

The Good Companions

Spring Bulletin

MARCH - APRIL - MAY • 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

Table of Contents

Message from the Board	p.3
Good Companions Staff Team	p.4
Program Registration	p.5
March 2024	p.6 - 7
April 2024	p.8 - 9
May 2024	p.10 - 11
Volunteer Corner	p.12
Seniors' Centre Without Walls	p.12
2SLGBTQIA+ Programs	p.13
Adult Day Program	p.13
Community Support Services	p.14
Chinese Programs/Services	p.14
Fitness Corner	p.15
In House Services	p.16 - 17
Race Weekend	p.18
Santa 4 Seniors	p.19

Contact Us

The Good Companions
670 Albert Street
Ottawa, Ontario K1R 6L2
Phone: 613 236-0428 Fax: 613-230-2095
thegoodcompanions.ca
info@thegoodcompanions.ca



Mission

The Good Companions is an incorporated, charitable organization in Ottawa dedicated to promoting, enhancing and supporting the zest for living, well-being and independence of older adults as well as adults with physical disabilities.

Vision

Support and assist seniors and adults with disabilities to enhance their well-being by promoting independence.

Values

Accessibility, Accountability, Collaboration, Compassion, Dignity, Innovation, Respect for Diversity and Responsiveness.



Assisted Living Help
for Seniors

613.698.1319

TeaAndToast.ca



Downsize to a
new home or
retirement home
community.

613.875.8400

DownsizeOttawa.com

A Message From The Board of Directors

Dear members, clients, and volunteers,

We're writing to let you know that Monique Doolittle-Romas is leaving her role as Executive Director at The Good Companions as of February 16th, 2024. After eight remarkable years at TGC, Monique has accepted a new challenge. She will take on another leadership position in the Community Support Services sector.

The Board of Directors of The Good Companions would like to thank Monique for her dedication and compassionate leadership. In particular, her extraordinary efforts through the COVID pandemic. *"Monique has tirelessly championed the outstanding services of the Good Companions to the community at large. She's leveraged our history and elevated the important fundraising efforts of the Centre."* Paul Kearns, President of TGC Board.

Going forward, the Board of Directors will ensure a smooth transition in leadership. The senior management team will guarantee that clients and partners continue to receive the highest quality of services and care. *"I have complete faith in the Board and the caring professionals at Good Companions. Together, we've built strong, meaningful connections for seniors in Ottawa. We have welcomed a more diverse clientele, including the LGBTQ2+ community. Corporate and government partners have stepped up to honour and support our work."* Monique Doolittle-Romas, Executive Director.

Since 1955, The Good Companions has provided a place for older adults to come together in friendship, to learn new skills and enjoy old ones or to make a contribution as a volunteer. It's an impressive history, which you can read about here: <https://thegoodcompanions.ca/about-us/history/>

The future looks even more exciting. The Good Companions continues to grow its programs and outreach. All the pieces needed for on-going success are in place: solid business partnerships, respectful working relationships with all levels of government, a strong, active Board and an incredible, talented staff.

An executive search will begin soon to find the individual with the right skills and heart to take The Good Companions to the next level. We will soon announce an interim acting Executive Director to lead the organization during the transition period.

In the meantime, please contact Laydee Fuertes, Corporate and Finance Administrative Assistant at 613-236-0428 ext. 2221 or lfuertes@thegoodcompanions.ca for further information.

Sincerely,

TGC Board of Directors

Executive Director

Executive Director	ext. 2290
--------------------	-----------

Finance & Administration

Mariola Kolakowski	Finance Officer	mkolakowski@thegoodcompanions.ca	ext. 2315
Laydee Fuertes	Corporate & Finance Administrative Assistant	lfuertes@thegoodcompanions.ca	ext. 2221
Laurie Pacey	Finance Assistant	lpacey@thegoodcompanions.ca	ext. 2203

Facilities

Mariusz Kielb	Facility Coordinator	mkielb@thegoodcompanions.ca	ext. 2340
Ryan Hodges	Facility Assistant	rhodges@thegoodcompanions.ca	ext. 2340

Day Centre

Darlene Powers	Day Centre Director	dpowers@thegoodcompanions.ca	ext. 2160
Ana Valença	Day Centre Coordinator	avalenca@thegoodcompanions.ca	ext. 2150
Samantha Kelly	Administrative Assistant	skelly@thegoodcompanions.ca	ext. 2100
Véronique Bernier	Administrative Assistant Database	vbernier@thegoodcompanions.ca	ext. 2101
Nikkie Snagg	Membership/Volunteer Coordinator	nsnagg@thegoodcompanions.ca	ext. 2230
Stephane Gauthier	2SLGBTQIA+ Program Coordinator	sgauthier@thegoodcompanions.ca	ext. 2353
Linda Janes-Peddle	Craft Coordinator	ljanes-peddle@thegoodcompanions.ca	ext. 2270
Penny Bodnoff	Day Program Coordinator	pbodnoff@thegoodcompanions.ca	ext. 2200
Sonia Movrin	Day Program Assistant Coordinator	smovrin@thegoodcompanions.ca	ext. 2190
Justin Sauvé	Day Program Assistant	jsauve@thegoodcompanions.ca	ext. 2191
Yasmin Rodriguez	Day Program Assistant	yrodriguez@thegoodcompanions.ca	ext. 2192
Barbara Loxton	Day Program Assistant	bloxton@thegoodcompanions.ca	ext. 2193
Emma Revell	SCWW Coordinator	erevell@thegoodcompanions.ca	ext. 2323
Noah Kim	SCWW Assistant	nkim@thegoodcompanions.ca	ext. 2390

Seniors' Centre Without Walls Partnership Program

Jennifer Wiebe	SCWW Partnership Program - Director	jwiebe@thegoodcompanions.ca	ext. 2236
Adrienne Tuffin	SCWW Community Resource Developer	atuffin@thegoodcompanions.ca	
Meghan Cornett	SCWW French Program Coordinator	mcornett@thegoodcompanions.ca	ext. 4357
Betty Daniels	SCWW Atlantic Lead Coordinator	bdaniels@thegoodcompanions.ca	
Ornella Gatore	SCWW Ontario Lead Coordinator	ogatore@thegoodcompanions.ca	

Community Support Services (CSS)

Anne Kendall	CSS Manager	akendall@thegoodcompanions.ca	ext. 2240
Carolyn Calder	CSS Coordinator	ccalder@thegoodcompanions.ca	ext. 2235
Brenda Packer	CSS Coordinator	bpacker@thegoodcompanions.ca	ext. 2250
Jessie Jin	CSS Program Assistant	jjin@thegoodcompanions.ca	ext. 2777
Rebecca Hosker	CSS Program Assistant	rhosker@thegoodcompanions.ca	ext. 2358
Mavis Li	SCWW/CSS Program Assistant	mli@thegoodcompanions.ca	ext. 2363
Barry Shirley	CSS Driver		ext. 2235
Terry Dale	CSS Driver		ext. 2235

Food Services

Frank Bowie	Food Services Director	fbowie@thegoodcompanions.ca	ext. 2130
Candace Dick	Head Cook	cdick@thegoodcompanions.ca	ext. 2131
Miranda Gumeni	Cook Assistant	mgumeni@thegoodcompanions.ca	ext. 2131
Zoubida Chouat	Food Services Assistant	zchouat@thegoodcompanions.ca	ext. 2131



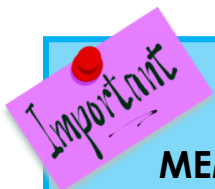
Spring Program Registration

April 2, 3 & 4 from 10:00 am to 2:00 pm.

Registration can be done online at thegoodcompanions.ca/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. If you have a spot in a class, you will receive a return email with the 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 Spring 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.



MEMBERSHIP INFORMATION

The Good Companions would like to inform you that we will be increasing our annual membership fee starting April 1st, 2024.

The new fee will be \$40.

The membership fee has not been increased since 2012. In order to continue to provide you with the best possible programs, services and facilities, this increase is necessary.

**EARLY BIRD RENEWAL starts
March 1st, 2024.**

Renew your membership before April 1st and **only pay \$35.50** (you can also renew your parking pass for **\$30** and locker for **\$14** for the year if required)

Membership runs April 1 - March 31.

Renew before April 1st, 2024 to be automatically entered into a draw to win a fabulous gift basket!

Senior Living?

THAT'S FOR OLD PEOPLE!

That's what some of our residents said before they discovered new friends and good times at Chartwell.

Now they're saying:

**"I've never
felt so
young."**



CHARTwell

BOOK A TOUR TODAY!

Visit Chartwell.com
to #ReThinkSeniorLiving
1-844-727-8679

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <div>Centre Closed for Staff Retreat</div>
4 Spaghetti and Meatballs 	5 Pizza and Salad	6 Lemon Sole 	7 Salisbury Steak 	8 International Menu Brazil Escondidinho de carne, Repolho refogado 
11 Chicken Breast	12 Steak and Mushroom Pie	13 Baked Ham <div>St. Patrick's Day Tea 1:00 pm (tickets required)</div> 	14 Chili and Cornbread 	15 Roast Turkey
18 Stuffed Fish	19 Pork Chop Chasseur	20 Chicken and Broccoli Casserole <div>Lecture: Ottawa's Oldest Teenager 11:00 am – 12:00 pm</div> 	21 Shepherd's Pie	22 Chicken Parmesan 
25 Turkey Schnitzel	26 Farmer Sausage	27 Soup and Sandwiches <div>Easter Brunch 11:00 am (tickets required)</div>	28 Meatloaf	29 <div>Centre Closed for Good Friday</div>

St. Patrick's Day Tea

Wednesday, March 13

1:00 pm

Cost: \$5

Entertainment will be provided by **Irish dancers from the Ottawa Irish Dance Company**. The dessert will feature an Irish cream poke cake, coffee and tea.

Deadline for ticket purchase is March 11 by 3:00 pm.

Alan P. Sentance Educational Lecture: Gord Atkinson: Ottawa's Oldest Teenager

Wednesday, March 20 2024

11:00 am - 12:00 pm

Presented by author Peter Atkinson, Gord's son.

Embark on a captivating journey into the extraordinary career of Gord Atkinson, famously known as "Ottawa's Oldest Teenager." In this presentation, his son delves into a pivotal 13-year period where Gord introduced Rock & Roll to Ottawa. As the iconic voice behind CFRA, he became a trusted source for the latest hits and a discoverer of emerging talents, launching the careers of luminaries such as Rich Little, Paul Anka, and the Staccatos.

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 to register.

Birthday Party

Friday, March 22

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**.



Easter Brunch

Wednesday, March 27

Cost: \$17

11:00 am Menu: rolls, assorted pastries, salads, pancakes, sausages, bacon, home fries, scrambled eggs, seasonal vegetables, herbed chicken breast, chef carved ham, carrot cake, coffee and tea.

Deadline for ticket purchase is March 25 by 3:00 pm.



Accessibility

Addressing Your Accessibility Needs at The Good Companions

TGC is committed to providing high quality programs and services to all members of the public it serves, and strives to provide goods and services in ways that respect and dignify the independence of all people.

For more information about how you can request documents and publications in various accessible formats, share your unique accessibility needs, or provide feedback on how TGC is fulfilling its AODA (Accessibility for Ontarians with Disabilities Act) requirements, please visit our website at:

www.thegoodcompanions.ca/facility/accessibility

For more information contact: Laydee Fuertes
613-236-0428 ext. 2221

In Loving Memory

Grace Anderson
Betty Ann Capogreco
Claude Engle
Irene Fagan
Ruth Jacobs
John Lund
Joseph Plummer
Grace Santos
Leona Sarrazin
Vladimir Solovyev
Carol Ann Waterman
Pierre Lalonde

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div>Centre Closed for Easter Monday</div>	2 Chicken Breast  Wellness Clinic	3 Turkey Schnitzel Foot Care 	4 Beef Pepper Steak Hair Care 	5 Baked Ham
Spring Program Registration (10 am to 2 pm)				
8 Sole Legal Services 	9 Chicken Drumsticks	10 Sweet and Sour Pork  Nurse Practitioner	11 Swedish Meatballs Foot Care 	12 International Menu  England Bangers and Mash
15 Quiche	16 Veal	17 Chicken and Pasta <div>Lecture: Property or Casualty Insurance Dispute? 10:30 - 11:15 am</div> Foot Care 	18 Breaded Fish	19 <div>Centre Closed for Volunteer Recognition NO PROGRAMS NO LUNCH</div>
22 Hamburg Steak	23 Chicken Breast	24 Pasta with Meat Sauce	25 Roast Pork Foot Care 	26 Chicken Schnitzel  Birthday Party
29 Chicken Cacciatore	30 Baked Fish <div>Lecture: Seniors For Climate Action 1:00 – 2:00 pm</div>		Please note and respect that our centre is scent free.	Lunch is Served Daily from 11:30 am to 1:00 pm

Alan P. Sentance Educational Lecture: What To Do When You Are In A Property Or Casualty Insurance Dispute?

Wednesday, April 17

10:30 - 11:15 am

Presented by General Insurance OmbudService (GIO)

Discover how GIO provides invaluable support in insurance disputes! From locating GIO and filing complaints to insights on effective resolution, join us for a concise presentation on free, unbiased assistance for property and casualty insurance issues – be it home, car, or business-related. Don't miss out!

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 to register.

Alan P. Sentance Educational Lecture: Seniors For Climate Action

Tuesday, April 30

1:00 - 2:00 pm

Presented by Letitia Charbonneau, Rolly Montpellier, and Joan Kuyek

Join SCAN (Seniors' Climate Action Network) for an inspiring presentation on their commitment to supporting the urgent call for climate action. As seniors based in Ontario, Canada, they have come together to amplify the voices of young leaders demanding decisive government action on the climate emergency.

Birthday Party

Friday, April 26

1:15 pm

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

Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others** and can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



MARK YOUR CALENDAR

- **Summer Program Registration, June 25, 26 & 27**
- **Annual General Meeting, June 10**
- **Day Trip to Morrisburg, ON, Tuesday June 11**
Tickets available to purchased on May 1st
Cost: \$115 members and \$130 non-members

The graphic features a beach scene with a person sunbathing under a striped umbrella on the left, a person on a pink inflatable ring on the right, and a sandcastle in the foreground. The background is a blue sky and ocean. The bottom of the graphic is decorated with green grass and pink and white flowers.

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm		1 Herbed Pork Chop <div>Spring Fashion Show & Tea 1:00 pm (tickets required)</div> Foot Care 	2 Beef Stroganoff Hair Care 	3 Fettucine Alfredo with Chicken
6 Veal with Mushrooms Legal Services 	7 Fish Cakes	8 Chicken Cordon Blue  Nurse Practitioner	9 Honey Garlic Pork Foot Care 	10 International Menu  Cameroon Chicken D.G. Jollof Rice
13 Hot Hamburg Sandwich	14 Soup and Sandwiches <div>Lecture: Traveling with Monty: Colombia 10:30 - 11:30 pm</div> <div>Mexican Fiesta Luncheon 12:00 pm (tickets required)</div>	15 Baked Ham Foot Care 	16 Chicken Pot Pie	17 BBQ Sausage
20 <div>Centre Closed for Victoria Day</div>	21 Chicken Parmesan	22 Sole	23 Meatballs and Gravy Foot Care 	24 Roast Turkey  Birthday Party
27 Herbed Chicken	28 Veal with Tomato Sauce	29 Roast Pork Foot Care 	30 BBQ Hamburg	31 Sausage Patties

Spring Fashion Show & Tea

Wednesday, May 1

1:00 pm

Cost: \$5

We will be having a fashion show to showcase the wonderful selection of clothing and accessories found in our very own **Repeat Performance** store. The dessert will feature a strawberry rhubarb bread pudding, coffee and tea.

Deadline for ticket purchase is April 29 by 3:00 pm.

Alan P. Sentance Educational Lecture: Traveling With Monty: Colombia

Tuesday, May 14

10:30 - 11:30 am

Presented by Amitabh Mukerji, member and volunteer at TGC

Embark on a captivating journey with Monty, as he takes you on an exclusive presentation showcasing his latest adventure in Colombia! Join us for an immersive experience delving into the vibrant tapestry of this South American gem. Monty has already shared his incredible travel experiences with us, and this time, he's bringing the charm of Colombia to life. Join us for an hour of discovery and let the allure of Colombia capture your heart!

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 to register.

Mexican Fiesta Luncheon

Tuesday, May 14

Cost: \$18

12:00 pm Menu: Make your own tacos (chicken, beef or vegetarian), Mexican Rice, refried beans, Mexican corn, salsa, queso, Tres Leche cake, coffee and tea.

1:00 pm Entertainment provided by the **Latin Breeze Duo**.

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

Birthday Party

Friday, May 24

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**.



Day Trip: Morrisburg, ON

Tuesday, June 11 from 10:00 am to 5:30 pm

Cost: \$115 members and \$130 non-members (**Tickets available for purchase May 1st**)

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Buffet lunch at McIntosh Country Inn

Matinee performance of "Perfect Wedding", a comedy by Robin Hawdon 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.

Volunteer Corner

VOLUNTEER

all that's missing is U!

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



"Small acts, when multiplied by millions of people, can transform the world" ~ Howard Zinn

SAVE THE DATE

**VOLUNTEER
RECOGNITION
2024**

**FRIDAY,
APRIL 19TH**

- PREPARE FOR FUN
- GREAT FOOD
- YEARS OF SERVICE CEREMONY
- CELEBRATION OF ALL OUR AMAZING VOLUNTEERS



Volunteer Vacancies

- Transportation Drivers (Urgent)
- Telephone Receptionist (various days)
- Adult Day Program (various days)
- Telephone Assurance
- Choir Pianist (Tuesdays)

Seniors' Centre Without Walls



Emma Revell
SCWW Coordinator
613-236-0428 ext. 2323
erevell@thegoodcompanions.ca



Join us this spring for more exciting social activities and a wide variety of health and wellness and educational presentations through multi-person phone conversations. Don't be left out of this amazing opportunity to meet new friends, learn new things, feel more connected to your community, and engage in interactive conversations with peers from the comfort of your home. No internet? Don't worry! All you need is a phone. It will feel like you are sitting around a room full of friends, but they are at home... just like you! Our participants say it the best:

"It is a good program, and all the participants are nice and polite. I find that it is a nice program and a good distraction when you do not want to be stuck in your head – to help you think about positive things."

"I am grateful for everyone who showed up for me when I was not well. It feels like a family because that is what family does. Whether in good times or bad times, family is always there for you and that is what you all are to me."

"I was feeling depressed till I found this group. I am grateful I found you because now I have something to look forward to and I feel less lonely."

2SLGBTQIA+ Program



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

Stephane Gauthier
2SLGBTQIA+ Program Coordinator
613-236-0428 ext. 2353
sgauthier@thegoodcompanions.ca



Welcome Spring with Open Arms!

As the vibrant colors of spring blossom around us, The Good Companions, in partnership with the Ottawa Senior Pride Network invites you to look into our Wellbeing Check-in Program, specially tailored for the 2SLGBTQIA+ community members aged 55 and above or individuals 18+ living with a disability.

In the spirit of fostering companionship and support, our program enables participants to connect with dedicated volunteers through various channels, including telephone, email, or social media. Our volunteers, available Monday to Friday, are here to lend a listening ear, share conversations, and provide a sense of community to those who are isolated.

For more information or to join our Wellbeing Check-in Program, please reach out to Stephane at sgauthier@thegoodcompanions.ca or call 613-236-0428 ext: 2353.

Let's make this spring a season of growth, connection, and joy for everyone!

Adult Day Program



Penny Bodnoff
Adult Day Program Coordinator
613-236-0428 ext. 2200
pbodnoff@thegoodcompanions.ca

Positive Approach to Care Certified Independent Coach
Until There's A Cure, There's Care™



The Good Companions Adult Day Program is a therapeutic program for older adults 55+.
The program serves frail seniors and adults with physical disabilities or persons with early to mid-stage dementia.

The Adult Day Program Calendar can be found on The Good Companions' Website:
<https://thegoodcompanions.ca/programs-services/adult-day-program/>



We offer an 2SLGBTQIA+ Adult Day Program on Friday and the 2nd and 4th Saturday of each month, from 9:30 am to 2:30 pm.



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 through our Caredove website: <https://www.caredove.com/champlaincss>

Need help around the Home this spring? Check out our Home Maintenance and Home Help

Need help with essential maintenance tasks in and around your home this spring?

Ask us about our directory of companies or contractors that we have screened; including clean police records checks for working with the vulnerable sector and commercial liability insurance. They can do indoor and outdoor maintenance tasks including, housecleaning, air conditioner installation, general repairs, and yard work. Cost is arranged directly with the company. Call 613-236-0428 ext.2250.

Handy Helper Volunteers are available to do many tasks including changing light bulbs & smoke detector batteries, assembling small furniture e.g. bookshelf, putting up pictures, installing curtain rods & taking down curtains for spring cleaning. This is a free program, let us know if we can help!

Looking to connect with family and friends online? Need computer, tablet or cell phone lessons? Our Handy Helper volunteers can visit you in your home to provide one-on-one help with basic technology, e.g. setting up and how to use printers, computer programs, social media or cell phone apps. Call 613-236-0428 ext. 2250.



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，趣味分享节目吧！

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。



Fitness Corner



Ana Valença

Day Centre Coordinator
613-236-0428 ext. 2150

avalenca@thegoodcompanions.ca

Embrace the warmth of spring and bid farewell to the winter blues as you embark on a revitalizing journey to fitness. After a cozy (but long) winter hibernation, it's time to bid farewell to the chill and welcome the warmth of spring. As the world outside blossoms, so can your energy, spirit, and overall well-being. The colder months might have kept you indoors, but now is the perfect moment to dust off those cobwebs, stretch those limbs, and rediscover the joy of movement.

At this stage in life, it's essential to acknowledge the importance of getting back into a fitness routine. Not only does regular exercise enhance flexibility and boost energy levels, but it also has profound effects on mood and mental well-being. Spring is a season of renewal, and there's no better time to prioritize your health.

Exercise with us!

Join our experienced instructors who specialize in senior fitness, ensuring a safe and enjoyable workout experience. From gentle yoga to invigorating group classes, we have a diverse range of activities to cater to every interest and ability. Plus, The Good Companions' vibrant community fosters new friendships, making every workout a social affair filled with laughter and encouragement.

Refer to your Spring Program Guide 2024 for more details.



Free
Home Evaluation



Sarah Toll*

Susan Chell*

Patti Brown*



Website

*Broker

"The entire Chell Team made selling our house a smooth and pleasant experience. Susan was warm, and friendly and knew exactly what to do at every step of the process and gave us excellent guidance along the way. We could not have been happier working with her! She remained upbeat and confident every step of the way and assisted us with the staging process and created a top notch marketing package for our home resulting in a successful sale. We would highly recommend the Chell Team to anyone selling or buying a house. They are the ultimate professionals!"

-Shari G. and Alain V.

CHELL
TEAM

Call 613-829-7484
www.chellteam.com

RE/MAX
HALLMARK REALTY GROUP
Brokerage, Independently Owned and Operated | RAISING THE BAR

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: **March: 6th, 14th, 20th**
April: 3rd, 11th, 17th, 25th
May: 1st, 9th, 15th, 23rd, 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: March 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: March 4th, April 8th, May 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: March 7th, April 4th, May 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 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: March 13th, April 10th, May 8th

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: April 2nd

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.

Spring Sale: All clothing 50% off during the month of April





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

JOIN TEAM GOOD COMPANIONS 2K GROUP FUN WALK



Date: Saturday, May 25th, 2024

Time: 3:00 pm

**Location: Ottawa City Hall 110
Laurier Ave West**



What is more noble than providing a good quality of life for seniors in Ottawa?

Join and support (TGC) Team Good Companions in providing support for older adults in Ottawa.

Run or walk with Team Good Companions to help raise awareness about all the great work going on at YOUR Centre! The race is a fun-filled, team spirited event that will leave you feeling energized, with a sense of pride in completing your race, and in turn will bring light on the growing need to support seniors' services in our community!

We welcome everyone, regardless of age, to participate in this race. From young children to seniors walking and running together, this race is an opportunity for us to come together and show support for older adults.

We hope to see you there!

**REGISTER
NOW**

Use this link to register with Team TGC!
<https://raceroster.com/76026?aff=VJBGX>

Register through our website:
<https://thegoodcompanions.ca/teamtgc/>

For more information contact:
Laydee Fuertes
613-236-0428 Ext. 2221
lfuertes@thegoodcompanions.ca

Feel like doing more than a 2KM Run?

**There is a variety of races you can choose to enter and still be
able to join and support Team Good Companions!**

SANTA 4 SENIORS 2023 WRAP UP

THANK YOU TO OUR GENEROUS SPONSORS

There is a tremendous amount of work that goes into the planning, purchasing, sorting, packing, and delivering of gifts. A big thank you to our committee members:

Amy Friesen from Tea & Toast, Judie Wheeland,
Shawn Anthony and IGenOttawa!

We couldn't have done this without you!



IN KIND SPONSORS

ALGONQUIN COLLEGE
BAYSHORE HOME HEALTH
BELL CANADA
BEN LEE CHURCH
BENTALL GREEN OAK
BEYOND THE PALE
BLOOD SERVICES / GRANICUS
BRUNO RACINE
BUILDABLE
CARLETON UNIVERSITY
CATHERINE BENNETT
CHILDREN'S PLACE KANATA
CLEMENT MARCHAND
DELOITTE
ELMDALE PUBLIC SCHOOL
HALLMARK GIVING FOUNDATION
HEALTH CANADA
HYATT OTTAWA WEST
HYDROPOTHECARY
VILLAGIA IN THE GLEBE
JOCKVALE FARMS – PAT KENNEDY
JUDY GREEN
JUST IMAGINE REALTY INC. BROKERAGE
KENVUE
OPEN DOOR EDUCATIONAL SERVICES
OTTAWA CURLING CLUB
OTTAWA HEALTH GROUP
OTTAWA SENATORS
PAULETTE ANTHONY
PETIT BILL'S BISTRO
PIXIE DUST HOLIDAYS
PUBBLICO EATERY
RECKITT
RENU SPA
ROYAL OAK WELLINGTON AND HINTON
SARAH MARSAW COURTOIS
SHOPPERS DRUG MART – FAIRLAWN
SURMESURE
SUSAN NOVO (OTTAWA HOSPITAL)
TECH SYSTEMS
THE COLORADO AVALANCHE
THE KEG MANOR
THE OPEN DOOR
TINY HOPPERS FINDLAY CREEK
TRICIA SCOTT (OCDSB)
VALERIE DE WINTER
VLN
& ALL THE OTHER INDIVIDUAL DONORS!

DIAMOND SPONSOR



SPECIAL SPONSOR



FOOD SPONSOR



PLATINUM SPONSORS



ALCAIDE WEBSTER ARCHITECTS INC
VINCENT AND ERIN ALCAIDE

GOLD SPONSORS



**THANK YOU TO ALL OUR
WONDERFUL PACKING &
DELIVERY ELVES!**



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