

The Good Companions

Fall Bulletin

SEPT - OCT - NOV • 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



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.

Land acknowledgement

The Good Companions acknowledges the privilege to be operating on the unceded traditional territory of the Algonquin Anishinaabeg. The peoples of the Anishinaabeg Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The Good Companions honours all First Nations, Inuit and Métis peoples and their valuable past and present contributions to this land.

Contact Us

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thegoodcompanions.ca
info@thegoodcompanions.ca



A Message From Your Executive Director, Chris Hughes



Dear Members of The Good Companions Seniors Centre,

As we say goodbye to the warm and vibrant days of summer, I want to extend my heartfelt greetings to each of you. Fall can be gloomy with cold nights and dark skies, but it depends on one's outlook. Let's make this fall a time for new adventures, relaxation, and enjoying the company of friends and loved ones. Here at The Good Companions, we are excited to embark on this delightful season together.

Our team has planned a variety of engaging activities and events to ensure that your fall is filled with joy, laughter, and meaningful connections. From the Seniors Active Living Fair & Open House on September 4th, Harvest Meal, Oktoberfest Luncheon, Halloween Tea, 69th Anniversary Luncheon, and our Bazaar on November 30th, Birthday Parties and informative sessions, to arts and crafts, music, and dance, there is something for everyone to enjoy.

We encourage you to participate in as many activities as you can and to share your own ideas and interests with us. Your enthusiasm and involvement are what make our centre a special place for all.

Remember, our doors are always open for you to come and enjoy a cool, refreshing break. Whether you're here for a chat, a game, or just to relax, we are here to support and celebrate you.

Let's make our time together one to remember, filled with wonderful memories and cherished moments. Thank you for being a part of The Good Companions family.

Wishing you a joyful and pleasant fall!

Warm regards,

Chris J. Hughes
Executive Director

Executive Director

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

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Fall Program Registration

September 10, 11 & 12 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 Fall 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. If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.



Seniors Active Living Fair & Open House

Wednesday, September 4, 2024
9:30 a.m. - 2:00 p.m. - 670 Albert Street, Ottawa

This event will feature information on health, safety, and social services in the Ottawa area;
and will highlight the programs and services at The Good Companions!

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars

- 30+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

For more information contact The Good Companions at 613-236-0428 Ext. 2221,
or visit our website: www.thegoodcompanions.ca



OC Transpo Wednesday
Service is free for
Seniors 65+











Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés

Est. 1973
50
years of service

Funding provided by:
Ontario 

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <div>Centre Closed for Labour Day</div>	3 Chicken Supreme	4 Chili Con Carne <div>Seniors Active Living Fair and TGC Open House 9:30 am - 2:00 pm</div>	5 Breaded Fish Hair Care 	6 Chicken Drumstick Dental Hygiene Clinic 
9 Veal with Tomato and Peppers Legal Services 	10 Country Sausage with Applesauce  Wellness Clinic	11 Breaded Fish  Nurse Practitioner	12 Turkey Tetrazzini Foot Care 	13 International Menu  Turkey Kofta, Red Pepper Hummus, Pita and Tomato Salad
Fall Program Registration (10:00 am to 2:00 pm)				
16 Sweet and Sour Pork	17 Herbed Chicken	18 Quiche (Room 015) Foot Care 	19 Seafood Pasta	20 Beef Stew
23 Chicken Parmesan	24 Soup and Sandwiches (Room 015)	25 Pork Chop <div>New Member Orientation 1:00 - 2:00 pm</div>	26 Macaroni and Cheese Foot Care 	27 Chicken Breast  Birthday Party
30 Swedish Meatballs <div>National Day for Truth and Reconciliation</div>				Schedule Para Transpo pickup for no later than 3:00 pm.

Seniors Active Living Fair & TGC Open House

Wednesday, September 4

9:30 am - 2:00 pm

This event will feature information on health, safety and social services in the Ottawa area and will highlight the programs and services offered at The Good Companions. This event is brought to you in partnership with the Older Adults Association of Ontario and funding support provided by the Government of Ontario. **(See page 5 for more details)**



Funding provided by:



New Member Orientation

Wednesday, September 25

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.

Birthday Party & 15 Year Recognition Tea

Friday, September 27

1:15 pm

Entertainment will be provided by **Rick Crépin**. Members celebrating 15 years of paid membership this year (consecutive membership from April 1, 2009 to March 31, 2024) will receive an invitation by mail. 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

Festive Christmas Luncheon

Friday, December 6

Christmas Brunch

Tuesday, December 17

Winter Program Registration

January 7, 8 & 9, 2025












TGC TOURS

Our scheduled tours are open to current, new, and potential members and volunteers as well as students. The tour will take you around the centre for an in-depth look at what TGC has to offer, how to become a volunteer or member, the rewards of a TGC membership and much more! Dates and times vary.

Please register at Front Reception, call 613-236-0428 Ext 2100 or email info@thegoodcompanions.ca



October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Ham	2 Breaded Chicken Drumsticks <div>Day Trip Fall Colour Tour (tickets required)</div> Foot Care 	3 Baked Fish with Dill Sauce Hair Care 	4 Hamburg Steak
7 Chicken Breast Santa Fe Legal Services 	8 Veal Cutlet	9 Pork Pepper Steak Nurse Practitioner 	10 Soup and Sandwiches (Room 015) <div>Harvest Meal 12:00 pm (tickets required)</div> Foot Care 	11 Baked Chicken
14 <div>Centre Closed for Thanksgiving</div>	15 Thyme Rubbed Roast Pork Loin	16 Breaded Fish Foot Care 	17 Greek Chicken Breast	18 International Menu Scotland Roast Beef Rumbledethumps Neeps and Carrots
21 Meatballs and Gravy	22 Seafood Newburg	23 Soup and Sandwiches (Room 015) <div>Oktoberfest Luncheon 12:00 pm (tickets required)</div>	24 Coq au Vin Foot Care 	25 Baked Ham  Birthday Party
28 Veal with Mushrooms	29 Chicken Leg	30 Pork Chop <div>Lecture: How Money Works 10:30 – 11:30 am</div> Foot Care 	31 Turkey Schnitzel <div>Halloween Tea 1:00 pm (tickets required)</div>	Lunch is Served Daily from 11:30 am to 1:00 pm

Fall Colour Tour (Merrickville, ON)

Wednesday, October 2 from 10:00 am to 5:00 pm

Cost: \$78 members and \$93 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Lunch at the Maintstreet Family Restaurant

Spend the afternoon touring the many boutiques, art galleries and studios the village has to offer. You may also wish to visit the Blockhouse Museum or the Rideau Canal Locks.

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

Harvest Meal

Thursday, October 10

Cost: \$17

12:00 pm Menu: roll, roast turkey with dressing, whipped potatoes, green beans, carrots, pumpkin pie, coffee and tea.

1:00 pm Entertainment provided by musical performer **Roxy Swan**.

Deadline for ticket purchase October 8 by 3:00 pm.

Oktoberfest Luncheon

Wednesday, October 23

Cost: \$16

12:00 pm Menu: sauerkraut soup, roasted pork tenderloin, kraut flecken, roasted brussels sprouts, apple strudel, coffee and tea.

1:00 pm Entertainment will be provided by the **International Set Duo**.

Deadline for ticket purchase October 21 by 3:00 pm.

Birthday Party

Friday, October 25

1:15 pm

Entertainment will be provided by **Russell Levia**.

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 Lectures: How Money Works

Wednesday, October 30

10:30 - 11:30 am

Presented by: Lois Gosselin and Leigh Ann Pingyin

Don't miss this indispensable educational presentation by Primerica experts. Learn essential financial principles, effective money management strategies, and gain confidence in making informed financial decisions. This session will empower you to save money, reduce debt, and achieve your financial goals.

Halloween Tea

Thursday, October 31








1:00 pm

Cost: \$5

Entertainment will be provided by **Roger Fowler**. Prizes will be awarded for best costume. The dessert will feature pumpkin chocolate bread pudding, coffee and tea.

Deadline for ticket purchase October 29 by 3:00 pm.

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note the front reception cash register closes daily at 3:00 pm.</p>		<p>The Good Companions Craft Studio Sale & Christmas Bazaar will be held on Saturday, November 30 9:30 am - 2:00 pm</p>		<p>1 Beef, Macaroni and Tomatoes</p> <p>Fall Back Set your clocks back one hour before bed on Sunday.</p> 
<p>4 Chicken Cutlet</p> <p>Legal Services</p> 	<p>5 Ham and Cheese Casserole</p>	<p>6 Sole with Dill Sauce</p>	<p>7 Hungarian Goulash</p> <p>Remembrance Day Service 10:30 am</p> <p>Hair Care</p> 	<p>8 International Menu</p> <p>Venezuela</p> <p>Polvorosa de Pollo, Roll, Green Salad</p>
<p>11</p> <p>Centre Closed for Remembrance Day</p> 	<p>12 Mediterranean Chicken Breast</p>	<p>13 Ham Steak</p> <p>Lecture: Vulnerable Road Users 10:30 am - 12:00 pm</p> <p>Nurse Practitioner</p> 	<p>14 Soup and Sandwiches (Room 015)</p> <p>69th Anniversary Luncheon 12:00 pm</p> <p>Foot Care</p> 	<p>15 Turkey à la King</p>
<p>18 Farmer Sausage</p>	<p>19 Chicken Stir Fry</p>	<p>20 Salisbury Steak</p> <p>Foot Care</p> 	<p>21 Lemon Pepper Sole</p>	<p>22 Swedish Meatballs</p> <p>Birthday Party</p>
<p>25 Chicken Drumsticks</p>	<p>26 Herbed Pork Chop</p>	<p>27 Veal Chasseur</p>	<p>28 Quiche Lorraine</p>	<p>29</p> <p>NO PROGRAMS NO LUNCH Bazaar set up for Tomorrow</p>
<p>Donations of baked goods for the Bazaar will be accepted all week</p>				

Remembrance Day Service

Thursday, November 7

10:30 am

All are welcome to join us in a service of remembrance. The service will be led by Major (retired) David Clemis. Poppies will be available at Front Reception the first week of November.

Alan P. Sentance Educational Lectures: Vulnerable Road Users

Wednesday, November 13

10:30 am - 12:00 pm

Presented by: Lisa Lapierre, Regional Strategic Coordinator (MTO)

Join us for an insightful presentation on Vulnerable Road Users. We'll cover safety tips for pedestrians, cyclists, motorcyclists, and strategies for navigating around buses, commercial vehicles, and wildlife. The session will also address the driver's license renewal process for seniors aged 80+, including steps, group sessions, and test requirements. Enhance your road safety knowledge and stay informed on essential driving regulations.

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.

69th Anniversary Luncheon

Thursday, November 14

Cost: \$18

12:00 pm

Menu: mixed greens salad, herbed boneless chicken breast, smashed red potatoes, roasted seasonal vegetables, lemon blueberry cheesecake, coffee and tea.

1:00 pm

Entertainment will be provided by the **Starry Nights**.

Deadline for ticket purchase November 12 by 3:00 pm.

Birthday Party

Friday, November 22

1:15 pm

Entertainment will be provided by **Brent Meidinger**.

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**.



The Good Companions Craft Studio Sale & Christmas Bazaar

Saturday, November 30

9:30 am - 2:00 pm

FREE admission

Featuring: Crafts from our studios, books, baking, silent auction, treasures and a Christmas Café. Plus a visit from Santa Claus himself!

Donations of baked goods to sell at the Bazaar will be accepted as of November 25.

(See page 20 for more details)

Morrisburg, ON (Tickets available for purchase October 15)

Thursday, December 12 from 10:00 am - 5:30 pm

Cost: \$120 members and \$135 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Buffet lunch at McIntosh Country Inn
- Matinee performance of "Miracle on 34th Street", one of the most classic Christmas stories of all time, 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.

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



*All people should
be treated equally,
regardless of who
they are or who
they love.*

Fall is here, and it's the perfect time to stay connected with our vibrant 50+ 2SLGBTQIA+ community!

Socializing is vital for our well-being, and the Out and About Saturdays program is a wonderful way to meet new friends and reconnect with familiar faces.

Join us every second and fourth Saturday of the month for fun and fellowship. Let's embrace the season together!

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



Fitness Corner



Ana Valença

Day Centre Coordinator
613-236-0428 ext. 2150

avalenca@thegoodcompanions.ca

Fall into Fitness: Staying Motivated through the Seasons

Crisp air, fall colored leaves, pumpkins and apples. As the weather cools down, it's easier to take advantage of outdoor exercise.

It may not be easy for everyone to stick to an exercise routine once the seasons change. What you can do is try your best to either continue exercising and/or start to incorporate more exercise, especially with winter and the holidays right around the corner.

As fall commences, it is a great time to change your workout. Your body gets used to doing the same activities over and over. When this occurs, your muscles aren't being challenged as they should be, leading to a potential weight loss plateau. Really take advantage of the weather changing and cooler temperatures with these activities:

- Explore parks in your area and walk, jog, hike or bike outside
- Return to the gym or fitness centre inside and take advantage of the weights – **TGC can help with this!**
- Find a fall fitness partner to help keep you going – **you have plenty of potential partners here at TGC!**

It takes 30 days to form a habit, so if you are completely new to exercise or if you are trying to change your schedule a little from summer to fall, keep this in mind.

It doesn't matter how you get your activity and exercise this fall: the important part is actually doing it. Challenge yourself and eliminate excuses.

Excerpt from:

<https://www.ahealthiermichigan.org/2020/10/07/fall-into-fitness-staying-motivated-through-the-seasons/>, Friday, June 09 2023, 11:30 am

Don't delay. It is never too late to start exercising.

Join a Fitness or Dance Class, or access fitness equipment in the Fitness Room at The Good Companions this Fall!

Strength, Balance, Flexibility and Cardio! We've got you covered!

Our classes can help you keep physically active all year long in a safe environment.

Refer to your Fall Program Guide 2024 for more details.



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> and access services online through our Caredove website: <https://www.caredove.com/champlaincss>



Need to get out to shop for groceries? Join us on one of our Grocery Shopping Trips.

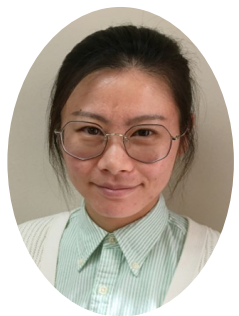
We run free regular grocery vans and bus trips that can get you out to your local grocery store to shop and bring your groceries home. If you would like to join us, please call us at 613-236-0428 ext. 2250 for more information about our pickup routes and grocery stores.

Looking for help with Snow Removal this winter? Ask about Snow-Go and Snow Go Financial Assistance.

To ensure that you have safe access to your home during the winter months, we can refer you to skilled, independent contractors or companies for your snow removal needs. Services include snow removal from driveways, walkways, steps and paths. Also, if you need assistance to pay for your snow removal, funds are provided by The City of Ottawa to help seniors and adults with physical disabilities who are on a low income.

Call 613-236-0428 ext. 2250

Note: The deadline for application and supporting documentation is November 29, 2024



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！**新号码**：拨打**343-341-4711**等待主持人连线即可！



中秋茶聚庆祝活动

诚邀大家9月18日（周三）下午1点来良友中心庆中秋，提供茶点，节目内容有幸运抽奖、娱乐节目等等。期待大家的来临，共渡佳节，活动详情请留意中心的最新消息。祝中秋佳节快乐，月圆人圆事事圆满！

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。

Volunteer Corner

VOLUNTEER

all that's missing is U!

Membership & Volunteer Services Coordinator

613-236-0428 ext. 2230

volunteer@thegoodcompanions.ca



"It's good to be blessed. It's better to be a blessing." ~ Author Unknown

Are you interested in making a difference in someone's life? Volunteering at The Good Companions offers a rewarding experience in a wonderful family atmosphere. This year, so far, we have welcomed 51 new volunteers in our ever growing volunteer family. With over 165 amazing volunteers we are helping to reduce social isolation, while promoting independence and making everlasting friendships.

Visit our website www.thegoodcompanions.com to view our available opportunities and apply online! I look forward to hearing from you!

5 reasons to volunteer



1. Gain new skills

2. Meet new people

3. Make a difference

4. Give back to the community

5. Feel valued and be part of a team

...and have fun!

Volunteer Needs

TRANSPORTATION DRIVERS (URGENT)
HANDY HELPER
CHOIR PIANIST (TUESDAYS)

613-236-0428 ext 2230 |
www.thegoodcompanions.ca

Volunteer Spotlight



Anton Shevchenko - Adult Day Program Volunteer since October 2023.

Anton joined ADP back in October and very quickly became part of the group. He has donated a total of 112 hours to the program. Providing assistance to the participants of the program. He is genuine in all his interactions and the clients look forward to seeing him each and every week. Anton is a great supporter of the program and even came out to Race Weekend to help raise funds for the Centre. Thank you for everything you do for the clients of the program!

Seniors' Centre Without Walls



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



**Welcome to Seniors' Centre Without Walls,
where connection knows no bounds!**

Imagine a vibrant community where older adults can engage in enriching seminars, lively discussions, and even enjoy live musical performances-all without leaving the comfort of home.

Our multi-person phone calls bring together individuals eager to learn, socialize, and forge new friendships. Whether it's diving into health and wellness topics, stimulating the mind with educational lectures, or simply sharing stories with like-minded peers, our virtual centre offers all the benefits of an in-person experience, conveniently accessible via telephone.

Join us and discover the endless possibilities of staying connected and engaged, right from where you are!

For more information or to receive a Program Guide & Calendar, please contact:
Emma Revell - SCWW Coordinator
613-236-0428 ext. 2323
erevell@thegoodcompanions.ca

Angel tree

Keep the Angel Tree Program in mind while doing your Christmas shopping!

The Good Companions is once again partnering with **The Boys & Girls Club of Ottawa** to provide gifts for their Christmas party in December!

If you would like to contribute and prefer to plan ahead, you can bring your **unwrapped gift** to Ana Valença anytime during October and November. She will ensure your gift is placed under the tree once it's set up.

If you prefer to wait, you can select a tag corresponding to a young boy or girl from the Angel Tree in the lobby once it's decorated. After purchasing your gift, drop it off **unwrapped** under the Angel Tree.

Please, no stuffed animals or clothing items.



Develop A
Cybersecurity
Strategy
That Fits
**Your
Organizational
Needs!**



Contact us today

<https://itdepartment.com>



OTTAWA RACE WEEKEND FUNDRAISER 2024

We are very proud to announce that 60 participants signed up to partake in the 2024 Ottawa Race Weekend fundraiser! 12 cheered the team along, 53 people did the 2KM and we even had 7 who braved the 5KM race!

Our sincere thanks to everyone who took part or made a donation!

With the support of so many individual donors, The Good Companions was able to raise **\$14,039!**



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613-698-1319

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 10:00 am - 3:00 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: September: 12, 18, 26
October: 2, 10, 16, 24, 30
November: 14, 20

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 9:00 am - 3:00 pm.

Upcoming Clinic: September 6

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 1:00 - 2:00 pm. Appointments are \$15 for members and \$17 for non-members per 15 minute appointment.

Upcoming Consultations: September 9, October 7, November 4

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 10:00 am - 3:00 pm. Book an appointment today.

Upcoming Dates: September 5, October 3, November 7

**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: September 11, October 9, November 13

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 9:00 am - 12:00 pm. Please drop by.

Upcoming Clinic: September 10

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.



CRAFT STUDIO SALE & CHRISTMAS BAZAAR

SATURDAY, NOVEMBER 30
9:30 AM - 2:00 PM

FEATURING:

HANDMADE CRAFTS FROM OUR STUDIOS
ARTISAN BOUTIQUE
BOOKS
BAKING
SILENT AUCTION
NEARLY NEW FASHIONS
TGC'S FAMOUS HOMEMADE TOURTIÈRES
& MEAT PIES
CHRISTMAS CAFÉ
& A VISIT FROM SANTA CLAUS!



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FOR EVERYONE ON
YOUR LIST!*



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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
lfuertes@thegoodcompanions.ca
613-236-0428 ext. 2221

