


















# Summer Program Guide 2017

Registration June 27, 28 & 29 from 10 am to 2 pm


**\$5 Administration fee for 'member requested' refunds. Courses are subject to change.**

**Please note: Duration of program may not be in consecutive weeks.**

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>						
Personal Training is now available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
<b>Fitness</b>						
<b>Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
172010 Zumba Gold 	Jul. 10	7 Weeks	Monday 9:30 am - 10:30am	Assembly Hall	\$37	Susan Sloan
172011 Learn to Play Castanets *	Jul. 10	7 Weeks	Monday 10:30 am - 11:30am	Fitness Room 028	\$37	Stella Carrillo
172012 Beyond the Chair	Jul. 10	7 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall	\$37	Cathy Brophy
172013 Fitness for Arthritis & Balance 	Jul. 10	6 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$32	Zarina Grundy
172014 Chair Fitness 	Jul. 10	7 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall	\$37	Cathy Brophy
172015 Gentle Aerobics + Weights	Jul. 17	6 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$32	Wendy Gagnon
172016 Working with Weights	Jul. 17	6 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$32	Wendy Gagnon
172017 Nordic Pole Walking <b>Adv.</b> (Urban Poling 300 Series Poles provided to use for the class.)	Jul. 4	9 Weeks	Tuesday 9 - 11 am	Outdoors	\$94	Margie Cain
172018 Better Balance	Jul. 4	9 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall	\$47	Cathy Brophy
172019 Chair Hatha Yoga	Jul. 4	9 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$47	Cathy Brophy
172020 Strength, Core & Balance 	Jul. 4	9 Weeks	Tuesday 10 - 11 am	Assembly Hall	\$47	Erin O'Brien
172021 Strength, Core & Balance 	Jul. 4	9 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall	\$47	Erin O'Brien
172022 Zumba Gold - CHAIR 	Jul. 4	9 Weeks	Tuesday 1:30 - 2:30 pm	Fitness Room 028	\$47	Susan Sloan
172023 Fitness for Arthritis 	Jul. 5	8 weeks	Wednesday 10:45 - 11:45 am	Fitness Room 028	\$42	Erin O'Brien
172024 Zumba Gold 	Jul. 5	9 Weeks	Wednesday 11 am - 12 pm	Assembly Hall	\$47	Susan Sloan
172025 Cardio for Sterngh 	Jul. 5	8 Weeks	Wednesday 11:50 am -12:50 pm	Fitness Room 028	\$42	Erin O'Brien
172026 Pickleball	Jul. 5	8 Weeks	Wednesday 1 - 2 pm	Assembly Hall	\$42	Bill Simon
172027 Working with Weights	Jul. 5	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$47	Wendy Gagnon
172028 Weights and Stretch	Jul. 5	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$47	Wendy Gagnon
172029 Mat Gentle Hatha Yoga 	Jul. 6	8 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$42	Kim Hannah
172030 Strength, Core & Balance 	Jul. 6	9 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall	\$47	Kim Hannah
172031 Better Balance 	Jul. 6	9 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$47	Erin O'Brien
172032 Beyond the Chair 	Jul. 6	9 Weeks	Thursday 12:30 - 1:30 pm	Assembly Hall	\$47	Erin O'Brien
172033 Chair Hatha Yoga 	Jul. 6	8 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$42	Kim Hannah
172034 Fitness for Arthritis & Balance 	Jul. 7	7 Weeks	Friday 10 - 11 am	Assembly Hall	\$37	Erin O'Brien
172035 Working with Weights 	Jul. 7	7 Weeks	Friday 11 am - 12 pm	Assembly Hall	\$37	Erin O'Brien
172036 Castanets <b>Adv.</b>	Jul. 7	9 Weeks	Friday 10 - 11 am	Fitness Room 028	\$47	Stella Carrillo
172037 Restorative Yoga	Jul. 28	5 Weeks	Friday 12:45 - 1:45 pm	Fitness Room 028	\$27	Natalie Fraser
172038 Pickleball	Jul. 14	7 Weeks	Friday 1 - 2 pm	Assembly Hall	\$37	Michael Gauthier
172039 Mindfulness & Meditation	Jul. 28	5 Weeks	Friday 1:55 - 2:45 pm	Fitness Room 028	\$27	Natalie Fraser
<b>Recreational Dance</b>						
172040 Latin Style Dance <b>Beg.</b>	Jul. 10	7 Weeks	Monday 9:30 - 10:30 am	Fitness Room 028	\$37	Stella Carrillo
172041 Spanish Dancing <b>Beg.</b>	Jul. 5	9 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$47	Stella Carrillo
172042 Spanish Dancing <b>Int..</b>	Jul. 12	8 Weeks	Wednesday 10:35 - 11:35 am	Activity 019	\$42	Stella Carrillo
172043 Spanish Dancing <b>Adv.</b>	Jul. 7	9 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$47	Stella Carrillo



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise  
Corps à cœur

Classes marked with this logo are designated as **Heart Wise Exercise** and meet specific criteria developed by the University of Ottawa Heart Institute. For more information about this program please visit [www.heartwiseexercise.ca](http://www.heartwiseexercise.ca).

**Heart Wise Exercise** programs are available through some Physical Activity classes offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
172044 French Conversation ( <b>Beg</b> )	Jul. 10	7 Weeks	Monday 2 - 3 pm	Activity 019	No Charge	A. Kubacki
172045 English Conversation	Jul. 6	9 Weeks	Thursday 10 - 11 am	Mtg. Room 014	No Charge	Mari-Joy Trigo
172046 Learn to Speak Mandarin	Jul. 6	9 Weeks	Thursday 10 - 11:30 am	Library 121	No Charge	Dr. Qian
172047 French Conversation ( <b>Int.</b> )	Jul. 7	8 Weeks	Friday 1 - 3 pm	Library 121	No Charge	Michel Gauvin
<b>General Interest</b>						
172048 Container Gardening	Jul. 4	Continuous	See Ana for schedule	Outdoors	No charge	Lynn Koroniak
172049 Navigate Your Smart Phone			Cancelled			
172050 Piano Lessons	Jul. 4	6 Weeks	Tuesday 9:30 am & 10 am	Activity 142/147	\$20	Vicky Palmer
172051 Computer Workshop	Jul. 5	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
172052 Computer Workshop	Aug. 2	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
172053 Drop-In Coffee Club	Jul. 6	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ruth Tearreau-Lousley
172054 Introductory Computer	Jul. 6	6 Weeks	Thursday 12:30 - 2 pm	Library 121	\$28	Karim Ghaltaee
172055 Healthy Living Group		Continuous	3rd Thursday 10 - 11:30 am	Activity 014	No charge	Ana Valença

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
172056 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
172057 Carpet Bowling	Jul. 4	9 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$10	Burgi Drews
172058 Cribbage		Continuous	Tuesday 1 - 3 pm	Quiet Lounge 147	\$1/week	Judy St. James
172059 Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Louise & Bob
172060 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Mtg. Room 014	No charge	Coby Fuykschot
172061 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Mtg. Room 014	No charge	Margaret Donnelly
172062 Bingo		Continuous	Thursday 2 - 3:45 pm	Dining Activity 141	3cards/\$1.50	
172063 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye
<b>Performing Arts</b>						
172064 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
172065 Grey Jazz Big Band	Aug. 18	Continuous	Friday 9 am - 12 pm	Activity 024	No charge	J. Merritt

## CRAFT STUDIO

\* Please note that our 'Studio' courses are self-run programs where you can come & work on your own in the company of other members.

### Creative Arts

172066 Woodworking Shop Mbrs.	Jun. 26	Continuous	Mon/Tues/Thur 9:30 -12 & 1-3	Woodshop 015	\$32	Renaud/Andre/Henry
172067 Stained Glass Studio*	Jun. 29	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$15	Lan N.

### Charity Work

172068 Weaving Milk Bag Mats	Jun. 27	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary & Evelyn
172069 Izzy Dolls	Jun. 28	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary & Addie C.
172070 PICC Line Covers	Jun. 28	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
172071 Wildlife Bird's Nest	Jun. 28	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien

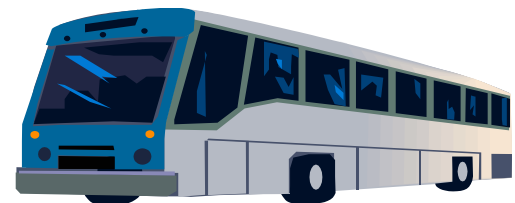
### Production Volunteer

172072 Knitting & Crocheting	Jun. 26	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie
172073 Organizational Team	TBA	5 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Linda J.P.
172074 Woodshop Bazaar Crafts	Jun. 28	Continuous	Wed. 9:30am-12pm & 1-3pm	Woodshop 015	Volunteer	Ron Lavoie
172075 Teddy Bear	Jun. 28	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Elizabeth/Norma
172076 Painting on Fabric	Jun. 28	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Beryl/Myungsook
172077 Jewellery	Jun. 28	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	TBA
172078 Mixed Media Xmas Card Making	Jun. 28	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Brenda/Marlin/Marta
172079 Cross Stitch	Jul. 5	4 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Sylvia G.
172080 Jewellery Collage	Jul. 5	4 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Addi J.
172081 Hostess Gifts	Jul. 19	7 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Marie M.
172082 Angel Crafts	Aug. 2	5 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Addi J.
172083 Halloween Jewellery	Jul. 19	1 Week	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
172084 Angels & Bracelets	Aug. 9	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
172085 Latch Hooked Rug	Jun. 29	Continuous	Thursday 10 am - 12 pm	Solarium	Volunteer	Ruth T-L
172086 Learn to Crochet	Jun. 29	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L/Brenda T.
172087 Knitting & Crocheting	Jun. 29	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie
172088 Multi Craft Design Team	TBA	4 Weeks	Friday (TBA)	Crafts 240	Volunteer	Linda J.P.

## Summer Day Trips

(non-members pay \$10 extra per person)

Tuesday, June 13	Morrisburg, ON (\$90)
Tuesday, July 25	Montreal, QC(\$80)
Thursday, August 17	Kingston, ON(\$105)



Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe motorcoach and all trips depart from and return to The Good Companions. Tickets can be purchased at Front Reception.

## Christmas in July Bazaar & Craft Studio Sale

July 11, 12 & 13 from 10 am to 2 pm



Featuring: woodworking, stained glass, knitting, hand painted items, quilting, teddy bears, eco crafts, books, baking and more.

Repeat Performance will also be open! FREE admission.

### New & Returning Program Information:

#### Container Gardening - Volunteers

Gardening is great exercise & it's good fun to see the plants growing! Never gardened before? No problem...come and learn! Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity.

#### Cross Stitch - Sylvia

Come and explore the fun of cross stitch, no experience is necessary. You can choose embroidery thread or yarn for your projects. You can embellish cards or try working on plastic canvas. This needle craft is great for everyone. You can get beautiful results in a relatively short period of time.

#### Halloween Theme Jewellery - Margo C.

We will make witch earrings and beautiful beaded spiders which can be a unique gift for someone. Everyone must have a spider on their Christmas tree. Come and learn about the legend and have fun with making Halloween themed items.

#### Hostess Gifts - Marie M.

We will be making a variety of crafts to give as gifts. Our focus will be on learning different skills to produce affordable items for our Craft Studio sales. We will be including Decorative Painting, Christmas ornaments & decorations plus Floral Crafts. If you have a craft to teach please contact the Craft Coordinator.

#### Multi Craft Design Team - Linda Janes-Peddle

The Craft Studio is looking for volunteers to help plan and make samples for future projects. You will work on projects together including brainstorming to come up with creative ideas to produce in our studios. You are welcome to participate & help us with your creative ideas.

#### Piano Lessons - Vicky Palmer

If you have never played the piano before or if you haven't played in years and would like a refresher...this class is for you. Please note that lessons are individual and therefore there are a limited number of spaces available.

**Pickleball** - It is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a ball, similar to a wiffle ball, over a net. Low impact, quick exercise, social fun are all attractions to this great game that is going to be offered at The Good Companions starting this summer! **Instruction from 1 - 2 pm with additional practise time from 2 - 3 pm for registered participants.** "It's as easy as ping pong, scores like volleyball and looks like a miniature version of tennis."