

The Good Companions

winter Bulletin

DEC - JAN - FEB • 2025-2026



Charitable # 11894 1152 RR0001



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

670 Albert St
Ottawa, ON
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613-236-0428

www.thegoodcompanions.ca



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Our NEW Culture Statement



The Good Companions is excited to share our NEW Culture Statement - a fresh reflection of the joyful, welcoming, and supportive community we're building together!

A Culture Statement is more than just words. It's a commitment to creating a stronger, healthier, and more caring space for everyone who walks through our doors.

Thank you for helping us bring this vision to life every day.

At The Good Companions, we are committed to fostering a safe, caring, and inclusive environment where staff, volunteers, members, and visitors feel valued and respected. We believe the way we work together is as important as the work we do, which is why we embrace open communication, accountability, and collaboration. With positivity, curiosity, and a spirit of cooperation, we empower one another to be authentic, support each other's growth, and create a connected community where everyone can thrive.

Rooted in Renewal: Winter Reflections from our Executive Director, Matthew Ottaviani

As the year draws to a close and we welcome the calm sunshine of winter, I find myself filled with gratitude for all that we've accomplished together this fall. I am inspired by the possibilities that lie ahead for The Good Companions (TGC).

This past season was one of connection, creativity, and community spirit. Our Day Centre programs reached near full capacity, the dining room was freshly painted and showed itself to be alive with laughter and events, as we hosted celebrations including our Fall Harvest, Oktoberfest, Voice to Face Party for our Seniors' Centre Without Walls clients, a beautiful Mid-Autumn Festival Tea for our Chinese seniors, and energy on full display at our Queer Christmas Craft Fair and Christmas Bazaar.

We also held *Reimagining The Good Companions*, a thoughtful brainstorming event where members shared their visions for our future. Our Seniors Active Living Fair & Open House drew more than 400 attendees and 25+ exhibitors and our new Volunteer Newsletter launched to celebrate and grow our community of dedicated supporters.

This fall brought a season of heartfelt transitions and exciting new beginnings within our team. We gave cheers to the remarkable careers of **Frank Bowie**, Director of Food Services for 19 years, and **Mariola Kolakowski**, our Finance Officer of 26 years. Their care and commitment have shaped The Good Companions for decades, and we wish them both happiness and fulfillment in their retirements. At the same time, we're thrilled to welcome **Roger Drolet** as our new Manager of Food Services, **Nicole MacLean** returning to TGC, in her new role as Director of Finance, and **Anne Kendall**, recently promoted to Director of Community Supports after 20 years of dedicated service.

One of the most meaningful milestones this fall was the launch of our new *Culture Statement*. Born from our first all-staff meeting, it represents more than a set of values. It's a reflection of who we are and who we aspire to be. Together, we're cultivating a workplace and a community space rooted in respect, inclusion, and shared pride in the difference we make every day.

As we move into winter, we'll focus on self-care, professional development, performance excellence, and preparing for a major milestone: finalizing the sale of our current building and, in time, sharing exciting news about our future home.

Together, we continue to reimagine what's possible for our seniors and for the community we're proud to serve. I wish each of you the happiest of holidays and whether you celebrate or not, know that you are cared for and have a home of welcome at TGC.

Join us in making a difference in seniors' lives.
Donate today to help The Good Companions
provide accessible, supportive programs in a
safe and welcoming environment—where seniors
can connect, grow, and thrive.

SCAN ME



www.thegoodcompanions.ca

Tax Receipts will be issued for donations of \$20 or more.

DONATE
NOW





TEAM GOOD COMPANIONS



Executive Director

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

Nicole MacLean	Director of Finance	nmaclean@thegoodcompanions.ca	ext. 2315
Laydee Fuentes	Corporate & Finance Assistant	lffuentes@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	Director of Day Centre	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

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	Director of Community Supports	akendall@thegoodcompanions.ca	ext. 2240
Carolyn Calder	CSS Coordinator	ccalder@thegoodcompanions.ca	ext. 2235
Brenda Packer	CSS Coordinator	bpacker@thegoodcompanions.ca	ext. 2250
Jessie Jin	CSS Program Assistant	jjin@thegoodcompanions.ca	ext. 2777
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
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

Food Services

Roger Drolet	Manager of Food Services	rdrolet@thegoodcompanions.ca	ext. 2130
Brian Aylesworth	Head Cook	baylesworth@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

Welcome to TGC

We are pleased to have so many new members join our centre. We want to thank all our current members and volunteers for their continued dedication and support.

Production Volunteer fee

Effective **January 2026**, a **\$10 registration fee** will be required for all **production volunteer classes**. This change has been implemented to help cover material and administrative costs associated with the program. We appreciate your understanding and continued support of our volunteer initiatives.

Centre Closure

The Good Companions will be closed **Wednesday, December 24th 2025** until **Thursday, January 1 2026** inclusive.

The Good Companions will be closed on **February 16th** for Family Day.

ADP calendar

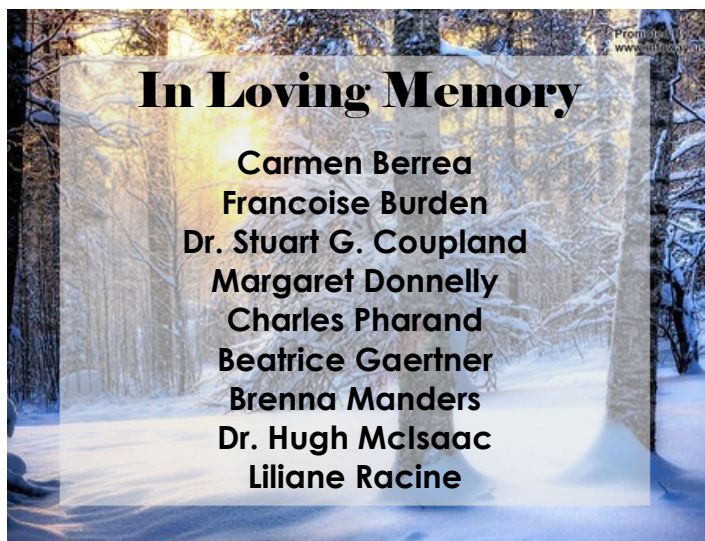
The Adult Day Program Calendar can be found on The Good Companions' Website: <https://thegoodcompanions.ca/programs-services/adult-day-program/>

The Good Companions is pleased to share some exciting news

Beginning **December 1, 2025**, **HelpAge Canada** will be joining us as a new tenant at The Good Companions.

HelpAge Canada (HAC) is a national organization dedicated to improving the lives of older people in Canada and around the world. Their mission and values align beautifully with our own, and we are thrilled to welcome them into our community.

Please join us in extending a warm welcome to our new friends.





Angel Tree

- Once again, we are embracing a heartfelt holiday 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, a heartfelt gift, you can give a child a wonderful surprise that they may not otherwise receive. You can choose a tag from the Angel Tree in our lobby and return with your new, unwrapped gift.

• **Looking for gift ideas? Check the list of suggestions on the bulletin board!**
Please remember: no stuffed animals, or clothing items.
For security reasons, the toys should remain unwrapped with the Angel Tree tag affixed to the package.

• **Drop off deadline is Friday, December 5 by 12 pm**

• Contact Ana Valença if you have any questions about this program.
Call 613-236-0428 ext. 2150 or email avalenca@thegoodcompanions.ca

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.

Dec 11, 18 Jan 15, 22, 29 Feb 12, 19, 26

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.

Dec 4 Jan 8 Feb 5

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. **Dec 10 Jan 14 Feb 11**

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.

Dec 1 Jan 5 Feb 2

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. **Dec 5**

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. **Jan 6**

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)

Jan 28

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」國語及粵語電話節目

我們逢週一和週四上午 10:00 至 10:30 提供國語電話節目，逢週一下午 2:00 至 2:30 提供粵語電話節目。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，或發送電郵至 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...

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



Repeat Performance

Your Thrifting Habit is About to Pay Off. Big Time!
It's the comeback you've been waiting for!
The Repeat Performance Loyalty Card is officially **BACK!**

Why you'll love it:

Save More: Turn your amazing finds into future savings.
It's Free: Get rewarded for shopping with us at no extra cost.
Feel Great: Every purchase helps support our centre.

Your next favourite outfit or project is waiting for you,
and now it comes with rewards!
See store for details and start saving now!

Volunteer Program

Hi everyone,

As the chilly weather settles in, many of us start looking for ways to feel connected, purposeful, and warm on the inside. Volunteering at The Good Companions is one of the best ways to do just that.

Winter volunteering isn't just about giving your time, it's about what you *gain* in return:

- **Connection.** Meet people who share your values and become part of a community that truly feels like family.
- **Purpose.** Experience the joy of making a real difference, sometimes through a smile, a thank-you, or a story shared over coffee.
- **Energy.** Volunteering has been shown to lift your mood, boost happiness, and ease stress, a great remedy for the winter blues.
- **Belonging.** You're not just helping others, you're becoming part of something meaningful that lasts long after your shift ends.

If you've been thinking about getting involved, now's the perfect time to jump in. Whether you enjoy chatting with members, helping with meals, or supporting special events, there's a volunteer role waiting for you this season.

You can apply online through our website or email me directly at sgauthier@thegoodcompanions.ca to get started.



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

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 Winter 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.



Winter Program Guide

Winter Program Registration

January 6, 7 & 8 from 10:00 am to 2:00 pm

Fitness

Code	Program	Begins	Duration	Day/Time	Fee	Room	Instructor
264010	Fitness For Arthritis & Balance	Jan. 12	8 Weeks	Mon 10 - 11 am	\$ 48	112	Rhona E.
264011	Gentle Aerobics + Weights	Jan. 12	10 Weeks	Mon 12:15 - 1:15 pm	\$ 60	112	Wendy G.
264012	Working With Weights (Mon.)	Jan. 12	10 Weeks	Mon 1:15 - 2:15	\$ 60	112	Wendy G.
264013	Core & More (Mon)	Jan. 12	10 Weeks	Mon 2:15 - 3 pm	\$ 60	112	Wendy G.
264014	Fitness For Arthritis & Balance	Jan.	Weeks				
	Gentle Hatha Yoga* NEW		Weeks				
	Posture & Balance		Weeks				
	Zumba Gold		Weeks				
	Strength & Stretch + Weights		Weeks				
	Chair Hatha Yoga		Weeks				
	Working With Weights (Wed.)		Weeks				
	Core and More (Wed)		Weeks				
	Fitness For Arthritis & Balance		Weeks				
	Gentle Aerobics + Weights		Weeks				
	Working With Weights (Fri.)		Weeks				
	Core & More (Fri)		Weeks				

Fitness Room

	Access To Gym (3x/Week)		Vary	Mon, Wed. & Fri., time vary	\$ 40	028	No Instructor
	Access To Gym (Mon.)		Weeks	Mon 12 - 1:30 pm	\$ 20	028	No Instructor
	Access To Gym (Wed.)		Weeks	Wed 10 - 11:30 am	\$ 20	028	No Instructor
	Access To Gym (Fri.)		Weeks	Fri 10 - 11:30 am	\$ 20	028	No Instructor

Recreational Dance

	Line Dance		Weeks				
	Belly Dance		Weeks				
	Sharing Dance*		Weeks				

Recreational Sports

	Pickleball (Tues)		Weeks			112	No Instructor
	Pickleball (Thurs)		Weeks			112	No Instructor
	Table Tennis (Ping-Pong)		Weeks			112	No Instructor
	Pickleball Drop-In*		Weeks			112	No Instructor

Winter Program Guide

Performing Arts

	Silver Swing Band		Weeks	Mon 9 - 11:30 am	\$10	024	Gordon P.
	TGC Choir		Weeks	Tues 10:30 am - 12 pm	\$7	024	
	Sharps and Flats Band		Weeks	Wed 9:30 am - 12 pm	\$10	024	Marilyn L.
	Usual Fellows Jazz Band		Weeks	Thurs 9 - 11:30 am	\$10	024	Alf W.
	The Grey Jazz Big Band		Weeks	Fri 9 am - 12 pm	\$10	024	Brian B.

Games

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

Language

	Spanish, Basic		Weeks	Mon 9:30 - 10:30 am		015	
	Spanish, Advanced (AM)		Weeks	Mon 10:45 - 11:45 am		015	
	Spanish, Intermediate		Weeks	Mon 12 - 1 pm		015	
	Spanish, Advanced (PM)		Weeks	Mon 1:30 - 2:30 pm		015	
	New to Spanish		Weeks	Mon 2:30 - 3:30 pm		015	
	Spanish Conversation Adv. +		Weeks	Thurs 9:30 - 11:30 am		019	

General Interest

	Coffee Club (Mon)		Continuous				
	As The World Turns NEW		Weeks				
	Amateur Radio Operators NEW		Weeks				
	Grief Café NEW		Weeks				
	The Guitar Workshop INT		Weeks				
	Intergenerational Activity Grp.		Weeks				
	Computer Support		Weeks				
	Computer Support		Weeks				
	Coffee Club (Thurs)		Continuous				
	Recorder (Beginner) NEW		Weeks				
	Ukulele (Beg./Intermediate)		Weeks				
	Introductory Computer		Weeks				
	Introductory Computer		Weeks				
	55+ Mature Driver Refresher		Weeks				
	TGC Book Club		Weeks				
	Container Garden		Continuous				

Winter Program Guide

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

Charity Work

Weaving Milk Bag Mats		Weeks			240	Evelyn M.
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Creative Arts/Expressive Arts

Painting Studio*		Weeks			240	
Improv		Weeks			236	
Intro. To Mosaics		Weeks			236	
Stained Glass Intermediate*		Weeks			236	
Stained Glass Intermediate*		Weeks			236	
Advanced Quilting*		Weeks			240	

Production Volunteer

Basic Crochet Stitches		Weeks	Mon 10 am - 12 pm	Free	019	
Doodle Yourself Happy		Weeks	Mon 1 - 3 pm	Free	236	
Knitting & Crocheting		Weeks	Mon 1 - 3 pm	Free	240	
Beads, Buttons & More NEW		Weeks	Mon 1 - 3 pm	Free	2nd floor	
Stained Glass (Level 1)		Weeks	Tues 9 - 11:30 am	Free	236	
Xmas Fabric Collage NEW		Weeks	Tues 10 am - 12 pm	Free	240	
Craft Support Team		Weeks	Tues 1 - 3 pm	Free	236	
Mixed Media Card Making		Weeks	Wed 9:30 - 11:30 am	Free	240	
Painting Xmas Gift Bags NEW		Weeks	Wed 9:30 - 11:30 am	Free	2nd floor	
Teddy Bear		Weeks	Wed 10 am - 12 pm	Free	236	
Cross Stitch & Canvas		Weeks	Wed 12:30 - 2:30 pm	Free	240	
Emotional Support Owls NEW		Weeks	Wed 1 - 3 pm	Free	236	
Xmas Teardrop Swags NEW		Weeks	Wed 1 - 3 pm	Free	2nd floor	
Angel Ornaments NEW		Weeks	Wed 1 - 3 pm	Free	236	
Knitting & Crocheting		Weeks	Thurs 10 am - 12 pm	Free	240	
Knitting & Crocheting		Weeks	Thurs 1 - 3 pm	Free	240	
Pillowcase Machine Sew NEW		Weeks	Fri 10 am - 12 pm	Free	236	
Cross Stitch & Canvas		Weeks	Fri 12:30 - 2:30 pm	Free	236	

Friendly
REMINDERS

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.

Reimagine The Good Companions: A Brainstorming Event



TGC Member Feedback Summary



Programs & Activities

40% Members want more learning, creativity, and social connection: film & book clubs, discussion groups, music appreciation, and flexible evening/weekend options.

Food & Nutrition

20% Requests for healthier choices, bolder seasoning, international themes, and better attention to dietary needs.

Facilities & Environment

15% Small refreshes would have big impact: plants, comfortable seating, clearer signage, improved washrooms, and a simpler registration flow.

Community Outreach & Partnerships

10% Interest in collaborations with Red Cross, libraries, police services, churches, and other community centres.

"Dream Big" Ideas

10% Patio/garden, sauna/whirlpool, shuttle service, repair café, indoor garden.

Operations & Communication

5% Members want dependable cancellation notices, easier sign-ups, and a members' advisory group.

Thanks to everyone who shared feedback. Your voice matters.
We heard you: more clubs and evening options, healthier and more varied meals, small facility upgrades, and stronger community partnerships.
Stay tuned. We're turning these ideas into plans.

Holiday Comfort, Fresh from the Oven!

The holidays are almost here, and nothing says celebration like our famous Tourtière and savory pies!



Choose from our delicious lineup:

- Traditional Tourtière
- Turkey or Chicken Pot Pie
- Steak & Mushroom
- Steak & Kidney
- Classic Beef Pie

Small : \$6  Large : \$19



Whether it's for a festive feast or a cozy winter dinner, our pies bring warmth and flavor to every table. And the best part? They're available all year round!



How to order:

- Call: 613-236-0428 ext. 2131
- Email: kstaff@thegoodcompanions.ca
- Order Online: thegoodcompanions.ca/frozen-meal-sales

Special Events and Lectures

Festive Christmas Luncheon

Thursday, December 4

Cost: \$18

Celebrate the season with us at our Festive Christmas Luncheon. Enjoy delicious food, holiday cheer and warm company to brighten your day!

12:00 pm Menu: roll, roast turkey with stuffing, homestyle gravy, mashed potatoes, baby carrots, Brussel sprouts, caramel apple pie with ice-cream, coffee and tea.

1:00 pm Entertainment provided by **Malcolm Wade**.

Deadline for ticket purchase December 2 by 3:00 pm.

Alan P. Sentance Educational Lecture: Navigating Retirement Home Living

Tuesday, December 9

10:30 - 11:30 am

Presented by Jesse Friedman and Heather Hyndman, VISAVIE

Choosing a retirement home is a complex process with many factors to consider, such as budget, care levels, and activities. Join us for this presentation to learn the right questions to ask and what to look for. This session will help you make an informed decision, whether you are currently considering a move, assisting family, or just curious.

Christmas Brunch

Tuesday, December 16

Cost: \$18

Savour the season at our Christmas Brunch, featuring a delicious holiday spread of classic brunch favourites and festive treats all served with a side of warm cheer and good company!

11:00 am Menu: rolls, assorted pastries, salads, waffles, sausages, bacon, home fries, scramble eggs, seasonal vegetables, mushroom chicken, carved ham, black forest cake, coffee and tea.

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

Birthday Party

Friday, December 19 at 1:15 pm

Entertainment will be provided by **The Good Companions Choir**, directed by Keith Murfin. 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.

Alan P. Sentance Educational Lecture: Is Your Home Wasting Your Money?

Wednesday, January 13

10:30 - 11:30 am

Presented by Aaron Nunes

Join a specialist for a special presentation on how to make your home more energy-efficient and save money - without spending a dime. You will learn simple tips to reduce your energy use, stay comfortable year-round, and discover free programs for both homeowners and renters that offer home upgrades. Application support for these free programs will be available after the presentation.

Birthday Party

Friday, January 23 at 1:15 pm

Entertainment will be provided by **Guityard**, led by David Jones. 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.

Rabbie Burns Luncheon

Wednesday, January 28

Cost: \$20

Pull on your tartan and lift a glass! It's time to toast the Bard of Ayr! Join us for a lively Rabbie Burns lunch as we celebrate the life and legacy of Scotland's beloved poet, Robert Burns, with traditional food, Scottish flair and a toast to his timeless words!

12:00 pm Menu: cockie leekie soup, roast sirloin of beef, haggis, mashed potatoes, mashed turnip and carrot, green beans, oatmeal pie, coffee and tea.

1:00 pm Entertainment provided by **The Chords**.

Deadline for ticket purchase January 26 by 3:00 pm.

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.

Special Events and Lectures

Alan P. Sentance Educational Lecture: The GIS Guide: Everything You Need To Know

Wednesday, February 4

1:30 - 2:30 pm

**Presented by Kanishk Sinha, Citizen Services
Specialist - Service Canada**

Are you confident you're receiving the full Guaranteed Income Supplement you're entitled to? This comprehensive session is your one-stop-shop to demystify the GIS. We will walk you through the entire process, from eligibility and applications to understanding how other income affects your payments and the annual renewal. You'll leave feeling informed, confident, and in control of the benefits you deserve.

Valentine's Day Tea

Tuesday, February 10

1:00 pm

Cost: \$5

Love is sweet and so are the treats! Join us for Valentine's Day Tea and indulge in both, with good company to sweeten the day even more. Entertainment will be provided by **Mary-Ellen Shennan**. The dessert will feature red velvet cake, coffee and tea.

Deadline for ticket purchase February 6 by 3:00 pm.

Mardi Gras Luncheon

Tuesday, February 24

Cost: \$18

Laissez les bons temps rouler! Celebrate Mardi Gras with us at a lively luncheon featuring flavourful Cajun dishes, vibrant colours, and a touch of New Orleans magic. Enjoy great food, live jazz entertainment, and good company as we bring the joy of Mardi Gras to you!

12:00 pm Menu: corn bisque, chicken breast, rice and beans, green beans, bread pudding, coffee and tea.

1:00 pm Entertainment provided by the **Jock River Jazz Band**.

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

Birthday Party

Friday, February 27 at 1:15 pm

Entertainment will be provided by **Roger Fowler**. 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.

Day Trips

Morrisburg, ON

Thursday, December 11, 2025

from 10:00 am to 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

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.

UPCOMING EVENTS

2026

1 MARCH	EARLY BIRD MEMBERSHIP RENEWAL
16 MARCH	ST. PATRICK'S DAY TEA
25 MARCH	BUZZ INTO SPRING LUNCHEON
2 APRIL	EASTER BRUNCH
6,7,8 APRIL	SPRING PROGRAM REGISTRATION

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veal Parmesan  Legal Services	2 Sole with Dill Sauce	3 Sausage with Cream Sauce	4 Soup and Sandwiches <div>Festive Christmas Luncheon 12:00 pm (tickets required)</div> Hair Care 	5 Sandwiches <div>Centre closing at 12:15 pm for all staff meeting</div> Dental Hygiene Clinic 
8 Turkey Schnitzel	9 Pork Chop <div>Lecture: Navigating Retirement Home Living 10:30 – 11:30 am</div>	10 Spaghetti and Meat Sauce  Nurse Practitioner	11 Chicken à la King <div>Day Trip Gananoque, ON (tickets required)</div> Foot Care 	12 Battered Fish
15 Swedish Meatballs	16 Soup and Sandwiches <div>Christmas Brunch 11:00 am (tickets required)</div>	17 Honey Garlic Chicken  Hearing Clinic	18 Beef Ravioli Foot Care 	19 Baked Ham  Birthday Party
22 Chicken Breast	23 Pork Stroganoff	24	25	26
<div>  Centre closed for the holidays - reopening Friday, January 2, 2026 </div>				
29	30			
<div> Centre closed for the holidays  </div>				

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm			1  Centre closed for the holidays	2 Breaded Fish
5 Chicken Santa Fe Legal Services 	6 Liver and Onions  Wellness Clinic	7 Lemon Pepper Sole	8 Shepherd's Pie Hair Care 	9 Chicken Drumstick
Winter Program Registration (10:00 am to 2:00 pm)				
12 Farmer Sausage	13 Pasta with Meat Sauce Lecture: Is Your Home Wasting Your Money? 10:30 –11:30 am	14 Chicken Teriyaki  Nurse Practitioner	15 Thyme Crusted Roast Pork Foot Care 	16 Veal with Mushroom Sauce
19 Swedish Meatballs	20 Red Coconut Curry Chicken	21 Hamburg Steak	22 Chicken and Broccoli Casserole Foot Care 	23 Baked Ham  Birthday Party
26 Tourtière	27 Honey Garlic Pork	28 Soup and Sandwiches Rabbie Burns Luncheon 12:00 pm (tickets required) Hearing Clinic 	29 Grilled Sole Foot Care 	30 Pork Chop

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note the front reception cash register closes daily at 3:00 pm.</p>				
<p>2 Chicken Schnitzel</p> <p>Legal Services </p>	<p>3 Ham Steak with Pineapple</p>	<p>4 Lasagna</p> <p>Lecture: Everything You Need To Know 1:30 – 2:30 pm</p>	<p>5 Turkey Schnitzel</p> <p>Hair Care </p>	<p>6 Baked Pollock with Dill Sauce</p>
<p>9 Farmer Sausage</p>	<p>10 Chicken à la King</p> <p>Valentine's Day Tea 1:00 pm (tickets required)</p>	<p>11 Pork Loin</p> <p>Nurse Practitioner </p>	<p>12 Spanish Rice</p> <p>Foot Care </p>	<p>13 Chicken Breast Supreme</p>
<p>16</p> <p>Centre Closed for Family Day</p>	<p>17 Chinese Plate</p> <p></p>	<p>18 Ham and Broccoli Quiche</p>	<p>19 Chicken Drumsticks</p> <p>Foot Care </p>	<p>20 Pork Chop with Mushroom Sauce</p>
<p>23 Veal Cutlet</p>	<p>24 Soup and Sandwiches</p> <p>Mardi Gras Luncheon 12:00 pm (tickets required)</p>	<p>25 Savory Chicken Leg</p>	<p>26 Fish Cakes</p> <p>Foot Care </p>	<p>27 Beef Stew</p> <p> Birthday Party</p>

OTTAWA RACE WEEKEND



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

TEAM GOOD COMPANIONS

MAY.23.2026



REGISTER EARLY TO GET THE BEST PRICE!

For more information contact: Laydee Fuertes
613-236-0428 Ext. 2221 lfuertes@thegoodcompanions.ca



VILLAGIA IN THE GLEBE
retirement community
BY SPRING LIVING

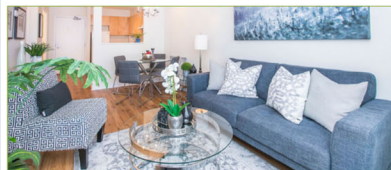
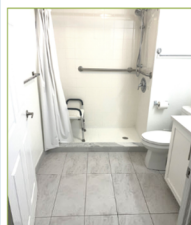
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1:00 - 4:00 PM every week

...or call to book a private tour any time!



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✓ Accessible Living

✓ Senior Apartments
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For more information:

Eric Chandler

Phone: (613) 617-7888

Email: Eric.Chandler@springliving.ca

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Website

springliving.ca

*Promotion applied to select suites. Limited availability. Inquire today for detail