



**The Good Companions  
Seniors' Centre**  
*Supporting a Vibrant Community*

# Day Centre Program Descriptions



Special thanks to all of our volunteer program leaders and paid program leaders for their continued excellent service.

Disclaimer:

All programs listed may not be offered at all times.

For a current list of programs please see the appropriate program guide.



“Over 60 years of service and still growing”

### Hours of Operation

Monday - Friday  
8:30 a.m. - 4:00 p.m.

OC Transpo routes to  
The Good Companions:

8, 16, 18, 86, 87, 94,  
95, 96, 97, 98

**The Good Companions,  
670 Albert Street, Ottawa,  
ON K1R 6L2  
(613) 236-0428  
fax: (613) 230-2095**

Website: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca) Email: [info@thegoodcompanions.ca](mailto:info@thegoodcompanions.ca)

Charitable Registration No. 11894 1152 RR0001





**Have an Idea? Let us know!** It's time to get creative! We're looking for **YOUR** ideas on what programs you would like to see at The Good Companions. Ideas for fundraising events or sponsorship are also welcome. Please put your ideas in writing and drop them off at Front Reception.

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## **Program Registration Rules & Guidelines**

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The Good Companions programs are available to **members only**. You may register to become a member any time during the year. Please note, memberships are valid from **April 1st to March 31st**.

Members may register for programs during designated program registration periods. Registration after the designated registration period can be processed through Front Reception. Members are encouraged to register during the designated registration period as some classes may fill up quickly or may be cancelled due to insufficient registration.

### **Waiting Lists**

When a program becomes full, you will have the option of being put on a waiting list or making another selection. Members will only be contacted if a space becomes available.

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## **Cancellation/Changes & Refunds**

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We do our best to make sure that all programs run exactly as outlined in the program guide, but sometimes a date, time, location, or fees may change. Programs are subject to cancellations due to insufficient registration. The cancellation process starts one week prior to the start of programs. You will be notified if your program is cancelled. If this situation occurs, a full refund will be issued.

Member requested cancellations and refunds will be subject to a \$5.00 administration fee. To make a change or cancel a program, please call 613-236-0428 and request to speak with a member of the Day Centre staff.

The following will apply:

1. No refund will be given after the second scheduled class has begun.
2. Please allow up to four (4) weeks for a refund.

If any number of classes are cancelled by The Good Companions, make-up classes will be offered.

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## **Registration Options**

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**In Person**—The benefits of registering in person include the ability to pay by cash, cheque, debit, or credit card. Staff will also be available to assist with the registration process. Please check your Bulletin and Program Guide for designated program registration dates and times.

**New members are encouraged to register in person.**

**By Phone**—Members may renew memberships and register for programs over the phone from the comfort of their own home by credit card **ONLY**. Please call 613-236-0428 during the designated registration period. Phone lines may become busy, if you are unable to reach the registration staff, please leave a message with your name, your phone number, and a brief message. All calls will be returned as soon as possible.

# Programs

## Fitness

Better Balance   
Beyond the Chair   
Castanets **Adv.**  
Cardio and Strength   
Chair Fitness   
Chair Hatha Yoga   
Chair Zumba Gold   
Companions Walking Group  
Fitness for Arthritis  
Gentle Aerobics + Weights  
Latin Style Dancing  
Learn to Play the Castanets  
Line Dancing **Beg.**  
Mat Gentle Hatha Yoga   
Mindfulness & Meditation  
Nordic Pole Walking/Urban Poling **Adv.**  
Restorative Yoga  
Spanish Dancing **Adv.**  
Strength, Core and Balance   
Tai Chi Chuan & Qigong Exercise  
The Circuit Workout  
Weights & Stretch  
Working with Weights  
Zumba Gold 

## Continuing Education

55+ Alive Mature Driving Course  
Book Club  
Brain Fitness and Driving Cognitive Training  
Computers **Beg.**  
Computers Intermediate  
Container Garden  
Current Affairs  
Digital Photography 2  
Drop-In Coffee Club  
English Conversation  
French Conversation Intermediate  
Guitar Group Lessons Beginner  
Guitar Group Lessons Intermediate  
Health & Common Sense  
Healthy Living  
Intro to Digital Photography  
Learn to speak Mandarin  
Memory Fitness  
Navigate your Smartphone  
New to Spanish  
Osteoporosis Canada

Spanish, Basic  
Spanish, Advanced  
Spanish, Intermediate  
Spanish Conversation Intermediate  
Ukulele Beginner & Intermediate  
Writing Circle

## Games

Bingo  
Carpet Bowling  
Cribbage  
Contract Bridge  
Euchre  
Euchre, Six Hand  
Friday at the Movies  
Games  
Scrabble

## Performing Arts

Grey Jazz Band  
Old Time Sing-Along  
Scarborough Players (drama)  
Sharps and Flats Band  
Silver Swing Band  
TGC Choir  
The Joy of Play  
Usual Fellows Jazz Band

## Crafts

Card Making/Monoprinting  
Felted Wool Hat  
Introduction to Painting  
Izzy Dolls  
Jewelry  
Knitting/Crocheting  
Learn to Crochet  
Memory Wire Bracelets  
Multi Craft  
Painting Studio  
Quilting  
Realistic Drawing  
Sewing  
Stained Glass, Beginner/Bazaar  
Stained Glass  
Teddy Bear  
Weaving  
Weaving Milk Bags  
Woodworking

**Disclaimer:** Not all programs described in this manual are offered at all program sessions. Please consult the current program guide or visit our website ([www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)) for a list of the programs that are being offered in this session.

# “Sweatiquette”

## Dressing for Fitness & Gym Etiquette

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Here are a few helpful hints about what to wear to your fitness classes. Select the most suitable shoes, clothes and accessories for the type of exercise that you choose.

**Shoes:** Good quality running shoes are your most important purchase for exercise. Your feet should be comfortable and well supported to enable you to enjoy getting in shape. Proper footwear is mandatory.



**Socks:** Should be clean and soft, made of cotton or lycra. Do not use a garter or an elastic to hold up droopy socks. Stockings or panty hose will make you hot and uncomfortable while exercising.

**Outerwear:** A loose fitting sweat suit or jogging suit is very functional. Cotton or lycra/polyester blends are fabrics which breathe and allow heat and moisture to escape. The elastic waistband should be snug, but not so tight as to be uncomfortable.

**Underclothes:** Sports bras for women are readily available and recommended. Bras with underwire are not recommended. Do not wear long underwear while exercising. Cotton allows heat and moisture to escape.

**Hair:** If longer than shoulder length, tie it back.

**Jewelry:** Leave rings, bracelets, watches, necklaces and hanging earrings at home for your safety.



**Water:** Bring a water bottle with your name on it. We have two filtered water coolers to refill your water bottle.

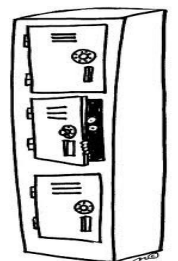
**Sanitize:** Please wipe down all gym equipment, including treadmill handles, bikes, exercise balls and mats with the spray sanitizer and paper towel provided.

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## Lockers

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Lockers are located on the lower level of the building. They can be rented at Front Reception for the membership year. A half locker is priced at \$14. A full locker is priced at \$28 (for women only) located in the downstairs ladies washroom.



Lockers are also available in the Fitness Centre to use while you participate in your fitness class at no charge.

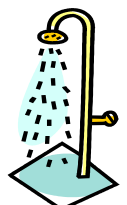
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## Showers

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Please note that men's and women's showers are available for use. You must bring your own towel and toiletries.

The showers are located in the lower level in the men's and women's washrooms.



# Heart Wise Exercise Program



Classes marked with this logo are designated as **Heart Wise Exercise** and meet specific criteria developed by the University of Ottawa Heart Institute.

Heart Wise Exercise programs are available through the Physical Activity classes offered at The Good Companions. Better Balance, Chair Fitness, Walk and Stretch with Poles, Strength, Core and Balance and Beyond the Chair will now meet the requirements of a Heart Wise Exercise program.

In partnership with the University of Ottawa Heart Institute and other community agencies, Heart Wise Exercise programs are intended for participants who are interested or concerned about their heart health and/or are referred to our programs by The University of Ottawa Heart Institute.

Heart Wise programs meet the following criteria:

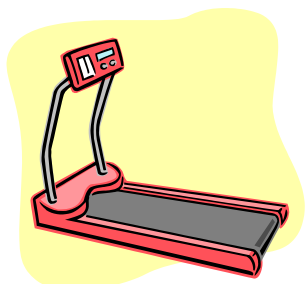
- Encourages regular, daily aerobic exercise
- Incorporates and encourages warm up, cool down and self-monitoring with all exercise sessions
- Allows participants to exercise at a safe level, and has progressive options to increase intensity if appropriate
- Accepts participants with a known history of cardiac disease—provided they have physician approval
- Provides health screening for all participants
- Has an emergency plan that is documented and known to all exercise leaders, including the requirement of current CPR certification, phone access to EMS and presence of an AED

For more information about this program please visit [www.heartwiseexercise.ca](http://www.heartwiseexercise.ca).

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you.

## “Try-It” Fitness Week

Each program session, The Good Companions offers a wide variety of physical activity classes. If you are interested in joining a class, we offer you the opportunity to try it once, at no charge, during the first week of classes. Please contact Day Centre Coordinator, Ana Valença at 613-236-0428 ext. 2150 to confirm attendance. Participants must fill out a Par-Q (Physical Activity Readiness Questionnaire) prior to participating in any fitness classes.





**Please Note: Proper footwear is mandatory for all physical activity programs.**

## **Better Balance**

A set of exercises aimed at achieving balance, a fundamental key to independent living. By performing balance and strength exercises, you will challenge both the body and the brain to work together to help you to have better balance and posture. Enhance your coordination and balance. Boost movement performance, efficiency and safety. Overcome the fear of accidental falls and physical injuries. Develop balance and stabilizing strength to enhance the quality of every day living. Equipment such as balance pads, resistance bands, wands and balls may be utilized.

## **Beyond the Chair**

Beyond the Chair provides a more challenging workout than our regular chair fitness class. Beyond the Chair encourages you to increase the muscular strength in your legs by standing and exercising with the security of having a chair nearby if you need it. Beyond the Chair includes all of the components of a regular fitness class: warm-up, cardiovascular, muscular strength and endurance, cool down and stretching. A variety of equipment, such as exercise bands, balls, hand weights and wands, may be used as a form of light strength training during the class. Beyond the chair is a great way to lower your risk of falls by gaining muscular strength and endurance that will assist you to carry on with your daily activities of living with greater ease and confidence.

## **Castanets Adv.**

This class is designed for people to build on the skills that they have learned in the beginner class. You should have the knowledge of the posture of the hands and fingers. In this class you will learn the eight basic beats for accompanying different rhythms, such as the Pasodoble, Bulerias, Sevillanas, Jota and more.

## **Cardio and Strength**

This class will give you an opportunity to improve your cardiovascular health in a variety of ways. You will be lead by a certified instructor through a warm-up, cardio moves using some of the fitness equipment or following a circuit. There will be a strength training component utilizing weights or bands, followed by a guided series of stretching exercises to help you cool down after your workout.

## **Cardio for Fitness**

Have you always wanted to try out the treadmills, stationary bikes or elliptical trainer in our Fitness Centre? This is your chance. In this class you will have the opportunity to use the wide array of equipment in our fitness centre to increase your cardiovascular endurance. There will be a certified fitness instructor there to guide you on how to use the machines. The instructor will also be able to assist you through a series of stretching exercises after your workout.

## **Chair Fitness**

A complete and gentle workout while sitting in a chair. This is a fun and effective way to improve posture, circulation, flexibility, coordination and strength. For those that are just beginning a fitness program, have osteoporosis, arthritis, Chronic Obstructive Pulmonary Disease (COPD) or balance difficulties this is the activity for you.

## **Chair Hatha Yoga**

A calming, gentle form of yoga that is practiced sitting in a chair and that has wonderful benefits for health and wellbeing. In a seated position gain the benefits of strengthening, stretching, meditating and deep breathing. Namaste!

### **Chair Zumba Gold**

Like Zumba Gold, it combines Latin music and dance themes to create a dynamic fitness system, but it can be done by those in a wheelchair who have the ability to move their arms and or legs. It also suits those who may feel that it is safer in a chair for them than standing.

### **Companions Walking Group (Seasonal)**

This low impact fitness activity combines the benefits of a physical activity with socialization. It is perfect to you who wants an outdoors activity during spring and summer time, but does not want the solitary experience of walking alone. Regular walking strengthens your heart, helps you lose weight, tones up legs, bums and tums and even prevents dementia. It boosts circulation and increases oxygen supply and like any other exercises it boosts your mood!

### **Fitness for Arthritis**

This class is designed to improve overall fitness with a focus on improving strength and flexibility to keep the joints healthy and maintain an independent lifestyle. The class will include a long warm-up and strengthening and stretching exercises to improve, maintain and strengthen functional range of movement. Reduced pain and expanded possibilities for better physical mobility will help to manage your chronic pain and improve your quality of life.

### **Gentle Aerobics + Weights**

Participants get a gentle low impact workout for over-all fitness. This group fitness class includes a warm up, cardio component, strength and endurance, and final stretch for flexibility. Increase your strength and endurance also, using hand weights Expect to be challenged while working at your own rate.

### **Latin Style Dancing**

Learn the movements and expression of Latin style dancing, including exercises to improve your posture and balance. Practice basic movements with Latin music. Practice easy steps with Latin rhythms. All you need is soft soled shoes and basic workout attire.

### **Learn to Play the Castanets**

Learn how to hold your castanets. Position of your hands. Practice with each finger. Basic sounds (Right hand and left hand). Learn basic rhythms. Learn how to accompany songs. Learning how to play the castanets is fun and it is very good exercise for your hands and fingers. You will be introduced to basic sounds accompanying your favourite songs. Only one pair of castanets required! Additional supply costs may apply.

### **Line Dancing Beg.**

This form of dance is great to improve your co-ordination, memory and muscle tone. Learn to dance old time favorites like the Boot Scootin' Boogie, Continental Kick, The Electric Slide, Cab Driver and New York New York. No partner is required. Come and join the fun!.

### **Mat Gentle Hatha Yoga**

A stress-relieving yoga practice that includes a variety of standing, seated and lying poses on a yoga mat, designed to improve your flexibility, strength and balance. There is a combined focus on mindfulness, breathing and slow physical movements. Namaste!

### **Mindfulness & Meditation**

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

### **Nordic Pole Walking Adv. (Seasonal)**

This class is meant for people that are able to walk **5-7 km** continuously at a fairly brisk pace. The class takes place outdoors along the scenic Ottawa River Pathways and lasts for up to two hours. There is a brief warm-up before you head out and stretching outside upon your return to the centre. (Urban Poling 300 Series Poles are provided).

#### **Checklist of Items to Bring with You to this class:**

- Proper footwear (running/hiking shoes only)
- Water Bottle
- Sunscreen
- Fanny Pack/Backpack with a Bottle Holder
- Multi-layered clothing AND a Hat
- Kleenex

### **Restorative Yoga**

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 restore peace to your day and comfort in 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 class with a sense of loving humour and joy.

### **Spanish Dancing Adv.**

Enjoy and learn the movements and expression that characterize each of the flamenco dances. You will be introduced to the basic elements of each dance such as the fan, skirt, shawl and castanets, as well as the most known Spanish Regional Dances such as Pasodoble and Sevillanas. Dancers wear special clothing in the classroom such as soft high heel shoes, a t-shirt or leotard as well as a long shirt.

### **Strength, Core and Balance**

A workout designed to awaken and strengthen your centre core. This group class is lead by a certified instructor who will share their knowledge and technique with you. Using resistance exercises you will increase the strength in your abdominals, shoulder, spine, and pelvic area. Expect to feel a difference in your stability by the end of the session, move with more confidence.

### **Weights & Stretch**

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. Improve your flexibility, balance and strengthen your core. This class can also lower your blood pressure and help you to relax by learning proper breathing exercises.

### **Working With Weights**

Increase your strength and endurance in a group setting using hand weights, resistance tubing/bands, and functional fitness. Options will be given for sitting and standing. A certified instructor will lead you through the warm up, strength component, cool down and final stretch for flexibility.

### **Zumba Gold**

Zumba Gold is the beginner's level of aerobic dance which breaks down the intricate step work of Zumba Basic. It combines Latin music and dance themes to create a dynamic fitness system. This is a class that is designed specifically for the active older adult. You will have the opportunity to learn the dance steps of the salsa, merenge, cha cha, mambo, cumbia, calypso and rumba. If you enjoy high energy, motivating music and like to try unique moves and combinations, then Zumba Gold may be your ticket to fitness. The Zumba Gold class should also help you to improve your balance, flexibility and cardiovascular strength and endurance. "Exercise in Disguise!"



# Continuing Education Programs

Darlene Powers (ext. 2160)

## **55 Alive Mature Driving Course**

You should update your driving skills even if you haven't been involved in a collision in 40 years. With aging, changes occur in hearing, vision, flexibility and reaction time. You can learn to adjust your skills to compensate for those changes. This course will take place over 2 half day sessions and is provided by the Canada Safety Council.

## **Book Club**

If you enjoy reading and talking about books in good company, the Book Club welcomes you. The group meets every other Wednesday from 10:30 to 11:30 am in The Good Companions library.

## **Brain Fitness and Driving Cognitive Training**

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.

## **Computers**

Two different computer courses are given at The Good Companions on in the library. Instruction is given on e-mail using Microsoft's online Hotmail program and using the internet. To maximize personal attention and feedback, enrolment is limited. These courses are very popular and fill up quickly.

## **Container Garden**

Gardening is great exercise and 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 discover this calming and yet invigorating activity.

## **Current Affairs**

This program is free of charge and occurs each week on Tuesday mornings. This program provides you with the opportunity to meet with fellow members and discuss world news and current events.

## **Drop-in Coffee Club (Ana ext. 2150)**

Join us every Thursday morning from 10:15 a.m. to 11:15 a.m. in the back of the dining room for coffee and friendship. Our program leader will greet you and make you feel right at home. Relax and chat, make new friends or simply meet up with old ones. The Coffee Club also provides new members or non-members considering a membership with The Good Companions with the opportunity to learn about the Centre and all we have to offer. Drop-in this week!

## **French Conversation (Intermediate)**

This program is intended for individuals who already have some knowledge of the French language (intermediate level or higher). The objectives of the program are to give participants an opportunity to converse in French, broaden their vocabulary, and improve their knowledge of certain grammar rules.

## **Memory Fitness**

The memory fitness program is a recreational class for healthy elderly who do not have a diagnosis of dementia. The class incorporates physical and cognitive exercises and socialization. A short low-impact cardio routine is offered at the beginning of every class to prime the brain for learning. Classes offer a variety of fun activities that stimulate the senses and challenge memory function.

## **Spanish**

We have a fabulous Spanish teacher at The Good Companions. She has been teaching at TGC for over six years. The classes include conversation, reading, music, and grammatical topics (verbs, prepositions, nouns, etc.). There are four different levels of Spanish taught at The Good Companions:

### Spanish, Advanced

The students must understand oral and written and listen Spanish. They must know Present (Regular and Irregular), Past (Preterit and Imperfect) and Future Tense.

### Spanish, Intermediate

The students must know the Present (Regular and most of the Irregular), Preterit and Future Tense.

### Spanish, Basic

For students who have just recently started to learn the language. They know the verb: "Ser and Estar". Regular present and the Future (I'm going to...Yo voy a infinitivo).

### New to Spanish

This course is for students that have never studied Spanish before or they did it many years ago and they want to start over.

## **Osteoporosis Canada**

Bone health is a major concern as we age. Come and learn about Osteoporosis and how you can live within its constraints. A representative from Osteoporosis Canada is at The Good Companions on the third Wednesday of each month from 1 to 3 pm.

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## **Games**

Darlene Powers (ext. 2160)

### **Bingo**

On Thursday afternoons the dining room at TGC turns into a bingo hall. The game begins at 2 pm and run until approximately 3 pm. Three early bird games are played. Early bird cards are \$0.50 each. After the early bird games three regular games are played followed by three special games. Regular bingo cards are 3 for \$1.25. Each additional card is \$0.50. A 'jackpot' game is also played. To end the afternoon the 'last chance' game is played for all of the non-winners of the afternoon.

### **Carpet Bowling**

This is a fun and light aerobic activity for members of all ages. Carpet Bowling is held every week from 1 to 2 pm on Tuesday afternoons.

### **Contract Bridge**

Every Monday from 1 to 3 pm, contract bridge is played at The Good Companions in rooms 022/024. The cost is only \$0.75 for members. Non-members are also welcome but must pay \$1.25 (maximum of 3 times). New players are always welcome!

### **Cribbage**

The card game of Cribbage is offered at TGC once a week on Tuesday afternoons from 1 to 3 pm. The cost is \$0.75 per person. All members are welcome. Try not to get skunked while you're here!

### **Euchre**

Euchre is also played once a week at TGC on Tuesday afternoons from 1 to 3 pm. The cost is \$0.75 per person. Come out and enjoy a game of this adrenaline pumping card game. New members are always welcome!

### **Euchre (Six Hand)**

Six Hand Euchre is also played once a week at TGC on Friday mornings from 9:30 to 11:30 am. The cost is \$0.75 per person. Come out and enjoy a game of this adrenaline pumping card game. New members are always welcome!

### **Friday at the Movies**

Each Friday movies begin at 1 pm and are free of charge. The movies will be shown on the large screen television in room 147 unless otherwise stated. Movies are subject to change without notice.

### **Games (General)**

Wednesday afternoons from 1 to 3 pm in room 014 a variety of board and card games are played. This program is free of charge.

### **Scrabble**

The word game of Scrabble is played once a week on Wednesday mornings at TGC from 9:30 to 11:30 am in the dining room. We have multiple boards so all members are welcome to come and join in the fun. Don't worry...we have an official Scrabble dictionary too!

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## **Performing Arts Programs**

Darlene Powers (ext. 2160)

### **Grey Jazz Big Band**

The purpose of the Grey Jazz Big Band is to provide only the best in big band musical entertainment and allows retired musicians and singers from the Ottawa/Gatineau area the opportunity to participate and continue with their love of music and the arts. The band usually rehearses on Friday mornings at TGC. The musical repertoire of the band includes all those favourites from the big band era of the 30's and 40's and into the new millennium. The band continues to add new tunes and songs by some of the greatest artists and arrangers of today's modern, swing and jazz music. The Grey Jazz Big Band is considered one of the best dance bands in eastern Ontario and Western Quebec and has been in operation for over 25 years. (auditions required)

### **Old Time Sing-Along**

On Thursdays from 1 to 2 pm all members are welcome to come and join in our old time sing-along. Our program leader is very enthusiastic and ensures that everyone has a great time. For the program we have a pianist with sing-along books.

### **Sharps and Flats Band**

The Sharps and Flats Band has been operating at TGC for over 25 years. The band is a musical outlet for members with their own instruments and varying musical abilities. The band practices every Wednesday morning. The band also performs on a regular basis for the Day Program at TGC, monthly birthday parties, and several times a year for the Thursday evening dance program. The Sharps and Flats also entertain outside of TGC at local retirement homes, senior centres, hospitals and fundraisers. (auditions required)

### **Silver Swing Band**

The Silver Swing Band is an offshoot of the Grey Jazz Big Band and was formed to give an opportunity to other members of the Ottawa/Gatineau musical community a chance to play in a big band. Members are retired amateur and semi-professional musicians and singers who are also members of TGC. The band rehearses on Monday mornings. The musical repertoire includes all those favourites from the big band era of the 30's and 40's and on into the big band music of today. The band has grown over the years and continues to share their music with members of The Good Companions as well as some performances outside of the Centre. (auditions required)

### **TGC Choir**

Tuesday mornings from September to May the choir meets for practice to prepare two concert programs. The concerts are held in May and December of each year. The singers take pride and pleasure in their performances and enjoy the challenge and social contact. TGC choir warmly welcomes new members.

### **Usual Fellows Jazz Band**

A new band to The Good Companions that meets on occasional Thursday mornings.

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## **Craft Studio**

Linda Janes-Peddle (ext. 2270)

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### **Angel Pins**

Make pretty ribbon angel pins for the holiday season. The angels are made by weaving ribbon into plastic canvas and are always lots of fun to make.

### **Beaded Jewellery Sets**

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.

### **Beginners Hand Piecing for Quilters**

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, and how to hand sew the pieces into a patterned block using ¼ inch seams.

### **Christmas Cards with a Cricut Cutter**

Come and try our new Cricut Create. It is an electronic cutting machine, and with the touch of a button you can create fine and intricate patterns and overlay designs. Press your designs instead of using scissors. You can make custom cards very quickly and our theme will be Christmas.

### **Christmas Crafts**

Come and join in the holiday preparation. We will be making a variety of Christmas themed crafts for our Christmas Bazaar and Craft Studio Sale. We will be making natural themed ornaments, gifts tags, and angels.

### **Coat Hanger Covers**

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**

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

### **Collage Jewellery**

Explore your creativity and learn how to design, create and make your own unique jewellery for artistic expression. We'll help you explore your urge to create and to develop Collage Jewellery pieces. Using a variety of material including zippers, buttons and wire you will enjoy working with your hands to make jewellery that has an artistic edge.

### **Craft Studio Organization Team**

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.

### **Fabric Painting**

Create beautiful pieces of art that can be proudly put on display. This class features a technique where paint is applied on a fabric surface. Possible techniques include painting with brushes and sponges, although other methods are possible to try as well.

### **Felted Mitts**

For those who like to knit this technique is for you to explore. We will knit extra-large mitts and then shrink them to fit your hand size. You will make the warmest pair of wool mitts ever!

### **Floral Crafts**

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.

### **Gem Wire Wrapping**

We will create interesting and one-of-a-kind pendants for the centre. This is a jewelry-making craft called wire wrapping. The class involves using wire to wrap gemstones and glass.

### **Izzy Dolls**

Use yarn to knit and crochet Izzy Dolls. These small dolls will be distributed by Canadian Peacekeepers to children throughout the world.

### **Knitter's Circle**

Our new Charity Work Initiative this fall will be teaching newcomers to Canada from Syria to quilt. We will host a Knitter's Circle in partnership with Kind Canada Génereux and Capital Welcomes. Be involved in this special opportunity to welcome Syrians to our community. We are looking to partner our volunteer knitters with non-knitters. Come and share your knowledge of this craft.

### **Knitting / Crocheting**

This group has very knowledgeable volunteers who can help members with their patterns in knitting and crocheting. We will help you with basic to advance stitches and will match up your skills with a pattern so you can produce a lovely knitted or crochet item that we can sell at our fundraising events.



### **Kumihimo Braiding**

Try your hand at Japanese Kumihimo braiding techniques for jewellery. You will make a beautiful bracelet by interlacing strands of rattail cord together on a disk to form a braid. It's simple and incredibly addictive.

### **Labyrinth Meditation and Movement**

The Labyrinth is a meditative walk through a unicursal maze, only one way in and one way out. This meditation helps with our creative processes. Many interfaith and artistic communities use this type of meditation to free up the creative space within. Take time out for yourself and join us for a monthly labyrinth walk and movement.

### **Learn to Crochet**

This group has very knowledgeable volunteers who can help members with their crocheting patterns. Many of the projects are made to sell at our fundraising events. This is a very social class.

### **Mixed Media Cards**

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.

### **Paper Paste Decorating**

Paper Paste Painting is a lovely way to create east decorative papers. This process emphasizes the joy of being experimental in a medium that creates a covering material. The papers can be used for collage, book binding, box decorating, scrapbooking, and card making. We will create abstract and playful images, which helps to increase the creative flow.

### **PICC Line Covers**

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 lime 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.

### **Quilting**

Quilting is joining layers of material together to make a thicker padded fabric. You will learn how to sew small pieces of cloth into pattern blocks, how to layer, sew borders, bind and quilt your pieces together. Sewing projects will also compliment the quilting. For example: Quilted placemats with coordinating napkins.

### **Recycled Milk Bag Mats & Totes**

It is an environmental trend to recycle milk bags and crochet them into sleeping mats to benefit third world countries. The mats and totes are crocheted from milk bag strips. The mats are three feet by five feet. It requires approximately 300—400 milk bags to make one adult sized mat. You do not need to know how to crochet to be involved in this project.

### **Stained Glass**

An instructor will provide assistance in selecting the proper project for each participant. Make wonderful pieces of art! Projects can be donated to sell at our various fundraising events.

### **Teddy Bears and Friends**

This group creates all kinds of Teddy Bears sewn by hand. They are big and small, made with fur or knitted. Come join us for lots of fun, we love to laugh as we work and create adorable Teddy Bears.

### **Textile Pendants and Pins**

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.

### **Wildlife Birds' Nests**

TGC members will be creating knitted or crocheted nests that will be sent to The Wild Bird Care Centre and/or Rideau Valley Wildlife Sanctuary, which are both local organizations. The nests will provide birds and small mammals with a comfortable nest/home while receiving lifesaving care.

### **Wire Wrapped Stone Doughnut and Tree of Life Pendants**

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.

### **Woodworking Bazaar Crafts**

This class focuses primarily on creating unique and carefully-crafted pieces in the woodshop that will be used to sell at our various fundraising events. There are no fees to take part in this class, members work on a variety of projects.

### **Woodworking Shop Members**

The woodshop is run by experienced volunteers. Members are trained on all equipment prior to use. For members new to woodworking, individual assistance from one of our experienced leaders is provided. If you are proficient in woodworking you can work on your projects independently.

## Drop-In Activities

Drop-In Activities are always open to members. It is beneficial to register for these programs. Non-members may attend drop-in activities up to a maximum of three (3) times. Afterwards, non-members will be required to take out a membership. See 'Daily Schedule' for location.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Knitting/ Crocheting 1—3 p.m.	Wii (Interactive Video Game) 9—11:30 a.m.	Scrabble 9:30—11:30 a.m.	Healthy Living (3rd Thursday) 10-11:30 a.m.	Six Hand Euchre 9:30—11:30 a.m.
Contract Bridge * 1—3 p.m.	Current Affairs 10—11:30 a.m.		Drop-In Coffee Club 10:15—11:15 a.m.	Friday at the Movies 1 p.m.
	Euchre * 1—3 p.m.	Osteoporosis Canada 1-3pm	Old Time Sing-Along 1—2 p.m.	French Conversation (Intermediate) 1:15—3:15 p.m.
	Cribbage * 1—3 p.m.	Bazaar Crafts 1—3 p.m.	Knitting/Crocheting 1—3 p.m.	Monthly Birthday Party * (4th Friday) 1:15 p.m.
	Recycled Milk Bag Mats & Totes 1—3 p.m.	Games 1—3 p.m.	Bingo * 2—3 p.m.	

\* Nominal fees apply