The Good Companions

Fall Bulletin

SEPT- OCT - NOV • 2023



Charitable # 11894 1152 RR0001



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

Fall Program Registration

September 12th, 13th and 14th 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 Fall 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.



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

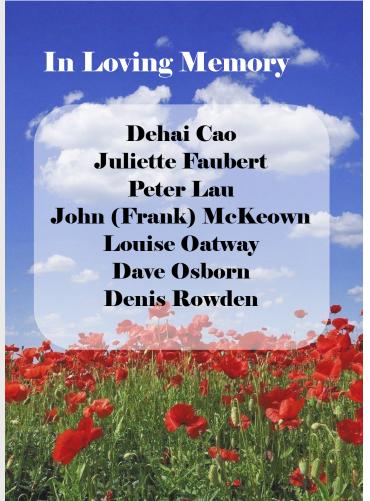


Table of Contents

Program Registration	p.2
Good Companions Staff Team	p.4
Monique's Message	p.5
Seniors' Centre Without Walls	p. 6
Adult Day Program	p.7
Volunteer Corner	p.8
Seniors Active Living Fair	p.9
LGBTQ2+ Programs	p.10
Members' Meeting	p.10
Community Support Services	p.12
Chinese Programs/Services	p.13
Special Event Photo Gallery	p.14
Fitness Corner	p.15
In House Services	p.16-17
September 2023	p.18-19
October 2023	p.20-21
November 2023	p.22-23

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







Team Good Companions





Rebecca



Sam



Sonia



Stephane



Sylvie



Terry



Véronique



Vlodek

A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the fall edition of The Good Companions bulletin.

I hope that you are enjoying the summer and have participated in many of our activities at the Centre!

This fall will be another busy season at The Good Companions. We will be hosting our annual Seniors Active Living Fair & Open House on Wednesday, September 6th. The fair is sponsored by the Ontario Ministry for Seniors and our provincial association the Older Adults Centres Association of Ontario. Please bring your friends to the Open House and Fair to discover all that we have to offer and meet our exhibitors. We will be hosting the Voice to Face party for the members and volunteers who participate in Seniors' Centre Without Walls on September 19th, 2023. This celebration is generously sponsored by Bell Canada. Our next members' meeting is scheduled for Wednesday. November 1st at 2 pm. Join Brian Robertson, Board member and me as we share updates and receive your feedback and suggestions for programs and services.

The Good Companions elected its Executive Committee and Directors at its Annual General Meeting. Please join me in recognizing Paul Kearns, President, Cathy Collett, Vice President, Angela Dzinas, Treasurer, Leann Halpenny, Secretary and Seán K. Kelly, Past President. The Directors are: Leah Canning, Jason Kempt, Amy Friesen, Brian Robertson, Bonita Goodison, Barbara Parker and Jeff Doll. Please join me in welcoming Shawn H. Hamilton, Judie Wheeland and Chelsea Larock. We are very grateful for their leadership and stewardship.

We are pleased to introduce you to new team members. Please join me in welcoming Mavis Li to our team as a Program Assistant for Seniors Centre Without Walls (Mandarin), SCWW Expansion Team, and Community Support Services. Mavis comes with a background in social work from Hong Kong as well as experience working with our Seniors from the Chinese Community

with our Community Partners at Yet Keen Seniors Centre. We also welcomed back Rebecca Hosker as a Program Assistant Community Support Services. Rebecca was a member of the CSS team last year and our clients are so pleased to be working with Rebecca again. Welcome back Rebecca!

We also want to recognize four team members who have accepted new positions or new adventures. Aaron Brown who worked as a Cook for many years and who always ensured that our members and volunteers had healthy and delicious food. We wish you much success in your new position Aaron. Also, Nicole MacLean has accepted another position. Nicole held multiple positions at TGC over seventeen years, her most recent was Corporate Administrative Assistant. Nicole worked closely with the Board of Directors, was instrumental in Fundraising and Finance. We wish you great success Nicole! Rana Yassine, SCWWs Program Assistant will be returning to school in the fall! Rana has been worked closely with the clients in the program. Emily Payne, SCWWs Program Coordinator will be relocating to Edmonton later in September. Emily has supported the program as an Assistant and Coordinator and has been a great champion for the program. We wish Emily and Rana much happiness in their new adventures.

We are pleased to announce that Noah Kim has accepted the position of SCWWs Program Assistant effective September 1th. Noah has supported the program as a student throughout the summer. Welcome to the staff team Noah! We are also pleased to announce that Afua Okyere will be rejoining our team as of August 28th on a contract as a Seniors' Centre Without Walls Coordinator! Welcome back Afua!

We look forward to seeing you, our members, volunteers and clients at the centre as well as in the community. There are many activities and programs for you to enjoy.

Seniors' Centre Without Walls





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



As much as we all dread to think of it, colder weather is on the way and many of us find it hard to get out when the air turns chilly.

The Seniors' Centre Without Walls (SCWW) program is a fantastic way of staying connected when it is difficult to get outside. There is also no commitment which means on the nicer days, there is no obligation to join if you feel like getting out and about. Joining the SCWW in the winter months does not mean you have to participate in the summer, as we have many clients who only join programs in the fall and winter and take a break during the nicer weather.

The SCWW is free to join and all you have to do to get started is call us. You can even join a program on the same day!

We have several options for how to connect and a wide variety of programs to suit any interest including health & wellness presentations, virtual museum tours, presentations about services in the community, discussion groups, trivia, and more! We typically have 15-30 people per program so it is a great opportunity to get to know folks from different walks of life and learn from each other while enjoying new friendships, lots of laughs, and finding a source of genuine support on the bad days.



ERTIFIED dent Coach

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 CareTM



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 Day Program Calendar 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.

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
Justin Sauvé, Adult Day Program Assistant - Monday to Friday, ext. 2191
Grace Barrett, Adult Day Program Assistant - Monday to Friday, 2nd & 4th Saturday ext. 2193
Mayda Embree, Adult Day Program Assistant - Monday to Friday, 2nd &4th Saturday ext. 2192

Thank you

Thanks to Dahlia Belfer and Jennifer Wiebe for their assistance this past Summer. We wish you both the very best of luck and continued success in the future.

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 on the 2nd and 4th Saturday of each month, Tuesdays and Fridays 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

Volunteer Corner



Nikkie Snagg Membership & Volunteer Services Coordinator 613-236-0428 ext. 2230

volunteer@thegoodcompanions.ca



"The smallest act of kindness is worth more than the grandest intention." ~Oscar Wilde

Volunteer spot light

Colin Preston

Volunteer Since: 2022

About Colin: Colin has been a great addition to our volunteer family here at The Good Companions. You can find Colin in our dining room on Tuesdays volunteering his time on cash. He is always

welcoming and friendly to all members, clients, fellow volunteers, and staff. Colin can be counted on to make you smile, with his humour. He is an incredibly hard worker and makes Tuesdays an absolute pleasure.





Volunteer Vacancies

- Transportation Drivers (Urgent)
- Adult Day Program (various days)
- Telephone Assurance
- Choir Pianist
- · Check in caller
- Birthday Callers



Seniors Active Living Fair



& Open House

Wednesday, September 6, 2023 9:30 a.m. - 2:00 p.m. - 670 Albert Street, Ottawa OC Transpo
Wednesday Service is
free for Seniors 65+

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

Funding provided by:





For more information contact The Good Companions at 613-236-0428 Ext. 2100, or visit our website: www.thegoodcompanions.ca





LGBTQ2+ Program





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



Wellbeing Check-in Program

The Wellbeing Check-in program provides LGBTQ2+ seniors with regular check-ins from LGBTQ2+ volunteers. Volunteers contact seniors over the 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.

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



MEMBERS' MEETING

Wednesday, November 1st, 2023 | 2:00 - 3:00 pm In person room 141 or option to join via Zoom



Join Monique Doolittle-Romas, Executive Director, and Brian Robertson, Board Member, (your meeting co-hosts) for important updates about the Centre and for your chance to ask questions!

All members are encouraged to attend.

Please RSVP via one of the following options:

By phone: 613-236-0428 ext. 2100

Online: https://thegoodcompanions.ca/upcomingevents/upcoming-events-rsvp/

By email: <u>info@thegoodcompanions.ca</u>







Thanks to your generous donations, Team Good Companions raised \$15,155 at the 2023 Ottawa Race Weekend! From our members and clients,

THANK YOU!!





Follow us on Facebook: @TheGoodCompanionsSeniorsCenter & Twitter: @Good Companions

Special thanks to our amazing sponsors:













Charitable Registration no. 11894 1152 RR0001

Visite us online: www.thegoodcompanions.ca



people struggling aren't getting the help they need.





Community Support Services

To help our clients stay safely living at home, Community Support Services provides 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



Interested in staying connected, and having a regular telephone chat with a friendly volunteer?

Regular phone calls are made by our volunteers to check in, say hello and see how you are doing. Ask us about our Client Connections, Tele chat and Telephone Assurance Programs. Call 613-236-0428 ext. 2250



Winter is coming! Get prepared ahead of time! Looking for help with Snow Removal this winter? Ask about Snow Go and Snow Go Financial Assist.

We can refer you to a choice of skilled, independent contractors or companies for your snow removal needs to ensure you have safe access to your home during the winter months. Tasks include snow removal from driveways, walkways, steps and paths.

If you need Financial Assistance to help pay for your seasonal snow removal, we may be able to help.



Funds are provided by The City of Ottawa to help seniors and adults with physical disabilities pay for their snow removal. Call 613-236-0428 ext. 2250 to find out more or go to https://ottawa.ca/en/family-and-social-services/older-adults/help-around-home/get-help [1] clearing-snow

Please note the deadline for Snow Go Assist applications this year, is November 24th, 2023.



Handy Helper Volunteers can help!

Our volunteers assist with computer and technology issues, either over the phone or in person at home. Help is given with computers, cell phones, printers, accessing the internet and learning how to join remote programs like Zoom. 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.



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 613-237-4439 (分机 2777)





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上午10:00-10:30和周四 下午1:00-1:30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!

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!





中秋茶聚庆祝活动

诚邀大家10月4日(周三)下午1点来良友中心庆中秋,提供茶点,节目内容有幸运抽奖、娱乐节目等等。 期待大家的来临,共渡佳节,活动详情请留意中心的最新消息。 祝中秋佳节快乐,月圆人圆事事圆满!

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

Special Event Photo Gallery

Thank you to everyone who participated in the Powwow workout with Amanda Fox in partnership with the Ottawa Public Library.











THANK ?

Thank you to our members and volunteers for doing a wonderful job with our beautiful garden this summer.









Fitness Corner



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



Fall into Fitness: Staying Motivated through the Seasons

Crisp air, Fall colored leaves, pumpkins and apples.
As the weather cools down, it's easier to take advantage of outdoor exercise.

It may not be easy for everyone to stick to an exercise routine once the seasons change. What you can do is try your best to either continue exercising and/or start to incorporate more exercise, especially with winter and the holidays right around the corner.

As Fall commences, it is a great time to change your workout. Your body gets used to doing the same activities over and over. When this occurs, your muscles aren't being challenged as they should be, this leading to a potential weight loss plateau. Really take advantage of the weather changing and cooler temperatures with these activities:

- Explore parks in your area and walk, jog, hike or bike outside
- Return to the gym or fitness center inside and take advantage of the weights –
 TGC can help with this!
- Find a Fall fitness partner to help keep you going you have plenty of potential partners here at TGC!

It takes 30 days for a habit to form, so if you are completely new to exercise or if you are trying to change your schedule a little from the Summer to Fall, keep this in mind.

It doesn't matter how you get your activity and exercise this Fall: the important part is actually doing it. Challenge yourself and eliminate excuses.

Excerpt from: https://www.ahealthiermichigan.org/2020/10/07/fall-into-fitnessstaying-motivated-through-the-seasons/, accessed on Friday, June 09 2023, 11:30 am

Don't delay. It is never too late to start exercising.

Join a Fitness or Dance Class, or access fitness equipment in the Fitness Room at

The Good Companions this Fall!

Strength, Balance, Flexibility and Cardio! We've got you covered!

Our classes can help you keep physically active all year long in a safe environment.

Refer to your Fall 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: September 14th, 20th, 28th

October 4th, 18th, 26th November 1st, 9th, 15th, 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 clinic: September 8th**

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: September 11th, October 2nd, November 6th

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: September 7th, October 5th, November 2nd

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 <u>over the age of sixty-five</u> 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: September 13th, October 11th, November 8th

<u>Wellness Clinic (Free) - Provided by Somerset West Community Health Centre.</u> **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: September 12th

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. Do not leave donations on the floor by the gate and please ensure that all items are cleaned before donation.

Fall Sale: All clothing 50% Off during week of Registration - September 11th to 15th.

ANGEL TREE REQUEST

KEEP THIS PROGRAM IN MIND WHEN DOING YOUR CHRISTMAS SHOPPING!

The Good Companions will be helping The Boys & Girls Club of Ottawa with gifts for their Christmas Party in December!

If you would like to help and you are an early bird, you can bring your <u>unwrapped</u> gift to Ana Valença. She will make sure your gift is placed under the tree once it's up and decorated.

If you prefer to wait until we have the tree up, simply select a tag corresponding to a young boy or girl from the Angel Tree located in the lobby. Once you have made your purchase, gifts can be dropped off <u>unwrapped</u> under the Angel Tree throughout the month of **October and November**.

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Contact Front Reception to Book Any Appointments				1 Pork Stroganoff
4	5 Chicken Schnitzel	6 Chili Con Carne	7 Breaded Fish	8 International
Centre Closed for labour Day		Seniors Active Living Fair and TGC Open House 9:30 am-2:00 pm See information on page 9	Hair Care	France Coq au vin, rice pilaf, garlic green beans Dental Hygiene Clinic
11 Veal with Tomato and Peppers	12 Country Sausage with Applesauce	13 Turkey Tetrazzini	14 Baked Fish	15 Chicken Supreme
Legal Services	Wellness Clinic	Nurse Practitioner	Foot Care	
	Fall Progra	am Registration (10 c	am to 2 pm)	
18 Sweet and Sour Pork	19 Herbed Chicken Leg	20 Seafood Pasta	21 Quiche	22 Beef Stew
	Lecture: What Happens To Your Money When You're Gone? 10:30 - 11:30 am Wellness Clinic	Foot Care		happy Birthday Birthday Party
25 Chicken	26 Swedish Meatballs	27 Pork Chop	28 Chicken Breast	29 Macaroni and Cheese
Parmesan	Lecture: Traveling with Monty: Ladakh 10:30 – 11:30 am Welcome Back Tea 1:00 pm (tickets required)	18	The National Day for Truth and Reconciliation	Crieese

<u>Seniors Active Living Fair and TGC Open House</u>

Wednesday, September 6





9:30 am - 2:00 pm

This event will feature information on health, safety and social services in the Ottawa area and will highlight the programs and services at The Good Companions. This event is brought to you in partnership with the Older Adults Centres' Association of Ontario and funding support provided by the Government of Ontario.

Alan P. Sentance Educational Lectures: What Happens To Your Money When You're Gone?

Presented by Jim Clement, Wealth Management Wednesday, September 19 - in Person and Via Zoom 10:30 - 11:30 am

Join us for this very informative session with Jim Clement, a Financial Specialist who focuses on helping seniors. He will teach you how to make sure that what is left behind after you are gone goes to the right people (family, friends and charities) while leaving more to those and less to CRA in estate costs/fees and taxes. His presentation makes this sensitive subject light, informative and easy to digest. This is a free presentation. All in the community are welcome and encouraged to attend. Please call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Birthday Party & 15 Year Recognition Tea

Friday, September 22

1:15 pm



Entertainment will be provided by **Gary Palmer.** Members celebrating 15 years of paid membership this year (consecutive membership - April 1, 2006 to March 31, 2023) will receive an invitation by mail. Cake, ice cream, coffee or tea will be served after the show. There is no charge for members celebrating birthdays; \$4 for all others. Guest tickets are available at Front Reception on the day of the party. The birthday party is brought to you by First Memorial Funeral Services.

Alan P. Sentance Educational Lectures Traveling With Monty: Ladakh

Presented by Amitabh Mukerji, member and volunteer at TGC Tuesday, September 26 2023 - In person or via Zoom 10:30 - 11:30 am

Our member and volunteer Monty travelled to Ladakh, India in September of 2022. He crossed the highest drivable pass in the world at 18,000 feet and went up to the border of India with China (Tibet)! Monty will share his experiences with you, his fellow members and volunteers. Embark on this virtual trip with an exceptional tour guide. This is a free presentation. All in the community are welcome and encouraged to attend. Please call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Welcome Back Tea

Tuesday, September 26 1:00 pm

Cost: \$5

Entertainment will be provided by the 'Sentimental Journey' duo featuring the Grey Jazz Big Band singer Betty Ann Bryanton. The dessert will feature Brown Butter Cake with Salted Caramel, Coffee and Tea. Deadline for ticket purchase September 22 by 3:00 pm.

The National Day for Truth and Reconciliation

Thursday, September 28

The National Day for Truth and Reconciliation (or Orange Shirt Day) is Saturday, September 30. This day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. The Good Companions will celebrate Truth and Reconciliation Day on Thursday, September 28th with a land acknowledgement. We encourage everyone to wear orange to honour the thousands of Survivors of residential schools.

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Steak and Kidney Pie	3 Ham Steak	4 Chicken Drumsticks	5 Baked Fish with Dill Sauce	6 Soup and Sandwiches
Legal Services	Day Trip Fall Colour Tour 9:00 am - 5:30 pm (tickets required)	Foot Care	Hair Care	Harvest Meal 12:00 pm (tickets required)
9	10 Veal Cutlet	11 Pork Pepper Steak	12 Baked Chicken	13
Centre Closed for Thanksgiving		Nurse Practitioner		Centre Closed for Staff Training and Development
16 Meatballs and Gravy	17 Soup and Sandwiches	18 Greek Chicken Breast	19 Thyme Rubbed Roast Pork Loin	20 Chicken Pot Pie
	Oktoberfest Luncheon 12:00 pm (tickets required)	Foot Care	Lecture: Fire Prevention 1:00 – 2:00 pm	
23 Chicken Breast Santa Fe	24 Seafood Newburg	25 Hamburg Steak	26 Coq au Vin	Birthday Birthday
30 Veal with Mushrooms	31 Chicken Leg Halloween Tea 1:00 pm (tickets required)	Please note and respect that our centre is scent free.		Lunch is Served Daily from 11:30 am to 1:00 pm

Fall Colour Tour

Tuesday, October 3 from 9:00 am to 5:30 pm Cost: \$87 members and \$102 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Enjoy the beautiful fall colours of the Upper Ottawa Valley as we travel through many historical towns and communities
- Lunch at the picturesque Spectacle Lake Lodge in Barry's Bay, ON

Harvest Meal

Friday, October 6

Cost: \$16

12:00 pm Menu: roll, roast turkey, whipped potatoes, carrots, green beans, apple pie, coffee

and tea.

1:00 pm Entertainment provided by <u>Lauren Hall</u>
Deadline for ticket purchase is October 4 by 3:00 pm.

Oktoberfest Luncheon

Tuesday, October 17

Cost: \$15

12:00 pm Menu: Oktoberfest soup, bratwurst sausage with warm sauerkraut salad, roasted

potatoes with bacon, apple strudel, coffee and tea.

1:00 pm Entertainment provided by The International Set.

Deadline for ticket purchase is October 13 by 3:00 pm.

Alan P. Sentance Educational Lectures: Fire Prevention

Presented by Ottawa Fire Services

Thursday, October 19 2023 - in Person and Via Zoom

1:00 - 2:00 pm

Fire causes more deaths than any other type of disaster. Be serious about the responsibility of planning for and practicing what to do in case of a fire. Educate yourself and refresh all the training you have had. Join the fire prevention presentation provided by the Ottawa Fire Services to learn how to be ready in case of a fire. Come together to discuss and get tips on how to be ready in case of a fire. This is a free presentation. All in the community are welcome and encouraged to attend. Please call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Birthday Party

Friday, October 27

1:15 pm

Entertainment will be provided by **Evelyn Greenberg**.

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.



Tuesday, October 31

1:00 pm Cost: \$5

Entertainment will be provided by musical performer Roger Fowler.

The dessert will feature Devil's food cupcake, coffee and tea.

Deadline for ticket purchase is October 27 by 3:00 pm.



November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Lunch is Served Daily from 11:30 am to 1:00 pm		1 Pork Chop Members' Meeting 2:00 pm More information on page 10 Foot Care	2 Turkey Schnitzel Hair Care	3 Beef Macaroni and Tomatoes Fall Back Set your clocks back one hour before bed on Sunday.	
6 Chicken Cutlet Legal Services	7 Ham and Cheese Casserole	8 Sole with Dill Sauce	9 Hungarian Goulash Foot Care	10 International Menu Spain Pollo al ajillo, vegetable paella Remembrance Day Service 10:30 am	
Centre Closed for Remembrance Day	14 Mediterranean Chicken Breast	Practitioner 15 Soup and Sandwiches 68th Anniversary Luncheon 12:00 pm (tickets required)	16 Ham Steak	17 Turkey Burger	
20 Farmer Sausage	21 Chicken Stir Fry Lecture: Traveling with Monty: Central Asia 10:30 – 11:30 am	22 Salisbury Steak	23 Lemon Pepper Sole Foot Care	Swedish Meatballs happy Birthday Birthday Party	
27 Chicken Drumsticks	28 Herbed Pork Chop	29 Veal Chasseur	30 Quiche Lorraine	The Good Companions Craft Studio Sale & Christmas Bazaar will be held on Saturday , December 2rd 9:30 am-2:00 pm	
Donations of baked goods for the Bazaar will be accepted all week 9:30 GI					

Remembrance Day Service

Friday, November 10

10:30 am

All are welcome to join us in a service of remembrance. The service will be led by Major (retired) David Clemis. Poppies will be available at Front Reception the first week of November.

68th Anniversary Luncheon

Wednesday, November 15

Cost: \$ 17

12:00 pm Menu: mixed greens salad, chicken Wellington, rice pilaf, green beans with red

peppers, chocolate cheesecake, coffee and tea.

1:00 pm Entertainment provided by Marleen Fawcett.

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

Alan P. Sentance Educational Lectures: Traveling With Monty: Central Asia

Presented by Amitabh Mukerji, member and volunteer at IGC Tuesday, November 21 2023 - In person or via Zoom

10:30 - 11:30 am

In April of this year Monty had the opportunity to travel to four countries in Central Asia, which used to be part of the Soviet Union before it broke apart in 1991. These are the so-called "stans", Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan. This place is full of history. Dynasties rose and fell before being part of Russia under the Tsars and later the Soviet Union. You can't miss this adventure! Join us for this exciting presentation. This is a free presentation. All in the community are welcome and encouraged to attend. Please call 613-236-0428 or e-mail info@thegoodcompanions.ca to register.

Birthday Party

Friday, November 24

1:15 pm

Entertainment will be provided by **George McNaule**.

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**.



Saturday, December 2 9:30 am - 2:00 pm FREE admission

Featuring: crafts from our studios, books, baking, silent auction, treasures and a Christmas café.

Plus a visit from Santa Claus himself!





Mark Your Calendar

- TGC Craft Studio and Christmas Bazaar Saturday, December 2
- Day Trip to Morrisburg, ON Wednesday, December 13
 Cost: \$115 members and \$130 non-members
- Winter Program Registration January 9, 10 & 11



Guidance and navigation on your senior living journey

Tea & Toast is a team of expert advisors and specialists, who help seniors and their families plan, research and strategize solutions when making a life transition to retirement living or long-term care.



Call today for a no-obligation discussion about your unique situation, or book a call with us.

613.698.1319

TeaAndToast.ca/contact



Downsize Ottawa

Our team of consultants can assist you or your family member with the difficult decision to downsize from your current home. We understand how stressful this process can be. Surround yourself with the right people and everything will be okay during this process. Our partners have many years of experience with decluttering, auctions, moving/relocation, real estate sales, cleaning, and estate services.



About

Our passion is helping you transition from your current home to your new home with complete stress-free satisfaction.

DownsizeOttawa.com 613.875.8400