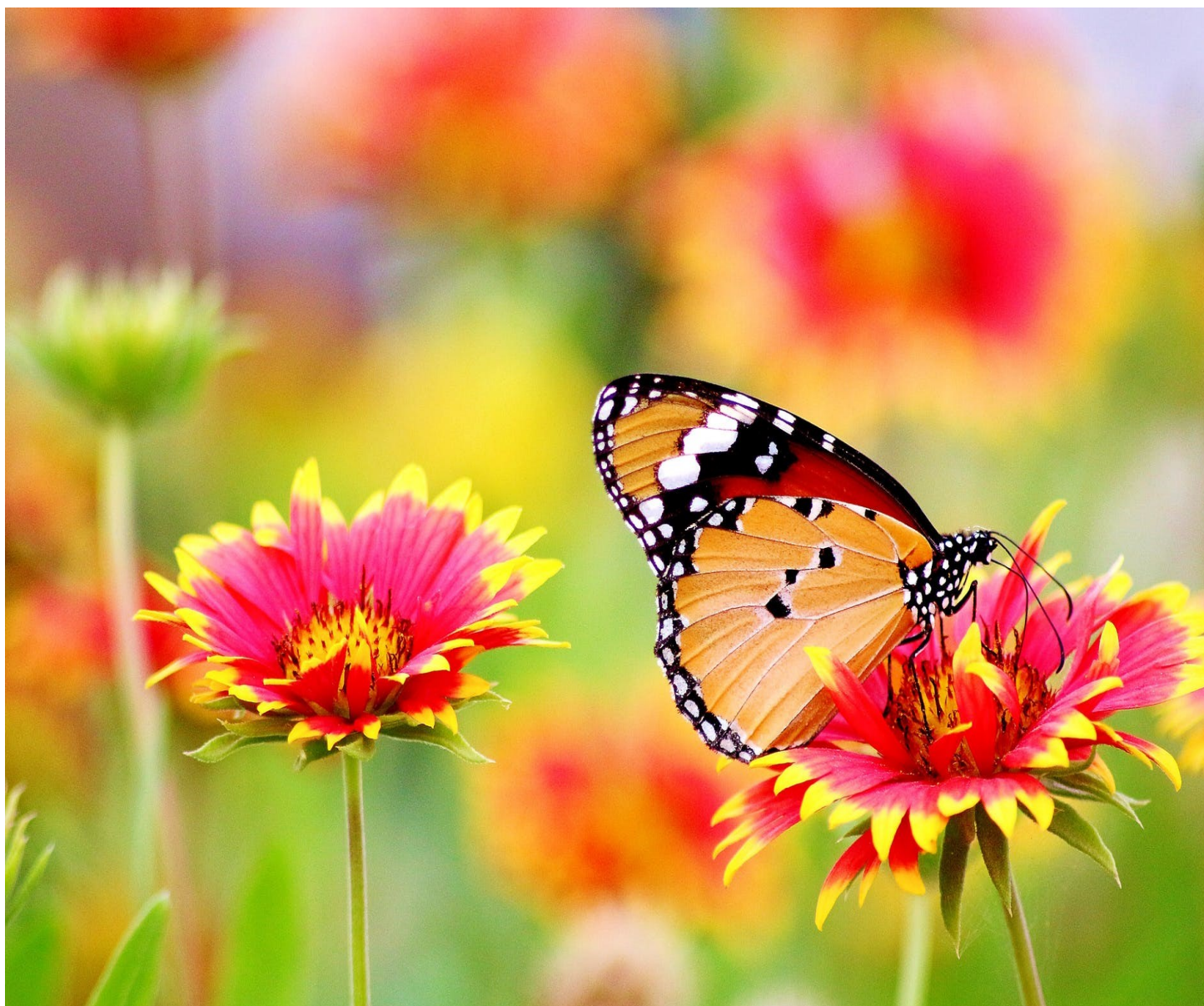


The Good Companions

Summer Bulletin

JUNE - JULY - AUGUST • 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

Summer Program Registration

June 21st, 22nd and 23rd from 10:00 am to 2:00 pm.

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. 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 Summer 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.

ALAVIDA
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

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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



Adrienne



Afua



Amanda



Ana



Anne



Brenda



Carolyn



Darlene



Emily



Emma



Eva



Frank



Jessie



Katie



Linda



Lisa H



Lisa S



Maria



Mariola



Mariusz



Miranda



Monique



Nicole



Nikkie



Penny



Rana



Sam



Sonia



Véronique



Vladek

A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the summer edition of The Good Companions bulletin.

The Good Companions will be working in partnership with four Community Support Services to provide free transportation for vaccine appointments. You can book your transportation using this link: <https://www.communityhomesupport.ca/vaccine-transportation> or by calling 211.

Our Annual General Meeting will be held on Monday, June 13th, 2022 at 3pm. The meeting will be both in person and virtual this year. We hope that you will join us. Please contact us for the registration details.

We are pleased to introduce you to members who recently joined our staff team. Lisa Hollingshead is our new Acting Ontario Lead Coordinator [for the Seniors' Centre Without Walls Expansion Team](#). Lisa brings her experience working with seniors at both The Dementia Society of Ottawa and Renfrew County and KDS Village, an independent living senior's apartment building, where she had a number of responsibilities including: administration, community engagement, event management and fundraising. Playing a key role in large events, such as the Event Manager for the Walk for Dementia, an Event Services Team Member for sporting events like the Grey Cup and the Brier, and a Planning Team member for H.O.P.E Volleyball, is something she truly enjoys. Adrienne Huffin joined our team as the Resource and Network Developer for the Seniors' Centre Without Walls Expansion Team. Adrienne brings solid information management skills and exceptional relationship-building experience. Her technical experience includes database management (CIMS/Procura), MS Office software, and experience developing website and social media content. Adrienne is also a certified PSW with a demonstrated passion for supporting seniors by advocating and utilizing community resources to meet their care needs. We are also pleased to announce that Laurie Pacey will be staying with our TGC team. Laurie has transitioned from the Day Centre team to the Administration team where she is working in Finance. Welcome Lisa, Adrienne and Laurie!

Our TGC team welcomed a new member; Rachel Sutcliffe, Ontario Lead Coordinator, her husband Mike and big sister Maddie welcomed beautiful Emily Rose on April 13th. Both mom and baby are doing well!

We want to thank our Executive Committee and Board of Directors for their support and guidance throughout the past year. Their leadership and commitment have allowed our team to respond to needs. Please join me in recognizing Seán K. Kelly, President; Paul Kearns, Vice President; Stacy Levac, Vice President Property; Leah Canning, Secretary; Jason Kempt, Treasurer; Stephanie Keats, Past President (resigned) and our Directors; Cathy Collett, Steve Ilnicki (resigned), Maria McKay, Brian Robertson and Jeff Doll.

I want to recognize our staff team. They have worked tirelessly to support you, our members, clients and volunteers over the past two years. They worked six days per week to prepare meals and hampers, they provided transportation to vaccine clinics, they hosted a Flu Vaccine clinic with Ottawa Public Health, they made thousands of check-in calls every month, they hosted hundreds of virtual classes, they registered members for programs and classes, they connected and engaged with our volunteers, they ensured that all business matters were taken care of, they hosted our Adult Day Program virtually and assisted families with respite, they developed and delivered virtual and in person programs for LGBTQ2+ seniors, they opened our Seniors' Centre Without Walls program to all seniors in the city and then trained other agencies to deliver Seniors' Centre Without Walls. This is just a small listing of all of their work. And then of course they offered all of our programs in person from August 2021 to December 2021 and since February 28th, 2022. They are so dedicated to all of you and I am incredibly proud to work with each and every one of them.

Eva has been a staff member with TGC for twenty-three and a half years. She has always ensured that members receive a hot meal and a homemade bowl of soup. She always takes the time to speak with everyone and to ensure that our members are well. We are grateful for Eva's dedication and support of our members, clients and volunteers. We want to thank her for her career with TGC and wish her much happiness in her retirement!



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。想了解更多了解我们，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。

Ask us about help around the home: Need your yard cleaned up this summer? Home Help and/or Home Maintenance? Air Conditioner Installation?



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

- ◆ Cleaning: Regular, light housekeeping or one-time “spring cleaning”, cleaning appliances
- ◆ Install and clean: air conditioning units
- ◆ Yard work: grass cutting, yard clean-ups, raking, weeding, planting, pruning
- ◆ Set up and clean: patios, outdoor furniture, BBQs
- ◆ Household Maintenance: painting, essential household repairs



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, food and meals delivery. If you need help to get groceries or food, call us at 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 no 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 on 613-236-0428 ext. 2235

Handy Helper Volunteer in-person visits have resumed



Volunteers are available to assist with computer and technology issues over the phone or in person (they can help with cell phones, printers, and hand-held devices, accessing the internet and joining remote programs such as Zoom). A volunteer handyman is also available to help with odd jobs around the house such as hanging curtain rods, changing lightbulbs etc. Please call 613-236-0428 extension 2250 with any Handy Helper requests. Each task request will be reviewed by the Handy Helper Program Coordinator to ensure that the task is possible and safe for the volunteer to complete. We will continue to follow all COVID protocols and ask both volunteers and clients wears appropriate PPEs during the visit to ensure everyone's safety.

The CSS Team is excited to welcome Bachelor of Social Work (BSW) Student Basma Sahmuddeen to TGC. Basma will be completing her BSW Student Placement with CSS over the summer and will be joining us on May 5th.

LGBTQ2+ Programs with Amanda



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



Happy Summer! It's great to finally have the centre open with consistent Saturday programming for LGBTQ2+ Seniors. We've had a fantastic spring. Thank you to everyone who's participated or volunteered.

Our Walking Group for LGBTQ2+ Seniors will be in full swing this summer, starting mid-May. Saturday programming is scheduled the second and fourth Saturday of each month. This spring we've been enjoying an Artist Series along with some fantastic activities, workshops and Ottawa Senior Pride Network presentations. This summer at Saturday programming, we'll be slowly expanding programming to include more activities. Get in touch with me if you are an LGBTQ2+ Senior who's interested in volunteering, particularly if you are interested in sharing some of your knowledge or interests by leading a workshop or activity.

Our Pride BBQ is open to LGBTQ2+ Seniors and Allies on **August 25th**. Please contact the centre to buy your ticket! Looking forward to seeing you there.

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 (ADP) 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 Ontario Public Health to ensure the wellbeing of members and volunteers. We are now running the Adult Day Program Monday through Friday, 9:30 am to 2:30 pm.



Our Program Schedule can be found on The Good Companions' Website:
<https://thegoodcompanions.ca/programs-services/adult-day-program/>
Please feel free to reach out and contact us for more information:

The ADP Staff are here to support you.

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
Titilope Kazeem-Oshinubi - ADP Placement Student - Wednesday to Friday, ext. 2191

Seniors' Centre Without Walls with Emma



No Internet? No problem!

Seniors' Centre Without Walls (SCWW) is community centre that you can access from the comfort of home— all you need is a telephone!



Using multi-person phone conversations, we offer a wide variety of health & wellness and educational presentations, brain-stimulating activities, musical events, and exciting conversation with peers. It will feel like you're sitting in a room full of friends, but they are at home... just like you!

Our participants say it best:

"The program makes my life more interesting. SCWW was a saving grace for me during COVID when I couldn't leave the house."

"I am more aware of what is going on in the community, particularly within The Good Companions."

"I like that you don't have to be dressed up for SCWW! You can relax and learn something."

"Because of this program, I know what community means. Before joining, community was just a word to me, but now I truly understand it."

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

Emma Revell

SCWW Coordinator

613-236-0428 ext. 2323

erevell@thegoodcompanions.ca

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 must 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, the City of Ottawa and the United Way East Ontario for their donations of masks to help keep our clients and members safe.

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



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. ~ **unknown**

You are cordially invited to The Good Companions'

VOLUNTEER RECOGNITION EVENT

**Friday, September 9th, 2022
670 Albert St, Ottawa ON**

Registration begins at 10am
Party from 11am - 2pm

**Please RSVP no later than Friday, August 26th
by calling: 613-236-0428 x 2100
and indicate whether you have any dietary restrictions.**

MENU

Appetizer: Spring salad
**Main: Chicken parmigiana with savory green beans
and roasted potatoes**
Dessert: Angel food cake with vanilla custard and fresh berries
Coffee and tea

***Please book your Para pick-up for 2:00pm**
**The Good Companions reserves the right to take photos at
events.**



Volunteer Vacancies

- Telephone receptionist (Mondays)
- Adult Day Program (various shifts and spares needed)
- Telephone Assurance (Mandarin / Cantonese Speaking)
- Volunteer Buddies
- Birthday Callers
- Woodshop Leader
- Sing Along Pianist
- Choir Pianist

Anna's Nail Painting



Are you looking to spruce up your nails with a touch of colour?

Our amazing volunteer, Anna, is offering free **nail** painting on Wednesdays for our Members, Clients and Volunteers.

Sign up is located on the window of the volunteer lounge.





The Good Companions

You are cordially invited to attend The Good Companions'

66TH ANNUAL GENERAL MEETING

Monday, June 13th, 2022 | 3:00—4:30 pm

In Person: The Good Companions' Dining Room, 670 Albert Street.
Please join us after the AGM for refreshments

Virtual:

The meeting will also be held via Zoom.

RSVP:

Please confirm your attendance no later than June 1st by registering online:

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

Or by calling, 613-236-0428 ext. 2100

If you will be attending virtually, a link will be sent prior to the meeting along with applicable documents in PDF format. If you would like to receive the documents by mail, please notify us by June 1st 2022.

Sarah Toll*

Susan Chell*

Patti Brown*

*Broker

Discussing Downsizing with your Parents



Discussing downsizing with your parents can be a daunting task and we are here to help. The Chell Team has extensive experience helping families buy and sell homes at many different phases of life. We have worked with clients buying their first home, and years later, we have helped them sell their home as they downsize. We can help you navigate through difficult conversations so that they are caring and sensitive. We want to ensure that everyone feels heard, supported and confident of the recommended way to move forward. Ultimately, a well prepared and thoughtful conversation will avoid unnecessary stress on the family relationship, and the potential move.

Approaching the Conversation

A family meeting will help to clarify the current situation, and to ensure that everyone is on the same page. It is very important to work as a team so everything goes smoothly and all concerns are addressed. Timing the conversation is critical. We do not recommend having this conversation around traditional family holidays even though it could be convenient with all stakeholders available. While everyone may be together on Thanksgiving, we would recommend you focus on the joyfulness of being together rather than broaching a sometimes difficult and tenuous subject. When it is the appropriate time to introduce the conversation, one potential opener could be the current economic situation or local trends. For example, a news piece on Baby Boomers relocating to downtown neighbourhoods, or a new development for seniors.

This can build the foundation to get input and go from there. We also regularly publish reports on Ottawa real estate, Ottawa community resources, homes for sale in Ottawa and Ottawa neighbourhoods to help you initiate the discussion.

The Next Home

What is the reason for downsizing? Is this the move that will enable them to age gracefully in a comfortable and secure place? Or is it an interim move to give them some freedom and the ability to do things that weren't possible when raising a family in a larger home?

If the reason is to attain a simpler lifestyle with access to amenities, an apartment in an active neighbourhood may be a good choice. If mobility is an issue, living on one floor with access to an elevator will make life safer and simpler to manage. If your parent(s) would prefer some services and social activities, a retirement community could be a good fit.

Timing

Many clients feel relieved once their parents have chosen the way forward, and in turn their parents have the security of getting their affairs in order so they can focus on enjoying their time.

Having taken the time to discuss options also enables you to also get the market timing right for the home you are selling. This is particularly important if you need to purchase another property and coordinate the move. The Chell Team wants to ensure you get a good price for both.

Getting the property ready for sale

If you need to move quickly to match the market, storage can be a good solution. It enables you to empty the house for any necessary staging and gives your parents time to decide what to keep at a later date.

Decluttering can be more emotional and it takes time. Referring to any object as junk can be very offensive, when to another, it carries great sentimental value. It will make the moving process smoother and more enjoyable for all by respecting personal boundaries and giving the time needed to store, downsize and gift items to family members, close friends and charitable organizations.

Goals for the Next Home

While it can be sad to move on from a family home, a new home offers many exciting opportunities that may have been overlooked when the focus was on a family property. The Chell Team can help create a vision for the next home and keep everyone focused on the positive aspects of this new stage.

613.829.7484
mail@chellteam.com

Contact us today for your free
home market evaluation!



Accessibility

Addressing Your Accessibility Needs at The Good Companions

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

Keep listening

Keep talking

Mental health is more important than ever.
Visit bell.ca/letstalk to learn more.





What's Cooking with Frank

Need a break from cooking?

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

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

Orders can be placed using one of the following options:

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

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



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

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

Please contact us for more information.

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:

- Please remember to wear your mask properly (over the nose and under the chin) and have your proof of vaccination with you on each visit.
- Please wear your membership badge while in the Centre. If you do not have a badge, please see reception.
- As a courtesy, please call to cancel any appointment you know you are unable to attend.
- 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 parking 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.



Fitness Corner with Ana

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



New equipment was purchased for our Fitness Centre. A staff member will be available to monitor the use of the equipment.

Please refer to our bulletin board for important updates and information on how to benefit from the use of our gym.

New Class this summer:

Posture & Balance

Maintaining a good posture might be one of the best kept secrets for achieving a longer, healthier and more enjoyable life. Guity Elikai, one of our members and a Physical Therapist, will lead this class. Refer to the Summer Program Guide for dates and other details to register.

Don't delay. It is never too late to start exercising.
Join a Fitness or Dance Class at The Good Companions this Summer!

Strength, Balance, Flexibility and Cardio! We have you covered!
Our classes can help you keep physically active all year long in a safe environment, either onsite or virtually via Zoom.

To keep us all safe, we strongly encourage you to register online, but if that is not possible, you can register in person.

Registration Week: June 21, 22, 23, 10am - 2pm

The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately.

Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment.

Refer to your Summer Program Guide 2022 for more details.

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: June 1st, 9th, 15th
July 13th, 21st
August 18th, 24th

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: June 2nd, July 7th, August 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: June 6th

All appointments are booked at Front Reception unless otherwise noted.

As a courtesy, please call to cancel any appointment you know you are unable to attend.

Repeat Performance

Repeat Performance and Craft Studio Boutique will remain closed until further notice.

We are not accepting clothes, shoes or accessories donations. Please check the bulletin board in the main hallway for further updates.

Library

We are happy to announce that we are accepting donations of books.

Please place your donations in the designated box at Front Reception.

June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>		<p>1 Roast Pork</p> <p>Foot Care </p>	<p>2 Beef Stroganoff</p> <p>Hair Care </p>	<p>3 Turkey Schnitzel</p>
<p>6 Ham Steak</p> <p>Legal Services </p>	<p>7 Sole Meuniere</p>	<p>8 Chicken Schnitzel</p> <p>Strawberry Social 1:00pm (tickets required)</p>	<p>9 Quiche Lorraine</p> <p>Lecture: Laws Protecting Older Adults 11:00am-12:00pm</p> <p>Foot Care </p>	<p>10 Beef Macaroni and Cheese</p>
<p>13 Chicken Cacciatore</p>	<p>14 Swedish Meatballs</p>	<p>15 Pork Chop</p> <p>Foot Care </p>	<p>16 BBQ Hamburg</p>	<p>17 Chicken Drumstick</p>
<p>20 Veal with Mushrooms</p>	<p>21 Breaded Fish</p> <p>Eva's Celebration 12:00-2:00pm Join us for coffee and cake!</p>	<p>22 BBQ Chicken Breast</p>	<p>23 Pasta with Meat Sauce</p>	<p>24 Turkey Divan</p> <p> Birthday Party</p>
Summer Program Registration (10am to 2pm)				
<p>27 Chicken Breast</p>	<p>28 BBQ Sausage</p> <p>Lecture: Understanding the Disability Tax Credit 1:00-2:30pm</p>	<p>29 Mac and Cheese</p>	<p>30 Chicken Leg</p>	<p>Lunch is Served Daily from 11:30am to 1:00pm</p>

Strawberry Social

Wednesday, June 8

1:00pm

Cost: \$5

Entertainment will be provided by **The Rivermen**. The dessert will feature Strawberry Sorbet, Coffee and Tea.

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

Alan P. Sentance Educational Lecture: Law Protecting Older Adults

Thursday, June 9, via Zoom

11:00am-12:00pm

Presented by Harold Geller, associate at MBC Law

Lawyers with expertise in the unique legal issues and needs of older adults discuss a variety of topics, including capacity concerns, the importance of powers of attorney, and remedies for financial abuse of seniors. Learn about the rights and responsibilities of older adults and those who care for them under Ontario law. Presented by the Elder Law Section of the Ontario Bar Association.

Spring Program Registration

June 21, 22, 23

10:00am-2:00pm

Registration can be done online at thegoodcompanions.ca/programs-services/program-registration or in person. Please see the Summer 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, June 24

1:15pm

Entertainment will be provided by **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**.



Alan P. Sentance Educational Seminar: Understanding the Disability Tax Credit with CRA

Tuesday, June 28, via Zoom






1:00-2:30pm

Presented by Line Marie Goulet, Volunteer & Outreach Officer, Canada Revenue Agency

The objective of this information session is to teach persons with disabilities what is the Disability Tax Credit (DTC), who is eligible, how to apply, what form to use and how to complete the form, how to claim the credit, how to claim the disability amount and related credits, and what is a non-refundable tax credit among other things.

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.

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <div>Centre Closed for Canada Day </div>
4 BBQ Pork Chop	5 Turkey Cutlet	6 Broccoli Quiche	7 Chicken with Pasta Hair Care 	8 Swedish Meatballs
11 Chicken Fingers	12 Stuffed Sole	13 Beef, Tomato and Macaroni <div>Ice Cream Social 1:00pm (tickets required)</div> Foot Care 	14 Roast Pork Loin	15 BBQ Hamburg
18 Veal with Mushrooms	19 BBQ Chicken	20 Seafood Newburg <div>Lecture: The Rights Of Incapacitated Adults 11:00am-12:00pm</div>	21 Baked Ham Foot Care 	22 Spanish Rice  Birthday Party
25 Chicken Breast	26 Sweet and Sour Pork	27 Soup and Sandwiches <div>Christmas in July Luncheon 12:00pm (tickets required)</div>	28 BBQ Hot Dogs	29 Curried Chicken

Ice Cream Social

Wednesday, July 13

1:00 pm

Cost: \$5

Entertainment will be provided by singing sensation **Ginette Hamilton**. The dessert will feature vanilla ice cream, chocolate, strawberry and caramel sauce, whipped cream, sprinkles, coffee and tea.

Deadline for ticket purchase is July 11 by 3:00 pm.

Alan P. Sentance Educational Seminar: The Rights Of Incapacitated Adults

Wednesday, July 20, via Zoom

11:00am-12:00pm

Presented by Dylan McGuinty Jr., MA, JD at McGuinty Law

If an adult, child, parent, or other loved one is gravely injured in an accident or suffers from abrupt brain damage, it may be unclear who is responsible for making important decisions for them. Plan to attend this very informative session to learn among other things, what exactly is guardianship, how to appoint one and the importance of preparing for a guardianship ahead of time.

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Birthday Party

Friday, July 22

1:15pm

Entertainment will be provided by **Roger Fowler**.

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**.



Christmas in July Luncheon

Wednesday, July 27

Cost: \$15

12:00 pm Menu: roll, roasted turkey with dressing, gravy, mashed potatoes, carrots, Brussels sprouts, gingerbread trifle, coffee and tea.

1:00 pm Entertainment provided by musical performer **Lauren Hall**.

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

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

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div>Centre Closed for Civic Holiday</div>	2 Chicken Schnitzel	3 BBQ Pork Chop	4 Stuffed Sole Hair Care 	5 Chicken Finger
8 Chicken Breast	9 Farmer Sausage	10 BBQ Hamburg <div>Viva Las Vegas Tea 1:00 pm (tickets required)</div>	11 Chicken Thighs	12 Ham and Potato Casserole
15 Battered Fish Wedges	16 Meatloaf	17 Pork Chop	18 Chicken with Pasta Foot Care 	19 BBQ Sausage
22 Spaghetti and Meatballs	23 Chicken Breast	24 Baked Ham Foot Care 	25 Soup and Sandwiches <div>Pride BBQ 12:00 pm (tickets required)</div>	26 Hamburger Steak  Birthday Party
29 Chicken Drumsticks	30 Sole with Parsley Sauce		<div>  Mark your calendar! Fall Program Registration September 13, 14, 15 </div>	

Viva Las Vegas Tea

Wednesday, August 10

1:00 pm

Cost: \$5

Entertainment will be provided by musical performer **Bern Forestell**. The dessert will feature lemon mousse with fresh berries, coffee and tea.

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

Pride BBQ

Thursday, August 25

Cost: \$15

12:00 pm

Menu: southwest salad, BBQ chicken breast, bacon mac and cheese, coleslaw, rainbow cake, coffee and tea.

1:00 pm

Entertainment provided by musical performers **Philippe Escayola and Kalsen Cheung**.

Deadline for ticket purchase is August 23 by 3:00 pm.

Birthday Party

Friday, August 26

1:15pm

Entertainment will be provided by **Deanne Vance**.

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**.



Alan P. Sentance Educational Lecture: AI Simply Explained

Date and time to be confirmed

Presented by Stenio Fernandes, Ph.D., PMP

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.

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Mark Your Calendars

TGC Open House
Wednesday, September 7

Volunteer Recognition Event
Friday, September 9

Fall Program Registration
September 13, 14, 15

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