

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



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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

For more information contact: Matthew Ottaviani
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 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

Volunteer Services and Community

Stephane Gauthier Manager of Volunteer Services and Community Engagement 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

Yasmin Rodriguez Day Program Assistant yrodriguez@thegoodcompanions.ca ext. 2192

Barbara Loxton Day Program Assistant bloxton@thegoodcompanions.ca ext. 2193

Courtney DeFazio SCWW Coordinator cdefazio@thegoodcompanions.ca ext. 2323

Afua Okyere SCWW Assistant aokyere@thegoodcompanions.ca ext. 2390

Food Services

Stéphane Roy Manager of Food Services 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'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. 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

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.

YouTube



Should you have any questions regarding membership, please call 613-236-0428 ext 2100 or by email 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 **\$25** 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



For more information contact Stephane Gauthier 613-236-0428 ext 2230 or by email 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

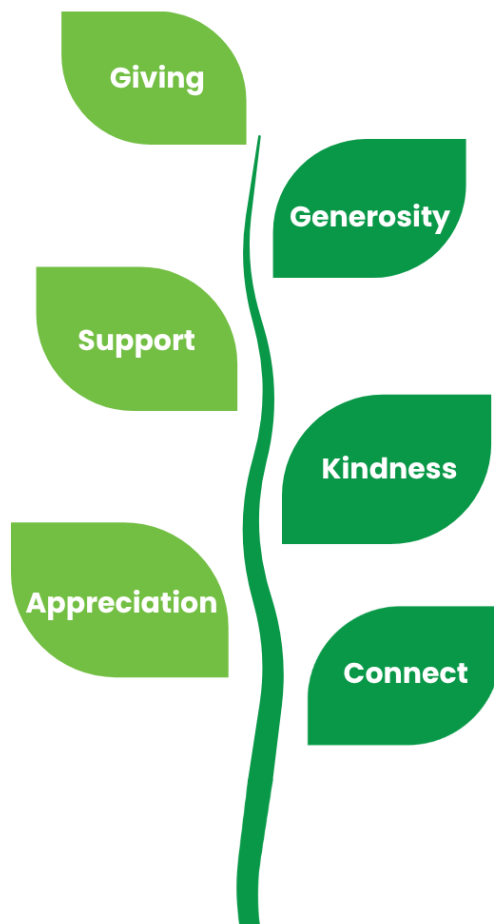
Screening Requirements

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. 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 BACK!	July 13	6 Weeks	Monday 8:45 - 10:15 am	\$20	Outdoors	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 BACK!	July 16	6 Weeks	Thurs 8:45 - 10:15 am	\$20	Outdoors	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 9:45 - 10:45 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/	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 NEW!	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 NEW!	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. Sentance 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. 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.

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. Sentance 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: \$22

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.



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






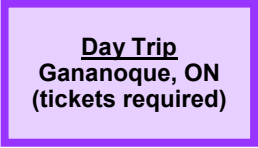
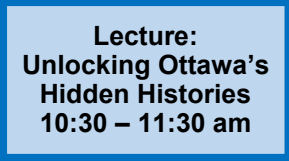




Please RSVP online by Monday, June 1, 2026:

thegoodcompanions.ca/upcoming-events/upcoming-events-rsvp/
or call 613-236-0428 x2100.







June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Honey Garlic Crispy Chicken 	2 Ham Pineapple	3 Salmon Kale Salad	4 Chicken Pizza 	5 BBQ Sausage
8 Chicken Schnitzel <div style="border: 1px solid green; padding: 5px;"> Annual General Meeting at 3:00 pm More information on page 20 </div>	9 Swedish Meatballs <div style="border: 1px solid blue; padding: 5px;"> Lecture: 20th Century Canadian History 10:30 – 11:30 am </div>	10 Sundried Tomato Spaghetti 	11 International Menu: Philippines Adobo Chicken <div style="border: 1px solid red; padding: 5px;"> Strawberry Social 1:00 pm (tickets required) </div> 	12 BBQ Burger
15 Sweet sour Crispy Chicken	16 Ham Steak	17 Chicken Thigh <div style="border: 1px solid blue; padding: 5px;"> Lecture: Mind Your Brain Health 11:00 am – 12:00 pm </div>	18 Lasagna 	19 BBQ Salmon <div style="border: 1px solid purple; padding: 5px;"> Day Trip Morrisburg, ON (tickets required) </div>
22 Honey Garlic Meatballs	23 Chicken Breast 	24 Mac and Cheese	25 Chicken Leg 	26 BBQ Chicken 
Summer Program Registration (10:00 am to 2:00 pm)				26 Birthday Party
29 Turkey Schnitzel	30 Soup and Sandwiches (room 019) <div style="border: 1px solid red; padding: 5px;"> Canada Day Luncheon 12:00 pm (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  Centre Closed for Canada Day	2 Baked Pollock Hair Care 	3 BBQ Hamburger
6 Chicken Leg	7 English Fish	8 Salmon Salad   Nurse Practitioner	9 International Menu Iran Lamb Gormet Sabzi  Foot Care 	10 BBQ Pork Loin
13 Veal with Mushrooms	14 Baked Ham 	15 Chicken Thigh Hoisin	16 Spaghetti Meatballs  Foot Care 	17 BBQ Sausage
20 Lemon Chicken	21 Turkey Cutlet	22 Soup and Sandwiches (room 019)  	23 Curried Shrimp Foot Care 	24 BBQ Hamburger  Birthday Party
27 Chicken Breast Mushroom Sauce	28 Mac and Cheese	29 Baked Sole  Hearing Clinic	30 Chicken Drumstick	31 BBQ Hot Dog

August 2026

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

 **VILLAGIA IN THE GLEBE**
retirement community
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!



✓ Studios, 1 & 2 Bedrooms

✓ Accessible Living

✓ Senior Apartments
✓ Supportive & Assisted Living
✓ Memory Care

For more information:



Devin Froislie
Phone: (613) 617-7888
Email: devin.froislie@springliving.ca



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springliving.ca