



Fall Program Guide 2017

Registration September 12, 13 & 14 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.

Please note: Descriptions of new programs will be posted in the centre, inserted in the fall bulletin & available during program registration. Please call 613-236-0428 to speak to a Day Centre team member if you have any questions.

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		*Please Note: There may be some additional supply costs for classes marked with an asterisk				
173010 Zumba Gold	Sept. 18	10 Weeks	Monday 9:30 - 10:30 am	Assembly Hall 112	\$53	Susan Sloan
173011 Learn to Play Castanets*	Sept. 18	10 Weeks	Monday 10:30 - 11:30 am	Fitness Room 028	\$53	Stella Carrillo
173012 Beyond the Chair	Sept. 18	10 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall 112	\$53	Cathy Brophy
173013 Fitness For Arthritis & Balance	Sept. 18	10 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$53	Zarina Grundy
173014 Chair Fitness	Sept. 18	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$53	Cathy Brophy
173015 Gentle Aerobics + Weights	Sept. 18	10 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$53	Wendy Gagnon
173016 Working with Weights	Sept. 18	10 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$53	Wendy Gagnon
173017 Nordic Pole Walking (Urban Poling 300 Series Poles Provided)	Sept. 19	6 Weeks	Tuesday 9:30 - 11:30 am	Outdoors	\$48	Margie Cain
			*Must be able to walk 5 - 7 km continuously at a fairly brisk pace.			
173018 Better Balance	Sept. 19	12 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall 112	\$63	Cathy Brophy
173019 Chair Hatha Yoga	Sept. 19	12 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$63	Cathy Brophy
173020 Strength, Core & Balance	Sept. 19	12 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$63	Erin O'Brien
173021 Strength, Core & Balance	Sept. 19	12 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall 112	\$63	Erin O'Brien
173022 Cardio For Strength	Sept. 19	12 Weeks	Tuesday 12:25 - 1:25 pm	Fitness Room 028	\$63	Erin O'Brien
173023 Zumba Gold	Sept. 20	12 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$63	Susan Sloan
173024 Fitness For Arthritis	Sept. 20	12 Weeks	Wednesday 10:45 - 11:45 am	Fitness Room 028	\$63	Pauline St. Pierre
173025 Cardio For Fitness	Sept. 20	12 Weeks	Wednesday 12 - 1 pm	Fitness Room 028	\$63	Pauline St. Pierre
173026 Working with Weights	Sept. 20	12 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$63	Wendy Gagnon
173027 Pickleball	Sept. 20	12 Weeks	Wednesday 1 - 2 pm	Assembly Hall 112	\$63	Bill Simon
173028 Weights & Stretch	Sept. 20	12 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$63	Wendy Gagnon
173029 Mat Gentle Hatha Yoga	Sept. 21	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$58	Kim Hannah
173030 Better Balance	Sept. 21	11 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$58	Erin O'Brien
173031 Joint Mobility & Stability	Sept. 21	11 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall 112	\$58	Erin O'Brien
173032 Strength, Core & Balance	Sept. 21	11 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$58	Kim Hannah
173033 Chair Hatha Yoga	Sept. 21	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$58	Kim Hannah
173034 Fitness For Arthritis & Balance	Sept. 22	10 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$53	Pauline St. Pierre
173035 Castanets (Adv.)	Sept. 22	10 Weeks	Friday 10 - 11 am	Fitness Room 028	\$53	Stella Carrillo
173036 Working with Weights	Sept. 22	10 Weeks	Friday 11:10 am - 12:10 pm	Assembly Hall 112	\$53	Pauline St. Pierre
173037 Pickleball	Sept. 22	10 Weeks	Friday 1 - 2 pm	Assembly Hall 112	\$53	Michael Gauthier
173038 Restorative Yoga	Sept. 22	10 Weeks	Friday 12:45 - 1:45 pm	Fitness Room 028	\$53	Natalie Fraser
173039 Mindfulness & Meditation	Sept. 22	10 Weeks	Friday 1:55 - 2:55 pm	Fitness Room 028	\$53	Natalie Fraser
Recreational Dance						
173040 Latin Style Dance (Beg.)*	Sept. 18	10 Weeks	Monday 9:30 - 10:30 am	Fitness Room 028	\$53	Stella Carrillo
173041 Spanish Dancing (Beg.)	Sept. 20	12 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$63	Stella Carrillo
173042 Spanish Dancing (Int.)	Sept. 20	12 Weeks	Wednesday 10:35 - 11:35 am	Activity 019	\$63	Stella Carrillo
173043 Line Dancing (Beg.)	Sept. 21	11 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$67	Dave Western
173044 Spanish Dancing (Adv.)	Sept. 22	10 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$53	Stella Carrillo



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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
173045 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
173046 Carpet Bowling	Sept. 19	13 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$14	Burgi Drews
173047 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
173048 Euchre		Continuous	Tuesday 1 - 3 pm	Quiet Lounge 147	\$1/week	Louise & Bob
173049 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activity 014	No charge	Coby Fuykschot
173050 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 022	No charge	Margaret Donnelly
173051 Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
173052 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
173053 Silver Swing Band	Sept. 11	Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	G. Price
173054 Choir	Sept. 19	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	Sandra Dean
173055 Sharps and Flats Band	Sept. 13	Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
173056 Usual Fellows Jazz Band	Sept. 7	Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
173057 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
173058 Grey Jazz Big Band	Sept. 8	Continuous	Friday 9 am - 12 pm	Activity 024	\$6	J. Merritt

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
173059	Learn to Speak German	Sept. 18	10 Weeks	Monday 10 - 11 am	Activity 019	No charge A. Storozuk
173060	French Conversation (Beg.)	Sept. 18	12 Weeks	Monday 1:30 - 2:30 pm	Activity 019	No charge A. Kubacki
173061	New to Spanish **	Sept. 18	10 Weeks	Monday 9:30 - 10:30 am	Crafts 236	\$72 Maria Cuburu
	(** for those who have never taken Spanish before)					
173062	Spanish, Advanced	Sept. 18	10 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$72 Maria Cuburu
173063	Spanish, Basic	Sept. 18	10 Weeks	Monday 12 - 1 pm	Crafts 236	\$72 Maria Cuburu
173064	Spanish, Advanced	Sept. 18	10 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$72 Maria Cuburu
173065	Spanish, Intermediate	Sept. 18	10 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$72 Maria Cuburu
173066	Spanish Conversation (Int.)	Sept. 26	11 Weeks	Tuesday 11 am - 12 pm	Library 121	No charge Marlene Valenzuela
173067	Spanish Conversation Adv+	Sept. 21	12 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$105 S. Cruz Salas
173068	Learn to Speak Mandarin	Sept. 21	6 Weeks	Thursday 10 - 11:30 am	Library 121	No charge Dr. Qian
173069	English Conversation	Sept. 21	13 Weeks	Thursday 10 - 11 am	Activity 014	No charge Mari-Joy Trigo
173070	French Conversation (Int.)	Sept. 22	11 Weeks	Friday 1 - 3 pm	Library 121	No charge Michel Gauvin
General Interest						
173071	Container Gardening		Continuous	Mon. - Fri. (flexible)	Outdoors	No charge Dr. L. Koroniak
173072	The Guitar Workshop	Sept. 18	10 Weeks	Monday 1 - 2 pm	Room 014	\$22 David Jones
173073	Piano Lessons (1/2 hr. lessons)	Sept. 19	6 Weeks	Tuesday 9:00, 9:30 & 10:00am	Activity 142/147	\$20 Vicky Palmer
173074	Brain Fitness/Cognitive Training	Sept. 19	6 Weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55 F. Fanni (Dynamic Brain)
173075	Brain Fitness/Cognitive Training	Oct. 31	6 Weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55 F. Fanni (Dynamic Brain)
173076	Current Affairs	Sept. 19	12 Weeks	Tuesday 10 - 11:30 am	Crafts 240	No charge Muriel Libby
173077	Book Club	Sept. 20	7 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10 J. McCann
173078	Osteoporosis Canada	Sept. 20	Once a month	3rd Wed. of month 1 - 3 pm	Activity 022/024	No charge Marq Nelson
173079	Health & Common Sense	Sept. 20	12 Weeks	Wednesday 1 - 2 pm	Activity 019	No charge Dr. D. Albuquerque
173080	Storied Lives	Oct. 25	6 Weeks	Wednesday 1 - 3 pm	Activity 014	\$65 Christine Novy
173081	Computer - Workshop	Sept. 20	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
173082	Computer - Workshop	Oct. 18	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
173083	Computer - Workshop	Nov. 15	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
173084	Healthy Living Group		Continuous	3rd Thurs. 10 - 11:30 am	Activity 014	No charge Ana Valença
173085	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge Ana Valença
173086	Introductory Computer	Sept. 19	6 Weeks	Tuesday 9:30 - 12:00 pm	Library 121	\$30 Karim Ghaltaee
173087	Introductory Computer	Oct. 31	6 Weeks	Tuesday 9:30 - 12:00 pm	Library 121	\$30 Karim Ghaltaee
173088	Ukulele (Basic/Intermediate)	Sept. 21	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22 David Jones
173089	55+ Alive Mature Driving	Oct. 20	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25 David Jones
173090	Piano Lessons (1/2 hr. lessons)	Sept. 22	6 Weeks	Friday 2:00, 2:30 & 3:00 pm	Activity 022/024	\$20 Vicky Palmer

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
173091	Weaving Milk Bag Mats*	Sept. 12	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer Mary O./Evelyn M.
173092	Wildlife Bird's Nest	Sept. 13	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
173093	PICC Line Covers	Sept. 13	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
173094	Izzy Dolls*	Sept. 13	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
Creative Arts						
173095	Woodworking Shop Mbrs.*	Sept. 18	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32 Renaud/Andre/Henry
173096	Painting Studio*	Sept. 18	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72 Patrick Cocklin
173097	Intro to Painting*	Sept. 19	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$40 Patrick Cocklin
173098	Fleece Mittens	Oct. 17	3 Weeks	Tuesday 1 - 3 pm	Crafts 240	\$10 Margo C.
173099	Stained Glass	Sept. 14	12 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37 Warren Perkins
173100	Beg. Hand Piecing/Quilting	Sept. 15	8 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18 Pete N.J.
173101	Advance Quilting	Sept. 15	9 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20 Sharon Wright
Expressive Arts						
173102	Labyrinth Meditation & Movement	Sept. 19/Oct. 17/Nov. 14		Tuesday 1:30 - 3 pm	Assembly Hall	\$10 Deborah & Rick Bethell
173103	Arts and Wellness *	Sept. 22	4 Weeks	Friday 12:30 - 3 pm	Crafts 236	\$50 Suzanne V.
173104	Arts and Wellness *	Oct. 27	4 Weeks	Friday 12:30 - 3 pm	Crafts 236	\$50 Suzanne V.
Production Volunteer						
173105	Knitting/Crocheting	Sept. 11	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer Valerie/Monic/Valerie
173106	Organizational Team	Sept. 5	6 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer Linda J.P.
173107	Woodworking Bazaar Crafts	Sept. 13	Continuous	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer TBA
173108	Jewellery	Sept. 13	Continuous	Wed. 9:30 - 11:30am & 12:30 - 3pm	Crafts 240	Volunteer TBA
173109	Painting on Fabric	Sept. 13	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Beryl W./MyungSook
173110	Mixed Media Card Making	Sept. 13	12 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Marlin/Marta/Brenda
173111	Teddy Bear	Sept. 13	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Norma/Elizabeth
173112	Christmas Crafts	Sept. 20	6 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer Marie M./Addi J.
173113	Jewellery (Tree of Life)	Sept. 20	1 Week	Wednesday 1 - 3 pm	Crafts 240	Volunteer Margo C.
173114	Stained Glass Beg./Bazaar	Sept. 14	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer Lan.N/Val.P
173115	Learn to Crochet	Sept. 14	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer Ruth T-L./Brenda T.
173116	Knitting/Crocheting	Sept. 14	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer Valerie/Monic/Valerie/Ruth
173117	Latch Hooked Rug	Sept. 14	Continuous	Thursday 10 am - 12 pm	Solarium 2nd Floor	Volunteer Ruth T.L.



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HEALTH FAIR and OPEN HOUSE

Wednesday, September 6
9:30 am to 2:30 pm

This event will feature information on health, safety and social services in the Ottawa area and will highlight the programs and services at The Good Companions. Free Lunch, Free admission, Free parking, door prizes, seminars, exhibits, fitness and cooking demonstrations and much more!

This event is brought to you in partnership with the Older Adult Centres' Association of Ontario and sponsored by the Ministry of Seniors Affairs.

Welcome Back Dinner

Thursday, September 14 at 5:45 pm

Cost: \$12

Menu: Tomato Basil Soup, Apple Cider Glazed BBQ Pork Tenderloin, Rice Pilaf, Roasted Carrots, Green Beans, Pumpkin Bread Pudding, Coffee and Tea.

Deadline for ticket purchase is September 12 by 3 pm.

Welcome Back Dance

Thursday, September 14 from 7 - 10 pm

Featuring the Grey Jazz Combo. To welcome back our members the dance is free of charge.

For all non-members the cost is \$6.50.

Tickets will be available at the door.

Both events will be licensed with a cash bar.