

The Good Companions

# Winter Bulletin

DEC - JAN - FEB • 2021-2022



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

# Winter Program Registration

## January 4th, 5th, and 6th

Program registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](http://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.**

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 **Winter Program Guide** for a full list of the programs being offered. Please note that the schedule is subject to change and the most up to date Program Guide can be found online at: [thegoodcompanions.ca/programs-services](http://thegoodcompanions.ca/programs-services)

### **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](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](mailto:info@thegoodcompanions.ca)

**By Mail:** Accessibility - The Good Companions

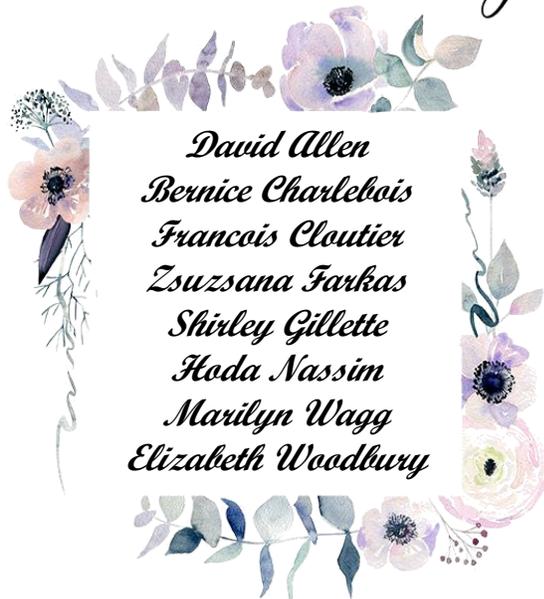
670 Albert Street, Ottawa, ON K1R 6L2



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## In Memory



### 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](http://thegoodcompanions.ca)  
[info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)





# Team Good Companions



Monique



Vlodek



Mariusz



Darlene



Ana



Penny



Sonia



Afua



Maria



Rachel



Emily



Emma



Nikkie



Linda



Anne



Carolyn



Katie



Jessie



Brenda



Helen



Frank



Eva



Miranda



Aaron



Sam



Mariola



Nicole



Véronique



Amanda



## A Message From Your Executive Director, Monique Doolittle-Romas

Welcome to the Winter 2021-2022 edition of The Good Companions' Bulletin. It has been wonderful to see you, our members, volunteers and clients return to in-person programs at the Centre. We have enjoyed celebrating events, having lunch, enjoying your classes and volunteering. We are happy to advise you that based on provincial guidance, we will be updating our capacity, lunches and more.

The updates are as follows:

- Effective November 15<sup>th</sup>, the capacity in the dining room will increase to 75 people and you will not have to preregister to attend. We will be serving a hot meal, soup, sandwiches and plated salads.
- As of November 15<sup>th</sup>, you no longer have to pre-register to attend the Centre; you can pop in any time between 8:30am and 4:00pm.
- As of January 2022, we will increase to full capacity in all rooms and classes
- All programs and classes will resume in-person at the Centre and we will continue to offer virtual programs
- We will continue to screen and ask for proof of full vaccination
- Day trips will be postponed until the Spring
- We hope to see you at the Centre spending time with friends!

Please be sure to register for our members' meeting on Wednesday, February 9<sup>th</sup>, 2022 at 1:30pm to discuss TGC updates and meet our Board President, Seán Kelly. We are looking forward to meeting in person again.

We are proud to announce that Rachel Sutcliffe, Seniors' Centre Without Walls Coordinator, has received the Award of Merit from our Provincial Association, the Older Adult Centres Association of

Ontario. The purpose of this award is to recognize exceptional effort and contribution to the field of Older Adults/Seniors. It is presented for outstanding leadership contribution to the field of Older Adult Centres or Seniors Active Living Centres and making a significant impact on the lives of older adults in their community or across Ontario. Rachel is extremely deserving of this recognition from our Provincial Association for her dedication to serving isolated seniors and for developing our local Seniors' Centre Without Walls program, which enabled our Provincial Expansion to support seniors across Ontario throughout the pandemic.

As 2021 draws to a close, we want to take this time to thank our Board of Directors, under the leadership of our President, Seán K. Kelly, for their guidance and stewardship throughout the pandemic.

Our deepest gratitude to our funders, who have allowed us to respond to the needs of the community. Their generosity allows us to continue to offer our programs and services. They are: United Way East Ontario, the City of Ottawa and the Social Services Relief Fund, HelpAge Canada, the Ontario Health Agency (Champlain Local Health Integration Network), the Ministry for Seniors and Accessibility, the Ontario Community Support Association, Ontario Community Support Program and the Province of Ontario, Employment and Social Development Canada, Bell Canada, as well as our corporate and individual donors.

I also want to thank our outstanding staff team. They are the most dedicated and mission-driven team that you will ever meet! A special thank you to our members, clients and volunteers who offer us the privilege of working with you.

We wish you a Merry Christmas, happy holidays and good health. We look forward to being together in 2022!



# 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.**

Community Support Services continues to provide essential services during the COVID-19 pandemic, please check our website for more information: [thegoodcompanions.ca/community-support-services](http://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 or call 613-236-0428 and ask for Community Support Services – 请致电 613-236-0428 (分机2777) 以寻求社区支持

## Winter Reminder: Transportation to Medical and Essential Appointments

服务。

Friendly reminder to please book your transportation to appointments ahead of time to help us schedule your drive. We require 7 days notice of your appointment. If the weather is bad and road conditions unsafe, we have to cancel your drive. Listen for severe weather alerts and school bus cancellations; if the school buses are cancelled, we call you early on the morning of your drive to let you know of the cancellation.



Everyone using the program must continue to follow COVID-19 safety protocols issued by Ottawa Public Health, including practicing physical distancing as much as possible, wearing masks (masks are provided for those who need them), and frequent handwashing or sanitizing. Our drivers wipe down the vehicles between drives and keep the window open for ventilation. The vehicles have been fitted with a plexiglass divider

## Need Help with Food and Groceries During Winter Months?



behind the driver's seat. For more information, call us at 613-236-0428 ext. 2235. We are eagerly waiting to hear when we can resume our grocery shopping trips, however, we can provide you with assistance to get your groceries this winter through delivery from grocery stores and organizations that provide contact-free grocery pick up & delivery, and can provide many options for meal ordering and

## Update: Handy Helper Volunteers Resume In-Person Visits!

delivery. Call us at 613-236-0428 ext. 2355.

Our Handy Helper volunteers have resumed in person visits to complete essential tasks around the home that cannot be completed over the phone, e.g. replacing lightbulbs, batteries in smoke detectors, etc. They also continue to assist with computer and technology issues over the phone or in person if needed. COVID-19 safety protocols are in place for volunteers and clients in this program. To find out more about this program and see if we can help with your task, please call us at 613-236-0428 ext. 2250.

*To learn more or to access any of the programs and services above, request services online through Caredove: [www.caredove.com/champlaincss](http://www.caredove.com/champlaincss)*

# 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](mailto:volunteer@thegoodcompanions.ca)



## Interested in Volunteering?

Contact Nikkie Snagg, Volunteer Coordinator, to apply today. We have many rewarding volunteer positions that you will enjoy! You can also visit us online at:

[thegoodcompanions.ca/get-involved/volunteer](https://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              | ◇ COVID Check-In Callers                                |
| ◇ Repeat Performance Associate | ◇ LGBTQ2+ COVID Check-In Callers                        |
| ◇ Telephone Reception          | ◇ Telephone Assurance (Mandarin/<br>Cantonese Speaking) |
| ◇ Adult Day Program Volunteers |   |

## Volunteer Appreciation Tea

We are thrilled to be hosting our Volunteer Appreciation Tea Lunch for all 2019 and 2020 volunteers celebrating 5, 10, 15, 20, and 25+ years of service. Recipients will receive their invitation by mail; please confirm your attendance by calling reception at 613-236-0428 (refer to your invitation for more details).

**Please note: Proof of full vaccination is mandatory to attend.**

Save  
the  
Date

**Date: Friday, February 4<sup>th</sup>, 2022**

**Time: 10:30am — 1:00pm (please book your return Para for 1pm)**

**Menu: Roasted red pepper soup, crudit , cucumber cream cheese sandwiches, chicken salad sandwiches, and for dessert: Frank's special cookies & cream cake with tea or coffee.**

The Volunteer Appreciation Tea is generously sponsored by Bell.



Stay tuned for exciting news about our 2021  
Volunteer Recognition event to be held in April!



# Adult Day Program with Penny

**Penny Durocher**

Adult Day Program Coordinator  
613-236-0428 ext. 2200

[pdurocher@thegoodcompanions.ca](mailto:pdurocher@thegoodcompanions.ca)

Positive Approach to Care Certified Independent Coach

*Until There's A Cure, There's Care™*

The ADP staff team have been so happy to welcome back a few members for in-person services. We are currently offering our in-person program Monday through Friday from 10 am to 2 pm. Our programs and schedule have been modified to keep everyone safe.

We are also offering up to 5 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: [thegoodcompanions.ca/programs-services/adult-day-program](http://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. We are here to help:

- Penny Durocher, Day Program Coordinator: ext. 2200
- Sonia Movrin, Day Program Assistant Coordinator: ext. 2190
- Afua Okyere, Day Program Assistant: ext. 2191
- Maria Mangyao, Day Program Assistant: 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.***

# LGBTQ2+ Programs with Amanda



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

**Amanda Kristalovich**  
LGBTQ2+ Program Coordinator  
613-236-0428 ext. 2353

[akristalovich@thegoodcompanions.ca](mailto:akristalovich@thegoodcompanions.ca)



**It's Finally Happening!**

I'm excited to tell you that LGBTQ2+ Saturday Programming has finally begun. Thanks to hard work by staff and volunteers at The Good Companions and Ottawa Senior Pride Network, the Centre is now open two Saturdays per month for LGBTQ2+ seniors and LGBTQ2+ adults with disabilities.

We have a wonderful team of volunteers who will be providing activities such as painting, yoga, table tennis, poetry readings, meditation and facilitated discussions on issues affecting the community. You'll also be able to have coffee in the dining room with volunteers, order some delicious lunch or borrow a book from the library. Please get in touch with me over the phone or by email if you would like to attend. Stay tuned for information about a holiday party in December and more activities to come in the new year.

The dates for LGBTQ2+ Saturday Programming for 2021 are: November 13<sup>th</sup>, November 27<sup>th</sup> and December 11<sup>th</sup>. Participants are welcome to try out Saturday programming without having a Good Companions membership one time before needing a membership to attend. You can contact our Membership Coordinator, Nikkie Snagg, at 613-236-0428 ext. 2230 if you have any questions about membership!

Thank you to everyone who participated in the Walking Group for LGBTQ2+ seniors during the warmer months. We discovered many beautiful places to walk near The Good Companions. I really enjoyed getting to know you in the rain and sunshine!

# Seniors' Centre Without Walls with Emma

**Emma Revell**

SCWW Coordinator

613-236-0428 ext. 2323

[erevell@thegoodcompanions.ca](mailto:erevell@thegoodcompanions.ca)



It's hibernation season once again, when the thought of snow and ice might drive us to remain in the comfort and safety of home. Stay social and active this winter season with Seniors' Centre Without Walls (SCWW)!

SCWW offers free, 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 musical entertainment, and special celebrations.

There are fun and interactive trivia-style games, listening to short stories or radio plays and many opportunities to chat as a group. We offer programs 2-3 times a day, Monday – Friday. All you need is a phone! Give us a call for more information or if you would like to try it out for a day. We can send you our program guide of activities (not listed in this bulletin) or you can visit us online for a full list of programs: [thegoodcompanions.ca/programs-services/seniors-centre-without-walls](https://thegoodcompanions.ca/programs-services/seniors-centre-without-walls)

## Examples of Upcoming Winter Presentations

**December:** 'Twas the Night Before Christmas Chat

**January:** Aviation & Space Museum presents "The Avro Arrow"

**February:** Travelling on the East Coast of New England during COVID-19

**March:** Billings Estate Museum Tour, Stroke Information, Aging & Cannabis

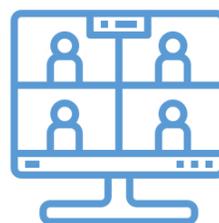
You can also call The Good Companions SCWW Daily Schedule line at 613-236-0428 ext. 4260.  
To join at the time of a program, dial: 613-686-1547 and enter passcode 834634.

## Members' Meeting

Wednesday, February 9th, 2022 | 1:30—2:30 pm

Room 024 (lower level)

**In person \*or option to join via Zoom**



Stay informed on the latest news from The Good Companions!

Join Monique Doolittle-Romas, Executive Director, and Seán K. Kelly, Board President, (your meeting co-hosts) for important updates about the Centre, and for your chance to ask questions! All members are encouraged to attend.

Please RSVP via one of the following options:

By phone: **613-236-0428 ext. 2100**

Online: <https://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/>

By email: [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

## Friendly Reminders

It has been so exciting to safely welcome you all back to the Centre after many months apart! Since we've all been away for so long, here are a few things to be mindful of as we gradually increase our programs & services and welcome more members, clients, and volunteers back to the Centre:

- The cash register closes daily at 3:00pm. Please ensure all purchases and payments are made before this time.
- You must display a valid permit in your vehicle whenever you are parked at the Centre. Members can purchase an annual pass for \$30 or a daily pass for \$2.50.
- If you are travelling by ParaTranspo, we ask that you schedule your pick-up for no later than 3:00pm, as our building closes at 4:00pm.
- The Good Companions has a strict no-scent policy. The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Please **do not** wear perfume, cologne, aftershave and other fragrances.
- Tickets for special events can be purchased at Front Reception up until **2 days before** the event. After this time, tickets will not be available.

Thank you for your cooperation!



## IN CANADA IT IS PROHIBITED TO INTENTIONALLY ALARM THE QUEEN.

Mann Lawyers will keep you from breaching royal etiquette and the law.

**Mann Lawyers | Full Service Law Firm**

**Offices in Perth and Ottawa**

Perth: 613-267-5910

Ottawa: 613-722-1500

[mannlawyers.com](http://mannlawyers.com)

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lawyers



# HOLIDAY PIES & FRUIT CAKE SALE

<b>Large Tourtière</b>	<b>\$16</b>
<b><u>Small Pies</u></b>	<b>\$4.75</b>
Tourtière	
Chicken Pot Pie	
Beef Pot Pie	
Steak and Mushroom Pie	
Steak and Kidney Pie	
<b><u>Fruit Cake</u></b>	
Full Loaf	<b>\$24</b>
Half Loaf	<b>\$13</b>
Quarter Loaf	<b>\$7</b>

It's that wonderful time of year when The Good Companions sells the most delicious meat pies and fruit cake. Stock your freezer for the cold months ahead!

Place your order by one of the following methods:

1. Phone: Call 613-236-0428 ext. 2131

2. E-mail: [kstaff@thegoodcompanions.ca](mailto:kstaff@thegoodcompanions.ca)

3. Online:

[thegoodcompanions.ca/frozen-meal-sales](http://thegoodcompanions.ca/frozen-meal-sales)

Once your order has been placed, we will contact you to arrange a time for your pick-up!

\*There is also a large variety of frozen soups and meals for purchase as well!





# Fitness Corner with Ana

**Ana Valença**  
Day Centre Coordinator  
613-236-0428 ext. 2150  
[avalenca@thegoodcompanions.ca](mailto:avalenca@thegoodcompanions.ca)



## Don't let winter stop you from exercising!

It's important to keep your body active during all times of the year. There are plenty of ways to stay active during the colder months. In fact, for seniors, it's especially important to stay active!

**The Good Companions can help you keep physically active this winter, either on-site or online via Zoom.**

We offer many fitness and recreational dance classes at very reasonable rates, taught by certified fitness and dance professionals who are passionate and dedicated to teaching our members.

Select on-site classes with a limited number of spots are available at the Centre. If you can attend online classes, please consider leaving on-site spots for members who cannot attend classes online.

Please refer to your **Winter Program Guide 2022** for all of the details.

**Winter Program Registration: January 4, 5 and 6**

## Repeat Performance Sale!

All clothing and accessories 50% off during the week of winter registration (January 3 to 7).

Also, 50% off all pants, jackets and blazers during the months of January and February.

## Angel Tree

Please select a tag corresponding to a boy or girl from the Angel Christmas Tree located in the lobby. Once you have made your purchase, you can place your gift under the tree and help boys and girls of our community to have a very happy and festive Christmas.

**For security reasons, the toys should remain unwrapped with the Angel Tree tag affixed to the package.**

Refer to list of suggestions for toys that you can give (found at the Centre).

Drop off deadline is Monday, December 6th.

Contact Ana Valença if you have any questions.

# 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.

**Upcoming Clinics:** December 9th, 15th  
January 20th, 26th  
February 17th, 23rd

### **\*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! Appointments available 9am-3pm. Book an appointment today.

**Upcoming Dates:** December 2nd, 16th  
January 6th, 13th  
February 3rd, 10th, 24th

## 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:** December 6th, January 10th, February 7th

## 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, 9:00am—3:00pm.** 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.**

# December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30am to 1:00pm	Please Contact Front Reception to Book Any Appointments	1 Hungarian Goulash	2 Frittata  Hair Care	3 Chicken Pot Pie
6 Farmers Sausage   Legal Services	7 Sole with Dill Sauce	8 Veal Parmesan	9 Chicken with Home Style Gravy   Foot Care	10 Soup & Sandwiches  <div style="border: 1px solid red; padding: 2px; display: inline-block;">Festive Luncheon 12:00pm (tickets required)</div>
13 Meatballs & Gravy	14 Pork Chop  <div style="border: 1px solid blue; padding: 2px; display: inline-block;">Lecture: At Home Arts &amp; Crafts 5:00-6:00pm</div>	15 Chicken à la King   Foot Care	16 Spaghetti & Meat Sauce   Hair Care	17 Baked Ham   Birthday Party
20 Ravioli	21 Soup & Sandwiches  <div style="border: 1px solid green; padding: 2px; display: inline-block;">Christmas Brunch 11:00am (tickets required)</div>	22 Steak & Mushroom Pie	23 BBQ Chicken Thighs	24  <div style="border: 1px solid black; padding: 10px; display: inline-block;">Centre Closed</div>
27	28	29	30	31
<b>Centre closed for the holidays—reopening Monday, January 3, 2022</b>				

### Festive Luncheon

Friday, December 10

Cost: \$15

12:00pm **Menu:** Roll, Roast Turkey with Stuffing and Gravy, Mashed Potatoes, Green Beans, Baby Carrots, Gingerbread Trifle, Coffee and Tea.

1:00pm Entertainment provided by song stylist and recording artist **Lauren Hall**.

**Deadline for ticket purchase is December 8 by 3:00pm.**

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### Alan P. Sentance Educational Lecture: At Home Arts & Crafts

Tuesday, December 14

5:00-6:00pm

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

In this interactive presentation, we will be using common household materials to make some arts & crafts together. Let's get those creative juices flowing!

This a free online presentation 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.

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### Birthday Party

Friday, December 17

1:15pm

Entertainment will be provided by **The Good Companions Choir**, directed by Gloria Jean Nagy.

Cake, ice cream, coffee & tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



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### Christmas Brunch

Tuesday, December 21

Cost: \$14

11:00am **Menu:** Assorted Danish with Fresh Fruit Cup, Mushroom and Swiss Cheese Quiche, Bacon, Sausage, Hash Brown Potatoes, Caramel Crêpe with Mascarpone Cream and Ginger Cookie Crumble, Coffee and Tea.

12:00pm Entertainment provided by accomplished performer **Marleen Fawcett**.

**Deadline for ticket purchase is December 17 by 3:00pm.**



**The Good Companions will be closed Friday, December 24 until Friday, December 31 inclusive.**

**Wishing you a happy and healthy holiday season and all the best for a wonderful 2022!**

# January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Santa Fe	4 Liver & Onions	5 Lemon Pepper Sole	6 Chili con Carne   Hair Care	7 Thyme Crusted Roast Pork
Winter Program Registration (online & by phone)				
10 Farmers Sausage   Legal Services	11 Pasta with Meat Sauce  <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 0 auto;">Lecture: OAS, GIS &amp; CRB 10:30-11:30am</div>	12 Veal Cutlet	13 Pork Chop   Hair Care	14 Chicken Drumstick
17 Swedish Meatballs	18 Breaded Fish	19 Hamburg Steak	20 Baked Ham   Foot Care	21 Chicken & Broccoli Casserole
24 Steak & Kidney Pie	25 Honey Garlic Pork	26 Soup & Sandwiches <div style="border: 1px solid green; padding: 5px; width: fit-content; margin: 5px auto;">Rabbie Burns Lunch 12:00pm (tickets required)</div> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 5px auto;">Lecture: Last Year at a Glance 5:00-6:00pm</div> Foot Care	27 Breaded Fish	28 Beef, Macaroni & Tomatoes   Birthday Party
31 Chicken Schnitzel			Lunch is Served Daily from 11:30am to 1:00pm	Please Contact Front Reception to Book Any Appointments

## Winter Program Registration

January 4, 5, 6

10:00am-2:00pm

Registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](http://thegoodcompanions.ca/programs-services/program-registration) or over the phone (during registration hours by credit card only). Please see the Winter 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.

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## Alan P. Santance Educational Lecture: OAS, GIS & CRB

Tuesday, January 11

10:30-11:30am

**Presented by Service Canada**

You may be familiar with OAS (Old Age Security) and GIS (Guaranteed Income Supplement). You may also have heard of CRB (Canada Recovery Benefit). But do you know how your income or an increase in your income (such as with CRB) can affect your guaranteed income supplement? Plan to attend this very informative session where an expert from Canada Revenue Agency will explain these programs and answer all your questions.

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## Rabbie Burns Luncheon

Wednesday, January 26

Cost: \$15

12:00pm

**Menu:** Grape Juice, Cockie Leekie Soup, Haggis, Carved Roast Beef, Gravy, Taters and Neeps, Green Beans, Cranachan Cake with Raspberries, Coffee and Tea.

1:00pm

Entertainment provided by musical performer **The Chris Sandes Trio**.

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**Deadline for ticket purchase is January 24 by 3:00pm.**

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## Alan P. Santance Educational Lecture: The Last Year at a Glance

Wednesday, January 26

5:00-6:00pm

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

In light of the new year, we will be taking a walk down memory lane and revisiting some of the notable events of the past year. Join us in exchanging highlights of 2021!

**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](mailto:info@thegoodcompanions.ca) to register and receive the Zoom information to connect.**

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## Birthday Party

Friday, January 28

1:15pm

Entertainment will be provided by piano accordionist **George McNaule**. Cake, ice cream, coffee & tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



# February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Quiche	2 Meatball Stroganoff	3 Chicken Leg  Hair Care	4 Grilled Sole <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;">Volunteer Tea 10:30am-1:00pm See pg. 7 Sponsored by Bell</div>
7 Pork Chop with Tomato Sauce   Legal Services	8 Chicken Breast Dijon <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;">Lecture: Senior Living 10:00-11:00am</div>	9 Tourtière <div style="border: 1px solid green; padding: 5px; margin-top: 10px;">Members' Meeting 1:30pm Room 024</div>	10 Spanish Rice <div style="border: 1px solid pink; padding: 5px; margin-top: 10px;">Valentine's Day Tea 1:00pm (tickets required)</div>  Hair Care	11 Turkey Schnitzel
14 Farmers Sausage with Apple	15 Chicken à la King	16 Soup & Sandwiches <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;">Mardi Gras Lunch 12:00pm (tickets required)</div>	17 Lasagna  Foot Care 	18 Breast of Chicken Supreme
21 <div style="border: 1px solid blue; padding: 10px; text-align: center;">Centre Closed for Family Day</div>	22 Hot Hamburg Sandwich	23 Roast Pork <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;">Lecture: Cybersafety on Facebook 5:00-6:00pm</div> Foot Care 	24 Chicken Drumsticks   Hair Care	25 Beef Stew   Birthday Party
28 Veal Cutlet		 Mark your calendar! Spring Program Registration April 5, 6, 7	Lunch is Served Daily from 11:30am to 1:00pm	Please Contact Front Reception to Book Any Appointments

## [Alan P. Sentance Educational Lecture: Navigating Your Senior Living Journey](#)

**Tuesday, February 8 (rescheduled from September 2021)**

**10:00-11:00am**

**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-19 and its effect on retirement living and long term care.

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## [Members' Meeting](#)

**Wednesday, February 9**

**1:30pm**

Stay informed on the latest news from The Good Companions! Join Monique Doolittle-Romas, Executive Director, and Seán K. Kelly, Board President, (your meeting co-hosts) for important updates about the Centre, and for your chance to ask questions! All members are encouraged to attend. See page 10 for more information.

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## [Valentine's Day Tea](#)

**Thursday, February 10**

**1:00pm**

**Cost: \$5**

Entertainment will be provided by **Side by Side** (John & Maureen McGovern). The dessert will feature Chocolate Brownie with Strawberry Ice Cream, Coffee and Tea.

**Deadline for ticket purchase is February 8 by 3:00pm.**

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## [Mardi Gras Luncheon](#)

**Wednesday, February 16**

**Cost: \$14**

**12:00pm**     **Menu:** Chicken Gumbo Soup, Cajun Pork Loin, Creole Rice and Beans, Cajun Cake, Coffee and Tea.

**1:00pm**     Entertainment provided by **The Original Trillium Dixieland Jazz Band.**

**Deadline for ticket purchase is February 14 by 3:00pm.**

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## [Alan P. Sentance Educational Lecture: Cybersafety on Facebook](#)

**Wednesday, February 23**

**5:00-6:00pm**

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

Join us as we discuss staying safe on Facebook - from basic usage and games, to privacy and security. Bring your questions and we will try our best to answer them!

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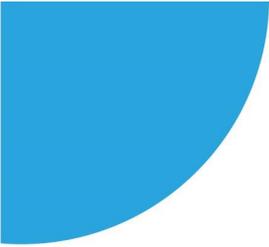
## [Birthday Party](#)

**Friday, February 25**

**1:15pm**

Entertainment will be provided by musical performer **Evelyn Greenberg**. Cake, ice cream, coffee & tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.





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