

The Good Companions

Summer Bulletin

JUNE - JULY - AUGUST • 2023



Charitable # 11894 1152 RR0001



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

670 Albert St
Ottawa, ON K1R 6L2
Phone: 613-236-0428
www.thegoodcompanions.ca



Summer Program Registration

June 20th, 21st and 22nd from 10:00 am - 2:00 pm.

Registration can be done online at <https://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.

In Loving Memory

**Margo Vaughan
Barry Benson
Anne Boulay
Ronald Boxall
Kathleen Denison
Carie Flegg
Deana Henry
Nadia Holmes
Justin McNeill
Rollande Vezina
Jian (Kim) Wang
Nadir Nasrallah**

Friendly Reminders

- ◆ Please inform Front Reception of any dietary restrictions when you purchase tickets to an event.
- ◆ Please note and respect that our centre is scent free.
- ◆ 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.
- ◆ 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.
- ◆ The cash register closes daily at 3:00pm. Please ensure all purchases and payments are made before this time.

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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



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.



Assisted Living Help
for Seniors

613.698.1319

TeaAndToast.ca



Downsize to a
new home or
retirement home
community.

613.875.8400

DownsizeOttawa.com



Team Good Companions



Aaron



Adrienne



Ana



Angella



Anne



Basma



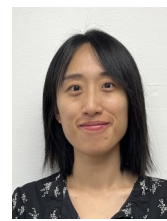
Barry



Brenda



Carolyn



Cici



Darlene



Emily



Frank



George



Grace



Jessica Z



Jessie



Justin



Laurie



Linda



Lisa S



Mariola



Mariusz



Mayda



Meghan



Miranda



Monique



Nicole



Nikkie



Penny



Rana



Sam



Sonia



Stephane



Sylvie



Véronique



Vlodek

A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the summer edition of The Good Companions bulletin.

Our Annual General Meeting will be held on Monday, June 12th, 2023 at 3 pm. The meeting will be in person and virtual this year. You will receive program updates, financial reports, updated Bylaws and a strategic plan. We hope that you will join us to celebrate another year of supporting older adults in our community. Please contact us for the registration details.

The Good Companions has secured funding from Ontario Health East to deliver a new program. TGC will offer an Adult Day Program for ten LGBTQ2+ seniors three days per week. The program will include a support group for caregivers. This is the first program of its kind in Eastern Ontario. If you know of someone who could benefit from this new program please reach out to a staff member of the Adult Day Program.

We are pleased to introduce you to new team members. Please join me in welcoming Mayda Embree who joined our team in April as a full time LGBTQ2+ Adult Day Program Assistant. She was a volunteer in the Adult Day Program in 2015-2016. She brings experience working in long term care. We are also pleased to announce that Grace Barrett has accepted a full-time position as an LGBTQ2+ Program Assistant! We also want to thank Rachel Sutcliffe for her dedication to TGC! Rachel held several positions at TGC most recently as the Ontario Lead Coordinator for the Seniors' Centre

Without Walls Expansion. Rachel has accepted a new position and we will miss her but wish her every success.

As mentioned in the spring bulletin we will have a video crew on site at the Centre and in the community the week of June 19th. The team will be creating videos that will feature our support of older adults in Ottawa. We look forward to sharing the videos with all of you!

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 continue to respond to emerging and ongoing needs, encouraged us to deliver new programs and services. The Board also developed a new strategic plan and updated our By-Laws. Please join me in recognizing Seán K. Kelly, President, Paul Kearns, Vice President Property, Leah Canning, Secretary, Jason Kempt, Treasurer, and our Directors Amy Friesen, Cathy Collett, Brian Robertson, Leann Halpenny, Bonita Goodison, Barbara Parker, Angela Dzinis and Jeff Doll.

Our staff team have proven themselves again this year to be incredibly committed to The Good Companions' mission. They continue to deliver exceptional programs and services to serve seniors and adults with disabilities. They are incredibly dedicated and compassionate. It is a pleasure to work with them every day!

Volunteer Corner

VOL NTEER

all that's missing is U!

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



"Kindness is one of the greatest gifts you can bestow upon another." ~ Katharine Hepburn

What it means to volunteer at The Good Companions contest winners!

Gisele M:

Volunteering is something I have been doing for a long time at different places, and at The Good Companions. I enjoyed the people I have met since I joined, the experience has always been rewarding and satisfying whether I did my volunteering at the Centre or from home.

Human contact is important for the mind. The work I did is doubly rewarding when I see the results of my time and work, no matter what it is I did and still do at the Centre.

Presently at The Good Companions, I only knit for a few hours a week and enjoy the company of other knitters, exchanging ideas, patterns and stories, helping or getting help from other knitters, and sometimes just talking and laughing with them.

Lorie D:

I believe fully in giving back so that others can share in the love and support that The Good Companions offers to the Ottawa region. With committed staff and volunteers, I have greatly benefited from my membership.

I have always volunteered in my adult life. I recognize that any organization requires more than just money. It requires the positivity of its members. I remember my first visit to The Good Companions in 2018. Brenda led the tour; Mary was at reception; and Nicole was working in Repeat Performance. I was hooked!

As a volunteer, I strive to be a willing and kind representative for staff and members to count on. The Good Companions has become my home away from home. I want others to enjoy 'my' home too. Smile, and the world smiles with you!

Volunteer Vacancies



Volunteer Drivers

Telephone receptionist (Thursdays, Fridays)

Adult Day Program (various shifts and spares needed)

Dining Room Volunteer (Various shifts available)

Telephone Assurance

Weekly/Monthly check in calls

Sing Along Pianist

Choir Pianist



Seniors Active Living Fair & Open House

Wednesday, September 6, 2023

SAVE THE DATE

Mark your calendars - you don't want to miss this event!

There will be seminars, demonstrations, exhibitors, door prizes, free snacks, "try-it" fitness classes, and more! Meet with a variety of senior serving businesses and organizations, and learn all about the 100+ programs and services offered at The Good Companions.

NEW THIS YEAR: Take part in a community artwork collaboration with our Zentangle certified instructor, Solange Dean!

TGC Delicious Frozen Meals



We 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: thegoodcompanions.ca/frozen-meal-sales

Enjoy!

Seniors' Centre Without Walls



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



The warm weather has finally arrived after a long winter. While summer is truly the time to get out and about for those who are able to do so, there are always days and circumstances that prevent us from leaving the house. Those days are the perfect opportunity to try out our Seniors' Centre Without Walls (SCWW) phone program! The SCWW program is free to try and completely flexible with regards to how much you participate. You have the option of joining all 14 programs per week, or only join on the days you're at home – whether that's once a week or once a month!

All of our programs are offered entirely over the phone, no internet required! A program can have anywhere from 15-25 participants from diverse backgrounds and life experiences, and the platform of the phone connects people around the city of Ottawa and surrounding areas who might otherwise never cross paths. Whether it's from the people you connect with during a program or from the wide range of presentations we offer, there is always something to learn from SCWW.

Getting started with our program is as easy as giving us a call and you can even start the same day. If you aren't sure or want more information, our team is always happy to have a chat in-person at The Good Companions or over the phone. To set up a time, don't hesitate to reach out with the contact information above.

LGBTQ2+ Program



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



Are you wanting to get a bit more active now that we are waking up from that cold winter slumber?

Why not join the LGBTQ2+ 50+ walking group?

Join us every second and fourth Saturday of the month for a refreshing one-hour walk in the great outdoors. Our group is open to all LGBTQ2+ seniors looking to socialize, get some exercise, and enjoy the beautiful scenery.

As we stroll along, we'll have the opportunity to connect with like-minded individuals and share stories and experiences in a supportive and inclusive environment. Walking is not only good for our physical health, but it's also a great way to boost our mental wellbeing and combat social isolation.

So grab your walking shoes and come join us for a fun and invigorating walk! Whether you're a regular or a first-timer, you'll be welcomed with open arms. Let's enjoy the fresh air, soak up some sunshine, and make new friends along the way.

Registration is required and Pet friendly

To register or for more details contact Stephane Gauthier at sgauthier@thegoodcompanions.ca or by telephone at 613-236-0428 ext. 2353.



Adult Day Program

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/>

**Welcoming the Obie Interactive Gaming Projector
to our Adult Day Program!
Come and "play" with us.**

Obie is a highly advanced interactive gaming console that projects custom-made games onto any surface. The games are great for cognitive stimulation, social engagement and physically invigorating!



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

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



Community Support Services

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> to access services online though our Caredove website: <https://www.caredove.com/champlaincss>



Transportation to non urgent Medical and Essential Appointments

Our wonderful drivers are ready to take you to your appointments. You must be registered for this service and book your drive at least 7 days in advance. The cost of drives depends on the kilometers driven per round trip and ranges from \$12 to \$27. Our drivers provide minimal assistance to get in and out of the vehicle. We ask that you wear a non-medical facemask while using this program; we provide a non-medical face covering at the time of your drive if you do not have one.

Call 613-236-0428 ext. 2235.

Telephone Call Program

At home alone and feeling a bit out of the loop? Our volunteers are ready to call to chat about your hobbies or interests. We can call you for a friendly chat a few times a month through our **Client Connections Program**. Call 613-236-0428 ext 2250.



Home Maintenance and Home Help Program. Need help with maintenance tasks in and around your home?

We can refer you to paid companies that we have screened, have liability insurance and who are following the protocols of the public health authorities for COVID-19. They can do indoor and outdoor maintenance tasks such as: Yard work, grass cutting, painting, **air conditioner installations**, window cleaning and housecleaning. Cost depends on service needed and is paid directly to the service provider. To see if we can help and give you a referral, please call 613-236-0428 ext. 2250

Handy Helper Volunteers

Our Handy Helper volunteers continue to assist with computer and technology issues. They can help in person with cell phones, printers, and tablets, accessing the internet and joining remote programs such as Zoom. A handy helper can also help with tasks such as changing light bulbs, installing curtain rods and putting up pictures or shelves. This service is **free**! Call 613-236-0428 ext. 2250 to submit your request for tech or handy helper help.



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 采购新鲜的果蔬吗？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！**

新春送温暖



在春节期间，我们向百位华人老年人送上了一份特别的新春礼物和浓浓的祝福。感谢大家对我们的支持和信赖。祝福所有的华人老年人在新的一年身体健康，万事如意！

在此特别鸣谢 **Bell** 一直以来对华人老年社区的支持和慷慨赞助！

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

TGC Tours

Our scheduled tours are open to current, new, and potential members and volunteers as well as students. The tour will take you around the centre for an in-depth look at what TGC has to offer, how to become a volunteer or member, the rewards of a TGC membership and much more! Dates and times vary. Please register at Front Reception or call 613-236-0428 Ext 2100

ADVERTISE WITH US!

The Good Companions Quarterly Bulletin
Hard Copy Mail Outs, In-Centre Hand Outs,
Website & Social Media Distribution

For the first time in history there are more seniors than youth on the planet! Connect with an ever growing audience!

Full page ad
Half page ad
1/3 page ad
1/4 page ad
Business card
ad Event
Sponsorship

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

Join us!



Coffee chat
where friendships grow!

Come on out and have coffee with me, your membership Coordinator Nikkie Snagg. We have great conversations, lots of laughs and of course coffee! What a great way to spend your Monday mornings from 10:30 am – 11:30 am.

I hope to see you there!

At the back of the dining room

Special Event Photo Gallery



You are cordially invited to join The Good Companions' 67th

Annual General Meeting

Monday, June 12, 2023

3:00 pm

Location: The Good Companions, 670 Albert Street, Back Dining Room
A virtual option to join is also available.

A wine and cheese reception will take place following the meeting.

Please RSVP online by Monday, June 5th:

<https://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/>
or call 613-236-0428 x 2100.



1 in 2

people struggling
aren't getting
the help they need.

Let's change this.
bell.ca/letstalk



Fitness Corner



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



Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health.

You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving and continue to do so, frequently! Make it a routine.

Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control



In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Extract from <https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity>

**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, Cardio, Dance! We've got you covered!
Our classes can help you keep physically and mentally active all year long in a safe environment.

**Summer Registration Week: June 20, 21 & 22, 10 am - 2 pm
Online, in person or by phone***

***Keep in mind that calls are answered on a first-come, first-served basis.
Leave one clear message and staff will call you ASAP.**

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 2023 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: June 8th, 14th, 22nd , 28th
July 12th, 20th, 26th
August 17th, 23rd,

Foot Care Cancellation Policy

Clients must cancel **at least three full working days** before their appointment. Clients who fail to respect this cancellation policy are responsible for payment for their missed appointments and will not be allowed to book any other in-house service appointments until payment is received.

Dental Hygiene (\$) - Provided by Erin Townsend

Dental Hygiene services is back to 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: June 2th

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: June 5th

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.

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 between 9:30 - 11:30 am. Appointments must be made at Front Reception or by calling 613-236-0428 ext. 2100.

Upcoming Clinics: June 14th, July 12th, August 9th

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 from 9 am - 12 pm. Please drop by.

Upcoming Clinic: June 20th

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 10 am - 3 pm. Book an appointment today.

Upcoming Dates: June 1st, July 6th, August 3rd

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.

Library (FREE)










Books of all genres are available to borrow for up to four weeks. Donations of used books are always welcome and appreciated. 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. Please coordinate the drop-off of donations by calling Front Reception at 613-236-0428 ext. 2100.

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 with the volunteer 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.

Summer Sale: All clothing 50% Off during week of Registration - June 19 to 23.

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>			<p>1 Beef Stroganoff</p> <p>Hair Care </p>	<p>2 Turkey Schnitzel</p> <p>Dental Hygiene Clinic </p>
<p>5 Ham Steak</p> <p>Legal Services </p>	<p>6 Sole Meunière</p> <p>Strawberry Social 1:00 pm (tickets required)</p>	<p>7 Chicken Schnitzel</p>	<p>8 Quiche Lorraine</p> <p>Lecture: Caregiver 101 10:00-11:30 am</p> <p>Foot Care </p>	<p>9 International Menu</p> <p><u>Turkey</u> Beef kaffa, rice, pita bread and yogurt dip</p>
<p>12 Chicken Cacciatore</p> <p>Annual General Meeting at 3:00 pm More information on page 14</p>	<p>13 Swedish Meatballs</p>	<p>14 Sweet and Sour Pork</p> <p>Seniors & National Indigenous Month Celebration 11:00 am -12:00 pm</p> <p>Foot Care  Nurse Practitioner </p>	<p>15 BBQ Hamburg</p>	<p>16 Chicken Drumstick</p>
<p>19 Veal with Mushrooms</p>	<p>20 Breaded Fish</p> <p>Wellness Clinic </p>	<p>21 BBQ Chicken Breast</p>	<p>22 Pasta with Meat Sauce</p> <p>Foot Care </p>	<p>23 Turkey Divan</p>
Summer Program Registration (10 am to 2 pm)				Birthday Party
<p>26 Chicken Breast</p>	<p>27 BBQ Sausage</p> <p>New Member Orientation 1:00-2:00 pm</p>	<p>28 Mac and Cheese</p> <p>Foot Care </p>	<p>29 Chicken Leg</p>	<p>30 Honey Garlic Meatballs</p>

Strawberry Social

Tuesday, June 6

1:00 pm

Cost: \$5

Entertainment will be provided by musical performer **Marleen Fawcett**. The dessert will feature French strawberry cake with Chantilly cream, coffee and tea.

Deadline for ticket purchase June 2 by 3:00 pm.

Alan P. Sentance Educational Lecture Series: Caregiver 101

Presented by Roxanne Dion-Boudreau, Ontario Caregiver Organization

Thursday, June 8

10:00 - 11:30 am

Room 019 & Via Zoom

In this presentation, caregivers learn about: the various roles that caregivers have; the emotional impact of caregiving, and what to expect; when to ask for support and how to promote resilience; Information and resources about where to find support. This is a free presentation. All in the community are welcome and encouraged to attend. **You can attend in person, via Zoom, or phone.** Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Alan P. Sentance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Seniors Month & National Indigenous Month Celebration

Wednesday, June 14

11:00 am – 12:00 pm

Assembly Hall

Ottawa Public Library and The Good Companions are coming together and celebrating Seniors Month and National Indigenous month with a Powwow workout led by Amanda Fox. A Powwow is a gathering to celebrate First Nations culture through dance, songs, food and crafts, and is open to all. This 30-minute high-intensity workout will incorporate Powwow dance steps from different styles of Powwow dance and the sounds of contemporary and traditional Powwow music into a simple, follow-along workout. Please Register at Front Reception.

Birthday Party

Friday, June 23

1:15 pm

Entertainment will be provided by **The Usual Fellows Jazz Band**. 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**.









New Member Orientation

Tuesday, June 27

1:00 - 2:00 pm

This orientation will provide new members (or existing members seeking more info about TGC) with the opportunity to meet other new members and staff. There will be mingling, refreshments, and details on all the Centre has to offer. There is no charge for this event. RSVP at Front Reception.

July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <div>Centre Closed for Canada Day</div>	4 BBQ Pork Chop	5 Broccoli Quiche	6 Chicken with Pasta Hair Care 	7 International Menu <u>Poland</u> Breaded pork cutlet, pierogi and sauerkraut salad 
10 Chicken Fingers	11 Stuffed Sole	12 Beef, Tomato and Macaroni <div>Tea Party Picnic 1:00 pm (tickets required)</div> Foot Care   Nurse Practitioner	13 Roast Pork Loin <div>Lecture: Working Caregivers Balancing Work & Care 6:00 –7:00 pm</div>	14 BBQ Hamburg
17 Veal with Mushrooms	18 BBQ Chicken	19 Seafood Newburg	20 Baked Ham <div>Day Trip Morrisburg, ON 10:00 am - 5:30 pm (tickets required)</div> <div>Lecture: Caregiver Stress & Burnout 10:00 – 11:00 am</div> Foot Care 	21 Spanish Rice
24 Chicken Breast	25 Soup and Sandwiches room 019 <div>Christmas in July Luncheon 12:00 pm (tickets required)</div>	26 Sweet and Sour Pork Foot Care 	27 BBQ Hot Dogs	28 Curried Chicken Birthday Party
31 Hamburg Steak	Please note and respect that our centre is scent free.			Lunch is Served Daily from 11:30 am to 1:00 pm

Tea Party Picnic

Wednesday, July 12

1:00 pm

Cost: \$5

Entertainment will be provided by Pianist **James Bostwick**. The dessert will feature peach pie with ice cream, coffee and tea.

Deadline for ticket purchase July 10 by 3:00 pm.

Alan P. Santance Educational Lecture Series: Working Caregivers: Balancing Work & Care

Presented by Roxanne Dion-Boudreau, Ontario Caregiver Organization

Thursday, July 13

6:00 - 7:00 pm Via Zoom

In this session, participants will learn more on the caregiving experience; explore the best strategies for balancing work and caregiving; gain access to resources focused on their needs.

This is a free in person and online presentation 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.

Alan P. Santance Educational Lecture Series: Caregiver Stress & Burnout

Presented by Roxanne Dion-Boudreau, Ontario Caregiver Organization

Thursday, July 20

10:00 - 11:00 am

In person & Via Zoom

This presentation aims to educate caregivers on: the caregiving experience across Ontario; the differences between stress and burnout and knowing the common signs and symptoms of each; strategies to identify when they are feeling stress or burn out and resources to support them in their caregiving experience. This is a free presentation. All in the community are welcome and encouraged to attend. **You can attend in person, via Zoom or phone.** Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and receive the information to connect remotely.

Day Trip

Morrisburg, ON

Thursday, July 20 from 10:00 am to 5:30 pm

Cost: \$115 members and \$130 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
 - Buffet lunch at McIntosh Country Inn
 - Matinee performance of "Who's Under Where?" by Marcia Kash & Douglas E. Hughes (comedy) at the Upper Canada Playhouse
-

Christmas in July Luncheon

Tuesday, July 25

Cost: \$17

12:00 pm Menu: Roll, roast turkey with dressing, gravy, mashed potatoes, carrots, brussel sprouts, gingerbread trifle, coffee and tea.

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

Deadline for ticket purchase July 21 by 3:00 pm.

Birthday Party

Friday, July 28







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**.



August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm	1 Chicken Breast	2 BBQ Pork Chop	3 Stuffed Sole Hair Care 	4 Chicken Schnitzel
7 <div>Centre Closed for Civic Holiday</div>	8 BBQ Hamburg	9 Ham and Potato Casserole  Nurse Practitioner	10 Chicken Thighs <div>The Dog Days of Summer Tea 1:00 pm (tickets required)</div> <div>Lecture: Caregiver Contingency planning 10:00 – 11:00 am</div>	11 International Menu  <u>Australia</u> Aussie meat pie, mashed potatoes and beet salad
14 Sweet and Sour Pork	15 Battered Fish Wedges	16 Meatloaf <div>Day Trip Perth, ON and Westport, ON 9:00 am - 5:00 pm (tickets required)</div>	17 Chicken with Pasta Foot Care 	18 BBQ Sausage
21 Spaghetti and Meatballs	22 Hamburg Steak	23 Soup and Sandwiches Room 019 <div>Pride BBQ Luncheon 12:00 pm (tickets required)</div> Foot Care 	24 Chicken with Mushrooms	25 Baked Ham Birthday Party
28 Chicken Drumsticks	29 Sole with Parsley Sauce	30 BBQ Burgers	31 Southwest Chicken Pizza	 Mark your calendar Fall Program Registration Sept 12, 13, 14

The Dog Days of Summer Tea

Thursday, August 10

1:00 pm

Cost: \$5

Entertainment will be provided by 'Side by Side' featuring Maureen and John McGovern. The dessert will feature black cherry ice cream cake, coffee and tea.

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

Alan P. Sentance Educational Lecture Series: Contingency Planning & Emergencies

Presented by Roxanne Dion-Boudreau, Ontario Caregiver Organization

Thursday, August 10

10:00 - 11:00 am

Room 019 & Via Zoom

In this session, participants will learn more on the caregiving experience; explore the best strategies for balancing work and caregiving; gain access to resources focused on their needs. **This is a free online presentation via Zoom with an option to connect over the phone.** All in the community are welcome and encouraged to attend. Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Day Trip

Perth, ON and Westport, ON

Wednesday, August 16 from 9:00 am to 5:00 pm

Cost: \$76 members and \$91 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
 - Shopping at your leisure in historic downtown Perth, ON
 - Lunch at Michael's Table in Perth, ON
 - Shopping at your leisure in the quaint village of Westport, ON
-

Pride BBQ Luncheon

Wednesday, August 23

Cost: \$17

12:00 pm Menu: Heirloom tomato salad, beet salad, red potato salad, BBQ chicken breast, rice pilaf, rainbow pride cake, coffee and tea.

1:00 pm Entertainment provided by musical performers **Philippe Escayola and Kalsen Cheung.**

Deadline for ticket purchase August 21 by 3:00 pm.

Birthday Party

Friday, August 25

1:15 pm

Entertainment will be provided by **Robert Dunlop.**

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 Calendar

TGC Open House Wednesday, September 6
Fall Program Registration September 12, 13 & 14



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