



Winter Program Guide 2017

Registration January 10, 11 & 12 from 10 am to 2 pm

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

Please note: Duration of program may not be in consecutive weeks.
Check with your instructor for any scheduled program interruptions.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
PHYSICAL ACTIVITY							
Personal Training is now available. \$45 for one hour. Must be a member. Book your appointment at Front Reception today!							
Fitness							
174010	Beyond the Chair	Jan. 16	10 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall 112	\$52	Erin O'Brien
174094	Fitness for Arthritis	Jan. 16	9 Weeks	Monday 11:30 am - 12:30 pm	Fitness Room 028	\$47	Zarina Grundy
174011	Chair Fitness	Jan. 16	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$52	Erin O'Brien
174012	Gentle Aerobics	Jan. 16	10 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$52	Wendy Gagnon
174013	Working with Weights	Jan. 16	10 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$52	Wendy Gagnon
174014	Strength, Core & Balance	Jan. 17	10 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$52	Erin O'Brien
174015	Better Balance	Jan. 17	10 Weeks	Tuesday 9:30 - 10:30 am	Assembly Hall 112	\$52	Erin O'Brien
174016	Cardio for Fitness	Jan. 17	10 Weeks	Tuesday 12:15 - 1:15 pm	Fitness Room 028	\$52	Erin O'Brien
174017	Tai Chi Chuan	Jan. 18	11 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$57	Chao Shang Chou
174018	Fitness for Arthritis	Jan. 18	11 Weeks	Wednesday 10:55 - 11:55 am	Fitness Room 028	\$57	Pauline St. Pierre
174019	Cardio for Fitness	Jan. 18	11 Weeks	Wednesday 11:55am-12:55pm	Fitness Room 028	\$57	Pauline St. Pierre
174020	Zumba Gold	Jan. 18	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$57	Susan Sloan
174021	Working with Weights	Jan. 18	11 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$57	Wendy Gagnon
174022	Weights & Yoga	Jan. 18	11 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$57	Wendy Gagnon
174023	Mat Gentle Hatha Yoga	Feb. 9	8 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$42	Kim Hannah
174024	Strength, Core & Balance	Jan. 19	11 Weeks	Thursday 11:15 am-12:15 pm	Assembly Hall 112	\$57	Kim Hannah/Erin O'Brien
174025	Cardio for Strength	Jan. 19	11 Weeks	Thursday 1:30 - 2:30 pm	Fitness Room 028	\$57	Erin O'Brien
174026	Chair Hatha Yoga	Feb. 9	8 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$42	Kim Hannah
174027	Fitness for Arthritis & Balance	Jan. 20	11 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$57	Pauline St. Pierre
174028	Working with Weights	Jan. 20	11 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$57	Pauline St. Pierre
174029	Restorative Yoga	TBA	11 Weeks	TBA	TBA	\$57	Natalie Fraser
Recreational Dance							
174030	Line Dancing (Beg.)	Jan. 19	11 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112		Dave Western



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



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.

Heart Wise Exercise programs are available through some of the Physical Activity classes currently being offered at The Good Companions.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CONTINUING EDUCATION							
General Interest							
174031	Memory Fitness	Jan. 16	10 Weeks	Monday 1 - 2 pm	Mtg. Room 019	\$50	Maria Giovanniti
174032	Current Affairs		Continuous	Tuesday 10 - 11:30 am	Crafts 240	No charge	Muriel Libby
174033	Brain Fitness/Driving Cognitive...	Jan. 17	6 Weeks	Tuesday 9:30 - 10:30 am	Mtg. Room 019	\$55	F. Fanni (Dynamic Brain)
174034	Book Club	Jan. 18	6 Weeks	Alternate Wed. 10 - 11 am	Library 121	\$10	Judith McCann
174035	Memory Fitness	Jan. 18	11 Weeks	Wednesday 1 - 2 pm	Mtg. Room 019	\$55	Kimberly Knoefel
174036	Computer - Workshop	Jan. 18	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
174037	Computer - Workshop	Feb. 22	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
174038	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ruth Terreau-Lousley
174039	Healthy Living Group	Jan. 19	Continuous	3rd Thurs. 10 - 11:30 am	Mtg. Room 019	No charge	Louise Henry
174040	Introductory Computer	Jan. 19	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
174041	Introductory Computer	Feb. 23	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
174042	Ukulele (Intermediate)	Jan. 19	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22	David Jones
Language							
174043	New to Spanish	Jan. 16	9 Weeks	Monday 9:30 - 10:30 am	Ceramics 236	\$64	Maria Cuburu
174044	Spanish, Advanced	Jan. 16	9 Weeks	Monday 10:45 - 11:45 am	Ceramics 236	\$64	Maria Cuburu
174045	Spanish, Basic	Jan. 16	9 Weeks	Monday 12 - 1 pm	Ceramics 236	\$64	Maria Cuburu
174046	Spanish, Advanced	Jan. 16	9 Weeks	Monday 1:30 - 2:30 pm	Ceramics 236	\$64	Maria Cuburu
174047	Spanish, Intermediate	Jan. 16	9 Weeks	Monday 2:45 - 3:45 pm	Ceramics 236	\$64	Maria Cuburu
174048	French Conversation Beg.	Jan. 16	10 Weeks	Monday 1:30 - 2:30 pm	Activity 019	No charge	A. Kubacki
174049	Spanish Conversation Adv.+	Jan. 19	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90	S. Cruz Salas
174050	English Conversation	Jan. 19	11 Weeks	Thursday 10 - 11 am	Mtg. Room 014	No charge	Mari-Joy Trigo
174051	French Conversation (Int)	Jan. 20	10 Weeks	Friday 1 - 3 pm	Library 121	No charge	Michel Gauvin

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
GAMES							
174052	Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
174053	Carpet Bowling	Jan. 17	10 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	Burgi Drews
174054	Cribbage		Continuous	Tuesday 1 - 3 pm	Activity 147	\$1/week	Judy St. James
174055	Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Louise & Bob
174056	Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activity 014	No charge	Coby Fuykschot
174057	Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 022	No charge	Margaret Donnelly
174058	Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
174059	Six Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye

PERFORMING ARTS							
174060	Silver Swing Band	Jan. 9	Continuous	Monday 10 am - 12 pm	Activity 024	\$6	Gordon Price
174061	Choir	Jan. 17	10 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	Sandra Dean
174062	Sharps and Flats Band	Jan. 18	Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
174063	Usual Fellows Jazz Band	Jan. 19	Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
174064	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
174065	Grey Jazz Big Band	Jan. 13	Continuous	Friday 9 am - 12 pm	Activity 024	\$6	J. Merritt/J. Glover

CRAFT STUDIO		*Please Note: There may be some additional supply costs.					
Charity Work							
174066	Weaving Milk Bag Mat*	Jan. 10	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'Brien/Evelyn M.
174067	Wildlife Bird's Nest	Jan. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
174068	Izzy Dolls*	Jan. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
174069	PICC Line Covers	Jan. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
Creative Arts							
174070	Woodworking Shop Mbrs.*	Jan. 16	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	David/Henry/Renaud
174071	Painting Studio*	Jan. 16	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick Cocklin
174072	Stained Glass *	Jan. 12	11 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren Perkins
174073	Realistic Drawing/Level 2	Jan. 13	10 Weeks	Friday 1 - 3 pm	Crafts 236	\$16	Quinn Lee
174074	Advanced Quilting*	Jan. 13	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon Wright
174075	Beg. Hand Piecing for Quilting	Jan. 13	6 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$16	Pete N.J.
Expressive Arts							
174076	Labyrinth Meditation	Jan.17, Feb 21, & Mar.14		Tuesday 1 - 2 pm	Assembly Hall 112	\$10	Deborah Bethell
174093	Creative Movement	Jan.17, Feb 21, & Mar.14		Tuesday 2 - 3 pm	Assembly Hall 112	\$10	Deborah Bethell
Production Volunteer							
174077	Knitting/Crocheting (Mon.)	Jan. 9	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monique/Valerie
174078	Organizational Team	TBA	6 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
174079	Painting on Fabric	Jan. 11	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Beryl W.
174080	Collage Cards with Stencils	Feb. 15	4 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin D./Brenda T.
174081	Paper Crafts with a Cricut	Jan. 18	4 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Brenda T.
174082	Jewellery	Jan. 11	Continuous	Wed. 9:30-11:30am & 12:30-3pm	Crafts 240	Volunteer	Naomi Moore
174083	Woodworking Bazaar Crafts	Jan. 11	Continuous	Wed. 9:30am-12pm & 1-3pm	Woodshop 015	Volunteer	Ron Lavoie
174084	Teddy Bear	Jan. 11	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma/Elizabeth
174085	Coat Hanger Covers	Feb. 1	6 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Joan F./Marie M.
174086	Textile Pendants & Pins	Mar. 15	3 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Marie M./Addi J.
174087	Wire Wrapped Doughnut Pendant	Jan. 18	1 Week	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo/Elizabeth
174088	Wire Tree of Life Pendant	Feb. 15	1 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo/Elizabeth
174089	Stained Glass Beg/Level 1	Jan. 12	Continuous	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Lan N./Val. P
174090	Learn to Crochet	Jan. 12	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Susan Murray
174091	Hooked Rug	Jan. 12	Continuous	Thursday 10 am - 12 pm	Solarium	Volunteer	Susan Murray
174092	Knitting/Crocheting (Thurs.)	Jan. 12	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monique/Valerie

New Program Information

Beginners Hand Piecing for Quilters - Instructor: Pete N.J.

This course is a prerequisite for our advanced quilting class. We will provide step-by-step instruction on how to prepare fabric for hand piecing. We will hand sew the pieces into a patterned block using 1/4 inch seams.

Brain Fitness and Driving Cognitive Training - Instructor: Frieda Fanni (DynamicBrain)

At the Alzheimer's International conference in July 2016, researchers announced that one specific brain training exercise shown to cut the risk of dementia nearly in half. The Mayo Clinic and other renowned institutions have also shown improvements in hearing, vision, balance, chemobrain and cutting the risk of car accidents by 50%. DynamicBrain, the exclusive Canadian provider of Posit Science Corporation is now offering brain fitness classes at TGC.

Coat Hanger Covers - Instructor: Joan F./Marie M.

Wire hangers can indent your clothes over time and we all know they don't look particularly attractive. Create new hangers with materials and techniques such as braiding, yarn wrapping, crochet, lace, ribbon and sequin trim.

Collage Cards with Stencils - Instructor: Marlin D./Brenda T.

Making cards with stencils is pure fun! Paint different patterns and pictures on cards for special occasions and seasons. Nothing beats a hand-stenciled card when it comes to adding a personal touch.

Craft Studio Organization Team - Instructor: Linda J.P.

If you have a love and passion for putting things in their place this is the team for you! This is an organization group that will work together to do a variety of tasks that require your organizational skills and love of craft supplies.

PICC Line Covers - Instructor: Mary O'Brien

Our new charity work for the winter will be knitting or crocheting PICC Line Covers. PICC line covers are worn to keep intravenous lines secure and it helps to prevent infection. PICC line covers are beneficial for people fighting various illnesses and diseases such as breast cancer, cystic fibrosis, leukemia and Lyme disease (the list goes on and on). We will be donating the PICC line covers to our local hospital which uses over 100 a week.

Textile Pendants and Pins - Instructor: Marie M./Addi J.

Create necklaces or pins with a unique spin. Replace the classic beads with fabric and highlight it in gold or silver frames and you have a unique textile pendant or pin.

Wire Wrapped Stone Doughnut and Tree of Life Pendants - Instructor: Margo/Elizabeth

Wire wrapping is one of the oldest and fascinating techniques when implemented on jewellery and it gives them a unique look. These workshops will teach you how to wrap a doughnut shaped stone pendant and create your own tree of life pendant with wire.