

The Good Companions

Spring Bulletin

MARCH - APRIL - MAY • 2026



Charitable # 11894 1152 RR0001



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www.thegoodcompanions.ca



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Our Culture Statement



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.

ACCESSIBILITY

ADDRESSING YOUR ACCESSIBILITY NEEDS AT THE GOOD COMPANIONS

TGC is committed to providing high quality programs and services to all members of the public it serves, and strives to provide goods and services in ways that respect and dignify the independence of all people.

For more information about how you can request documents and publications in various accessible formats, share your unique accessibility needs, or provide feedback on how TGC is fulfilling its AODA (Accessibility for Ontarians with Disabilities Act) requirements, please visit our website at: www.thegoodcompanions.ca/facility/accessibility

For more information contact: Matthew Ottaviani
mottaviani@thegoodcompanions.ca
 613-236-0428 ext. 2290



Get to Know Our Executive Director

As I celebrated my one-year anniversary at The Good Companions on February 10th, I thought I'd switch things up a bit. Over the past year, I've genuinely enjoyed getting to know the incredible members, clients, volunteers, staff, supporters, and community that make TGC such a special place. Instead of a traditional seasonal message, I'd love to turn the tables and invite you to get to know me a little better, both as your Executive Director and as a person. Here are a few fun and fast facts about me!

The Basics

Years at TGC: One exciting year and counting.

Home: Ottawa (Little Italy). I moved to Canada in 2014 and proudly became a citizen in 2022.

Roots: Born and raised on the Jersey Shore in Bayville, NJ, to an Irish (Donegal) mom and Italian (Sassoferrato) dad. I earned my Bachelor's degree at Belmont Abbey College and my Master of Social Work at Boston College.



The Professional Side

- Before TGC, I served as an Executive Director at a Family Health Team in Ottawa, supporting multiple primary care clinics and multidisciplinary teams.
- Earlier in my career, I worked as a clinical social worker in emergency and trauma ICU settings in Boston, with additional experience in schools, forensic/corrections, domestic violence services, and senior/elder care.
- I believe in leading with compassion and kindness, building people up, creating systems that make sense, and addressing challenges thoughtfully and directly.

The Personal Side

- I live with my husband, Rejean, and our 7-year-old daughter, Andy, who brings endless joy, colour, and every imaginable Barbie accessory and stuffie into our home.
- I love to travel; Ireland, Italy, Spain, Croatia, China, Egypt, Costa Rica, and Peru are favourites, with many more on the wish list.
- On weekends, you'll likely find me at the gym, playing tennis, buying fresh flowers, supporting local, cheering at swimming or soccer, or hosting a taco night with chosen family.
- When I grow up, I want to be: Bernie Sanders.
- If I could have lunch with anyone, dead or alive: Harvey Milk or my mom.



The Good Companions truly feels like a community, not just a centre. It has been an honour to be welcomed so warmly, and I'm deeply grateful to everyone who makes this place so special each day. Here's to tulips and patios!

With appreciation and springtime optimism,

Matthew Ottaviani



TEAM GOOD COMPANIONS



Executive Director

Matthew Ottaviani Executive Director mottaviani@thegoodcompanions.ca ext. 2290

Finance & Administration

Nicole MacLean Director of Finance nmaclean@thegoodcompanions.ca ext. 2315

Véronique Bernier Administrative Assistant Finance vbernier@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

Linda Janes-Peddle Craft Coordinator ljanes-peddle@thegoodcompanions.ca ext. 2270

Membership/Volunteer Program

Stephane Gauthier Membership/Volunteer Coordinator sgauthier@thegoodcompanions.ca ext. 2230

2SLGBTQIA+ Program

Sarah Rea 2SLGBTQIA+ Program Coordinator sarah@thegoodcompanions.ca ext. 2353

Community Support Services (CSS)

Anne Kendall Director of Community Supports akendall@thegoodcompanions.ca ext. 2240

Carolyn Calder Manager of CSS and Program Evaluation 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

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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

Stéphane Roy Food Services Manager sroy@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 thrilled to welcome so many new members to our centre! A huge thank you to our amazing current members and dedicated volunteers - your continued support, commitment, and energy make TGC such a wonderful community.

Membership Renewal

Renew your membership (including parking and locker) before April 1st to be automatically entered into a draw to win a wonderful gift basket. Early bird renewal starts **March 1st**.

Centre Closure

The Good Companions will be closed **Friday, April 3rd and Monday April 6th for Easter**.

The Good Companions will be closed on **Monday, May 18** for Victoria Day.

ADP calendar

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

Angel Tree



Huge thanks to everyone who donated to our Angel Tree! Your kindness provided beautiful gifts for so many children at BGC Ottawa, filling their holiday with joy. We are so grateful for this community's spirit and generosity!

Cash Registers

Please be advised of the following **cash register operating hours**: Reception: Opens at **8:45 am** and closes at **3:00 pm**. Dining Room: Opens at **8:30 am** and closes at **1:00 pm**. Kindly ensure that all transactions are completed within these time frames.

IN LOVING MEMORY

Margaret Craig	Gladys Moffatt
Thelma Cartwright-Hopwood	Terry Mullally
Herman Francis De Souza	Lucie Poirier
Adelia Dinardo	Marlene Rabishawn
Murielle Ethier	Vincent Ryan
Kennith Hacker	Donald Shultz
Joyce Harrison	John Tener
Loyola James Lefebvre	Xiu Lian Ye

On-Site Services

Foot Care (\$)

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. **March 12, 19 April 16, 23, 30 May 14, 21, 28**

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.

March 5 April 2 May 7

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. **April 8 May 13**

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.

March 2 April 13 May 4

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. **TBA**

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. **April 7**

Hearing Health Clinic (free)

An Hearing Care Counsellor from Canada Hearing Services will be on-site to provide free hearing screenings to determine if a full assessment is needed, hearing aid cleaning and maintenance checks. Appointment required at Front Reception (not a drop in).

April 29

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.ca.

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 sarah@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

Community Support Services

Call 613-236-0428 and ask for more information

Find us on line at <https://thegoodcompanions.ca/community-support-services/>
<https://www.accesscss.ca/>



Handy Helpers. Volunteers offer **free** help with small odd jobs around the home & technology help.



Grocery Shopping Programs. Transportation to local grocery stores.



Telephone Assurance Calls.
Morning check in calls to start your day off with a friendly hello.

&

Client Connection. Longer calls with our friendly volunteers.



Transportation to medical appointments.



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



OTTAWA RACE WEEKEND

Saturday, May 23th, 2026

Time: 3:00 pm

Location: Ottawa City Hall 110 Laurier Ave West

Join Us for Ottawa Race Weekend!

Whether you're a seasoned runner or just looking to enjoy the energy of race day, this is your chance to be part of something special. The event is open to all ages and fitness levels – walk, jog, or sprint your way through the excitement!

Support a Cause:

This event proudly supports The Good Companions, a local organization dedicated to enhancing the lives of seniors in our community.

Registration:

Register by **April 26** to receive a 10% discount and be included in our group kit pick-up! Your kit will include your race bib and event T-shirt. Scan the QR code below to register.



For more information contact: Véronique Bernier
613-236-0428 Ext. 2221 vbernier@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

MEMBERSHIP RENEWAL 2026-2027

EARLY BIRD RENEWAL STARTS MARCH 1ST, 2026

Renew your membership (including parking and locker) before April 1st to be automatically entered into a draw to win a fabulous gift basket!

How to renew?

- Online: thegoodcompanions.ca/membership/renewal-members
- In person or over the phone during business hours between 8:30 am and 3:00 pm 613-236-0428
- By mail with a cheque made payable to The Good Companions 670 Albert St. Ottawa, ON K1R 6L2

**APPLY
NOW**



Members Advisory Council

Shaping tomorrow, together.

We are looking for people who are :



sgauthier@thegoodcompanions.ca



613-236-0428 Ext: 2230

Comfortable with collaboration ✓
Comfortable representing others ✓
Forward-thinking problem solvers ✓
Available to start April/May 2026 ✓

Big-picture thinkers ✓
Community centered ✓
Inclusive and welcoming ✓



Want to Help Shape The Future?

**APPLY
NOW**



We're asking two Members to join a small working group that will help guide our Strategic Planning Process.

If you enjoy big-picture thinking or have experience with planning or community engagement, let us know.

Email your interest to Matthew:

mottaviani@thegoodcompanions.ca

We're excited to share that The Good Companions will begin a Strategic Planning Process in March. This is an opportunity for all of us, members, volunteers, staff, partners, and long-time friends of the Centre, to shape our shared future.

Our goal is simple: to honour what makes this community special while imagining what The Good Companions could become in the years ahead. To do that well, we need your voices, your stories, and your ideas.

Over the coming months, we'll create both formal and informal opportunities for members to participate, including conversations, workshops, suggestion boards, and a short survey.

Throughout the process, we'll share updates and "What We Heard" summaries so you can see how your input is shaping the plan.

If you'd like to start thinking ahead, here are a few prompts:

- What do you never want to lose about The Good Companions?
- What's one thing you wish we could do differently or better?
- What does "belonging" look like for older adults in 2035?
- What new programs, partnerships, or supports might our community need in the next 5-10 years?
- What's one bold idea you think we should explore?

Volunteer Program

A Note About Our Membership & Volunteer Coordinator Role

As part of our ongoing work to strengthen and modernize The Good Companions, I have recently updated the scope of our Membership & Volunteer Coordinator position.

While many members have known this role in a particular way over the past decade, senior centres across Ontario have evolved and so must we. Today, the role is focused on building community partnerships, recruiting new members and volunteers, and increasing TGC's presence and engagement across Ottawa.

As a result, the position is less centered on day-to-day social coordination, informal dispute resolution, or individual member check-ins. This redesign is intentional and aligns with best practices in community-based senior services.

I want to be clear: this change reflects a strategic decision at my direction as Executive Director. It is not a reflection of Stephane's work ethic or commitment. He continues to serve our Centre with professionalism and dedication under this updated mandate.

Thank you for your understanding as we position The Good Companions for a strong and sustainable future.

Matthew Ottaviani
Executive Director

Dear Volunteers,

We wanted to share a quick update and ask that you save the date for our Volunteer Recognition celebration on Friday, June 5.

While Volunteer Appreciation Week will still take place from April 20 to April 24, we've moved our larger Volunteer Recognition event to June 5 this year.

Holding the main celebration in June allows us to gather when the weather is warmer, schedules are more flexible, and we can create a more relaxed, welcoming, and joyful celebration to properly recognize the incredible volunteers who support our community throughout the year.

April will absolutely not go unnoticed. During Volunteer Appreciation Week, we'll be sharing fun surprises and moments of appreciation throughout the Centre as a way to say thank you to our volunteers in meaningful ways.

Whether in April or June, our gratitude remains the same. Our volunteers are a vital part of The Good Companions, and we look forward to celebrating their impact together.

Warmly,
The Good Companions Team

Save The Date

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

CURRENT VOLUNTEER OPPORTUNITIES

Mindfulness and Meditation Leader

Seeking a certified meditation instructor to provide weekly 30-minute mindfulness and meditation sessions by phone.

Choir Director

Bring music and joy by leading The Good Companions choir.

Choir Pianist

Play piano for The Good Companions choir.

Grocery Bus

Support clients while using our Centertown Grocery Bus, to get their shopping easier and an opportunity for conversation and connection.

Adult Day Program

Support participants living with a Physical disability or cognitive impairment in a welcoming and compassionate environment.

Handy Helper (East end area)

Use your skills to help with small jobs or basic tech support.

Gym monitoring

Monitor the area and ensure members are using the equipment safely and correctly.

Table Tennis Instructor

Lead beginner sessions, teach basic techniques, and keep the games fun and inclusive.

Billiard Instructor

Support members in learning the basics of billiards by providing guidance, demonstrating techniques, and promoting a fun, safe, and inclusive environment.

Special Events

Set up, host, and tear down during fun community events.

Client Connections

Make friendly phone calls to isolated seniors for conversation and companionship.

Birthday Callers

Make Monthly calls to wish members happy birthday.

Transportation Drivers

Drive Clients to their essential medical appointments.

French Instructor

Teach conversational French to our members.

Dinning Room Support

Assist with meal service in the dining room while helping create a welcoming, friendly, and social environment for members.

Tap Caller

Provide weekday "good morning" calls to clients, offering connection and care and following up if someone cannot be reached to help ensure their safety.

Librarian

Help shelving returned books, organizing materials, and ensuring that the library is tidy and welcoming.

Santa 4 Seniors

Santa for Seniors was a success, bringing small gifts, warmth, and meaningful connection to isolated seniors across our community. This special initiative is about reminding people that they are seen, valued, and remembered, especially during a time of year that can feel lonely for many.

This program is only possible because of the generosity and care of our community partners. With heartfelt thanks to **Giant Tiger**, **Riverview Alternative Public School**, **Bentall Green Oak**, and the **Ottawa Valley Quilters Guild** for helping make the season brighter for seniors throughout the Ottawa region.

Thank you to everyone who helped make Santa for Seniors possible.



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. **You will only be notified if you have been placed on a wait or if the class has been cancelled.**

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 Spring Program Guide for a full list of the programs being offered on page 15, 16 and 17. 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.



Spring Program Guide

Spring Program Registration

April 7, 8 & 9 from 10:00 am to 2:00 pm

Fitness

Code	Program	Begins	Duration	Day/Time	Fee	Room	Instructor
261010	Fitness For Arthritis & Balance	April 27	6 Weeks	Mon 10:00 - 11:00 am	\$36	112	Rhona E.
261011	Gentle Aerobics + Weights	April 20	8 Weeks	Mon 12:15 - 1:15 pm	\$48	112	Wendy G.
261012	Working With Weights (Mon.)	April 20	8 Weeks	Mon 1:15 - 2:15 pm	\$48	112	Wendy G.
261013	Core & More (Mon)	April 20	8 Weeks	Mon 2:15 - 3:00 pm	\$48	112	Wendy G.
261014	Fitness For Arthritis & Balance	April 21	8 Weeks	Tues 10:00 - 11:00 am	\$48	028	Rhona E.
261015	Gentle Hatha Yoga	April 21	8 Weeks	Tues 11:00 am - 12:00 pm	\$48	028	Rhona E.
261016	Zumba Gold	April 15	9 Weeks	Wed 9:30 - 10:30 am	\$54	112	Xiang S.
261017	Posture & Balance	April 15	9 Weeks	Wed 10:45 - 11:45 am	\$10	112	Guity E.
261018	Strength & Stretch + Weights	April 22	9 Weeks	Wed 12:15 - 1:15 pm	\$54	028	Wendy G.
261019	Working With Weights (Wed.)	April 22	9 Weeks	Wed 1:15 - 2:15 pm	\$54	028	Wendy G.
261020	Chair Hatha Yoga	April 22	8 Weeks	Wed 1:30 - 2:20 pm	\$48	112	Rhona E.
261021	Core and More (Wed)	April 22	9 Weeks	Wed 2:15 - 3:00 pm	\$54	028	Wendy G.
261022	Fitness For Arthritis & Balance	April 16	9 Weeks	Thurs 1:00 - 2:00 pm	\$54	028	Xaing S.
261023	Music & Tai Chi NEW	April 10	8 Weeks	Fri 11:00 am - 12:00 pm	\$48	112	Yu Ming
261024	Gentle Aerobics + Weights	April 24	8 Weeks	Fri 12:15 - 1:15 pm	\$48	028	Wendy G.
261025	Working With Weights (Fri.)	April 24	8 Weeks	Fri 1:15 - 2:15 pm	\$48	028	Wendy G.
261026	Core & More (Fri)	April 24	8 Weeks	Fri 2:15 - 3:00 pm	\$48	028	Wendy G.

Fitness Room

261027	Access To Gym (3x/Week)	April 13	Vary	Mon, Wed. & Fri., time vary	\$40	028	No Instructor
261028	Access To Gym (Mon.)	April 13	9 Weeks	Mon 12:00 - 1:30 pm	\$20	028	No Instructor
261029	Access To Gym (Wed.)	April 15	10 Weeks	Wed 10:00 - 11:30 am	\$20	028	No Instructor
261030	Access To Gym (Fri.)	April 17	9 Weeks	Fri 10:00 - 11:30 am	\$20	028	No Instructor

Recreational Dance

261031	Line Dance (Beg.)	April 27	6 Weeks	Mon 11:00 am - 12:00 pm	\$36	112	Rhona E.
261032	Belly Dance	April 16	6 Weeks	Thurs 9:45 - 10:45 am	\$10	112	Catharine C.
261033	Sharing Dance	April 17	6 Weeks	Fri 10:00 - 11:00 am	Free	028	Ana V.

Recreational Sports

261034	Pickleball (Tues)	April 14	10 Weeks	Tues 1:15 - 2:15 pm	\$15	112	No Instructor
261035	Pickleball (Thurs)	April 16	10 Weeks	Thurs 11:30 am - 12:30 pm	\$15	112	No Instructor
261036	Table Tennis (Ping-Pong)	April 17	9 Weeks	Fri 9:45 - 10:45 am	\$15	112	No Instructor
261037	Pickleball (Fri)	April 17	9 Weeks	Fri 11:30 am - 1:00 pm	\$15	112	No Instructor

Spring Program Guide

Language

261038	Spanish, Basic	April 13	8 Weeks	Mon 9:30 - 10:30 am	\$80	015	Vanessa R.
261039	Spanish, Advanced (AM)	April 13	8 Weeks	Mon 10:45 - 11:45 am	\$80	015	Vanessa R.
261040	Spanish, Intermediate	April 13	8 Weeks	Mon 12:00 - 1:00 pm	\$80	015	Vanessa R.
261041	Spanish, Advanced (PM)	April 13	8 Weeks	Mon 1:30 - 2:30 pm	\$80	015	Vanessa R.
261042	New to Spanish	April 13	8 Weeks	Mon 2:30 - 3:30 pm	\$80	015	Vanessa R.
261043	Spanish Conversation Adv. +	April 16	10 Weeks	Thurs 9:30 - 11:30 am	\$105	019	Sandra C-S.
261044	French Conversation	TBA	TBA	TBA	TBA	TBA	TBA

General Interest

261045	Coffee Club (Mon)	April 13	Continuous	Mon 10:00 - 11:00 am	Free	141	Ana V.
261046	As The World Turns	April 14	5 Weeks	Biweekly Tues, 12:00-1:00 pm	Free	015	Daryl C.
261047	Amateur Radio Chat	April 14	10 Weeks	Tues 10:30 am - 12:00 pm	Free	019	Frank D.
261048	The Guitar Workshop INT	April 14	10 Weeks	Tues 1:30 - 2:30 pm	\$25	024	David J.
261049	Computer Support	April 15	5 Weeks	Wed 1:00 - 2:30 pm	\$20	121	Lionel W.
261050	Computer Support	May 20	5 Weeks	Wed 1:00 - 2:030 pm	\$20	121	Lionel W.
261051	Coffee Club (Thurs)	April 9	Continuous	Thurs 10:00 - 11:00 am	Free	141	Ana V.
261052	TGC Book Club	April 16	10 Weeks	Fri 10:30 am - 12:00 pm	\$10	121	Mary O.
261053	Recorder (Beginner)	April 16	10 Weeks	Thurs 11:00 am - 12:00 pm	\$25	015	David J.
261054	Introductory Computer	April 16	4 Weeks	Thurs 12:30 - 2:00 pm	\$20	121	Karim G.
261055	Introductory Computer	May 21	4 Weeks	Thurs 12:30 - 2:00 pm	\$20	121	Karim G.
261056	Ukulele (Beg./Intermediate)	April 16	10 Weeks	Thurs 1:30 - 2:30 pm	\$25	024	David J.
261057	Container Garden	TBA*	Seasonal	Mon - Fri (Flexible hours)	Free	Outside	Ana & Lynn

Games

261058	Games Room		Continuous	Tues. & Fri. (see reception)	Free	015	
261059	Contract Bridge	April 7	Continuous	Mon 12:45 - 2:45 pm	\$1/wk	019	
261060	Euchre	April 2	Continuous	Wed 1:00 - 3:00 pm	\$1/wk	141	
261061	Scrabble/Board Games	April 3	Continuous	Thurs 1:00 - 3:00 pm	Free	015	
261062	Bingo	April 3	Continuous	Thurs 1:30 - 2:30 pm	\$0.50/card	141	

Performing Arts

261063	Silver Swing Band	April 13	11 Weeks	Mon 9:30 am - 12:00 pm	\$15	024	Gordon P.
261064	Unusual Humans Quartet	April 13	11 Weeks	Tues 1:00 - 3:00 pm	\$15	024	Alain D.
261065	Sharps and Flats Band	April 15	11 Weeks	Wed 9:00 am - 12:00 pm	\$15	024	Marilyn L.
261066	Usual Fellows Jazz Band	April 16	11 Weeks	Thurs 9:00 - 11:30 am	\$15	024	Alf W.
261067	The Grey Jazz Big Band	April 17	11 Weeks	Fri 9:00 am - 12:00 pm	\$15	024	Brian B.

Spring Program Guide

Craft Studio

Charity Work

261068	Craft Support Team	April 14	11 Weeks	Tues 1:00 - 3:00 pm	Free	2nd floor	Linda J-P.
261069	Weaving Milk Bag Mats	April 14	11 Weeks	Tues 1:00 - 3:00 pm	Free	240	Evelyn M.

Creative Arts/Expressive Arts

261070	Painting Studio*	April 13	10 Weeks	Mon 10:30am - 12:30pm	\$103	240	Patrick C.
261071	Improv	April 13	8 Weeks	Mon 10:30 am - 12:00 pm	\$10	019	Ruth S.
261072	Dot Mandala Art NEW	April 14	6 Weeks	Fri 9:00 am - 12:00 pm	\$25	236	Suzanne L.
261073	Stained Glass Intermediate*	April 16	11 Weeks	Thurs 9:00 - 11:30 am	\$37	236	Bob/Richard/John
261074	Stained Glass Intermediate*	April 16	11 Weeks	Thurs 12:30 - 3:00 pm	\$37	236	Bob/Richard/Val/John
261075	Advanced Quilting*	April 17	9 Weeks	Fri 10:00 am - 2: 30 pm	\$25	240	Sharon W./Susan B.

Production Volunteer

261076	Doodle Yourself Happy	April 13	9 Weeks	Mon 12:45 - 2:45 pm	Free	236	Bonita G/Anneka
261077	Knitting & Crocheting	April 13	10 Weeks	Mon 1:00 - 3:00 pm	Free	240	Valerie S.
261078	Stained Glass (Level 1)	April 14	10 Weeks	Tues 9:00 - 11:30 am	Free	236	Daniel H./Kit H.
261079	Stained Glass (Level 1)	April 14	10 Weeks	Tues 12:30 - 3:00 pm	Free	236	Zelda P.
261080	Teddy Bear	April 15	10 Weeks	Wed 9:30 - 11:30 am	Free	236	Margo C.
261081	Card Making- dyes/embossing	April 15	5 Weeks	Wed 10:00 am - 12:00 pm	Free	240	Marie B.
261082	All Occasion Cards	May 20	5 Weeks	Wed 10:00 am - 12:00 pm	Free	240	Mary S.
261083	Hand Painting	April 15	10 Weeks	Wed 10:00 am - 12:00 pm	Free	2nd floor	Myungsook/Valerie
261084	Cross Stitch & Canvas	April 15	10 Weeks	Wed 12:30 - 2:30 pm	Free	240	Michel G./Yvette P.
261085	Felt Crafts	April 15	5 Weeks	Wed 1:00 - 3:00 pm	Free	236	Pete N-J.
261086	Fabric Collage NEW	May 20	5 Weeks	Wed 1:00 - 3:00 pm	Free	236	Laura Lynne E.
261087	Knitting & Crocheting AM	April 16	11 Weeks	Thurs 10:00 am - 12:00 pm	Free	240	Heather B.
261088	Knitting & Crocheting PM	April 16	11 Weeks	Thurs 1:00 - 3:00 pm	Free	240	Heather B.
261089	Hand Piecing NEW	May 15	5 Weeks	Fri 10:00 am - 12:00 pm	Free	236	Pete N-J.
261090	Cross Stitch & Canvas	April 17	9 Weeks	Fri 12:30 - 2:30 pm	Free	236	Michel G.



The Good Companions has a strict no-scent policy. We kindly ask that no scented products be worn.

Special Events and Lectures

[Alan P. Sentance Educational Lecture: The Power of Ritual: Finding Peace in Life's Transitions](#)

Tuesday, March 3

1:00 - 2:00 pm

Presented by Debbie Charboneau Death Doula, Labyrinth Facilitator, Veriditas Trained

Rituals gently invite the sacred into moments of transition, offering support as we move through change with presence and intention. When we weave rituals into our lives, they nurture understanding, acceptance, and peace, and expand our capacity to hold both love and grief. In this way, rituals become quiet companions, supporting us through the ever-unfolding cycles of life, death, and renewal.

[St. Patrick's Day Tea](#)

Monday, March 16

1:00 pm

Cost: \$5

Celebrate St. Patrick's Day with a cozy tea and a touch of Irish charm. Entertainment will be provided by **International Set Duo**. The dessert will feature Irish cream poke cake, coffee and tea.

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

[Alan P. Sentance Educational Lecture: What Are You Missing? 1 in 3 Canadians Have the Answer](#)

Wednesday, March 18

10:30 - 11:30 am

Presented by Wendy Williamson-Scrim, Hearing Care Counsellor at Canada Hearing Services

One in three Canadian adults experiences hearing loss. It often happens so gradually we don't notice what's gone - until we do. But hearing health isn't just about volume; it's about connection. Join us for an essential look at your hearing health and what to expect from any service providers.

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.

[Alan P. Sentance Educational Lecture: Family History and BIFHSGO](#)

Tuesday, March 24

1:00 - 2:00 pm

Presented by Paul Cripwell, Vice President British Isles Family History Society of Greater Ottawa

Who do you think you are? This talk explores the fascinating world of genealogy, helping you uncover the stories of the ancestors who made you You. Hosted by: The British Isles Family History Society of Greater Ottawa (BIFHSGO), a local non-profit society known for their incredible work on British Home Children and military records.

[Buzz Into Spring Luncheon](#)

Wednesday, March 25

Cost: \$18

Leave winter behind and Buzz Into Spring with us!

12:00 pm Menu: Cream of garden soup, salmon loin with white wine sauce, baby red potatoes, seasonal vegetables, carrot cake, coffee and tea.

1:00 pm Entertainment provided by **Brent Meidinger**.

Deadline for ticket purchase March 23 by 3:00 pm.

[March Birthday Party](#)

Friday, March 27 at 1:15 pm

Entertainment will be provided by **TGC Ukulele group - Ukaphonease**, directed 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.

[Easter Brunch](#)

Thursday, April 2

Cost: \$20

Hop into Easter at our Brunch, featuring a tasty selection of brunch favourites and sweet treats, enjoyed with friends and good cheer.

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

Deadline for ticket purchase March 31 by 3:00 pm.

Special Events and Lectures

Alan P. Sentance Educational Lecture: Bone Health 101: What You Need to Know!

Thursday, April 16

11:00 am - 12:00 pm

Presented by Esther Becker, volunteer at Osteoporosis Canada

Did you know that at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime? Join us for this essential presentation that will help you learn how to reduce your risk of fracture by understanding what osteoporosis is and the risk of fracturing a bone. We will discuss practical ways to focus on maintaining healthy bones and explore the significant impact of nutrition and physical activity on your bone strength. Let's get to the core of healthy bones!

April Birthday Party

Friday, April 24 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.

Tulips & Tea Party

Tuesday, May 5

1:00 pm

Cost: \$5

Celebrate the season at our Tulips & Tea Party, surrounded by the colors of spring and friendly faces. Entertainment will be provided by **Roger Fowler**. The dessert will feature lemon tart, coffee and tea.

Deadline for ticket purchase May 1 by 3:00 pm.

Alan P. Sentance Educational Lecture: Traveling With Monty to Scandinavia

Wednesday, May 6

10:30 - 11:30 am

Presented by Amitabh Mukerji (Monty), member and volunteer at TGC

Pack your (imaginary) bags! This spring, Monti returns to share his recent adventures across Norway, Sweden, and Denmark. Having traveled the world for years, Monti brings his 2025 trip to life with beautiful visuals and firsthand tales of Viking history and modern Nordic culture.

May Birthday Party

Friday, May 22 at 1:15 pm

Entertainment will be provided by **Russell Levia**. 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.

TGC Talent Show & Luncheon

Wednesday, May 27

Cost: \$18

From laughter to music and everything in between - come cheer on our talented members at this year's Talent Show!

12:00 pm Menu: spring salad, pork fillet, maple cream Dijon, scalloped potatoes, seasonal vegetables, strawberry rhubarb pie, coffee and tea.

1:00 pm Talent Show.

Deadline for ticket purchase May 25 by 3:00 pm.

Friendly Reminder

If you are travelling by **ParaTranspo**, please ensure that your pick-up is scheduled for **no later than 3:00 pm**, as the Centre closes at 4:00 pm.

Please note that a **valid parking permit must be displayed** in your vehicle at all times while parked at the Centre. Parking permits are available for purchase at the following rates:

Annual pass: \$30.00 April 1st to March 31 Daily pass: \$2.50

Thank you for your cooperation.

Day Trips

Sugar Bush

Tuesday, April 14

from 10:00 am to 5:00 pm

Cost: \$78 members and \$93 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Discover the sweetness of Wheeler's Maple! Enjoy a delicious meal at the Pancake House, explore the Sugar Camp, and step back in time at the Museums. A perfect day out for food lovers, history buffs, and anyone who loves a little adventure!
- Visit to Balderson Village Cheese store

Merrickville and Almonte, ON

Wednesday, May 13

from 10:00 am to 6:00 pm

Cost: \$48 members and \$63 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Spend the day exploring the charming towns of Merrickville and Almonte! Browse unique boutiques, take in the historic sights, and enjoy lunch on your own at a cozy café or restaurant. A perfect outing for a relaxing day of fun and discovery!

**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

Annual General Meeting - June 8

Strawberry Social - June 11

Day Trip to Morrisburg, ON - June 19

Summer Program Registration - June 23, 24 & 25

Birthday Party - June 26

Canada Day Lunch - June 30



March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti and Meatballs Early bird membership renewal  Legal Services 	3 Lemon Sole Lecture: Finding Peace in Life's Transitions 1:00 – 2:00 pm	4 Baked Ham	5 Shepherd's Pie Hair Care 	6 Roast Turkey
9 Chicken Breast	10 Steak and Mushroom Pie	11 Pizza and Salad	12 Chili and Cornbread Foot Care 	13 International Menu  Argentina Peri Peri Pojo (Chicken)
16 Stuffed Fish St. Patrick's Day Tea 1:00 pm (tickets required)	17 Pork Chop Chasseur	18 Chicken and Broccoli Casserole Lecture: What are you missing? 10:30 – 11:30 am	19 Salisbury Steak Foot Care 	20 Chicken Thigh
23 Turkey Schnitzel	24 Farmer Sausage Lecture: Family History and BIFHSGO 1:00 – 2:00 pm	25 Soup and Sandwiches (room 019) Buzz Into Spring Luncheon 12:00 pm (tickets required)	26 Meatloaf	27 Chicken Supreme  Birthday Party
30 Veal Parmesan	31 Chicken Tenders	Cash Registers Please be advised of the following cash register operating hours: <ul style="list-style-type: none"> • Reception Cash Register: Opens at 8:45 am and closes at 3:00 pm. • Dining Room Cash Register: Opens at 8:30 am and closes at 1:00 pm. Kindly ensure that all transactions are completed within these time frames. Thank you for your cooperation.		

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm		1 Turkey à la King	2 Soup & Sandwiches (room 019) Easter Brunch 11:00 am (tickets required) Hair Care 	3 Centre closed for Easter Friday
6 Centre closed for Easter Monday	7 Chicken Drumstick  Wellness Clinic	8 Pork Chop  Nurse Practitioner	9 Swedish Meatballs	10 Sole
Spring Program Registration (10:00 am to 2:00 pm)				
13 Chicken with Mushrooms Legal Services 	14 Veal Scallopini Mushroom Sauce Day Trip Sugar Bush (tickets required)	15 Chicken and Pasta	16 Baked Fish Lecture: Bone Health 101 11:00 am – 12:00 pm Foot Care 	17 Pepper and Beef Steak
20 Chicken Breast	21 Ham Steak	22 Pasta with Meat Sauce	23 Roast Pork Foot Care 	24 Beef Burger  Birthday Party
Volunteer Appreciation Week				
27 Salisbury Onion	28 Breaded Herbed Pork	29 Baked Fish Hearing Clinic 	30 Bratwurst Sausage Foot Care 	

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">Cash Registers</p> <p>Please be advised of the following cash register operating hours:</p> <ul style="list-style-type: none"> • Reception Cash Register: Opens at 8:45 am and closes at 3:00 pm. • Dining Room Cash Register: Opens at 8:30 am and closes at 1:00 pm. <p>Kindly ensure that all transactions are completed within these time frames.</p>			<p>1 Chicken with Mushroom Sauce</p>
<p>4 Veal with Mushrooms</p> <p>Legal Services </p>	<p>5 Fish Cakes</p> <p>Tulips & Tea Party 1:00 pm (tickets required)</p>	<p>6 Chicken Cordon Bleu</p> <p>Lecture: Traveling With Monty to Scandinavia 10:30 – 11:30 am</p>	<p>7 Honey Garlic Pork</p> <p>Hair Care </p>	<p>8 International Menu</p> <p>India </p> <p>Butter Chicken</p>
<p>11 Hot Hamburg Sandwich</p>	<p>12 Chicken Pot Pie</p>	<p>13 Baked Ham</p> <p>Day Trip Merrickville and Almonte, ON (tickets required)</p> <p>Nurse Practitioner </p>	<p>14 Turkey Burger</p> <p>Foot Care </p>	<p>15 BBQ Sausage</p>
<p>18</p> <p>Centre Closed for Victoria Day</p>	<p>19 Chicken Parmesan</p>	<p>20 Sole</p>	<p>21 Meatballs and Gravy</p> <p>Foot Care </p>	<p>22 Roast Turkey</p> <p>HAPPY BIRTHDAY! </p> <p>Birthday Party</p>
<p>25 Herbed Chicken</p>	<p>26 Veal with Tomato Sauce</p>	<p>27 Soup and Sandwiches (room 019)</p> <p>TGC Talent Show & Luncheon 12:00 pm (tickets required)</p>	<p>28 Breaded Fish</p> <p>Foot Care </p>	<p>29 Ham Steak</p>

SUPPORT THE GOOD COMPANIONS

The Good Companions Senior Centre is a vital part of our community – a place where older adults find connection, support, and a sense of belonging. Your generosity helps us continue offering programs, meals, activities, and outreach to seniors who rely on us every day.

If you're able, please consider making a donation. You can give in the way that works best for you:

- Online: www.thegoodcompanions.ca
- By phone: 613-236-0428
- In person: Visit us at 670 Albert St.
- By scanning the QR code

SCAN ME



Every contribution makes a meaningful difference. Thank you for helping us support seniors in our community.



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For more information:



Devin Froislie

Phone: (613) 617-7888

Email: devin.froislie@springliving.ca



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