

TGC's 2SLGBTQIA+ COMMUNITY E-Newsletter December

Hello TGC & OSPN Rainbow Community,

Welcome to the December edition of our 2SLGBTQIA+ newsletter. As the days grow shorter and calendars fill up, self-care and community connection matter more than ever—thank you for being part of a warm, welcoming community where we show up for one another.

Thank you to everyone who joined the pilot of our first intergenerational craft workshop. Our youngest participant was 7, and our oldest participants were 70+ — a beautiful mix of perspectives and creativity. Your presence powers our community. It was wonderful to see your Genderbread creations come to life.

In 2026, The Vintage Queers dragon boat team celebrates its 10th anniversary. Join us on **Saturday, December 13**, for special holiday events during Out and About Saturday, where The Vintage Queers will take on DRAGOn Boat in Family Feud – Pride Edition. The Vintage Queers won the Pride Cup in 2025—will they win the Feud too? See page 5 for details.

We welcome Older & Bolder back to TGC on **Monday, December 15**. Older & Bolder is a vital source of connection, affirmation, and mutual support. The Good Companions is committed to championing this group by providing a safe, welcoming, and accessible environment. We're proud to partner with OSPN to help older 2SLGBTQIA+ women stay connected, resilient, and celebrated. See page 6 for details.

Please note: The Good Companions will be closed from **Wednesday, December 24, 2025, through Thursday, January 1, 2026**, inclusive.

This winter, we're launching new programs based on your feedback, including:

- Craft programming
- Lunch-and-learns
- Karaoke and open-mic events
- Meditation classes
- Movie Night
-

Is there a program or service you would like to see offered? For suggestions, questions, or assistance, please email our 2SLGBTQIA+ Program Coordinator, Sarah Rea at srea@thegoodcompanions.ca.

With gratitude for all you bring to our community—let's make December a month to reflect, create, and connection.



613-236-0428 ext: 2535



www.thegoodcompanions.ca



srea@thegoodcompanions.ca

In This Issue

Coming soon ... p. 3

Rainbow Coffee Club ... p. 4

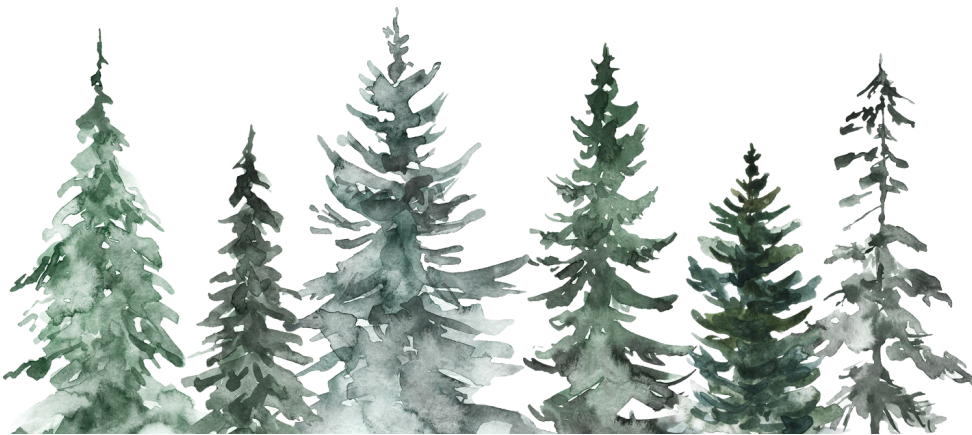
OSPN Fitness ... p. 4

Out And About Saturday December 13 p. 5

Older & Bolder... p.6

Over The Rainbow ... p.6

OSPN Legacy Project ... p.7



OTTAWA SENIOR PRIDE NETWORK
RÉSEAU FIERTÉ DES ÂÎNÉ(E)S D'OTTAWA
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DECEMBER



The Good Companions
Seniors' Centre
Supporting a Vibrant Community



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Please see below for a preview of our upcoming events



January

Event	Date
Fitness programing Block 1:	January 12 - February 6
Meditation - Exploring A Queer Dharma Info Session	January 10
OSPN Dragonboat Training (mobility and strength)	January 10, 24
Craft Program	January 24

For more information about upcoming programing sign up for one of our newsletters or use one of the links below

Email	Internet
Bowling Newsletter	 OSPN Facebook Group
Older & Bolder email	 OSPN Website
OSPN email	 TGC website 2SLGBTQIA+ Programs
OSPN Newsletter	 Out And About Ottawa Gatineau



Join us the first Wednesday of the month, 10:00 – 12:00 PM at The Good Companions for coffee, tea, treats, and great company. Most meetings feature guest speakers on engaging topics.

Wednesday, December 3 - Holiday Gathering

This month's program includes:

10:00 - 10:30 = OSPN Fitness -Everyday Balance: Simple Moves, Big Results

10:30 - 12:00 = 2025 year-in-review, and a look ahead to 2026



Complimentary Fitness Classes for OSPN Members

Date	Class	Time	Location
December 3	Everyday Balance: Simple Moves, Big Results	10:00 - 10:30am	015
December 4, 11, 18	Unwind & Align	10:30 - 11:30	028
December 13	Core, Balance, and Strength	9:45 - 10:45	028

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



Holiday Party



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

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

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

*Vegetarian option available

- Ottawa Date Squares Demo & Info Session 11:30am-12:00pm
- Holiday Lunch 12:00-12:45pm
- Intergenerational Family Feud - Pride Edition, Vintage Queers Vs. DRAGON Boat 1:00pm

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



Saturday, December 13 Recurring Programs

Event	Time	Location
Coffee Club	9:30 - 11:30am	TBD
Games Room: Board games, darts, pool, and more	9:30 - 11:30am	015
Core, Balance, and Strength	9:45 - 10:30am	028
Older & Bolder Book Club	10:00am - 12:00pm	240
Storytellers Group	10:00 - 11:45am	019
Table Tennis	9:30 - 11:30am	112
Pickle Ball	12:30 - 2:00pm	112

Older and Bolder



Older & Bolder is a monthly drop-in discussion group for older 2SLBTQIA+ women (50+), sponsored by Ottawa Senior Pride Network (OSPN).

The group meets monthly at the Good Companions Seniors' Centre, and Zoom access is available for anyone who cannot attend in person. This is an opportunity to connect, share life experiences and discuss the joys and challenges of this stage of life.

It is facilitated by longtime members of OSPN. When you enter the building, someone will greet you to assist you in finding the private room location (back half of dining room).



Coordinators – Susan Holmes, Holly MacKay, & Mary Frankoff

Contact: Older & Bolder: older.yet.bolder@gmail.com

Join us for a special holiday Over The Rainbow on
Friday, 19 December, 6:00 – 9:30 p.m. (dinner 6:00 – 7:00 p.m.)



We are thrilled to welcome MAX Ottawa for their Jingle and Mingle event.

Wrap up the year with warmth, connection, and celebration—a festive space to gather, socialise, and strengthen relationships.

Enjoy interactive games, harm-reduction resources, and inclusive activities that spark joy and reduce isolation.

All regular Over The Rainbow participants are invited to attend any special events that interest them. You can continue with your usual program and join the festivities whenever you wish.

Click the MAX logo below for more details.



Ottawa Community Health — Ottawa santé communautaire





OTTAWA SENIOR PRIDE NETWORK
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We Want to Hear *Your* Queer Life Story

Thank you for your interest in the Queer Elders Talking Project. With support from Ottawa Senior Pride Network, we're recording short, edited video interviews to document 2SLGBTQ+ histories in Ottawa for education and community use.

We're especially interested in experiences that are often missing from classrooms and public memory—for example: discrimination and resistance (including the LGBT Purge), migration and newcomer journeys, community care during HIV/AIDS, leather and kink communities, and family and workplace life. Your story—in your own words—matters.

Scheduling and location

- Please choose a date/time below or propose another that works for you.
- Reserve up to 2 hours; most interviews take about 60 minutes.
- We can meet at your place, our space, or a room at The Good Companions (Ottawa).

Available options

- **10 January, The Good Companions (time TBD)**
- **22 January, (time/location TBD)**
- **14 January (time/location TBD)**
- **24 January, The Good Companions (time TBD)**

Interviewer preference

- If you'd like to speak with someone with a particular identity or lived experience, tell us and we'll aim to match

Consent and privacy

- Before filming, we'll review and ask you to sign a media release/consent form.
- You may use a pseudonym in the video if you prefer.
- You can skip any question or pause/stop the interview at any time.

Next steps

Please reply with your preferred date/time and location, any accessibility needs, and any questions.

We look forward to hearing your story.

For more information or to request to participate contact: queerelderstalking@yahoo.com