

OUT AND
ABOUT



SATURDAYS

55+

SUMMER

2024

(May to August)



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



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

Out and About Saturdays

Programs, Descriptions and Dates

The Walking Club:

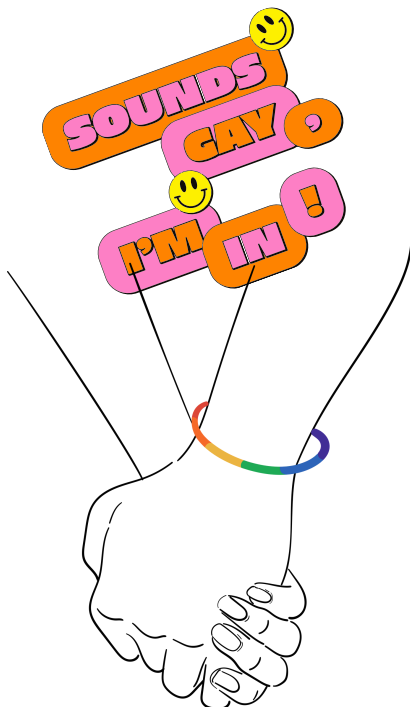
Every step is an adventure! Join us every second and fourth Saturday of the month from 10:00am to 11:00am for invigorating walks that will lift your spirits and energize your day.

Our club is all about exploring the beauty of our surroundings while enjoying the company of fellow walkers enthusiasts. Whether you're a seasoned walker or just starting out, there's a place for you in our friendly group.

Get ready to discover hidden gems in our community, from scenic nature trails to charming urban streets. With each walk, you'll soak in the sights, sounds, and fresh air, all while getting a healthy dose of exercise.

So lace up your sneakers, grab your water bottle, and join us for a fun-filled morning of exploration and adventure with Out And About walking club. Your next great outdoor adventure awaits!

***Meet us in the Lobby of The Good Companions by 9:45am as we leave for our walk at 10AM sharp!**



DATES:

From 10:00am to 11:00am

MAY: 11th, 25th

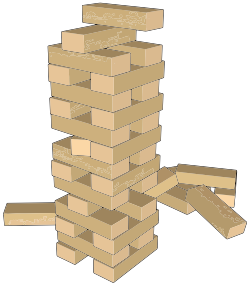
JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th

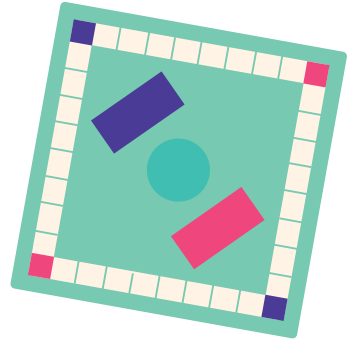


**Registration is preferred in order to help with the preparations.
Please email sgauthier@thegoodcompanions.ca**



Out and About Saturdays

Programs, Descriptions and Dates



The Games Room:

Welcome to our Games Room, where every visit promises fun and excitement! Join us every second and fourth Saturday of the month from 10:00am to 2:00pm.

Step into our vibrant space and immerse yourself in a world of games galore, there's something here to suit every taste and skill level.

Challenge your friends to a competitive match, team up for cooperative boardgames, or simply relax and enjoy some puzzles. With a diverse selection of games available, the possibilities are endless!

So whether you're a seasoned board gamer, cards player or just looking for a fun way to spend your Saturday, come on down to The Good Companions and visit our Games Room and let the good times roll!

Get ready to play, laugh, and create unforgettable memories.

See you there!



DATES:

From 10:00am to 2:00pm

MAY: 11th. 25th

JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th

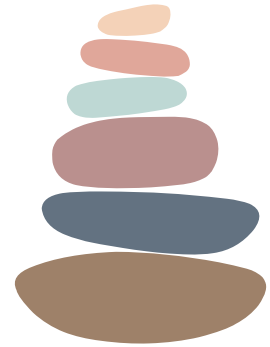


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Out and About Saturdays

Programs, Descriptions and Dates



Group Meditation:

Our minds have the capacity for tremendous wisdom, compassion and joy. However, without any training, they are often a source of anxiety and suffering. To ease this misery, we are encouraged to look to the outside, to food, drugs, entertainment, distraction etc. These may temporarily help and may also create further problems.

Fortunately, there is a more direct approach. We can address the problem at its source. If you would like support for kindly and effectively working with your incredible heart/mind, please join us for meditation, on-line with OSPN, or in person at Good Companions on OSPN Saturdays.

Our basic focus is practice in being non-judgementally present to all aspects of ourselves and our environment. Each week, different guided meditations are provided to support you in this practice. You are totally welcome whether you have meditated for years or have never meditated.

DATES:

From 11:00am to 12:00pm

MAY: 11th, 25th

JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th



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Out and About Saturdays



Programs, Descriptions and Dates



The Coffee Club:

Welcome to our Coffee Club program, where every cup is filled with friendship, laughter, and the aroma of freshly brewed coffee! Join us every second and fourth Saturday of the month from 10:00am to 12:00pm for conversations and fun.

Step into our cozy gathering spot and treat yourself to a steaming cup of your favorite brew.

But the coffee is just the beginning - our Coffee Club is all about the company too! Connect with old friends and make new ones as we come together to chat, share stories, and enjoy each other's company in a relaxed and welcoming atmosphere.

So whether you're a coffee connoisseur or just looking for a fun way to spend your Saturday morning, come join us for a brew-tiful time at our Coffee Club. Let's sip, chat, and make memories together!



DATES:

From 10:00am to 12:00pm

MAY: 11th, 25th

JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th



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Out and About Saturdays

Programs, Descriptions and Dates



Older and Bolder Saturdays:

Welcome to Older and Bolder Saturdays, a vibrant gathering for women at The Good Companions where every moment is filled with joy, laughter, and the warmth of friendship!

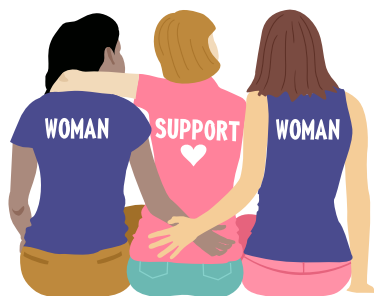
Join us every second and fourth Saturday of the month from 10:00am to 12:00pm for a celebration of womanhood and community.

Step into our welcoming space where age is celebrated and experience is cherished. Connect with like-minded women from all walks of life, share stories, and forge new friendships in an environment that celebrates diversity and inclusivity.

Older and Bolder Saturdays isn't just about socializing - it's about empowerment too! Engage in thought-provoking discussions, participate in enriching activities, and support one another. Join us as we come together to embrace our identities, celebrate our differences, and create a space where every woman feels seen, heard, and valued.

With each gathering, you'll have the opportunity to learn, grow, and discover new passions while surrounded by a community of strong, supportive women.

So whether you're looking to connect with old friends, make new ones, or simply enjoy a morning filled with laughter and camaraderie, come join us at Older and Bolder Saturdays. Let's embrace our wisdom, celebrate our strength, and live life to the fullest, together!



DATES:

From 10:00am to 12:00pm

MAY: 11th, 25th

JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th



**Registration is preferred in order to help with the preparations.
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Out and About Saturdays

Programs, Descriptions and Dates

Pickleball:

Welcome to our Pickleball program at The Good Companions, where every serve is a chance for fun and inclusion! Join us every second and fourth Saturday of the month from 1:00pm to 2:30pm for an exhilarating afternoon of pickleball excitement.

Pickleball is an addictive sport that's perfect for players of all levels, and our program is the place to be to experience the thrill of the game. Whether you're a seasoned pro or a curious beginner, our welcoming atmosphere ensures everyone feels right at home on the court.

Connect with fellow players, share laughs, and celebrate the spirit of inclusivity as we come together to enjoy this fantastic sport.

With each session, you'll improve your pickleball skills, burn some calories, and most importantly, build lasting friendships and memories.

So whether you're looking for a fun way to stay active, meet new people, or simply have a great time, come join us for pickleball at The Good Companions. Let's paddle, play, and celebrate inclusivity together!



DATES:

From 1:00pm to 2:30pm

MAY: 11th, 25th

JUNE: 8th, 22nd

JULY: 13th, 27th

AUGUST: 10th



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Out and About Saturdays

Special Presentation

“Improv Your Saturday!”

Mary Harvey will lead this gentle, fun workshop to introduce you to the power of Improv. She has taught Improv for over thirty years, helping people find their unique voice, express themselves clearly, and think faster on their feet.

You will laugh a lot and learn a little something about yourself in the process.

Mary was with the Second City Touring Company for three years. As Andrea Martin's understudy, she had the pleasure of performing on stage with John Candy, Dan Ackroyd and Catherine O'Hara, to drop a few names.

Eighty percent of success is showing up.

-Woody Allen



DATE:
MAY 11th
From 1:00pm to 2:30pm
@ The Good Companions

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

Out and About Saturdays

Special Presentation

Pat Mayberry Concert

Pat Mayberry is an Ottawa singer songwriter who writes songs about love, justice and our relationship with nature. She has released five albums of original songs which you can hear on iTunes or Spotify.

You may even have heard one of her songs on the City of Ottawa call waiting! Pat shares her time between Ottawa and a small hobby farm outside Alexandria where she lives with her partner Heather, seven horses, three pigs, some chickens and a bunch of barn cats. She will be sharing some of her own songs and a little bit about the process of writing songs, but also some favourites that we can all sing along with. Hope to see you there 🎵🎵🎵



DATE:

MAY 25th

From 1:00pm to 2:30pm
@ The Good Companions



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

Out and About Saturdays

Special Presentation



Puppeteering Workshop

🥰 Get ready to bring your imagination to life! 🎉

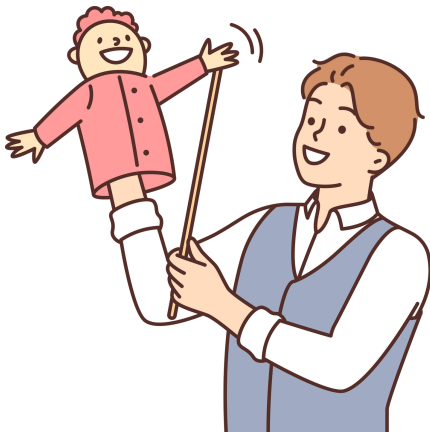
Join us for a magical puppet-making workshop with the one and only puppeteer extraordinaire, Jeremiah! ✨

Are you ready to unleash your creativity and dive into the whimsical world of puppetry? Then mark your calendars and join us on June 08th at 1:00pm for an unforgettable journey of laughter, learning, and puppet-making fun!

Jeremiah will be your guide as we embark on an adventure to create our very own puppets from scratch. From quirky characters to majestic creatures, the possibilities are endless! With Jeremiah's expert guidance, you'll learn all the tricks of the trade and discover the secrets behind bringing your puppet to life.

No experience necessary - just bring your imagination and a willingness to get crafty! Whether you're a puppetry pro or a complete beginner, this workshop is perfect for puppet enthusiasts of all ages.

So gather your friends, unleash your inner puppeteer, and let's make some magic together! 🎭 ✨
Don't miss out on this exciting opportunity to learn and create with Jeremiah. Reserve your spot today and get ready for a puppet-making adventure like no other!



DATE:
JUNE 08th
From 1:00pm to 2:30pm
@ The Good Companions

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

Out and About Saturdays

Special Presentation

Hospice Care Ottawa

☀️ You're Invited! ☀️

Join us for a special presentation by Hospice Care Ottawa!

Are you passionate about making a difference in your community? Do you want to help shape the future of caregiver support for the 2SLGBTQIA+ community? Then they want to hear from you!

Hospice Care Ottawa is thrilled to announce that they are working on a new caregiver program specifically designed for 2SLGBTQIA+ caregivers. And they need your input to make it the best it can be!

Join us on for an informative presentation where they'll share their organisations vision and mandate. Learn about their goals, objectives, accomplishments and how you can get involved.

So come join us, be a part of the conversation, and help us make a difference together! Together, we can ensure that all caregivers receive the support, resources, and recognition they deserve.

We look forward to seeing you there!



DATE:

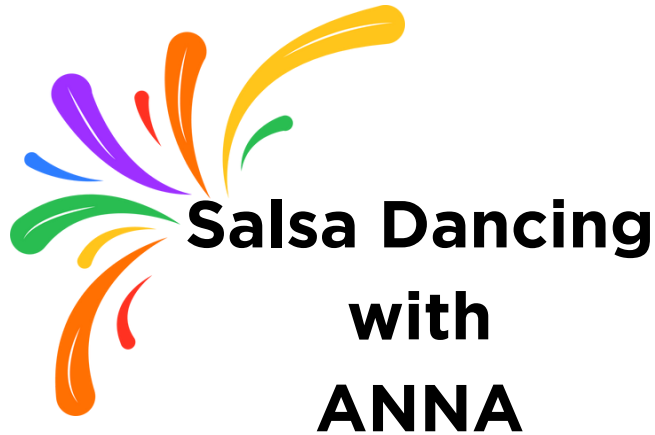
JUNE 22nd

From 1:00pm to 2:30pm
@ The Good Companions

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

Out and About Saturdays

Special Presentation



🌟 Get ready to spice up your Saturday afternoons with some sizzling salsa moves! 🌟

You're invited to join us for two Saturdays of laughter, and fun as we explore the vibrant world of salsa dancing with our talented teacher, Anna!

Whether you're a seasoned dancer or have two left feet, Anna will guide you through the steps and rhythms of salsa with patience and enthusiasm. Get ready to shimmy, shake, and twirl your way across the dance floor as you learn the basics and master some fancy footwork.

No partner required - just bring your passion for dancing and a willingness to learn! So grab your dancing shoes and join us for an unforgettable evening of salsa dancing under the stars.

See you on the dance floor!



DATES:

JULY 13th, 27th
From 1:00pm to 2:30pm
@ The Good Companions

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



Out and About Saturdays

Special Presentation

Inclusive Conversations: Discussing Advanced Care Planning Service Gaps for the 2SLGBTQIA+ Community

Please join us for an important discussion led by Zachary from Capital Funeral Home and Cemetery, addressing the critical gaps in final planning services and resources for the 2SLGBTQ+ community. In this presentation, we'll delve into the impact of stigma, fear of prejudice, and limited resources on the 55+ generation's access to advanced care planning support.

By attending, you'll gain valuable insights into available resources and tools, including complimentary Estate Planning Tools, free Will Kits, and Family Registries. Our aim is to empower community members to navigate final planning with confidence and assurance.



DATES:

AUGUST 10th
From 1:00pm to 2:30pm
@ The Good Companions

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



Over The RAINBOW

Cash Bar, Meet and Greet!
7:00pm-10:00pm

@

The Good Companions

Dates:

Friday: June: 14th

July: 19th

August: 02nd



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



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
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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