

The Good Companions

Fall Bulletin

SEPT - OCT - NOV • 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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Ottawa, Ontario K1R 6L2
Phone: 613-236-0428
Fax: 613-230-2095
thegoodcompanions.ca
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

For more information contact: Matthew Ottaviani
mottaviani@thegoodcompanions.ca
613-236-0428 ext. 2290



Building Boldly: Fall Reflections from our Executive Director, Matthew Ottaviani

As we welcome the colours, crispness, and comforts of fall, I find myself reflecting on what this season represents: appreciation, change, and the opportunity to see things differently while thinking big. In that spirit, I'm proud to share some of the exciting work underway at The Good Companions (TGC).

Since stepping into the role of Executive Director in February, my goal has been clear: to bring new energy and visibility to our organization - to strengthen our roots while reaching higher and thinking more creatively. TGC has a long and proud history, but we also have a bold and dynamic future ahead. Let's reimagine what we can be.

We've already begun extending our reach beyond our walls. Over the past few months, I've been out in the community, building relationships and learning from inspiring organizations and leaders across sectors - from children's services and healthcare to homelessness, housing, food insecurity, sexual health, immigrant support, volunteerism, and advocacy for older Canadians. These collaborations are opening new doors and helping us think differently about what's possible.

At the same time, we're recommitting to long-standing partnerships with the City of Ottawa, United Way East Ontario, Ontario Health, and the Ministry for Seniors and Accessibility.

I'm also honoured to represent TGC at the City of Ottawa's Older Adult Planning Committee,

contributing to the city's 2025 - 2030 plan for aging well. I continue to collaborate closely with local, provincial, and federal leaders including Ariel Troster, Catherine McKenney, and Yasir Naqvi.

One milestone I'm especially proud of: TGC will soon be a Living Wage Employer. This means all permanent staff will earn at least the Ottawa living wage. It was long overdue but it's a meaningful and necessary step toward showing appreciation, fairness, and respect to the incredible people who bring this organization to life every day. As leaders in senior care, we must also lead in how we care for those who care for others.

And this is just the beginning.

In the months ahead, we'll be modernizing our systems, restructuring teams, and reimaging how we engage staff, members, volunteers and our community. We'll also be recruiting new individuals and sponsors who want to be part of building our future. While we remain in our current home for several more years, the time is now to reimagine our reach and impact because aging well and senior care are evolving rapidly.

We'll think big, because older adults deserve bold leadership and fresh ideas. I welcome you to join me by sharing your ideas:

mottaviani@thegoodcompanions.ca

May we all enjoy a fall filled with purpose, possibility, and progress.



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

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

DONATE NOW





TEAM GOOD COMPANIONS



Executive Director

Matthew Ottaviani	Executive Director	mottaviani@thegoodcompanions.ca	ext. 2290
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Finance & Administration

Mariola Kolakowski	Finance Officer	mkolakowski@thegoodcompanions.ca	ext. 2315
Lathee Fuertes	Corporate & Finance Assistant	lfuertes@thegoodcompanions.ca	ext. 2221

Facilities

Mariusz Kielb	Facility Coordinator	mkielb@thegoodcompanions.ca	ext. 2340
Luke Gerow	Facility Assistant	lgerow@thegoodcompanions.ca	ext. 2340

Day Centre

Darlene Powers	Day Centre Director	dpowers@thegoodcompanions.ca	ext. 2160
Ana Valença	Day Centre Coordinator	avalenca@thegoodcompanions.ca	ext. 2150
Samantha Kelly	Administrative Assistant	skelly@thegoodcompanions.ca	ext. 2100
Véronique Bernier	Administrative Assistant Database	vbernier@thegoodcompanions.ca	ext. 2101
Linda Janes-Peddle	Craft Coordinator	ljanes-peddle@thegoodcompanions.ca	ext. 2270
Penny Bodnoff	Day Program Coordinator	pbodnoff@thegoodcompanions.ca	ext. 2200
Justin Sauvé	Day Program Assistant Coordinator	jsauve@thegoodcompanions.ca	ext. 2191
Yasmin Rodriguez	Day Program Assistant	yrodriguez@thegoodcompanions.ca	ext. 2192
Barbara Loxton	Day Program Assistant	bloxton@thegoodcompanions.ca	ext. 2193
Leelti Gebremedhin	Day Program Assistant	lgebremedhin@thegoodcompanions.ca	ext. 2190
Courtney DeFazio	SCWW Coordinator	cdefazio@thegoodcompanions.ca	ext. 2323
Afua Okyere	SCWW Assistant	aokyere@thegoodcompanions.ca	ext. 2390

Membership/Volunteer Program

Stephane Gauthier	Membership/Volunteer Coordinator	sgauthier@thegoodcompanions.ca	ext. 2230
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2SLGBTQIA+ Program

Sarah Rea	2SLGBTQIA+ Program Coordinator	srea@thegoodcompanions.ca	ext. 2353
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Community Support Services (CSS)

Anne Kendall	CSS Manager	akendall@thegoodcompanions.ca	ext. 2240
Carolyn Calder	CSS Coordinator	ccalder@thegoodcompanions.ca	ext. 2235
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Rebecca Hosker	CSS Program Assistant	rhosker@thegoodcompanions.ca	ext. 2358
Mavis Li	SCWW/CSS Program Assistant	mli@thegoodcompanions.ca	ext. 2363
Barry Shirley	CSS Driver		ext. 2235
Terry Dale	CSS Driver		ext. 2235

Food Services

Frank Bowie	Food Services Director	fbowie@thegoodcompanions.ca	ext. 2130
Roger Drolet	Head Cook	rdrolet@thegoodcompanions.ca	ext. 2131
Miranda Gumeni	Senior Cook	mgumeni@thegoodcompanions.ca	ext. 2131
Miranda Sperotto	Food Services Assistant	msperotto@thegoodcompanions.ca	ext. 2131

News and Updates

TGC Tours

Our scheduled tours are open to current, new, and potential members and volunteers as well as students. The tour will take you around the centre for an in-depth look at what TGC has to offer, how to become a member or volunteer, the rewards of a TGC membership and much more! For more information or to book a tour call 613-236-0428 ext 2100 or email info@thegoodcompanions.ca

Tour dates: Sept 16, Oct 14, Nov 25

Hearing Health Clinic

Great news, the Hearing Clinic will be returning to TGC in September. The audiologist is available on the last Wednesday of each month, between 9:45 am - 12:45 pm, for free hearing assessments and recommendations. Ear wax removal is also offered for \$50/members and \$55/non-members.

ADP calendar

The Adult Day Program Calendar can be found on The Good Companions' Website: <https://thegoodcompanions.ca/programs-services/adult-day-program/>

Instagram

We're now on Instagram!

Catch all the updates, events, menus, special moments, and exciting announcements here! Follow us now and be part of The Good Companions! Let's keep the connection going - tap that follow button.

Craft Studio

The Craft Studio is looking for donations of milk bag for our weaving milk bag mats. Please make sure they are clean, dry, odour free & flat.

Centre Closure

The Good Companions will be closed on **Monday, September 1st** for Labour Day.

The Good Companions will be closing at 12:15 pm on **Friday, September 5th** for our quarterly all staff meeting.

Program Registration

Beginning **Fall 2025**, Program Registration will **only** be in **person** or **online**.

Celebrating 10 Incredible Years of TGC Seniors' Centre Without Walls (SCWW) Program!

Launched in April 2015 in the Ottawa area, SCWW began as a simple yet powerful idea: to connect isolated and vulnerable seniors through interactive, telephone-based programming all from the comfort of their homes.

Over the past decade, SCWW has grown into a lifeline of laughter, learning, and connection. From trivia and storytelling to wellness chats and engaging educational sessions, our programming has brought joy and community to thousands of seniors.

But we didn't stop there. We've also expanded beyond Ottawa reaching rural areas, communities across Ontario and even into Eastern Canada. We've created a how-to guidebook to support other organizations launch their own SCWW programs, and we have become a go-to resource for tech support and best practices.

What began as a local initiative has grown into a shared model that breaks down barriers and brings meaningful connection to people who need it the most.

Here's to 10 years of connection, community, and care - and to many more ahead!

A graphic titled "UPCOMING EVENTS 2025" with a winter theme, featuring snowflakes and a blue-to-white gradient background. It contains a table of upcoming events.

UPCOMING EVENTS 2025	
4 DEC	FESTIVE CHRISTMAS LUNCHEON
11 DEC	MORRISBURG, ON TRIP TICKETS AVAILABLE OCTOBER 14
17 DEC	CHRISTMAS BRUNCH
6,7,8 JAN	WINTER PROGRAM REGISTRATION

On-Site Services

Footcare (\$)

Professional nursing foot care services by Sole Centre. Appointments are available on Thursday's between 10:00 am - 3:30 pm. The cost is \$37 members and \$40 non-members per 20 - minute appointment. First time clients must book two consecutive 20 - minute appointments to allow for assessment.

**Sept 11, 18, 25 Oct 9, 16, 23, 30
Nov 13, 20, 27**

Foot Care Cancellation Policy

Clients must cancel at least three full working days before their appointment. Clients who fail to respect this cancellation policy are responsible for payment for their missed appointments and will not be allowed to book any other in-house service appointments until payment is received.

Hair Care (\$)

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 every first Thursday of every month from 10:00 am - 3:00 pm.

Sept 4, Oct 2, Nov 6

Nurse Practitioner (Free)

Provided by Somerset West Community Health Centre. Members of TGC 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. **Sept 10, Oct 8, Nov 12**

Please call reception to book an appointment: 613-236-0428 ext. 2100. As a courtesy, please call to cancel any appointment you know you are unable to attend.

Library (FREE)

Books of all genres are available to borrow for up to four weeks. Come in and browse the internet and check your email on one of our computers. The library is open Monday - Friday*, 9:00 am - 3:30 pm ***Some classes are being held in the library. Access may be limited.**

Legal Services (\$)

Russell Gibson, LLP, is available for brief legal counseling at The Good Companions on the first Monday of every month from 1:00 - 2:00 pm. Appointments are \$15 members and \$17 non-members per 15 - minute appointment.

Sept 8, Oct 6, Nov 3

Dental Hygiene (\$)

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. **Sept 19**

Wellness Clinic (Free) - Drop-in

Provided by Somerset West Community Health Centre. 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 Wellness Clinic is every 3 months from 9:00 - 10:30 am. **Sept 9**

Hearing Health Clinic (free)

The audiologist is available on the last Wednesday of each month, between 9:45 am - 12:45 pm, for free hearing assessments and recommendations. Ear wax removal is also offered for \$50/members and \$55/non-members. Appointment required at Front Reception (not a drop in)

Sept 24, Oct 29, Nov 26.

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 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 front reception. Please ensure that all items are cleaned before donation.

Programs and Services

Client Connections (free)

Occasional check-in calls from volunteers or students to help you stay socially connected and in-the-loop about services that might support your wellbeing.

Telephone Assurance Program (TAP) (free)

A quick “good morning” call each weekday to start your day with connection and care. If we can't reach you, we follow up to make sure you're safe.

Home Help & Maintenance (\$)

We'll refer you to reliable, independent workers for regular or seasonal support. You pick the provider that works best for you.

Grocery Shopping Program (free)

Getting to the grocery store just got easier. Our free, door-to-door rides make shopping simple and hassle-free. Along the way, you might even strike up a conversation or find a new shopping buddy.

Adult Day Program (\$)

The 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 stage dementia. For more information contact Penny Bodnoff 613-236-0428 ext 2200 or by email pbodnoff@thegoodcompanions.ca. Referral Required from Ontario Health atHome.

「情牽你我·溫暖在線」國語電話節目

我們逢週一和週四上午 10:00 至 10:30 提供免費國語電話節目。電話節目免費參與，參與方法簡單方便，讓你在家裡足不出戶就可以通過電話交友聊天 - 撥打 343-341-4711 加入電話會議，或致電 613-237-4439 轉 2777 留言以了解更多。

華人長者社區支持服務

良友中心提供國語和粵語服務，包括前往超市和非緊急醫療預約的交通接送服務，以及能工巧匠維修幫助服務，以獲取小型家居維修和基本電腦或手機支援。欲查詢服務，請致電 613-237-4439 轉 2363 聯繫小恩，或發送電子郵件至 mli@thegoodcompanions.ca

Friendly Visiting (Telechat) (free)

Weekly or bi-weekly calls from trained volunteers offering warm, meaningful conversation and companionship.

Snow Go & Snow Go Assist Program (free)

Connect with trusted, independent snow removal providers near you. You might even qualify for financial support through the Snow Go Assist Program.

Handy Helper (free)

Caring volunteers lend a hand with small tasks around your home - you just cover the cost of materials.

Transportation Program (\$)

If getting around Ottawa feels like a challenge, you're not alone. We provide rides for registered clients who find public transit difficult or need extra support getting to medical appointments, essential errands, and community services.

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.

accesscss
Connect to Community Support Services

2SLGBTQIA+ Program (free)

We are happy to offer several programs specifically for The 50+ 2SLGBTQIA+ community. Out and About Saturdays, Rainbow Coffee Club, Over the Rainbow, Rainbow Connections. For more information contact Sarah Rea 613-236-0428 ext 2353 or by email srea@thegoodcompanions.ca.

Seniors' Centre Without Walls (free)

SCWW is a free, telephone-based seniors' activity program with more than 40 brain-stimulating, fun, educational, and health & wellness activities per month. We offer 2-3 sessions per day over the phone. For more information, contact Courtney DeFazio at 613-236-0428 ext. 2323 or by email at scww@thegoodcompanions.ca

Membership Information

MEMBERSHIP

Adults aged 55 + or adults with physical disabilities may become a member of The Good Companions. As a member you may participate in any of our exciting programs, lectures and events.

Membership is available at Reception or on our website.

Membership: \$40 (per year)

Your membership is valid for 1 fiscal year (April 1st to March 31st)

ADVANTAGES OF BECOMING A MEMBER:

- Vote at the Annual General Meeting
- 100+ programs and services to choose from
- Educational seminars
- One-stop shopping for older adults
- Reduced rates for in-house services
- No charge for birthday party on birthday month
- A sense of belonging, community and support
- Voice at members' meetings
- Access to the Library and Wi-Fi
- Meet new friends and people in your community
- Reduced rates on trips
- A copy of our quarterly bulletin
- Discover a new hobby/skill/talent



Did you know...

YouTube



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

Should you have any questions regarding membership, please call 613-236-0428 ext 2230 to speak to our membership coordinator or by email sgauthier@thegoodcompanions.ca



Angel Tree

Share the Magic of a Cherished Gift!

Continuing a cherished tradition, The Good Companions and other organizations are teaming up with the Boys & Girls Club of Ottawa to provide gifts for their Annual Christmas Party. You can help make a child feel incredibly special! By focusing on one quality, heartfelt gift, you can give a child a wonderful surprise that they may not otherwise receive. Simply choose a tag from the Angel Tree in our lobby and return with your new, unwrapped gift.

Shopping early? Ana Valença will happily accept your gift anytime during October and November, before the Angel Tree is displayed in the lobby.

Looking for gift ideas? We've posted a list of suggestions on the bulletin board!

Please remember: no stuffed animals, or clothing items

Volunteer Program

At The Good Companions, we believe that community is at the heart of everything we do. Every friendly face, every helping hand, every shared moment, these are the things that make our centre a vibrant, welcoming place for older adults to connect, thrive, and belong.

I've seen firsthand the impact our volunteers make every single day. Whether it's assisting with programs, supporting special events, or simply offering a kind word, volunteers help create the warmth and energy that The Good Companions is known for.

If you've ever thought about giving back, meeting new people, or being part of something truly special, I invite you to join our volunteer family. You won't just be making a difference in someone else's life, you'll be enriching your own.

Let's make great things happen together.

For more information contact Stephane Gauthier 613-236-0428 ext 2230
or by email sgauthier@thegoodcompanions.ca

Current Volunteer Opportunities at The Good Companions

Special Event Volunteers

Help bring our events to life by assisting with set-up, serving, and clean-up. We currently have two dedicated volunteers for set-up and clean-up, but we're looking for two more who can help with all three tasks.

Choir Library Assistant

Support our Choir Director, Gloria Jean Nagy, by organizing choir music books. This role primarily involves preparing the books for upcoming shows and re-filing music once performances are over.

2SLGBTQIA+ Program Volunteers

Assist with a variety of activities and events that support our 2SLGBTQIA+ community programming. This role offers a meaningful way to promote inclusion, connection, and celebration within the community.

Handy Helpers Volunteer

Lend a hand to seniors and adults with physical disabilities by helping with simple home repairs and odd jobs through our Handy Helpers Program. Your help ensures they can live safely and comfortably in their homes.

Telephone Assurance Program (TAP) Volunteer

Make a difference with a simple daily phone call. TAP volunteers check in on seniors living alone to ensure their wellbeing. Calls are made on weekday mornings, with any concerns passed along to the Program Coordinator.

Volunteer Drivers

Help seniors and adults with physical disabilities maintain their independence by providing transportation to essential services. Volunteer drivers use their own well-maintained vehicles to drive clients to and from appointments. Mileage reimbursement is available.

Adult Day Program Volunteer

Join our Adult Day Program team to help provide social, physical, and cognitive stimulation for seniors. Volunteers support staff and Personal Support Workers by engaging members in daily therapeutic activities and offering companionship throughout the day.

Dining Room Volunteer (Cashier)

Help ensure the smooth operation of our dining services by volunteering as a Dining Room Cashier. Volunteers process sales through a structured system that allows The Good Companions to remain accountable for funds received. Dining Room Volunteers also assist Food Services staff and fellow volunteers with general tasks in both the kitchen and dining room.

Program Registration Information

Registration can be done **in person or online** at thegoodcompanions.ca/program-registration. You must be a member of The Good Companions to participate in any of the classes offered. 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 Fall Program Guide for a full list of the programs being offered on page 11, 12 and 13. Schedule is subject to change, refer to website or ask front reception for most up to date version. If you have any questions, please call 613-236-0428 and ask to speak to a member of the Day Centre team.

What you need to know

- You must be a member to register for any of our classes
- You can register in person or online
- Online registration, If you're not able to pay online please register in person
- Only register once to avoid duplicate registration
- Have the course code on hand

Waitlist

In the event that a class, course or event is full, members may be added to the waitlist. If space becomes available, the first person on the waitlist will be contacted and offered the space.

The members response to accept and provide payment to confirm is required within 48 hours, after which time, the offer will be cancelled and the next member on the waitlist will be contacted.

Refund Policy

A \$10 administration fee is charged for all 'member requested' refunds. No refunds will be given after the second scheduled class has begun.

Did You Know?

Anyone can trial a class one time before committing to a registration. Please see the front reception before trial to ensure there is space in the class of interest.



Fall Program Guide

Fall Program Registration

September 9, 10 & 11 from 10:00 am to 2:00 pm

Fitness

Code	Program	Begins	Duration	Day/Time	Fee	Room	Instructor
253010	Fitness For Arthritis & Balance	Sept. 15	11 Weeks	Mon 10 - 11 am	\$ 66	112	Rhona E.
253011	Gentle Aerobics + Weights	Sept. 15	12 Weeks	Mon 12:15 - 1:15 pm	\$ 72	112	Wendy G.
253012	Working With Weights (Mon.)	Sept. 15	12 Weeks	Mon 1:15 - 2:15 pm	\$ 72	112	Wendy G.
253013	Core & More (Mon)	Sept. 15	12 Weeks	Mon 2:15 - 3 pm	\$ 54	112	Wendy G.
253014	Fitness For Arthritis & Balance	Sept. 16	11 Weeks	Tues 10 - 11 am	\$ 66	028	Rhona E.
253015	Gentle Hatha Yoga* NEW	Sept. 16	11 Weeks	Tues 11 am - 12 pm	\$ 66	028	Rhona E.
253016	Posture & Balance	Sept. 17	10 Weeks	Wed 10:45 - 11:45 am	\$ 10	112	Guity E.
253017	Zumba Gold	Sept. 17	11 Weeks	Wed 9:30 - 10:30 am	\$ 66	112	Xiang S.
253018	Strength & Stretch + Weights	Sept. 17	13 Weeks	Wed 12:15 - 1:15 pm	\$ 78	028	Wendy G.
253019	Chair Hatha Yoga	Sept. 17	13 Weeks	Wed 1:30 - 2:30 pm	\$ 78	112	Rhona E.
253020	Working With Weights (Wed.)	Sept. 17	13 Weeks	Wed 1:15 - 2:15 pm	\$ 78	028	Wendy G.
253021	Core and More (Wed)	Sept. 17	13 Weeks	Wed 2:15 - 3 pm	\$ 58	028	Wendy G.
253022	Fitness For Arthritis & Balance	Sept. 18	11 Weeks	Thurs 1 - 2 pm	\$ 66	028	Xiang S.
253023	Gentle Aerobics + Weights	Sept. 19	10 Weeks	Fri 12:15 - 1:15 pm	\$ 60	028	Wendy G.
253024	Working With Weights (Fri.)	Sept. 19	10 Weeks	Fri 1:15 - 2:15 pm	\$ 60	028	Wendy G.
253025	Core & More (Fri)	Sept. 19	10 Weeks	Fri 2:15 - 3 pm	\$ 45	028	Wendy G.

Fitness Room

253026	Access To Gym (3x/Week)	Sept. 15	Vary	Mon, Wed. & Fri., time vary	\$ 40	028	No Instructor
253027	Access To Gym (Mon.)	Sept. 15	13 Weeks	Mon 12 - 1:30 pm	\$ 20	028	No Instructor
253028	Access To Gym (Wed.)	Sept. 17	14 Weeks	Wed 10 - 11:30 am	\$ 20	028	No Instructor
253029	Access To Gym (Fri.)	Sept. 19	13 Weeks	Fri 10 - 11:30 am	\$ 20	028	No Instructor

Recreational Dance

253030	Line Dance	Sept. 15	11 Weeks	Mon 11 am - 12 pm	\$66	112	Rhona E.
253031	Belly Dance	Sept. 25	9 Weeks	Thurs 10 - 11 am	\$10	112	Catharina C.
253032	Sharing Dance*	Oct. 3	6 Weeks	Fri 10 - 11 am	\$0	028	Ana V.

Recreational Sports

253033	Pickleball (Tues)	Sept. 16	11 Weeks	Tues 1:15 - 2:15 pm	\$15	112	No Instructor
253034	Pickleball (Thurs)	Sept. 18	12 Weeks	Thurs 11:30am - 12:30pm	\$15	112	No Instructor
253035	Table Tennis (Ping-Pong)	Sept. 19	10 Weeks	Fri 10 - 11 am	\$10	112	No Instructor
253036	Pickleball Drop-In*	Sept. 19	10 Weeks	Fri 11:30 am - 1 pm	\$3	112	No Instructor

Fall Program Guide

Performing Arts

253037	Silver Swing Band	Sept. 8	14 Weeks	Mon 9 - 11:30 am	\$10	024	Gordon P.
253038	TGC Choir	Sept. 16	13 Weeks	Tues 10:30 am - 12 pm	\$7	024	
253039	Sharps and Flats Band	Sept. 10	15 Weeks	Wed 9:30 am - 12 pm	\$10	024	Marilyn L.
253040	Usual Fellows Jazz Band	Sept. 4	16 Weeks	Thurs 9 - 11:30 am	\$10	024	Alf W.
253041	The Grey Jazz Big Band	Sept. 5	15 Weeks	Fri 9 am - 12 pm	\$10	024	Brian B.

Games

253042	Games Room		Continuous	Tues. & Fri. (see reception)	Free	015	
253043	Contract Bridge (Mon)	Sept. 8	Continuous	Mon 12:45 - 2:45 pm	\$1/wk	019	
253044	Euchre	Sept. 10	Continuous	Wed 1 - 3 pm	\$1/wk	141	
253093	Contract Bridge (Thurs)	Sept 4	Continuous	Thurs 12:45 - 2:45 pm	\$1/wk	019	
253045	Bingo	Sept. 4	Continuous	Thurs 1:30 - 2:30 pm	\$0.50/card	141	

Language

253046	Spanish, Basic	Sept. 22	10 Weeks	Mon 9:30 - 10:30 am	\$100	015	Vanessa R.
253047	Spanish, Advanced (AM)	Sept. 22	10 Weeks	Mon 10:45 - 11:45 am	\$100	015	Vanessa R.
253048	Spanish, Intermediate	Sept. 22	10 Weeks	Mon 12 - 1 pm	\$100	015	Vanessa R.
253049	Spanish, Advanced (PM)	Sept. 22	10 Weeks	Mon 1:30 - 2:30 pm	\$100	015	Vanessa R.
253050	New to Spanish	Sept. 22	10 Weeks	Mon 2:30 - 3:30 pm	\$100	015	Vanessa R.
253051	Spanish Conversation Adv. +	Sept. 25	10 Weeks	Thurs 9:30 - 11:30 am	\$115	019	Sandra C-S.

General Interest

253052	Coffee Club (Mon)	Sept. 8	Continuous	Mon 10:30 - 11:30 am	Free	141	Ana V.
253058	TGC Book Club	Sept. 17	14 Weeks	Mon 10:30 am - 12 pm	\$10	121	Mary O.
253053	As The World Turns NEW	Sept. 16	3 Weeks	Biweekly Tues 10 - 11 am	Free	224	Daryl C.
253054	Amateur Radio Operators NEW	Sept. 16	12 Weeks	Tues 10:30 am - 12 pm	Free	019	Frank D.
253055	Grief Café NEW	Oct. 7	3 Weeks	1st Tues./month 1 - 2 pm	\$5	019	Debbie C.
253056	The Guitar Workshop INT	Sept. 16	12 Weeks	Tues 1:30 - 2:30 pm	\$25	024	David J.
253057	Intergenerational Activity Grp.	Sept. 17	3 Weeks	3rd Wed/month 10:30 - 11:30am	Free	015	Andrew Fleck
253059	Computer Support	Sept. 17	5 Weeks	Wed 1 - 3 pm	\$20	121	Lionel W.
253060	Computer Support	Oct. 29	5 Weeks	Wed 1 - 3 pm	\$20	121	Lionel W.
253061	Coffee Club (Thurs)	Sept. 4	Continuous	Thurs 10 - 11 am	Free	141	Ana V.
253062	Recorder (Beginner) NEW	Sept. 18	12 Weeks	Thurs 11 am - 12 pm	\$25	015	David J.
253063	Ukulele (Beg./Intermediate)	Sept. 18	12 Weeks	Thurs 1:30 - 2:30 pm	\$25	024	David J.
253064	Introductory Computer	Sept. 18	4 Weeks	Thurs 12:30 - 2 pm	\$20	121	Karim G.
253065	Introductory Computer	Oct. 23	4 Weeks	Thurs 12:30 - 2 pm	\$20	121	Karim G.
253066	55+ Mature Driver Refresher	Nov. 7	2 Weeks	Fri 9:30 am - 12:30 pm	\$25	019	David J.
253067	Container Garden	Sept. 17	Continuous	Mon. - Fri., Flexible Hours	Free	outdoors	Lynn K.

Fall Program Guide

Craft Studio (*There may be some additional supply cost)

Charity Work

253068	Weaving Milk Bag Mats	Sept. 16	13 Weeks	Tues 1 - 3 pm	Free	240	Evelyn M.
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Creative Arts/Expressive Arts

253069	Painting Studio*	Sept. 15	10 Weeks	Mon 10:30am - 12:30pm	\$103	240	Patrick C.
253070	Improv	Sept. 15	10 Weeks	Mon 11 am - 12 pm	\$10	236	Ruth S.
253071	Intro. To Mosaics	Oct. 7	2 Weeks	Tues 1 - 3 pm	\$37	236	Tonya P.
253072	Stained Glass Intermediate*	Sept. 18	13 Weeks	Thurs 9 - 11:30 am	\$37	236	John/Richard/Bob/Val
253073	Stained Glass Intermediate*	Sept. 18	13 Weeks	Thurs 12:30 - 3 pm	\$37	236	John/Richard/Bob/Val
253074	Advanced Quilting*	Sept. 19	10 Weeks	Fri 9:30 am - 2:30 pm	\$25	240	Susan/Sharon

Production Volunteer

253075	Basic Crochet Stitches	Sept. 15	12 Weeks	Mon 10 am - 12 pm	Free	019	Roseline A.
253076	Doodle Yourself Happy	Sept. 15	12 Weeks	Mon 1 - 3 pm	Free	236	Bonita/Ammeka
253077	Knitting & Crocheting	Sept. 15	13 Weeks	Mon 1 - 3 pm	Free	240	Valerie S.
253078	Beads, Buttons & More NEW	Sept. 15	6 Weeks	Mon 1 - 3 pm	Free	2nd floor	Sally R.
253079	Stained Glass (Level 1)	Sept. 16	10 Weeks	Tues 9 - 11:30 am	Free	236	Daniel/Kit
253080	Xmas Fabric Collage NEW	Sept. 16	8 Weeks	Tues 10 am - 12 pm	Free	240	Laura Lynn E.
253081	Craft Support Team	Sept. 16	12 Weeks	Tues 1 - 3 pm	Free	236	Linda J-P
253082	Mixed Media Card Making	Sept. 17	10 Weeks	Wed 9:30 - 11:30 am	Free	240	Mary S.
253083	Painting Xmas Gift Bags NEW	Sept. 17	10 Weeks	Wed 9:30 - 11:30 am	Free	2nd floor	Myungsook/Valerie
253084	Teddy Bear	Sept. 17	10 Weeks	Wed 10 am - 12 pm	Free	236	Margo C.
253085	Cross Stitch & Canvas	Sept. 17	14 Weeks	Wed 12:30 - 2:30 pm	Free	240	Michel/Yvette
253086	Emotional Support Owls NEW	Sept. 17	5 Weeks	Wed 1 - 3 pm	Free	236	Pete N.J.
253087	Xmas Teardrop Swags NEW	Oct. 8	4 Weeks	Wed 1 - 3 pm	Free	2nd floor	Zelda P.
253088	Angel Ornaments NEW	Oct. 22	3 Weeks	Wed 1 - 3 pm	Free	236	Pete N.J.
253089	Knitting & Crocheting	Sept. 18	14 Weeks	Thurs 10 am - 12 pm	Free	240	Heather B.
253090	Knitting & Crocheting	Sept. 18	14 Weeks	Thurs 1 - 3 pm	Free	240	Heather B.
253091	Pillowcase Machine Sew NEW	Sept. 19	8 Weeks	Fri 10 am - 12 pm	Free	236	Pete N.J.
253092	Cross Stitch & Canvas	Sept. 19	13 Weeks	Fri 12:30 - 2:30 pm	Free	236	Michel/Yvette

Friendly
REMINDEES

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.

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

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.

Special Events

Seniors Active Living Fair & Open House

Wednesday, September 3

9:30 am - 2:00 pm

This event will feature information on health, safety and social services in the Ottawa area and will highlight the programs and services offered at The Good Companions. This event is brought to you in partnership with the Older Adults Association of Ontario and funding support provided by the Government of Ontario. See page 16 for more details.



Funding provided by:



Welcome Back Tea

Tuesday, September 16 at 1:00 pm

Cost: \$5

We've missed you! Let's reconnect after the summer. Join us for a delightful Welcome Back Tea as we say goodbye to summer and hello to a new season of connection and community. Entertainment will be provided by **Betty Ann Bryanton**. The dessert will feature mixed berry cobbler, coffee and tea.

Deadline for ticket purchase September 12 by 3:00 pm.

Birthday Party & 15 Year Recognition Tea

Friday, September 26 at 1:15 pm

Entertainment will be provided by **The Chords**. Members celebrating 15 consecutive years of paid membership (from April 1, 2010 to March 31, 2025) will receive an invitation by mail. 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**.



Harvest Meal

Friday, October 10

Cost: \$18

Join us for a cozy and heartwarming Harvest Meal as we come together to celebrate the season of gratitude, community and togetherness.

12:00 pm Menu: roll, roast turkey with stuffing, gravy, mashed potatoes, carrot and turnip medley, pumpkin pie, coffee and tea.

1:00 pm Entertainment provided by **The Starry Nights**.

Deadline for ticket purchase October 8 by 3:00 pm.

Oktoberfest Luncheon

Wednesday, October 22

Cost: \$17

Celebrate the season with us at our lively Oktoberfest. An afternoon of fun, music and festive spirit!

12:00 pm Menu: mixed greens salad, roasted pork loin, mustard cream gravy, hot German potato salad, sauerkraut, apple crisp, coffee and tea.

1:00 pm Entertainment provided by the **International Set Duo**.

Deadline for ticket purchase October 20 by 3:00 pm.

Birthday Party

Friday, October 24 at 1:15 pm

Entertainment will be provided by **Robert Dunlop**. 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**.



Halloween Tea

Friday, October 31 at 1:00 pm

Cost: \$5

Join us for a spook-tacular Halloween Tea filled with treats, tea, and festive fun! Costumes encouraged! Prizes will be awarded. We'll also be taking a moment to celebrate our beloved Food Services Director as he heads into retirement. Let's be frank, Frank, you'll be missed! Entertainment will be provided by **The Usual Fellows Jazz Band**. The dessert will feature apple turnover with caramel sauce, coffee and tea.

Deadline for ticket purchase October 29 by 3:00 pm.

Remembrance Day Service

Monday, November 10 at 10:30 am

All are welcome to join us in a service of remembrance. The service will be led by Major (retired) David Clemis. Poppies will be available at Front Reception the first week of November.

Refunds will only be issued if your place is filled by a member on the waitlist. If a trip does not meet the minimum number of participants it will be cancelled and a full refund will be issued.

Special Events

TGC 70th Anniversary Luncheon

Tuesday, November 18

Cost: \$19

Join us for a special 70th Anniversary celebration as we honour seven decades of friendship, community and support for older adults. Enjoy great food, entertainment and shared memories. Let's celebrate together!!

12:00 pm Menu: potato leek soup, chicken Marsala, garlic mashed potatoes, baby glazed carrots, chocolate torte with raspberry coulis, coffee and tea.

1:00 pm Entertainment will be provided by **Brent Meidinger**.

Deadline for ticket purchase November 14 by 3:00 pm.

Refunds will only be issued if your place is filled by a member on the waitlist. If a trip does not meet the minimum number of participants it will be cancelled and a full refund will be issued.

Birthday Party

Friday, November 21 at 1:15 pm

Get ready to hit the dance floor at our high-energy **TGC Dance Party** featuring DJ banANA and DJ Groovylene! Enjoy dazzling lights, great company, and classic hits from the '50s, '60s, and '70s. The music you know and love. It's an afternoon of fun, friendship, and feel-good memories you won't want to miss!

As a special bonus, we'll also be celebrating the retirement of our Finance Officer, Mariola, from TGC. Join us in wishing her all the best as she begins this new chapter. Let's send her off with gratitude, laughter, and lots of good vibes and make it a celebration to remember!

Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **\$4 for all others**. Guest tickets can be purchased at Front Reception. The birthday party is brought to you by **First Memorial Funeral Services**.



Alan P. Sentance Educational Lectures

Atlantic Odyssey and Newfoundland: A Journey of a Lifetime

Tuesday, September 16

11:00 am - 12:00 pm

Presented by Michelle Faber, TGC member

Sail to Canada's remote Atlantic islands with Michelle Faber! In this captivating presentation, she'll share stunning photos and stories from her exploration of majestic Newfoundland on her "Atlantic Island Odyssey." Let her journey inspire yours.

Demystifying End-of-Life Planning

Tuesday, September 23

10:30 - 11:30 am

Presented by Kelly Campbell, Leadership & Legacy Coach

It's the conversation most of us avoid. Let's approach it together. In this free and compassionate session, we'll guide you through preparing for the end of life with clarity, moving beyond a basic will to ensure your final wishes are understood and honored.

Iceland and Denmark: Fire, Ice, and Danish Delights

Tuesday, November 18

11:00 am - 12:00 pm

Presented by Michelle Faber, TGC member

Iceland's epic nature and Denmark's "hygge" charm, seen through the eyes of two girlfriends. Join member Michelle Faber as she shares beautiful photos and personal stories from their Northern European getaway. Come get inspired for your own adventure!



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 to register.

Day Trips

Gananoque, ON

Wednesday, October 15

From 9:00 am - 5:00 pm

Cost: \$98 members and \$113 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Lunch will be on your own
- Matinée performance of "9 to 5 the Musical" at the 1,000 Islands Playhouse. Music & Lyrics by Dolly Parton. Book by Patricia Resnick
- "Pushed to the boiling point, three coworkers, Violet, Judy and Doralee, concoct a plan to kidnap and turn the tables on the egotistical, lying, hypocritical bigot they call their boss. Will the girls manage to reform the office – or will events unravel when the CEO pays an unexpected visit? Inspired by the cult film and brought to you by Dolly herself, this hilarious musical is about teaming up, standing up and taking care of business!"

Morrisburg, ON

Thursday, December 11

(Tickets available for purchase October 14)

From 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 "A Christmas Carol" 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.**

Seniors Active Living Fair & Open House

Wednesday, September 3, 2025

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

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

Offers a range of amazing activities

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

**For more information contact The Good Companions at 613-236-0428
Ext. 2221, or visit our website: www.thegoodcompanions.ca**

**OC Transpo Wednesday
Service is free
for Seniors 65+**














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



Funding provided by:













September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div>Centre Closed for Labour Day</div>	2 Chicken Supreme	3 Chili Con Carne <div>Seniors Active Living Fair and Open House 9:30 am - 2:00 pm</div>	4 Breaded Fish Hair Care 	5 Sandwiches <div>Centre closing at 12:15 pm for all staff meeting</div>
8 Veal with Tomato and Peppers  Legal Services	9 Country Sausage with Applesauce  Wellness Clinic	10 Breaded Fish with Dill Sauce  Nurse Practitioner	11 Turkey Tetrazzini Foot Care 	12 International Menu  Egypt Chicken Fatteh
Fall Program Registration (10:00 am to 2:00 pm)				
15 Sweet and Sour Pork	16 Herbed Chicken <div>Lecture: A Journey of a Lifetime 11:00 am – 12:00 pm</div> <div>Welcome Back Tea 1:00 pm (tickets required)</div>	17 Ham Steak	18 Seafood Pasta Foot Care 	19 Beef Stew Dental Hygiene Clinic 
22 Swedish Meatballs	23 Chicken Breast <div>Lecture: End-of-Life Planning 10:30 – 11:30 am</div>	24 Pork Chop	25 Macaroni and Cheese Foot Care 	26 Chicken Parmesan  Birthday Party
29 Breaded Chicken Drumsticks	30 Baked Ham <div> National Day for Truth and Reconciliation</div>	Please note and respect that our centre is scent free.		Schedule Para Transpo pickup for no later than 3:00 pm.

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm		1 Turkey Schnitzel	2 Baked Fish Hair Care 	3 Hamburg Steak
6 Chicken Breast Santa Fe Legal Services 	7 Veal Cutlet	8 Pork Pepper Steak  Nurse Practitioner	9 Baked Chicken Foot Care 	10 Soup and Sandwiches (Room 019) <div>Harvest Meal 12:00 pm (tickets required)</div>
13 <div>Centre Closed for Thanksgiving</div>	14 Greek Chicken Breast	15 Breaded Fish <div>Day Trip Gananoque, ON (tickets required)</div>	16 Pork Chop Foot Care 	17 International Menu Scotland Scotch Pie, Mashed Potato, Turnip and Carrots
20 Meatballs and Gravy	21 Seafood Newburg	22 Soup and Sandwiches (Room 019) <div>Oktoberfest Luncheon 12:00 pm (tickets required)</div>	23 Coq au Vin Foot Care 	24 Baked Ham  Birthday Party
27 Veal with Mushrooms	28 Chicken Leg	29 Pork Chop	30 Turkey Schnitzel Foot Care 	31 Beef, Macaroni and Tomatoes <div>Halloween Tea 1:00 pm (tickets required)</div>

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note the front reception cash register closes daily</p>		<p>The Good Companions Craft Studio Sale & Christmas Bazaar will be held on Saturday, November 29 9:30 am - 2:00 pm</p>		<p>Fall Back Set your clocks back one hour before bed on Sunday.</p> 
<p>3 Chicken Cutlet</p> <p>Legal Services</p> 	<p>4 Ham and Cheese Casserole</p>	<p>5 Sole with Dill Sauce</p>	<p>6 Hungarian Goulash</p> <p>Hair Care</p> 	<p>7 International Menu</p> <p>Albania</p> <p>Menu to be determined</p> 
<p>10 Mediterranean Chicken Breast</p> <p>Remembrance Day Service 10:30 am</p>	<p>11</p> <p>Centre Closed for Remembrance Day</p> 	<p>12 Ham Steak</p> <p>Nurse Practitioner</p> 	<p>13 Chicken Stir Fry</p> <p>Foot Care</p> 	<p>14 Turkey à la King</p>
<p>17 Farmer Sausage</p>	<p>18 Soup and Sandwiches (Room 019)</p> <p>Lecture: Fire, Ice, and Danish Delights 11:00 am – 12:00 pm</p> <p>TGC 70th Anniversary Luncheon 12:00 pm (tickets required)</p>	<p>19 Salisbury Steak</p>	<p>20 Lemon Pepper Sole</p> <p>Foot Care</p> 	<p>21 Swedish Meatballs</p> <p>HAPPY BIRTHDAY</p> <p>Birthday Party</p> 
<p>24 Chicken Drumsticks</p>	<p>25 Herbed Pork Chop</p>	<p>26 Veal Chasseur</p>	<p>27 Quiche Lorraine</p> <p>Foot Care</p> 	<p>28</p> <p>NO PROGRAMS NO LUNCH Bazaar set up for Tomorrow</p>
<p>Donations of baked goods for the Bazaar will be accepted all week</p>				



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

JOIN US ON OUR SPECIAL EVENT

CRAFT STUDIO SALE & CHRISTMAS BAZAAR

**SATURDAY
NOVEMBER 29, 2025**



**FROM
9:30 AM TO 2:00 PM**

FEATURING: HANDMADE CRAFTS FROM OUR STUDIOS, ARTISAN BOUTIQUE, BOOKS, BAKING, SILENT AUCTION, NEARLY NEW FASHIONS, TGC'S FAMOUS HOMEMADE TOURTIÈRES & MEAT PIES, CHRISTMAS CAFÉ & A VISIT FROM SANTA CLAUS!

FREE PARKING ON SITE

670 ALBERT ST. OTTAWA, ON K1R 6L2
613-236-0428 EXT 2100 WWW.THEGOODCOMPANIONS.CA



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