

The Good Companions

Summer Bulletin

JUNE - JULY - AUGUST • 2024



Charitable # 11894 1152 RR0001



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

670 Albert St
Ottawa, ON
K1R 6L2
613-236-0428

www.thegoodcompanions.ca

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In Loving Memory

Mark Audcent
Jean Carroll
Ken Gordon
Karen Green
Gisele Holloway
Catherine Ohandjanian
Frances Roach
Bice Santilli
Idalina Serrao
Joyce Taylor

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.

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



A message from the Board of Directors



Dear members, clients, and volunteers,

We are delighted to share with you that effective March 18, 2024, Chris Hughes has assumed the role of Interim Executive Director at The Good Companions. The Board of Directors is pleased to announce this appointment following a rigorous search process.

Chris Hughes brings a wealth of experience to the role, having led the Canadian divisions of several multinational companies in the high technology space for many years. Since 2011, Chris has operated as an independent consultant, with his most recent relevant experience serving as the Interim Executive Director of Crime Prevention Ottawa. Furthermore, Chris has lent his expertise to numerous not-for-profit boards such as United Way, Youth Services Bureau, Christie Lake Kids, and St. Mary's Home. His extensive experience and dedication to compassionate leadership will undoubtedly benefit TGC and the communities we serve.

With a focus on fostering collaboration, driving innovation, and upholding our core values, Chris Hughes is poised to lead The Good Companions through this transitional period with integrity and vision.

As we embark on this new chapter under Chris Hughes' guidance, let us unite in our shared commitment to our mission and embrace the opportunities for growth and transformation that lie before us. An executive search for a permanent Executive Director, possessing the right skills and heart to take The Good Companions to the next level, will begin over the next few months.

Please join us in extending a warm welcome to Chris at TGC! Chris can be reached at chughes@thegoodcompanions.ca.

Sincerely,

The Good Companions – Board of Directors



Team Good Companions

Executive Director

Chris Hughes	Executive Director (Interim)	chughes@thegoodcompanions.ca	ext. 2290
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Finance & Administration

Mariola Kolakowski	Finance Officer	mkolakowski@thegoodcompanions.ca	ext. 2315
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Laurie Pacey	Finance Assistant	lpacey@thegoodcompanions.ca	ext. 2203

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Day Centre

Darlene Powers	Day Centre Director	dpowers@thegoodcompanions.ca	ext. 2160
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Nikkie Snagg	Membership/Volunteer Coordinator	nsnagg@thegoodcompanions.ca	ext. 2230
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Afua Okyere	SCWW Assistant	aokyere@thegoodcompanions.ca	ext. 2390

Seniors' Centre Without Walls Partnership Program

Jennifer Wiebe	SCWW Partnership Program - Director	jwiebe@thegoodcompanions.ca	ext. 2236
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Meghan Cornett	SCWW French Program Coordinator	mcornett@thegoodcompanions.ca	ext. 4357
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Ornella Gatore	SCWW Ontario Lead Coordinator	ogatore@thegoodcompanions.ca	

Community Support Services (CSS)

Anne Kendall	CSS Manager	akendall@thegoodcompanions.ca	ext. 2240
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Barry Shirley	CSS Driver		ext. 2235
Terry Dale	CSS Driver		ext. 2235
John Nofal	CSS Driver		ext. 2235

Food Services

Frank Bowie	Food Services Director	fbowie@thegoodcompanions.ca	ext. 2130
Heather McDonald	Head Cook	hmcDonald@thegoodcompanions.ca	ext. 2131
Miranda Gumeni	Cook Assistant	mgumeni@thegoodcompanions.ca	ext. 2131
Zoubida Chouat	Food Services Assistant	zchouat@thegoodcompanions.ca	ext. 2131



Summer Program Registration

June 25, 26 & 27 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 Summer Program Guide for a full list of the programs being offered. Schedule is subject to change, refer to website or ask front reception for most up to date version.

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."



BOOK A TOUR TODAY!

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




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

lffuertes@thegoodcompanions.ca

613-236-0428 ext. 2221

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ham Steak 	4 Sole Meurière	5 Chicken Schnitzel <div style="border: 1px solid yellow; padding: 5px; text-align: center;"> Strawberry Social 1:00 pm (tickets required) </div>	6 Quiche Lorraine Hair Care 	7 International Menu  Belgium Carbonnade Flamande, fries, Belgian salad Dental Hygiene Clinic 
10 Chicken Cacciatore <div style="border: 1px solid green; padding: 5px; text-align: center;"> Annual General Meeting at 3:00 pm More information on page 13 </div>	11 Swedish Meatballs <div style="border: 1px solid pink; padding: 5px; text-align: center;"> <u>Day Trip</u> Morrisburg, ON 10:00 am - 5:30 pm (tickets required) </div>	12 BBQ Hamburg <div style="border: 1px solid blue; padding: 5px; text-align: center;"> Lecture: OPL- Homebound Services 10:30 – 11:30 am </div>  Nurse Practitioner	13 Sweet and Sour Pork Foot Care 	14 Chicken Drumstick
17 Veal with Mushrooms	18 BBQ Chicken Breast	19 Soup and Sandwiches <div style="border: 1px solid yellow; padding: 5px; text-align: center;"> Carivibe Luncheon 12:00 pm (tickets required) </div> Foot Care 	20 Pasta with Meat Sauce	21 Turkey Divan
24 Honey Garlic Meatballs	25 Chicken Breast  Wellness Clinic	26 Mac and Cheese	27 Chicken Leg Foot Care 	28 BBQ Sausage  Birthday Party
Summer Program Registration (10 am to 2 pm)				
Please note and respect that our centre is scent free.			Schedule Para Transpo pickup for no later than 3:00 pm.	

Strawberry Social

Wednesday, June 5

1:00 pm

Cost: \$5

Entertainment will be provided by **Mary-Ellen Shennan**. The dessert will feature a strawberry shortcake, coffee and tea.

Deadline for ticket purchase is June 3 by 3:00 pm.

Day Trip: Morrisburg, ON

Tuesday, June 11 from 10:00 am - 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 "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.

Alan P. Santance Educational Lecture: OPL - Homebound Services

Wednesday, June 12

10:30 - 11:30 am

Presented by Ottawa Public Library (OPL)

Discover the World at Your Doorstep with Ottawa Public Library's Homebound Services! Are you unable to visit the library? No worries! Join us for an exciting presentation on how our Homebound Services bring the library to YOU. Who is eligible? What can you borrow? Have questions about this or other services? We've got answers! From books to movies, we've got your entertainment covered. Don't miss out – sign up today and open a world of stories without leaving your home!

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 to register.

Carivibe Luncheon

Wednesday, June 19

Cost: \$16

12:00 pm Menu: summer salad, Jamaican beef patty, sweet potato and vegetable curry, coconut pudding, coffee and tea.

1:00 pm Experience the exciting sounds of **DJ Starchild**, filling the afternoon with vibrant Caribbean rhythms guaranteed to get your feet tapping and leave you grinning from ear to ear.

Deadline for ticket purchase is June 17 by 3:00 pm.

Birthday Party

Friday, June 28








1:15 pm

Entertainment will be provided by **Sing-a-long Tyme with Robert Dunlop**.

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**.



July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <div style="border: 2px solid red; padding: 5px; text-align: center;"> Centre Closed for Canada Day </div>	2 Turkey Cutlet	3 Chicken with Pasta Foot Care 	4 BBQ Pork Chop <div style="border: 2px solid magenta; padding: 5px; text-align: center;"> Day Trip Kingston, ON 9:00 am - 6:00 pm (tickets required) </div> Hair Care 	5 International Menu  Tanzania Kuku Wa Mchuzi Pilau Rice, Fried Plantains
8 Chicken Fingers	9 Stuffed Sole <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> Beach Party Social 1:00 pm (tickets required) </div>	10 Beef, Tomato and Macaroni <div style="border: 2px solid green; padding: 5px; text-align: center;"> New Member Orientation 1:00 - 2:00 pm </div>  Nurse Practitioner	11 Roast Pork Loin Foot Care 	12 BBQ Hamburg
15 Veal with Mushrooms	16 Baked Ham	17 BBQ Chicken Foot Care 	18 Seafood Newburg	19 Spanish Rice
22 Chicken Breast	23 Sweet and Sour Pork	24 Soup and Sandwiches <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> Christmas in July 12:00 pm (tickets required) </div>	25 BBQ Hot Dogs Foot Care 	26 Curried Chicken  Birthday Party
29 Hamburg Steak	30 Chicken Breast with Mushrooms	31 Stuffed Sole Foot Care 	<p>Please note the front reception cash register closes daily at 3:00 pm.</p>	
			<p>Lunch is Served Daily from 11:30 am to 1:00 pm</p>	

Kingston, ON (Blues Cruise) (Tickets available for purchase May 24th)

Thursday, July 4 from 9:00 am - 6:00 pm

Cost: \$134 members and \$149 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Enjoy a three-hour 'Heart of the Islands' cruise throughout the world famous, scenic 1000 Islands region aboard the glass covered, climate-controlled Island Star
- Three course lunch
- Entertainment with popular blues music

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

Beach Party Social

Tuesday, July 9

1:00 pm

Cost: \$5

Entertainment will be provided by **The Chords**. The dessert will feature pineapple granita, coffee and tea.

Deadline for ticket purchase is July 5 by 3:00 pm.

New Member Orientation

Wednesday, July 10

1:00 - 2:00 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.

Christmas in July Luncheon

Wednesday, July 24

Cost: \$18

12:00 pm Menu: roll, roast turkey with dressing, gravy, mashed potatoes, green beans, carrots, Christmas bread pudding, coffee and tea.

1:00 pm Entertainment provided by musical performer **Marleen Fawcett**.

Also, a special visit from none other than the jolly old man himself, Santa Claus!

Deadline for ticket purchase is July 22 by 3:00 pm.

Birthday Party

Friday, July 26


1:15 pm

Entertainment will be provided by **'Side by Side' featuring John and Maureen**.

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**.



August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm.			1 BBQ Pork Chop  Hair Care 	2 Chicken Drumsticks
5 	6 Chicken Breast	7 Ham and Potato Casserole 	8 Turkey Schnitzel Foot Care 	9 International Menu  Portuguese Braised Steak and Onions, Fried Potatoes and Roasted Vegetables.
12 Sweet and Sour Pork	13 Breaded Fish	14 Meatloaf Foot Care  	15 Chicken with Pasta	16 BBQ Sausage
19 Spaghetti and Meatballs	20 Hamburg Steak	21 Soup and Sandwiches 	22 Chicken with Mushrooms Foot Care 	23 Baked Ham  Birthday Party
26 Chicken Schnitzel	27 Sole with Parsley Sauce  	28 BBQ Burgers Foot Care 	29 Southwest Chicken Pizza	30 Roast Pork

[Olympics Tea](#)

Thursday, August 1 at 1:00 pm

Cost: \$5

Come join the festivities as we celebrate the Summer Olympics in Paris! There'll be games for all to enjoy, with prizes up for grabs and fun guaranteed. The dessert will feature fresh berry crepe with Chantilly cream and chocolate sauce, coffee and tea.

Deadline for ticket purchase is July 30 by 3:00 pm.

[Montreal, QC \(Tickets available for purchase May 24th\)](#)

Wednesday, August 7 from 9:00 am - 7:00 pm

Cost: \$60 members and \$75 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Celebrate PRIDE by spending the day exploring the Montreal Gay Village. One of the largest in the world, Montreal's Gay Village is a spectacular nucleus of creativity, activity and diversity. Please note: Lunch will be on your own.

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

[PRIDE BBQ Luncheon](#)

Wednesday, August 21

Cost: \$18

12:00 pm Menu: roll, assorted salads, BBQ chicken breast, roasted red potatoes, fresh seasonal vegetables, PRIDE cake, coffee and tea.

1:00 pm Drag Bingo with Drag performer Zak

Deadline for ticket purchase August 19 by 3:00 pm.



[Birthday Party](#)

Friday, August 23 at 1:15 pm

Entertainment will be provided by **The Rivermen**. 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**.



[Alan P. Sentance Educational Lecture: Supportive Care Following A Cancer Diagnosis](#)

Tuesday, August 27

10:30 - 11:30 am

Presented by Jill Burns, The Ottawa Cancer Foundation.

The Ottawa Cancer Foundation is committed to aiding those affected by cancer, including caregivers and families, through community-based supportive care.

Discover a range of programs, resources, and dedicated cancer system navigators ready to assist and understand your needs. Bring your questions to this very informative discussion.

[Prince Edward County \(Picton, ON\) \(Tickets available for purchase May 24th\)](#)

Tuesday, August 27 from 8:00 am - 8:00 pm

Cost: \$145 members and \$160 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Visit to Black Prince Winery for wine and vinegar tasting
- Gourmet lunch in Amelia's Garden restaurant at the Waring House
- Visit to the Fifth Town cheese farm
- Visit to Waupoos Estate Winery for wine tasting

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

Fitness Corner



Ana Valença
Day Centre Coordinator
613-236-0428 ext. 2150
avalenca@thegoodcompanions.ca

We all know that physical activities are important to our health, yet physical exercise isn't merely a task to check off a list of good habits. It is a fundamental pillar that significantly enhances our overall well-being. It's a powerful tool for seniors to maintain independence, improve quality of life, and embrace the golden years with vigor and vitality.

From the beating heart of cardiovascular health to the dance of neurons in the brain, every aspect of a senior's well-being benefits from regular physical activity. So let's lace up those shoes, stretch those muscles, and embark on a journey of health, happiness, and longevity through the transformative power of exercise.

At The Good Companions, we offer a diverse array of group fitness and dance classes, alongside fun and engaging recreational games. Our well-equipped fitness room is specifically designed to meet your individual needs. But you know that's not all. It is always good to mention our exceptional team of fitness instructors! Plus, you'll have the support and camaraderie of friends in a safe environment to make this wellness journey even more enjoyable!

**Don't delay. It is never too late to start exercising.
Join a Fitness or Dance Class at The Good Companions this Summer!**

Strength, Balance, Flexibility, Cardio, Dance, Recreational Games!

MARK YOUR CALENDAR

- **Fall Program Registration, September 10, 11 & 12**
- **Seniors Active Living Fair and TGC Open House
Wednesday, September 4**

Seniors' Centre Without Walls



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

No Internet? No problem!

Seniors' Centre Without Walls (SCWW) is community centre that you can access from the comfort of home – all you need is a telephone!

Using multi-person phone conversations, we offer a wide variety of health & wellness and educational presentations, brain-stimulating activities, musical events, and exciting conversation with peers. It will feel like you're sitting in a room full of friends, but they are at home... just like you!

Health & Wellness Presentations

Elder Abuse Awareness Day
Retirement Living: Should I Stay or Should I Go?
Advance Care Planning
Tick Talk

Educational Series

Introduction to Buddhism
Ottawa's Women on Ice
Canadian Contributions to Science

Regular features include Trivia, Bingo, Short Stories, Music Requests and much more!

For more information or to receive a Program Guide & Calendar, please contact: Emma Revell



You are cordially invited to join The Good Companions' 68th

ANNUAL GENERAL MEETING

MONDAY, JUNE 10TH, 2024

3:00 PM

Location: The Good Companions, 670 Albert Street,
Back Dining Room



Please join us after the AGM for refreshments.

Please RSVP online by Monday, June 3rd:

<https://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/>
or call 613-236-0428 x2100.



2SLGBTQIA+ Program



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



Join Us for Out and About Saturdays!

Hey there, fabulous 2SLGBTQIA+ community!

Looking for some excitement, connection, and laughter this summer? Look no further than our Out and About Saturdays!

Every second and fourth Saturday of the month, we're turning up the fun and creating a safe, inclusive space just for YOU. Whether you're looking to meet new friends, explore new activities, or simply unwind and be yourself, we've got something special in store for you.

So, whether you're a regular attendee or thinking about joining us for the first time, mark your calendars and spread the word! Come solo, bring a friend, or make new connections there's always room for more love and laughter in our community.

Let's make this summer one to remember together! See you at Out and About Saturdays – where the sun shines bright, and the smiles shine even brighter.

With love and pride ❤️

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.

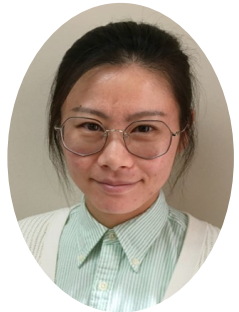
For more information about our Community Support Services, please check our website for all that we do <https://thegoodcompanions.ca/community-support-services> to access services online through our Caredove website: <https://www.caredove.com/champlaincss>

This summer, why not join us on one of our Grocery Shopping Trips?

Have you heard about our free door to door grocery shopping trips? If you live in our catchment area, we have free grocery vans and bus trips that can get you out to your local grocery store to shop and bring your groceries home. If you would like to join us, please call us for more information on our pickup routes and stores. Call us at: 613-236-0428

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

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 provide services such as indoor and outdoor maintenance and cleaning tasks, air conditioner installation, general household repairs, and yard work. Cost is arranged directly with the company. Call us at: 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

我们诚挚邀请您参与每周一和周四上午10:00-10:30的国语电话节目！
参与方法：拨打613-686-1547英文自动答录后，按621410# 等待主持人连线即可。快和您身边的朋友和邻居，一起拿起电话，加入我们线上的聊天互动，趣味分享节目吧！



大统华免费购物巴士

在二月至四月期间，良友中心共提供了三次大统华购物接送服务，职员小恩和瑞百嘉带领住在395 Somerset, 80 Florence和280 Rochester及附近的老年朋友去大统华超市购物！大家再也不用担心路途遥远，开心购物完可以直达家门，纷纷跨赞这一服务。

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

Volunteer Corner

VOLUNTEER

all that's missing is U!

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



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia

Volunteer Spotlight

Renee Schofield has been a dedicated volunteer at TGC since 2019. She started out as a grocery van volunteer, assisting seniors with their shopping while also helping to foster social connections during these outings. When the pandemic hit, Renee seamlessly transitioned to becoming a friendly caller, reaching out to seniors with cheerful calls to help them remain connected during those isolating years.

Beyond her outreach efforts, Renee gives her time as a volunteer driver, ensuring seniors have access to critical medical appointments and services. Her reliability and compassion are an incredible benefit to this program, positively impacting the lives of many seniors. Renee's friendly demeanor and genuine care shine through in her actions, embodying the spirit of community service. We are incredibly grateful for her dedication and proud to have her as part of our volunteer team.

Renee shares, "Volunteering with The Good Companions has been a wonderful experience. The people make all the difference and everyone is so appreciative."



(Left) Renee Schofield, Volunteer, with (Right) - Joan Edwards, CSS Client

Calling All Volunteers!

Do you have a passion for helping seniors or adults with a physical disability? Would you like to make a difference? If the answer is yes, then we would love for you to join our amazing volunteer team.

Volunteer Needs

- Transportation Drivers (Urgent)
- Adult Day Program (various days/spares)
- Choir Pianist (Tuesdays)
- Handy Helper (Techy) East End

VOLUNTEER RECOGNITION 2024



THANK

YOU

VOLUNTEERS

Are just ordinary people with
Extraordinary Hearts!

They offer the gift of their time
To teach, to listen, to help, to inspire, to build,
to grow, to learn.

They expect no pay,
Yet the VALUE of their work knows no limits...

They've known the unexpected
joy of a simple hug.

They've planted the tiny seeds of love in
countless lives.

VOLUNTEERS

Are just ordinary people who reach out
And take a hand

And together

MAKE A DIFFERENCE

That lasts a LIFETIME. (Author Unknown)

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 vary 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: June: 13th, 19th, 27th

July: 3rd, 11th, 17th, 25th, 31st

August: 8th, 14th, 22nd, 28th

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: June 7th

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 - 2 pm. Appointments are \$15 for members and \$17 for non-members per 15 minute appointment.

Upcoming Consultation: June 3rd

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: June 6th, July 4th, August 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: June 12th, July 10th, August 14th

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: June 25th

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.



SUMMER
Repeat Sale

All clothing
50%
Off

During the week of
Registration
June 24 to June 28

www.thegoodcompanions.ca



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

SAVE THE DATE

Seniors Active Living Fair & Open House

Wednesday, September 4, 2024

9:30 am - 2:00 pm - 670 Albert Street, Ottawa

Mark your calendars - you don't want to miss this event!

There will be seminars, demonstrations, exhibitors, door prizes, "try-it" fitness classes, and much more! Meet with a variety of seniors serving businesses and organizations, and learn all about the programs and services offered at The Good Companions.



Free Home
Evaluation



Home Buyers
Guide

Sarah Toll* | Susan Chell* | Patti Brown*

*Broker

We had an exceptional experience partnering with the Chell Team. This marks our second collaboration with Susan Chell and her team, and once again, they surpassed our expectations. From guiding us through both a sale and a purchase of real estate, to offering invaluable advice and recommendations, their expertise has been invaluable.

Back in 2012, in the middle of fierce bidding wars, we used Susan's expertise to navigate the competitive landscape. With her guidance, we developed a winning strategy among five interested parties, securing our dream home.

In January, we entrusted the Chell Team once more as we sold our property. Despite challenging market conditions for sellers, Susan's crisp recommendations, minimal renovations, and strategic pricing advice led to a swift sale within three weeks—remarkable, considering the current average time on market ranges from 40-50 days.

Valentin B.

Celebrating 35 years
613.829.7484
mail@chellteam.com

CHELL
TEAM

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