



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

Hello TGC & OSPN Rainbow Community,

Welcome to our September 2SLGBTQIA+ Newsletter bringing you the latest on programs, events, and all the wonderful things happening in our community at The Good Companions.

The Good Companions is a non-profit multi-service seniors' Centre committed to promoting the well-being, independence and zest for living of seniors and adults with physical disabilities in the greater Ottawa area. Our main priorities are social integration, affordability and accessibility, and we're proud to be a long-time advocate and friend to the Ottawa Senior Pride Network (OSPN). Together, we share a strong commitment to supporting and celebrating 2SLGBTQIA+ individuals over 50 in our community through meaningful programming, welcoming spaces, and collaborative initiatives like Out and About Saturdays and community workshops.

September is a great time to come together and reconnect after the summer. We offer formal and informal programs that give people the opportunity to celebrate who we are, and soak up all the love, laughter, and connection that our community offers. Whether you're a long-time member or newly joining our rainbow family, we're so glad you're here.

We're proud to support you and provide meaningful services and programs that meet your needs and interests. If you didn't complete the OSPN Survey during Pride Week, please use the link below to share your feedback or contact our 2SLGBTQIA+ Program Coordinator, Sarah Rea, at srea@thegoodcompanions.ca.

We're so glad your part of what makes our community special. Looking forward to a wonderful September together.



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
Generations of Pride · Générations de fierté

SEPTEMBER
2025



The Good Companions
Seniors' Centre
Supporting a Vibrant Community



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The Good Companions Pride BBQ August 2025



CELEBRATING OUR INCREDIBLE

VOLUNTEERS

WE THANK YOU ALL!



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PRIDE BBQ 2025

GIANT TIGER



The Good Companions and The Ottawa Senior Pride Network would like to thank Alison, Carole, and Kayla from Giant Tiger for their support of the annual Pride BBQ. Giant Tiger's team generous donations of Pride decorations, the volunteer lunch, and the amazing gift bags were a hit with our participants.

We would also like to thank Amelia, Avery, Azin, Kris, Rose, and Siera from NATIONAL Public Relations who along with Carole and Kayla helped set up and take down the dining hall, greeted and served our participants with a smile, prepared and facilitated our Minute to Win It games. Their contributions made a real difference in creating a welcoming and celebratory event for our community.



Watching our volunteers interact with the participants during the lunch and the Minute to Win It Games was truly heartwarming. Their enthusiasm and encouragement brought out so much laughter and joy, and their support was essential in making the activities such as hit. The connections they made with our members created exactly the kind of inclusive, fun atmosphere we hoped for.



Events like these depend on volunteers who step up to help. Their involvement not only helped to ensure our BBQ ran smoothly, it also demonstrates the broader community support that means so much to our members.

We're grateful for your commitment to support 2SLGBTQIA+ seniors and their allies.



**COMING
SOON**

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

Please see below for a preview of this fall's
events



We will be offering a variety for new and returning programming including: discussion groups, educational lectures and workshops, fitness and wellness classes, special events, offsite events, and more.

September

- OSPN Games Club - Timeless Play starts: Thursday September 11
- Fitness & Wellness classes start: Saturday September 13

October

- Creative Writing Group
- Oral Storytelling and Public Speaking
- Playing with Puppets: A Creative Series (Intergenerational)

November

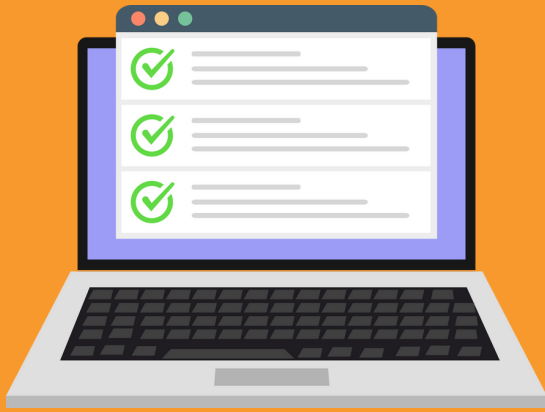
- Genderbread Person Craft Workshop
- Queer Christmas Craft Show
- Wine Tasting
- And more.....



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Ottawa Senior Pride Network would like to hear from you

We're reaching out to ask for your help in shaping the future of our programs! By completing this 3 to 5-minute survey, you'll be giving us valuable insight to guide our activity planning for the upcoming fall and winter months.

Your feedback will help us understand which activities you're most interested in, identify the support services you may need, and guide us in improving our offerings, adding new events, and building a stronger roster of facilitators and volunteers to support the success of our programming.

Are you under 50?

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.

Thank you for helping us build a more inclusive and engaging community for the 2SLGBTQIA+ Community in Ottawa. Click on the link below to submit your responses by **Friday September 12.**

OSPN Fall Survey

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.



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

Please note: This month's Rainbow coffee Club has been scheduled for:
September 10th from 10:00 to 11:30am.

This month's topic is: Managing Arthritis with Katie Marvin of The Arthritis Society
Join us on September 3rd for:



SENIORS ACTIVE LIVING FAIR & OPEN HOUSE

Wednesday, September 3, 2025

9:30 am - 2:00 pm - 670 Albert St. Ottawa

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.

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

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





Funding provided by:







OSPN TIMELESS PLAY

Coming this
September

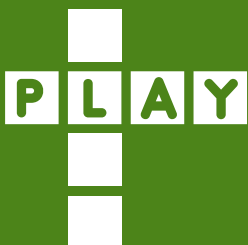
Looking for a fun way to spend your afternoon? Want to learn new games, share a few laughs, and meet new people? Whether you're a card shark, a puzzle lover, or curious to try something new, this is a great opportunity to socialize and play in good company. No experience necessary - bring your curiosity and a smile!

When: Thursdays from 12:30 -1:30pm

Where: The Good Companions Seniors Centre 670 Albert Street

Who: OSPN members who love games or want to learn

SEPT. 11 Featured games: Gin Rummy & Rummikub



SEPT. 18 Featured game: Scrabble

SEPT. 25 Featured game: Euchre



For more info contact Sarah Rea at: srea@thegoodcompanions.ca



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**The Good Companions
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Supporting a Vibrant Community



New Fitness Classes for OSPN Members

Regular physical activity is especially important for seniors, helping to improve balance, mobility, and strength – and reducing the risk of falls. The benefits go beyond the physical: staying active supports mental clarity, emotional well-being, and overall quality of life.

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.

To reserve your spot email Sarah Rea at: srea@thegoodcompanions.ca

September Fitness Schedule: Classes begin Saturday September 13 All classes will be held in 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.

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.

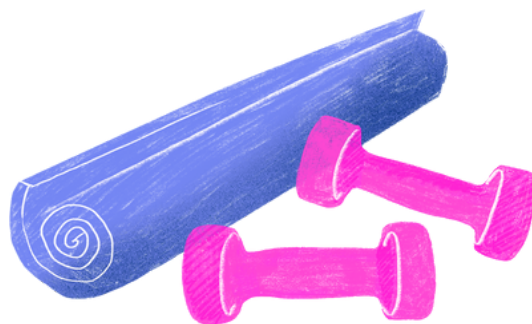


New Fitness Classes for OSPN Members

September Fitness Schedule: Classes begin Saturday September 13

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

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



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Saturday September 13

Regular Programming

Event	Time	Location
Coffee Club	10:00am-12:00pm	Dining Hall
Games Room: Board games, darts, pool, and more	10:00am-2:30pm	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
Pickle Ball	12:30-2:30pm	Assembly Hall 112

New Programs & Special Events

Fitness & Wellness Classes

10:15 - 11:00am Core, Balance, and Strength

11:15am -12:15pm Yoga For Everybody

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





Saturday September 27

Regular Programming

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

Info Session for new fall programs 12:30-1:30pm.
Details will be confirmed in an upcoming OSPN Newsletter



September 19th 2025

7:00 to 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.

Contact Sarah at srea@thegoodcompanions.ca for details.



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**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
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The Good Companions Seniors' Centre

Supporting a Vibrant Community

The Good Companions Membership:

The Good Companions is a membership based Centre. Membership runs by fiscal year April 1 to March 31 and entitles members to enroll in programs listed in the [Program Guide](#).

Please note that membership is not required to access Community Support Services.

Membership Fee:

- Our membership fee is \$40.00 annually.
- The price of new membership is reduced to \$30.00 August 1 and \$20.00 on December 1 (H.S.T included)
- Additional charges apply for parking, lockers and some programs.
- Fees can be paid by cash, cheque (made payable to The Good Companions), credit card, or Interac.

Eligibility:

New members are expected to be self-sufficient and capable of looking after their own needs while at the Centre.



[CLICK HERE TO JOIN!](#)





Call for Volunteers

Are you looking to find a great way to spend your time and make a difference?

Apply to be a volunteer at The Good Companions! Our volunteers range from brand new to over 40 years of service.

Scroll below to submit your volunteer application, or download and complete the following form: [Volunteer Application](#)

If you would like a Volunteer Application sent to you by e-mail, please contact Volunteer Services at volunteer@thegoodcompanions.ca

What are the benefits of volunteering with The Good Companions?

Volunteers are able to lend their time and talents to help us offer the quality programs and services that we have become known for since 1955.

In recognition of these contributions, we offer:

- Beverage coupons
- Complimentary parking passes
- Early registration
- Social events, such as our annual Volunteer Recognition.
- Volunteer training

NEW!

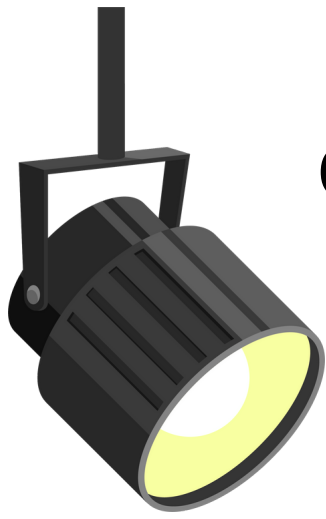
VOLUNTEERS' EARLY ACCESS PASS

We're excited to roll out a brand-new perk to show our appreciation for our amazing volunteers! This Fall, from September 1st to 5th, TGC volunteers who are also members will have exclusive early access to register for programs, trips, events, and classes a full week before general registration opens on September 09, 10 and 11th.

During Volunteer priority access week, you can stop by or call reception to reserve your spot(s). Please note that this only holds your place, payment must be made during registration week to secure it.

After registration week, any unpaid spots will be released and made available to all members.

You'll also have the option to register a "plus one" for trips and events.



Community Spotlight



YORK 



2SLGBTQ+
POVERTY IN CANADA
PAUVRETÉ DES PERSONNES
2SLGBTQ+ AU CANADA

2SLGBTQ+ Poverty in Canada: Improving Livelihood and Social Wellbeing

The 2SLGBTQ+ Poverty in Canada: Improving Livelihood and Social Wellbeing project studies poverty in Canadian 2SLGBTQ+ communities and will create an action plan directed at policymakers, governmental agencies, non-profits, and private organizations.

Participate in our national survey!

We want to hear from you if you identify as 2SLGBTQ+, are 16 years of age or older & live in Canada. We are looking for diverse 2SLGBTQ+ community members, including intersex and asexual members, to complete the National Survey across Canada.

[Click here for more information!](#)

[Participate in our national survey](#)

CODE OF CONDUCT USE OF THE CENTRE AND PROPERTY

The Good Companions in alignment with the Ontario Human Rights Code provide services in a non-judgmental, non-discriminatory manner, respecting each user's gender, gender identity, culture, religion, racial origins, ethnicity, socio-economic status, age, general appearance, abilities/disabilities and sexual preference.

Anyone using the Centre and property has the responsibility to treat others with dignity and respect per the following activities are not allowed:

1. Physically or verbally threatening or harassing any person as defined in the Ontario Human Rights and Criminal Codes;
2. Using loud and offensive language on the premises;
3. Defacing, damaging or destroying property belonging to The Good Companions, its members or visitors;
4. Possession or consumption of alcohol outside of special events or rentals for which liquor is permitted and being served. At no time shall alcohol be consumed outside the physical premises of the Centre and only inside for said events above;
5. Illegal drugs are prohibited on the grounds at any time;
6. Soliciting for any purpose, including asking for money, contributions or donations unless such activity has been approved by the Executive Director, his/her delegate, or the Board of Directors;
7. Assembling for the purpose of disturbing the public peace or committing any unlawful act in the Centre;
8. Bringing animals on to The Good Companions property, with the exception of service animals trained to assist specific individuals, and for special events authorized by the Centre. The owner is responsible for the behavior of the service animal. Aggressive behavior by an animal will not be tolerated. All service animals must be checked in with our front receptionist upon arrival, and proper documentation must be provided;
9. Posting or distributing of non-Centre flyers or notices without prior approval from Administration of the Centre.

Violations of the Code of Conduct may result in verbal and/or written warnings and the potential risk of individual(s) being denied access to The Good Companions Centre and property.

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In the spirit of Reconciliation, The Good Companions acknowledges that we are 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 contributions to this land, both past and present.