



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. 25	9 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon	FULL
173016 Working with Weights	Sept. 25	9 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon	FULL
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	FULL
173022 Cardio For Strength *			Cancelled			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			Cancelled			Pauline St. Pierre	
173025 Cardio For Fitness			Cancelled			Pauline St. Pierre	
173026 Working with Weights	Sept. 27	11 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$58	Wendy Gagnon	FULL
173027 Pickleball	Oct. 25	6 Weeks	Wednesday 1 - 2 pm	Assembly Hall 112	\$32	TBA	
173028 Weights & Stretch	Sept. 27	11 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$58	Wendy Gagnon	
173029 Mat Gentle Hatha Yoga *	Sept. 21	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$58	Kim Hannah	FULL
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	Bill Simon	FULL
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	FULL
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.)			Cancelled			Stella Carrillo	
173042 Spanish Dancing (Int.)			Cancelled			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



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.

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	Activity 014	\$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. 20	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	FULL
173060	French Conversation (Beg.)	Sept. 18	12 Weeks	Monday 1:30 - 2:30 pm	Activity 019	No charge	A. Kubacki	FULL
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	FULL
173073	Piano Lessons (1/2 hr. lessons)	Sept. 19	6 Weeks	Tuesday 9:00, 9:30 & 10 am	Activity 142/147	\$20	Vicky Palmer	FULL
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	Activity 014	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	FULL
173080	Storied Lives	Oct. 25	6 Weeks	Wednesday 1 - 3 pm	Activity 014	\$65	Christine Novy	FULL
173081	Computer - Workshop	Sept. 20	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner	FULL
173082	Computer - Workshop	Oct. 18	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner	FULL
173083	Computer - Workshop	Nov. 15	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner	FULL
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 - 11 am	Library 121	\$30	Karim Ghaltaee	
173087	Introductory Computer	Oct. 31	6 Weeks	Tuesday 9:30 - 11 am	Library 121	\$30	Karim Ghaltaee	
173088	Ukulele (Basic/Intermediate)	Sept. 21	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22	David Jones	
173120	Get Together with Technology			Cancelled				
173089	55+ Alive Mature Driving	Oct. 20	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25	David Jones	FULL
173090	Piano Lessons (1/2 hr. lessons)	Sept. 22	6 Weeks	Friday 2:00, 2:30 & 3 pm	Activity 022/024	\$20	Vicky Palmer	FULL

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	FULL
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.	FULL
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	
173118	Cross Stitch	Sept.13	Continuous	Wed. 9:30 - 11:30am & 12:30 - 3pm	Solarium 2nd Floor	Volunteer	Sylvia G.	FULL
173108	Jewellery	Sept. 13	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G./Naomi M.	FULL
173109	Painting on Fabric	Sept. 13	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Beryl W./MyungSook	FULL
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	FULL
173112	Christmas Crafts	Sept. 20	6 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Marie M./Addi J.	FULL
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.	
173116	Knitting/Crocheting	Sept. 14	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie/Ruth	FULL
173117	Latch Hooked Rug	Sept. 14	Continuous	Thursday 10 am - 12 pm	Solarium 2nd Floor	Volunteer	Ruth T.L.	


 Funded by:
 


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.