











March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Farmer's Sausage</p> <p>Legal Services </p> <p>Foot Care </p>	<p>2 Braised Chicken Legs</p>	<p>3 Veal Cutlet w/ Mushroom Sauce</p>	<p>4 Beef and Pasta Casserole</p>	<p>5 Roast Lamb</p>	<p>6 Movie at 12:45 p.m. "My One and Only" (PG)</p>
<p>8 Spaghetti and Meatballs</p> <p>Denture Clinic </p>	<p>9 Stuffed Fish</p>	<p>10 Chicken Schnitzel</p> <p>Blood Pressure Clinic </p>	<p>11 Shepherd's Pie</p> <p>Dinner at 6 p.m. Ribs</p> <p>Dance at 7 p.m. "Grey Jazz Combo"</p> <p>Foot Care </p>	<p>12 Baked Ham</p>	<p>13 Movie at 12:45 p.m. "Harry Potter and the Half-Blood Prince" (PG)</p>
<p>15 Chicken Pot Pie</p>	<p>16 Pizza and Caesar Salad</p> <p>Foot Care </p>	<p>17 Chili with Cornbread</p> <p>St. Patrick's Tea 1 p.m. (Tickets required)</p> <p>Members' Meeting</p> <p>Hearing Clinic </p>	<p>18 Pork Stroganoff</p>	<p>19 Roast Beef</p> <p>Chick Flick Friday 1:30 p.m. "Two Weeks Notice" (PG)</p>	<p>20 Movie at 12:45 p.m. "Angels and Demons" (14A)</p>
<p>22 Lemon Sole</p>	<p>23 Liver and Onions</p> <p>Seniors and Income Tax Seminar 1 p.m.</p>	<p>24 Chicken with Pasta</p> <p>Foot Care </p>	<p>25 Salisbury Steak</p> <p>Dinner at 6 p.m. Chicken Kiev</p> <p>Dance at 7 p.m. "Mike Fahey and Friends"</p>	<p>26 Roast Turkey</p> <p>Birthday Party 1:15 p.m.</p>	<p>27 Movie at 12:45 p.m. "Julie and Julia" (PG)</p> <p>Income Tax Clinic 9 a.m. to 1 p.m.</p>
<p>29 Meatloaf</p> <p>Foot Care </p>	<p>30 Quiche Lorraine</p> <p>Sugar Bush Day Trip 9 a.m. to 5:30 p.m.</p> <p>MedsCheck Clinic </p>	<p>31 French Dip Sandwich</p>	<p>NOTE: Lunch is served from 11:30 a.m. to 1 p.m.</p> <p>Please contact Front Reception to book any appointments.</p>		

March Events

St. Patrick's Day Tea

Wednesday, March 17

1 p.m.



Cost: \$4

Deadline for ticket purchase is **March 15.**

Come and enjoy an afternoon full of your favourite Irish melodies. Entertainment will be provided by **Kathleen O'Toole and Pals.**

Alan P. Sentance Educational Lecture Series

"Seniors and Income Tax"

Tuesday, March 23

1 to 2:30 p.m.

Room 142/147



The Canada Revenue Agency will provide an overview of tax issues that impact seniors. Topics of discussion will include income reporting, deductions, tax credits, pension income splitting and more. A question and answer period will follow.

To register for this informative seminar, please call 613-236-0428, extension 100, or stop by Front Reception.

Birthday Party

Friday, March 26

1:15 p.m.



Entertainment will be provided by **Colores Andinos** (Latin American music) sponsored by MASC.

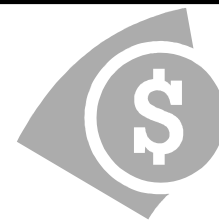
Cake, ice cream, coffee and tea will be served after the show.

There is no charge to members or clients celebrating their birthdays in this month. Guest tickets are \$3 and available at Front Reception on the day of the party.

Income Tax Clinic

Saturday, March 27

9 a.m. to 1 p.m.



This free clinic is provided by volunteers from the Certified General Accountants of Ontario and is open to low income seniors and adults with physical disabilities (annual income less than \$25K) with a simple tax situation (for example: no capital gains or foreign income, very little interest income, no claims from a bankrupt or deceased individual).

Please contact Robyn Macdonald at 613-236-0428, extension 260, to make an appointment.

Sugar Bush and Shopping Day Trip

Tuesday, March 30

9 a.m. to 5:30 p.m.



Cost: \$45

(non-members pay \$5 extra per person)










Includes:

- Motorcoach transportation
- Lunch at Wheeler's Sugar Bush in Lanark County
- Tour of maple syrup facility
- Shopping in the village of Westport, ON



The Good Companions was pleased to offer a tour to Minister Aileen Carroll (Minister for Seniors and Culture) and MPP for Ottawa Centre Yasir Naqvi on January 14, 2010. Pictured here with Kathy Ryer our Director of Administration.

April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOTE: Lunch is served from 11:30 a.m. to 1 p.m.</p> <p>Please contact Front Reception to book any appointments.</p>			<p>1 Soup and Sandwiches in Rooms 022/024</p> <p>Easter Brunch 11 a.m. (Tickets required)</p> <p>Denture Clinic </p>	<p>2</p> <p>CLOSED</p> <p>Good Friday</p>	<p>3</p> <p>CLOSED</p>
<p>5</p> <p>CLOSED</p> <p>Easter Monday</p>	<p>6 Cannelloni</p> <p>Program Registration 10 a.m. to 2 p.m. Rooms 142/147</p> <p>Spring Sale in Repeat Performance starts today!</p>	<p>7 Turkey Tetrizzini</p>	<p>8 Cabbage Rolls</p> <p>Dinner at 6 p.m. Beef and Broccoli</p> <p>Dance at 7 p.m. "Sharps and Flats"</p> <p>Foot Care </p>	<p>9 Roast Pork</p>	<p>10</p> <p>Movie at 12:45 p.m. "My Sister's Keeper" (14A)</p>
<p>12 Oktoberfest Sausages</p> <p>Legal Services </p>	<p>13 Veal Parmesan</p> <p>Foot Care </p>	<p>14 Lemon Herb Chicken</p> <p>Walker Clinic </p>	<p>15 Hungarian Goulash</p> <p>Your Teeth and Your Health Seminar 10 a.m.</p>	<p>16</p> <p>No Lunch No Programs</p> <p>No Chick Flick</p>	<p>17</p> <p>Movie at 12:45 p.m. "Fame" (PG)</p>
<p>19 Steak and Kidney Pie</p> <p>Blood Pressure Clinic </p>	<p>20 Seafood Newburg</p>	<p>21 Peruvian Chicken</p> <p>Foot Care </p>	<p>22 Pork Chop</p> <p>Dinner at 6 p.m. Stuffed Sole</p> <p>Dance at 7 p.m. "Country Sunshine"</p>	<p>23 Roast Lamb</p> <p>Birthday Party 1:15 p.m.</p>	<p>24</p> <p>Movie at 12:45 p.m. "Love Happens" (PG)</p>
<p>26 Hot Hamburg Sandwich</p> <p>April in Paris 1 p.m. (Tickets required)</p> <p>Foot Care </p>	<p>27 Chicken à la King</p> <p>MedsCheck Clinic </p>	<p>28 Quiche</p>	<p>29 Pasta with Meat Sauce</p>	<p>30 Ginger Glazed Turkey</p>	

April Events

Easter Brunch

Thursday, April 1
11 a.m. to 1 p.m.



Cost: \$8

Deadline for ticket purchase is March 30.

Spring Program Registration

April 6, 7 & 8
10 a.m. to 2 p.m.



Program registration will take place in rooms 142/147. Please see the Spring 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 staff.

Alan P. Sentance Educational Lecture Series

“Your Teeth and Your Health”

Thursday, April 15
10 to 11:30 a.m.
Room 019



Recent research has shown links between periodontal disease and health issues such as diabetes, cardiovascular disease and respiratory disease. Join us for this informative seminar and discover how more and more seniors are keeping their natural teeth longer. A licensed dental hygienist will be on hand to answer your questions.

To register for this informative seminar, please call 613-236-0428, extension 100, or stop by Front Reception

April in Paris (Spring Tea)

Monday, April 26
1 p.m.



Cost: \$4

Deadline for ticket purchase is April 22.

Join TGC ‘Fun and Frolic Players’ for an afternoon full of fun as we celebrate the end of a long, cold winter and the arrival of Spring.

Birthday Party

Friday, April 23
1:15 p.m.



Entertainment provided by the talented **Dominic D’Arcy**.









Cake, ice cream, coffee and tea will be served after the show.

There is no charge to members or clients celebrating their birthdays in this month. Guest tickets are \$3 and available at Front Reception on the day of the party.



The Federal Government and Ontario’s Provincial Government partner with The Good Companions in an investment for significant building upgrades to our Centre. The \$514,000 announcement was made by the Honourable John Baird, Canada’s Transport and Infrastructure Minister (pictured above) and Yasir Naqvi, Parliamentary Assistant to the Minister of Revenue and Member of Provincial Parliament for Ottawa Centre (also pictured above). Kathy Ryer, Director of Administration and Rock Falardeau, Chair of the Board of Directors were present to receive the announcement on January 29, 2010.

May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOTE: Lunch is served from 11:30 a.m. to 1 p.m.</p> <p>Please contact Front Reception to book any appointments.</p>					<p>1 Movie at 12:45 p.m. "All About Steve" (PG)</p>
<p>3 Chicken Cacciatore</p> <p>Legal Services </p>	<p>4 Baked Fish</p>	<p>5 Beef Pepper Steak</p> <p>Denture Clinic </p>	<p>6 Macaroni and Cheese</p> <p>Foot Care </p>	<p>7 Soup and Sandwiches in Rooms 022/024</p> <p>Walk of Ages <small>Friends, Family & Fun!</small></p> <p>BBQ Lunch 12 p.m. (Tickets required)</p>	<p>8 Movie at 12:45 p.m. "Couples Retreat" (PG)</p>
<p>10 Bangers and Mash</p>	<p>11 Stuffed Green Peppers</p> <p>Foot Care </p>	<p>12 Fettuccine Alfredo with Chicken</p>	<p>13 Beef Stroganoff</p> <p>Dinner at 6 p.m. Pork Tenderloin Dance at 7 p.m. "Silver Swing"</p>	<p>14 Roast Beef</p>	<p>15 Movie at 12:45 p.m. "Amelia" (PG)</p>
<p>17 Veal Marsala</p> <p>Foot Care </p>	<p>18 Fish Cakes</p>	<p>19 Sweet and Sour Pork</p> <p>Turnbull School of Music 1 p.m.</p> <p>Hearing Clinic </p>	<p>20 Lasagna</p> <p>Talent Show 5:30 p.m. (Tickets required)</p>	<p>21 BBQ Chicken</p> <p>Chick Flick Friday 1:30 p.m. "Mrs. Winterborne" (PG)</p>	<p>22 CLOSED</p>
<p>24 CLOSED Victoria Day</p> <p>31 Chicken Burger</p>	<p>25 Chicken Pot Pie</p> <p>MedsCheck Clinic </p>	<p>26 Swedish Meatballs</p> <p>Stirling Day Trip 8:30 a.m. to 8 p.m.</p> <p>Foot Care </p>	<p>27 BBQ Burgers</p> <p>Dinner at 6 p.m. Chicken Divan Crêpes Dance at 7 p.m. "The Wave"</p>	<p>28 Roast Pork</p> <p>Birthday Party 1:15 p.m.</p>	<p>29 Movie at 12:45 p.m. "The Invention of Lying" (PG)</p>

May Events

Coming Up This Month:

Community Gardening For Seniors with Mobility Issues Seminar

Date and Time to be announced

Bytown Urban Gardens (BUGs) is opening a new garden in Glebe Memorial Park with raised beds for seniors and adults with physical disabilities. Join us and find out how you can become involved.

To register for this seminar, please call 613-236-0428, extension 260.



Walk of Ages Lunch & BBQ Lunch Friday, May 7

Join us as we kick-off our annual Walk of Ages Fundraising Campaign. All proceeds from this event will go towards the 2010 Walk of Ages.

Cost: \$8

Deadline for ticket purchase is May 5.

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| 12 p.m. | BBQ Hamburgers, Green Salad, Assorted Squares, Coffee/Tea |
| 1 p.m. | Musical Entertainment by FORDIE |

TGC Talent Show

Wednesday, May 19

(licensed event with a cash bar)



It is time once again for The Good Companions ever popular talent show. Come out and enjoy an evening of excitement as you watch your fellow TGC members and staff showcase their many talents. If you would like to participate in the show, please contact Darlene at 613-236-0428, extension 160, for details.

Cost: \$10

Tickets must be purchased by May 18.

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| 5:30 p.m. | Dinner
<u>Menu:</u> Mixed Greens Salad, Breast of Chicken with Chive and Mustard Sauce, Garlic Mashed Potatoes, Roasted Julienne of Vegetables, Lemon Chiffon with Strawberry Compote, Coffee/Tea |
| 7 p.m. | Talent Showcase |

Turnbull School of Music

will be coming to play for The Good Companions on **Wednesday, May 19** at 1 p.m. in Rooms 142/147. Everyone is welcome to come and enjoy their music.

This event is free of charge.

Stirling Day Trip

Wednesday, May 26

8:30 a.m. to 8 p.m.



Cost: \$80

(non-members pay \$5 extra per person)

Includes:

- Motorcoach transportation
- Lunch at Chubby's Restaurant
- Matinée of "The Judy Garland Show" at the Stirling Festival Theatre.

(Not an imitation, not a bio-play, not a tribute...but rather a dazzling performance chronicling the life and music of one of the greatest performers of our time. Starring Debbie Collins as Judy.)

Birthday Party

Friday, May 28

1:15 p.m.



Entertainment will be provided by **The Good Companions Choir** directed by Sandra Dean.

Cake, ice cream, coffee and tea will be served after the show.

There is no charge to members or clients celebrating their birthdays in this month. Guest tickets are \$3 and available at Front Reception on the day of the party.

Please note:

Our Centre will be closed Friday, June 4, the day prior to the 2010 Walk of Ages.