







THE GOOD COMPANIONS

SINCE 1955



ANNUAL REPORT

2024-2025

 613-236-0428
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 www.thegoodcompanions.ca
 TheGoodCompanionsSeniorsCentre

About Us



Founded in 1955 by a committee of Anglican clergy, medical professionals, and laypeople, The Good Companions aimed to create a cheerful, welcoming place where older adults could connect, engage in cultural activities, and enjoy affordable meals. Supported by service groups, volunteers, and donors, membership grew quickly—from 40 to over 500 by 1957—prompting the need for a dedicated space. Harold G. Vail donated land at 670 Albert Street, and with help from the Ottawa Kinsmen Club, a 6,000 sq. ft. building was constructed. Today, the Centre spans 36,000 sq. ft., reflecting the ongoing demand for its services.

Incorporated as a non-profit in 1958 and supported by the United Way, the City of Ottawa, service clubs, and the provincial government, The Good Companions has thrived thanks to countless volunteers. The 1960s and '70s saw the launch of many first-of-their-kind programs, including Day Care (now Adult Day Program), Foot Care, Friendly Visiting, and Home Help.

By the 1980s, membership had soared past 1,800. A major renovation effort —“Building for the Future”—culminated in a move to a temporary location in 1991. Despite challenges, services expanded, including outreach to Chinese seniors in northeast Ottawa, and to seniors within the 2SLGBTQIA+ community.

In 1992, the newly expanded Centre reopened. Thanks to strong community and government support, the mortgage was paid off within two years.

Today, The Good Companions remains a vibrant space where seniors from all backgrounds find connection, purpose, essential support services and our future is bright.





Our Vision

To support and assist older adults and adults with physical disabilities to enhance their well-being by promoting independence.

Accessibitly
Accountability
Collaboration
Compassion
Dignity
Innovation
Respect for Diversity
Responsiveness



Our Values

Our 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 and adults with physical disabilities.



Board of Directors



Paul Kearns
Chair



Cathy Collett
Vice chair



Angela Dzinis
Vice chair



Jason Kempt
Treasurer



Chelsea Larock
Treasurer



Ted Cohen
Director



Leah Canning
Director



Jeff Doll
Director



Brian Robertson
Director



Barbara Parker
Director



Bonita Goodison
Director



Judie Wheeland
Director



Shawn Hamilton
Director



Gertrude Gruber
Director



Matthew Ottaviani
Executive Director

Meet Our Team

Executive Director	Matthew Ottaviani
Finance Officer	Mariola Kolakowski
Corporate & Finance Assistant	Laydee Fuertes
Administrative Assistants	Véronique Bernier, Samantha Kelly
Facility Coordinator	Mariusz Kielb
Facility Assistant	Luke Gerow
Day Centre Director	Darlene Powers
Day Centre Coordinator	Ana Valença
Seniors' Centre Without Walls Coordinator	Emma Revell
Seniors' Centre Without Walls Program Asst.	Afua Okyere, Courtney DeFazio
Membership & Volunteer Coordinator	Stephane Gauthier
Craft Coordinator	Linda Janes-Peddle
2SLGBTQIA+ Program Coordinator	<i>New Hire Pending</i>
Adult Day Program Coordinator	Penny Bodnoff
Adult Day Program Assistant Coordinator	Justin Sauvé
Adult Day Program Assistants	Barb Loxton, Yasmin Rodriguez, Leelti Gebremedhin
Community Support Services Manager	Anne Kendall
Community Support Services Coordinators	Carolyn Calder, Brenda Packer
Community Support Services Program Assistants	Rebecca Hosker, Yangjie Jin (Jessie Jin), Choi Yan Li (Mavis Li)
Transportation Drivers	Terry Dale, Marco Scaini, Barry Shirley
Food Services Director	Frank Bowie
Cook	Roger Drolet
Assistant Cook	Miranda Gumeni
Food Services Assistant	Miranda Sperotto

Message from our Executive Director



Dear Members, Friends, and Partners,

What an incredible moment it is to be joining this community. As the new Executive Director of The Good Companions, I am truly honoured to step into an organization with a proud history, a passionate membership, and an inspiring vision for the future.

We are standing at the beginning of a transformative chapter.

For nearly seventy years, The Good Companions has been a cornerstone for older adults in Ottawa. Now, as we prepare to sell our current building and move toward the purchase and development of a new property, we are embracing the opportunity to reimagine our role, our reach, and our impact. We envision a modern community hub that is inclusive, accessible, and innovative. It will be a place where people feel connected, creative, and cared for. A place that honours our legacy while making room for more members, new ideas and welcoming diversity. Right now, we are focused on revitalizing the energy and impact of The Good Companions — both within our centre and throughout the wider community. We are refreshing our programs, renewing our sense of purpose, and strengthening the culture of warmth, welcome, and inclusion that defines us.

We are also reaching further than ever before. This includes building new relationships, exploring new partnerships, and inviting more people to discover what makes The Good Companions so special. We are actively recruiting new members, volunteers, and staff who reflect the diversity of our city and who will help us grow into the next chapter with strength and creativity.

This is a time of growth and momentum. We are investing in a workplace that supports and inspires our team. And we are opening our doors to new opportunities that will allow us to better serve our current community while welcoming others who have yet to find their place with us.

None of this would be possible without the remarkable foundation laid by previous Executive Directors and Board Members and the dedicated staff teams that has brought us to this point. I am grateful to everyone who has contributed to the strength of this organization, and in entrusting me with the awesome responsibility of leading The Good Companions.

Thank you for being a part of this exciting time. I look forward to what we will create together.

With gratitude and enthusiasm,

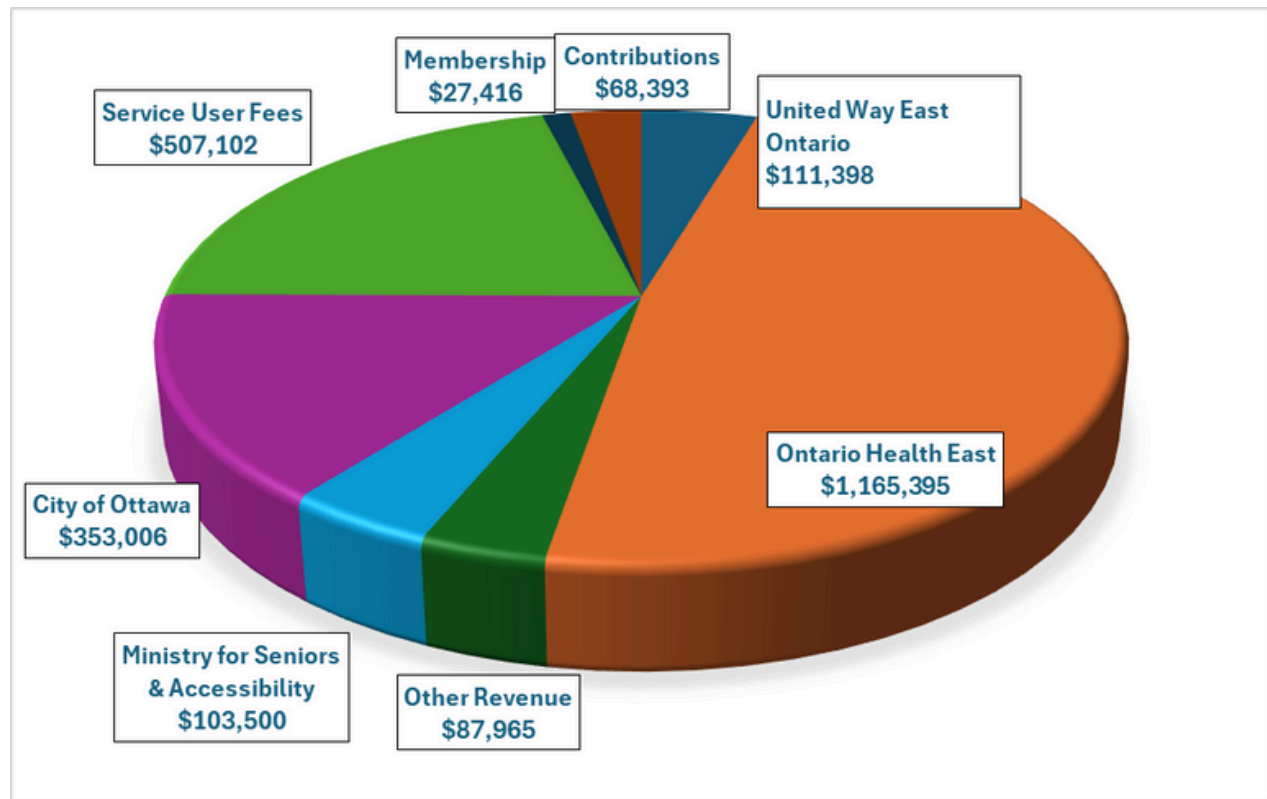
Matthew Ottaviani

Executive Director, The Good Companions

FINANCIAL STATEMENT

THE GOOD COMPANIONS - SUMMARY FINANCIAL INFORMATION		
(The following summary financial information is taken from the audited financial statements for the year ended March 31, 2024 copies of which are available upon request.)		
COMBINED STATEMENT OF FINANCIAL POSITION		
AS AT MARCH 31, 2025		
	2025	2024
CURRENT ASSETS		
Cash and short-term investments	\$631,402	\$846,005
Accounts receivable	\$105,187	\$56,570
Prepaid expenses	\$773	\$256
	\$737,362	\$902,831
LONG - TERM INVESTMENTS	\$0	\$0
TANGIBLE CAPITAL ASSETS		
Historical cost \$3,124,726 (2024-\$3,090,217)less accumulated amortization of \$1,509,885 (2024-\$1,474,353)	\$1,614,841	\$1,615,864
TOTAL ASSETS	\$2,352,203	\$2,518,695
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$126,910	\$82,173
Deferred revenue	\$99,726	\$261,757
	\$226,636	\$343,930
FUND BALANCES - END OF YEAR	\$2,125,567	\$2,174,765
TOTAL LIABILITIES AND FUND BALANCES	2,352,203	\$2,518,695
STATEMENT OF OPERATIONS		
OPERATING FUND		
FOR THE YEAR ENDED MARCH 31, 2025		
	2025	2024
REVENUE		
Grants - Ontario Health East	\$1,165,395	\$1,122,506
City of Ottawa	\$353,006	\$335,409
Ministry for Seniors and Accessibility	\$103,500	\$88,900
United Way East Ontario	\$111,398	\$112,522
User fees	\$507,102	\$512,728
Others	\$183,774	\$193,315
	\$2,424,175	\$2,365,380
EXPENSES		
Salaries and benefits	\$1,573,130	\$1,459,319
Program	\$433,667	\$470,682
Occupancy	\$259,789	\$259,473
Administration	\$124,111	\$138,484
Other	\$33,475	\$37,422
	2,424,172	\$2,365,380
NET REVENUE FOR THE YEAR	3	0

REVENUE SOURCES



Our Funders

- New Horizons
- Ministry for Seniors and Accessibility
- Ontario Health East
- City of Ottawa
- United Way East Ontario
- Bell Canada
- Ontario Community Support Association (OCSA)
- Older Adults Centres' Association of Ontario (OACAO)
- Ottawa Community Foundation
- Trillium Foundation

Canada

OCSA
Ontario Community
Support Association

Ontario

Bell



Ontario
Trillium
Foundation

Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

United Way
Centraide
East Ontario
Est de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

STATISTICAL ACHIEVEMENTS

Day Centre

The Adult Day Program provided programming for 95 clients with 2,611 session attendances!



TGC had 20,232 participations in fitness classes, continuing education, visual arts, games, performing arts, & more.

TGC, in partnership with OSPN, hosted a total of 22 Out and About Saturday sessions, with 630 visits from 2SLGBTQIA+ individuals aged 50 and older.

Food Services

Our in-person congregate dining program accommodated 702 clients/members with a total of 21,131 visits.



Our Food Services team prepared a total of 57,222 meals! Among them, 2,021 frozen meals were prepared by TGC's kitchen for online and in-person purchases.

Volunteers

164 Volunteers gave a total of 24,404 hours!



Community Support Services

6,420 check-in calls made to 277 clients!
6,404 trips were arranged for 388 transportation clients.
259 in-home services were provided at home for 206 clients.

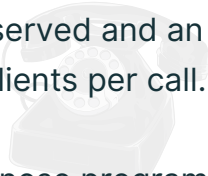


The Good Companions served a total of 1,695 Community Support Services clients.



Seniors' Centre Without Walls

Our SCWW program supported 9,634 participations over 566 sessions, with 213 unique clients served and an average of 17 clients per call.



Our SCWW Chinese program supported 106 clients over 94 sessions.

SCWW-Partnership

From October 2021 to February 2025, TGC delivered 81 micro-grants and trained new partner agencies to implement SCWW programming. Ten of these partners are based in Atlantic Canada, where we now have flagship SCWW programs in each of the Atlantic provinces.



Although the SCWW program has since ended, a phone-friendly Program-in-a-Box course is now available online.

SPECIAL MOMENTS

THE GOOD COMPANIONS: SUPPORTING A VIBRANT COMMUNITY

20
24
20
25



Fashion Show



GCW Voice to Face Party



Halloween Tea



Grocery Bus



Handy Helpers



Transportation Service



Chinese Community



SPECIAL MOMENTS

THE GOOD COMPANIONS: SUPPORTING A VIBRANT COMMUNITY

20
24
20
25



Christmas in July



Open House



Race Weekend, 2024



Pride BBQ



SPECIAL MOMENTS

THE GOOD COMPANIONS: SUPPORTING A VIBRANT COMMUNITY

20
24
20
25

Christmas Bazaar



Olympic Tea



Day Trips



STAFF CORNER

The harder you work, the harder you'll play, and the
harder you play, the harder you'll work!

20
24
20
25

Happy 7th Birthday, Barry!



Unforgettable ones!



Grinding!!



Hooray for Christmas!



Racing funds and fun!



Fun times



Trick or Treat!

2024-2025 SPONSORS AND DONORS

*Thank
you!*

We extend our heartfelt thanks to our generous sponsors and in-kind donors. Your support has been instrumental in helping us deliver impactful programming and create inclusive spaces for older adults and 2SLGBTQIA+ communities. Your commitment makes a real difference, and we are deeply grateful for your partnership.

AbbVie Corporation
Alcaide Webster Architects
Amica in The Glebe
Bayshore Home Health
Bell Canada

Ben Lee Church
Bentall Green Oak
Brian Robertson
CAF Canada

Carleton University
Children's Place Kanata
Cummins Caron Property LP
Darling Solutions

Elmdale Public School
Hallmark Realty Group
Hydrotherapy
Judy Green

Kenvue
Massine's Independent Grocers
Margaret Veal

MMBB Holdings Inc.
Older Adult Centres' Association of Ontario
Ottawa Curling Club

Ottawa Public Health
Ottawa Chow Qigong Association
RE/MAX Hallmark Giving
Régimbal Group
Robert Dunlop
Sarah Marsaw Courtois
Susan Novo (Ottawa Hospital)
Sparks Street BIA
Spring Living Retirement
The Merry Dairy
The Matt Foundation
Tiny Hoppers Findlay Creek
VIVA Barrhaven Retirement Community



THANK YOU TO OUR VOLUNTEERS!



5 Years

Betty-Ann Ward
Reggie Allen
Betty McDonald
Fern Waxman
Rick Elliott

10 Years

Joanne Law
Evelyn Monson
Alf Warnock

20 Years

Pam Jacobs
Valerie Small

White Rose Club

Linda Tannis
(30 Years)
Douglas Millson
(34 Years)

VOLUNTEER RECOGNITION APRIL 2024



BECOME A MEMBER NOW

Becoming a member of The Good Companions means joining a vibrant, inclusive community where older adults connect, learn, and thrive. Members enjoy access to engaging programs, special events, wellness services, and opportunities to build lasting friendships.

Whether you're looking to stay active, try something new, or simply feel a sense of belonging—there's a place for you here. Join us and experience community, connection, and companionship.

VOLUNTEER WITH US

Every hour given, every smile shared, and every act of kindness helps create a warm, welcoming space for older adults in our community.

In 2024, our volunteers made an incredible impact—supporting programs, offering companionship, and bringing joy to our members. Whether you're a student, retiree, or working professional, there's a place for you here.

Join us. Give back. Make a difference.

Interested in membership and volunteering at TGC?

**The Good Companions is pleased to welcome
Stephane Gauthier as the new Membership
and Volunteer Coordinator.**

**Stephane brings a deep commitment to
community building and inclusion, having
previously served as the 2SLGBTQIA+
Program Coordinator. In that role, Stephane
worked closely with members and volunteers
to develop engaging and inclusive
programming that reflected the diversity and
vibrancy of our community.**

**In this new position, Stephane is excited to
expand on that work by supporting both
members and volunteers with the same
enthusiasm, care, and dedication.**

**With a strong passion for creating
meaningful connections and ensuring that
everyone feels welcome and valued,
Stephane looks forward to fostering a sense
of belonging and collaboration across all
areas of The Good Companions.**

**We are thrilled to have Stephane step into
this role and look forward to the positive
impact he will continue to make in our
community.**

*Connect with Stephane Gauthier
Membership & Volunteer Coordinator*



(613) 236-0428



sgauthier@thegoodcompanions.ca



**The Good
Companions**