



AUTUMN 2024

(September to December)

Craft with Sass!



Calling all crafty 50+ folks! Join us every second and fourth Saturday for “Craft with Sass”.

Bring your personal crafts and hang out with fellow 2SLGBTQIA+ crafters.

Our sassy facilitator will be there to welcome you, but remember: it’s BYOC (Bring Your Own Craft)

PS: You are responsible for cleaning up your mess



Saturday:

September 14, 28th

October 26th

November 09th, 23rd



From 10:00am to 12:00pm

Come for the crafts, stay for the laughs! 😊

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

Let's Get Rich For Free

**“Elders sharing our stories enriches everyone,
fostering connection and compassion.”**

**The queer community, like a small town, is full of
people we know but still have much to learn
about. We all carry a lifetime of stories to share.**

Guidelines:

- **Listen with compassion and acceptance.**
- **Respect everyone's interpretation of their experiences.**
- **Avoid using real names.**
- **Refrain from judging the story or its delivery.**



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Group Meditation

Our minds have great potential for wisdom and joy, but without guidance, they can also bring anxiety and suffering. We often seek relief through external distractions, but these are temporary and can create more problems.

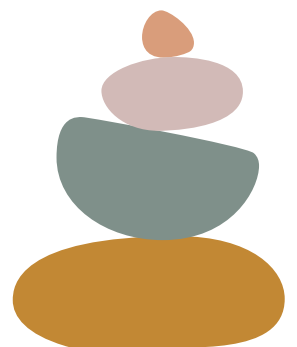
A better approach is to address the issue at its source. If you want support in working kindly with your heart and mind, join us for meditation—online with OSPN or in person at Good Companions on OSPN Saturdays.

We focus on non-judgmental presence with ourselves and our surroundings, offering different guided meditations each week. Whether you're experienced or new to meditation, you are welcome.



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The Coffee Club



Join our Coffee Club every second and fourth Saturday from 10:00 am to 12:00 pm for friendship, laughter, and freshly brewed coffee.

Enjoy your favorite brew while connecting with old and new friends in a relaxed, welcoming atmosphere. Whether you're a coffee lover or just want a fun way to spend your morning, come sip, chat, and make memories with us!



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Older and Bolder Saturdays

Welcome to Older and Bolder Saturdays at The Good Companions! Join us every second and fourth Saturday from 10:00 am to 12:00 pm to connect with women, share stories, and forge friendships in a welcoming and inclusive space.

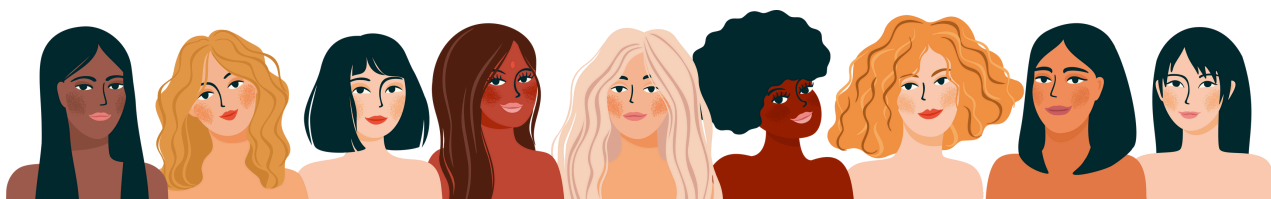
Celebrate womanhood, engage in empowering discussions, and enjoy enriching activities. Whether reconnecting or meeting new friends, come embrace wisdom, celebrate strength, and enjoy life together!



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Pickleball



Join our Pickleball program at The Good Companions every second and fourth Saturday from 1:00 pm to 2:30 pm for a fun and inclusive afternoon.

Whether you're an experienced player or a beginner, everyone is welcome on the court. Improve your skills, stay active, and connect with others while enjoying this exciting sport. Come paddle, play, and celebrate inclusivity with us!

**Saturday
September 28th
October 26th
November 23rd**



From 1:00pm to 2:30pm



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Table Tennis

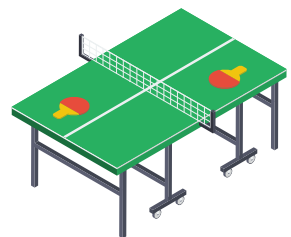


Join us for a lively game of table tennis as part of our "Out and About Saturdays".

Whether you're a seasoned pro or just looking to try something new, our table tennis sessions are all about fun, friendly competition, and making new friends. Swing by, pick up a paddle, and enjoy a few rounds of this exciting game.

It's the perfect way to stay active, socialize, and add a little bounce to your Saturday!

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Special Presentations

Time: 1:00pm to 2:30pm

Sept 14th: Outstanding: A Comedy Revolution Documentary about the history of 2SLGBTQIA+ Stand-Up comedy.

Sept 28th: One or two things you may, or may not, know about... western art with Penelope Kokkinos

October 26th: Euchre Tournament

November 09th: Pray Away: Ex leaders and survivors of conversion therapy speak out about harming the 2SLGBTQIA+ community

November 23rd: Trans Voices: panel discussion

December 14th: Holiday Lunch

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



Every First Wednesday Of The Month
10:00am to 11:30am

“Celebrating Community One Cup At A Time!”

The Good Companions
670 Albert Street
Ottawa, Ontario
(613) 236-0428



email: sgauthier@thegoodcompanions.ca
for details



**REACH
OUT!**

RAINBOW
CONNECTIONS
50+


REDUCING ISOLATION
IN THE 2SLGBTQIA+
COMMUNITY

Don't be alone

670 ALBERT STREET, OTTAWA

More info:
sgauthier@thegoodcompanions.ca

RAINBOW CONNECTIONS



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

EVERY 3RD FRIDAY OF THE MONTH

HOSTED BY
THE GOOD
COMPANIONS



THIS IS OUR TIME!

670 ALBERT STREET, OTTAWA

7:00 PM - 10:00 PM

MORE INFO:

SGAUTHIER@THEGOODCOMPANIONS.CA



2SLGBTQIA+

ADULT DAY

PROGRAM

2SLGBTQIA+
ADULT DAY PROGRAM



**JOIN US EVERY SECOND AND FOURTH
SATURDAY OF THE MONTH,
FROM 9:30 AM TO 2:30 PM.**

**FOR MORE INFO CONTACT PENNY:
PBODNOFF@THEGOODCOMPANIONS.CA**



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



save the date

THE QUEER CHRISTMAS CRAFT SHOW

*November 16th 2024
670 Albert Street, Ottawa
10:00am-2:00pm*

CONTACT:

SGAUTHIER@THEGOODCOMPANIONS.CA

FOR DETAILS



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