FREE)** = **No charge.** Some of these services are open to members only.

Foot Care (\$) - Provided by TiredSole

Professional nursing foot care services by TiredSole, including: skin care, nail trimming, callus, corn and fungus management. Appointments are available between 10am & 3pm. The cost is \$37 for members and \$40 for non-members per 20 minute appointment. First time clients must book two consecutive 20 minute appointments to allow for assessment. Room 243A by the Hair Salon.

Upcoming Clinics: **September 22nd, 30th**
 October 20th, 28th
 November 17th, 25th

***Foot Care Cancellation Policy ***

Clients must cancel **at least three full working days** before their appointment. Clients who fail to respect this cancellation policy are responsible for payment for their missed appointments and will not be allowed to book any other in-house service appointments until payment is received.

Hair Care (\$) - Provided by David Kassim

Our knowledgeable and friendly stylist, David Kassim, has the expertise to meet all of your hair care needs. From haircuts for everyone, colours, perms, or simply a shampoo and set, all at affordable prices! Book an appointment today. Room 243.

Upcoming dates: **October 7th, November 4th**

Legal Services (\$) - Provided by Russell Gibson

Russell Gibson, LLP, is available for brief legal counseling at The Good Companions on the first Monday of every month (except July and August) from 1pm to 2pm. Appointments are \$15 for members and \$17 for non-members per 15 minute appointment.

Upcoming Consultations: **October 4th, November 1st, December 6th**




Library (FREE) - TGC Members & Volunteers Only

Books of all genres are available to borrow for up to four weeks. Come in to browse the internet and check your e-mail on our computers. The library is located next to the main washrooms on the first level and is open **Monday - Friday, 9:00 a.m. - 3:00 p.m.** Please note that we are currently **not accepting donations.**

Repeat Performance and Craft Studio Boutique (\$)

Be sure to visit our store and check out our selection of gently used clothing and handcrafted items made here by members and volunteers. All proceeds support our centre. Open **Monday—Friday, 10am—2pm**, subject to volunteer availability. Please note that we are currently **not accepting donations.**

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Attendance at the Centre is by <u>pre-registration only</u> , including lunch.	Please call Reception to register: 613-236-0428	1 Chili con Carne	2 Southwest Chicken Pizza	3 Pork Stroganoff
6 Centre Closed for Labour Day	7 Chicken Schnitzel	8 Ham Steak	9 Breaded Fish Lecture: Senior Living 11:00am-12:00pm	10 Dijon Chicken Breast
13 Veal Chasseur	14 Country Sausage with Applesauce	15 Turkey Tetrazini	16 Chili con Carne	17 Chicken Supreme
Fall Program Registration (online & by phone)				
20 Spaghetti & Meatballs	21 Herbed Chicken Leg	22 Baked Fish Foot Care 	23 Quiche	24 Beef Stew  Birthday Party
27 Chicken Breast	28 Swedish Meatballs	29 Pork Chop	30 Macaroni & Cheese Lecture: Cannabis & Older Adults 11:00am-12:00pm Foot Care 	

Alan P. Santance Educational Lecture: Navigating Your Senior Living Journey

Thursday, September 9 at 11:00am

Presented by Amy Friesen

Join Tea & Toast founder and best-selling author, Amy Friesen as she discusses strategies on how to navigate your senior living journey. This presentation will look at: How to remain home safely; How to choose the best retirement home to call your new home; A look at long term care and steps to navigate it; Subsidies and tax credits; Covid and its effect on retirement living and long term care. Bring your questions and we will do our best to answer them!

Fall Program Registration

September 14, 15, 16 from 10:00am to 2:00pm

Registration can be done online at thegoodcompanions.ca/programs-services/program-registration. You **must be a member of The Good Companions** to participate in any of the classes offered, both virtual and in-person. 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**.

Please refer to the [Fall Program Guide](#) for a full list of the programs being offered. If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.

Birthday Party

Friday, September 24 at 1:15pm

Entertainment will be provided by 'Side by Side' (Maureen and John McGovern)

Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays, however members celebrating a birthday **must reserve their ticket by calling TGC no later than the Tuesday before the party**. Tickets are **\$4 for all others** and can be purchased at Front Reception no later than the Tuesday before the party. The birthday party is brought to you by **First Memorial Funeral Services**.



Alan P. Santance Educational Lecture: Be Wise - Cannabis and Older Adults

Thursday, September 30 at 11:00am

Presented by Active Aging Canada

Patricia Clark, National Executive Director with Active Aging Canada, will present an overview of their new publication: Be Wise-Cannabis and Older Adults. Topic highlights will include facts about cannabis, aging and cannabis, therapeutic use, risks and side effects, questions to ask your doctor, and more. Patty is not a medical doctor and will not be able to answer specific questions, but will provide you with information that will educate you so that you can make an informed decision and provide you with additional resources. Healthy aging begins by being informed and educated on health issues.

Alan P. Santance Educational Lectures are free online presentations delivered via Zoom, with the 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 receive the Zoom information to connect.

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Attendance at the Centre is by <u>pre-registration only</u> , including lunch.	Please call Reception to register: 613-236-0428			1 Pesto Chicken
4 Steak & Kidney Pie Legal Services 	5 Ham Steak	6 Chicken Drumsticks	7 Baked Fish with Dill Sauce Lecture: Enjoying Autumn 5:00-6:00pm  Hair Care	8 Soup & Sandwiches Harvest Meal 12:00pm (tickets required)
11 Centre Closed for Thanksgiving	12 Veal Cutlet	13 Pork Pepper Steak	14 Baked Chicken	15 Beef Stroganoff
18 Meatballs & Gravy	19 Greek Chicken Breast	20 Soup & Sandwiches Oktoberfest Lunch 12:00pm (tickets required) Foot Care 	21 Thyme Rubbed Roast Pork Loin	22 Chicken Pot Pie  Birthday Party
25 Chicken Breast Santa Fe	26 Seafood Newberg Lecture: Grief in Pandemic Times 1:00-2:30pm	27 Hamburg Steak Halloween Tea 1:00pm (tickets required)	28 Coq au Vin Foot Care 	29 Baked Ham

Alan P. Sentance Educational Lecture: Enjoying Autumn

Thursday, October 7 at 5:00pm via Zoom

Presented by OASIS (Older Adults & Students for Intergenerational Support)

With the trees turning beautiful shades of red, yellow and more, it would be hard not to go out and enjoy the changing of seasons. We will be looking at some of the events, both virtual and in-person, that are occurring in the Ottawa region to help you make the most of autumn. We will also be looking out for the best Halloween activities for you and maybe the whole family!

Harvest Meal

Friday, October 8

Cost: \$15

12:00pm **Menu:** Butternut Squash and Ginger Soup, Roast Turkey with Dressing, Gravy, Mashed Potatoes, Baby Carrots & Green Beans, Pumpkin Pie with Whipped Cream, Coffee and Tea.

1:00pm Entertainment provided by musical performer **Dai Bassett**.

Deadline for ticket purchase is October 6 by 3:00 pm.

Oktoberfest Lunch

Wednesday, October 20

Cost: \$15

12:00pm **Menu:** Cucumber and Sweet Onion Salad, German Sausage, Sweet Mustard, Potato Pancake, Braised Cabbage, Bavarian Cream with Caramelized Apple and Almond Crumble, Coffee and Tea.

1:00pm Entertainment provided by **The International Set**.

Deadline for ticket purchase is October 18 by 3:00 pm.

Birthday Party

Friday, October 22 at 1:15pm

Entertainment will be provided by performer **Ginette Hamilton**.

Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays, however members celebrating a birthday **must reserve their ticket by calling TGC no later than the Tuesday before the party**. Tickets are **\$4 for all others** and can be purchased at Front Reception no later than the Tuesday before the party. The birthday party is brought to you by **First Memorial Funeral Services**.



Alan P. Sentance Educational Lecture: They Said We Couldn't Come-Living With Grief In Pandemic Times

Tuesday, October 26 at 1:00pm via Zoom

Presented by **Julie Ann Levett**, Program Manager with Bereaved Families of Ontario - Ottawa Region

Join Julie Ann for this interactive presentation where she will discuss anticipatory grief, self and community care, and the restrictions and complicated grief of Covid-19 losses.

Halloween Tea




Wednesday, October 27 at 1:00pm

Cost: \$5

Entertainment will be provided by **Roger Fowler**. The dessert will feature Chocolate Cake with Orange Buttercream Icing, Coffee and Tea.

Deadline for ticket purchase is October 25 by 3:00 pm.

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veal with Mushrooms  Legal Services	2 Chicken Leg	3 Pork Chop	4 Turkey Schnitzel  Hair Care	5 Beef, Macaroni & Tomatoes
8 Chicken Cutlet	9 Sole with Dill Sauce	10 Ham & Cheese Casserole <div>Remembrance Day Service 10:30am</div>	11 Centre Closed for Remembrance Day	12 Roast Turkey
15 Beef Ravioli	16 Mediterranean Chicken Breast	17 Soup & Sandwiches <div>Anniversary Lunch 12:00pm (tickets required)</div> <div>Lecture: Canada in Space 2:00-3:00pm</div> Foot Care	18 Turkey Burger <div>Lecture: Immune System 5:00-6:00pm</div>	19 Ham Steak
22 Farmer's Sausage	23 Chicken Stir Fry	24 Salisbury Steak	25 Lemon Pepper Sole  Foot Care	26 Swedish Meatballs  Birthday Party
29 Chicken Drumsticks	30 Herbed Pork Chop	 Mark your calendar! Winter Program Registration January 4, 5, 6	Attendance at the Centre is by <u>pre-registration only</u> , including lunch.	Please call Reception to register: 613-236-0428

Remembrance Day Service

Wednesday, November 10 at 10:30am

All are welcome to join us in a service of remembrance. Poppies will be available at Front Reception the first week of November.

The Good Companions' 66th Anniversary Lunch

Wednesday, November 17

Cost: \$16

12:00pm **Menu:** Wild Mushroom Soup, Supreme of Chicken, Beurre Blanc, Roasted Parisienne Potatoes, Green Beans, Lemon Sorbet, Coffee and Tea.

1:00pm Entertainment provided by musical performer **Arlene Quinn.**

Deadline for ticket purchase is November 15 by 3:00 pm.

Alan P. Sentance Educational Lecture: Canada's Achievements in Space

Wednesday, November 17 at 2:00pm via Zoom

Presented by Duncan Adams, Manager of Technical Support Services, at the Canadian Space Agency's (CSA) David Florida Laboratory (DFL)

Mr. Adams has worked for over 49 years in environmental test simulation of aerospace, and space equipment and hardware; over 47 of those years were at the DFL. He worked in various capacities for space qualification of the US Space Shuttle's Remote Manipulator System (SRMS), aka Canadarm-1, and the International Space Station (ISS) Canadarm-2, and various satellite programs such as: Hermes, SARSAT, Radarsat 1 and 2, Olympus, ANIK-C, D, and E, and MSAT. Join us as we welcome Mr. Adams presenting on Canada's contributions to space!

Alan P. Sentance Educational Lecture: A Look at the Immune System and Aging's Impact

Thursday, November 18 at 5:00pm via Zoom

Presented by OASIS (Older Adults & Students for Intergenerational Support)

The immune system is a complex and vital part of the human body. How it works and how we can strengthen it will be deconstructed in this presentation. We will also be taking a look at how aging impacts our body's immune system and how we might be able to reduce its effects.

Alan P. Sentance Educational Lectures are free online presentations delivered via Zoom, with the 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 receive the Zoom information to connect.

Birthday Party

Friday, November 26 at 1:15pm

Entertainment will be provided by performer **Bern Forestell.**

Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays, however members celebrating a birthday **must reserve their ticket by calling TGC no later than the Tuesday before the party.** Tickets are **\$4 for all others** and can be purchased at Front Reception no later than the Tuesday before the party. The birthday party is brought to you by **First Memorial Funeral Services.**



FISHER PARK COMMUNITY SOCIAL

**Please note the community
event has been cancelled.**



BRING YOUR FAMILY & FRIENDS!

FOOD SALES TO BENEFIT THE GOOD COMPANIONS!

It's Time to Renew Your Membership!

Renew your membership using one of these options:

- 1. Online:**
thegoodcompanions.ca/membership/renewing-members
- 2. Over the phone during business hours: 613-236-0428**
- 3. By mail with a cheque made payable to The Good Companions**
670 Albert St.
Ottawa, ON
K1R 6L2

Membership runs April 1—March 31 and costs \$35.50 per year.