

OUT AND
ABOUT



SATURDAYS

55+

Fall 2023 Program Guide

Out and About Saturdays

Program Descriptions

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 MEditation Hour: We all know how hectic and stressful life can be. Its not hard to lose yourself in the chaos of life. The MEditation 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 September 09th Schedule

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

Dance It Out! (10:00-11:00)

Yoga-na love this! (11:00-12:00)

The MEdition Hour (11:00-12:00)

Lunch (12:00pm- 1:00pm)

Presentation:

Advance Care Planning Workshop
presented by
Compassionate Ottawa

(1:00pm to 2:30)



Saturday September 23rd Schedule

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

Dance It Out! (10:00-11:00)

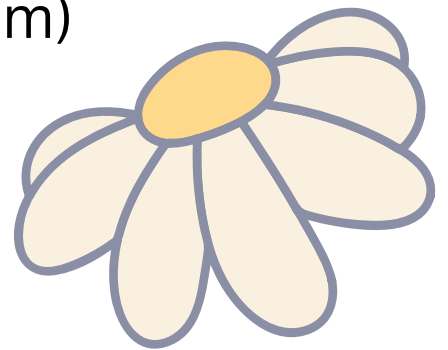
Yoga-na love this! (11:00-12:00)

The MEdition Hour (11:00-12:00)

Lunch (12:00pm- 1:00pm)

Presentation:

What is 211 Ottawa?



211 is a three-digit phone number that provides free, confidential and multilingual information and referrals to clients looking for community and social services in Ontario.

(1:00pm to 2:30)

Saturday October 14th Schedule

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

Dance It Out! (10:00-11:00)

Yoga-na love this! (11:00-12:00)

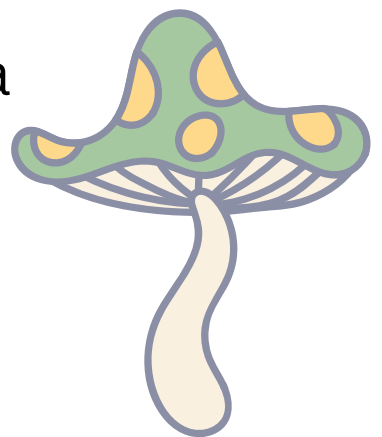
The MEdition Hour (11:00-12:00)

Lunch (12:00pm- 1:00pm)

Presentation:

Medical Assistance in Dying (MAID)
presented by
Dying with Dignity Canada
(Ottawa Chapter)

(1:00pm to 2:30)



Saturday October 28th Schedule

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

Dance It Out! (10:00-11:00)

Yoga-na love this! (11:00-12:00)

The MEdition Hour (11:00-12:00)

Lunch (12:00pm- 1:00pm)

Presentation:

"Taking up Space"
with Anna Ferdinand

A self love and self confidence Workshop

(1:00pm to 2:30)



Saturday
November 11
Schedule

Sorry We're
CLOSED



Saturday November 25th Schedule



save the date

THE QUEER CHRISTMAS CRAFT FAIR AND EXPO SHOW!

*November 25th 2023
670 Albert Street, Ottawa
10:00am-2:00pm*



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OTTAWA SENIOR PRIDE NETWORK
RÉSEAU FIERTÉ DES AÎNÉ(E)S D'OTTAWA
Generations of Pride · Générations de fierté





Saturday December 9th Schedule

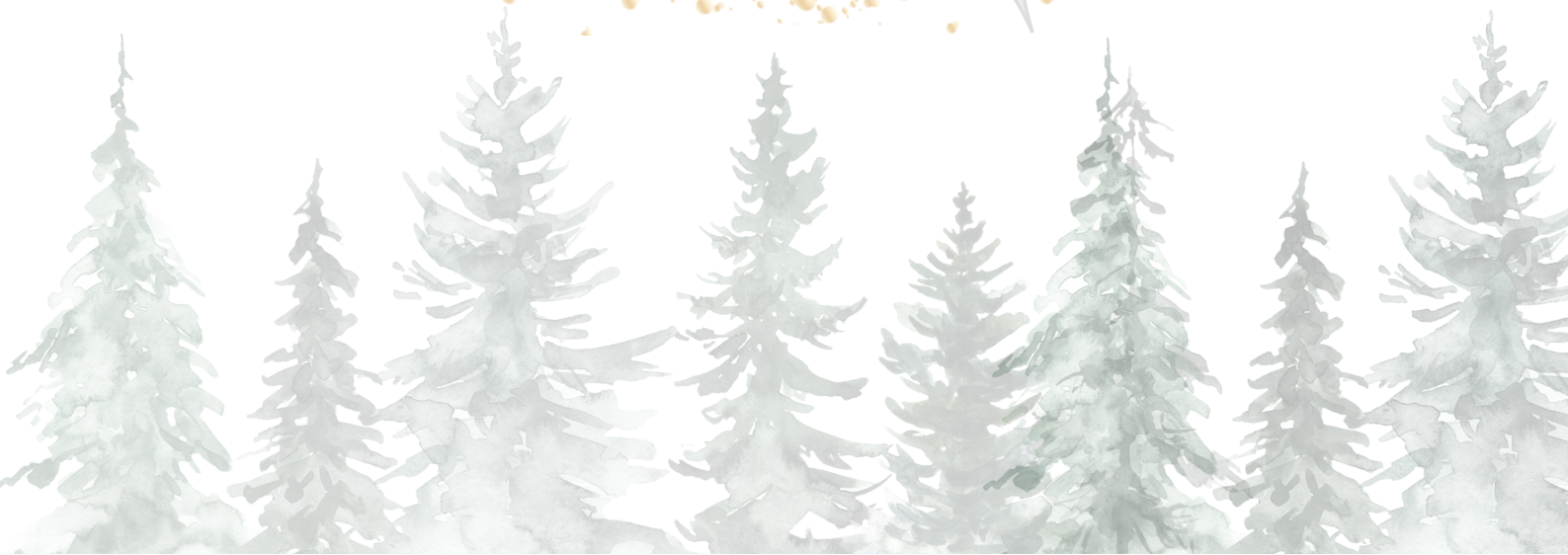
The Coffee Club (10:00-12:00)

Dance It Out! (10:00-11:00)

Yoga-na love this! (11:00-12:00)

The MEditation Hour (11:00-12:00)

Christmas Party
(12:00- 2:30pm)





The Good
Companions

LGBTQ2+

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 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.



LGBTQ2+ ADULT DAY PROGRAM



We offer a stimulating therapeutic program for older LGBTQ2+ adults while giving caregivers a vital break.

For more information about these LGBTQ2+ programs please
contact
Stephane Gauthier

By Email: sgauthier@thegoodcompanions.ca
Telephone: (613)236-0428 ext. 2353