

TGC's 2SLGBTQIA+ COMMUNITY E-Newsletter October 2025

Hello TGC & OSPN Rainbow Community,

Welcome to the October edition of our 2SLGBTQIA+ Newsletter. As summer fades and the first hints of autumn appear, we look forward to carrying the same warmth and connection into our October events.

First, a heartfelt thank you to everyone who has already completed the OSPN Fall Survey. Your insights are already shaping our upcoming programs and ensuring they truly reflect the needs of our vibrant community.

If you haven't had a chance yet, there is still time to share your thoughts—please turn to **page 3** for details and the direct link. Your voice matters, and we're eager to hear from you.

Please note, there will be no Out And About programming on **Saturday October 11**. The Centre will be closed for Thanksgiving weekend.

If you have any suggestions, questions, or need assistance, please reach out to our 2SLGBTQIA+ Program Coordinator, Sarah Rea, at srea@thegoodcompanions.ca.

Thank you for being the heart of our community. Let's make October another month filled with laughter, learning, and lasting connections.



613-236-0428 ext: 2535



www.thegoodcompanions.ca



srea@thegoodcompanions.ca

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OTTAWA SENIOR PRIDE NETWORK
RÉSEAU FIERTÉ DES ÂÎNÉ(E)S D'OTTAWA
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The Good Companions
Seniors' Centre
Supporting a Vibrant Community



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Ottawa Senior Pride Network would like to hear from you

We've extended the deadline for our fall survey. Please complete the survey using the link below by **September 30th**.

[OSPNI Fall Survey](#)

Thank you for helping us build a more inclusive and engaging community for the 2SLGBTQIA+ Community in Ottawa. Please be sure to include your email address if you have any questions or want more information about OSPN so that we can get in touch with you.

Under 50? Facilitators and Volunteers Wanted

You can still get involved as a facilitator, volunteer, or committee member. We'd love to hear about the experience, passion, and skills you can bring to support and engage with members of our community.

Volunteer Spotlight

Do you have experience working in a commercial kitchen or working with computers? We'd love to hear from you.

Please contact our 2SLGBTQIA+ Program Coordinator **Sarah Rea**: srea@thegoodcompanions.ca for more information





Coming Soon! Ottawa Senior Pride Network & The Good Companions 2SLGBTQIA+ Fall Programs

Please see below for a preview of our
upcoming events



October

Date	Event	Time	Location
October 7	OSPN Creative Writing Workshop Info Session	1:00 - 2:00pm	015
October 25	Vintage Queers Dragon Boat Info Session	1:00 - 2:00pm	015

November

Date	Event	Time	Location
November 15	The Queer Christmas Craft Show	10:00am - 2:00pm	Assembly Hall & 142
November 22	Intergenerational Genderbread Person Craft Workshop	To be confirmed	236 240
Date to be confirmed	OSPN Wine tasting (tickets will go on sale in late October)	To be confirmed	Dining Hall

New Menu Coming Soon

Our Dining Hall provides a welcoming space where our community can come together to share meals and meaningful moments. Gathering around the table creates opportunities to connect with others, make new friends, strengthen existing relationships, and build a strong support network. These connections can be the foundation of a vibrant social life and help make independent living more enjoyable and sustainable.

We're currently updating our menu to introduce new dining options during some of our regular events, including Out and About Saturdays and Over the Rainbow.

Out and About Saturdays: Do you prefer breakfast or lunch?

If you'd choose breakfast, what would you most enjoy?

- Eggs with potatoes, meat, or salad
- Frittata
- Pancakes or waffles with fruit
- Yogurt with granola and fruit

If you'd prefer lunch, what sounds best?

- Soup and salad
- Sandwich and salad
- Hot meal with protein, vegetables and/or carbs



Over The Rainbow - Would you consider joining us for dinner?

If you could order a personal pizza what would you prefer:

- Plain cheese
- Vegetarian
- Meat

If you could have a salad which would you prefer?

- Garden
- Caesar
- Arugula



Share your feedback with Sarah Rea our 2SLGBTQIA+ Coordinator in person or via email at: srea@thegoodcompanions.ca



NEW WORKSHOP ALERT!

OSPN Creative Writing Workshop

Unlock Your Story: An OSPN Creative Writing Group (Biweekly Oct. 14 - Dec.9)

Write the story only you can tell. Join a supportive writing group designed to help you find the words for the life stories you haven't found a way to tell. Facilitated by Jeremiah Bartram, who has extensive training and experience as a writer and playwright. Inspired by the Writers' Collective of Canada's proven methodology. We will blend warm-up exercises, creative prompts, and reflective group discussion to get the writing flowing.

This is not a therapy group – but personal writing is powerful. The goal here is craft, clarity, and courage. Rough drafts are expected and welcome.

What to Expect:

- Small group setting (Max. 10 participants)
- Warm-up writing and group intros
- Round table sharing tell the story you want to write
- Supportive feedback; what resonates, what needs clarity
- Choose your prompt and write for 10 minutes
- Optional sharing and group reflection

Info Session: Tuesday Oct. 7, 1:00–2:00p.m.

Oct. 14– Dec. 9: 1:00 –3:00 (break included)

Register with our 2SLGBTQIA+ Program

Coordinator Sarah Rea:

srea@thegoodcompanions.ca



670 Albert Street

Every voice matters, every draft is a beginning

No experience required – just the willingness to begin

The group will meet biweekly, max. duration is two hours, break included



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Jeremiah Bartram:

Queer Catholic Artist & Writer

<https://www.jeremiahbartram.com/>



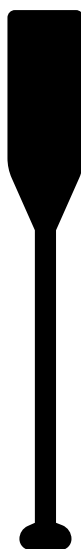
Dragon Boat Information Session

Interested in paddling with The Vintage Queers Dragon Boat Club? The Vintage Queers won the Pride Cup at the Ottawa Tim Horton's Dragon Boat Festival this past June and we're aiming to defend the title in 2026.

We may be sending a team to the 2026 Gay Games in Valencia Spain June 27 - July 4th, 2026.

Who We Are

- Our team is made of 2SLGBTQIA+ people, allies, & friends of all ages, many are Ottawa Senior Pride Network members.
- Prior experience is not required; we'll teach you the basics and provide all the equipment



What Dragon Boat Offers:

- Community spirit and teamwork
- A focus on fun, fitness, and friendship
- No elite athletic ability required, just the desire to learn and enjoy yourself
- A welcoming and inclusive environment with paddlers of all ages and abilities

Info Session: Saturday Oct. 25, 1:00-2:00p.m.

Register with our 2SLGBTQIA+ Program Coordinator Sarah Rea:

srea@thegoodcompanions.ca

**Vendor spaces are
still available!
Register by October
10th.**

The Queer Christmas Craft Show

Date: Saturday, 15 November 2025

Time: 10:00am – 2:00pm

Location: The Good Companions Seniors'
Centre, 670 Albert Street

Why Participate:

- Showcase your work to a vibrant Ottawa Area audience
- Free for vendors and shoppers – no table fee, no entry fee, no parking charge
- Build community connections in a safe inclusive environment



What we are looking for:

2SLGBTQIA+ art makers, bakers, boutique owners, crafters, service agencies, and organizations that serve our community.

Last year's highlights:

- 25 vendors
- 450+ shoppers
- A buzzing holiday spirit



Registration is now open! New vendors – secure a table with a \$50.00 deposit that will be returned to you November 15

Email Sarah Rea at: srea@thegoodcompanions.ca or call (613) 236-0428 ext. 2353 with any questions or to confirm your spot



SAVE THE DATE

Holiday Party



**Join us for a special Holiday themed
Out And About Saturday**

Saturday December 13 10:00am - 2:30pm

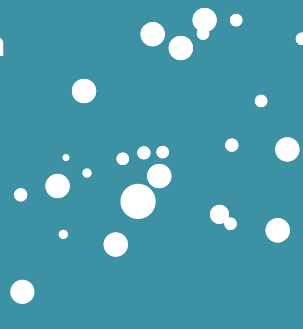
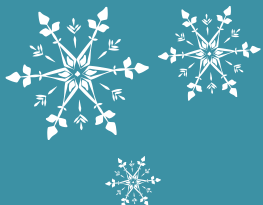


Special Events:

Holiday Lunch

Intergenerational Family Feud - Pride Edition

Ottawa Date Squares Demo & Info Session



More Detail Coming in Our November Newsletter



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




Complimentary Fitness Classes for OSPN Members

October Fitness Classes:

Classes will be held in the Assembly Hall (112) and The Fitness Centre (028)

Core, Balance & Strength: Retrain before you train! Join us for a wellness class focused on improving body awareness, boosting flexibility, and strengthening your core, all while reducing muscle tension. You'll explore a variety of movements designed to enhance stability, coordination, and overall mobility. This class is perfect for supporting daily activities and helping to prevent falls.

 **Full Body Strength Training:** Join us for a class designed to increase your strength and stamina using hand weights, resistance bands, and functional fitness exercises. Whether sitting or standing, modifications will be offered to suit all abilities. Each session includes a warm-up, a strength-building workout, a cool-down, and a final stretch to enhance flexibility.

Unwind & Align: This therapeutic class combines fitness, pain management, and soft tissue release. With a focus on self-care identifying and addressing your body's needs through the use of therapy balls and other props we will explore techniques to alleviate pain, improve posture and movement.

Yoga for Everybody: Join us for a gentle Yoga class that blends strength, balance, and flexibility, while nurturing your body and your mind. Practice at your own pace with an emphasis on mindfulness, deep breathing, and tuning into your body's needs.





New Fitness Classes for OSPN Members

Day	Class	Time	Location
Tuesday	Full Body Strength Training	10:30 - 11:30am	012
Tuesday	Core, Balance, and Strength	1:15 - 2:15pm	028
Thursday	Unwind and Align	10:30 - 11:30am	028
Saturday	Core, Balance, and Strength	10:15 - 11:00am	028
Saturday	Yoga For Everybody	11:15am -12:15pm	028

Our programs are designed with older adults in mind, offering safe, effective, and enjoyable ways to move your body and boost your health. All classes will be taught by a Personal Trainer or Yoga Teacher with specialization in fitness for older adults.

We hope to see you there.

- All equipment will be provided. You are welcome to bring your own mat, blocks, strap etc.
- Classes will be capped at 10 participants.
- Participant's will need to complete the PAR-Q form (The Physical Activity Readiness Questionnaire for Everyone) prior to their first class if they have not completed one in the last 12 months.

Contact Sarah Rea to book your spot: srea@thegoodcompanions.ca



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The Good Companions
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Join us monthly on the first Wednesday, 10:00 – 11:30 AM at The Good Companions for coffee, tea, treats, and great company. Most meetings feature guest speakers on engaging topics.

Contact Sarah at srea@thegoodcompanions.ca for details

Wednesday October 1:

**This month's topic is: Frauds and Scams and personal safety
with Constable Stephanie Lemieux from Ottawa Police Services**

Constable Stephanie Lemieux serves as the community police officer for Centretown and West Centretown. She has been in this position for nearly nine years and has a total of almost 21 years of service with the Ottawa Police Service.

She will be speaking on personal-safety strategies, both for everyday community situations and for protecting against scammers. Her presentation will cover the top 10 scams and frauds that the OPS is currently investigating.



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**The Good Companions
Seniors' Centre**
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Join us October 17
7:00 -10:00pm

Join us every 3rd Friday of the month (unless noted) at The Good Companions (670 Albert St.) for a casual, relaxed night out. Enjoy drinks, good company, and a game of pool or darts. Alcohol and non-alcoholic drinks available for purchase. Halloween themed music from 8:30 -10:00

Contact Sarah at srea@thegoodcompanions.ca for details.

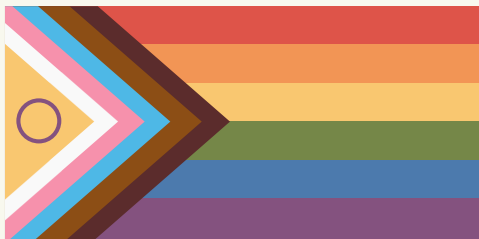


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NEW PROGRAM ALERT!

50+ Trans, Non-Binary, and Questioning Discussion Group

Join a supportive group for 50+ Trans, Non-Binary, and questioning individuals to connect, share experiences, and explore topics that matter to your journey. The peer led discussion group is cofacilitated by a trans man and a trans women who are trained volunteers who understand the importance of creating a safe and inclusive environment.

What to Expect:

- Queer -friendly atmosphere where all identities are welcome
- Strict confidentiality – what’s shared in the group stays in the group
- Mutual respect for all participants and their experiences
- Use of chosen name and pronouns
- Recognition that no one is “more Trans” than anyone else
- Validation that everyone’s experience is unique and valued
- Understanding that there is no single answer to any situation

Intro Session: Tuesday October 21
6:30– 8:00pm

Register with our 2SLGBTQIA+ Program
Coordinator Sarah Rea:
srea@thegoodcompanions.ca

Format:

Each session begins with introductions and check-ins, followed by facilitated discussions on topics chosen by participants. You can suggest topics directly or anonymously through a suggestion system.

Discussion topics may include:

- **Community and Belonging:** Connecting with the broader 2SLGBTQIA+ community, trans specific spaces, addressing misconceptions, finding acceptance within queer spaces.
- **Family Dynamics:** Family of origin, our children, our chosen family,
- **Finding Your Own Identity:** Finding Your Place: Exploring the many layers of identity, self perception, presentation, and navigating identity.
- **Life Stages:** Age, aging, work dynamics, and career considerations.
- **Life Transitions:** Changes since coming out or beginning transition
- **Practical Resources:** Financial access and barriers
- **Health Care:** Access, needs, services

This group offers a judgement-free space to explore your identity, connect with others who share similar experiences, and access peer support during your journey.

For more information please contact:

Sarah Rea 2SLGBTQIA+ Program Coordinator (She/Her, They/Them) srea@thegoodcompanions.ca

Jodan Drosier: jodandee@gmail.com (He/Him)



Saturday October 25

Regular Programming

Event	Time	Location
Coffee Club	10:00am-12:00pm	Dining Room
Games Room: Board games, darts, pool, and more	10:00am-1:00pm	Games Room 015
Older & Bolder Women's Meet Up	10:00am-12:00pm	Craft Room 240
Table Tennis	10:00am-12:00pm	Assembly Hall 112
Storytellers Group	10:00am-12:00pm	019
Core, Balance, and Strength	10:15am - 11:00pm	028
Yoga For Everybody	11:15am - 12:15pm	028
Pickle Ball	12:30 - 2:30pm	Assembly Hall 112

Special Event

**The Vintage Queers Dragon Boat Info Session
1:00 -2:00p.m. Games Room 015**

**REACH
OUT!**

RAINBOW
CONNECTIONS
50+



REDUCING ISOLATION
IN THE 2SLGBTQIA+
COMMUNITY

Don't be alone

670 ALBERT STREET, OTTAWA

srea@thegoodcompanions.ca

**RAINBOW
CONNECTIONS**



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

Community Spotlight



We are thrilled to invite you to the Open House for the Active Living Centre at Perley Health!

**Wednesday, October 1st, 2025, from
10:00 a.m. – 3:00 p.m.**

Lupton Hall (PerleyHealth-1750Russell Road)

This special event will celebrate the official launch of the **Active Living Centre for Seniors and Veterans.**

- Welcome Ceremony
- Two guest speakers:
 - o Bonnie Schroeder from the Council on Aging
 - o Dr. Annie Robitaille from the University of Ottawa
- Booths & Resources: Learn about programs and services from community and internal partners
- Activities & Tours: Experience some of what the SALC has to offer
- Webpage Launch
- Membership Registration Opens: Sign up on-site with support from our team and volunteers

StayActive,Engaged,and Independent at Perley Health!

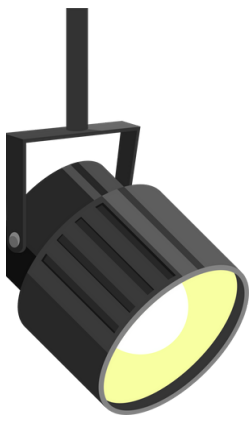
Contact:

Dana Lawless (She | Her)

Program Coordinator

dlawless@perleyhealth.ca

613.526.7170 x 2846



Community Spotlight

Wisdom2Action

W2A has partnered with Health Commons Solutions Lab/Sinai Health to lead consultations with community members who have experience in the Ontario healthcare system. The consultations will inform provincial priorities for 2SLGBTQIA+ health equity.

2SLGBTQIA+ HEALTH Community Consultations

Are you a **2SLGBTQIA+ community member over the age of 18** with experience in the Ontario Health Care system?

Interested in **joining a virtual discussion to inform provincial priorities for 2SLGBTQIA+ health equity?**

Register at: www.wisdom2action.org/ap-community/ by Thursday, October 2nd.
Questions? Contact: info@wisdom2action.org



Abbotsford Seniors Centre

Rainbow Connection Club LIVE

Tuesdays: 9:30 - 11:00 am

Oct 21, Nov 18, Dec 16

(Abbotsford Lounge)

Cost: FREE

(can purchase coffee/tea/treats)

Let's begin with a discussion facilitated by folks who identify under the umbrella of 2SLGBTQIA+ All welcome to come and share ideas for potential programming through Abbotsford whilst enjoying refreshments.



**Join in and join Ab-
botsford Seniors Centre
if this is the of interest.
(free trial day)**

**950 Bank Street
Please call to register**