

The Good Companions

# Winter Bulletin

DEC - JAN - FEB • 2024-2025



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](http://www.thegoodcompanions.ca)

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## In Loving Memory

David Binder  
Joe Brabant  
Barbara Browne  
Peter Browne  
June Caillier  
Helen Damianakos  
Jim Flegg  
Patrick Gleason  
Aline Lavergne

Chantal Lecuyer  
Pamela McLeod  
Rod Miller  
Antônio Misaka  
Christine Morrison  
Catherine "Kay" O'Toole  
Sr Grace Robertson  
Ruth Shearman  
Roger White

### 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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# A Message From Your Executive Director, Chris Hughes



As the winter season unfolds and the world around us sparkles with snow, we are reminded of the warmth that comes from being part of such a vibrant and caring community. While the days grow colder, we know the joy and companionship we share within our centre will continue to keep us connected.

Winter is a time for reflection, and we are so grateful for each of you - your presence, your participation, and your support. Whether you're attending events, enjoying a class, or simply sharing a smile with a fellow member, you bring light and friendship to the heart of this community.

As we move through this season, we encourage you to stay active and involved. We have many exciting programs planned to help brighten these winter days, from festive activities to cozy gatherings, ensuring that the spirit of connection remains strong.

May the winter months ahead bring you peace, health, and happiness, and may the warmth of friendship be with you throughout.

I also want to extend my deepest gratitude to our staff for your unwavering dedication, compassion, and hard work. Every day, you go above and beyond to create a welcoming, vibrant, and supportive environment for our seniors. Whether it's through the thoughtful programs you organize, the smiles you share, or the care you provide, your efforts have a profound impact on the lives of those we serve.

Your commitment to making The Good Companions a place of community, connection, and joy does not go unnoticed. It is because of each one of you that our members can find comfort, companionship, and dignity in their daily lives. You are the heart of this organization, and I am incredibly grateful for all that you do.

Thank you for your passion, patience, and continued dedication. Together, we are making a meaningful difference.

Stay safe, stay warm, and we look forward to sharing many more moments together.

Warmest wishes,

*Chris J. Hughes*

Executive Director



# Team Good Companions

## **Executive Director**

Chris Hughes	Executive Director (Interim)	<a href="mailto:chughes@thegoodcompanions.ca">chughes@thegoodcompanions.ca</a>	ext. 2290
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## **Finance & Administration**

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## **Seniors' Centre Without Walls Partnership Program**

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## **Community Support Services (CSS)**

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Terry Dale	CSS Driver		ext. 2235

## **Food Services**

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# Winter Program Registration



January 7, 8 & 9 from 10:00 am to 2:00 pm

Registration can be done in person, over the phone or online at [thegoodcompanions.ca/program-registration](http://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 Winter 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.



## Winter Tips For Seniors



### Stay Hydrated

Many of us think about hydration the most in the summer when the harsh sun leaves us parched. That said, you can become dehydrated any time of year, including winter. It's easier when you're older.

Plan to drink the equivalent of one-third of your body weight of water in ounces each day. You can even increase the intake to half your body weight.

Tips for drinking more water? Gamify it and make it fun.

Be aware of the signs of dehydration too, as they will tell you when you need to call your doctor. If you feel extra thirsty, tired, and have a dry mouth, and you're experiencing urinary changes, you could be dehydrated. Dark yellow urine with a strong odor is another indicator.

### Plan Activities For Earlier In The Day












One of the hardest parts of winter for many people is the reduced daylight hours. It can get dark before 5 o' clock, especially during the earlier days of the winter season.

Early darkness carries many risks for older people. You're more likely to slip and fall, even if it hasn't snowed or is icy, because you can't see as well. Black ice is also more prevalent after the sun sets, and it's almost impossible to see, especially with low visibility.

On top of all that, the bone-chilling temperatures after night falls are also dangerous for seniors to be exposed to long-term.

Try to plan your outings before the sun goes down. This way, you're home, snugly, and safe during the most treacherous winter hours.

# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Veal Parmesan   Legal Services	<b>3</b> Sole with Dill Sauce	<b>4</b> Sausage Patties with Cream Gravy	<b>5</b> Chicken Leg   Hair Care	<b>6</b> Soup and Sandwiches (Room 019)  <div style="border: 2px solid red; padding: 5px;">Festive Luncheon 12:00 pm (tickets required)</div>  Dental Hygiene Clinic
<b>9</b> Turkey Schnitzel	<b>10</b> Pork Chop	<b>11</b> Spaghetti and Meat Sauce   Nurse Practitioner	<b>12</b> Chicken à la King  <div style="border: 2px solid green; padding: 5px;">Day Trip Morrisburg, ON 10:00 am - 5:30 pm (tickets required)</div>  Foot Care	<b>13</b> International Menu <u>Mexico</u> Mexican Beef Enchilada, Rice, and Refried Beans  Birthday Party
<b>16</b> Swedish Meatballs	<b>17</b> Soup and Sandwiches (Room 019)  <div style="border: 2px solid red; padding: 5px;">Christmas Brunch 11:00 am (tickets required)</div>	<b>18</b> Honey Garlic Chicken	<b>19</b> Ravioli   Foot Care	<b>20</b> Baked Ham
<b>23</b> Chicken Fingers	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<div style="border: 2px solid red; padding: 10px; text-align: center;">  <b>Centre closed for the holidays - reopening Tuesday, January 2</b>  </div>				
<b>30</b> <div style="border: 2px solid red; padding: 10px; text-align: center;">  <b>Centre closed for the holidays</b> </div>	<b>31</b> <div style="border: 2px solid red; padding: 10px; text-align: center;">  <b>Centre closed for the holidays</b> </div>			Schedule Para Transpo pickup for no later than 3:00 pm.

### Festive Christmas Luncheon

Friday, December 6

Cost: \$18

12:00 pm Menu: roll, roast turkey, stuffing, gravy, whipped potatoes, Brussels sprouts, carrots, eggnog crème caramel, coffee and tea.

1:00 pm Entertainment will be provided the **Arlene Quinn**.

Deadline for ticket purchase December 4 by 3:00 pm.

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### Morrisburg, ON

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 34<sup>th</sup> 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.**

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### Birthday Party

Friday, December 13

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**.

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### Christmas Brunch

Tuesday, December 17

Cost: \$18

11:00 am Menu: rolls, assorted pastries, assorted salads, bacon, sausage, French toast, scrambled eggs, home fries, seasonal vegetables, chicken pasta rosé, carved ham, chocolate cherry trifle, coffee and tea.

Deadline for ticket purchase December 13 by 3:00 pm.



## Angel Tree

Please select a tag corresponding to a young boy or girl from the Angel Christmas Tree located in the lobby. Once you have made your purchase, you can place your gift under the tree and help boys and girls of our community to have a very happy and festive Christmas. **The toys should remain unwrapped** with the Angel Tree tag affixed to the package for security reasons.

**Drop off deadline is Friday, December 6 by 12:00 pm**

Contact Ana Valença if you have any questions about this program.

# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 	<b>2</b> Breaded Fish	<b>3</b> Shepherd's Pie
<b>6</b> Chicken Santa Fe   Legal Services	<b>7</b> Liver and Onions   Wellness Clinic	<b>8</b> Lemon Pepper Sole   Nurse Practitioner	<b>9</b> Chili Con Carne  Hair Care 	<b>10</b> International Menu  <u>Greece</u>  Moussaka, Greek Salad, Pita
<b>Winter Program Registration (10:00 am to 2:00 pm)</b>				
<b>13</b> Farmer Sausage	<b>14</b> Pasta with Meat Sauce	<b>15</b> Veal with Mushroom Sauce	<b>16</b> Thyme Crusted Roast Pork    Foot Care 	<b>17</b> Chicken Drumstick
<b>20</b> Swedish Meatballs	<b>21</b> Soup and Sandwiches (Room 019)  	<b>22</b> Hamburg Steak	<b>23</b> Chicken and Broccoli Casserole  Foot Care 	<b>24</b> Baked Ham   Birthday Party
<b>27</b> Tourtière	<b>28</b> Honey Garlic Pork	<b>29</b> Red Coconut Curry Chicken   	<b>30</b> Grilled Sole  Foot Care 	<b>31</b> Pork Chop

## Alan P. Santance Educational Lecture: Alzheimer's Disease: Awareness, Understanding, and Support

Thursday, January 16

1:00 - 2:00 pm

**Presented by German Chique - Alfonso, Dementia Society of Ottawa & Renfrew County**

January is Alzheimer's Awareness Month. Join us for an insightful presentation on Alzheimer's Disease. This session will provide valuable information about the condition, its impact on individuals and families, and the latest resources available for support. Whether you're seeking knowledge for yourself or a loved one, this presentation is an excellent opportunity to learn and ask questions. Stay informed and empowered - together, we can raise awareness and make a difference in our community.

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](http://www.thegoodcompanions.ca) to register.

## Rabbie Burns Luncheon

Tuesday, January 21

Cost: \$18

12:00 pm Menu: cockie leekie soup, haggis, roast beef, gravy, taters and neeps, green beans, apple crisp, coffee and tea.

1:00 pm Entertainment provided by **The Chords**.

**Deadline for ticket purchase January 17 by 3:00 pm.**

## Birthday Party

Friday, January 24

1:15 pm

Entertainment will be provided by **Brian and Heather Loyer**.

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. Santance Educational Lecture: Unpack The Canadian Dental Care Plan!

Wednesday, January 29

10:30 - 11:30 am

**Presented by Kanishk Sinha, Service Canada**

Join us for this very informative session where we'll break down what the plan covers, who qualifies, and how it can help you maintain a healthy smile! Don't miss this chance to get all your questions answered and learn how to access affordable dental care.

A decorative graphic with a light beige background and floral borders on the left and right sides. The text is centered and reads:

*Mark Your Calendar*

**EARLY BIRD MEMBERSHIP RENEWAL  
STARTING MARCH 1, 2025**

**DAY TRIP-SUGAR BUSH WEDNESDAY MARCH 26  
(TICKETS AVAILABLE FOR PURCHASE FEBRUARY 3)  
COST: \$75 MEMBERS AND \$90 NON-MEMBERS**

**SPRING PROGRAM REGISTRATION  
APRIL 1, 2 & 3, 2025**

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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>
<p>3 Chicken Schnitzel</p> <p>Tickets available to purchase for the Sugar Bush Day Trip</p> <p>Legal Services </p>	<p>4 Ham Steak with Pineapple</p>	<p>5 Lasagna</p>	<p>6 Turkey Schnitzel</p> <p>Hair Care </p>	<p>7 International Menu</p> <p><u>Puerto Rico</u></p> <p>Pollo Guisado </p>
<p>10 Farmer Sausage</p>	<p>11 Chicken à la King</p>	<p>12 Jerk Pork Loin</p> <p>Valentine's Day Tea 1:00 pm (tickets required)</p> <p>Nurse Practitioner </p>	<p>13 Spanish Rice</p> <p>Foot Care </p>	<p>14 Breast of Chicken Supreme</p>
<p>17</p> <p>Centre Closed for Family Day</p>	<p>18 Hot Hamburg Sandwich</p>	<p>19 Soup and Sandwiches (Room 019)</p> <p>Mardi Gras Lunch 12:00 pm (tickets required)</p>	<p>20 Chicken Drumstick</p> <p>Foot Care </p>	<p>21 Pork Chop with Mushroom Sauce</p>
<p>24 Veal Cutlet</p>	<p>25 Ham and Broccoli Quiche</p>	<p>26 Savory Chicken Leg</p> <p>Lecture: EVs Explained 11:00 am – 12:00 pm</p>	<p>27 Beef Stew</p> <p>Foot Care </p>	<p>28 Fish Cakes</p> <p> Happy Birthday Birthday Party</p>

### Valentine's Day Tea

Wednesday, February 12

1:00 pm

Cost: \$5

Entertainment will be provided by **Malcolm Wade**. The dessert will feature individual black forest cake, coffee and tea.

**Deadline for ticket purchase February 10 by 3:00 pm.**

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### Mardi Gras Luncheon

Wednesday, February 19

Cost: \$17

**12:00 pm** Menu: corn and crab bisque, Cajun pork, red beans and rice, green beans with roasted peppers, banana bread pudding, coffee and tea.

**1:00 pm** Entertainment will be provided the **Jock River Jazz Band**.

**Deadline for ticket purchase February 14 by 3:00 pm.**

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### Alan P. Sentance Educational Lecture: Wired For the Future: EVs Explained

Wednesday, February 26

11:00 am - 12:00 pm

**Presented by Raymond J. Leury, Electric Vehicle Council of Canada**

Curious about electric vehicles? Join us for this informative presentation! We'll explore the essentials of EV ownership, from charging at home or on the go to long-distance travel and performance in all weather conditions. Learn about maintenance costs, government rebates, and the future of EVs in Canada. Plus, we'll bust common myths and end with a Q&A so you can get all your questions answered.

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](http://www.thegoodcompanions.ca) to register.

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### Birthday Party

Friday, February 28

1:15 pm

Entertainment will be provided by **Guityard**, directed by David Jones.

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**.



### Sugar Bush

Wednesday, March 26 (Tickets available for purchase February 3)

from 10 am to 4:30 pm

**Cost:** \$75 members and \$90 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Traditional Sugar Bush meal at Wheelers Maple (Wheelers Pancake House, Sugar Camp & Museums)
- Visit to Balderson Village Cheese store

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

# 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>

Getting out during the winter months can be tough! – call us to chat about our programs and see how we can help you to stay connected, meet friends and avoid becoming isolated during the harsh winter months.



## Join us on one of our regular Grocery Shopping Trips

Living in Centretown? Give us a call if you are interested in joining our Centretown Grocery Bus to Massine's Independent Grocers. Year-round free door-to-door transportation on a school bus and free grocery delivery to your lobby or front door.

## Living in Northeast Ottawa?

Join our free Grocery Van to Food Basics. Get out, meet new friends and enjoy this cheerful door to door van trip every 2 weeks. To register for one of our Grocery Shopping Programs, call 613-236-0428 ext. 2250.

## Need Transportation to Medical Appointments?

Having difficulty using public transportation? Ask us about our Transportation Program. We can arrange drives to medical and other essential appointments at a reasonable cost. Clients must be registered with us to use the program, and drives must be booked a minimum of 7 days in advance. Call to find out more 613-236-0428 ext. 2235.



**\*\* Winter Weather Reminder!!** Please note that during the winter months our grocery shopping trips, and transportation drives may be cancelled due to bad weather, e.g. freezing rain or a significant winter storm that means the road conditions are unsafe for our drivers to drive you. If you have a trip booked, please listen to the radio or TV for school bus cancellations. You will receive a call on the morning of your trip if your trip is to be cancelled.

## 良友华人社区服务专栏



### 大统华免费购物巴士

十二月圣诞节假期前夕想准备菜式，但去超市路途遥远，冰天雪地搭公交车太难了！不怕，良友中心社区支持服务团队为住在**395 Somerset, 80 Florence**和**280 Rochester**及附近的您提供大统华超市免费接送服务。请在**613-237-4439** 分机**2363**留言向小恩查询详情及报名。

### 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！**电话号码**：拨打**343-341-4711**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！



# Adult Day Program

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.

For more information please contact: **Penny Bodnoff, Adult Day Program Coordinator**  
613-236-0428 ext. 2200  
[pbodnoff@thegoodcompanions.ca](mailto:pbodnoff@thegoodcompanions.ca)

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



## 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](http://www.thegoodcompanions.ca/facility/accessibility)

For more information contact: Laydee Fuertes  
[lfuertes@thegoodcompanions.ca](mailto:lfuertes@thegoodcompanions.ca)  
613-236-0428 ext. 2221



# Fitness Corner

## Stay Active This Winter at The Good Companions!

Regular exercise is essential for improving balance, flexibility, endurance, and mental well-being. Best of all, it can be done affordably - even during the colder months! Am I saying anything new? Of course not. We all know that!

As the days grow shorter and temperatures drop, it's easy to feel less motivated. However, staying active is important at any age, especially for seniors. Exercise can have a tremendous positive impact on both physical and mental health, helping you stay strong, independent, and energized.

At The Good Companions Seniors' Centre, we pride ourselves on being a welcoming community where you can thrive! We offer a variety of affordable fitness classes (some at little to no cost!) designed to keep you moving. Our classes take place in a safe, supportive environment, surrounded by friendly peers and guided by certified fitness instructors.

Join a fitness class this Winter. Your centre is the perfect place to stay active and make lasting connections this Winter!

Please refer to your **Winter Program Guide 2025** for all of the details.

**Winter Program Registration: January 7, 8 and 9, 2025**

**from 10:00 am to 2:00 pm.**

**Come in person or register online!**

For more information on our fitness programs contact:

**Ana Valença, Day Centre Coordinator**

613-236-0428 ext. 2150

[avalenca@thegoodcompanions.ca](mailto:avalenca@thegoodcompanions.ca)



## Seniors' Centre Without Walls

### Stay Connected This Winter with Seniors' Centre Without Walls (SCWW)

As winter approaches, many seniors may prefer staying cozy at home, but that doesn't mean you have to miss out on social connections! SCWW offers a wonderful solution, allowing you to participate in engaging activities without stepping out into the blustery, cold weather!

Join lively discussions, health seminars, or live music - all from the comfort of your home. SCWW connects seniors through multi-person phone calls, making it easy to socialize. Best of all, SCWW is completely free and requires no special equipment - just your regular phone. Whether you want to learn, share stories, or simply chat, SCWW has something for everyone.

Don't let winter isolation set in. Embrace community and connection by trying out Seniors' Centre Without Walls. Sign up today and discover how easy it is to make new friends - all without leaving your home!

For more information or to receive a Program Guide & Calendar,  
please contact: **Emma Revell, SCWW Coordinator**  
at 613-236-0428 ext. 2323 or email [erevell@thegoodcompanions.ca](mailto:erevell@thegoodcompanions.ca)



# 2SLGBTQIA+ Program

Hello friends,

Feeling the urge to get out, mingle, and shake off the isolation blues? Well, look no further than **Out and About Saturdays**! Whether you're looking for a lively chat, some laughs, or just a reason to leave the house (*other than the grocery store*), this is your golden ticket! Every **second** and **fourth** Saturday of the month.

Not convinced yet?....really?.....let me help....It's a day of fun, friendship, and fabulousness (no, we don't overuse that word). It's your perfect excuse to stay connected with an amazing community that's always ready to welcome you with open arms and, of course, a lot of laughs. Why sit at home when you can be out, making new memories with a gang that knows how to have a good time? Trust us, your couch will be fine without you for a few hours.

Now, we know you're as fabulous as they come, but not even we can control the weather. If Mother Nature decides to throw a tantrum, there's a chance the centre might close for the day. But don't worry - if we do have to close, we'll send out an email to those of you who've shared your contact info with us. (*If you haven't yet, what are you waiting for?*)

And if email isn't your thing, no problem! We'll post any updates on the **TGC and OSPN Facebook page**, so you can stay in the loop and know whether to grab your coat or cozy up at home.

So, come on down for **Out and About Saturdays** - because your weekend deserves to be as fun as you are! We can't wait to see you there and share in all the fun and laughter. After all, staying in is so last year.

For more information contact: **Stephane Gauthier**  
**2SLGBTQIA+ Program Coordinator**  
613-236-0428 ext. 2353  
[sgauthier@thegoodcompanions.ca](mailto:sgauthier@thegoodcompanions.ca)



The Good Companions will be closed Tuesday, December 24, 2024 until Wednesday, January 1, 2025 inclusive.

Wishing you a happy and healthy holiday season and all the best for a wonderful 2025!

# Volunteer Corner

*"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." ~ Mother Teresa*

**Volunteer Name:** Margery Dutta

**Volunteer Since:** 2023

**About Margery:** From the moment she joined as a member, Margery eagerly enrolled as a volunteer in both the library and the Repeat store, quickly becoming an integral part of our community. Her kindness and thoughtfulness are evident in everything she does - from stepping in to cover shifts to finding new ways to help our members and even other agencies. Margery's initiative, compassion, and dedication make her an invaluable asset to The Good Companions, and we are truly privileged to have her.



## ***Volunteer Vacancies***

Transportation Drivers (Urgent)

Adult Day Program  
(Wednesdays, Fridays, spares)

Dining Room Volunteers (Spares)



# THANK YOU

BLG Canada's Law Firm poses after a day of service at The Good Companions. A big thank you for the hard work you all put in!



For more information on our volunteer program contact:  
**Nikkie Snagg, Membership & Volunteer Services Coordinator**  
at 613-236-0428 ext. 2230 or email [volunteer@thegoodcompanions.ca](mailto:volunteer@thegoodcompanions.ca)



## Seniors Active Living Fair & Open House

*Demonstration by: VIVA Barrhaven Retirement Community*

### *Creamy Kale Pasta*

#### **Ingredients**

- 12 oz. short pasta (like gemelli)
- 2 scallions, roughly chopped
- 1 5-oz pkg baby kale
- 1/2 c. cottage cheese
- 1/3 c. grated Parmesan, plus more for serving
- Kosher salt and pepper
- 2 Tbsp. extra-virgin olive oil

#### **Directions**

**Step 1** Cook pasta per the package directions. Reserve 1/2 cup of cooking water, drain, and return pasta to pot.

**Step 2** While pasta cooks, in a food processor, pulse scallions and 3 cups kale to finely chop. Add cottage cheese, Parmesan, and 1/2 tsp each salt and pepper and pulse to combine.

**Step 3** Scrape down sides, then with the machine running, gradually add oil and puree until smooth.

**Step 4** Toss pasta with sauce to coat, then toss with remaining 3 cups kale, adding a couple Tbsp reserved pasta water as necessary to help kale wilt. Serve topped with additional Parmesan and freshly cracked pepper.

<https://www.womenshealthmag.com/food/a42691488/creamy-kale-pasta-cottage-cheese-recipe/>

### *Energy Balls*

#### **Ingredients**

- 1 ¾ cups old fashioned rolled oats (you can also swap quick oats or a blend of half quick, half old fashioned)
- 2 tablespoons “power mix-ins”: chia seeds, flaxseeds, hemp seeds, or additional rolled oats
- ½ cup nut butter of choice
- ⅓ cup honey or maple syrup
- 1 teaspoon pure vanilla extract
- ¼ teaspoon kosher salt
- ½ cup mix-ins (see below for flavor options)

#### **CLASSIC CHOCOLATE CHIP:**

Any nut butter, honey, 1/2 cup chocolate chips

#### **TRAIL MIX:**

Peanut butter, honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins

#### **WHITE CHOCOLATE CRANBERRY:**

Almond butter or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chips

#### **ALMOND JOY:**

Replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes, almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds

#### **DOUBLE CHOCOLATE:**

Any nut butter, any sweetener, 1/2 cup mini chocolate chips, ADD 2 tablespoons cocoa powder

#### **OATMEAL RAISIN COOKIE:**

Almond butter or cashew butter, maple syrup, 1/2 cup raisins, ADD 1/4 teaspoon cinnamon

#### **Directions**

Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).

Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter). Enjoy!

<https://www.wellplated.com/energy-balls/#wprm-recipe-container-33259>

# 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 Sole Centre Foot Care

Professional nursing foot care services by Sole Centre Foot Care, 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: December: 12, 19**  
**January: 16, 23, 30**  
**February: 13, 20, 27**

### **\*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

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: December 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: December 2, January 6, February 3**

## 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: December 5, January 9, February 6**

**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: December 11, January 8, February 12**

**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: January 7**

**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.



Winter Season

Repeat Fashion Sale

All clothing **50% Off**  
During the month of January  
(Handmade Crafts not included)

# OTTAWA RACE WEEKEND



## TEAM GOOD COMPANIONS

MAY.24.2025



**REGISTER EARLY TO GET THE BEST PRICE!**

For more information contact: Laydee Fuertes  
613-236-0428 Ext. 2221 [lfuertes@thegoodcompanions.ca](mailto:lfuertes@thegoodcompanions.ca)

### *Stonemont Retirement Lifestyle On the Park*

1068 Cummings Avenue

#### **Limited Time Offer** Bachelor suites for members & friends of the Good Companions Centre

Large bachelor suite with balconies in our Lifestyle building-  
Includes 1 meal and bi-weekly housekeeping.  
All of our suites include all utilities, emergency pendant, Rogers Ignite (phone, internet, cable) rental insurance, 24/7 nurse on duty and access to all amenities and activities. Prices start at \$2500

All-Inclusive bachelor suites - 4th month free. Includes all of the above plus 3 meals a day, weekly housekeeping, laundry, and medication management. Prices start at \$3550

Leases must be signed by Dec 31st, Limited Availability.

**Call Judie today at 343-588-2226 to book a tour and find out more about our fabulous NEW community.**

Please scan this code for more information



**Visit us on Facebook & at [Stonemont.ca](http://Stonemont.ca)**



  
**STONEMONT**  
RETIREMENT LIFESTYLE  
*On the Park*