

The Good Companions

Fall Bulletin

SEPT - OCT - NOV • 2026



Charitable # 11894 1152 RR0001



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

670 Albert St
Ottawa, ON
K1R 6L2
613-236-0428

www.thegoodcompanions.ca



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Our Culture Statement



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

ACCESSIBILITY

ADDRESSING YOUR ACCESSIBILITY NEEDS AT THE GOOD COMPANIONS

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

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

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



Together, We Build Community.

Happy Autumn From Our Executive Director, Matthew Ottaviani:



At The Good Companions, every season brings new opportunities to connect, belong, and imagine what is possible together. Every new friendship, volunteer, partnership, and idea begins with a simple question: *What could this become?* It is a question that inspires our work each day and reminds us that our greatest strength has always been the people who make this community so special.

As we look ahead to another exciting fall, I am grateful for the incredible community that continues to make The Good Companions such a welcoming place. Whether you join us here at the Centre or connect with us through the many services we provide throughout Ottawa, together we are building a community where older adults can build friendships, stay active, receive support, and experience a true sense of belonging.

Over the past several months, we have celebrated many important milestones together. In June, we welcomed members, clients, volunteers, and staff, to one of our most successful Annual General Meetings in recent years. Together, we celebrated another year of growth, with more members, more clients receiving services, stronger community partnerships, increased fundraising, and expanded programs that are reaching more older adults across Ottawa. We also welcomed three new members to our Board of Directors, whose experience and leadership will help guide our next chapter.

This summer, we launched our Strategic Planning process, inviting members, clients, volunteers, staff, Board Directors, and community partners to help answer that same question: **What could The Good Companions become?** The conversations have been thoughtful, inspiring, and full of possibility. They have reinforced that our future is strongest when it is shaped by positive voices and a shared commitment to learning, improving, and growing together.

We also continued investing in the people who make TGC so special. By improving employee health and dental benefits while reducing employee costs, and continuing to explore pay equity and improvements in human resource policies, we are supporting the dedicated team that welcomes and serves our members and clients every day.

This fall, we are excited to launch our inaugural Members Advisory Council, giving members another meaningful opportunity to share ideas, provide feedback, and help shape the future of The Good Companions. Great communities are built by people who choose to contribute, support one another, and become active participants in the lives of those around them.

Thank you for being part of this journey. Whether you participate in a fitness class, enjoy lunch with friends, volunteer your time, attend one of our community programs, receive support through our Community Support Services, or simply greet someone with a smile, you help create the welcoming spirit that defines The Good Companions.

As the days become a little cooler and our Centre becomes even busier, I encourage you to explore something new this fall. Join a program, attend an event, volunteer, reconnect with old friends, engage in positive conversations or introduce yourself to someone new. Every chat, every act of kindness, and every new connection strengthens our community.

Together, let's continue asking, *What could this become?* The answer begins with each of us and the small ways we choose to build community, every day.



TEAM GOOD COMPANIONS



Executive Director

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

Nicole MacLean	Director of Finance	nmaclean@thegoodcompanions.ca	ext. 2315
Véronique Bernier	Administrative Assistant Finance	vbernier@thegoodcompanions.ca	ext. 2221

Facilities

Mariusz Kielb	Facility Coordinator	mkielb@thegoodcompanions.ca	ext. 2340
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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
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2SLGBTQIA+ Program

Sarah Rea	2SLGBTQIA+ Program Coordinator	sarah@thegoodcompanions.ca	ext. 2353
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Community Support Services (CSS)

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

Centre Closure

The Good Companions will be closed **Monday, September 7th** for Labour Day.

The Good Companions will be closed on **Monday, October 12th** for Thanksgiving.

The Good Companions will be closed on **Wednesday, November 11th** for Remembrance Day.

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/>

Thank You for Supporting the 2026 Run Ottawa 5/15 Farm Run!

This summer, The Good Companions was proud to be the official Charity Partner for the 2026 Run Ottawa 5/15 Farm Run at the Central Experimental Farm.

We would like to extend our heartfelt thanks to everyone who participated, donated, volunteered, and supported this incredible event. Your generosity and enthusiasm helped make a meaningful difference in our community.

Every registration and contribution supported The Good Companions' mission of helping older adults stay active, connected, and engaged through programs, services, and volunteer opportunities that promote healthy aging and reduce social isolation.

Thank you for joining us, cheering us on, and helping us continue to build a stronger, more connected community for older adults in Ottawa. We are grateful for your support!



Have questions about Retirement Living in The Glebe?

Walk-in Wednesdays! 1:00 - 4:00 PM every week

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

Prepare for a Fall move-in! Reserve a suite now to secure peace of mind. Call us 613-617-7888



✓ Studios, 1 & 2 Bedrooms

✓ Accessible Living

✓ Retirement living - Your Way!
Cook your own meals or join us at our full-service Dining Room.

✓ Numerous hospitality inclusions

For more information:

Marianka

(613) 617-7888

marianka.berlin@springliving.ca

Address

480 Metcalfe Street, Ottawa

springliving.ca

On-Site Services

Foot Care (\$)

Professional nursing foot care services by Sole Centered. Appointments are available on Thursday's between 10:00 am - 3:00 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. **Sept 17, 24 Oct 8, 15, 22, 29 Nov 12, 19, 26**

Foot Care Cancellation Policy

Clients must cancel at least three full working days before their appointment. Clients who fail to respect this cancellation policy are responsible for payment for their missed appointments and will not be allowed to book any other in-house service appointments until payment is received.

Hair Care (\$)

David Kassim, has the expertise to meet all of your hair care needs. From haircuts for everyone, colours, perms, or simply a shampoo and set, all at affordable prices! Appointments available every first Thursday of every month from 10:00 am - 3:00 pm.

Sept 3 Oct 1 Nov 5

Nurse Practitioner (Free)

Provided by Somerset West Community Health Centre. Members of TGC who are over the age of sixty-five and who have difficulty accessing health services can make a 20 - minute appointment between 9:30 - 11:30 am. **Sept 9 Oct 14 Nov 18**

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.

Sept 14 Oct 5 Nov 2

Dental Hygiene (\$)

Preventive services include oral dental hygiene assessment, oral cancer screening, teeth cleaning, desensitization, fluoride treatment and sealant application. Prices vary according to treatment, and will be determined during your assessment. Provided by Erin Townsend, registered Dental Hygienist. **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. **Jan 5**

Hearing Health Clinic (free)

An Hearing Care Counsellor from Canadian 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). OHIP card holders only. **Oct 28**

Repeat Performance and Craft Studio Boutique (\$)

Visit our store and check out our selection of gently used clothing or our handcrafted items made here by members and volunteers. All proceeds support our centre, so come on in! **We are accepting donations of clothing only. We are currently not accepting shoes or accessories.**

Your donation can be dropped off at Front Reception. Coordinate the drop off of donations by calling Front Reception at 613-236-0428 ext. 2100. Do not leave donations on the floor by front reception. Please ensure that all items are cleaned before donation.

Programs and Services

Client Connections (free)

Occasional check-in calls from volunteers or students to help you stay socially connected and in-the-loop about services that might support your wellbeing.

Telephone Assurance Program (TAP) (free)

A quick “good morning” call each weekday to start your day with connection and care. If we can't reach you, we follow up to make sure you're safe.

Home Help & Maintenance (\$)

We'll refer you to reliable, independent workers for regular or seasonal support. You pick the provider that works best for you.

Grocery Shopping Program (free)

Getting to the grocery store just got easier. Our free, door-to-door rides make shopping simple and hassle-free. Along the way, you might even strike up a conversation or find a new shopping buddy.

Adult Day Program (\$)

The Adult Day Program is a therapeutic program for older adults 55+. The program serves frail seniors and adults with physical disabilities or persons with early stage dementia. For more information contact Penny Bodnoff 613-236-0428 ext 2200 or by email pbodnoff@thegoodcompanions.ca. Referral Required from Ontario Health atHome.

「情牽你我·溫暖在線」國語及粵語電話節目

我們逢週一和週四上午 10:00 至 10:30 提供國語電話節目，逢週一下午 2:00 至 2:30 提供粵語電話節目。電話節目免費參與，參與方法簡單方便，讓你在家裡足不出戶就可以通過電話交友聊天—撥打 343-341-4711 加入電話會議，或致電 613-237-4439 轉 2777 留言以了解更多。

華人長者社區支持服務

良友中心提供國語和粵語服務，包括前往超市和非緊急醫療預約的交通接送服務，以及能工巧匠維修幫助服務，以獲取小型家居維修和基本電腦或手機支援。欲查詢服務，請致電 613-237-4439 轉 2363 聯繫小恩，或發送電郵至 mli@thegoodcompanions.ca

Friendly Visiting (Telechat) (free)

Weekly or bi-weekly calls from trained volunteers offering warm, meaningful conversation and companionship.

Snow Go & Snow Go Assist Program (free)

Connect with trusted, independent snow removal providers near you. You might even qualify for financial support through the Snow Go Assist Program.

Handy Helper (free)

Caring volunteers lend a hand with small tasks around your home - you just cover the cost of materials.

Transportation Program (\$)

If getting around Ottawa feels like a challenge, you're not alone. We provide rides for registered clients who find public transit difficult or need extra support getting to medical appointments, essential errands, and community services.

For more information about the services we provide, please call us at 613-236-0428 and ask for Community Support Services. Additionally, all Community Support Services in Ottawa can be accessed online via accesscss.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.

Should you have any questions regarding membership, please call 613-236-0428 ext 2100 or by email info@thegoodcompanions.ca

Share the Magic: Angel Tree Returns

Like other organizations, The Good Companions is once again partnering with the Boys & Girls Club of Ottawa to collect gifts for their Annual Christmas Party.

You can help make a child's holiday special by choosing a tag from our lobby Angel Tree and returning with one new and unwrapped special gift.

If you are shopping early, please feel free to drop off your gifts with Ana Valença throughout October and November.

For gift suggestions, please see the list on our bulletin board.

Thank you for your continued generosity

Please remember: no stuffed animals, guns, or clothing items

Developing Our Next Strategic Plan: What We've Heard So Far



As we celebrate 70 years of The Good Companions, we've been listening closely to members, clients, staff, volunteers, partners, and older adults across our community. Your voices are essential, and they are helping us understand what matters most today and what TGC needs to be for the next generation of older adults. Here are some of the key themes emerging from our conversations so far:



Belonging & Connection

Many members describe TGC as a second home that is welcoming, respectful, and full of warmth. This "Good Companion spirit" is a core strength we want to carry forward.



Connection Through Food & Activities

Meals, programs, celebrations, creativity, and movement are central to how people connect. There's interest in more cultural variety, flexible timing, and new ways to meet others.



Accessibility & Inclusion

We've heard about transportation challenges, affordability, disability inclusion, and the need to reach people who are isolated or who don't yet see themselves reflected here. There's a desire to welcome a broader range of older adults across Ottawa.



Aging in Place & Practical Supports

Rising costs, food security, and staying well at home are real concerns. People are also looking for support with technology, simple tools, hybrid options, and ways to stay connected from home. People are curious about how TGC can support aging in place through outreach, navigation, and partnerships.



Neighbourhoods & "Beyond the Four Walls"

Many see opportunities for TGC to be present in more neighbourhoods and meeting people where they are, not only in the Centre. Ideas include small hubs, partnerships, and community based activities.



Partnerships & Community Voice

There's enthusiasm for working more closely with libraries, health providers, cultural groups, and grassroots organizations. People also feel that TGC can play a meaningful role in being a voice for aging well in Ottawa, helping strengthen connection, visibility, and support for older adults across the community.

Looking Ahead

We know everyone is eager for updates about space and buildings. We've paused that conversation so we can make a thoughtful decision based on our strategic priorities and the needs of the future, not just today. The strategic plan will help us answer some big questions:

- What kind of organization does TGC need to be for the next 10–20 years?
- How do we serve older adults across Ottawa, not just those who can come to the Centre?
- What kind of space, or network of spaces, will best support that future?

Your voices are an important part of this work and one part of a bigger picture as we plan for the next chapter of *The Good Companions*. It is our hope to have the strategic plan completed, approved, and presented to you by December.

CELEBRATING 70 YEARS OF COMMUNITY

This year, The Good Companions proudly celebrated its 70th Annual General Meeting—an important milestone that gave us the opportunity to reflect on our history, celebrate our accomplishments, and look ahead to the future.

While anniversaries are a time to honour the past, they also inspire us to ask an important question: What more can we become?

At The Good Companions, we believe that connection is at the heart of everything we do. Beyond offering programs and services, we are committed to creating a sense of belonging, building meaningful relationships, and bringing people together. We aspire to be more than a seniors' centre—we strive to be a community connector.

Together with our members, volunteers, staff, partners, and supporters, we are imagining an even stronger, more connected future for older adults in Ottawa.

The first 70 years have built an extraordinary foundation. Now, we look forward with excitement to the next 70 years of making a difference.



Welcoming New Leadership and Celebrating Service Milestones

At our 70th Annual General Meeting, we were pleased to welcome Elizabeth Moore, Elan Graves, and Tracy Huckvale to The Good Companions' Board of Directors. We look forward to their leadership and contributions as we continue to grow and strengthen our community.

We also celebrated two remarkable staff milestones. Congratulations to Miranda Gumeni on 20 years and Mariola Kolakowski on 25 years of dedicated service at The Good Companions. Their commitment and compassion have made a lasting impact on our organization and the older adults we serve. Thank you both for your many years of dedication!



Our Annual General Meeting Report and Financial Statements are available on our website:
<https://thegoodcompanions.ca/about-us/reports/>

Introducing

Lola and Pepe

and comicstrip creator Laura Lynn Eggleston

I am a senior with a new cartoon strip about aging and relationships.” That’s what Laura Lynn Eggleston wrote in her first email to us at Fifty-Five Plus. Identifying herself as a “71-year-old Ottawa artist,” she asked if we’d be interested in featuring her cartoons in print. Indeed, we’re delighted to showcase Laura’s humorous—and relatable—takes on aging.

That’s why we’re presenting this new cartoon strip you can follow in every issue and we’re also introducing the fascinating woman behind it.

As Laura reveals, “I decided at eleven years old, in 1964, that I wanted to be an artist.” Originally from Saskatchewan, majoring in art and graduating with a bachelor of education. After teaching around Regina in her 20s, she says, “I ran away to Toronto to become a starving artist and was happier with that lifestyle. I was able to become a caricaturist for events through entertainment agents.

This gave me time and freedom to paint and to do amateur theatre.”

Amateur theatre led her to clown training.” By 1995, when my husband was transferred to Ottawa, I had also evolved into Bunky’s Clown, so that I could entertain children with face-painting, balloon sculptures and puppet story times.”



In 2020, the multi-talented creator began doing illustration and produced a series of humorous greeting cards. Then came the cartoon strip, Lola and Pepe. Laura says it’s “a senior couple navigating their way through the joys and difficulties of aging. Some cartoons are biographical; others are highly exaggerated.

I couldn’t resist throwing in the odd provocative theme like women and weight or financial status, or Western medicine.”

“The theme,” she says, “is how to deal with aging and relationships with humour, humility and optimism.”

As you follow along, you’ll notice appearances by 93-year-old Great Grandma, rescue kittens and the daughter and her boyfriend with the same name: The Sams. To find out more about Laura and her work, see caricaturesandclowns.com



Celebrating 35 Years of the Centretown Grocery Bus

On Tuesday, July 21st, we had the pleasure of celebrating the 35th anniversary of the Centretown Grocery Bus - a truly remarkable program that began when a local store owner recognized his own mother's need for transportation to the grocery store.

From that simple act of caring grew one of the first grocery bus programs in Canada, and for 35 years it has helped countless clients in Centretown Ottawa maintain their independence and grow new connections.

The celebration brought together grocery bus clients, volunteers, our dedicated bus driver Terry, store staff, TGC staff, and special guests such as City Councilor for Somerset Ward, Ariel Troster, Ty Coulter Constituency Assistant, attending on behalf of Catherine McKenney, MPP, Ottawa Centre.



A heartfelt thank you certificate was given to Dave Massine and his incredible team at Massine's Independent Grocers for their longstanding partnership and unwavering support of this program over the years, appreciation of Switzer Carty Transportation as well as our incredible volunteers and clients for their participation in the program.

As we celebrate 35 years of the Grocery Bus, the program continues to prove that it delivers far more than groceries - it provides connection, independence and a stronger community.



Do you live in Centretown? Looking for a fun and convenient way to do your grocery shopping? Join us on our Centretown Grocery Bus! It's a wonderful opportunity to shop for your groceries, meet new friends, enjoy good conversation, and spend time in the community. For more information or to register, please call 613-236-0428 ext. 2250.

Community Support Services

Call 613-236-0428 and ask for more information

Need Help with Groceries?

- Free door-to-door bus or van transport to the store and home.
- An opportunity to meet new friends.
- Free grocery delivery.
- **For dates and route information call 613-236-0428 x 2250**



Morning Check in Telephone Calls

- Live alone and feel you would like a friendly morning call ?
- Volunteers call you on weekday mornings to check in at a prearranged time. A follow up with your contact is made by our staff if you don't pick up your call.
- Call Community Support Services for more information.





Thank You for Supporting The Good Companions at Ottawa Race Weekend 2026!

A heartfelt thank you to everyone who participated in the Ottawa Race Weekend 2K in support of The Good Companions!

Whether you walked, jogged, ran, volunteered, donated, or cheered from the sidelines, your support helped make this event a tremendous success. Together, we raised an incredible **\$12,861** to support programs and services that enhance the lives of seniors in our community.

Events like Ottawa Race Weekend bring people of all ages together while making a meaningful difference. Your generosity and enthusiasm will help The Good Companions continue to provide essential programs, activities, and services that keep older adults active, connected, and engaged.

A special thank you to everyone who created fundraising pages, collected pledges, made donations, and represented The Good Companions on race day. Your dedication and community spirit are truly appreciated.

We are grateful to every participant, donor, volunteer, and supporter who helped make this year's event such a success. We look forward to seeing you again next year!

Thank you for helping us build a stronger, more connected community for seniors.

Program Registration Information

Fall Program Registration September 15, 16 & 17 from 10:00 am to 2:00 pm.

Registration can be completed in person or online at thegoodcompanions.ca/program-registration. Please note that you must be a member of The Good Companions to participate in any of the classes offered.

Submitting an online registration form does not guarantee a place in a class. You will be contacted to confirm your registration or advised if you have been placed on a waitlist or if the class has been cancelled.

The Day Centre team encourages everyone to register during the designated registration period, even if your class does not begin until a later date. Early registration helps determine whether there is enough interest to run a class, as classes with insufficient enrollment may be cancelled.

Please refer to the Fall Program Guide for a full list of the programs being offered. 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.



New Fall Programs

Applique Christmas Stockings - We will be sewing Christmas stockings and embellishing them with applique. Have fun playing with Christmas fabrics to create different shapes, sizes, and textures. Why not design one for your favorite fur baby. Use your artistic expression to create a very special stocking. The possibilities are endless. Sewing skills are necessary.

Book Club - Instead of everyone reading the same book, each member chooses a book that interests them and shares it with the group. It's a wonderful way to discover new authors, hear about books you might not have picked up on your own, and enjoy lively conversations about the stories, ideas, and themes that make reading so enjoyable. From time to time, online discussion questions help spark conversation. Different reading preferences and needs are always respected. Whether someone prefers a Kindle or other e-reader, enjoys audiobooks, or chooses books without violence or other distressing content, everyone can participate in the way that works best for them. There's no required reading list, just a shared love of books and good conversation. Whether you're an enthusiastic reader or simply enjoy talking about books, you'll find a friendly and welcoming group. Everyone is welcome!

Bowl Cozy - We will be machine sewing bowl cozies. They are quilted, microwave-safe fabric holders designed to protect hands from hot bowls (like soup) or cold bowls (like ice cream). They are placed under the bowl in the microwave and used to carry it. No more burnt fingers after heating up your food. Sewing machine-knowledge is required.

Creative Connection/ Finger Knitting - Bring your creativity and join us for a relaxed and social morning of crafting! Whether you're working on your own project or helping create items for TGC, everyone is welcome. Please be sure to sign up in advance. This informal craft drop-in will feature beginner-friendly finger knitting using jumbo yarn — a fun and easy way to learn something new. Participants will have the opportunity to create a cozy cushion cover, with no knitting experience required. Come meet fellow craft enthusiasts, share ideas, get inspired, and explore new creative projects together. Great conversation and crafty fun guaranteed!

Creative Christmas Cardmaking - Get in the Christmas spirit early by designing and creating Christmas cards from scratch. Each session offers simple, beautiful techniques and plenty of room to add your own personal touch. No experience is needed. Come ready to relax, create, and enjoy.

Felt Ornaments - Learn to make charming ornaments perfect for holiday decor and whimsical accents. We will offer a versatile choice of patterns including ideas for themed LGBT gifts. Using felt with needle and embroidery thread you will get creative results very fast. It is easier than you think.

French (Beginner/Conversation) - Start Learning French with Confidence. Learn French the easy way with practical, conversation-focused lessons designed specifically for beginners. Practice real-life situations such as ordering at a café or restaurant, buying train or plane tickets, meeting friends, grocery shopping, and handling everyday tasks with confidence. Whether you're preparing for a trip or taking your first steps in learning French, these conversational classes will help you build practical language skills and feel more confident speaking French from day one.

New Fall Programs

German (Beginner/Intermediate) – Whether you're just starting to learn German or looking to build on what you already know; this course offers a flexible blend of beginner grammar and guided intermediate reading practice. The pace and balance of the course will be tailored to the experience and needs of the participants, creating a supportive learning environment for everyone.

Introduction to Mosaic - In this 4-week workshop, you will get a chance to do a mosaic piece with glass. The first three weeks will focus on the design and gluing of your pieces. You can bring in your own item to do the mosaic on, for example (terra cotta saucer or tray) or pick from a variety of small animal designs. The final weeks will focus on grouting your mosaic art. There will be a grouting demo by mosaic artist Tonya Parrag and a variety of colors to choose from. Tonya will show you all the tricks of the trade. Experience with working with glass is preferable.

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).

Pilates for Beginners - Discover the gentle path to strength, balance, and better mobility in our new beginner Pilates class at The Good Companions. Whether you are entirely new to fitness or adapting to limited mobility, our expert instructor guides you through supportive, low-impact movements tailored for every body with options for chair, standing, or mat exercises. Come at your own pace, feel energized, and build confidence in a welcoming, inclusive space!

Smart Aging: Prepare for Life's Transitions - Hosted by The Good Companions, the Council on Aging of Ottawa's Smart Aging program is a series of 8-week interactive workshops designed to help older adults and their families navigate major decisions before a crisis occurs. Join us in a supportive environment to reflect on your personal journey, gain practical tools, and use helpful workbooks to plan ahead with confidence. Come connect with others and take proactive steps today for peace of mind tomorrow.

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).



In Loving Memory

Jingzhi Chang
Richard Latimer
Donna Levesque
Gary David Ludington
Katherine Mephram

Elizabeth Ruch
Sarah Shafi
Chong Dian Shan
Ruiyun Yue
Shiu-Mui Yuen

Looking for a fun way to stay active at home?

FREE!

Join Seniors' Centre Without Walls Chair Yoga + Exercise sessions!

- Every Thursday morning from 10:45-11:15 AM
- Completely free and over the phone.
- Picture handouts available

Perfect for staying active at home when weather, mobility, or transportation keeps you indoors!



Interested in learning more?



Contact Program Coordinator, Courtney DeFazio at 613-236-0428 ext. 2323 or email cdefazio@thegoodcompanions.ca

Seniors' Centre Without Walls (SCWW) also offers over 50 different social, educational, wellness, and game-based programs, with something for everyone to enjoy from the comfort of home!



Seniors Active Living Fair & Open House

Wednesday, September 9, 2026

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

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

FEATURING....

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!



LEARN MORE



For more information contact 613-236-0428, or visit our website: www.thegoodcompanions.ca

OC Transpo Wednesday
Service is free for Seniors 65+

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

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés
50
Years of service

Funding provided by:
Ontario 

Special Events and Lectures

Senior Active Living Fair & TGC Open House

Wednesday, September 9

9:30 am to 2:00 pm

Connect with local health, safety, and social service organizations and discover the wide range of programs and services offered at The Good Companions. This event is presented in partnership with the Older Adults Association of Ontario and made possible through funding from the Government of Ontario. See page 17 for more details.

Welcome Back Luncheon

Tuesday, September 22

Cost: \$22

Welcome Back! Come together to reconnect after the summer break and celebrate the start of another season of friendship, fun and community.

12:00 pm Menu: Pear and parsnip soup, beef short rib with cider reduction, herb roasted sweet potato, rosemary focaccia, apple pie & ice-cream, coffee and tea.

1:00 pm Entertainment provided by **The LA Connection.**

Deadline for ticket purchase Sept 18 by 3:00 pm.

Alan P. Santance Educational Lecture:

Understanding Iran - A Two Part Presentation

Wednesday, September 23 and 30

10:30 - 11:30 am

Presented by Guity Elikai, member at TGC

Join our own Guity for an intimate, firsthand look at the country she calls home. Move past the misconceptions and explore the real Iran - from its ancient history and breathtaking geography to the vibrant culture that remains a cornerstone of civilization. Hear directly from the "horse's mouth" as Guity bridges the gap between the past and present, sharing a personal tribute to the heart and soul of her homeland. Don't miss this chance to see a side of Iran you won't find in the news.

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 to register.

Alan P. Santance Educational Lecture: The Probate Trap: Protecting Your Blended Family Legacy

Thursday, September 24

1:00 - 2:00 pm

Presented by Robert Seaborn, Financial Advisor at The Cooperators

Blended families face unique challenges that traditional estate planning doesn't always address. We will examine the most effective strategies for ensuring your assets are distributed exactly as intended, while contrasting these with popular probate-avoidance methods that often fail to provide the protection they promise.

September Birthday Party

Friday, September 25 at 1:15 pm

Entertainment will be provided by **Aged in Harmony Chorus**. 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 Lecture: Love Your Feet

Wednesday, October 7

10:00 - 11:00 am

Presented by Jana Campbell, RPN, FCN - Sole Centered Foot Care.

Your feet carry you through every moment of your day. Protecting your foot health is the key to maintaining your mobility and independence. Join us for an informative presentation with Sole Centre Foot Care (yes, our foot care provider!) to learn best practices for keeping your feet pain-free.

Harvest Meal

Wednesday, October 7

Cost: \$22

Celebrate the harvest season with friends as we come together to give thanks and enjoy a joyful autumn tradition.

12:00 pm Menu: Maple butternut squash soup, duck confit with ginger and sesame teriyaki glaze, garlic herb potatoes, pumpkin pie with whipped cream, coffee and tea.

1:00 pm Entertainment provided by **Arlene Quinn**

Deadline for ticket purchase Oct 5 by 3:00 pm.

Special Events and Lectures

Alan P. Sentance Educational Lecture: Ottawa Safety Council

Wednesday, October 14

11:00 am - 12:00 pm

Presented by Robert Seaborn, Financial Advisor at The Cooperators

The Ottawa Safety Council is a non-profit dedicated to road safety, offering programs ranging from youth education to motorcycle training. Join us for a brief presentation to learn about their vital work, including the Adult Crossing Guard program, and how you can participate in their initiatives.

Paint Nite

Thursday, October 15

3:00 - 4:30 pm

Cost: \$45

Unleash your creativity with 'Joyce of Art' in a fun and welcoming atmosphere. Follow along step-by-step as you create your own masterpiece while enjoying an evening of painting, laughter, and connection.

Deadline for ticket purchase October 9 by 3:00 pm.

Oktoberfest Luncheon

Tuesday, October 20

Cost: \$22

Whether you're rocking lederhosen, a dirndl, or simply bringing your Oktoberfest spirit, come celebrate with us! Enjoy great company, lively entertainment and an afternoon packed with festive fun. Prost!

12:00 pm Menu: Ale and cheese soup, potato pancake with smoked salmon and caper yogurt, curry wurst Bratwurst sausage, pork schnitzel with beer reduction demi glaze, braised red cabbage, caramel pretzel brownie, coffee and tea.

1:00 pm Entertainment provided by **International Set Duo.**

Deadline for ticket purchase October 16 by 3:00 pm.

October Birthday Party

Friday, October 23 at 1:15 pm

Entertainment will be provided by **The Heather & Larry Band**. 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.

Spooktacular Halloween Tea

Friday, October 30

1:00 pm

Cost: \$6

Enjoy tea and treats while local storyteller Mary Wiggin shares a collection of ghost stories sure to entertain and send a few chills down your spine. Costumes are encouraged, so come dressed in your Halloween best for a chance to win a prize for Best Costume! The dessert will feature devil's food chocolate cupcake, coffee and tea.

Deadline for ticket purchase Oct 28 by 3:00 pm.

Alan P. Sentance Educational Lecture:

Community Resource Spotlight: Connecting with Local Services

Every Monday in November

1:00 - 2:00 pm

Want to learn more about the support services available for seniors in Ottawa? Heard about them but don't quite know what they are or how it works? Every Monday in November, join us for a new presentation featuring local experts who understand these programs. We're moving beyond brochures and websites to bring you face-to-face with the people who provide these vital, hands-on services. We will cover a wide range of essential resources, including the Adult Day Program, Meals on Wheels, Seniors' Centre Without Walls, telephone assurance programs, medical transportation, grocery bus services, and more. Come meet the providers, ask your questions, and get all the information you need directly from the source! See posters for all dates and topics.

Remembrance Day Service

Tuesday, November 10 at 10:30 am

All are welcome to join us in a service of remembrance. The service will be led by Major (retired) David Clemis. Poppies will be available at Front Reception the first week of November.



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

Special Events and Lectures

TGC 71st Anniversary Luncheon

Tuesday, November 17

Cost: \$22

Join us as we celebrate 71 years of friendship, connection and community. This special milestone is an opportunity to honour our history, celebrate the memories and friendships that have shaped The Good Companions and look forward to the many years ahead.

12:00 pm Menu: Roasted pumpkin soup, bacon sundried tomato stuffed pork filet with Dijon cream sauce, dauphinoise potato, root vegetables, chocolate and raspberry cheesecake, coffee and tea.

1:00 pm Entertainment provided by **Malcom Wade**

Deadline for ticket purchase Nov 13 by 3:00 pm.

Alan P. Sentance Educational Lectures:

Travelling With Monty To Georgia.

Wednesday, November 18

10:30 - 11:30 am

Presented by Amitabh Mukerji, member at The Good Companions

Monty is back from his latest adventure! Join us to hear all about his recent trip to the captivating country of Georgia. He'll be sharing highlights from the vibrant streets of Tbilisi, serene mountain monasteries, stunning winelands, and the breathtaking highlands.

November Birthday Party

Friday, November 27 at 1:15 pm

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

Day Trips

Kingston 1,000 Islands Lunch Cruise

Thursday, October 1

from 9:00 am to 6:30 pm

Cost: \$154 members and \$169 non-members

Includes:

- Motorcoach transportation (departing from and returning to TGC).
- Experience the beauty of the world-famous 1000 Islands aboard Kingston's Island Star. This relaxing three hour "Heart of the Islands" luncheon cruise offers stunning scenery, great company and an unforgettable day on the water.

Morrisburg, ON

Wednesday, December 16

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 "Everything I Love About Christmas" by Robert More at Upper Canada Playhouse.

Canadian War Museum

Wednesday, November 4

From 9:30 am to 2:00 pm

Cost: \$25 members and \$35 non-members

Includes:

- Admission to the museum and a one hour guided tour.
- Lunch on your own.
- Please note: we will be walking to the museum together as a group from TGC.

Upcoming events in December

Dec 5

Craft Studio Sale & Christmas Bazaar

Dec 10

Festive Christmas Luncheon

Dec 16

Day Trip to Morrisburg, ON

Dec 23

Christmas Brunch

Please note: Refunds will only be granted if your ticket can be sold to another person or TGC cancels the trip.

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parmesan	2 Turkey à la King	3 Apple Ham Steak	4 BBQ Hamburger
7 Centre Closed for Labour Day	8 Chicken Drumsticks	9 Beef Veggie Chili Seniors Active Living Fair and TGC Open House 9:30 am - 2:00 pm See information on page 17	10 Pollock with Onion and Tomato Hair Care 	11 BBQ Sausage
14 Hamburg Steak Legal Services 	15 Chicken Lasagna	16 Sweet and Sour Pork	17 Veal Cutlet Foot Care 	18 BBQ Chicken
Fall Program Registration (10:00 am to 2:00 pm)				
21 Chicken Schnitzel	22 Soup and Sandwiches (room 019) Welcome Back Luncheon 12:00 pm (tickets required)	23 Hungarian Goulash Lecture: Understanding Iran Part 1 10:30 – 11:30 am	24 Chinese Combo Plate Lecture: Protecting Your Blended Family Legacy 1:00 – 2:00 pm Foot Care 	25 BBQ Pork HAPPY BIRTHDAY  Birthday Party
28 Chicken Parmesan	29 Soup and Sandwiches (room 019)	30 Chicken Tetrizzini Lecture: Understanding Iran Part 2 10:30 – 11:30 am  NATIONAL DAY OF TRUTH AND RECONCILIATION SEPTEMBER 30	Para Transpo If you are travelling by Para Transpo , please ensure that your pick-up is scheduled for no later than 3:00 pm , as the Centre closes at 4:00 pm.	

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served Daily from 11:30 am to 1:00 pm			1 Turkey Scallopini Day Trip Kingston, ON 9:00 am - 6:30 pm (tickets required) Hair Care 	2 Spanish Rice
5 Farmer Sausage Legal Services 	6 Meatloaf	7 Soup and Sandwiches (room 019) Lecture: Love Your Feet 10:00 – 11:00 am Harvest Meal 12:00 pm (tickets required)	8 Lemon Sole Foot Care 	9 Hoisin Chicken Thigh
12 Centre Closed for Thanksgiving	13 Chicken Parmesan	14 Soft Beef Tacos Lecture: Ottawa Safety Council 11:00 am – 12:00 pm  Nurse Practitioner	15 Quiche Lorraine Paint Nite 3:00 - 4:30 pm (tickets required) Foot Care 	16 Spaghetti and Meatsauce
19 Pork Chop Chasseur	20 Soup and Sandwiches (room 019) Oktoberfest Luncheon 12:00 pm (tickets required)	21 Salisbury Steak	22 Turkey Pasta Casserole Foot Care 	23 Veal Marsala  Birthday Party
26 BBQ Chicken Drumsticks	27 Sausage and Pasta	28 Sweet and Sour Meatballs	29 Chicken Stir Fry Foot Care 	30 Roast Pork Spooktacular Halloween Tea 1:00 pm (tickets required) Fall Back Set your clocks back one hour before bed on Sunday. 

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Ham Lecture: Connecting with Local Services 1:00 – 2:00 pm Legal Services 	3 Turkey Divan	4 Chicken Pasta Day Trip Canadian War Museum 9:30 am - 2:00 pm (tickets required)	5 Baked Chicken Leg Hair Care 	6 Fish and Chips
9 Salisbury Steak Lecture: Connecting with Local Services 1:00 – 2:00 pm	10 Country Style Sausage Remembrance Day Service 10:30 am	11 Centre Closed for Remembrance Day	12 Chicken Dijon Foot Care 	13 Beef Cabbage Tomato Casserole
16 Chicken Burgers Lecture: Connecting with Local Services 1:00 – 2:00 pm	17 Soup and Sandwiches (room 019) TGC 71st Anniversary Luncheon 12:00 pm (tickets required)	18 Fish Cakes Lecture: Travelling With Monty To Georgia 10:30 – 11:30 am  Nurse Practitioner	19 Chicken Lasagna Foot Care 	20 Chinese Plate
23 Chicken Schnitzel with Cream Gravy Lecture: Connecting with Local Services 1:00 – 2:00 pm	24 Ham with Broccoli Frittata	25 Baked Pollock	26 Turkey à la King Foot Care 	27 Chili Con Carne  Birthday Party
30 Rotini and Meatballs Lecture: Connecting with Local Services 1:00 – 2:00 pm	  Calling All Bakers!  Got a favourite cookie, cake, square, or muffin recipe? We'd love to have it at our Bake Sale! Baked goods donations will be accepted all week (November 30th to December 4th). Whip up something delicious, bring it our way, and help make our Bake Sale a sweet success! 			



Christmas BAZAAR

& Craft Studio Sale

670 Albert St. Ottawa, ON K1R 6L2
613-236-0428 ext 2100
www.thegoodcompanions.ca

Join us on our special event!

SATURDAY

December 5, 2026

9:30 am to 2:00 pm

FEATURING:

-  Handmade Crafts from our Studios
-  Books
-  Baking
-  Silent Auction
-  Nearly New Fashions
-  TGC's Famous Homemade Tourtières & Meat Pies
-  Christmas Café
-  & A visit from Santa Claus!

FREE
PARKING
ON SITE



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

