

The Good Companions

# Summer Bulletin

JUNE - JULY - AUGUST • 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](http://www.thegoodcompanions.ca)



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## 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](http://www.thegoodcompanions.ca/facility/accessibility)

For more information contact: Matthew Ottaviani  
[mottaviani@thegoodcompanions.ca](mailto:mottaviani@thegoodcompanions.ca)  
 613-236-0428 ext. 2290



# 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.

# REFLECTING ON SPRING, LOOKING TOWARD THE FUTURE

By Executive Director, Matthew Ottaviani

As spring transitions into the energy of summer, I continue to feel incredibly inspired by the momentum building across The Good Companions Seniors' Centre (TGC). There is a renewed sense of optimism, connection, and vibrancy throughout our organization, and it is being felt in every corner of TGC.

It is important to remember that TGC should foster a sense of belonging for everyone who engages with us. As TGC continues to grow, we remain committed to building an even more inclusive and welcoming organization - one that reflects the diversity of Canada and reaches more visible minorities, marginalized and underserved populations, and vulnerable older adults across our city. We recognize that there is still much work to do in diversifying TGC, and we are committed to continuing that work thoughtfully and intentionally.

Across the organization, we are seeing exciting growth. Membership registrations and program participation continue to rise, our dining room is filled with increased energy and activity, and engagement in our community-based services continues to expand, especially within our Community Support Services, Adult Day Program, and Seniors Centre Without Walls programs. Internally, we are also seeing positive growth in staff retention, budget management, workplace culture and relationships, and service delivery.

We are thrilled to have launched our new Members Advisory Council, receiving numerous applicants in this first recruitment round. Six members will soon join the inaugural Council, with another call for applicants planned next year. We have also seen tremendous interest from individuals wanting to join our Board of Directors, which speaks to the excitement, momentum, and community engagement people are seeing at TGC.

At the same time, we have officially begun our long-overdue Strategic Planning process with the support and leadership of board members, staff, senior leadership, and a TGC client/member representative. Over the coming months, we will engage staff, volunteers, clients, members, and community partners to help shape TGC's future growth, services, and long-term vision.

As part of this work, discussions regarding our property and future redevelopment plans are currently paused while we continue listening, learning, and planning thoughtfully for the future needs of both TGC and Ottawa's older adult community.

Finally, I warmly invite all members to attend our 70th Annual General Meeting of the Members on Monday, June 8th. We look forward to sharing the successes of 2025 - 2026 and the exciting work ahead.

Thank you for continuing to make TGC such a welcoming, caring, and vibrant community. The energy we are seeing today is something truly special, and while we still have much work ahead of us, I believe the future of TGC is brighter than ever.

Happy Summertime, Everyone!





# TEAM GOOD COMPANIONS



## **Executive Director**

Matthew Ottaviani                      Executive Director                      [mottaviani@thegoodcompanions.ca](mailto:mottaviani@thegoodcompanions.ca)      ext. 2290

## **Finance & Administration**

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## **Facilities**

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## **Day Centre**

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Linda Janes-Peddle                      Craft Coordinator                      [ljanes-peddle@thegoodcompanions.ca](mailto:ljanes-peddle@thegoodcompanions.ca)      ext. 2270

## **Volunteer Services and Community**

Stephane Gauthier                      Manager of Volunteer Services and Community  
Engagement                      [sgauthier@thegoodcompanions.ca](mailto:sgauthier@thegoodcompanions.ca)      ext. 2230

## **2SLGBTQIA+ Program**

Sarah Rea                      2SLGBTQIA+ Program Coordinator                      [sarah@thegoodcompanions.ca](mailto:sarah@thegoodcompanions.ca)      ext. 2353

## **Community Support Services (CSS)**

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# News and Updates

## Welcome to TGC!

We're excited to see so many new faces joining our centre! A big thank you to our incredible members and dedicated volunteers. Your ongoing support, commitment, and energy are what make TGC such a special place.

## Membership, Parking and Locker Renewal

Renew your membership (including parking and locker) at your convenience to keep everything up to date. If you're planning to register for any classes, please be sure to renew your membership. Staying current ensures you can continue enjoying all the programs and benefits the centre has to offer.

## Craft a Welcome Bear

The Craft Studio has partnered with CCI (The Catholic Centre for Immigrants) to create Welcome Bears for newcomer children in our community.

We are looking for knitters and crocheters who would like to help make these special handmade bears and share a warm welcome with children arriving in Canada.

Join us on Friday mornings at 10:00 am in Craft Room 236, starting July 3.

To learn more or get involved, please contact our Craft Coordinator, Linda Janes-Peddle 613-236-0428 ext. 2270.

## Join Our Virtual Book Club!

Looking for a fun and relaxing way to spend your lunchtime?

Join SCWW's Virtual Book Club every Monday from 12:45 - 1:45 pm as we listen together, share thoughts, and enjoy lively discussion in a welcoming group setting.

This term's featured book is Vera Wong's *Unsolicited Advice for Murderers* by Jesse Q. Sutanto, a charming and witty mystery filled with tea, humour, and an unforgettable amateur sleuth.

We are always looking for new participants and would love to have you join us.

To register or learn more, call 613-236-0428 ext. 2323.

## Centre Closure

The Good Companions will be closed **Wednesday, July 1st** for Canada Day.

The Good Companions will be closed on **Monday, August 3rd** for the Civic Holiday.

## 2SLGBTQIA+ Programs and Services

Stay up to date with everything happening in our 2SLGBTQIA+ scheduled programs and services. You'll find the latest information on upcoming activities, support groups, community events, and new opportunities to connect in a welcoming and inclusive space.

We're always adding new offerings, so checking in regularly will help you stay informed and ensure you don't miss anything that may be meaningful or helpful to you.

Scan the QR code to access the most current information.



Visit our website for full program details and updates:

<https://thegoodcompanions.ca/community-support-services/2slgbtqia-programs-and-services/>

## ADP calendar

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

## IN LOVING MEMORY

ANN BAXTER  
VALERIE BRIGGS  
MARY ELLEN FLECK  
HORACE HIMBURY  
LILA HIRD  
JULIE HUNT  
SOPHIA KOLIBAIEV  
BARBARA LAGUFF  
ELLEN LERMAN  
WENDY OSBORNE  
HODA WARAH

# On-Site Services

## Foot Care (\$)

Professional nursing foot care services by Sole Centered, 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. **June 11, 18, 25 July 9, 16, 23, August 20, 27**

### **\*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.

**June 4 July 2 August 6**

## 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. **June 10 July 8 August 12**

**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.

**June 1**

## 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. **June 23**

## 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).

**July 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](mailto: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](mailto: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](http://accesscss.ca).**

[www.accesscss.ca](http://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](mailto: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](mailto: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 2100 or by email [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)



## PARKING LOT FUNDRAISER

### BLUESFEST

#### **PARKING AVAILABLE AT:**

The Good Companions, 670 Albert St, Ottawa  
July 9 - 19, 2026 after 4 pm.

Only a 5 minute walk!

Donation of **\$20** per vehicle per night  
(first come first serve)

OR purchase your full festival pass for **\$120**

(\*Limited quantity! Get yours before they sell out!)

### Nostalgia Music Festival

#### **PARKING AVAILABLE AT:**

The Good Companions, 670 Albert St, Ottawa  
August 19 - 23, 2026 after 4 pm.

Only a 5 minute walk!

Donation of **\$20** per vehicle per night  
(first come first serve)

OR purchase your full festival pass for **\$60**

(\*Limited quantity! Get yours before they sell out!)

# Community Buzz

As we head into the summer season, I want to take a moment to thank all of our incredible volunteers, members, community partners, and staff for helping make The Good Companions such a welcoming and vibrant community.

This summer brings exciting opportunities for connection, including new student placements, expanded volunteer involvement, and continued growth in our community engagement initiatives. I hope everyone has a safe, fun, and meaningful summer filled with friendship, laughter, and memorable moments at the Centre!

Stephane Gauthier  
Manager, Volunteer Services & Community Engagement

*Caring* KIND ♥ DEDICATED  
*Compassionate* *Reliable*  
THE HEART BEHIND OUR MISSION ♥ *Generous*  
MAKING A DIFFERENCE EVERY DAY ♥  
The Good Companions ♥ *Thoughtful*  
COMMUNITY SPIRIT ♥ *volunteers* ♥ Patient  
FRIENDLY  
SELFELESS SUPPORTIVE INSPIRING VALUED ♥  
♥ You make a difference! *Thank You* ♥ Building connections. Bringing joy. Changing lives.



For more information contact Stephane Gauthier 613-236-0428 ext 2230 or by email [sgauthier@thegoodcompanions.ca](mailto:sgauthier@thegoodcompanions.ca)

# Volunteer Onboarding Update

We're excited to share a refreshed and simplified volunteer onboarding process at The Good Companions. Whether you're brand new or helping someone get started, joining our volunteer community is now clearer, smoother, and more welcoming than ever.

Our goal is simple: make it easy for great people to get involved, feel supported, and start making a difference right away.

Here's what the updated process looks like:

1

## Explore Opportunities

Visit our social media or our website's volunteer page: <https://thegoodcompanions.ca/get-involved/volunteer/>

Take a look at the different ways you can get involved. There's something for everyone, whether you enjoy social roles, behind-the-scenes support, or helping at events.

2

## Complete the Application

Scroll down the page to find the volunteer application form and submit it online.

3

## Application Review

Our team reviews applications and connects with applicants based on current needs and role availability. We focus on finding the right fit for both you and the Centre.

4

## Meet With Us

Selected applicants will be invited to connect with us to learn more about the role, ask questions, and ensure it's a good match.

5

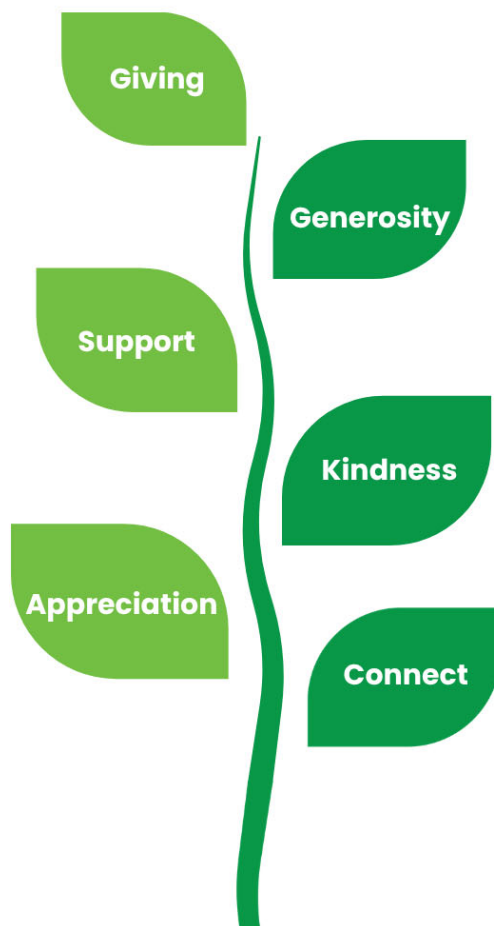
## Screening Requirements

Some roles require a Police Record Check (Vulnerable Sector Check), completed online through the Ottawa Police Service. We'll guide you through each step and provide any required documentation.

6

## Welcome to the Crew

Developing a solid business plan and a strategic roadmap for the future.





# VOLUNTEER APPRECIATION WEEK

Volunteer Appreciation Week at The Good Companions was truly something special this year, a full week dedicated to celebrating the incredible people who give their time, energy, and heart to our community.

From the moment the week began, We shared a sweet treat with our volunteers with a 3 pack of homemade cookies from our staff made here in our kitchen, there was a real sense of excitement and gratitude throughout the building. Our Volunteer Appreciation Hallway quickly became a highlight, filled with photos of volunteers past and present, along with heartfelt messages of thanks from staff, members, and fellow volunteers. It was a powerful visual reminder of the impact our volunteers have every single day.

Throughout the week, we took time to recognize and celebrate volunteers in different ways, whether through our telephone shout-outs when calling in or during meaningful conversations, and simple moments of connection. It was clear just how much appreciation exists for the work our volunteers do, often quietly and behind the scenes.

One of the most engaging parts of the week was the introduction of our recognition categories, where members, staff, and volunteers had the opportunity to nominate individuals who have gone above and beyond. From "Above and Beyond" to "Behind the Scenes Hero," these nominations highlighted the many ways volunteers contribute to making The Good Companions such a welcoming and supportive place. The winners will be recognized during our Volunteer Recognition Event on Thursday, August 13th.

We wrapped up the week with a movie afternoon featuring *The Best Exotic Marigold Hotel*, bringing everyone together for a relaxed and joyful ending to the celebrations. With popcorn in hand and laughter shared throughout the room, it was the perfect way to close out a week focused on connection and appreciation.

To all of our volunteers: THANK YOU! You are the heart of The Good Companions, and this week was just a small reflection of the gratitude we feel all year long.



## Thank You

A huge thank you to our amazing members, staff and friends who donated so generously to Highjinx over the holidays!

Matthew and Stephane had the opportunity to deliver everything yesterday, and it was incredible to see just how much your kindness will make a difference.

Highjinx does truly inspiring work in our community—supporting individuals facing poverty with not just essential items, but dignity, compassion, and a strong sense of belonging. The space they've created is something really special, and your donations help them continue that important work every day.

If you haven't had the chance yet, we encourage you to visit Highjinx at 290 Kent St, in Ottawa, learn more about what they do, and help spread the word. Supporting organizations like theirs helps strengthen our entire community.

We're so proud to be part of a community that shows up for others in such a meaningful way. Thank you again for your generosity and for helping make a real difference.

Way to go TGC Members, Staff and friends!

## Happy 65th Birthday, Giant Tiger!

On behalf of the staff, volunteers, and members at The Good Companions, we want to extend our heartfelt congratulations on this incredible milestone.

Thank you for your ongoing commitment to community building and for the many ways you support our organization. From your generous grocery donations that help nourish our members, to creating and filling gift bags for our Pride celebrations, to your support of our Santa for Seniors program - not only as a financial sponsor, but by joining us in delivering gifts to those who need it most - your impact is truly felt.

We are so grateful for your partnership, generosity, and hands-on support in our community. Wishing you a wonderful 65th birthday and many more years of making a difference!





## Telephone Programs

Start your day with a friendly

*Good morning*



### Telephone Assurance Calls

- Live alone and feel you would like a morning check in call.
- Volunteers call you on weekday mornings at a prearranged time.
- Call Community Support Services at 613-236-0428 ext 2250 for more info or to register.



### Looking for longer chattier calls?

Client Connection Calls may be the right fit for you. Volunteers call once or twice a month for a social call and chat about your favourite topics. Call Community Support Services for more info at 613-236-0428 ext 2358.

## Seniors' Centre Without Walls

**NEW**

Join us by telephone from the comfort of your own home

### Mindfulness & Meditation

**Monday Mornings 10:30-11:00 AM**

*Guided meditation to calm the body and mind.*

*Presenter: Amy Wannamaker, Centretown Community Health Centre*



### Chair Exercise & Yoga

**Thursday Mornings 10:45-11:15 AM**

*Gentle chair exercise to build strength and flexibility.*

*Presenter: Anna Ferdinand, Play! Joyful Fitness*



**For more information or to register, call 613-236-0428 ext 2323.**

# Program Registration Information

Registration can be done **in person or online** at [thegoodcompanions.ca/program-registration](http://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 Summer 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.



# Summer Program Guide

## Summer Program Registration

June 23, 24 & 25 from 10:00 am to 2:00 pm

### Fitness

| Code   | Program                          | Begins  | Duration | Day/Time                | Fee  | Room      | Instructor |
|--|----------------------------------|---------|----------|-------------------------|------|-----------|------------|
| 262010   | Nordic Pole Walking <b>BACK!</b> | July 13 | 6 Weeks  | Monday 8:45 - 10:15 am  | \$20 | Out-doors | Ana V      |
| * Must be able to walk 2-5 km continuously at brisk pace. Urban Poling 300 Series Poles provided to use for the class. |                                  |         |          |                         |      |           |            |
| 262011   | Fitness For Arthritis & Balance  | June 29 | 6 Weeks  | Mon 10:00 - 11:00 am    | \$36 | 112       | Rhona E.   |
| 262012   | Gentle Aerobics + Weights        | July 13 | 6 Weeks  | Mon 12:15 - 1:15 pm     | \$36 | 112       | Wendy G.   |
| 262013   | Working With Weights             | July 13 | 6 Weeks  | Mon 1:15 - 2:15 pm      | \$36 | 112       | Wendy G.   |
| 262014   | Core & More                      | July 13 | 6 Weeks  | Mon 2:15 - 3:00 pm      | \$36 | 112       | Wendy G.   |
| 262015   | Zumba Gold                       | June 30 | 9 Weeks  | Tues 9:15 - 10:15 am    | \$54 | 112       | Xiang S.   |
| 262016   | Fitness For Arthritis & Balance  | June 30 | 8 Weeks  | Tues 10:00 - 11:00 am   | \$48 | 028       | Rhona E.   |
| 262017   | Gentle Hatha Yoga                | June 30 | 8 Weeks  | Tues 11:00 am - 12:00pm | \$48 | 028       | Rhona E.   |
| 262018   | Fitness For Arthritis & Balance  | June 30 | 9 Weeks  | Tues 1:00 - 2:00 pm     | \$54 | 028       | Xiang S.   |
| 262019   | Posture & Balance                | July 8  | 8 Weeks  | Wed 10:45 - 11:45 am    | \$10 | 112       | Guity E.   |
| 262020   | Strength & Stretch + Weights     | July 15 | 7 Weeks  | Wed 12:15 - 1:15 pm     | \$42 | 028       | Wendy G.   |
| 262021   | Working With Weights             | July 15 | 7 Weeks  | Wed 1:15 - 2:15 pm      | \$42 | 028       | Wendy G.   |
| 262022   | Core and More                    | July 15 | 7 Weeks  | Wed 2:15 - 3:00 pm      | \$42 | 028       | Wendy G.   |
| 262023   | Chair Hatha Yoga                 | July 8  | 6 Weeks  | Wed 1:30 - 2:20 pm      | \$36 | 112       | Rhona E.   |
| 262024   | TGC Walking Group <b>BACK!</b>   | July 16 | 6 Weeks  | Thurs 8:45 - 10:15 am   | \$20 | Out-doors | Ana V.     |
| * Must be able to walk 2-5 km continuously at brisk pace.  |                                  |         |          |                         |      |           |            |
| 262025   | Music & Tai Chi                  | July 10 | 8 Weeks  | Fri 11:00 am - 12:00 pm | \$48 | 112       | Yu Ming    |
| 262026   | Gentle Aerobics + Weights        | July 17 | 7 Weeks  | Fri 12:15 - 1:15 pm     | \$42 | 028       | Wendy G.   |
| 262027   | Working With Weights             | July 17 | 7 Weeks  | Fri 1:15 - 2:15 pm      | \$42 | 028       | Wendy G.   |
| 262028   | Core & More                      | July 17 | 7 Weeks  | Fri 2:15 - 3:00 pm      | \$42 | 028       | Wendy G.   |

### Fitness Room

|        |                         |         |         |                      |      |     |               |
|--------|-------------------------|---------|---------|----------------------|------|-----|---------------|
| 262029 | Access To Gym (3x/Week) | June 29 | Vary    | Mon, Wed. & Fri.     | \$40 | 028 | No Instructor |
| 262030 | Access To Gym (Mon.)    | June 29 | 8 Weeks | Mon 12:00 - 1:30 pm  | \$15 | 028 | No Instructor |
| 262031 | Access To Gym (Wed.)    | July 8  | 8 Weeks | Wed 10:00 - 11:30 am | \$15 | 028 | No Instructor |
| 262032 | Access To Gym (Fri.)    | July 3  | 9 Weeks | Fri 10:00 - 11:30 am | \$15 | 028 | No Instructor |

### Recreational Dance

|        |               |         |         |                         |      |     |          |
|--------|---------------|---------|---------|-------------------------|------|-----|----------|
| 262033 | Line Dance    | June 29 | 6 Weeks | Mon 11:00 am - 12:00 pm | \$36 | 112 | Rhona E. |
| 262034 | Sharing Dance | July 3  | 6 Weeks | Fri 10:00 - 10:45 am    | Free | 028 | Ana V.   |

# Summer Program Guide

## Recreational Sports

|        |                          |         |         |                           |      |     |               |
|--------|--------------------------|---------|---------|---------------------------|------|-----|---------------|
| 262035 | Pickleball (Tues)        | June 30 | 9 Weeks | Tues 1:15 - 2:45 pm       | \$15 | 112 | No Instructor |
| 262036 | Pickleball (Thurs)       | July 2  | 8 Weeks | Thurs 11:00 am - 12:30 pm | \$15 | 112 | No Instructor |
| 262037 | Table Tennis (Ping-Pong) | July 3  | 9 Weeks | Fri 10:00 - 11:00 am      | \$15 | 112 | No Instructor |
| 262038 | Pickleball (Fri)         | July 3  | 9 Weeks | Fri 11:30 am - 1:00 pm    | \$15 | 112 | No Instructor |

## Language

|        |                |         |         |                     |      |     |           |
|--------|----------------|---------|---------|---------------------|------|-----|-----------|
| 262039 | Spanish, Basic | June 29 | 5 Weeks | Mon 9:30 - 10:30 am | \$55 | 015 | Vanessa R |
|--------|----------------|---------|---------|---------------------|------|-----|-----------|

**\*\* Must know verbs Ser & Estar (present)**

|        |                        |         |         |                      |      |     |           |
|--------|------------------------|---------|---------|----------------------|------|-----|-----------|
| 262040 | Spanish, Advanced (AM) | June 29 | 5 Weeks | Mon 10:45 - 11:45 am | \$55 | 015 | Vanessa R |
| 262041 | Spanish, Intermediate  | June 29 | 5 Weeks | Mon 12:00 - 1:00 pm  | \$55 | 015 | Vanessa R |
| 262042 | Spanish, Advanced (PM) | June 29 | 5 Weeks | Mon 1:30 - 2:30 pm   | \$55 | 015 | Vanessa R |
| 262043 | New to Spanish         | June 29 | 5 Weeks | Mon 2:30 - 3:30 pm   | \$55 | 015 | Vanessa R |
| 262044 | French Conversation    | TBA     | TBA     | TBA                  | TBA  | TBA | TBA       |

## General Interest

|        |                         |         |            |                              |      |         |           |
|--------|-------------------------|---------|------------|------------------------------|------|---------|-----------|
| 262045 | Coffee Club (Mon)       | June 22 | Continuous | Mon 10:00 - 11:00 am         | Free | 141     | Ana V.    |
| 262046 | Amateur Radio Operators | July 7  | 8 Weeks    | Tues 10:30 am - 11:30 pm     | Free | 019     | Frank D.  |
| 262079 | As The World Turns      | July 7  | 4 Weeks    | Biweekly Tues, 12:00-1:00 pm | Free | 015     | Daryl C.  |
| 262047 | Computer Support        | July 8  | 4 Weeks    | Wed 1:00 - 2:30 pm           | \$20 | 121     | Lionel W. |
| 262048 | Computer Support        | Aug 12  | 4 Weeks    | Wed 1:00 - 2:30 pm           | \$20 | 121     | Lionel W. |
| 262049 | Coffee Club (Thurs)     | June 25 | Continuous | Thurs 10:00 - 11:00 am       | Free | 141     | Ana V.    |
| 262050 | TGC Book Club           | July 2  | 9 Weeks    | Thurs 10:30 am - 12:00 pm    | \$10 | 121     | Mary O.   |
| 262051 | Introductory Computer   | July 2  | 4 Weeks    | Thurs 12:30 - 2:00 pm        | \$20 | 121     | Karim G.  |
| 262052 | Introductory Computer   | Aug 6   | 4 Weeks    | Thurs 12:30 - 2:00 pm        | \$20 | 121     | Karim G.  |
| 262053 | Creative Writing        | TBA     | TBA        | Fri 1:00 - 2:30 pm           | \$10 | 019     | Melody S  |
| 262054 | Container Garden        | July 4  | Seasonal   | Mon - Fri (Flexible hours)   | Free | Outside | Ana\Lynn  |

## Games

|        |                      |         |            |                              |                 |     |  |
|--------|----------------------|---------|------------|------------------------------|-----------------|-----|--|
| 262055 | Contract Bridge      | June 29 | Continuous | Mon 12:45 - 2:45 pm          | \$1/wk          | 015 |  |
| 262056 | Games Room           |         | Continuous | Tues. & Fri. (see reception) | Free            | 015 |  |
| 262057 | Euchre               | June 24 | Continuous | Wed 1:00 - 3:00 pm           | \$1/wk          | 141 |  |
| 262058 | Scrabble/Board Games | June 25 | Continuous | Thurs 1:00 - 3:00 pm         | Free            | 015 |  |
| 262059 | Bingo                | June 25 | Continuous | Thurs 1:30 - 2:30 pm         | \$0.50/<br>card | 141 |  |

## Performing Arts

|        |                         |         |         |                          |      |     |          |
|--------|-------------------------|---------|---------|--------------------------|------|-----|----------|
| 262060 | Unusual Humans Quintet  | June 29 | 9 Weeks | Mon 1:00 - 3:00 pm       | \$15 | 024 | Alain D. |
| 262061 | Usual Fellows Jazz Band | July 3  | 9 Weeks | Thurs 9:00 am - 12:00 pm | \$15 | 024 | Alf W.   |

# Summer Program Guide

## Craft Studio

### Charity Work

|        |                           |         |          |                         |      |           |            |
|--------|---------------------------|---------|----------|-------------------------|------|-----------|------------|
| 262062 | Weaving Milk Bag Mats     | June 30 | 11 Weeks | Tues 1:00 - 3:00 pm     | Free | 240       | Evelyn M.  |
| 262063 | Craft Support Team        | July 28 | 4 Weeks  | Tues 1:00 - 3:00 pm     | Free | 2nd floor | Pete N-J.  |
| 262064 | Craft Support Team        | July 8  | 4 Weeks  | Wed 10:00 am - 3:00 pm  | Free | 236       | Linda J-P. |
| 262065 | Welcome Bears <b>NEW!</b> | July 3  | 7 Weeks  | Fri 10:00 am - 12:00 pm | Free | 236       | Pete N-J.  |

### Creative Arts/Expressive Arts

|        |                        |        |          |                       |      |     |                  |
|--------|------------------------|--------|----------|-----------------------|------|-----|------------------|
| 262067 | Stained Glass Int.* AM | July 2 | 10 Weeks | Thurs 9:00 - 11:30 am | \$37 | 236 | Bob/Richard/John |
| 262068 | Stained Glass Int.* PM | July 2 | 10 Weeks | Thurs 12:30 - 3:00 pm | \$37 | 236 | Bob/Richard/John |

### Production Volunteer

|        |                                |         |          |                         |      |           |                    |
|--------|--------------------------------|---------|----------|-------------------------|------|-----------|--------------------|
| 262069 | Doodle Yourself Happy          | June 29 | 9 Weeks  | Mon 12:45 - 2:45 pm     | Free | 236       | Bonita G/Anneka M. |
| 262070 | Knitting & Crocheting          | June 29 | 9 Weeks  | Mon 1:00 - 3:00 pm      | Free | 240       | Valerie S.         |
| 262071 | Stained Glass (Level 1)        | June 30 | 10 Weeks | Tues 9:00 - 11:30 am    | Free | 236       | Daniel H./Kit H.   |
| 262072 | Stained Glass (Level 1)        | June 30 | 10 Weeks | Tues 12:30 - 3:00 pm    | Free | 236       | Zelda P.           |
| 262073 | Card Making-dyes/embossing     | July 8  | 8 Weeks  | Wed 10:00am - 12:00pm   | Free | 240       | Marie B.           |
| 262074 | Hand Painting                  | July 8  | 8 Weeks  | Wed 10:00 am - 12:00 pm | Free | 2nd floor | Myungsook/Valerie  |
| 262075 | Stitch a Card                  | July 8  | 3 Weeks  | Wed 1:00 - 3:00 pm      | Free | 236       | Pete N-J.          |
| 262076 | Applique on Fabric <b>NEW!</b> | July 29 | 5 Weeks  | Wed 1:00 - 3:00 pm      | Free | 236       | Laura Lynn E.      |
| 262077 | Knitting & Crocheting AM       | July 2  | 10 Weeks | Thurs 10:00am - 12:00pm | Free | 240       | Heather B.         |
| 262078 | Knitting & Crocheting PM       | July 2  | 10 Weeks | Thurs 1:00 - 3:00 pm    | Free | 240       | Heather B.         |



## New Program Information

**Applique on Fabric:** We will be sewing pieces of different shapes, sizes and textures of fabric onto a larger piece to create a picture. It is a great way to embellish or customize projects. We will be sewing baby bibs and adult aprons. Use your artistic expression to create a very special collage. The possibilities are endless. Sewing skills are necessary.

**Nordic Pole Walking:** The class takes place outdoors along the scenic Ottawa River Pathways and lasts for up to 1.5 hours. There is a brief warm-up before you head out and stretching outside upon your return to the centre. Urban Poling 300 Series Poles are provided. This class is meant for people that are able to walk 2 - 5 km continuously at a fairly brisk pace (walking fast enough to get warm but still hold a conversation).

**TGC Walking Group:** This low impact fitness activity combines the benefits of a physical activity with socialization. It is perfect for those who want an outdoor activity during spring and summer time, but do not want the solitary experience of walking alone. Regular walking strengthens your heart, it boosts circulation and increases oxygen supply and like any other exercises it boosts your mood! This class is meant for people that are able to walk 2 - 5 km continuously at a fairly brisk pace (walking fast enough to get warm but still hold a conversation).

# Special Events and Lectures

## [Alan P. Santance Educational Lecture: 20th Century Canadian History Through The Magic of Radio](#)

**Tuesday, June 9**  
**10:30 - 11:30 am**

**Presented by Laurence Wall, Retired CBC Broadcaster**

Experience history you can actually hear. Join retired CBC broadcaster Laurence Wall (we all know his voice!) for an immersive, 50-minute multimedia journey into the airwaves that forged our nation. From the pageantry of the 1939 Royal Visit and the front lines of WWII to the gripping tension of the Moose River Mine Disaster, Laurence pairs expert insight with authentic vintage recordings. Step back in time and feel the pulse of a country connected by sound. Don't just learn about the past - hear the voices that lived it.

## [Strawberry Social](#)

**Thursday, June 11**  
**1:00 pm**

**Cost: \$6**

Sweet strawberries, warm conversation, and the songs of singer **Lauren Hall**. Come for the berries, stay for the company at our strawberry social! The dessert will feature strawberry shortcake, coffee and tea.

**Deadline for ticket purchase June 9 by 3:00 pm.**

## [Alan P. Santance Educational Lecture: Mind Your Brain Health](#)

**Wednesday, June 17**  
**11:00 am - 12:00 pm**

**Presented by Sina Shafiyani, Ph.D. candidate - Research Assistant**

Are you giving your brain the care it deserve? Join The Dementia Society of Ottawa and Renfrew County for a transformative session that cuts through the myths of aging to reveal the science of a sharper mind. In this concise yet powerful presentation, we dive into the practical lifestyle choices that significantly reduce dementia risk and boost cognitive longevity. Whether you're looking to enhance your own habits or support a loved one, you'll walk away with the essential tools and local resources needed to prioritize your brain health today.

## [June Birthday Party](#)

**Friday, June 26 at 1:15 pm**

Entertainment will be provided by **Normand and Laura Lynn**. Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$5 for all others** and can be purchased at Front Reception.

## [Canada Day Luncheon](#)

**Tuesday, June 30**

**Cost: \$20**

Join us for a Canada Day lunch filled with festive flavours, friendly faces, and lively entertainment to celebrate in true Canadian spirit!

**12:00 pm** **Menu:** Succotash summer salad, lemon dill farfalle salad, cucumber watermelon gazpacho with mint, Hoisin beef mushroom kebob, red velvet cake, coffee and tea.

**1:00 pm** Entertainment provided by **Mary-Ellen Shennan.**

**Deadline for ticket purchase June 26 by 3:00 pm.**

## [Alan P. Santance Educational Lecture: Trust Your Gut: The Science of the Microbiome](#)

**Wednesday, July 8**

**10:30 - 11:30 am**

**Presented by Huguette Samson Bouchard, RD**

Did you know your gut health influences everything from your mood to your immunity? Join us for an insightful presentation to explore the fascinating world of Gut Bacteria. You will learn how to identify the "power players" in your system and discover simple, evidence-based food swaps to reduce bloating and boost energy. Move beyond the marketing hype and get the professional tools you need to optimize your health from the inside out. Don't miss this chance to learn how to fuel the ecosystem that fuels you!

## [Fashion Show & Tea](#)

**Thursday, July 9**

**1:00 pm**

**Cost: \$6**

Sip tea, enjoy a stylish showcase and see how our Repeat Performance proves great fashion always deserves an encore. The dessert will feature black forest cake, coffee and tea.

**Deadline for ticket purchase July 7 by 3:00 pm.**

# Special Events and Lectures

## Alan P. Santance Educational Lecture: Doors Of Ottawa: Unlocking Ottawa's Hidden Histories

Thursday, July 16  
10:30 - 11:30 am

**Presented by Nicole Sammut, Founder, The  
Doors of Ottawa**

Join us to explore the architectural gems and hidden histories of our city. Learn to "read" classical buildings by identifying the Beaux-Arts elements that define Ottawa's public landmarks. This engaging presentation offers expert insights, stories of our community's founders, and a rare look at spaces typically closed to the public. Discover the rich heritage right in our backyard and learn to see your city in a whole new light. You won't want to miss it!

## Christmas in July Luncheon

Wednesday, July 22

**Cost: \$20**

Enjoy a Christmas in July luncheon with festive flavours, warm company, and musical entertainment that blends holiday favourites with lively tunes!

**12:00 pm** **Menu** cranberry salad, pumpkin gazpacho, smoked bourbon maple turkey with sauce, potato sardalaise, roasted zucchini, apple cherry pie with ice-cream, coffee and tea.

**1:00 pm** Entertainment provided by **Wesley Fahey**.

**Deadline for ticket purchase July 20 by 3:00 pm.**

## July Birthday Party

Friday, July 24 at 1:15 pm

Entertainment will be provided by **Marco Zarco**. Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$5 for all others** and can be purchased at Front Reception.

**Alan P. Santance Educational Lectures are free presentations. All in the community are welcome and encouraged to attend.**  
Call 613-236-0428 or visit [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca) to register.

## Tea Dance

Tuesday, August 11

1:00 pm

**Cost: \$6**

Put on your dancing shoes for an afternoon tea dance filled with good tunes, light refreshments and plenty of chances to twirl the day away! The dessert will feature peach cobbler with ice-cream, coffee and tea.

**Deadline for ticket purchase August 7 by 3:00 pm.**

## Alan P. Santance Educational Lecture: The New Face of Fraud: How to Spot Today's Most Sophisticated Scams

Wednesday, August 12

10:30 - 11:30 am

**Presented by Vikta Paulo, Region Director at  
Better Business Bureau of Greater Ottawa**

Don't let a high-tech trap compromise your security. This eye-opening session reveals the chilling reality of how scammers now use artificial intelligence to create "perfect" deceptions, from undetectable phishing to realistic voice-cloning. Discover how easy it is to fall victim to these new traps and walk away with the exact toolkit needed to outsmart them. Join us to gain the ultimate advantage against modern fraud and navigate the digital world with total confidence.

## TGC Annual Pride BBQ

Wednesday, August 19

**Cost: \$20**

Join us for our Annual Pride BBQ with good food, great company and a vibrant celebration of community, inclusion, and pride!

**12:00 pm** **Menu:** potato salad, pasta salad, garden salad, smoked boneless BBQ chicken thigh, sausage, burger, roasted corn on the cob, rainbow cake, coffee and tea.

**Deadline for ticket purchase August 17 by 3:00 pm.**

## August Birthday Party

Friday, August 28 at 1:15 pm

Entertainment will be provided by **Ginette Hamilton**. Cake, ice cream, coffee & tea will be served after the entertainment. There is no charge to members celebrating birthdays. Tickets are **\$5 for all others** and can be purchased at Front Reception.

# Day Trips

## Morrisburg, ON

Friday, June 19

From 10:00 am to 5:30 pm

Cost: \$135 members and \$150 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Buffet Lunch at McIntosh Country Inn
- Matinée performance of "Danny & Delilah" by Norm Foster at Upper Canada Playhouse

## Gananoque, ON

Tuesday, July 14

From 8:30 am to 5:30 pm

Cost: \$108 members and \$123 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Visit to Shoreline Casino
- Lunch will be on your own
- Matinée performance of "Grease" at 1,000 Islands Playhouse.

## Botanical Gardens (Montreal, QC)

Wednesday, August 26

From 8:30 am to 5:30 pm

Cost: \$82 members and \$97 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC)
- Brown bag lunch provided by The Good Companions kitchen
- Spend a peaceful, leisurely summer day at the Montreal Botanical Garden, where vibrant blooms, shaded walkways, and serene landscapes invite you to slow down and enjoy nature's beauty at an easy pace. Admission included; self-guided.

**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.**



The Good Companions  
Seniors' Centre  
Supporting a Vibrant Community

You are cordially invited to join The Good Companions'

## 70th ANNUAL GENERAL MEETING

MONDAY, JUNE 8, 2026

3:00 PM










**Location:** 670 Albert Street, Back Dining Room

Light refreshments will be served









**Please RSVP online by Monday, June 1, 2026:**

[thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/](http://thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/)  
or call 613-236-0428 x2100.







# June 2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <b>1</b> Honey Garlic Crispy Chicken<br><br>  | <b>2</b> Ham Pineapple  | <b>3</b> Salmon Kale Salad  | <b>4</b> Chicken Pizza<br><br>   | <b>5</b> BBQ Sausage  |
| <b>8</b> Chicken Schnitzel<br><br><div style="border: 1px solid green; padding: 5px;">           Annual General Meeting at 3:00 pm<br/>           More information on page 20         </div> | <b>9</b> Swedish Meatballs<br><br><div style="border: 1px solid blue; padding: 5px;">           Lecture:<br/>           20th Century Canadian History<br/>           10:30 – 11:30 am         </div>      | <b>10</b> Sundried Tomato Spaghetti<br><br>  | <b>11</b> International Menu: Philippines Adobo Chicken<br><br><div style="border: 1px solid red; padding: 5px;">           Strawberry Social<br/>           1:00 pm<br/>           (tickets required)         </div>  | <b>12</b> BBQ Burger  |
| <b>15</b> Sweet sour Crispy Chicken  | <b>16</b> Ham Steak   | <b>17</b> Chicken Thigh<br><br><div style="border: 1px solid blue; padding: 5px;">           Lecture:<br/>           Mind Your Brain Health<br/>           11:00 am – 12:00 pm         </div> | <b>18</b> Lasagna<br><br>  | <b>19</b> BBQ Salmon<br><br><div style="border: 1px solid purple; padding: 5px;">           Day Trip<br/>           Morrisburg, ON<br/>           (tickets required)         </div> |
| <b>22</b> Honey Garlic Meatballs   | <b>23</b> Chicken Breast<br><br>   | <b>24</b> Mac and Cheese  | <b>25</b> Chicken Leg<br><br>  | <b>26</b> BBQ Chicken<br><br>  |
| <b>Summer Program Registration (10:00 am to 2:00 pm)</b>   |   |   |   | <b>Birthdays Party</b>  |
| <b>29</b> Turkey Schnitzel   | <b>30</b> Soup and Sandwiches (room 019)<br><br><div style="border: 1px solid red; padding: 5px;">           Canada Day Luncheon<br/>           12:00 pm<br/>           (tickets required)         </div> |  <p>The Good Companions has a strict no-scent policy. We kindly ask that no scented products be worn.</p>  |   |   |

# July 2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| Lunch is Served Daily from 11:30 am to 1:00 pm |   | 1<br><br>Centre Closed for Canada Day  | 2 Baked Pollock<br><br>Hair Care    | 3 BBQ Hamburger   |
| 6 Chicken Leg                                  | 7 English Fish  | 8 Salmon Salad<br><br>Lecture: The Science of the Microbiome 10:30 – 11:30 am<br><br> Nurse Practitioner | 9 International Menu Iran<br>Lamb Gormet Sabzi<br><br>Fashion Show & Tea 1:00 pm (tickets required)<br><br>Foot Care  | 10 BBQ Pork Loin  |
| 13 Veal with Mushrooms                         | 14 Baked Ham<br><br>Day Trip Gananoque, ON (tickets required) | 15 Chicken Thigh Hoisin   | 16 Spaghetti Meatballs<br><br>Lecture: Unlocking Ottawa's Hidden Histories 10:30 – 11:30 am<br><br>Foot Care        | 17 BBQ Sausage  |
| 20 Lemon Chicken                               | 21 Turkey Cutlet  | 22 Soup and Sandwiches (room 019)<br><br><br>Christmas in July Luncheon 12:00 pm (tickets required)    | 23 Curried Shrimp<br><br>Foot Care    | 24 BBQ Hamburger<br><br><br>Birthday Party |
| 27 Chicken Breast Mushroom Sauce               | 28 Mac and Cheese   | 29 Baked Sole<br><br>Hearing Clinic    | 30 Chicken Drumstick   | 31 BBQ Hot Dog  |

# August 2026

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <b>3</b><br><div style="border: 2px solid red; padding: 10px; text-align: center;"> <b>Centre Closed for Civic Holiday</b> </div> | <b>4</b> Turkey Schnitzel   | <b>5</b> Salmon Salad   | <b>6</b> International Menu<br>West African Chicken<br><br>Hair Care                                       | <b>7</b> BBQ Hamburger   |
| <b>10</b> Sweet and Sour Pork   | <b>11</b> Breaded Fish<br><br><div style="border: 2px solid pink; padding: 5px; text-align: center;">           Tea Dance<br/>           1:00 pm<br/>           (tickets required)         </div>   | <b>12</b> Meatloaf<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center;">           Lecture:<br/>           The New Face of Fraud<br/>           10:30 –11:30 am         </div>  Nurse Practitioner        | <b>13</b><br><br><div style="border: 2px solid orange; padding: 5px; text-align: center;">           Centre Closed for Volunteer Recognition<br/><br/> <b>NO PROGRAMS<br/>NO LUNCH</b> </div> | <b>14</b> BBQ Sausage  |
| <b>17</b> Chicken Thigh   | <b>18</b> Pork Stir-Fry   | <b>19</b> Soup and Sandwiches (room 019)<br><br><div style="border: 2px solid pink; padding: 5px; text-align: center;">            TGC Annual Pride BBQ<br/>           12:00 pm<br/>           (tickets required)         </div> | <b>20</b> Hamburg Steak<br><br>Foot Care   | <b>21</b> BBQ Chicken  |
| <b>24</b> Chicken Schnitzel   | <b>25</b> Sole with Parsley Wine Sauce  | <b>26</b> Beef Stir Fry<br><br><div style="border: 2px solid purple; padding: 5px; text-align: center;">           Day Trip<br/>           Botanical Gardens<br/>           (Montréal, QC)<br/>           (tickets required)         </div>   | <b>27</b> Southwest Chicken Pizza<br><br>Foot Care   | <b>28</b> BBQ Pork Loin<br><br><br><br>Birthday Party |
| <b>31</b> Chicken Burger  | <div style="background-color: #f0f0f0; padding: 20px; border-radius: 10px;"> <h2 style="color: #8B4513;">Upcoming Events</h2> <p><b>SENIORS ACTIVE LIVING FAIR AND OPEN HOUSE</b><br/>September 9</p> <p><b>FALL PROGRAM REGISTRATION</b><br/>September 15, 16 &amp; 17</p> <p><b>WELCOME BACK LUNCHEON</b><br/>September 22</p> </div> |   |   |  |

# SAVE THE DATE

## Seniors Active Living Fair & Open House

**Wednesday, September 9, 2026**

**9:30 am - 2:00 pm - 670 Albert Street, Ottawa**

Save the date for an exciting and informative event you won't want to miss!

Enjoy engaging seminars, live demonstrations, exhibitors, door prizes, interactive fitness classes, and so much more. Connect with a wide range of businesses and organizations that support older adults, and discover the many programs, services, and opportunities available through [The Good Companions](#).

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 BY SPRING LIVING

**Have Questions About Retirement  
 Living in The Glebe?  
 Join us for...**

## Walk-in Wednesdays!

**1:00 - 4:00 PM every week**

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



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✓ Accessible Living

✓ Senior Apartments  
 Supportive & Assisted Living  
 Memory Care

### For more information:



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