



**OUT AND
ABOUT
SATURDAYS**

50+

**Winter
2025**

(January to March)

January 11th



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Letters to the Next Generations:

Write anonymous letters of advice or lived experience's that YOU deem valuable to the future 2SLGBTQIA+ generations. the letters will be read out loud during a Pride event at The Good Companions in 2025.

Pickle ball

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

January 25th



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

12:00pm to 2:30pm

Tea Dance:

connect, celebrate, and enjoy music and dancing in a welcoming environment. With its roots in queer history, this afternoon event offers a relaxed atmosphere for mingling, reminiscing, and creating new memories. have fun!

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

February 8th



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Advanced Care Planning and Wills:

Join Zac Giuliani from Arbor Memorial for an informative session on advanced care planning and wills. Learn how to plan ahead to ensure your wishes are respected and your loved ones are supported. This presentation will cover essential tips and guidance to help you navigate these important decisions with confidence.

Pickle ball

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

February 22nd



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Learn the Art of Origami:

Join us for a hands-on workshop where you'll discover the beauty and creativity of origami! Facilitated by the talented Eva, this session is perfect for beginners and enthusiasts alike. Unfold your imagination as you craft stunning paper creations in a fun and supportive environment. All materials provided, just bring your curiosity!

Pickle ball

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

March 8th



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Dragon Boating workshop:

**Experience the thrill of dragon boating—a fun, team-oriented water sport. All skill levels are welcome, connect, and make waves with the 2SLGBTQIA+ community!
(many connection opportunities beyond being on the water)**

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

March 22nd



10:00am to 12:00pm

**Coffee Club
Table Tennis
Older and Bolder (women's meet up)**

1:00pm to 2:30pm

Ageing in Place World Café:

Join us for an engaging World Café discussion on Ageing in Place, where you can learn and share valuable tips, strategies, and resources for living at home independently for as long as possible.

Connect with others, exchange ideas, and explore practical solutions in a welcoming and supportive environment!

**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