

The Good Companions

Spring Bulletin

MARCH - APRIL - MAY • 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



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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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Team Good Companions

Executive Director

Matthew Ottaviani	Executive Director	mottaviani@thegoodcompanions.ca	ext. 2290
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Miranda Sperotto	Food Services Assistant	msperotto@thegoodcompanions.ca	ext. 2131



Did you know...

that The Good Companions is on Facebook, Twitter and YouTube? Check us out and "Like or Subscribe" us to stay up to date on all our events, celebrations, menus and so much more.

A Message From Your Executive Director, Chris Hughes



As we welcome the arrival of spring, I am reminded of the renewal and energy this season brings - not only to nature but to our Good Companions community as well. The longer days and warmer weather invite us to reconnect, engage, and embrace the many opportunities our centre has to offer.

This spring also marks a transition for me personally. As I conclude my time as your Interim Executive Director after these nine-plus months, I find myself reflecting on the incredible journey we've shared. It has been a privilege to lead this organization, even for a brief period, and to witness the unwavering dedication, passion, and resilience of everyone involved.

To the Board of Directors, thank you for entrusting me with the responsibility of steering The Good Companions through this transitional time, and I am grateful for this opportunity.

To the staff, your tireless efforts and genuine care for our members have been the heartbeat of The Good Companions. Every program you organize, every service you deliver, and every smile you share makes a difference. You embody the values of community and compassion, and I am deeply honored to have worked alongside such a remarkable team.

To our incredible volunteers, your generosity and selflessness are the foundation of this community. The time, energy, and kindness you give so freely create an environment of warmth and belonging. You are truly the lifeblood of The Good Companions, and I am grateful for each and every one of you.

And to the many friends I have made along the way - thank you for your support, encouragement, and the many moments of laughter and camaraderie we have shared. The relationships built here will always hold a special place in my heart.

As I move on, I carry with me fond memories of this organization and the people who make it extraordinary. I am confident that The Good Companions will continue to thrive under strong leadership and with the collective support of the Board, staff, volunteers, and members.

Thank you for welcoming me into this wonderful community and for allowing me to be part of its journey. It has been a joy to contribute to the legacy of an organization that means so much to so many. I look forward to seeing The Good Companions continue to grow and serve our community with excellence.

Wishing you all continued success and a wonderful spring.

Chris Hughes, Executive Director (Interim)

A Message From The Board of Directors

Dear Good Companions,

We are pleased to share the exciting news below regarding the appointment of Matthew Ottaviani as the new Executive Director of The Good Companions, effective February 10. Please read the message from the Board of Directors for more details.

On behalf of the board, I am pleased to announce that, following a rigorous selection process, the Board of Directors has selected Matthew Ottaviani as the new Executive Director of The Good Companions, with a start date of February 10. Matthew brings a wealth of experience and proven leadership to the role, including a background in social work and experience in various settings, including primary health care. We are fortunate to have Matthew join TGC, and we are confident that his leadership will help guide the organization into its next phase of growth and success.

I would also like to take this opportunity to extend our deepest gratitude to Chris Hughes for his exceptional service as Interim Executive Director. Chris provided steady, calm leadership during a critical time for the organization as we planned for a permanent leader. His thoughtful approach and strong people leadership have been invaluable, ensuring the organization continued to thrive while navigating uncertainty. Chris played a key role in the organizational review and the recent bylaw updates, and his leadership has been deeply appreciated by the board, staff and the broader TGC community. Chris will remain with us until February 14, offering one week of overlap with Matthew to ensure a smooth transition.

Finally, I would like to express my sincere thanks to all for your continued commitment to service and excellence at TGC. I am confident that the Board of Directors and Matthew can rely on (the Team's) talents to guide the organization into an exciting new chapter.

Best regards,

Paul Kearns (President, Board of Directors)

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: Matthew Ottaviani
mottaviani@thegoodcompanions.ca
613-236-0428 ext. 2290



Spring Program Registration

April 1, 2 & 3 from 10:00 am to 2:00 pm

Registration can be done in person, over the phone or 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 Spring 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.



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

EARLY BIRD RENEWAL STARTS MARCH 1ST, 2025

**MEMBERSHIP RENEWAL
2025-2026**

Renew your membership (including parking and locker) before April 1st to be automatically entered into a draw to win a fabulous gift basket!

How to renew?

- Online: thegoodcompanions.ca/membership/renewal-members
- In person or over the phone during business hours between 8:30 am and 3:00 pm 613-236-0428
- By mail with a cheque made payable to The Good Companions 670 Albert St. Ottawa, ON K1R 6L2



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

Make a Difference Today!

Donate To The Good Companions

Every day, with the help of caring friends like you, The Good Companions provides accessible and supportive programs in a safe, engaging environment where seniors can connect, grow and thrive.



DONATE 



Jean's daughter, Michelle, suggested she attend a program at The Good Companions. What Jean discovered was so much more than just a place to spend her time. She found a community - a place where she could learn new skills, engage in activities that brought joy, and, perhaps most importantly, reconnect with the world. Jean found friendship, purpose, and a renewed zest for life. The Good Companions Seniors' Centre has truly become a lifeline for her, just as it has for so many others.

Will you please give today to help more seniors like Jean in our community?

Tax Receipts will be issued for donations of \$10 or more.

www.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




STONEMONT
RETIREMENT LIFESTYLE
On the Park

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti and Meatballs  Legal Services 	4 Lemon Sole	5 Baked Ham	6 Shepherd's Pie Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday.  Hair Care 	7 International Menu <u>Denmark</u> Frikadeller Dental Hygiene Clinic 
10 Chicken Breast	11 Steak and Mushroom Pie	12 Pizza and Salad   Nurse Practitioner	13 Chili and Cornbread  Foot Care 	14 Roast Turkey
17 Stuffed Fish	18 Pork Chop Chasseur	19 Chicken and Broccoli Casserole	20 Salisbury Steak Foot Care 	21 Chicken Parmesan
24 Turkey Schnitzel	25 Farmer Sausage	26 Chicken Drums 	27 Meatloaf	28 Chicken Supreme  Birthday Party
31 Sweet and Sour Pork	 Our heartfelt gratitude for your Angel Tree donations! Your generosity provided beautiful gifts that brought immense joy to hundreds of children at the Boys & Girls Club of Ottawa. Your kindness has made a lasting impact, and we can't thank you enough for creating special moments for these children. 			

Alan P. Santance Educational Lecture: Protect Your Heart: Steps to Prevent Heart Disease

Wednesday, March 12

10:30 - 11:30 am

Presented by Dr. Nazli Parast, University of Ottawa - Canadian Woman's Heart Health Centre

Join us for an informative and engaging presentation on heart health, brought to you by the University of Ottawa Heart Institute. This session will provide insights into maintaining a healthy heart, understanding key risk factors and practical steps for prevention. Don't miss this opportunity to learn from experts and take proactive steps toward your heart health.

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.

St. Patrick's Day Tea

Thursday, March 13

1:00 pm

Cost: \$5

Entertainment will be provided by **The International Set Duo**. The dessert will feature Boston cream mint poke cake, coffee and tea.

Deadline for ticket purchase March 11 by 3:00 pm.

Sugar Bush

Wednesday, March 26

from 10:00 am - 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.

Birthday Party

Friday, March 28

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**.



You must display a valid parking permit in your vehicle whenever you are parked at the Centre. Members can purchase an annual pass for \$30 or a daily pass for \$2.50.









The cash register closes daily at 3:00 pm. Please ensure all purchases and payments are made before this time.

If you are travelling by ParaTranspo, we ask that you schedule your pick-up for no later than 3:00 pm, as our centre closes at 4:00 pm.

Please inform Front Reception of any dietary restrictions when you purchase tickets to an event.

The Good Companions has a strict no scent policy.

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note and respect that our centre is scent free.</p>	<p>1 Chicken Breast</p>  <p>Wellness Clinic</p>	<p>2 Turkey à la King</p>	<p>3 Baked Ham</p> <p>Hair Care </p>	<p>4 Beef Pepper Steak</p>
	<p>Spring Program Registration (10:00 am to 2:00 pm)</p>			
<p>7 Sole</p> <p>Legal Services </p>	<p>8 Chicken Drumstick</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Lecture: Death Doula 1:00 - 2:00 pm</p> </div>	<p>9 Pork Chop</p> <p>Nurse Practitioner </p>	<p>10 Swedish Meatballs</p> <p>Foot Care </p>	<p>11</p> <div style="border: 2px solid green; padding: 10px; text-align: center;"> <p>Centre Closed for Volunteer Recognition</p> <p>NO PROGRAMS NO LUNCH</p> </div>
<p>14 Chicken with Mushrooms</p>	<p>15 Veal</p>	<p>16 Chicken and Pasta</p>	<p>17 Soup and Sandwiches (Room 019)</p> <div style="border: 1px solid purple; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Easter Brunch 11:00 am (tickets required)</p> </div> <p>Foot Care </p>	<div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>Centre Closed for Good Friday</p> </div>
<p>21</p> <div style="border: 2px solid red; padding: 10px; text-align: center;"> <p>Centre Closed for Easter Monday</p> </div>	<p>22 Chicken Breast</p>	<p>23 Pasta with Meat Sauce</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Lecture: Travelling with Monty to Ethiopia 10:30 - 11:30 am</p> </div>	<p>24 Roast Pork</p> <p>Foot Care </p>	<p>25 Chicken Schnitzel</p>  <p>Birthday Party</p>
<p>28 Chicken Cacciatore</p>	<p>29 Baked Fish</p>	<p>30 Herbed Pork Chop</p>		<p>Schedule Para Transpo pickup for no later than 3:00 pm.</p>

Alan P. Santance Educational Lecture: Death Doula

Tuesday, April 8

1:00 - 2:00 pm

Presented by **Debbie Charbonneau**

Join us to explore the important role of a Death Doula and how they can enhance your care support team. We'll discuss the valuable services a Death Doula provides to clients and their families before, during, and after a death, as well as when it's most beneficial to bring one on board. Don't miss this opportunity to learn about the unique support a Death Doula can offer.

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.

Easter Brunch

Thursday, April 17

11:00 am

Cost: \$18

12:00 pm Menu: rolls, assorted salads, assorted pastries, cinnamon pancakes, home fries, scrambled eggs, bacon, sausages, vegetables, chicken with mushrooms, baked ham, chocolate banana cake, coffee and tea.

Deadline for ticket purchase April 15 by 3:00 pm.

Alan P. Santance Educational Lecture: Travelling with Monty to Ethiopia

Wednesday, April 23

10:30 - 11:30 am

Presented by **Amitabh Mukerji (Monty)**, member and volunteer at TGC

Join Monty for an inspiring journey through Ethiopia! See this incredible country through his eyes, from ancient rock-hewn churches to breathtaking highlands. Monty's passion for adventure brings Ethiopia's rich culture and history to life. You'll leave feeling enriched and eager to discover more. Don't miss it!

Birthday Party

Friday, April 25

1:15 pm

Entertainment will be provided by **Ukaphonease**, led 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**.

A banner with a light blue background and a floral border at the top and bottom. The text is centered and reads:

Upcoming Events

SUMMER DAY TRIPS

Perth & Westport ON (lunch on your own and shopping)
Picton, ON (lavender fields, lunch and winery)
Morrisburg, ON (lunch and Matinee)
Kingston, ON (penitentiary and lunch)

SUMMER PROGRAM REGISTRATION

June 24, 25 & 26, 2025

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Front Reception cash register closes daily at 3:00 pm.</p>			<p>1 Beef Stroganoff</p> <p>Hair Care </p>	<p>2 Fettucine Alfredo with Chicken</p>
<p>5 Veal with Mushrooms</p> <p>Legal Services </p>	<p>6 Fish Cakes</p>	<p>7 Chicken Cordon Bleu</p> <p>Mother's Day High Tea 1:00 pm (tickets required)</p>	<p>8 Honey Garlic Pork</p> <p>Foot Care </p>	<p>9 International Menu</p> <p><u>India</u></p> <p>Butter Chicken </p>
<p>12 Hot Hamburg Sandwich</p>	<p>13 Chicken Pot Pie</p>	<p>14 Baked Ham</p> <p>Nurse Practitioner </p>	<p>15 Soup and Sandwiches room 015</p> <p>Talent Showcase & Luncheon 12:00 pm (tickets required)</p> <p>Foot Care </p>	<p>16 BBQ Sausage</p>
<p>19 Centre Closed for Victoria Day</p>	<p>20 Chicken Parmesan</p>	<p>21 Sole</p> <p>Lecture: Travelling with Monty to Senegal and Cabo Verde 10:30 - 11:30 am</p>	<p>22 Meatballs and Gravy</p> <p>Foot Care </p>	<p>23 Roast Turkey</p> <p>Happy Birthday TO YOU </p> <p>Birthday Party</p>
<p>26 Herbed Chicken</p>	<p>27 Veal with Tomato Sauce</p>	<p>28 Roast Pork</p>	<p>29 Breaded Fish</p> <p>Foot Care </p>	<p>30 Sausage Patties</p>

Mother's Day High Tea

Wednesday, May 7

1:00 pm

Cost: \$5

Entertainment will be provided by musical entertainer **Ginette Hamilton**. The dessert will feature dessert plate with a blueberry scone, shortbread cookie and chocolate silk truffle bar, coffee and tea.

Deadline for ticket purchase May 5 by 3:00 pm.

Talent Showcase & Luncheon

Thursday, May 15

Cost: \$17

The moment you've been waiting for is here - our beloved talent showcase is back! Come and enjoy an afternoon of entertainment, creativity, and fun as your fellow members dazzle you with their unique talents. Want to be in the spotlight? Contact Ana or Darlene to sign up and show us what you've got!

12:00 pm Menu: spring salad, chicken penne with rosé sauce, garlic green beans, carrot cake, coffee and tea.

1:00 pm Talent Showcase.

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

Alan P. Santance Educational Lecture: Travelling with Monty to Senegal and Cabo Verde

Wednesday, May 21

10:30 - 11:30 am

Presented by Amitabh Mukerji (Monty), member and volunteer at TGC

Monty wants to bring his first time experience of Senegal, its vibrant capital of Dakar, and the beautiful colonial town of St. Louis as well as the miles of beautiful beaches of this country facing the Atlantic Ocean. He also wants to share his time in Cabo Verde with its spectacular landscapes overlooking the ocean, its unique culture including music and cuisine.

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.

Birthday Party

Friday, May 23

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**.



In Loving Memory

**Grace Cook
Ann Diguer
Robert French
Patricia Helen Hutchison**

**Monika Kowalski
Jeffrey Norton
Harvey Nuella
Brenda Oxborough**

**Leonor Sorger
Bernadette Smith
Judy St. James
Kweeping Wong**

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 help around the Home this spring? Check out our programs for Home Maintenance and Home Help.

Ask us about referrals to our directory of companies or independent contractors that we have screened; including police records check for working with the vulnerable sector and commercial liability insurance. A wide range of indoor and outdoor maintenance tasks can be performed including regular and one time housecleaning, air conditioner installation, general repairs around the home and yard work. Cost and payment is arranged directly with the company depending on the services provided. For a referral, call 613-236-0428 ext. 2250.



Our Handy Helper Volunteers are available to do many “handy” tasks including changing light bulbs & smoke detector batteries, assembling small furniture e.g. bookshelf, putting up pictures, installing curtain rods and taking down curtains for spring cleaning. Our volunteers can also visit you in your home to provide one-on-one help with basic technology e.g. setting up and use of computers, printers, tablets or cell phones. This is a free program, let us know if we can help! Call 613-236-0428 ext. 2250.

Featured in the picture is our Handy Helper Volunteer, Pierre, visiting with Carol at home to assist with putting up some new curtains.

良友华人社区支持服务专栏

留言信箱 613-237-4439 (分机 2777)

社区支持服务提供项目和服务，支持55岁以上的老年人和18-54岁残疾人士在自己家中保持独立和安全的生活，并使他们能够与社区中的其他人建立社会联系。良友中心的社区支持服务范围为QUEENSWAY以北，在PRESTON街和BLAIR路之间



超市购物接送服务

我们为居住在 395 Somerset、415 Maclaren、80 Florence、280 Rochester和附近的老年人和残疾人提供¹免费超市接送服务！参与者必须能够独立自理杂货选购，请提前致电预定座位。

能工巧匠维修服务

这项免费服务由乐于助人、经过筛选的爱心志愿者提供，他们能在你家中帮忙完成小型维修的工作，包括挂图片、装窗帘杆、组装简易家具、简单电脑帮助、更换烟雾探测器电池、更换灯泡等等。请来电查询了解服务详情。

Fitness Corner

Stay Active This Spring at The Good Companions!

Group exercise is a fun and motivating way to stay active while connecting with others. It fosters a supportive environment where participants inspire each other and enjoy a sense of community. Here's why group fitness is a great choice for spring:

1. **Build a Routine:** Signing up for a class makes it easier to stay consistent with your workouts. With set times each week, it becomes a regular part of your schedule - a commitment to yourself and your health.
2. **Enjoy the Social Benefits:** Fitness is more enjoyable when shared with others. Group classes bring people together, creating a supportive community where you can make friends, share laughs, and cheer each other on.
3. **Try Something New:** Spring is the perfect time to refresh your routine and explore new ways to stay active. Group classes come in a wide variety to suit different interests and fitness levels, making it easy to discover something that keeps you engaged and motivated.
4. **Stay Motivated:** Group workouts provide the encouragement to keep going, even on days when you're not feeling your best. The energy of the group and instructors will keep you moving and inspired.

Please refer to your **Spring Program Guide 2025** for more details.

For more information on our fitness programs contact:

Ana Valença, Day Centre Coordinator

613-236-0428 ext. 2150, avalenca@thegoodcompanions.ca



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

Positive Approach to Care Certified Independent Coach

Until There's A Cure, There's Care™

2SLGBTQIA+ Program

Spring into Fun and Connection!

Spring has finally sprung, and it's time to shake off the winter blues and dive into the season of growth and connection. The flowers are blooming, the days are getting warmer, and there's no better time to step out, meet amazing people, and celebrate all the joy our community has to offer.

Here at The Good Companions, we've lined up some exciting 2SLGBTQIA+ programs to keep you laughing, smiling, and making memories this spring. Join us for:

Out and About Saturdays: Explore, laugh, and connect with friends!

Rainbow Coffee Club: Sip, chat, connect and learn, over great coffee.

Over the Rainbow: Pub Nights: Relax, raise a glass, and enjoy the good vibes.

This spring is all about unwinding, having fun, and building those meaningful connections that make life sweeter. So, why not join us and rediscover the joy of community?

Don't miss out, let's make this spring unforgettable together!

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



Ottawa Senior
Pride Network
Réseau Fierté
des ainé(e)s d'Ottawa

Seniors' Centre Without Walls

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!

Seniors' Centre Without Walls Basics:

- Completely free program
- Average 12 - 18 people on the call
- Each phone session lasts 30 - 60 minutes
- Participate as much or as little as you want
- No special equipment needed - just your average phone
- You do not need to be a member of The Good Companions
- We offer reminder calls before each session so you never miss a call



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

Volunteer Corner

"You make a living by what you get; you make a life by what you give." ~ Winston Churchill



SAVE THE DATE

Friday, April 11, 2025

- Entertainment
- Music
- Great Food
- Years of Service Ceremony
- Celebration of all our amazing volunteers

RSVP no later than Friday, March 28 by calling:
613-236-0428 x 2100.

Volunteer Vacancies

- Transportation Drivers (Urgent)
- Adult Day Program (Various shifts)
- Dining Room Volunteers (Spares)
- Handy Helper (Techy)
- Telephone Receptionist (Various shifts)
- Telephone Assurance (Various shifts)
- Repeat Performance Shop (Various shifts)

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



Santa 4 Seniors 2024

THERE IS A TREMENDOUS AMOUNT OF WORK THAT GOES INTO THE PLANNING, PURCHASING, SORTING, PACKING, AND DELIVERING OF GIFTS. A BIG THANK YOU TO EVERYONE FOR YOUR SUPPORT. WE COULDN'T HAVE DONE THIS WITHOUT YOU!

THANK YOU TO OUR GENEROUS SPONSORS AND DONORS

SPONSORS	IN KIND SPONSORS
      JENNIFER GILLESPIE BRIAN ROBERTSON ALCAIDE WEBSTER ARCHITECTS INC	BAYSHORE HOME HEALTH BEN LEE CHURCH BENTALL GREEN OAK CARLETON UNIVERSITY CHILDREN'S PLACE KANATA ELMDALE PUBLIC SCHOOL JUDY GREEN KENVUE LINDA TENNANT OTTAWA CURLING CLUB OTTAWA HOSPITAL RIVERSIDE CAMPUS OTTAWA PUBLIC HEALTH SARAH MARSAW COURTOIS THE VISTA ON SPARKS TINY HOPPERS FINDLAY CREEK & ALL THE OTHER INDIVIDUAL DONORS!

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: March: 13, 20
April: 10, 17, 24
May: 8, 15, 22, 29

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: March 7

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: March 3, April 7, May 5

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: March 6, April 3, May 1

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: March 12, April 9, May 14

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: April 1

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.



The advertisement features a photograph of an elderly couple. The woman on the left is wearing a red jacket, a white top, a red necklace, and large pink sunglasses. The man on the right is wearing an orange polo shirt, sunglasses, and has a white beard. They are standing in front of a background of pink flowers. To the right of the couple is a pink square containing the text "50% OFF". Further to the right, the text "Spring Sale" is written in a large, pink, serif font. Below this, the text "All clothing 50% off" is written in a smaller, pink, serif font, followed by "during the month of April" and "(Handmade Crafts not included)" in a black, sans-serif font.

Ottawa Race Weekend



Step Forward for Seniors:

Walk, Run, or Sprint with Team The Good Companions (TGC) and Make a Real Difference!

Get ready to hit the ground running (or walking!) and be part of something extraordinary. By joining the Tamarack race, you're not just participating in a race - you're helping raise essential funds for seniors' programs in Ottawa.

Whether you're taking a leisurely walk, jogging at your own pace, or pushing yourself for a fast finish, everyone's welcome to be part of Team TGC. No matter your age or fitness level, all you need is heart and a desire to make a positive impact.

Bring your friends, family, and colleagues along for the ride, and let's unite to support our senior community. Every step you take helps us create lasting change and strengthen The Good Companions Centre, fostering a more inclusive and vibrant space for all.



Register now!

Ready to make your stride count?

To register or learn more, connect with Laydee Fuertes at lfuertes@thegoodcompanions.ca or 613-236-0428 x 2221.

 Saturday, May 24, 2025

 Starting at 3:00 pm

 Ottawa City Hall 110 Laurier Ave W

 www.thegoodcompanions.ca

