

## Spring Program Guide 2017

Registration April 4, 5 & 6 from 10 am to 2 pm

\$10 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>						
Please note: <b>Personal Training</b> is now available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
<b>Fitness</b> *Please Note: There may be some additional supply costs for classes marked with an asterisk						
171010 Zumba Gold	Apr. 10	9 Weeks	Monday 9:30 am - 10:30 am	Assembly Hall 112	\$47	Susan Sloan
171011 Companions Walking Group			Cancelled			Zarina Grundy
*Must be able to walk 5-7 km continuously at a brisk pace.						
171114 Learn to Play Castanets	Apr. 10	9 Weeks	Monday 10:30 - 11:30 am	Fitness Room 028	\$47	Stella Carrillo
171012 Fitness for Arthritis & Balance	Apr. 10	8 Weeks	Monday 11:55 am - 12:55 pm	Fitness Room 028	\$42	Zarina Grundy
171013 Beyond the Chair	Apr. 10	9 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall 112	\$47	Cathy Brophy
171014 Chair Fitness			Cancelled			Cathy Brophy
171015 Gentle Aerobics + Wts.	Apr. 24	8 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$42	Wendy Gagnon
171016 Working with Weights	Apr. 24	8 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$42	Wendy Gagnon
171017 Nordic Pole Walking Adv.	May. 16	6 Weeks	Tuesday 9:30 - 11:30 am	Outdoors	\$62	Ana Valença
(Urban Poling 300 Series Poles provided to use for the class.) *Must be able to walk 5-7 km continuously at a brisk pace.						
171018 Cardio for Fitness			Cancelled			Erin O'Brien
171019 Better Balance	Apr. 11	11 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall 112	\$57	Cathy Brophy
171020 Strength Core & Balance	Apr. 11	11 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$57	Erin O'Brien
171021 Chair Hatha Yoga	Apr. 11	11 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$57	Cathy Brophy
171022 Cardio For Strength			Cancelled			Erin O'Brien
171023 Zumba Gold CHAIR			Cancelled			Susan Sloan
171024 Zumba Gold	Apr. 12	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$57	Susan Sloan
171025 Fitness for Arthritis			Cancelled			Pauline St. Pierre
171026 Cardio for Fitness			Cancelled			Pauline St. Pierre
171027 Working with Weights	Apr. 19	10 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$52	Wendy Gagnon
171028 Weights & Stretch	Apr. 19	10 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$52	Wendy Gagnon
171029 Mat Gentle Hatha Yoga	Apr. 13	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$57	Kim Hannah
171030 Strength, Core & Balance	Apr. 13	10 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$52	Kim Hannah
171031 Better Balance			Cancelled			Erin O'Brien
171032 Chair Hatha Yoga	Apr. 13	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$57	Kim Hannah
171033 Beyond the Chair			Cancelled			Erin O'Brien
171034 Fitness for Arthritis & Balance	Apr. 28	7 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$37	Pauline St. Pierre
171035 Working with Weights	Apr. 28	7 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$37	Pauline St. Pierre
171036 Castanets Adv.	Apr. 28	8 Weeks	Friday 10 - 11 am	Fitness Room 028	\$42	Stella Carrillo
171037 Restorative Yoga	Apr. 28	8 Weeks	Friday 12:45 - 1:45 pm	Fitness Room 028	\$42	Natalie Fraser
171038 Mindfulness & Meditation	Apr. 28	8 Weeks	Friday 2 - 3 pm	Fitness Room 028	\$42	Natalie Fraser
<b>Recreational Dance</b>						
171039 Latin Style Dance Beg.	Apr. 10	9 Weeks	Monday 9:30 - 10:30 am	Fitness Room 028	\$47	Stella Carrillo
171040 Spanish Dancing Beg.	Apr. 12	11 Weeks	Wednesday 9:45 - 10:45 am	Fitness Room 028	\$57	Stella Carrillo
171041 Line Dancing Beg.	Apr. 13	10 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$66	Dave Western
171042 Spanish Dancing Adv.	Apr. 28	8 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$42	Stella Carrillo

FULL



FULL

FULL

FULL

FULL

FULL

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 of the Physical Activity classes currently being offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
171043 New to Spanish			Cancelled			Maria Cuburu
171044 Spanish, Advanced	Apr. 10	9 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$64	Maria Cuburu
171045 Spanish, Basic	Apr. 10	9 Weeks	Monday 12 - 1 pm	Crafts 236	\$64	Maria Cuburu
171046 Spanish, Advanced	Apr. 10	9 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$64	Maria Cuburu
171047 Spanish, Intermediate	Apr. 10	9 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$64	Maria Cuburu
171048 French Conv. (Beginner)	Apr. 10	9 Weeks	Monday 1:30 - 2:30 pm	Activity 019	No charge	A. Kubacki
171049 Spanish Conversation (Int.)	Apr. 11	10 Weeks	Tuesday 11 am - 12 pm	Library 121	No charge	Marlene Valenzuela
171050 English Conversation	Apr. 13	10 Weeks	Thursday 10 - 11 am	Activity 014	No charge	Mari-Joy Trigo
171051 Spanish Conversation Adv.+	Apr. 13	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90	S. Cruz Salas
171052 Learn to Speak Mandarin	Apr. 20	10 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
171053 French Convers. (Int.)	May. 5	7 Weeks	Friday 1 - 3 pm	Library 121	No charge	Michel Gauvin
<b>General Interest</b>						
171055 Navigate Your Smartphone	Apr. 11	8 Weeks	Tuesday 9 - 10:30 am	Library 121	\$30	Rick Lavigor
171056 Brain Fitness/Cognitive Training	Apr. 11	6 Weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55	F. Fanni (Dynamic Brain)
171057 Current Affairs		Continuous	Tuesday 10 - 11:30 am	Crafts 240	No charge	Muriel Libby
171058 Health & Common Sense	Apr. 12	10 Weeks	Wednesday 1 - 2 pm	Activity 014	No charge	Dr. D. Albuquerque
171059 Book Club	Apr. 12	6 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10	Judith McCann
171060 Osteoporosis Canada	Apr. 19	Once a month	3rd Wed. of ea. month 1 - 3 pm	Activity 024	No charge	Marq Nelson
171062 Computers Workshop	Apr. 12	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
171063 Computers Workshop	May. 17	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
171064 Healthy Living		Continuous	3rd Thurs. 10 - 11:30 am	Activity 019	No charge	Louise Henry
171065 Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ruth Tearreau-Lousley
171066 Do We Love Ourselves Enough?	May-11	4 Weeks	Thursday 10:30 - 11:30am	Room 224	No charge	Sophia Radelet-Ong
171067 Introductory Computer	Apr. 13	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
171068 Introductory Computer	May. 18	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
171069 Ukulele (Intermediate)	Apr. 13	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22	D. Jones
171070 55+ Alive Mature Driving Course	May. 19	2 Weeks	Friday 9:30am - 12:30pm	Activity 019	\$22	D. Jones
171071 Container Garden		Continuous	Mon. - Fri. (Flexible hours)	Outside	No charge	Lynn Koroniak

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
171072 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
171073 Carpet Bowling	Apr. 11	11 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	Burgi Drews
171074 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
171075 Euchre		Continuous	Tuesday 1 - 3 pm	Quiet Lounge 147	\$1/week	Louise & Bob

171076	Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activiy 019	No charge	Coby Fuykschot
171077	Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activiy 019	No charge	Margaret Donnelly
171078	Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
171079	Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye
<b>Performing Arts</b>							
171080	Silver Swing Band		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	Gordon Price
171081	Choir	Apr. 11	7 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Sandra Dean
171082	Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
171083	Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
171084	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
171085	Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$6	J. Merritt

Program	Begins	Duration	Day & Time	Location	Cost	Instructor		
<b>CRAFT STUDIO</b>								
<b>Charity Work</b>								
171086	Weaving Milk Bag Mats*	Apr. 4	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'Brien/ Evelyn M.	
171087	Wildlife Bird's Nest	Apr. 5	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien	FULL
171088	Izzy Dolls*	Apr. 5	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien/Addie C.	
171089	PICC Line Covers	Apr. 5	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien	
<b>Creative Arts</b>								
171090	Woodworking Shop Mbrs.*	Apr. 10	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	Renaud/Henry	
171091	Painting Stuido*	Apr. 10	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick Cocklin	FULL
171092	Stained Glass	Apr. 6	12 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren Perkins	
171093	Introduction to Painting *	Apr. 11	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$40	Patrick Cocklin	
171094	Realistic Drawing Level 2		Cancelled					Quinn Lee
171095	Advanced Quilting	Apr. 7	9 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon Wright	
171096	Beg. Hand Piecing Quilting	Apr. 7	8 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18	Pete N.J.	FULL
<b>Expressive Arts</b>								
171097	Labyrinth Meditation & Movement	Apr.18,	May 16 & June 20	Tuesday 1:30 - 3 pm	Assembly Hall	\$10	Deborah & Rick Bethall	
<b>Production Volunteer</b>								
171098	Knitting/Crocheting	Apr. 3	Continuous	Mon. 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie	FULL
171099	Organizational Team	TBA	6 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Linda J.P.	
171100	Teddy Bear	Apr. 5	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma/Elizabeth	FULL
171101	Beaded Jewellery Sets		Duplicate (see 171106)					
171102	Beaded Jewellery Sets		Duplicate (see 171107)					
171103	Painting on Fabric	Apr. 5	Continuous	Wed 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.	
171104	Mixed Media Card Making	Apr. 5	12 Weeks	Wed 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin D./Brenda T.	
171105	Jewellery	Apr. 5	Continuous	Wed 9:30-11:30am & 12:30-3pm	Crafts 240	Volunteer	Naomi Moore	
171106	Beaded Jewellery Sets	Apr. 12 &19	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.	FULL
171107	Beaded Jewellery Sets	May 10 & 17	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.	FULL
171108	Floral Crafts	Apr. 12	6 Weeks	Wed 9:30-11:30am & 12:30-3pm	Crafts 240	Volunteer	Linda/Marie/Addie	FULL
171109	Woodworking Bazaar Crafts	Apr. 5	Continuous	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer	Ron Lavoie	
171110	Stained Glass Beg./Level 1	Apr. 6	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Lan. N/Val. P	FULL
171111	Latch Hooked Rug	Apr. 6	Continuous	Thursday 10 am - 2 pm	Solarium 2nd Floor	Volunteer	Susan M./ Brenda T.	
171112	Learn to Crochet	Apr. 6	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Susan M./ Brenda T.	FULL
171113	Knitting/Crocheting	Apr. 6	Continuous	Thurs. 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie	FULL



**Membership Renewal:** We would like to remind our members that our **annual membership period runs from April 1st to March 31st** and it is time to renew your membership for 2017/2018. The current fee for membership is **\$35.50**. **Early Bird Membership Renewal will be offered from March 1st to 31st**. Renew your membership at this time and you will be eligible to win a wonderful gift basket! Please see Front Reception or call 613-236-0428 ext. 2100 to renew. Thank you!

#### **New Program Information:**

##### **Beaded Jewellery Sets - Margo C.**

Explore the tools and techniques used to create designs for necklaces, earrings and bracelets. We will be creating matching sets. Learn how to use memory wire for a quick bracelet and have fun matching colours.

##### **Companions Walking Group - Zarina Grundy**

This low impact fitness activity combines the benefits of physical activity, socialization and happiness of being outdoors. It is perfect for those who want an outdoors activity during the spring and summer but do not want the solitary experience of walking alone. Regular walking strengthens your heart, helps you lose weight and even helps to prevent dementia. It boosts circulation and increases oxygen supply and like other exercises it boosts your mood.

##### **Do We Love Ourselves Enough - Sophia Radelet-Ong**

A four week workshop for you to dive deeper into ways of recognizing the gestures of love each individual can relate to and ways to gain more into making the quality of life more meaningful to you.

##### **Floral Crafts - Linda/Marie/Addie**

Celebrate spring's arrival with floral inspired crafts. We will make origami flowers to decorate cards and gift bags. For a special occasion we will create corsages. If you like to paint we will be embellishing the flowers as well. Learn the basic arrangement forms in floral design to create a beautiful bouquet.

##### **Mindfulness & Meditation - Natalie Fraser**

We will learn different breaths and meditation techniques to quiet the mind and body. There will be techniques and practices on mindfulness that will bring you joyfully into the present moment of life.

##### **Mixed Media Cards - Marlin D. and Brenda T.**

Come and explore the fun art of making mixed media greeting cards, no experience necessary! We will use a variety of mediums to make all kinds of cards. Your design is your choice, try different techniques; your imagination is the limit. We have a variety of materials, handmade monoprinting and paper paste papers, recycled cards for collage ect. You can get beautiful results in a relatively short period of time using our Cricut Create machine to cut intricate designs.

##### **Resotrative Yoga - Natalie Fraser**

Come with cozy socks (and a comfy blanket and a pillow or two from your sofa if you want). We will hold and rest in postures with support from props that will help to restore peace to your day and comfort to your body. This is for all bodies and all levels. We do most postures on the floor but if you need help getting down or back up fear not, assistance will be there. We will approach this calss with a sense of loving humour and joy.

##### **Weights and Stretch - Wendy Gagnon**

Starting with a warm up, this group class combines the benefits of strength and endurance as well as extra stretching for muscle relaxation and recovery. All stretches are standing up or in a chair.