

The Good Companions

Spring Bulletin

MARCH - APRIL - MAY • 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

Spring Program Registration

April 5th, 6th, and 7th from 10:00 am to 2:00 pm.

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

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 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 Spring 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.



Reminder!

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.

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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



Aaron



Afua



Alan



Amanda



Ana



Anne



Brenda



Caitlin



Carolyn



Darlene



Emily



Emma



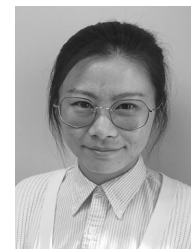
Eva



Frank



Helen



Jessie



Katie N



Katie Y



Linda



Lisa



Maria



Mariola



Mariusz



Megan



Miranda



Monique



Nicole



Nikkie



Penny



Rachel



Rana



Sam



Sonia



Véronique



Vlodek



A Message From Your Executive Director, Monique Doolittle-Romas

Welcome to the spring edition of The Good Companions Bulletin.

As we are preparing the bulletin, we are dealing a difficult situation in Centretown and in Ottawa. Our Centre is located in the heart of the affected area. Due to the difficulty accessing the Centre and traveling to the centre and the potential for disruption, we are delaying the return to in-person programs and services until Tuesday, February 22nd, 2022. We understand that you will be disappointed and we share in your disappointment. We are looking forward to resuming in-person programs and services. At the time that we are preparing our bulletin, public health guidelines state that our capacity will be at fifty percent for classes and programs. By mid-March, we should have additional information that will allow us to return to full capacity and the removal of co-horting for programs.

We are pleased to announce that TGC has received a three-year grant from an anonymous donor to expand Seniors' Centre Without Walls (SCWWs) across Ontario and the Atlantic over the next three years. SCWWs has been a vital resource for seniors to connect throughout the pandemic. We have been proud to partner with The Older Adult Centres' Association of Ontario to support agencies across Ontario for the past two years. This expansion has allowed TGC to hire additional team members to support the expansion. Please join me in welcoming our newest team members: Lisa Swant, Expansion

Director; Rachel Sutcliffe, Ontario Lead Coordinator; Alan Muir, Manager of Sustainability; Emily Payne, Program Assistant; and Helen Pei, Program Assistant in Mandarin.

Other staffing changes include Emma Revell as SCWWs Program Coordinator; Rana Yassine, SCWWs Program Assistant; Véronique Bernier, Administrative Assistant, Database; and Samantha Kelly, Administrative Assistant, Reception.

We would like to recognize Stephanie Keats, Past President of The Good Companions. Stephanie has recently stepped down from the Board. On behalf of the members, clients, volunteers, staff and Board of Directors, we want to thank Stephanie for her outstanding leadership and support. In March 2020, under the leadership of Stephanie and the Board, TGC quickly pivoted to offering virtual programs, delivering food hampers, continuing with and expanding our transportation program, increasing COVID check-in calls and supporting our community. Thank you, Stephanie, for your unwavering support, guidance and compassion.

Please be sure to register for our virtual members' meeting on Tuesday, May 31st at 2pm to discuss TGC updates and activities with our Board President, Seán K. Kelly.

Also, save the date for our Annual General Meeting, which is scheduled for Monday, June 13th, 2022 at 3pm.



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 many essential services during the COVID-19 pandemic, please check our website for all that we do: <https://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。想更多了解我们，请查看我们的网站或致电 613-236-0428（分机 2777）以寻求社区支持服务。

Looking to stay connected or have a friendly chat with someone?



Telephone Assurance and “Buddy” Calls

Whether you prefer daily, weekly or occasional calls from us, our friendly volunteers and students are ready to call to chat and check in on your wellbeing. Let us know if you'd like a call: 613-236-0428 ext. 2355.



Transportation

If you need to get your COVID-19 vaccine or booster shot appointment, ask us for a ride. Our caring drivers will provide worry free door-to-door transportation to your vaccine appointment at a reasonable cost. We can also get you safely to your medical and other essential appointments. **Cost \$\$** depends on KMs driven per round trip. Everyone using our Transportation program must follow COVID-19 safety protocols issued by Public Health, including physical distancing, being seated in the back seat behind a plexi-glass divider in the vehicle, wearing masks, (masks are provided for those who need them), and frequent handwashing or sanitizing. Our drivers wear PPE, wipe down the vehicles between drives and keep the window open for ventilation. To request your drive call us at 613-236-0428 ext. 2235.



Grocery Shopping and Food Delivery

We are closely monitoring public health guidance so that we can resume our greatly missed grocery shopping trips as soon as it's safe to do so. In the meantime, we continue to assist with grocery shopping and food delivery. If you need help to get groceries and food, call us at 613-236-0428 ext. 2355.

Handy Helper Volunteers



At the moment, in-person visits may not be possible, however, our Handy Helper volunteers continue to assist with computer and technology issues over the phone. They can help with cell phones, printers, and hand held devices, accessing the internet and joining remote programs such as Zoom. For in-person tasks such as changing light bulbs and smoke detector batteries, or installing curtain rods, please make your request now as our wonderful volunteers will be happy to help as soon as we can safely resume in person home visits – this service is **free!** Call 613-236-0428 ext. 2250.

Home Help & Home Maintenance



Looking for spring cleaning, regular or one time, indoor or outdoor home maintenance tasks? Ask us about our directory of screened and insured independent contractors who can provide the service you need. **Cost \$\$** depends on service needed and is paid directly to the service provider. To see if we can help with your task, please call us at 613-236-0428 ext. 2250.

English Cafés on Zoom



英语会话小组活动: 为了更好地服务华人老年人社区，活跃华人老年人的生活，最新推出英语会话小组的活动，让您这个冬天足不出户就能与朋友一起聊天交流、分享信息、练习英语等等。欢迎华人老年朋友参加！时间：自2021年11月23日起，周二上午10:00至10:45，每两周一次。

参加方法：Zoom，会议号：463 351 3209，密码：343411



Access to Community Support Services can be made on line through

Caredove: <https://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。



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 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 Public Health Ontario to ensure the wellbeing of members and volunteers.



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 during these challenging times. Please feel free to reach out and contact us for more information:

Penny Durocher - Adult Day Program Coordinator - Monday to Friday, ext. 2200
Sonia Movrin - Adult Day Program Assistant Coordinator - Monday to Friday, ext. 2190
Afua Okyere - Adult Day Program Assistant - Monday to Friday, ext. 2191
Maria Mangyao - Adult Day Program Assistant - Monday to Friday, ext. 2191
Hannah Irvine - ADP Placement Student - Monday to Thursday, ext. 2191
Titilope Kazeem-Oshinubi - ADP Placement Student - Wednesday to Friday, ext. 2191

LGBTQ2+ Programs with Amanda



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

Amanda Kristalovich

LGBTQ2+ Program Coordinator

613-236-0428 ext. 2353

akristalovich@thegoodcompanions.ca



Hope you're all staying warm this snowy winter. This past fall we had a great start to Saturday in-person programming for LGBTQ2+ seniors. We had a successful Open House, two program days in November and a festive holiday party in December.

Coming up this spring at our Saturday in-person programs, we will be offering an artist series where LGBTQ2+ senior authors, musicians and artists can showcase their talent and facilitate a discussion about their media. The sessions in this series will also allow time where attendees can share their work or pieces they personally enjoy.

To give you information about programs that we will be continuing from last year, we will continue on Saturdays with yoga, table tennis and special events from Ottawa Senior Pride Network members. The Walking Group for LGBTQ2+ will also start again in May (COVID restrictions allowing). Can't wait to see you again in person and do fun activities together.

Stay tuned for more information about dates and times for both the Saturday programming and the Walking Group!

Seniors' Centre Without Walls with Emma

Join us on the phone this spring for a new and exciting series: **Talking About Gardening!** Avid gardener Wayne Radford will be on the phone with us this spring for two exciting gardening talks:



THE GREEN THUMB PROJECT

Your very own garden patch! Join us as we discuss why gardening is so popular, how to start a simple garden - even without a garden or balcony. We will discover the health benefits of working with soil, plants, and some easy setups with a variety of options for vibrant results that can encourage us through to spring. Wednesday, March 16 — 10:45-11:45 AM

YOUR SPRING GARDENING SUCCESS

Join us to discuss how to grow an edible garden with a simple setup, even without a yard or balcony. We will discuss starting your own seedlings to good results. We will discuss watering methods, and ways to keep your starting plants healthy and happy, as well as which varieties grow well for best results. Friday, April 22 — 10:45-11:45 AM

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 travelogues and musical events. There are fun and interactive trivia-style games, listening to short stories, and 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 or to receive a Program Guide & Calendar, please contact:

Emma Revell

SCWW Coordinator

613-236-0428 ext. 2323

erevell@thegoodcompanions.ca

Members' Meeting

Tuesday, May 31st, 2022 | 2:00—3:00 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

Volunteer Corner with Nikkie



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



"Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds." – William J. Clinton

Some exciting news about Volunteer Recognition!



At long last we will have our in-person Annual Volunteer Recognition luncheon on April 29th! Please note that due to the current COVID-19 situation, we will need to wait to see what the restrictions will be for a safe, fun celebration. Our volunteers will be notified by mail and information will be posted on our website under the Get Involved section, with all the details as they become available.

Thank you for your continued support throughout the pandemic!

Due to COVID restrictions we have had to postpone the volunteer tea that was scheduled for February 4th. We will notify the Years of Service pin recipients of the new date by invitation in the mail, in the coming months. We look forward to celebrating you!

Volunteer Vacancies

Telephone Receptionist (various shifts)
Jewelry Leader
Bingo Caller
Telephone Assurance (Mandarin / Cantonese Speaking)
Craft Assistant
Woodshop Leader
SCWW—Short Story Reader
SCWW—Program Leader
Sing Along Pianist
COVID Check-In Callers
LGBTQ2+ COVID Check-In Callers (two-spirited)
Adult Day Program

Volunteer Contest

Ok Volunteers here are the details:
submit an email to
volunteer@thegoodcompanions.ca
with the subject line **Volunteer Contest** answering the following question:

What does volunteering at The Good Companions mean to you?

There will be 5 winners!
1 entry per volunteer.

Your entry may be featured in our next Bulletin.

OTTAWA RACE WEEKEND

Join TEAM GOOD COMPANIONS as we walk 2K - May 28, 2022!



The Good Companions is jumping back on board the Ottawa Race Weekend charity challenge! Blow the dust off of your sneakers and pledge to support Team TGC by collecting donations for your Centre!

Over the past 5 years, we have raised an incredible \$65,000 to enhance our programs and services. This event is for all ages and all abilities and is a great way to show support for your Centre! Team Good Companions has welcomed team members from ages 2 to 80+! So bring yourself, your children and grandchildren, and enjoy a fantastic day of excitement and walking.



2KM WALK/RUN DETAILS

Date: Saturday, May 28, 2022

Time: 4:00 pm ET

Location START: Ottawa City Hall
110 Laurier Ave W, Ottawa, Ontario

TO REGISTER

Visit our website for your link to join:

[www.https://thegoodcompanions.ca/teamtgc/](https://thegoodcompanions.ca/teamtgc/)

OR for additional assistance, contact:

Nicole MacLean : 613-236-0428 Ext. 2221

nmaclean@thegoodcompanions.ca

Feeling a bit more ambitious than the 2KM? You can still support and join Team Good Companions no matter which race you enter!

NEW FOR 2022: Run Ottawa is offering a Pandemic Insurance policy for a nominal fee. This policy offers full protection of registration entry fees should Run Ottawa cancel the in-person events scheduled for May 28 and May 29, 2022, because of COVID-19. You can select this option during registration.

PLEASE NOTE: COVID vaccination (2x) is required to participate, and proof of vaccination will be required to be presented at race kit pick-up.

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



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LIFESTYLES

Seniors' Suites &
Retirement Residences

RETHINK Senior Living

STARTING AT \$2,500/MONTH

Terms and conditions: Based on a studio for one person at Park Place Seniors' Suites. Promenade and Ravines Seniors' Suites start at \$3,100 per month. Offer is not combinable with any other offer.

ALAVIDALIFESTYLES.COM

Promenade

110 & 150 Rossignol Dr
613-850-0969

Park Place

110 & 120 Central Park Dr
613-227-8858

Ravines

626 & 636 Prado Pvt
613-809-1472





Virtual Seniors Active Living Fair

Monday, March 28 to Thursday, March 31, 2022

Kick off Spring with a week full of health and wellness! For every session that you attend and for your completion of our attendance survey, you will be entered into a draw for an amazing gift basket worth over \$250! Expand your knowledge on important topics, try a new activity, and have fun! All classes/presentations are FREE and will take place online via Zoom. To receive your links to join you must sign-up through the link below or call 613-236-0428 ext. 2221. *All new registrants to fitness classes must complete a Par-Q fitness waiver form prior to participation.

PRE—EVENTS: Tuesday March 8th, and Thursday March 17th:

- | | |
|-------------------|---|
| 5:00 pm–5:45 pm | ➤ Spring Activities To Look For (presented by OASIS) <u>Tues. Mar 8th</u> |
| 10:00 am–12:00 pm | ➤ CRA & Service Canada: Info Session on Taxes, Benefits & Credits For Seniors <u>Thurs. Mar 17th</u> |

Monday March 28th:

- | | |
|-------------------|---|
| 9:50 am–10:50 am | ➤ Zumba Gold |
| 11:00 am–12:00 pm | ➤ The Good Companions—Who we are and what we do presentation |
| 1:00 pm–2:00 pm | ➤ Gentle Aerobics |

Tuesday March 29th

- | | |
|-------------------|---|
| 10:00 am–11:00 am | ➤ Interactive <u>Meditation and Wellness Session</u> with Cultivation Therapy Services |
| 11:00 am–11:45 am | ➤ Strength Core and Balance |
| 11:30 am–12:15 pm | ➤ Belly Dance |
| 1:00 pm–2:00 pm | ➤ Interactive presentation: <u>The Role of Food in Mental Health</u> with registered dietician, Alexes Papadopoli, from the Loblaws Team |

Wednesday March 30th

- | | |
|-------------------|---|
| 9:30 am–10:30 am | ➤ Zumba Gold |
| 10:30 am–11:00 am | ➤ Introduction to <u>Connected Canadians</u> (digital literacy for older adults) |
| 1:00 pm–2:00 pm | ➤ Tai Chi (Yang Style) |
| 1:00 pm–2:00 pm | ➤ Strength and Stretch |

Thursday March 31st

- | | |
|-------------------|--|
| 11:30 am–12:00 pm | ➤ Navigate your Senior Living Journey with Amy Friesen, Founder and CEO of <u>Tea and Toast</u> |
| 1:00 pm–2:00 pm | ➤ Fitness for Arthritis and Balance |

SIGN UP and see event descriptions online:

<https://www.thegoodcompanions.ca/virtualhealthfair/>



The Good Companions' Virtual Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario and funded by The Ministry for Seniors and Accessibility

Funded by:



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Friendly Reminders

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 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.
- 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 centre closes at 4:00pm.
- The cash register closes daily at 3:00pm. Please ensure all purchases and payments are made before this time.
- 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!

Need a mask? We've got you covered!

There is increasing scientific evidence of the effectiveness of masks to prevent community transmission of COVID-19, which is why the City of Ottawa has extended the mandatory mask bylaw into 2022.



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 to name a few. 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

SANTA 4 SENIORS 2021 WRAP UP

2021 marks our 5th year hosting the Santa 4 Seniors gift initiative! During this time, we have delivered nearly **1,600** gifts to seniors living in our community who are isolated and alone, or might not otherwise receive a gift during the holiday season. There is a tremendous amount of work that goes into the planning, purchasing, sorting, packing, and delivering of gifts. A very big thank you to our committee members: Amy Friesen and Leah Charron of **Tea & Toast**, **Shawn Anthony**, and Nicola Maule of **iGenOttawa**! We couldn't have done this without you!



Thank you to our generous sponsors:

GOLD SPONSORS \$5,000



DIAMOND SPONSORS \$4,000



DOUBLE PLATINUM SPONSORS \$2,000



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PLATINUM SPONSORS \$1,000



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- Tech Systems
- Hyatt Ottawa West
- Queensway Carleton Hospital at Fairfield Hotel
- Brenda Pinch
- Bell Canada

**Thank you to all our
wonderful packing &
delivery elves!**

**And to all the schools, teachers
and students who made such
beautiful artwork, organized
by:**

iGenOttawa



Fitness Corner with Ana

Ana Valença

Day Centre Coordinator

613-236-0428 ext. 2150

avalenca@thegoodcompanions.ca



Exercise with us! Start now or continue participating in our programs.

Our classes can help you keep physically active in a safe environment, either onsite or virtually, via Zoom. Yes, **virtual classes will continue to be offered via Zoom.**

Refer to your Spring Program Guide 2022 for more details.

Our Fitness and Recreational Dance Classes are taught by certified fitness and dance professionals at very reasonable rates.

We would like to remind you that for your safety and security, we require that all participants keep their cameras on during our Zoom classes. No person will be allowed in the classes if the camera is off.

To keep us all safe, there will be no in person registration.

If you can't register online, please leave 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: April 5, 6, 7, 10am - 2pm

Angel Tree

Once again, your generous donations helped The Boys and Girls Club of Ottawa provide a special Christmas to children in our city. A huge thank you to all of you who donated and spread the word about this project.



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: **March 9th, 17th, 31st**
April 6th, 14th, 28th
May 4th, 12th, 18th, 26th

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: **March 3rd, 24th**
April 7th, 21st
May 5th, 19th

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: **March 7th, April 4th, May 2nd**

Repeat Performance & Library

Although our Repeat Performance & Craft Boutique is open for sales and our Library is open for computer and books usage, we are still working on schedules and they might be closed at the time of your visit. Please ask Reception for hours of operation and if we are accepting donations.

March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>	<p>1 Frittata</p>	<p>2 Chicken Leg</p>	<p>3 Ham Steak</p> <p> Hair Care</p>	<p>4 Steak and Mushroom Pie</p>
<p>7 Spaghetti and Meatballs</p> <p>Legal Services </p>	<p>8 Stuffed Fish</p> <p>Lecture: Spring Activities 5:00-6:00pm</p>	<p>9 Chicken Schnitzel</p> <p>Foot Care </p>	<p>10 Shepherd's Pie</p>	<p>11 Roast Pork Loin</p> <p>Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.</p> 
<p>14 Chicken Breast</p>	<p>15 Pizza and Salad</p>	<p>16 Baked Ham</p>	<p>17 Roast Turkey</p> <p>St Patrick's Day Tea 1:00 pm (tickets required)</p> <p>Lecture: CRA and Service Canada 10:00am -12:00pm</p> <p>Foot Care </p>	<p>18 Chili and Cornbread</p>
<p>21 Lemon Sole</p>	<p>22 Pork Chop Chasseur</p>	<p>23 Chicken Parmesan</p>	<p>24 Salisbury Steak</p> <p> Hair Care</p>	<p>25 Chicken & Broccoli Casserole</p> <p> Birthday Party</p>
<p>28 Farmer Sausage</p>	<p>29 Meatloaf</p>	<p>30 Turkey Schnitzel</p>	<p>31 Pork Chop</p> <p>Foot Care </p>	<p>Lunch is Served Daily from 11:30am to 1:00pm</p>
Virtual Seniors Active Living Fair				

Alan P. Sentance Educational Lecture: Spring Activities

Tuesday, March 8, via Zoom

5:00-6:00pm

Presented by OASIS - Older Adults & Students for Intergenerational Support

Snow is melting, birds are chirping, plants are sprouting, SPRING is near! We will be sharing events, activities, and ideas to celebrate the arrival of this beautiful season!

Alan P. Sentance Educational Series: Canada Revenue Agency and Service Canada Combined Info Session on Taxes, Benefits and Credits For Seniors

Thursday, March 17, via Zoom

10:00am-12:00pm

Presented by Stéphanie Pothier & Carine McKee from Service Canada, and Line Marie Goulet from CRA

Bring your questions and invite your friends for this very informative session. The objective of this presentation is to provide information about taxes, benefits and credits that are relevant to seniors, and why they should file their taxes so they can get all the benefits and credits they might be entitled to. We will also provide CRA tools and services specific to seniors that may be available to them. Service Canada will provide information on applying for the Old Age Security and GIS and other benefits. Topics covered will include eligibility criteria, how it's calculated, what benefits can work for you and how to apply, among others.

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.

St Patrick's Day Tea

Thursday, March 17

1:00pm

Cost: \$5

Entertainment will be provided by the **Chris Sandes Trio**. The dessert will feature Bailey's Poke Cake, Coffee and Tea.

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

Birthday Party

Friday, March 25

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**.



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For more information, please contact: Nicole MacLean
nmaclean@thegoodcompanions.ca 613-236-0428 ext. 2221

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Dijon
4 Sole 	5 Chicken à la King	6 Sweet and Sour Pork 	7 Cabbage Rolls 	8 Veal Cutlet
Spring Program Registration (online & by phone)				
11 Hamburg Steak	12 Breaded Fish 	13 Chicken Drumsticks	14 Soup & Sandwiches  	15 
18 	19 Cossack Chicken	20 Pasta with Meat Sauce 	21 Roast Pork 	22 Turkey Stew  Birthday Party
25 Chicken Cacciatore	26 Baked Fish	27 Beef Pepper Steak	28 Turkey Schnitzel 	29 

Spring Program Registration

April 5, 6, 7

10:00am-2:00pm

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

Alan P. Sentance Educational Lecture: A Beginners Guide to the New Online Marketplace

Tuesday, April 12, via Zoom

5:00-6:00pm

Presented by OASIS - Older Adults & Students For Intergenerational Support

We'll be answering numerous questions about the evolving online marketplace including: What exactly are cryptocurrencies, Not-fungible tokens, and the Metaverse? Why is everybody talking about it? How will it affect you?

Easter Brunch

Thursday, April 14

Cost: \$15

11:00 am Menu: Mixed Greens, Mushroom Quiche, Bacon, Carved Ham, Hash Browns, Baked Beans, Carrot Cake with Cream Cheese Frosting, Coffee and Tea.

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

Deadline for ticket purchase is April 12 by 3:00 pm.

Alan P. Sentance Educational Series: Canada Revenue Agency Scams – Protect Yourself Against Fraud

Wednesday, April 20, via Zoom

10:30am-12:30pm

Presented by Stéphanie Pothier & Carine McKee from Service Canada and Line Marie Goulet from CRA

The objective of this information session is to teach vulnerable seniors how they can protect themselves against ongoing CRA scams. Scammers are always creating new ways to lure people and they get more creative and aggressive, especially after tax season. After this presentation, we will open the floor for discussion where attendees can share their experiences, which we will use as perfect examples on how to act when scammers try to trick us. In addition, we will give examples of different types of fraud and provide tips to help attendees not be a victim of fraud in the future. Time permitting, we will scour the Canada.ca website to guide participants on how to find information on taxes, benefits and credits.

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, April 22

1:15pm

Entertainment will be provided by **Ukaphonease**, led by David Jones.

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**.



May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Country Sausage  Legal Services	3 Fettucine Alfredo with Chicken	4 Pork Chop  Foot Care	5 Beef Stroganoff  Hair Care	6 Chicken Breast
9 Veal Marsala	10 Fish Cakes <div>Mother's Day Tea 1:00pm (tickets required)</div>	11 Chicken Fingers <div>Lecture: AI Simply Explained 1:00-1:45pm</div>	12 Herbed Pork Loin  Foot Care	13 Beef, Mac and Tomatoes
16 Creole Fish	17 Chicken Pot Pie	18 Soup & Sandwiches <div>Spring Fling Luncheon 12:00pm (tickets required)</div>  Foot Care	19 BBQ Burger  Hair Care	20 Hot Turkey Sandwich
23 <div>Centre Closed for Victoria Day</div>	24 Chicken Schnitzel	25 Spaghetti and Meat Sauce	26 Farmer Sausage  Foot Care	27 Chicken à la King  Birthday Party
30 Veal with Mushrooms	31 Herbed Chicken <div>Members' Meeting 2:00pm</div>	<div>  Mark your calendar! Summer Program Registration June 21, 22, 23 </div>	Lunch is Served Daily from 11:30am to 1:00pm	Please Contact Front Reception to Book Any Appointments

Mother's Day Tea

Tuesday, May 10

1:00 pm

Cost: \$5

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

The dessert will feature Caramel Cheesecake Brownie with Ice Cream, Coffee and Tea.

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

Alan P. Santance Educational Lecture: AI Simply Explained

Wednesday, May 11, via Zoom

1:00-1:45pm

Presented by Stenio Fernandes, Ph.D., PMP, Senior Applied Research Manager - AI/ML at Advanced Technology Group at Service Now

What is Artificial Intelligence (AI), how do we interact with AI every day in our lives, what is Machine Learning, or Deep Learning? Are you curious about AI, or simply would like to have a basic understanding about it? Join us for this short but very informative presentation. Mr. Fernandes will help us understand AI and its related technologies in simple terms, using real-life examples, as informally as though we were talking at a party.

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.

Spring Fling Luncheon

Wednesday, May 18

Cost: \$15

12:00 pm Menu: Broccoli Cheddar Soup, Herbed Chicken Breast, Garlic Cream Sauce, Mushroom Couscous, Roasted Asparagus, Lemon Cake with Lemon Curd, Coffee and Tea.

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

Deadline for ticket purchase is May 16 by 3:00 pm.

Birthday Party

Friday, May 27

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**.



Members' Meeting

Tuesday, May 31

2:00pm

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 9 for more information.

Keep listening

Keep talking

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