

OUT AND
ABOUT



SATURDAYS

55+

Winter 2023
Program Guide



Out and About Saturdays

Core Programs



Yoga-na Love This!: We bend so we don't break! This **ALL-LEVELS** yoga class welcomes you to find yourself through a gentle but empowering practice. We will flow together through a variety of styles, including a more energizing Vinyasa to finding comfort in the stillness of Yin, and everything else.



No experience is required, and this is a completely judgement-free zone to relax, recover and revive!

Dance It Out!: No experience needed for this energizing, playful class. Every week we will explore a different genre of dance, from studio 54 to line dancing and everything in between.

All you need is a desire to have fun, laugh and move!.... Let's Dance it Out!

The Coffee Club: There's nothing like a warm cup of coffee and good conversations. The Coffee Club is a great place to just be yourself amongst friendly supportive folks to chat, laugh and connect with.

Come grab a cup and have a chat....try it once and you'll be back!

The Wood Shop: No experience necessary, if you have a desire to create and work with your hands our talented instructors are happy to guide and support you through your projects. Not sure where to start? not a problem they are more than happy to suggest beginner projects and mentor you along the way.

There's nothing like the fresh smell of sawdust and the gratification of knowing you created something out of nothing. Give it a try, you'll never find a more inclusive and judgement free space to be yourself and create!

The MEdition Hour: We all know how hectic and stressful life can be. Its not hard to lose yourself in the chaos of life. The MEdition Hour is a time for **YOU** to reconnect within. Experience is not required to participate.

Come experience the mental and emotional clarity this ancient practice has provided humanity with as early as 5,000 BCE.



Saturday January 14th Schedule

Yoga-na love this! (10:00-11:00)

The MEdition Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Paper Card Making (10:30-12:00)

*Learn how to create hand made greeting
cards*

The Basics of Dementia (1:00pm-2:00pm)

A presentation by The Dementia Society





Saturday January 28th Schedule

Yoga-na love this! (10:00-11:00)

The MEdition Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

The Fruit Machine film screening
(1:00pm-3:30pm)

*Special guest: Film producer, writer,
director, Sarah Fodey



Saturday February 11th Schedule

Yoga-na love this! (10:00-11:00)

The MEditation Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Paper Card Making (10:30-12:00)

*Learn how to create hand made greeting
cards*

Meet and Match (1:00pm-2:00pm)

*A friending event; pre-registration is
required. Contact Stephane Gauthier for
details*



Saturday February 25th Schedule

Yoga-na love this! (10:00-11:00)

The MEditation Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Let's talk about SEX:
An intimacy and sexuality workshop
for the LGBTQ2+ community
(1:00pm-2:30pm)





Saturday March 11th Schedule

Yoga-na love this! (10:00-11:00)

The MEdition Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Paper Card Making (10:30-12:00)

*Learn how to create hand made greeting
cards*

Minding Your Brain Health
(1:00pm-2:00pm)

A presentation by The Dementia Society





Saturday March 25th Schedule

Yoga-na love this! (10:00-11:00)

The MEdition Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Understanding Mild Cognitive Impairment

(1:00pm-2:00pm)

A presentation by The Dementia Society



Saturday April 08th Schedule

Yoga-na love this! (10:00-11:00)

The MEditation Hour (10:00-11:00)

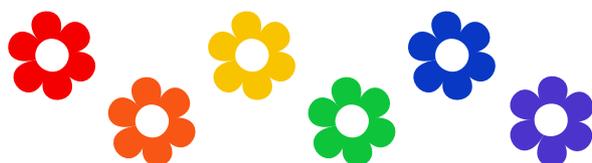
The Coffee Club (10:00-12:00)

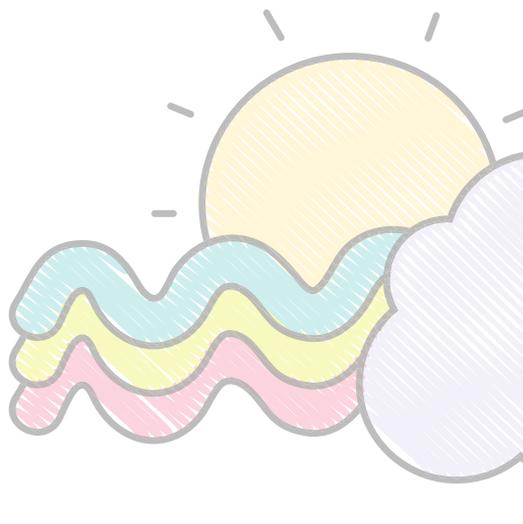
The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

March of Dignity film screening
(1:00pm-2:30pm)

Activists in Tbilisi, Georgia, face overwhelming opposition when they try to organize the country's first Pride march. The people must choose to fight for progress and human rights, or concede to greater Russian influence.





Saturday April 22nd Schedule

Yoga-na love this! (10:00-11:00)

The MEditation Hour (10:00-11:00)

The Coffee Club (10:00-12:00)

The Woodshop (10:00- 1:00pm)

Dance It Out! (11:00-12:00)

Healing from grief and loss

(1:00pm-2:00pm)

*A presentation by Compassionate
Ottawa*





The Good
Companions

L G B T Q 2 +

ADULT DAY PROGRAM



For more information please contact:
Penny Bodnoff, Adult Day Program Coordinator
(613) 236-0428 ext. 2200
pbodnoff@thegoodcompanions.ca

LGBTQ2+

programs and services



THE WELLBEING CHECK-IN (55+)

This program aims at reducing isolation and connecting folks with friendly voices and faces.



OUT AND ABOUT SATURDAYS (55+)

Recreational, educational and social activities for members of the LGBTQ2+ community.



RAINBOW COFFEE CLUB (55+)

A social club aimed at breaking isolation and encouraging meaningful friendships and connections.



OUT AND ABOUT WALKING CLUB (55+)

Leisurely strolls through downtown Ottawa, exploring walk paths, neighborhoods and areas of interest.