The Good Companions

Winter Bulletin

DEC – JAN – FEB • 2026-2027



Charitable # 11894 1152 RR0001

The Good Companions
Seniors' Centre
Supporting a Vibrant Community

670 Albert St
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www.thegoodcompanions.ca



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Our Culture Statement

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

ACCESSIBILITY

ADDRESSING YOUR ACCESSIBILITY NEEDS AT THE GOOD COMPANIONS

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

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

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



A Year of Growth, A Future of Possibilities
From our Executive Director Matthew Ottaviani



As we welcome another Ottawa winter, I find myself reflecting on an incredible year at The Good Companions. From celebrating and embracing our 71th anniversary to welcoming new faces, strengthening services, and creating opportunities for connection, 2026 has reminded us just how special this community truly is.

Our Day Centre has been buzzing with activity! Growing membership, increased program enrolment, and enthusiastic participation have brought tremendous energy throughout the building. Our dining room and kitchen have enjoyed impressive success, with creative menus, special events, strong sales, and expanding community catering opportunities. It is especially rewarding seeing our dining room become a gathering place for members and neighbours alike.

Beyond our walls, Community Support Services continue to expand, reaching more older adults and addressing loneliness and social isolation. Our Chinese seniors programming celebrated a memorable Mid-Autumn Festival and welcomed new participants to Seniors' Centre Without Walls. Our 2SLGBTQIA+ programming has also flourished, with an impressive Queer Christmas Craft Show & Community Info Fair, which invited over 45 artists and organizations to TGC. We are building partnerships and expanding opportunities for intergenerational connection, refugee and newcomer support, sexual health education, collaborations with universities, and providing inclusive safe space for genuine engagement.

Our Adult Day Program continues to grow, welcoming new clients and families while improving referral assessments and addressing wait times. These efforts help ensure those most in need access timely care while allowing us to serve more families.

We also launched our Members Advisory Council, ensuring members have a meaningful voice in shaping our future. This December, we are excited to host our very first Members Appreciation Brunch. From me to each of you, thank you, Members!

As 2026 concludes, we also celebrate **Anne Kendall**, our retiring Director of Community Supports. After more than 22 years of dedicated service, Anne leaves an extraordinary legacy of compassion, teamwork, and genuine care for others. Her beautiful British spirit, thoughtful leadership, and unforgettable laugh have touched countless lives. Our halls will certainly be less cheery without her! Anne, thank you for everything. We wish you a retirement filled with happiness, laughter, and time for new adventures.

Looking ahead, 2027 promises exciting change. Our new Strategic Plan will guide how we operate, deliver care, strengthen partnerships, and make informed decisions. We also plan to refresh our Centre with new colours, artwork, and renewed energy for Repeat Performance and the Craft Studio Boutique.

Behind the scenes, we will pursue new donors, sponsors, and funding opportunities while reviewing vendor contracts, prioritizing TGC's interests, and ensuring responsible spending and long-term sustainability.

To our members, clients, staff, volunteers, donors, and partners, thank you for making TGC such a vibrant community. Wishing you and your loved ones a joyful holiday season and a healthy, happy 2027!

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

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Day Centre

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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
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Barry Shirley	CSS Driver		ext. 2235
Terry Dale	CSS Driver		ext. 2235
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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

News and Updates

Centre Closure

The Good Companions will be closed Thursday, **December 24th** until Friday, **January 1st**, inclusive.

The Good Companions will be closed on Monday, **February 15th** for Family Day.

Foot Care - Notice of Fee Adjustment

Please note that, effective January 1, 2027, fees for foot care services will increase to reflect rising operational costs and ensure we maintain our high standards of care.

Thank you for your understanding and continued trust in our services.

Members will pay $40* and Non-members: $45*

*** Per 20 minute appointment. First time clients, or clients returning after 9 weeks must book 2 consecutive 20-minute appointments.**

For more details about the service, please see the bulletin boards or inquire with the front desk for upcoming clinic days and times.

Our New Client Management System: AlayaCare

On September 28th The Good Companions transitioned from CIMS to AlayaCare, our new client management system.

This change is part of a regional initiative involving community support agencies across Eastern Ontario. AlayaCare provides new tools to help us manage client information, coordinate programs and services, and streamline administrative work, supporting our work with our members and clients. As we settle into AlayaCare, our staff are learning the new system and becoming familiar with its features.

Protecting your personal information was a priority throughout the transition. Data transferred from CIMS to AlayaCare travelled through a secure, encrypted direct connection between the two systems, helping prevent information from being intercepted.

If you have any questions or concerns, please contact our Executive Director, Matthew Ottaviani.

ADP Calendar

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

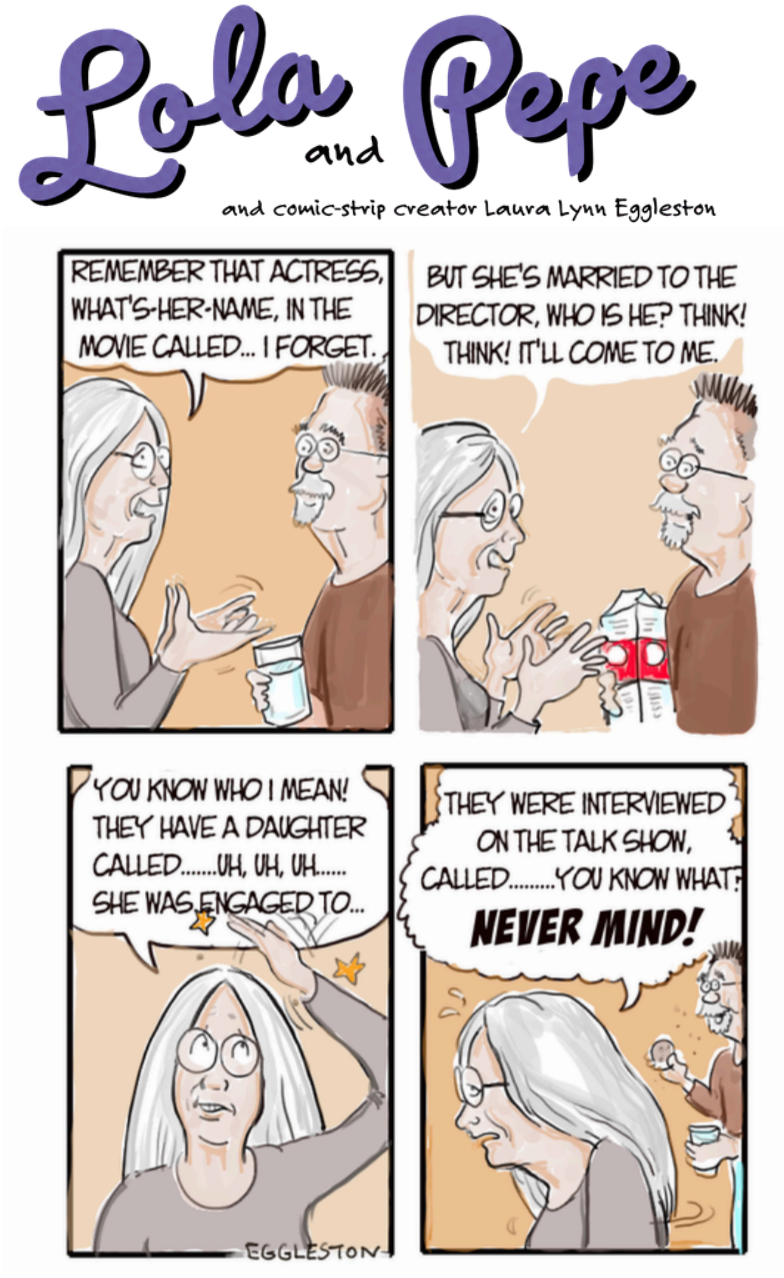
2SLGBTQIA+ Programs and Services

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.

Visit our website for full program details and updates or scan the QR code: https://thegoodcompanions.ca/community-supp

SCAN HERE



On-Site Services

Foot Care ($)
Professional nursing foot care services by Sole Centered. Appointments are available on Thursdays between 10:00 am - 3:00 pm. The cost is $40 members and $45 non- members per 20 - minute appointment. First time clients must book two consecutive 20 - minute appointments to allow for assessment.
Dec 10, 17 Jan 14, 21, 28 Feb 11, 18, 25

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 the first Thursday of every month from 10:00 am - 3:00 pm.
Dec 3 Jan 7 Feb 4

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. **Dec 9 Jan 13 Feb 10**

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.
Dec 7 Jan 11 Feb 8

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. **Dec 14**

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. **Jan 27**

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.

Please contact Reception at 613-236-0428 ext. 2100 to book an appointment.

Reminder phone calls are also provided as a courtesy.

If you are unable to attend your scheduled appointment, please notify Reception as soon as possible so that your time slot can be made available to someone else.

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.

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.

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.

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.

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.

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.

Friendly Visiting (Telechat) (free)
Weekly or bi-weekly calls from trained volunteers offering warm, meaningful volunteers conversation and companionship.

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.

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

「情牽你我·温暖在線」國語電話節目
我們逢週一和週四上午 10:00 至 10:30提供國語電話節目，每週一下午2:00-2:30提供粵語電話節目，每週四下午2:00-2:30提供電話學英語節目。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
良友中心提供國話和粵語服務，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 留言，或發送電子郵件至 mli@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 Emma Revell at 613-236-0428 ext. 2323 or by email at scww@thegoodcompanions.ca

accesscss
Connect to Community Support 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: www.accesscss.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 to purchase 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****" 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 email info@thegoodcompanions.ca

Give the Gift of Connection This Holiday Season!

This holiday season, share the gift of kindness and make a meaningful difference in the lives of older adults in our community. Your generous donation helps The Good Companions provide accessible, supportive programs in a safe and welcoming environment where seniors can connect, find friendship, stay active, and thrive.

Together, we can make the season brighter for everyone. Donate today and help spread warmth, joy, and connection all year long!



www.thegoodcompanions.ca

Tax Receipts will be issued for donations of $20 or more.

DONATE NOW

SCAN ME

Introducing Our Members Advisory Council

At The Good Companions, our members' voices matter! We believe that listening to our members and learning from their experiences helps us build a stronger, more welcoming, and inclusive community.

The Membership Advisory Council is a collaborative forum where members share ideas, perspectives, and feedback to help guide the future of The Good Companions. Council members bring valuable insight and lived experience to help us better understand the needs and interests of our membership.

The Council helps us:

- Share feedback about our programs, services, and overall member experience.
- Bring forward new ideas and suggestions based on lived experience.
- Identify emerging needs, interests, and gaps in services.
- Encourage continuous improvement and innovation.
- Help ensure our programs remain inclusive, welcoming, and responsive to our members.

Council members are also encouraged to look beyond their own experiences and consider the needs of the broader membership, including those whose voices may not always be heard.
Meet Our Membership Advisory Council!

We are pleased to introduce the members who are contributing their time, perspectives, and ideas to help shape the future of The Good Companions:

Meet your Team

Get to know the members behind the work



Leah Fe Casiple **Beryl McKale** **Kit Holmwood**

Maureen O'Callaghan **Debbie Rebeiro** **Sandra Larsen** **Robert Dunlop**

Repeat Performance: A Tradition of Caring

Repeat Performance has been part of The Good Companions for as long as TGC itself. Through the years, its purpose has remained rooted in caring for our community and helping people access clothing and accessories with dignity. Supporting those in need comes first, rather than making a profit for the Centre.

When you're able to shop with us, your purchase offers another way to give back. Profits from Repeat Performance support TGC's programs and services, helping sustain the activities, connections and practical support that make a difference in people's lives.

Your donations help keep this tradition going. We warmly welcome clothing, jewelry, purses, hats, coats, and accessories that are ready for someone else to enjoy.

Because we do not have the facilities to wash or clean donated clothing, please ensure donations are clean and gently used. Taking that little extra care before donating helps us pass your generosity along with the dignity and kindness everyone deserves.

A coat you no longer wear could become the one someone reaches for every day. A purse sitting unused in your closet could become someone's favourite.

Thank you for donating, shopping, and helping us lookout for one another.
That is what Repeat Performance has always been about.

Join The Angel Tree Toy Program

The Good Companions is teaming up with the **Boys & Girls Club of Ottawa** again this year to bring joy to their Annual Christmas Party, and you can help it happen.

For many kids, this might be the only gift or surprise they receive this holiday. By giving one thoughtful gift, you can show a child that they are cared for and make them feel truly special.

Stop by the lobby to pick a tag from our Angel Tree, then drop off your new, unwrapped gift.
The tree will be up starting November 13.

Looking for gift ideas? Check the list of suggestions on the bulletin board!
Please remember: **no stuffed animals or clothing items**.

For security reasons, toys should remain **unwrapped** with the Angel Tree tag affixed to the package.

Contact Ana Valença if you have any questions about the program.

The drop-off deadline is Monday, December 7 by 12 pm.	**Location : 670 Albert st., Ottawa, ON K1R 6L2 (Front Lobby)**

Program Registration Information

Winter Program Registration
January 5, 6 & 7 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 Winter 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 a spot becomes available, the first person on the waitlist will be contacted and offered the spot.

The members response to accept and provide payment 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 Winter Programs

Adult Aprons/Bibs: We will machine sew stylish, chic but functional apparel for folks that need clothing protectors. Machine sewing skills are necessary.

Broadway Bound!: Step into the magic of Broadway in a fun, welcoming class designed to get you moving, smiling, and connecting with others. No dance experience is needed. Learn easy-to-follow Broadway-inspired routines while improving balance, coordination, and confidence, all set to the timeless songs of musical theatre. The curtain is rising, the orchestra is tuning up, and it's time to be Broadway bound! Please wear rubber soled runners.

Dance, Strength & Stretch: Get ready to move, tone, and unwind! Building on our popular cardio dance format, this refreshed class combines fun, energetic dance cardio with targeted weight training, core work, and dedicated stretch time. Whether you want to elevate your fitness or improve flexibility, this class has it all. Join us and let's keep fitness joyful!

Fitness For Fun: An engaging, energizing fitness class designed to build strength, mobility, and balance for everyday life. Every fitness level is welcome and fully supported! Expect a dynamic mix of fun circuits, intervals, and partner exercises that challenge your cardiovascular fitness and coordination.

German Scrabble (Advanced): Games on the fourth Wednesday of each month. As each game accommodates a maximum of three players, participants must register with the instructor in advance of each session. Not recommended for beginners.

German Study Group: Designed to accommodate students at all levels using free online learning sites. The sites will be discussed at the first session. After that there will be no structured classes but the instructor will hold regular sessions to coach. One hour each Wednesday at 10:30 am except the 4th Wednesday of each month.

Jewellery Making: In jewellery making for beginners, we will explore the tools and techniques necessary to create beaded items. Experience the joy of making your own one-of-a-kind necklaces, earrings or bracelets.

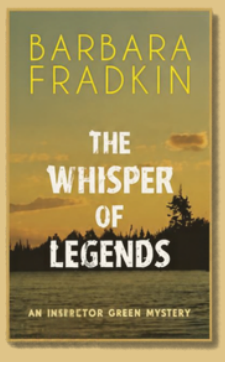
TGC Book Nook

Discover a good read through a fellow member's eyes.

The TGC Library is a small but varied collection of books generously donated over the years by our members. To introduce this collection to a wider audience (and remind everyone of the literary treasures waiting on our shelves) we're inviting members to share their thoughts on favourite reads from our many sections, including Classics, General Fiction, Canadian Politics, Mystery, Crime Fiction, Canadiana, Wellness, Biography and more.

Have a book you'd love to recommend? Put your thoughts on paper and submit your review to Darlene for proofing. Completed reviews will be collected in a binder in the library for everyone to enjoy.

In each bulletin, we'll offer a little taste of a member's review. Here's a sneak peek at this issue's featured read! To discover the reviewer's full thoughts, visit the review binder in the TGC Library. Who knows? A fellow member's recommendation might lead you to your next favourite book! Happy reading!



The Whisper of Legends, *by Barbara Fradkin*

"The Whisper of Legends is a true Canadian mystery novel by Ottawa author Barbara Fradkin. Set on the Nahanni River, NWT, it has canoes, white water rapids, Mounties, National Parks, wolves, moose, Grizzlies, and bush planes. There are wonderful descriptions of this wilderness and its people.

Inspector Mark Green of the Ottawa Police Service, receives a phone call that his estranged daughter, Hannah, is associated with a severely damaged canoe that has been found washed up on the shores of the mighty river.

Green's panic is immediate because his relationship with 20-year-old Hannah is complicated..."

Reviewed by K.A.L.

Stay Connected This Winter!

The Good Companions Seniors' Centre
Supporting a Vibrant Community



As the weather gets colder, staying home doesn't have to mean missing out on connection and fun! **Seniors' Centre Without Walls** (SCWW) offers a variety of free, phone-based programs you can enjoy from the comfort of your own home. No internet or video required — just call in and join!



Games & Trivia
Test your knowledge and play along.



Stories & Arts
Enjoy storytelling, art, music, and creative activities.



Educational Seminars
Explore history, discover new topics, and learn something new.



Health & Wellness
Explore wellness topics, and relax with Meditation and Chair Yoga sessions.

Join us from home!

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

Community Support Services

The Good Companions
Supporting a Vibrant Community

https://thegoodcompanions.ca 613-236-0428

Telephone Assurance Calls: Friendly morning check-in calls to start your day with a warm hello.

Client Connection: Longer, friendly calls with volunteers for conversation and companionship.

Handy Helpers: Volunteers provide free assistance with small household tasks and technology help.

Home Help and Maintenance: We can connect you with screened and insured providers for cleaning and home repairs.

Grocery Shopping: Transportation to local grocery stores.

Transportation Program: Transportation to and from medical appointments.





Special Events and Lectures

Alan P. Sentance Educational Lecture: Winter Driving

Tuesday, December 8
10:30 – 11:30 am
Presenter: Lisa Lapierre – Regional Strategic Coordinator | East Region | Public Outreach and Education Office

Even lifelong Canadian drivers can develop blind spots when the first flakes fly. Join our upcoming presentation for a sharp, eye-opening refresher on navigating winter roads with confidence and safety. Don't let seasonal complacency catch you off guard - secure your spot today and ensure you are prepared for whatever Ottawa winter throws your way.

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.

Cinematic Return: Exclusive Ottawa Double-Feature

Wednesday, December 9 from 10:00 – 11:00 am
Presented by Canadian Film Institute –
For Mature Audience Program
Cost: FREE – Tickets required

Following the success of our April screening with the Canadian Film Institute (The Pavilion), we're excited to welcome you back for another exclusive director showcase.

Join us for an exclusive, highly limited screening featuring two intimate, beautifully crafted short documentaries by Ottawa's own Conor DeVries. Step inside the century-old workshop of a legendary third-generation carpenter in **L'Atelier Martineau** and uncover the captivating true story behind one of our city's most beloved icons in **The Legend of Ismael LBG**.

Festive Christmas Luncheon

Thursday, December 10
Cost: $22

'Tis the season to celebrate! Join us for a festive Christmas Luncheon, where good food, great company, and a little holiday magic await.

12:00 pm Menu: roll, traditional roast turkey, stuffing, homestyle gravy, garlic mashed potatoes, maple glazed baby carrots, balsamic brussel sprouts, apple pie with caramel sauce and ice-cream, coffee and tea.

1:00 pm Entertainment provided by **The Starry Nights.**

Deadline for ticket purchase December 8 by 3:00pm.

December Birthday Party

Friday, December 18 at 1:15 pm

Entertainment will be provided by **The Good Companions Choir directed by Gloria Jean Nagy**. Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **$5 for all others**. Guest tickets can be purchased at Front Reception.

Friendly Reminders

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

Please note that a valid parking permit must be displayed in your vehicle at all times while parked at the Centre. Parking permits are available for purchase at the following rates: Annual pass: $30.00 April 1st to March 31 Daily pass: $2.50

Special Events and Lectures

Members Appreciation Holiday Brunch

Wednesday, December 23

Cost: FREE

A little holiday cheer, just for you! Join us for a special celebration, hosted by our Executive Director, as TGC shows appreciation for our valued members.

11:00 am Menu: rolls, pastries, salads, pancakes, sausages, bacon, home fries, scrambled eggs, seasonal vegetables, mushroom chicken, carved ham, black forest cake, coffee and tea.

Entertainment: Enjoy the beautiful sounds of **Duo Pleiades**, featuring a violinist and guitarist, performing a delightful mix of holiday and classical favourites.

Your complimentary ticket will be available starting Tuesday, December 8 at 8:30 a.m. Reserve your ticket through the Front Reception, either in-person or by phone. Limit one ticket per member. Tickets cannot be reserved on behalf of others. Space is limited, so be sure to reserve early! Anyone placed on the waitlist will receive priority for the next Member Appreciation event. Happy Holidays!

Alan P. Sentance Educational Lecture: Hands-On Training with OC Transpo

Wednesday, January 13

10:30 - 11:30 am

Presented by Simon Harris and Tiago Medeiros, OC Transpo

Join us for an essential, hands-on workshop with OC Transpo experts to master both the My Para Transpo app and website booking. Get Personalized Help: Bring your smartphone, tablet, or laptop for step-by-step guidance on app installation, setup, and live practice bookings. Walk Away Confident: Get expert tips, answers to your questions, and all the insider information you need to book with ease.

January Birthday Party

Friday, January 22 at 1:15 pm

Entertainment will be provided by Greg Stenman. Cake, ice-cream, coffee or tea will be served after the show.There is no charge to members celebrating birthdays. Tickets are **$5 for all others**. Guest tickets can be purchased at Front Reception.

Rabbie Burns Luncheon

Wednesday, January 27

Cost: $22

Celebrate the Bard! Join us for a spirited Rabbie Burns Luncheon featuring Scottish tradition, good food, lively company and a toast to Scotland's beloved poet, Robert Burns.

12:00 pm Menu: cockie leekie soup, sirloin roast beast, haggis, mashed potatoes, turnips and carrots, green beans, oatmeal pie with ice-cream, coffee and tea.

1:00 pm Entertainment provided by **The Rabbie Burns Band.**

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

Valentine's Day Tea Dance

Thursday, February 11

1:00 pm

Cost: $6

Put on your dancing shoes and join us for a heart-filled afternoon of music, dancing, sweet treats, and fabulous company! Whether you're dancing with your sweetheart, friends, or just dancing to your own beat, come celebrate with us for a little love, fun, and Valentine's magic! The dessert will feature red velvet cake with chocolate dipped strawberries, coffee and tea.

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

Special Events and Lectures

Alan P. Sentance Educational Lecture: Understanding Iran

Wednesday, February 17 and 24
10:45 – 11:45 am
Presented by Guity Elikai

Dive deeper into the final parts of our intimate series with our very own Guity, exploring the country she proudly calls home. Move past the headlines and discover the real Iran—focusing on the vibrant culture, living traditions, and everyday heart of a civilization that continues to inspire.

Get the story straight from the source as Guity bridges the gap between past and present, moving past the misconceptions and sharing a personal tribute to her homeland. Don't miss this final chance to see a side of Iran you won't find in the news.



Mardi Gras Luncheon

Tuesday, February 23
Cost: $22

It's time to laissez les bons temps rouler! Celebrate Mardi Gras with a festive lunch, a taste of New Orleans, and plenty of colourful carnival spirit!

12:00 pm Menu: chorizo sausage and shrimp gumbo soup, black eyed pea cassoulet, creole chicken thigh, cornbread, seasonal vegetables, bananas Foster bread pudding, coffee and tea.

1:00 pm Entertainment provided by the **Jock River Jazz Band.**

Deadline for ticket purchase February 19 by 3:00 pm.

February Birthday Party

Friday, February 26 at 1:15 pm

Entertainment will be provided by **the TGC Ukulele group - Ukaphonease led by David Jones.** Cake, ice-cream, coffee or tea will be served after the show. There is no charge to members celebrating birthdays. Tickets are **$5 for all others**. Guest tickets can be purchased at Front Reception.



December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Turkey Stew**	2 **Chicken Leg**	3 **Pork Chop** Hair Care	4 **Hamburger**
7 **Swedish Meatballs** Legal Services	8 **Baked Sole** **Lecture: Winter Driving 10:30 - 11:30 am**	9 **Veal Parmesan** **Cinematic Return: Exclusive Ottawa Double Feature 10:00 - 11:00 am** Nurse Practitioner	10 **Soup and Sandwiches (room 019)** **Festive Christmas Luncheon (Tickets Required)** Foot Care	11 **BBQ Chicken Leg**
14 **Tortellini** Dental Hygiene	15 **Chicken à la King**	16 **Pork Chop**	17 **Quiche** Foot Care	18 **Roast Beef Dip** BIRTHDAY PARTY
21 **Spaghetti and Meatballs**	22 **Hungarian Goulash**	23 **Soup and Sandwiches (room 019)** **Members Appreciation Holiday Brunch (Tickets Required)**	24 **Centre closed for the holidays**	25
28	29	30	31	

Centre closed for the holidays - reopening Monday, January 4 , 2027

January 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IN LOVING MEMORY VIVIENNE JOYCE BAXTER GUY DEMERS ROBERT BRUCE MACKAY ALYSON MCNEILL KEVIN O'NEILL MAE SMITH JOHN TENER				1 **Centre closed for the holidays**
4 **Chicken Santa Fe**	5 **Liver and Onions** Wellness Clinic	6 **Lemon Pepper Sole**	7 **Chili Con Carne** Hair Care	8 **Thyme Crusted Roast Pork**
11 **Farmer Sausage** Legal Services	12 **Chicken Drumsticks**	13 **Veal Cutlet** **Lecture: Hands-On Training with OC Transpo 10:30 - 11:30 am** Nurse Practitioner	14 **Pork Chop** Foot Care	15 **Pasta with Meat Sauce**
18 **Swedish Meatballs**	19 **Breaded Fish**	20 **Hamburg Steak**	21 **Baked Ham** Foot Care	22 **Chicken and Brocoli Casserole** BIRTHDAY PARTY
25 **Ham Steak**	26 **Chicken Schnitzel**	27 **Soup and Sandwiches (room 019)** **Rabbie Burns Luncheon (Tickets Required)** Hearing Clinic	28 **Lasagna** Foot Care	29 **Battered Fish**

February 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veal Cutlet	2 Chicken Stew	3 Meatball Stroganoff	4 Quiche Hair Care	5 Chinese plate
8 Porc Chop with Tomato Sauce Legal Services	9 Shrove Tuesday	10 Soup and Sandwiches (room 019) Nurse Practitioner	11 Spanish Rice Valentine's Day Tea Dance (Tickets Required) Foot Care	12 Roast Turkey
15 Centre closed for Family Day	16 Chicken Breast Supreme	17 Breaded Fish Lecture: Understanding Iran 10:45 - 11:45 am	18 Beef Macaroni and Cheese Foot Care	19 Chicken Schnitzel
22 Farmer Sausage with Apples	23 Soup and Sandwiches (room 019) Mardi Gras Luncheon (Tickets Required)	24 Roast Pork Lecture: Understanding Iran 10:45 - 11:45 am	25 Chicken Drumsticks Foot Care	26 Beef Stew BIRTHDAY PARTY



UPCOMING EVENTS

EARLY BIRD MEMBERSHIP RENEWAL - MARCH 1
ST. PATRICK'S DAY TEA - MARCH 16
EASTER BRUNCH - MARCH 25
SPRING PROGRAM REGISTRATION - APRIL 6, 7, 8

SAVE THE DATE

OTTAWA RACE WEEKEND

MAY 29 2027



REGISTER EARLY TO GET THE BEST PRICE!

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

TAMARACK FIN DE SEMAINE DES COURSES OTTAWA RACE WEEKEND

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