

The Good Companions

# Winter Bulletin

DEC- JAN - FEB • 2023-2024



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](http://www.thegoodcompanions.ca)



## Winter Program Registration

January 9th, 10th and 11th from 10:00 am - 2:00 pm.

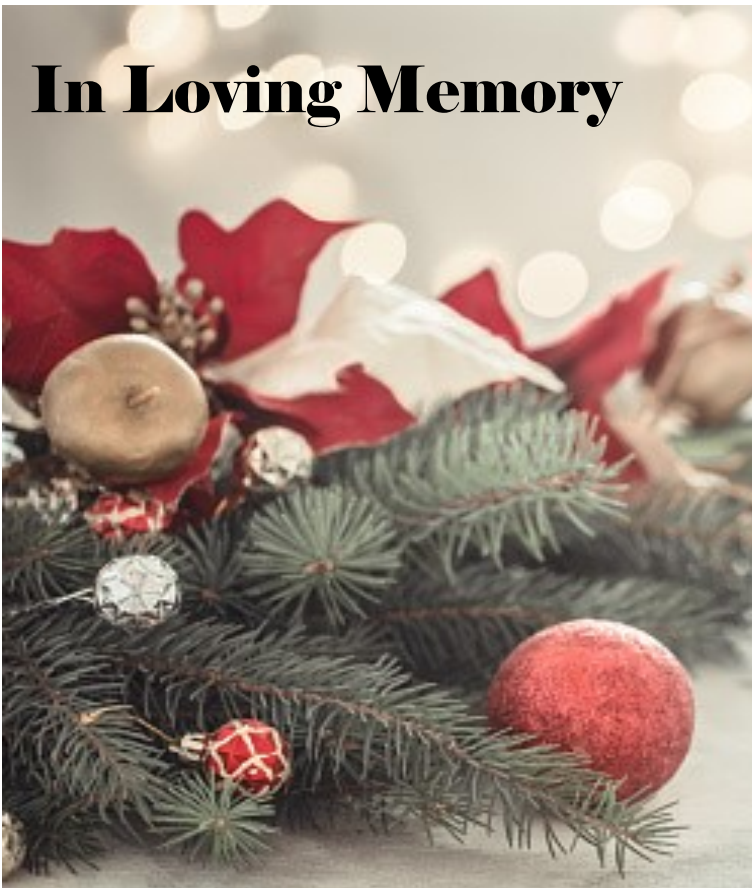


Registration can be done online at <https://thegoodcompanions.ca/programs-services/program-registration/>. You must be a member of The Good Companions to participate in any of the classes offered, both virtual and in-person. Please note that submitting the online form does not guarantee your spot in 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 an email with the required program information.

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.

## In Loving Memory



**Kwok Leung Cheung**  
**Pamela Connolly**  
**Norma Foster**  
**Frank Galluzo**  
**Lise Gervais**  
**Daphne Hatter**  
**Ruizhao Jia**  
**Jeannine Leduc**  
**Edward Melnychuk**  
**Grace Santos**  
**Vladimir L Solovyev**  
**Elisabeth Stockburger**  
**Jean Tegano**



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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](http://thegoodcompanions.ca)  
[info@thegoodcompanions.ca](mailto: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](http://TeaAndToast.ca)



Downsize to a  
new home or  
retirement home  
community.

613.875.8400 [DownsizeOttawa.com](http://DownsizeOttawa.com)



# Team Good Companions



Adrienne



Afua



Ana



Angella



Anne



Barb



Barry



Betty



Brenda



Carolyn



Darlene



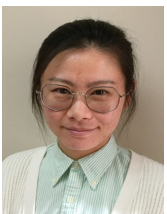
Frank



George



Jennifer



Jessie



Justin



Laurie



Linda



Mariola



Mariusz



Mavis



Meghan



Miranda



Monique



Nikkie



Noah



Penny



Rebecca



Ryan



Sam



Sonia



Stephane



Terry



Véronique



Yasmin



# A Message From Your Executive Director, Monique Doolittle-Romas



Welcome to the Winter 2023 - 2024 edition of The Good Companions bulletin.

Shawn Anthony, Amy Friesen, Tea and Toast and I gen Ottawa will be hosting a Pub Night at Beyond the Pale on Wednesday, November 22nd, 2023. <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 2nd, from 9:30 am to 1:30 pm for our famous Christmas Bazaar featuring: crafts from our studios, books, baking, silent auction, treasures and a Christmas café. Plus, a visit from Santa Claus himself! All proceeds from the Bazaar support The Good Companions programs and services.

Please join me in welcoming new staff members! Yasmin Rodriguez who has joined our team as an Adult Day Program Assistant. Yasmin has a Bachelor of Global and International Studies from Carleton University as well as a Social Service Worker Diploma from Algonquin College. She comes to TGC from the Canadian Red Cross where she worked as an Emergency Response Team Responder and many years of volunteering including at Abbotsford House. Barb Loxton has also joined our team as an Adult Day Program Assistant. Barb has a Developmental Services Worker Diploma from Centennial College. She comes to us from Seniors on Site and previously Main Street Community Services in Kanata. Barb has over 17 years of experience supporting seniors and adults with developmental disabilities.

We would like to congratulate Mariusz Kielb who has accepted the position of Facilities Coordinator. Mariusz has been a valued team member for years and we congratulate him on his new role. We are also pleased to welcome Ryan Hodges, as our Facilities Assistant. Ryan brings experience as a Supervisor at Staples, has expertise in working with the public in customer service and brings a wealth of volunteer experience.

As 2023 draws to a close we want to take this time to thank our Board of Directors under the leadership of our President Paul Kearns for their guidance and stewardship. Our deepest gratitude to our funders, donors, 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, Help Age Canada, the Ontario Health Agency East, The Ministry for Seniors and Accessibility, Employment and Social Development Canada, Bell Canada as well as our corporate and individual donors. Special thanks to our outstanding staff team for their tremendous dedication and support of older adults and adults with disabilities.

Special thanks to our members, clients and volunteers who remind us every day of the impact of our programs and services.

We wish you Merry Christmas, Happy Holidays and good Health. We look forward to being together in 2024!

# Volunteer Corner

VOLUNTEER

all that's missing is U!

**Nikkie Snagg**  
Membership & Volunteer Services Coordinator  
613-236-0428 ext. 2230  
[volunteer@thegoodcompanions.ca](mailto:volunteer@thegoodcompanions.ca)



*"No act of kindness, no matter how small, is ever wasted." ~Unknown*

**Volunteer Name:** Gertrude Gruber  
**Volunteer Since:** 2011



**About Gertrude:** Gertrude Gruber is a hardworking and dedicated volunteer. She became a kitchen volunteer in 2021 and has helped us immensely to prepare our meals. Gertrude took on her new volunteer duties with purpose and excelled at her newly learned tasks. Gertrude has truly inspired many of her peers to become ambassadors in providing companionship and support to frail seniors, adults with physical disabilities and persons living with Dementia. She volunteers with the Adult Day Program faithfully on a weekly basis and is always devoted to lending a helping hand. Gertrude comes in at a moment's notice to ensure all program run smoothly. She goes above and beyond every day to assist staff in any task, no job is too big or too small. Gertrude inspires others through her work ethic by being involved in the community that serves seniors. Her passion enriches the lives of others through socialization and her consummate devotion.



## Volunteer Vacancies

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

*With volunteers like you, we have a chance to make our centre a better place. Thank you for all your hard work. It makes all the difference.*





# Adult Day Program



**Penny Bodnoff**  
Adult Day Program Coordinator  
613-236-0428 ext. 2200  
[pbodnoff@thegoodcompanions.ca](mailto: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 Calendar can be found on The Good Companions' Website:  
<https://thegoodcompanions.ca/programs-services/adult-day-program/>



We offer 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



Caregivers often say they are too busy to care for themselves. As a result, many will experience burn out, depression, isolation, and loneliness.

An easy first step to making your wellness a priority is registering for the free, weekly 90Second Caregiver health letter. The 90Second Caregiver is a free, short, evidence-based, health letter delivered each week to your inbox. The letter includes health information, tips, and advice related to the caregiving experience.

The information provided can help to improve your overall wellness, self-confidence and increase your ability to manage the stress that often comes with caregiving. The letter takes approximately 90 seconds to read and includes information about a relevant health topic, practical tips, and a self-assessment survey that is followed with personalized insights and suggestions that may be helpful to you.

The 90Second Caregiver was created by Dr. Patrick McGrath, a Canadian clinical psychologist who works with a team of health experts dedicated to providing succinct, accurate health information for caregivers. The 90Second Letter is free to subscribers and available in English and French.

**[Sign up for 90Second Caregiver!](https://healthletter.90second.com/register?sponsor=oco)**

**<https://healthletter.90second.com/register?sponsor=oco>**

# LGBTQ2+ Program



Ottawa Senior  
Pride Network  
Réseau Fierté  
des aîné(e)s d'Ottawa

**Stephane Gauthier**  
LGBTQ2+ Program Coordinator  
613-236-0428 ext. 2353  
[sgauthier@thegoodcompanions.ca](mailto:sgauthier@thegoodcompanions.ca)



Hey there, fabulous friends! Have you heard about our amazing Rainbow Coffee Club?

Join us every first Wednesday of the month from 10:00 -11:30 am for a fun-filled gathering that celebrates our LGBTQ2+ seniors (50+) and adults with disabilities living in the Champlain Region.

At the Rainbow Coffee Club, we provide a warm and inclusive space for you to connect, make new friends, and enjoy the company of like-minded individuals.

We believe that sharing is caring, and our club is the perfect platform to share the challenges and joys of being older and LGBTQ2+. From hilarious stories to heartwarming experiences, there's so much we can share and learn from one another.

But that's not all! We're all about empowering our community, so we invite special community guests to shed light on the incredible resources available to us. Whether it's health services, support networks, or just discovering exciting events, we're here to help you stay informed and connected.

Come as you are, and let's create beautiful memories together.

See you at the next Rainbow Coffee Club! Spread the love, spread the rainbow!

Featuring  
Tanya King  
And  
Zak Zinya

**The Naughty List**

**HOLIDAY LUNCH  
AND  
DRAG SHOW**

**AT THE GOOD COMPANIONS  
SATURDAY  
DECEMBER 9TH,  
12:00PM TO 2:30PM**

**TICKETS AVAILABLE AT  
THE GOOD COMPANIONS  
FOR \$18.00 EACH**

OUT AND ABOUT  
SATURDAYS

The Good Companions  
Seniors' Centre

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





# Seniors' Centre Without Walls

**Afua Okyere**  
SCWW Coordinator  
613-236-0428 ext. 2323



It is hibernation season again where the thought of snow and ice might drive us to remain in the comfort and safety of our home or sometimes even limit our ability to go out. Stay connected, social and informed this winter season with the Seniors' Centre Without Walls. Seniors' Centre Without Walls offers group-based opportunities for socialization and later-life learning through the phone. Yes, you read right! It is all through the phone – no internet needed. It can either be a landline, cellphone or even a rotary phone. We have everything from health & wellness presentations to virtual museum tours, to musical entertainment, and special celebrations. There are also fun and interactive trivia-style games, listening to short stories or radio plays and many opportunities to chat as a group.

Join a welcoming and caring community of people for great laughs and interesting conversations from the comfort of your own home.

## **Seniors' Centre Without Walls Basics:**

- Completely free program
- You do not need to be a member of The Good Companions to participate in programs
- Programs are multi-person phone conversations (or conference calls)
- No special equipment needed - just your average phone!
- Each phone session lasts between 30 - 60 minutes
- Each phone session averages 10 to 25 people on the call
- You can join as many programs as you wish. There is no limit to the number of programs you participate in.

## **TGC 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.

## Winter Safety Tips for Seniors

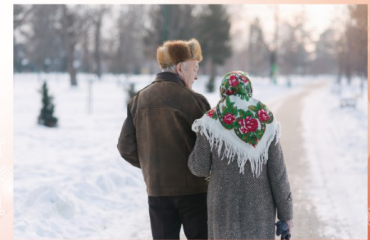
Winter can be challenging for seniors, as the colder months can increase isolation and even mental health concerns. Learn practical strategies to manage mental health and maintain social connections during the challenging winter months.

### Manage Mental Health During Winter

- Stay active through indoor exercises, walking at a local mall, or participating in gentle yoga or exercise classes at The Good Companions.
- Embrace natural light by spending time near windows during the day or using a light therapy box.
- Maintain a consistent daily routine and stay socially engaged with family, friends, or community groups.

### Stay Connected and Engaged with the Community

- Make time for frequent phone or video calls with family or other loved ones who might be far away.
- Arrange frequent visits with your nearby friends and family to keep those bonds strong.
- Join a local seniors' centre (The Good Companions) or community group to help you meet new friends and enjoy various activities.
- Think about volunteering or supporting a local cause that's close to your heart.



## 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](http://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](mailto:info@thegoodcompanions.ca)

**By Mail:** Accessibility - The Good Companions 670 Albert Street, Ottawa, ON K1R 6L2





The Good Companions was honoured to be selected as a charity through Deloitte "Impact Day", a national day of volunteering across the firm. On Friday, October 20th a large group of helpers were ready to tackle all kinds of tasks for the Centre. They helped with outdoor clean - up, washing windows, painting walls, while others decorated some pumpkins (among many other helpful assignments!). We are so grateful for their help and incredible energy.

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

*Thank you!*

1 in 2

people struggling  
aren't getting  
the help they need.

Let's change this.  
[bell.ca/letstalk](http://bell.ca/letstalk)





# 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>

**Winter can be tough! – call us to chat about our programs and see how we can help you to stay connected, meet friends and avoid becoming isolated during the harsh winter months:**



## **Join us on our Grocery Bus!**

Living in Centretown? Give us a call if you are interested in joining our **Centretown Grocery Bus to Massine's Independent Grocers**. Year-round free door to door transportation on a school bus and **free** grocery delivery to your lobby or front door. Get out, meet new friends and enjoy this cheerful bus ride every 2 weeks: Call: 613-236-0428 ext. 2250.

***Our Grocery Bus shopper Carol is enjoying browsing the grocery store for her fresh fruit & vegetables.***



**Looking to stay connected or have a regular friendly telephone chat with someone this winter?** Ask us about **Client Connection Calls**. Whether bi-weekly or occasionally, our friendly volunteers and students are ready to call you to check in and have a friendly chat with you. Let us know if you would like a call: 613-236-0428 ext. 2358.

***Our Placement Student Talia is enjoying making calls and chatting with seniors with a big smile.***



**Handy Helper Volunteers.** Our Volunteers visit you at your home and can help with tasks such as changing light bulbs, smoke detector batteries, installing curtain rods or putting up shelves and pictures, or putting up Holiday decorations.

Our volunteers can also assist with computer and technology issues, cell phones, printers, accessing the internet/setting up apps, remote controls etc.

Our wonderful volunteers are happy to help you and this service is **free**! Call to request the help you need: 613-236-0428 ext. 2250.

***Our Community Support Services client Carol is happy to be visited at home by Pierre our Handy Helper Volunteer, to install her new curtain rod and curtains.***

To find out more about these Programs and all that we do in Community Support Services please check our website at [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)





## 良友华人社区服务专栏



欢迎华人长者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）  
工作人员小恩 (Mavis) 和小金 (Jessie) 期待更多朋友的加入！我们将尽力提供帮助！

### 情牵你我, 温暖在线 免费电话节目



为长者提供**免费**电话交流节目，节目旨在透过温情互动、增长知识等方法来增加长者联系感及对社区的归属感。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**的国语电话节目！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：新闻广播、动脑游戏、音乐欣赏、养生保健、人文历史等。 **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



### 星期五超市购物接送服务

我们为居住在 **395 Somerset, 415 Maclaren, 80 Florence, 280 Rochester** 和 **865 Gladstone** 的老年人和残疾人提供**免费超市接送服务**！



### 中秋茶聚花絮

我们很高兴在10月4日（周三）在良友中心接待了100多名华人长者，享受美味的下午茶和精彩的歌舞表演，以庆祝中秋节。



祝大家新春大吉、龙马精神、龙凤呈祥、龙腾四海！



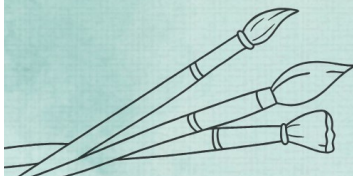
**请注意：**社区支持服务（Community Support Services）仅适用居住在Queensway北面在 Preston街和 Blair路之间的55岁以上的老年人和残疾人仕。

# Photo Gallery



We would like to show our gratitude to Cannamore Orchard for donating 25 beautiful pumpkins to the centre.

## Always a fun day with the Adult Day Program







# Fitness Corner

**Ana Valença**

Day Centre Coordinator  
613-236-0428 ext. 2150

[avalenca@thegoodcompanions.ca](mailto:avalenca@thegoodcompanions.ca)



## Embrace the chill and conquer the winter blues with the power of movement!

Don't let the cold weather be an excuse to hibernate. Instead, let it be your motivation to get active. Physical activities aren't just about staying fit; they are your secret weapon against the winter doldrums.

Picture this: as you engage in physical activity, your body releases those magical endorphins, boosting your mood and helping you battle the winter blues head-on. Say goodbye to those gloomy days and hello to a brighter, more energetic you!

But that's not all! Exercise isn't just a mood booster; it's a holistic health superhero. Imagine getting a good night's sleep, waving goodbye to anxiety, and feeling like the best version of yourself. Plus, you'll be strengthening your bones and muscles, improving your balance, and keeping those pesky health issues at bay.

Say hello to reduced diabetes risk, lower blood pressure, and maintaining (or losing) weight like a champ. Oh, and did we mention keeping your mind sharp as a tack as you age? Exercise does it all!

**The Good Companions** is here to be your Winter fitness buddy. We've got your back not only in keeping active but also in staying socially connected. Together, we'll conquer winter with a smile and a sweat!

So, let's defy the cold and embrace the warmth of an active, healthy Winter with **The Good Companions**. It's time to rewrite your winter story!

We offer many Fitness and Recreational Dance Classes at very reasonable rates, taught by certified fitness and dance professionals who are passionate and dedicated to teaching our members.

Please refer to your **Winter Program Guide 2024** for all of the details.

### Winter Program Registration:

**January 9, 10, and 11.**  
**10 am to 2 pm.**

**Come in person or register online!**



# 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: 6th and 14th**  
**January : 11th, 17th and 25th**  
**February: 7th, 15th, 21st and 29th**

### **\*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: December 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: December 4th, January 8th and February 5th**

## 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: December 7th, January 4th and February 1st**

**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: December 13th**

### 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: January 9th**

### 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.

**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 8.**

Contact Ana Valença 613-236-0428 ext. 2150 if you have any questions about this program.

# December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please Contact Front Reception to Book Any Appointments</b></p>	<p>Donations of baked goods for the Bazaar will be accepted all week.</p> <p>The Good Companions Craft Studio Sale &amp; Christmas Bazaar will be held on  <b><u>Saturday, December 2nd</u></b>            9:30 am - 2:00 pm</p>			<p><b>1</b></p> <p>No programs and services. Bazaar set - up</p>
<p><b>4</b> Veal Parmesan</p> <p>Legal Services</p>	<p><b>5</b> Sole with Dill Sauce</p>	<p><b>6</b> Sausage Patties with Cream Sauce</p> <p>Foot Care</p>	<p><b>7</b> Soup and Sandwiches</p> <p>Festive Christmas Luncheon 12:00 pm (tickets required)</p> <p>Hair Care</p>	<p><b>8</b> BBQ Chicken Leg</p> <p>Dental Hygiene Clinic</p>
<p><b>11</b> Turkey Schnitzel</p>	<p><b>12</b> Pork Chop</p>	<p><b>13</b> Spaghetti and Meat Sauce</p> <p>Day Trip Morrisburg, ON 10:00 am - 5:30 pm (tickets required)</p> <p>Nurse Practitioner</p>	<p><b>14</b> Chicken à la King</p> <p>Foot Care</p>	<p><b>15</b> International Menu</p> <p><u>Poland</u> Breaded pork cutlet, pierogi and sauerkraut salad</p> <p>Birthday Party</p>
<p><b>18</b> Swedish Meatballs</p>	<p><b>19</b> Honey Garlic Chicken</p>	<p><b>20</b> Soup and Sandwiches</p> <p>Christmas Brunch 11:00 am (tickets required)</p>	<p><b>21</b> Ravioli</p>	<p><b>22</b></p> <p>Centre closed for the holidays</p>
<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>
<p>Centre closed for the holidays on December 22, 2023 and will reopening Tuesday, January 2, 2024</p>				



### Festive Christmas Luncheon

Thursday, December 7

**Cost:** \$18

**12:00 pm**

Menu: roll, roast turkey with stuffing, homestyle gravy, buttermilk mashed potatoes, baby carrots, roasted brussel sprouts, gingerbread pudding chômeur, coffee and tea.

**1:00 pm**

Entertainment provided by musical entertainer **Malcolm Wade**.

**Deadline for ticket purchase December 5 by 3:00 pm.**

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### Morrisburg, ON

Wednesday, December 13 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 "Home for the Holidays" at the Upper Canada Playhouse

**Please note: Refunds will only be granted if your ticket can be sold to another person or TGC cancels the trip.**

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### Birthday Party

Friday, December 15

**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**.

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### Christmas Brunch

Wednesday, December 20

**Cost:** \$17

**11:00 am**

Menu: rolls, assorted pastries, lentil salad, mixed greens salad, pasta salad, pancakes, sausages, bacon, home fries, scrambled eggs, seasonal vegetables, garlic cream chicken, carved ham, chocolate trifle, coffee and tea.

**Deadline for ticket purchase December 18 by 3:00 pm.**









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**The Good Companions will be closed Friday, December 22, 2023 until Monday, January 1, 2024 inclusive.**

**Wishing you a happy and healthy holiday season and all the best for a wonderful 2024!**

# January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <div>Centre closed for the holidays</div>	<b>2</b> Chicken Schnitzel	<b>3</b> Sweet and sour Pork Chop	<b>4</b> Shepherd's Pie	<b>5</b> Breaded Fish
<b>8</b> Chicken Santa Fe	<b>9</b> Liver and Onions	<b>10</b> Lemon Pepper Sole	<b>11</b> Chili Con Carne	<b>12</b> International Menu
 <div>Legal Services</div>	 <div>Wellness Clinic</div>		 <div>Hair Care</div>	 <div>India</div> <div>Beef Biryani</div>
Winter Program Registration (10 am to 2 pm)				
<b>15</b> Farmer Sausage	<b>16</b> Pasta with Meat Sauce	<b>17</b> Veal with Mushroom Sauce	<b>18</b> Thyme Crusted Roast Pork	<b>19</b> Chicken Drumstick
		<div>Lecture: Office of Taxpayers' 10:30 - 11:30</div>  <div>Foot Care</div>		
<b>22</b> Swedish Meatballs	<b>23</b> Chicken and Broccoli Casserole	<b>24</b> Soup and Sandwiches	<b>25</b> Hamburg Steak	<b>26</b> Baked Ham
		<div>Rabbie Burns Lunch 12:00 pm (tickets required)</div>	 <div>Foot Care</div>	 <div>happy Birthday</div> <div>Birthday Party</div>
<b>29</b> Tourtière	<b>30</b> Honey Garlic Pork	<b>31</b> Red Coconut Curry Chicken	<div>Please note and respect that our centre is scent free.</div>	<div>Lunch is Served Daily from 11:30 am to 1:00 pm</div>
		<div>New Member Orientation 1:00 - 2:00 pm</div>		

## Alan P. Sentance Educational Lecture: Office of the Taxpayers' Ombudsperson

Wednesday, January 17

10:30 - 11:30 am Room 019 lower level

**Presented by: Kaitlyn Temmel, Office of the Taxpayers' Ombudsperson**

Ever heard of OTO? Uncover the Hidden Power of Taxpayer Advocacy! Join us for an eye-opening educational presentation that will unravel the secrets of the Office of the Taxpayers' Ombudsperson and show you how to make it work for you and your community. Discover the incredible resources at your disposal. In this presentation, you will understand what OTO can (or can't) do for you. Let's explore how the OTO empowers you and your community to navigate the complex world of taxes and learn how to take advantage of its invaluable services.

Alan P. Sentance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or visit [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca) to register.

## Rabbie Burns Luncheon

Wednesday, January 24

Cost: \$18

**12:00 pm** Menu: cockie leekie soup, roast sirloin of beef, mashed potatoes, mashed turnip and carrot, green beans, haggis, oatmeal pie, coffee and tea.

**1:00 pm** Entertainment provided by **The Chords**.

**Deadline for ticket purchase January 22 by 3:00 pm.**

## Birthday Party

Friday, January 26

1:15 pm

Entertainment will be provided by **Ukaphonease**, directed 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**.



## New Member Orientation

Wednesday, January 31









**1:00 - 2 pm** Back of Dining Room

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.





# February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm			1 Chinese Plate  Hair Care 	2 Grilled Sole
5 Pork Chop with Gravy  Legal Services 	6 Chicken Piccata	7 Lasagna  Foot Care 	8 Turkey Schnitzel	9 International Menu  <u>Mexico</u> Beef Enchilada, rice and refried beans. 
12 Farmer Sausage	13 Chicken à la King	14 Jerk Pork Loin  Valentine's Day Tea 1:00 pm (tickets required)	15 Spanish Rice  Lecture: My Para Transpo 12:00 - 1:00 pm  Foot Care 	16 Breast of Chicken Supreme
19  Centre Closed for Family Day	20 Hot Hamburg Sandwich  Lecture: Why do I need to file my taxes? 10:00 – 11:00 am	21 Soup and Sandwiches  Mardi Gras Lunch 12:00 pm (tickets required)  Foot Care 	22 Chicken Drumsticks	23 Ham Steak with Pineapple   happy Birthday Birthday Party
26 Veal Cutlet	27 Ham and Broccoli Quiche	28 Savory Chicken Leg	29 Beef Stew  Leap Year Tea 1:00 pm (tickets required)  Foot Care 	

### Valentine's Day Tea

Wednesday, February 14

1:00 pm

**Cost:** \$5

Entertainment will be provided by the "**Sentimental Journey**" Duo featuring Pierre Monfils and Grey Jazz Big Band singer Betty Ann Bryanton. The dessert will feature chocolate brownie, ice-cream and strawberry sauce, coffee and tea.

**Deadline for ticket purchase February 12 by 3:00 pm.**

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### Alan P. Santance Educational Lecture: My Para Transpo

Thursday, February 15

12 - 1 pm In room 019 lower level

**Presented by: Laura Anderson, Accessibility Specialist, Transit - OC Transpo**

Are you tired of waiting endlessly on the phone to book or cancel your Para Transpo trips? Join us for an enlightening educational presentation where you'll gain hands-on expertise in utilizing this game-changing system.

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Alan P. Santance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend. Call 613-236-0428 or visit [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca) to register.

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### Alan P. Santance Educational Lecture: Why Do I Need To File My Taxes?

Tuesday, February 20

10 - 11 am In room 019 lower level

**Presented by a CRA Specialist**

Discover the importance of filing your taxes in Canada. Seniors can unlock valuable benefits and credits, but these benefits stop when taxes go unfiled. Learn how the Guaranteed Income Supplement (GIS) hinges on timely filing.

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### Mardi Gras Luncheon

Wednesday, February 21

**Cost:** \$16

**12:00 pm**     Menu: corn bisque, creole chicken breast, Cajun macaroni and cheese, green beans, bread pudding, coffee and tea.

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

**Deadline for ticket purchase February 16 by 3:00 pm.**

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### Birthday Party

Friday, February 23

1:15 pm

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

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.**



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### Leap Year Tea

Thursday, February 29

1:00 pm

**Cost:** \$5

Entertainment will be provided by "**Side by Side**" featuring John and Maureen McGovern. The dessert will feature Leap Year pudding, Coffee and Tea.

**Deadline for ticket purchase February 27 by 3:00 pm.**



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