

OUT AND
ABOUT



SATURDAYS

55+

Winter/Spring

2024

(January to April)

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!

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.

The Older and Bolder meeting room: is a gathering specifically for women within the 2SLGBTQIA spectrum who have reached a certain stage in life where wisdom and experience blend with a desire for connection and camaraderie. This group provides a supportive space for mature individuals to celebrate their identities, share life experiences, and forge meaningful connections. Participants can embrace their authentic selves, cultivate new friendships, and embark on exciting journeys of self-discovery. Through engaging discussions, and activities, this program aims to empower its members to live boldly, authentically, and unapologetically. Whether you're looking for laughter, shared stories, or a network of understanding individuals, we invite you to join.

Pawns and Prodigies: Welcome to Pawns and Prodigies, where strategy meets celebration in a haven for the 50+ 2SLGBTQIA+ community! Our board games club is a vibrant space that invites everyone to revel in the joy of tabletop gaming, fostering connections and camaraderie.

Beginner/Intermediate Pickleball: Dive into the dynamic world of Pickleball, a thrilling sport that seamlessly blends the best of Ping Pong, Tennis, and Badminton. Heralded as one of Canada's fastest-growing sports, Pickleball is captivating enthusiasts with its combination of strategy and quick reflexes.

Curious to try it out? Join us for an exciting introduction to Pickleball from 1:00 to 2:30 in the Assembly Hall. Whether you're a novice eager to grasp the basics or a seasoned player honing your skills, this is your chance to enjoy the game and partake in some friendly competition.

Drop in with up to 8 players and let the Pickleball adventure unfold. No need to worry about equipment – it's all provided. Discover the joy of this unique sport, meet fellow enthusiasts, and experience the thrill of Pickleball at its finest. Don't miss out on the action – see you on the court!

Let's Get Rich For Free: We are all full of stories and sharing stories is a great way to enrich each others' lives. This is a series of casual yet structured story sharing sessions that provide various ways to spontaneously remember moments and events. We've cooked up a bunch of fun ways to spark memories and share those epic moments.

Picture this: cozy sessions where we dive into the tapestry of our lives, weaving stories with respect, curiosity, and a big ol' dollop of compassion. It's a safe haven for reminiscing and sharing our diverse adventures. Each session is a new adventure, a different twist to keep things fresh, and sometimes, the stories might just connect like puzzle pieces!

Registration is preferred in order to help with the preparations. Please email sgauthier@thegoodcompanions.ca

Saturday, January 13th Schedule

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

OSPN focus group with Jeremiah

(11:00-12:00ish)

Pawns & Prodigies (10:00am-2:30pm)

Older and Bolder meeting room (women only)

(10:00am to 12:00pm)

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

Intuitive Writing presentation with Karen Munro-Capale

(1:00pm-2:30pm)

**Registration for programs and special events are preferred
in order to help with preparations.**

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, January 27th Schedule

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

OSPAN focus group with Jeremiah

(11:00am-12:00pm ish)

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)


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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

**Registration for programs and special events are preferred
in order to help with preparations.
Please email sgauthier@thegoodcompanions.ca to register.**

A decorative graphic in the top-left corner consisting of several curved, overlapping bands of color: purple, blue, green, yellow, orange, and red, resembling a stylized rainbow.

Saturday, February 10th Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

**Salsa Dancing 101, part 1 with Anna Ferdinand
(10:00am-11:00am)**

**Registration for programs and special events are preferred
in order to help with preparations.**

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, February 24th Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

**Salsa Dancing 101, part 2 with Anna Ferdinand
(10:00am-11:00am)**

**Registration for programs and special events are preferred
in order to help with preparations.**

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, March 09th Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00-12:00pm)**

Let's Get Rich For Free (10:00am-11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

**Basics of Burlesque, part 1 with Anna Ferdinand
10:00am-11:00am**

**Presentation by PAL Ottawa
1:00pm-2:00pm**

**Registration for programs and special events are preferred
in order to help with preparations.**

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, March 23rd

Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

**Basics of Burlesque, part 2 with Anna Ferdinand
10:00am-11:00am**

**CHEAPER THAN THERAPY AND MUCH MORE FUN!
a creative writing workshop with Andrea Madan
1:00pm-2:30pm**

**Council On Aging Presents:
Community Conversations on Housing
1:00pm-2:30pm**

**Registration for programs and special events are preferred in order
to help with preparations.**

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, April 13th Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

Felting with Friends: learn to make adorable felt creatures with Vince! \$5.00 per person, **registration required.**

Registration for programs and special events are preferred in order to help with preparations.

Please email sgauthier@thegoodcompanions.ca to register.

Saturday, April 27th Schedule

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

Pawns & Prodigies (10:00am-2:30pm)

**Older and Bolder meeting room (women only)
(10:00am to 12:00pm)**

Let's Get Rich For Free (10:00am- 11:00am)

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

The Meditation Hour (11:00am-12:00pm)

Pickleball (1:00pm-2:30pm)

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

Special Event

Felting with Friends: learn to make adorable felt creatures with Vince! \$5.00 per person, registration required.

(1:00pm-2:30pm)

Out and About Trans Pannel: Our Trans panel answers the questions that Cis-sies are often too afraid to ask!

(1:00pm-2:30pm)

Registration for programs and special events are preferred in order to help with preparations.

Please email sgauthier@thegoodcompanions.ca to register.



The Good
Companions

L G B T Q 2 +

ADULT DAY PROGRAM



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



THIS PROGRAM SUPPORTS FOLKS WHO IDENTIFY AS BEING A PART OF THE LGBTQ2+ FAMILY, 18+ LIVING WITH HEALTH CONDITIONS OR THOSE 55+ IN AGE

Get connected with one of our Wellbeing check-in volunteers by phone, email or social media.

YOU decide what works for YOU!
Volunteers are available from Monday to Friday



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

FOR MORE INFORMATION OR TO SIGN-UP,
CONTACT:

LGBTQ2+ PROGRAM COORDINATOR, STEPHANE GAUTHIER
TEL: 613-236-0428 EXT: 2353
EMAIL: SGAUTHIER@THEGOODCOMPANIONS.CA



RAINBOW

coffee club

55+



DROP-IN: 10:00-11:30 AM

FIRST WEDNESDAY

EVERY MONTH

AT

THE GOOD COMPANIONS
(670 ALBERT STREET)

FREE COFFEE, TEA AND TREATS
GREAT DISCUSSIONS AND GUEST
SPEAKERS

Contact Stephane Gauthier for details
sgauthier@thegoodcompanions.ca
613-236-0428 ext. 2353



LGBTQ2+

programs and services

THE WELLBEING CHECK-IN (55+)



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



OUT AND ABOUT SATURDAYS (55+)

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



RAINBOW COFFEE CLUB (55+)

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



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