

The Good Companions

# Summer Bulletin

JUNE - JULY - AUGUST • 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)





### 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

670 Albert Street  
Ottawa, Ontario K1R 6L2  
Phone: 613-236-0428  
Fax: 613-230-2095  
[thegoodcompanions.ca](http://thegoodcompanions.ca)  
[info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)



## 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: Matthew Ottaviani  
[mottaviani@thegoodcompanions.ca](mailto:mottaviani@thegoodcompanions.ca)  
613-236-0428 ext. 2290



# Team Good Companions

## **Executive Director**

Matthew Ottaviani	Executive Director	<a href="mailto:mottaviani@thegoodcompanions.ca">mottaviani@thegoodcompanions.ca</a>	ext. 2290
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## **Finance & Administration**

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## **Day Centre**

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

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Barry Shirley	CSS Driver		ext. 2235
Terry Dale	CSS Driver		ext. 2235

## **Food Services**

Frank Bowie	Food Services Director	<a href="mailto:fbowie@thegoodcompanions.ca">fbowie@thegoodcompanions.ca</a>	ext. 2130
Roger Drolet	Head Cook	<a href="mailto:rdrolet@thegoodcompanions.ca">rdrolet@thegoodcompanions.ca</a>	ext. 2131
Miranda Gumeni	Senior Cook	<a href="mailto:mgumeni@thegoodcompanions.ca">mgumeni@thegoodcompanions.ca</a>	ext. 2131
Miranda Sperotto	Food Services Assistant	<a href="mailto:msperotto@thegoodcompanions.ca">msperotto@thegoodcompanions.ca</a>	ext. 2131



## ***Did you know...***

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

# A Warm Summer Hello from Our New Executive Director, Matthew Ottaviani



It's such a pleasure to introduce myself as the new Executive Director of The Good Companions Seniors' Centre. I started on February 10, 2025, and from day one, I've been welcomed with open arms, helpful directions (which ensured I actually made it to the right meeting room), and a loving energy that's nothing short of contagious. In just a short time, I've seen firsthand what makes this place so special: the laughter in the halls, the dedication of staff and volunteers, and the deep sense of community that wraps around you like a warm blanket.

The Centre's rich history - nearly 70 years strong - speaks volumes about the resilience of its members and the dedication of those who have supported its mission over the decades. I'm honoured to join an organization with such a powerful legacy of compassion, connection, and care. You have my full commitment to honour those who've walked these halls before me, while working hard to lead us forward into an exciting and vibrant future.

I've always been passionate about building inclusive, responsible spaces where everyone feels a sense of belonging and I bring that same energy to this role. I'm also laser-focused on innovation and growing the visibility of the incredible work happening here. I believe strong leadership is rooted in teamwork, creativity, and respect and those are the pillars I aim to uphold every day. The Good Companions is already a shining example of community in action, and I'm thrilled to help it grow even stronger.

Since arriving, I've been grateful for the many kind welcomes and conversations I've shared with members, staff, volunteers, partners, and funders. I've already had the chance to experience the life, energy, and positivity that thrive here. From the Valentine's Day and St. Patrick's Day teas, to the Carleton University Brain Freeze walk/run fundraiser (where students raised over \$4,900 in support of our Centre!), to the Masquerade Ball at our Volunteer Recognition Luncheon celebrating 200+ volunteers - each event has been a joyful reminder of how special this place truly is. I've also had the pleasure of riding the "Fun Bus" with seniors who receive grocery shopping transportation support, and dropping in on many wonderful classes and gatherings - including bingo, improv, painting, arts and crafts, our boutique store, and events for our Rainbow 2SLGBTQIA+ seniors. Each experience has only deepened my admiration for this vibrant community.

One key highlight from my first few months was our recent Town Hall for members and staff, where we came together to talk about the upcoming sale of The Good Companions' current property. It was an open, honest, and hopeful conversation about our future, filled with thoughtful feedback, meaningful questions, and clear priorities for our next home. That dialogue has laid a strong foundation as we begin planning our next chapter together and I'm committed to providing consistent, clear updates as things evolve.

I'm excited to keep learning from all of you so please be sure to stop me, say hello and share your thoughts with me. Whether through new programs or stronger community partnerships, I'm committed to supporting a Centre where everyone can thrive and where seniors are empowered, respected, and celebrated every day.

Here's to a wonderful summer together,

Matthew Ottaviani



# Summer Program Registration

**June 24, 25 & 26 from 10:00 am to 2:00 pm**

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



**You are cordially invited to join The Good Companions' 69th**

## **ANNUAL GENERAL MEETING**

**MONDAY, JUNE 9TH, 2025**

**3:00 PM**

**Location:** The Good Companions, 670 Albert Street,  
Back Dining Room













Please join us after the AGM for refreshments.

**Please RSVP online by Monday, May 26, 2025:**

[thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/](https://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/)  
or call 613-236-0428 x2100.



# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Ham Steak   Legal Services	<b>3</b> Sole Meunière	<b>4</b> Beef, Tomato and Pasta  <div>Summer Blooms &amp; Garden Tea 1:00 pm (tickets required)</div>	<b>5</b> Quiche Lorraine  Hair Care 	<b>6</b> Chicken Drumstick  Dental Hygiene Clinic 
<b>9</b> Chicken Cacciatore  <div>Annual General Meeting 3:00 pm More information on page 5</div>	<b>10</b> Swedish Meatballs	<b>11</b> BBQ Hamburg   Nurse Practitioner	<b>12</b> Soup and Sandwiches Room 019  <div>Prom Through the Years Luncheon 12:00 pm (tickets required)</div> Foot Care 	<b>13</b> International Menu   <b>Philippines</b> Adobo Chicken, Rice and Spring Roll
<b>16</b> Veal with Mushrooms	<b>17</b> BBQ Chicken Breast  <div>Lecture: The Impact of Untreated Hearing Loss 1:00 - 2:00 pm</div>	<b>18</b> Stuffed Sole	<b>19</b> Pasta with Meat Sauce  Foot Care 	<b>20</b> Turkey Divan
<b>23</b> Honey Garlic Meatballs	<b>24</b> Chicken Breast   Wellness Clinic	<b>25</b> Mac and Cheese  <div>Lecture: Stay Safe and Informed with the Canada Safety Council 10:30 - 11:30 am</div>	<b>26</b> Chicken Leg  Foot Care 	<b>27</b> BBQ Sausage   Birthday Party
<div>Summer Program Registration (10:00 am to 2:00 pm)</div>				
<b>30</b> Turkey Schnitzel	<div>  <i>In Loving Memory</i>  <div> <div>Beryl Walker</div> <div>Daphne Fletcher</div> <div>Gerry Chartrand</div> <div>James Hurley</div> <div>John Botman</div> </div> <div> <div>Mary Wallace</div> <div>Nicole Moore</div> <div>Norma Hedgecoe</div> <div>Patricia Donoghue</div> <div>Paul Bryson</div> </div> </div>			



### Summer Blooms & Garden Tea

**Wednesday, June 4**

**1:00 pm**

**Cost: \$5**

Entertainment will be provided by **The Chords**. The dessert will feature lemon cream shortcake, coffee and tea.

**Deadline for ticket purchase: June 2 by 3:00 pm.**

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### Prom Through the Years Luncheon

**Thursday, June 12**

**Cost: \$18**

Step back in time and relive the magic of prom! Join us for an afternoon of music, dancing and memories as we celebrate prom styles and songs from every decade. Whether you wore a poodle skirt, bell bottoms or shoulder pads, this is your chance to dress up (or come as you are), enjoy classic tunes, and make new memories with friends old and new.

**12:00 pm**     Menu: mixed greens salad, thyme roasted pork tenderloin, Parisienne potatoes, seasonal vegetables, carrot cake, coffee and tea.

**1:00 pm**     Entertainment provided by **Malcolm Wade**.

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

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### Alan P. Santance Educational Lecture: Protecting Your Brain: The Impact of Untreated Hearing Loss

**Tuesday, June 17**

**1:00 - 2:00 pm**

**Provided by Clayton Fisher, M.Cl.Sc., Audiologist**

Hearing loss is more than just "not hearing properly" - it can profoundly affect the brain. Untreated hearing loss raises the risk of cognitive decline and dementia, as the brain works harder to fill in missing sounds, straining memory and thinking. Taking care of your hearing is key to protecting brain health. Join us to learn how early action can make a lasting difference!

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### Alan P. Santance Educational Lecture: Stay Safe and Informed with the Canada Safety Council

**Wednesday, June 25**

**10:30 – 11:30 am**

**Presented by Stewart Kerr, Outreach and Engagement Coordinator**

Curious about how to stay safer at home, on the road, and in your community? Join us for an engaging presentation from the Canada Safety Council, Canada's leading voice in safety education. Learn about their services and programs designed for older adults - including the popular "55 Alive" driving course, fall prevention tips, scam awareness, and more. You'll also hear how to access their resources and get involved in promoting safety for yourself and others. It's a great opportunity to learn, ask questions, and feel more confident in your day-to-day life.

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**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.**

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### Birthday Party








**Friday, June 27**

**1:15 pm**

Entertainment will be provided by **The Usual Fellows Jazz Band**. 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**.



# July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please note and respect that our centre is scent free.	1 <div>Centre Closed for Canada Day</div>	2 Broccoli Quiche	3 Chicken à la King <div>Tropical Breeze &amp; Teacups Social 1:00 pm (tickets required)</div> Hair Care 	4 Hamburg Steak
	7 BBQ Chicken	8 Sole	9 Beef, Tomato and Macaroni   Nurse Practitioner	10 Roast Pork Loin <div>Lecture: Adding Vegetables To Your Diet 12:00 - 1:00 pm</div> Foot Care 
14 Veal with Mushrooms	15 Baked Ham	16 Soup and Sandwiches Room 019  <div>Christmas in July Luncheon 12:00 pm (tickets required)</div>	17 Seafood Newburg   Foot Care 	18 Spanish Rice
21 Lemon Chicken	22 BBQ Hot Dogs	23 Beef Stroganoff  <div>Day Trip Morrisburg, ON 10:00 am - 5:30 pm (tickets required)</div>	24 Turkey Cutlet   Foot Care 	25 Curried Chicken   Birthday Party
28 Hamburg Steak	29 Chicken Breast with Mushrooms	30 Stuffed Sole	31 BBQ Pork Chop   Foot Care 	Schedule Para Transpo pickup for no later than 3:00 pm.



### Tropical Breeze & Teacup Social

Thursday, July 3

1:00 pm

Cost: \$5

Entertainment will be provided by **Marleen Fawcett**. The dessert will feature Pina Colada cake, coffee and tea.

**Deadline for ticket purchase: June 30 by 3:00 pm.**

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### Alan P. Sentance Educational Lecture: Adding Vegetables to Your Diet While On A Budget

Thursday, July 10

12:00 - 1:00 pm

**Presented by Susannah Juteau**

Curious about how to add more vegetables to your meals without stretching your budget? This engaging presentation will share smart, doable strategies to help you make the most of your grocery trips and make veggies a bigger part of your routine - even as prices keep shifting. No boring lists, no trendy fads, just real tips you can actually use to bring more veggies to the table.

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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### Christmas in July Luncheon

Wednesday, July 16

Cost: \$18

**12:00 pm**     Menu: roll, roast turkey, stuffing, mashed potatoes, gravy, savory green beans, roasted carrots, ginger crusted lemon pie, coffee and tea.

**1:00 pm**     Entertainment provided by **Ottawa Valley Country Music Hall of Fame singer Lauren Hall**.

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

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### Day Trip: Morrisburg, ON

Wednesday, July 23

10:00 am - 5:30 pm

Cost: \$130 members and \$145 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Buffet lunch at McIntosh Country Inn
- Matinée of "The Sweet Delilah Swim Club" 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, July 25

1:15 pm

Entertainment will be provided by **Roger Fowler**. 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**.



# August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Front Reception cash register closes daily at 3:00 pm.</p>	<p><i>Upcoming Events</i></p> <p>AGE WELL ACTIVE LIVING EXPO AND OPEN HOUSE September 3</p> <p>FALL PROGRAM REGISTRATION September 9, 10 &amp; 11, 2025</p>			<p>1 Chicken Drumsticks</p>
<p>4 Chicken Breast</p> <p>Centre Closed for Civic Holiday</p>	<p>5 Turkey Schnitzel</p>	<p>6 Ham and Potato Casserole</p>	<p>7 BBQ Chicken Thighs</p> <p>Hair Care </p>	<p>8 International Menu</p> <p><u>French Guiana</u></p> <p>Poulet Colombo and Rice</p>
<p>11 Sweet and Sour Pork</p>	<p>12 Breaded Fish</p> <p>Day Trip Kingston, ON 9:00 am - 5:00 pm (tickets required)</p>	<p>13 Meatloaf</p> <p>Lecture: Understanding the 2SLGBTQIA+ Community 1:00 – 2:00 pm</p> <p> Nurse Practitioner</p>	<p>14 Chicken With Pasta</p> <p>Foot Care </p>	<p>15 BBQ Sausage</p>
<p>18 Spaghetti and Meatballs</p>	<p>19 BBQ Chicken Thighs</p>	<p>20 Soup and Sandwiches Room 019</p> <p>Pride BBQ Luncheon 12:00 pm (tickets required)</p>	<p>21 Hamburg Steak</p> <p>Foot Care </p>	<p>22 Baked Ham</p> <p></p> <p>Birthday Party</p>
<p>25 Chicken Schnitzel</p>	<p>26 Sole with Parsley Sauce</p>	<p>27 BBQ Burgers</p> <p>Summer's End Tea 1:00 pm (tickets required)</p>	<p>28 Southwest Chicken Pizza</p> <p>Foot Care </p>	<p>29 Roast Pork</p>



### Day Trip: Kingston, ON

**Tuesday, August 12**

**9:00 am - 5:00 pm**

**Cost:** \$52 members and \$67 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Join us for a delightful day in Kingston, where history meets charm and shopping meets scenic views! We'll explore the vibrant downtown core, filled with unique boutiques, cozy cafés, and local treasures. Don't miss the bustling Kingston Public Market (Ontario's oldest) offering everything from fresh produce to handmade goods. Enjoy time to shop, stroll along the beautiful waterfront and take in the lively atmosphere of this historic city. A perfect day of local flavor, fresh air, and great company!
- Lunch will be on your own

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

### Alan P. Sentance Educational Lecture: Understanding the 2SLGBTQIA+ Community: A Journey Through History and Identity

**Wednesday, August 13**

**1:00 - 2:00 pm**

**Presented by the 2SLGBTQIA+ Program Coordinator at TGC**

Join us for a friendly and insightful session exploring the diverse histories, identities, and lived experiences of the 2SLGBTQIA+ community. Discover the meaning behind the acronym, learn how queer communities have grown and changed over time, and hear about the unique and challenging journeys of 2SLGBTQIA+ seniors. It's a great opportunity to build understanding, ask questions, and connect through stories and mutual respect.

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.

### Pride BBQ Luncheon

**Wednesday, August 20**

**Cost: \$18**

**12:00 pm**      Menu: roll, beet salad, mixed greens salad, Asian noodle salad, roasted red potatoes, seasonal vegetables, BBQ chicken breast, pride cake, coffee and tea.

**1:00 pm**      "Minute to Win it" games and prizes!!!!

**Deadline for ticket purchase: August 18 by 3:00 pm.**

### Birthday Party

**Friday, August 22**

**1:15 pm**

Entertainment will be provided **George McNaule**. 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**.



### Summer's End Tea

**Wednesday, August 27**

**1:00 pm**

**Cost: \$5**

Entertainment will be provided by **Side by Side**, featuring **Maureen and John McGovern**. The dessert will feature apple and blueberry crisp with ice cream, coffee and tea.

**Deadline for ticket purchase: August 25 by 3:00 pm.**

# 2SLGBTQIA+ Program

Hey there, Rainbow friends!

Summer is here, and we're turning up the connection, colour, and community at The Good Companions! Whether you're a regular at our events or thinking of stopping by for the first time, there's something fabulous waiting for you.

Here's what we've got lined up:

**Rainbow Coffee Club:** sip, chat, and connect every first Wednesday of the month from 10:00 to 11:30 am in the games room.

**Out & About Saturdays:** purely 2SLGBTQIA+ programming every second and fourth Saturday of the month.

**Over the Rainbow Pub Nights:** laughs, games, and good company at our cash-bar social evenings. Every third Friday of the month.

**Special Summer Events:** keep an eye out for our Pride BBQ tickets to go on sale, guest speakers, and pop-up fun throughout the summer!

We're here to create safe, welcoming, and joyful spaces for 2SLGBTQIA+ adults 50+, so come as you are, bring a friend, and make some memories with us this summer.

For more information contact us:  
613-236-0428 ext. 2353  
[info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)



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



The Good Companions  
Seniors' Centre  
Supporting a Vibrant Community

## PARKING LOT FUNDRAISER

### BLUESFEST

#### PARKING AVAILABLE AT:

The Good Companions, 670 Albert St, Ottawa  
July 10 - 20, 2025 after 4 pm.

Only a 5 minute walk!

Donation of **\$20** per vehicle per night  
(first come first serve)

OR purchase your full festival pass for **\$110**

(\*Limited quantity! Get yours before they sell out!)

### Nostalgia Music Festival

#### PARKING AVAILABLE AT:

The Good Companions, 670 Albert St, Ottawa  
August 20 - 24, 2025 after 4 pm.

Only a 5 minute walk!

Donation of **\$20** per vehicle per night  
(first come first serve)

OR purchase your full festival pass for **\$60**

(\*Limited quantity! Get yours before they sell out!)



# SAVE THE DATE

## Age Well Active Living Expo & Open House

**Wednesday, September 3, 2025**

**9:30 am - 2:00 pm - 670 Albert Street, Ottawa**

**Mark your calendars - you don't want to miss this event!**

**There will be seminars, demonstrations, exhibitors, door prizes, "try-it" fitness classes, and much more! Meet with a variety of seniors serving businesses and organizations, and learn all about the programs and services offered at The Good Companions.**

## Fitness Corner

Stay active this summer at our cool, air-conditioned seniors' centre! Our affordable fitness classes are led by passionate instructors who tailor exercises specifically for older adults, ensuring a safe and supportive environment. Beat the heat while moving your body, enjoy time with fellow members, and stick around for lunch after class - or grab a snack beforehand. You'll feel great and be in great company!

Don't delay, it is never too late to start exercising.  
Join a Fitness or Dance Class at The Good Companions this Summer!

**Strength, Balance, Flexibility, Cardio, Dance, Recreational Games,  
and a well equipped fitness room,**

Our classes can help you keep physically and mentally active all year long in a safe environment. Please refer to your **Summer Program Guide 2025** for more details.

For more information on our fitness programs contact:  
**Ana Valença, Day Centre Coordinator**  
613-236-0428 ext. 2150 or [avalenca@thegoodcompanions.ca](mailto:avalenca@thegoodcompanions.ca)

# 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 the services we provide, please call us at 613-236-0428 and ask for Community Support Services. Additionally, all Community Support Services in Ottawa can be accessed online via accesscss: [www.accesscss.ca](http://www.accesscss.ca).

**accesscss**  
Connect to Community Support Services

## Need Transportation to Your Medical Appointments?

If you're having trouble using public transportation or need assistance getting to medical or essential appointments, our Transportation Program is here to help. We provide affordable rides in our agency vehicles, with the support of our dedicated volunteer drivers.

**How It Works:** We offer transportation for individuals who can manage with minimal assistance. Our drivers cannot provide weight-bearing support, nor are they able to lift or transfer you into or out of the vehicle. However, if you're able to enter and exit the vehicle with minimal assistance (such as steadying yourself with the driver's arm), this program can be a great



Please note that we can accommodate walkers but are unable to transport individuals in wheelchairs.

- You must be registered in our program to use this service.
- All rides should be booked **at least 7 days in advance**.
- For more information or to register, call us at **613-236-0428 ext. 2235**.
- We're here to help you get where you need to go safely and affordably!

## 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

## 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！[参与方法](#)：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！



## 大统华免费购物巴士

在二月至四月期间，良友中心共提供了三次大统华购物接送服务，职员小恩和瑞百嘉带领住在**395 Somerset**和**280 Rochester**及附近的老年朋友去大统华超市购物！大家再也不用担心路途遥远，开心购物完可以直达家门，纷纷跨赞这一服务





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

*Join Us in Making a Difference!*

# VOLUNTEERS NEEDED

Are you passionate about contributing to your community? Here's your chance to make a meaningful impact! The Good Companions is seeking dedicated volunteers to join our team and support various initiatives that benefit seniors in need.

## **Opportunities Available :**

- ADP (Tuesday, Wednesday, Thursday and Friday)
- Handy Helpers (handy people to do small jobs and tech)
- French Conversation Instructor
- Telephone Receptionist (Various shifts)
- Gym Monitor
- Client Connections callers
- Transportation Drivers
- Client Connections
- Telephone Assurance callers (Mandarin and/or Cantonese speaking)

Call: 613-236-0428

Email: [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

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



## Seniors' Centre Without Walls

Seniors' Centre Without Walls (SCWW) brings the warmth and connection of a community centre right to your living room - just pick up the phone! Through group phone calls, you can join in on engaging wellness talks, educational sessions, music events, brain games, and lively conversations with fellow participants. It's like being in a room full of friends - without leaving the house!

Here are some of the interesting presentations we are excited to offer this summer:

### **Health & Wellness Presentations**

- The Fountain of Health
- Grief & Bereavement
- Canadian Hearing Services
- Defy Dementia

### **Educational Series**

- Funeral & Will Planning
- The Bytown Museum
- How to Be an Ally to the 2SLGBTQIA+ Community

Regular features include Weekly Book Club, Trivia, BINGO, Music Requests, and much more!

For more information or to receive a Program Guide & Calendar, please contact us:  
613-236-0428 ext. 2323 or [scww@thegoodcompanions.ca](mailto:scww@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: [thegoodcompanions.ca/programs-services/adult-day-program/](http://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 or [pbodnoff@thegoodcompanions.ca](mailto:pbodnoff@thegoodcompanions.ca)

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



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

**Donate to help The Good Companions provide accessible and supportive programs in a safe, engaging environment where seniors can connect, grow and thrive.**

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

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

**DONATE  
NOW**





# Volunteer Recognition



*Thank you*

**SAVE THE DATE**

**VOLUNTEER RECOGNITION**

**2026**

**APRIL 17**

**TGC Volunteer Recognition Staff Song**  
**To the tune of "The Hockey Song" by Stompin' Tom Connors**  
**Written by Emma Revell**

## Verse 1:

Hello out there, we're on the air  
 It's Volunteer Rec today  
 They lend a hand, they share a smile,  
 And they go the extra mile!

In Repeat, they greet and sell,  
 Helping members shop so well.  
 Here you see, we've got the best team  
 At The Good Companions!

## Chorus

OH The Good Companions  
 Has the best darn volunteers!  
 And the best darn volunteers,  
 Are at The Good Companions!

## Verse 2:

They drive the van, lend a helping hand  
 Make phone calls every day.  
 In ADP, they lead the way  
 Bringing joy to folks all day!

With crafts and quilts and art so fine,  
 The gifts are so divine.  
 Knitting, painting, sewing too,  
 Making treasures just for you!

## Chorus

OH The Good Companions  
 Has the best darn volunteers!  
 And the best darn volunteers,  
 Are at The Good Companions!

## Verse 3:

Oh take me where, the volunteers  
 Serve with love and care,  
 In the dining room, on the grocery bus,  
 Our volunteers are always there!

For every smile, for every hand,  
 You make this place so grand.  
 A team like you, is rare and true,  
 And we owe our thanks to you!

## Chorus x3

OH The Good Companions  
 Has the best darn volunteers!  
 And the best darn volunteers,  
 Are at The Good Companions!

# 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:** June 12, 19, 26  
July 10, 17, 24, 31  
August 14, 21, 28

### **\*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: June 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: June 2**

## 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: June 5, July 3, August 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: June 11, July 9, August 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: June 24**

**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 three vertical panels on the left showing elderly individuals in summer clothing: a woman in a pink jacket and green scarf, a man in a blue shirt and suspenders, and a man in a straw hat and floral shirt holding a drink. The background is yellow with tropical leaf and starfish graphics. On the right, the text reads: "Summer Splash Sale", "Enjoy 50% off all clothing during Registration Week June 23 to June 27", and a blue starburst graphic containing "50% OFF ALL CLOTHING".



# Boost Your Brand Advertise with Us!

Looking to connect with a highly engaged audience in Ottawa?

Advertise in The Good Companions Quarterly Bulletin and reach over 4,000 readers through print, email, website views, and outreach events.

This publication offers a prime opportunity to showcase your products and services to seniors and adults with physical disabilities — a community actively seeking health, wellness, and accessibility solutions. Whether you're aiming to increase brand awareness, attract new customers, or build loyalty, our bulletin puts your message front and centre.

## Why Choose Us?

- **Wide Reach:** Access a diverse audience across Ottawa through multiple distribution channels.
- **Cost-Effective:** Flexible advertising packages designed to fit your budget.
- **Targeted Exposure:** Directly engage with readers who value healthcare, accessibility, and community support.
- **High Visibility:** Our full-color, 20–24-page editions are published quarterly, ensuring consistent exposure and standout placement for your brand.

## Get Started Today:

- Contact us at [lfuentes@thegoodcompanions.ca](mailto:lfuentes@thegoodcompanions.ca)
- Choose your preferred ad space
- Submit your ad and start connecting with your audience!



## 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*

