

TGC's 2SLGBTQIA+ COMMUNITY E-Newsletter November

Hello TGC & OSPN Rainbow Community,

Welcome to the November edition of our 2SLGBTQIA+ Newsletter! As the leaves turn a deeper gold and the evenings grow crisper, we're carrying seasonal warmth into our programs. It's a great time to pause, breathe, and celebrate the connections that make our community shine.

First, a quick note about fitness – The Good Companions is delighted to keep our OSPN members moving with complimentary classes and workshops. If you'd like to join, drop Sarah a line so we can lock in your spot and make sure the instructor is ready for you.

Saturday, November 8 offers two special events. A dragon-boat dry-land training session—low-impact work on mobility and core strength, ideal for staying healthy and 'Ready, Ready' during the off season.

If you're 50 + and identify as trans, non-binary, or questioning, join a special info session. Meet our facilitators, hear about the new discussion group, Your voice will help shape the space.

Please note the Centre is closed **Tuesday, November 11** for Remembrance Day.

Saturday, November 15, Visit the Queer Christmas Craft Show, celebrate creativity, support queer makers, and maybe find a one-of-a-kind holiday gift.

Friday, November 21, Over the Rainbow: We're opening earlier for dinner. Join us at 6:00 p.m. for pizza, salad, and good conversation – a relaxed way to wind down the week together.

The next day, **Saturday, November 22**, Vince Bowman and Sarah Rea will lead a Genderbread Person Craft Workshop. Create a one-of-a-kind felt Genderbread doll that reflects your uniqueness.

For suggestions, questions, or assistance, email our 2SLGBTQIA+ Program Coordinator Sarah Rea at srea@thegoodcompanions.ca.

Thank you for being the heart of our community. Let's make November a month of reflection, creativity, and lasting connections.

Warmly,



Sarah



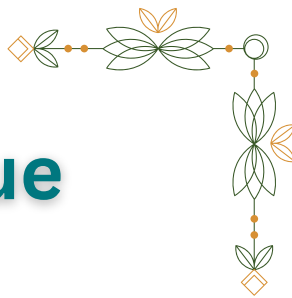
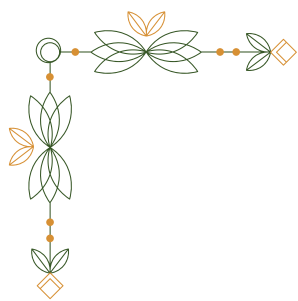
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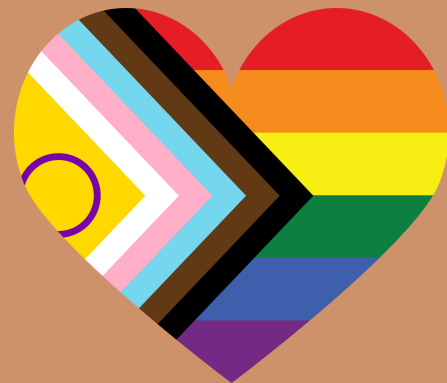
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NOVEMBER



OTTAWA SENIOR PRIDE NETWORK
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The Good Companions
Seniors' Centre
Supporting a Vibrant Community



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Expanding Participation in Out And About Saturday Events – An Intergenerational Opportunity

Dear OSPN members,

We are pleased to share an exciting development in our Out And About Saturday program. Beginning this November we will welcome 18+ members of the 2SLGBTQIA+ to join selected events at The Good Companions. This strategic shift supports the growth of our intergenerational offerings and aligns directly with the objectives set in our current strategic plan available below or on the OSPN Website.

<https://ospn-rfao.ca/>

Strategic Directions	1 Build a Strong Organizational Foundation	2 Foster a Welcoming and Inclusive Community	3 Amplify Advocacy, Visibility, and Education for Queer Seniors	4 Increase Access to Information and Support for the Older Queer Community
Priorities	1.1 Define a clear vision and mission. Align goals with community needs. Develop a roadmap for achieving them. 1.2 Implement a more defined structure with specific roles, committees, and leadership positions. 1.3 Develop a human resource management strategy that includes paid staff and/or volunteers. 1.4 Explore diverse funding opportunities through grants, fundraising, and potential corporate structure channels.	2.1 Expand and diversify activities and events to inform, connect, and entertain queer seniors, regardless of identity, ability, background, and age. 2.2 Build partnerships and collaborations in order to address the specific needs of marginalized and under-served communities like BIPOC and trans and gender diverse (TGD) seniors. 2.3 Foster intergenerational connections, collaboration, and knowledge sharing between younger and older queer populations and allies.	3.1 Strengthen advocacy efforts on queer rights and senior care issues to influence programming, governance, services, and policies and raise awareness, particularly about housing and healthcare. 3.2 Increase the visibility of queer seniors through community involvement and OSPN's resources. 3.3 Educate the broader community about the issues and experiences of older 2SLGBTQI+ individuals to create safer and more inclusive environments.	4.1 Develop an online guide to current resources for housing, healthcare, legal support, and other relevant topics for older queer people. 4.2 Offer support and information to help queer seniors access resources safely and effectively. 4.3 Expand outreach to rural communities, ensuring inclusivity and accessibility of resources. 4.4 Improve OSPN's internal and external communication channels for information and inquiries.
Our Goals	We will develop a robust and sustainable infrastructure for OSPN, ensuring effective governance, diversified funding, and strategic human resource management to support our long-term growth and impact.	We will create a vibrant and diverse community for older queer individuals through engaging programs, events, and partnerships that celebrate our identities, foster intergenerational connections, and address the needs of marginalized groups.	We will champion the rights and well-being of older queer individuals by advocating for organizational and institutional changes, raising awareness about the issues affecting our community, and educating the broader public to create a more inclusive and equitable society.	We will empower older queer individuals by providing comprehensive and accessible information, resources, and support to navigate the challenges of aging and ensure they have the tools to live fulfilling and independent lives.

Why are we expanding the age range?

- **Strengthening intergenerational connections** – Mixing younger participants with our 50+ members fosters mutual learning, reduces social isolation, and reinforces community cohesion, a core pillar of our strategic plan.
- **Broadening volunteer and membership resources** – Younger adults bring fresh ideas, technical skills, and energy that enrich activities and sustain programming.
- **Increasing program visibility and outreach** – inclusive events widen our reach, raise awareness of OSPN's work, and open new doors for partnership and funding.
- **Ensuring future leadership and succession** – As some of our long-standing members transition away from the board and teams, engaging adults under 50 builds a pipeline of informed volunteers and future leaders. This proactive approach supports smooth transitions and strengthens the organization's long-term sustainability.

How the new format will work?

- **Out And About Saturdays** – Younger community members may join us in the Assembly Hall (table tennis and pickleball), the Games Room, and the Dining Room. * Priority remains for members who are 50+.
- **Pilot events** – We will start with pilot events such as the Genderbread person craft workshop, and a December lunch and games day.
- **Clear Guidelines** – New participants will receive a brief orientation on guest etiquette, safety, accessibility, and our collaborative spirit.

Expected benefits for members

- **Enhanced social interaction** – new friendships and mentorship possibilities will arise through natural shared activities.
- **Opportunity to shape programming** – your feedback on these pilot events will directly inform the design of future intergenerational initiatives and programs.
- **Alignment with our strategic goals** – By fostering inclusive community engagement, we move closer to achieving the “Build, a Connected, Sustainable Community” objective in our plan.

We recognize that change can raise questions. Please feel free to contact our 2SLGBTQIA+ coordinator Sarah Rea at srea@thegoodcompanions.ca with your questions or feedback.

Thank you for your continued dedication to OSPN's mission. Together, we can build a vibrant intergenerational community that benefits 2SLGBTQIA+ people of all ages.



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

Please see below for a preview of our
upcoming events



December

Date	Event	Time	Location
December 5	Cooking Workshop	10:am-12:30pm	Centretown Community Health Centre
December 5	OSPN& TGC Wine Tasting Programming	6:30 - 8:30pm	Dining Room
December 13	Holiday Programming: More details in December Newsletter		
December 24 - January 1: Centre closed for the holidays			



**Tickets go on sale:
Monday November 3!**

Holiday Party



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

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

Menu:

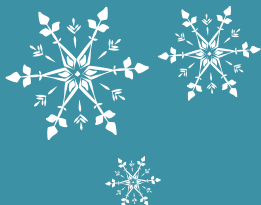
roll, roast turkey with stuffing, homestyle gravy,
mashed potatoes, baby carrots, green beans,
dessert, coffee & tea
\$18.00 per person



Ottawa Date Squares Demo & Info Session

Holiday Lunch

**Intergenerational Family Feud - Pride Edition
Vintage Queers Vs. DRAGON Boat**



**For more information or to buy tickets call (613) 236-0428
Inform Front Reception about any dietary needs at the time you buy you ticket**



**OTTAWA SENIOR PRIDE NETWORK
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**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community



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, November 5

This month's topic is: Balance and falls Prevention

Falls are the leading cause of injury-related hospitalizations for older adults in Canada, yet many are preventable. This practical talk covers simple balance and strength strategies, home safety tips, and what to do if a fall happens—so people can stay confident, independent, and active.



Complimentary Fitness Classes for OSPN Members

Date	Class	Time	Location
Saturday November 8 & 22	Core, Balance, & Strength	10:00- 10:45am	028
Thursday November 6, 13, 20, 27	Unwind & Align	10:30 -11:30	028
Coming soon!	Meditation: An exploration of a Queer Dharma		

*Full Body Strength Training and Yoga will return to the schedule once there are a minimum of 4 participants who are interested in each format.

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



Complimentary Fitness Classes for OSPN Members

November 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.

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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Saturday, November 8

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 Book Club	10:00am-12:00pm	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
Pickle Ball	12:30 - 2:30pm	Assembly Hall 112

Special Events:

- Non-Binary, Trans, & Questioning Discussion Group Info Session -12:30 -1:30pm
- Dragon Boat Dryland Training - 1:00- 2:00pm



★ Queer Christmas Craft Show

Saturday, November 15

10:00am - 2:00pm

Morning refreshments: coffee, tea, muffins, and assorted baked goods

Lunch: chili, cornbread, and salad

- ★ Celebrate creativity
- ★ Support queer makers
- ★ Make your holidays unforgettable

670 Albert Street
Ottawa

Free parking on site



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

Friday Night Meetup

NEW TIME!



**Join us Friday November 21
6:00-9:30pm**

Join us every 3rd Friday of the month (unless noted) for a casual, relaxed night out.

Enjoy a meal, drinks, good company, and a game of pool or darts.



We will be offering pizza and salad (\$5.00 - \$15.00) in addition to our alcohol and non-alcoholic drinks available for purchase.

Enjoy drinks, good company, and a game of pool or darts.

Contact Sarah at srea@thegoodcompanions.ca for details.



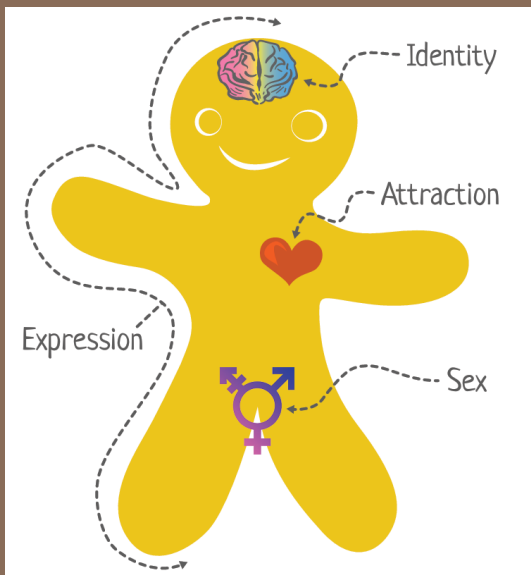
Saturday, November 22

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
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:

- Intergenerational Genderbread Workshop: 11:00am -12:30pm
- OSPN OSPN Fall Progress and Planning Meeting 1:00 -3:00pm



Intergenerational Program

Join Vince Bowman and Sarah Rea
for a
Genderbread Person Craft
Workshop



Crafting a Genderbread Person creates the opportunity to participants explore gender identity, expression, and attraction through a hands-on, respectful activity. Using provided templates, participants will craft a felt doll and decorate it with a variety of materials.

Saturday November 22

10:30am - 12:30pm

\$3.00 Material Fee

(paid at the front desk on arrival)

Bringing older adults and younger participants together encourages mutual learning and strengthens community bonds through shared creative dialogue. Each person will leave with a personalized Genderbread Person. We hope the experience deepens an empathy-based understanding of gender diversity that participants can apply in their everyday lives.

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



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