

The Good Companions

Winter Bulletin

DEC- JAN - FEB • 2022-2023



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 10, 11 and 12 from 10:00 am - 2:00 pm.

Registration can be done online at <https://thegoodcompanions.ca/programs-services/program-registration/> or in person. 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 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.

Winter Safety For Older Adults

Here are a few precautions everyone should take, especially older adults, during the winter.

Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Table of Contents

Program Registration	p.2
Good Companions Staff Team	p.4
Monique's Message	p.5
Volunteer Corner	p.6
LGBTQ2+ Programs	p.7
Seniors' Centre Without Walls	p.8
Adult Day Program	p.9
Community Support Services	p.10
Chinese Programs/Services	p.11
Seniors Active Living Fair recipes	p.12
What's Cooking	p.13
Fitness Corner	p.15
In House Services	p.16-17
Angel Tree	p.17
December 2022	p.18-19
January 2023	p.20-21
February 2023	p.22-23

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



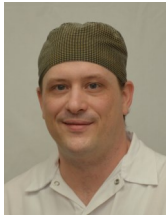
In Loving Memory

Margaret Baxter
Bill Caverly
Julienne Charron
Louise Ferguson
Irene Lefebvre
Monique Lortie

Rouaida Nahas
Marion Routledge
Violet Sorensen
Norman Soutar
Pauline St Pierre



Team Good Companions



Aaron



Adrienne



Ana



Angella



Anne



Basma



Barry



Brenda



Carolyn



Cici



Darlene



Emily



Frank



George



Jessica B



Jessica Z



Jessie



Justin



Laurie



Linda



Lisa H



Lisa S



Maria



Mariola



Mariusz



Miranda



Monique



Nicole



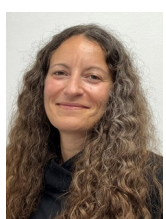
Nikkie



Penny



Rana



Rebecca



Sam



Sonia



Stephane



Sylvie



Trish



Véronique



Vlodek

A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the Winter 2022-2023 edition of The Good Companions bulletin.

The Good Companions is hosting the first Adult Day Program for LGBTQ2+ seniors. The program will be offered in person two Saturdays per month. We look forward to demonstrating the importance and impact of the program for LGBTQ2+ seniors. Eight seniors will join the program over the next few months.

We are excited to announce two new additions to our TGC family. Emma Revell, Acting Seniors' Centre Without Walls Coordinator, and her husband Jesse welcomed a beautiful baby girl. Eleanor Elise born Saturday, September 17 weighing 9lbs 13oz and with a good head of hair. Basma Sahmuddeen, Community Support Services Program Assistant, and her husband welcomed a beautiful baby girl on August 25. Mom and baby Aida are doing well.

We look forward to hosting some special events that have been on hold since 2020. Shawn Anthony, Amy Friesen of Tea & Toast, and iGenOttawa will be hosting a Pub Night at the Good Companions on Thursday, November 24, 2022. <https://thegoodcompanions.ca/get-involved/santa-4-seniors/>. All funds raised will support Santa 4 Seniors. You can purchase a ticket with this link. We hope that you will join us to make Christmas brighter for seniors in our community.

Be sure to join us on Saturday, December 3 from 9:30 am to 2:00 pm for the return of our famous Christmas Bazaar featuring: crafts from our studios, books, baking, clothing, a silent auction, a Christmas café plus a visit from Santa Claus himself!

We are proud to announce The Good Companions staff and volunteers received an award from the Ontario Society of Senior Citizens' Organizations www.ossco.org. TGC received The 2021-2022 Dan Benedict Award for Community Mobilization for its response to the Pandemic. Congratulations!

As 2022 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.

Our deepest gratitude to our funders, donors and volunteers 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: The United Way East Ontario, The City of Ottawa and the Social Services Relief Fund, Help Age 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, The Ontario Trillium Foundation Bell Canada as well as our corporate and individual donors.

I 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 Merry Christmas, Happy Holidays, and good Health. We look forward to being together in 2023!

Volunteer Corner with Nikkie



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



"Nothing liberates our greatness like the desire to help, the desire to serve." -Marianne Williamson

Interested in Volunteering?

We have many rewarding volunteer positions that you will enjoy!

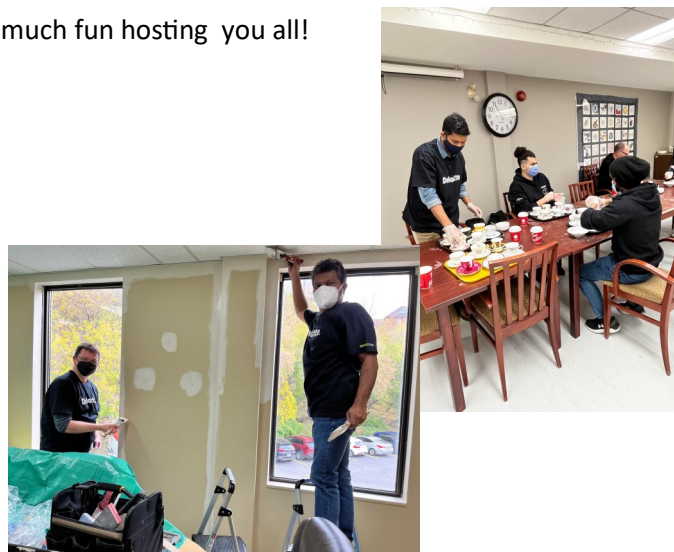
Volunteer Vacancies

- ♦ Adult Day Program (Wednesdays, Thursdays, Fridays and spares needed)
- ♦ Volunteer Buddies
- ♦ Woodshop Leader
- ♦ Sing-Along Pianist
- ♦ Choir Pianist
- ♦ Telephone Reception (Thursdays and Fridays)
- ♦ Repeat Performance Associate (Thursdays and Fridays)
- ♦ LGBTQ2+ Wellbeing Check-In Callers



On Friday, October 21st, we were visited by 40 eager volunteers from Deloitte. The Good Companions was honoured to be selected as a charity through Deloitte's "Impact Day", a national day of volunteering across the firm. The large group of helpers were ready to tackle all kinds of tasks for the Centre. They learned about our impact, our programs & services, and how TGC supports seniors in the community. Some volunteers assisted with an outdoor clean-up, some helped with painting the Centre, while others spent the day with our Adult Day Program (among many other helpful assignments!). As we witnessed, many hands make light work! We are so grateful for their help and incredible energy.

Thank you so much Deloitte - we had so much fun hosting you all!





LGBTQ2+ Program with Stephane

Stephane Gauthier
LGBTQ2+ Program Coordinator
613-236-0428 ext. 2353
sgauthier@thegoodcompanions.ca



With winter approaching, soon Ottawa will be covered with a blanket of white frosty snow. Some may like this time of year but for many this is a time of the year that causes anxiety, stress and isolation.

Social isolation is associated with about a 50% increased risk of dementia. Poor social relationships (characterized by social isolation or loneliness) is associated with a 29% increased risk of heart disease and a 32% increased risk of stroke. The facts are jarring, but there are things you can do to improve your chances at decreasing the health risks associated with isolation.

Here are some options for you to consider:

The Wellbeing Check-in program



The Wellbeing Check-in program provides LGBTQ2+ seniors with regular check-ins from LGBTQ2+ volunteers. Volunteers contact seniors over phone or social media to check on a client's well-being and provide a predetermined response if the exchange is not answered. The Wellbeing Check-in Program is open to any LGBTQ2+ senior (55+) or adult with disabilities living in the Champlain Region.

This program is aimed primarily at people who are living alone. You may be healthy and active and still appreciate a check-in to remain connected and safe, or you may be more isolated, homebound and at risk. With the LGBTQ2+ Program Coordinator, you decide on a response plan that best meets your needs. People also use this program for social reasons, since a call from a friendly volunteer may be a great way to start the day. The Wellbeing Check-in Program was created in Partnership with Ottawa Senior Pride Network.

Out and About Saturdays



Out and about Saturdays is a recreational, educational program developed in partnership with OSPN. The program offers social activities for members of the LGBTQ2+ community.

Out and About Saturdays is offered at The Good Companions every 2nd and 4th Saturday of every month.

For more information, please contact Stephane Gauthier at 613-236-0428 ext 2353 or by email at sgauthier@thegoodcompanions.ca

Seniors' Centre Without Walls with Emily



Emily Payne
SCWW Coordinator
613-236-0428 ext. 2323
epayne@thegoodcompanions.ca



Winter is Coming!

As much as we don't want to think about it, ice and snow are just around the corner, making it harder to get out of the house. Fortunately, there is a way to bring a seniors' centre right to your living room – even on the stormiest of days!

The Seniors' Centre Without Walls (SCWW) offers opportunities for socialization and learning entirely over the regular old telephone – no internet needed! Whether it's a cellphone, landline, or classic rotary phone, SCWW offers the chance to meet new people and attend educational presentations on a wide variety of topics so there is something for everyone. Join a welcoming and caring community of people for great laughs and interesting conversations from the comfort of your own home.

Examples of upcoming programs include a presentation on Arthritis Education, weekly Trivia, Storytelling with Marie, and even a New Year's Eve countdown!

Join us on the phone today for a wide variety of health & wellness and educational presentations, brain-stimulating activities, musical events and exciting conversations with peers. SCWW is completely free and no special equipment is needed - just your average phone. Contact us today for more information or to receive a Program Guide.

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:

- If you are travelling by **ParaTranspo**, we ask that you schedule your pick-up for **no later than 3:00 pm**, as our centre closes at 4:00 pm.
- 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.
- 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.

Adult Day Program with Penny



Penny Bodnoff

Adult Day Program Coordinator

613-236-0428 ext. 2200

pbodnoff@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 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 - 2:30 pm.

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

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

The ADP Program Staff are here to support you during these challenging times.

Please feel free to reach out and contact us for more information:

Penny Bodnoff, Adult Day Program Coordinator - Monday to Friday, ext. 2200
Sonia Movrin, Adult Day Program Assistant Coordinator - Monday to Friday, ext. 2190
Jessica Brenner, Adult Day Program Assistant - Monday to Friday, ext. 2191
Maria Mangyao, Adult Day Program Assistant - Monday to Friday, ext. 2191
Justin Sauvé, Adult Day Program Assistant - Monday to Friday, ext. 2191
Sydney Branch, ADP Placement Student - Tuesday's and Thursday's ext. 2191

Maria Mangyao, Adult Day Program Assistant will be leaving TGC at the end of December to join her fiancé in British Columbia. We would like to thank Maria for her work over the past 3 years as a member of the staff, and as a student. We wish Maria the very best and will miss you greatly.



We are now running an **L G B T Q 2+** Adult Day Program on the 2nd and 4th Saturday of each month from 9:30 am to 2:30 pm

For more information please contact:

Penny Bodnoff, Adult Day Program Coordinator

(613) 236-0428 ext. 2200

pbodnoff@thegoodcompanions.ca



Important Reminder for our Emergency Evacuation Procedure

If you hear the smoke alarm.....

- ◆ Remain calm
- ◆ Evacuate the building via nearest exit. In the dining room exit via the doors in the dining room.
- ◆ **DO NOT** stop to pick up your coat, food, a bag, etc.
- ◆ **DO NOT** use elevators.
- ◆ Proceed to an assembly area at the very back of the parking lot.
- ◆ Keep access to the parking lot and roadways clear.
- ◆ Do not re-enter the building until advised by the Good Companions staff.





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.

For more information about our Community Support Services please check our website for all that we do: <https://thegoodcompanions.ca/community-support-services> 在新冠肺炎大流行期间, 我们将继续提供多种社区支持服务项目。想更多了解我们, 请查看我们的网站。 Or call 613-236-0428 and ask for Community Support Services – 请致电 613-236-0428 (分机2777) 以寻求社区支持服务。



Grocery Shopping and Food Delivery?

We can connect you with many options to get your food on a regular basis, either delivered or pick up.

Our Fun Bus is back!

Living in Centretown? Give us a call if you are interested in joining our Centretown Grocery Bus to Massine's Independent: Free door to door transportation and grocery delivery – Call: 613-236-0428 ext. 2250.

Looking to stay connected or have a friendly telephone chat with someone this winter? Client Connection Calls

Whether bi-weekly or occasionally, our friendly volunteers are ready to call, chat and check in on your wellbeing. Let us know if you would like a call: 613-236-0428 ext. 2363.



Looking for help with Snow Removal?

Ask about our Snow-Go Program

We can refer you to skilled independent contractors or companies for your snow removal needs. Tasks include snow removal from driveways, walkways and steps and paths to ensure safe access to and from your home throughout the winter months. Call 613-236-0428 ext. 2250

Handy Helper Volunteers

Our volunteers assist with computer and technology issues over the phone or in person, help with computers, cellphones, printers and accessing the internet. Tasks in and around the home include changing light bulbs, smoke detector batteries, installing curtain rods or putting up holiday decorations. Our wonderful volunteers will be happy to help! This service is **free**!

Call 613-236-0428 ext. 2250



Congratulations to Pat and Norm McLeod on 23 years of volunteering! Pat & Norm have been amazing volunteers on our grocery bus and driving clients to medical appointments. We had a wonderful gathering at Massine's Independent Grocers to celebrate, and wish them the best as they continue enjoying their travels around the world. Thank you for your many years of kindness! You will be missed!

*COVID-19 Protocols are still in place for many of our programs. 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.



良友华人社区服务专



欢迎广大中老年华人加入我们丰富多彩的节目以及各项社区支持服务！

更多详情可访问良友中心网站或致电**613-236-0428**（分机 2777）

工作人员茜茜（Cici）和小金（Jessie）期待更多朋友的加入！我们也将尽力提供更多的帮助！



情牵你我, 温暖在线 免费电话节目

想要足不出户通过一部电话来交友聊天以及了解更多的咨询吗？我们诚挚邀请广大中老年朋友参与**每周一和周四**上午**10:00 – 10:30**的温情电话节目！我们为大家精心准备了许多丰富精彩的节目内容，具体包括：时事新闻，养生保健，嘉宾讲座，人文历史等等。

参与方法：拨打**613-686-1547**英文自动答录结束后，按**621410#**等待主持人连线即可。快和你身边的朋友和邻居，一起拿起电话，加入我们线上的聊天互动，趣味分享节目吧！

每月电话节目安排表请参考链接：<https://thegoodcompanions.ca/community-support-services/supports-for-chinese-seniors/>



星期五超市购物接送服务

想要一起去新世界超市, FreshCo 和 Food Basics 采买新鲜果蔬吗？我们**每周五**上午**9:00 – 13:00**会提供**免费**超市接送服务！

请注意：本服务目前仅限于居住在 395 Somerset, 415 Maclaren, 80 Florence, 280 Rochester 和 865 Gladstone 的老年人和身患残疾的成年人；参与者必须能够独立自理杂货选购。**参与者必须提前致电预定座位！**具体行程表安排请参考链接：

<https://thegoodcompanions.ca/community-support-services/supports-for-chinese-seniors/>



除以上免费服务之外，我们还提供和医疗相关以及其它重要预约的接送服务；上门维修帮助服务项目以及友好问候的电话服务等。**请注意：**社区支持服务（Community Support Services）仅适用居住在Queensway北面在Preston街和 Blair路之间的55岁以上的老年人和有残疾的成年人。

良友中心是由安大略省老年人与无障碍部，东安大略省联合之路和渥太华市政府提供资助和支持的非盈利组织。

中心地址: 670 Albert St. Ottawa 官方网站: www.thegoodcompanions.ca

Recipes brought to you from our:

Seniors Active Living Fair & Open House

Chocolate Chip Lentil Oatmeal Cookies

INGREDIENTS

- brown lentils, canned, drained, rinsed or cooked 1 cup (250 mL)
- water 2 tbsp
- margarine 1/2 cup (125 mL)
- brown sugar 1/2 cup (125 mL)
- vanilla extract 1/2 tsp (2 mL)
- egg 1
- flour 2/3 cup (160 mL)
- oats 1 cup (250 mL)
- baking powder 1/2 tsp (2 mL)
- cinnamon 1/2 tsp (2 mL)
- chocolate chips 1/2 cup (125 mL)

DIRECTIONS

Preheat oven to 350°F (180°C). Grease a cookie sheet or use a silicone liner. Purée lentils in a food processor or blender. Add in margarine, brown sugar, vanilla, egg and blend until smooth. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12-14 minutes.



Quinoa Salad

INGREDIENTS

- 2 cups of cooked quinoa
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- 3/4 cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- 1/4 cup olive oil
- 1/4 cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- 1/2 teaspoon fine sea salt
- Black pepper, to taste

DIRECTIONS

Combine quinoa, chickpeas, cucumber, bell pepper, onion, and parsley in a large bowl. Prepare dressing by mixing together: olive oil, lemon juice, red wine vinegar, garlic, salt, and pepper in a bowl. Pour dressing over quinoa mixture. Enjoy!





What's Cooking with Frank

Need a break from cooking?

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



HOLIDAY PIES & FRUIT CAKE SALE

It's that wonderful time of the year when The Good Companions sells the most delicious meat pies and fruit cake.

Large Tourtière: \$16

Small Pies: \$4.75

Tourtière

Chicken Pot Pie

Beef Pot Pie

Steak and Mushroom Pie

Steak and Kidney Pie

Fruit Cake

Full Loaf: **\$26**

Half Loaf: **\$14**

Quarter Loaf: **\$8**



Orders can be placed using one of the following options:

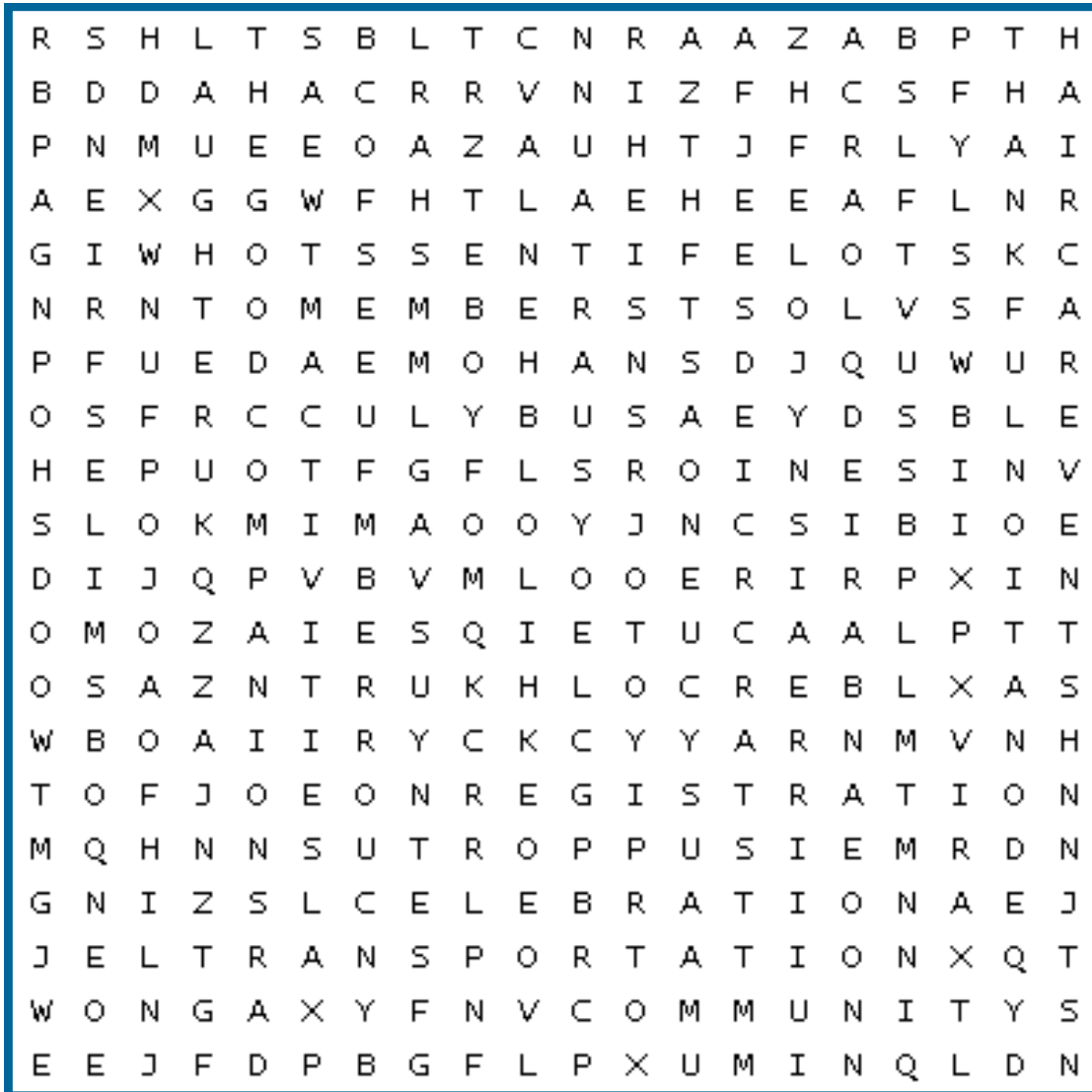
- * Over the phone: 613-236-0428 ext. 2131
- * By email: kstaff@thegoodcompanions.ca
- * Online via the easy-to-use form: thegoodcompanions.ca/frozen-meal-sales

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

***We continue to offer a variety of frozen meals and soups for you to purchase!**



TGC Word Search



ACTIVITIES
BAZAAR
BULLETIN
CELEBRATION
CENTRE
COMMUNITY
COURSES
CRAFT
DONATION
EVENTS
FAMILY
FITNESS
FOOD

FOOTCARE
FRIENDS
FUN
HAIRCARE
HAPPINESS
HEALTH
HOME
LAUGHTER
LIBRARY
LOVE
LUNCHEON
MEMBERS
REGISTRATION

SENIORS
SMILES
SOCIAL
STAFF
SUPPORT
THANKFUL
THE GOOD COMPANIONS
TRANSPORTATION
VOLUNTEERS
WOODSHOP
ZOOM

Fitness Corner with Ana

Ana Valença

Day Centre Coordinator

613-236-0428 ext. 2150

avalenca@thegoodcompanions.ca



Info Session - Gym Orientation

Thursday, January 19, 10 - 11 am or 11 am -12 pm

Register for the Information Session being held in January. The session will help you make better use of our gym equipment. **The orientation is open to all members, clients and guests, but you must register to attend, as space is extremely limited.** Proper usage of the cardiovascular and selectorised equipment will be demonstrated. Workout guidelines, safety protocols, and fitness room procedures will also be reviewed. The session will help you understand how our different equipment works and how they can help you achieve different fitness goals. **These sessions are not personal training sessions**, but they are a great way to learn the basics of how things work, connect with members and staff, and maybe even find a workout partner. After attending the session, you can come up with your own plan for exercising and using the gym on different days of the week (see Program Guide).

Please note: Membership is required to use the gym after the orientation.

Back This Winter!

Sharing Dance Older Adults

Developed by Baycrest and Canada's National Ballet School, Sharing Dance Older Adults empowers organizations in a range of settings to engage their community through dance.



Through stream-able videos, older adults can participate in high-quality dance programming that supports physical, emotional and social wellbeing.

You can participate in your seat or on your feet and no dance experience is necessary.

See posters or talk to Ana Valença 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 ext. 2100

(\$) = **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 10 am - 3 pm. 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 8, 14

January 11, 19, 25

February 8, 16, 22

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 9 am - 3 pm. Book an appointment today.

Upcoming Dates: December 1, January 5, February 2

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 1 pm - 2 pm. Appointments are \$15 for members and \$17 for non-members per 15 minute appointment.

Upcoming Consultations: December 5, January 9, February 6

Nurse Practitioner (Free) - Provided by Somerset West Community Health Centre.

By appointment only - Members only

The Good Companions members who are **over the age of sixty-five** and who have difficulty accessing health services can make a 20 minute appointment. Appointments must be made at Front Reception or by calling 613-236-0428 ext. 2100.

Upcoming Clinics: December 7, January and February dates to be announced

**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.**

Wellness Clinic (Free) - Provided by Somerset West Community Health Centre.

Drop-in

An outreach nurse will be available on-site to check your blood pressure and/or blood sugar and to answer your health related questions or concerns. The outreach Nurse is also able to refer to appropriate resources and services within the community to meet your needs. The Wellness Clinic is offered on a regular basis, every 3 months. Please drop by.

Upcoming Clinic: December 5

Dental Hygiene (\$) - Provided by Erin Townsend

Dental Hygiene is back on our list of In-House services!

High quality, oral healthcare services designed to keep your teeth and gums healthy and your smile bright! Preventive services include oral dental hygiene assessment, oral cancer screening, teeth cleaning, desensitization, fluoride treatment and sealant application. Prices vary according to treatment and will be determined during your assessment. Provided by Erin Townsend, Registered Dental Hygienist. Located in Room 243-A by the Hair Salon. Appointments from 9 am - 3 pm.

Upcoming clinics: Friday, December 9.

Library (FREE)

Books of all genres are available to borrow for up to four weeks. Donations of used books are always welcome and appreciated. **Please coordinate the drop-off of donations** by calling Front Reception at 613-236-0428 ext. 2100. Come in and browse the internet and check your email on one of our four computers. The library is located next to the main washrooms on the first level and is open Monday - Friday*, 9:00 am - 3:30 pm *Some classes are being held in the library. Access may be limited. Please check schedule at the door before entering.

Repeat Performance and Craft Studio Boutique (\$)

Visit our store and check out our selection of gently used clothing or our handcrafted items made here by members and volunteers. All proceeds support our centre, so come on in!

We are accepting donations of clothing only. We are currently not accepting shoes or accessories. Your donation can be dropped off at the store or at Front Reception. **Coordinate the drop off of donations by calling Front Reception at 613-236-0428 ext. 2100. Please ensure that all items are cleaned before donation.**

Winter Sale: All clothing 50% Off during the month of January.



Angel Tree











Please select a tag corresponding to a young 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.

Drop off deadline is Friday, December 9 by noon.

Contact Ana Valença if you have any questions about this program.

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>	<p>Donations of baked goods for the Bazaar will be accepted all week.</p> <p>The Good Companions Craft Studio Sale & Christmas Bazaar will be held on Saturday, December 3rd 9:30 am-2:00 pm</p>		<p>1 Pasta with Meat sauce</p> <p>Hair Care </p>	<p>2 Pork Loin</p>
<p>5 Farmers Sausage</p> <p> Wellness Clinic</p> <p>Legal Services </p>	<p>6 Breaded Fish</p>	<p>7 Veal Parmesan</p> <p> Nurse Practitioner</p>	<p>8 Chicken with Home Style Gravy</p> <p>Foot Care </p>	<p>9 Soup and Sandwich</p> <p>Festive Luncheon 12:00 pm (tickets required)</p> <p>Dental Hygiene Clinic </p>
<p>12 Ravioli</p>	<p>13 Pork Chop</p>	<p>14 Chicken à la King</p> <p>Foot Care </p>	<p>15 Ham Steak</p>	<p>16 Turkey Schnitzel</p> <p> Birthday Party</p>
<p>19 Swedish Meatballs</p>	<p>20 Chicken Schnitzel</p>	<p>21 Soup and Sandwich</p> <p>Christmas Brunch 11:00 am (tickets required)</p>	<p>22</p> <p>Centre closed for the holidays</p>	<p>23</p> <p>Centre closed for the holidays</p>
<p>26</p> <p></p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p></p>
<p>Centre closed for the holidays—reopening Tuesday, January 3, 2023</p>				

The Good Companions Craft Studio Sale & Christmas Bazaar

Saturday, December 3

9:30 am to 2:00 pm

FREE admission

Featuring: Crafts from our Studios, Books, Baking, Silent Auction and a Christmas Café.
Plus a visit from Santa Claus himself!

Festive Christmas Luncheon

Friday, December 9

Cost: \$16

12:00 pm Menu: roll, roast turkey with stuffing, cranberry sauce, gravy, buttermilk mashed potatoes, roasted brussels sprouts and carrots, Danish dream cake, coffee and tea.

1:00 pm Entertainment provided by singing sensation **Ginette Hamilton**.

Deadline for ticket purchase is December 7 by 3:00 pm.

Birthday Party

Friday, December 16

1:15 pm

Entertainment will be provided by **The Good Companions Choir**, directed by Gloria Jean Nagy. Cake, ice cream, coffee & tea will be served after the entertainment. 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 Brunch

Wednesday, December 21

Cost: \$15

11:00 am Menu: roll, assorted breakfast pastries, assorted salads, pancakes, bacon, sausage, scrambled eggs, home fries, seasonal vegetables, chef carved ham, chicken with mushrooms, assorted cakes, coffee and tea.


Deadline for ticket purchase is December 19 by 3:00 pm.



The Good Companions will be closed Thursday, December 22 until Monday, January 2 inclusive.

Wishing you a happy and healthy holiday season and all the best for a wonderful 2023!

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div><div>Centre closed for the holidays</div></div>	<div>3</div> Chicken Schnitzel	<div>4</div> Sweet and Sour Pork Chop	<div>5</div> Shepherd's Pie <div>Hair Care</div>	<div>6</div> Breaded Fish
<div>9</div> Chicken Santa Fe <div>Legal Services</div>	<div>10</div> Liver and Onions	<div>11</div> Lemon Pepper Sole <div>Foot Care</div>	<div>12</div> Chili Con Carne	<div>13</div> Thyme Crusted Roast Pork
<div>Winter Program Registration (10 am to 2 pm)</div>				
<div>16</div> Farmers Sausage	<div>17</div> Pasta with Meat Sauce	<div>18</div> Veal Cutlet <div>Lecture: Post-Holiday Financial Hangover 1:00-2:00 pm</div>	<div>19</div> Pork Chop <div>Foot Care</div>	<div>20</div> Chicken Drumstick
<div>23</div> Swedish Meatballs	<div>24</div> Soup and Sandwich <div>Rabbie Burns Lunch 12:00 pm (tickets required)</div>	<div>25</div> Hamburg Steak <div>Foot Care</div>	<div>26</div> Chicken and Broccoli Casserole	<div>27</div> Baked Ham <div> Birthday Party</div>
<div>30</div> Tourtière	<div>31</div> Honey Garlic Pork			

Alan P. Sentance Educational Lecture: Post-Holiday Financial Hangover

Wednesday, January 18, via Zoom

1:00-2:00 pm

Presented by Mark Kalinowski, Financial Educator at The Credit Counselling Society

Holiday Money Hangover: The party's over, the damage is done and it is hard to remember exactly what happened. This workshop is designed to get rid of the holiday debt and encourage positive action so it is never an issue again. This is a free online presentation 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.

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.



Rabbie Burns Luncheon

Tuesday, January 24

Cost: \$16

11:45 am **Piping In and Address to the Haggis**

12:00 pm Menu: cock-a-leekie soup, haggis, carved roasted beef, gravy, mashed potatoes, turnips, green beans, sticky toffee pudding, coffee and tea.

1:00 pm Entertainment provided by **The Chris Sandes Trio**.

Deadline for ticket purchase is January 20 by 3:00 pm.

Birthday Party

Friday, January 27

1:15 pm

Entertainment will be provided by musical performer **Ukaphonease** led by David Jones. Cake, ice cream, coffee & tea will be served after the entertainment. 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**.



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

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30am to 1:00pm		1 Meatball Stroganoff	2 Chinese platter  Hair Care 	3 Grilled Sole
6 Pork Chop with Gravy Legal Services 	7 Chicken Breast	8 Veal Cutlet <div>Lecture: Tech Support & Cybersecurity 4:30-5:30 pm</div> Foot Care 	9 Lasagna	10 Turkey Schnitzel
13 Farmers Sausage	14 Chicken à la King <div>Valentine's Day Tea 1:00 pm (tickets required)</div>	15 Roast Pork	16 Spanish Rice Foot Care 	17 Breast of Chicken Supreme
20 <div>Centre Closed for Family Day</div>	21 Hot Hamburg Sandwich	22 Soup and Sandwich <div>Mardi Gras Lunch 12:00 pm (tickets required)</div> Foot Care 	23 Chicken Drumsticks	24 Beef Stew  Birthday Party
27 Veal Cutlet	28 Frittata		 Spring Program Registration April 4, 5, 6	

Alan P. Sentance Educational Lecture: Tech Support & Cybersecurity 2.0

Wednesday, February 8, via Zoom

10:30 am-11:30 pm

Presented by OASIS

Last year, we dove together into the various applications and platforms that are utilized day-to-day for communications and other purposes and discussed how to stay safe online as well. Join us as we present an updated version (2.0, if you will), and learn about the many updates that have been made to your favorite applications, and stay up-to-date with cybersafe measures.

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.

Valentine's Day Tea

Tuesday, February 14

1:00 pm

Cost: \$5

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

The dessert will feature double chocolate loaf cake with strawberry sauce, coffee and tea.

Deadline for ticket purchase is February 10 by 3:00 pm.

Mardi Gras Luncheon

Wednesday, February 22

Cost: \$15

12:00 pm Menu: cornbread, Cajun pork loin, red beans and rice, Cajun corn, creole bread pudding, coffee and tea.

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

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

Birthday Party

Friday, February 24

1:15 pm

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

Cake, ice cream, coffee & tea will be served after the entertainment. 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**.



Mark Your Calendars:

Early Bird Membership Renewal
Month of March

Spring Program Registration
April 4, 5 & 6

MAY.27.2023

OTTAWA RACE WEEKEND

**SAVE
THE
DATE**

TEAM GOOD COMPANIONS



The early bird gets the worm OR the best price to walk with Team Good Companions! This event is for all ages and abilities, so bring your kids/grandkids and raise awareness and funds for your Centre! Contact Nicole MacLean for help with registration, or to have your questions answered: 613-236-0428 x 2221.



VISIT ONLINE FOR REGISTRATION DETAILS:

[HTTPS://THEGOODCOMPANIONS.CA/TEAMGOODCOMPANIONS/](https://thegoodcompanions.ca/teamgoodcompanions/)