








Winter Program Guide 2018

Registration January 9, 10 & 11 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 also now available. \$45 for one hour. Must be a member. Book your appointment at Front Reception today!							
Fitness							
184010	Zumba Gold 	Jan. 15	10 Weeks	Monday 9:30 - 10:30 am	Assembly Hall 112	\$53	Susan Sloan
184011	Beyond the Chair	Jan. 15	10 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall 112	\$53	Cathy Brophy
184012	Fitness for Arthritis & Balance 	Jan. 15	10 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$53	Zarina Grundy
184013	Chair Fitness	Jan. 15	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$53	Cathy Brophy
184014	Gentle Aerobics	Jan. 22	9 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
184015	Working with Weights	Jan. 22	9 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
184016	Better Balance	Jan. 16	10 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall 112	\$53	Cathy Brophy
184017	Chair Hatha Yoga	Jan. 16	10 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$53	Cathy Brophy
184018	Strength, Core & Balance	Jan. 16	10 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$53	Jonathan Abraham
184019	Strength, Core & Balance	Jan. 16	10 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall 112	\$53	Jonathan Abraham
184020	Fitness for Arthritis	Jan. 24	9 Weeks	Wednesday 10:45 - 11:45 am	Fitness Room 028	\$48	Pauline St. Pierre
184021	Cardio For Fitness	Jan. 24	9 Weeks	Wednesday 12 - 1 pm	Fitness Room 028	\$48	Pauline St. Pierre
184022	Zumba Gold 	Jan. 17	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$58	Susan Sloan
184023	Pickleball Practice	Jan. 17	11 Weeks	Wednesday 1 - 3 pm	Assembly Hall 112	\$33	Unsupervised
184024	Working with Weights	Jan. 24	10 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$53	Wendy Gagnon
184025	Weights & Stretch	Jan. 24	10 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$53	Wendy Gagnon
184026	Mat Gentle Hatha Yoga 	Jan. 18	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$58	Kim Hannah
184027	Strength, Core & Balance 	Jan. 18	11 Weeks	Thursday 11:15am -12:15pm	Assembly Hall 112	\$58	Kim Hannah
184028	Better Balance	Jan. 18	11 Weeks	Thursday 11:15am -12:15pm	Fitness Room 028	\$58	Jonathan Abraham
184029	Joint Mobility & Stability	Jan. 18	11 Weeks	Thursday 12:25 -1:25 pm	Assembly Hall 112	\$58	Jonathan Abraham
184030	Chair Hatha Yoga 	Jan. 18	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$58	Kim Hannah
184031	Fitness for Arthritis & Balance	Jan. 19	9 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$48	Pauline St. Pierre
184032	Working with Weights	Jan. 19	9 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$48	Pauline St. Pierre
184033	Pickleball	Jan. 19	10 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall 112	\$53	Bill Simon
184034	Restorative Yoga	Jan. 19	10 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$53	Natalie Fraser
184035	Mindfulness & Meditation	Jan. 19	10 Weeks	Friday 2:30 - 3:30 pm	Fitness Room 028	\$53	Natalie Fraser
Recreational Dance							
184036	Line Dancing (Beg.)	Jan. 18	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



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.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
GAMES							
184037	Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
184038	Carpet Bowling	Jan. 16	10 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	Burgi Drews
184039	Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
184040	Euchre		Continuous	Tuesday 1 - 3 pm	Activity 019	\$1/week	B. Nye
184041	Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activity 014	No charge	Coby Fuykschot
184042	Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 022	No charge	Margaret Donnelly
184043	Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
184044	Six Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
PERFORMING ARTS							
184045	Silver Swing Band		Continuous	Monday 10 am - 12 pm	Activity 024	\$6	Gordon Price
184046	Choir	Jan. 16	10 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	Sandra Dean
184047	Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
184048	Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
184049	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
184050	Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$6	J. Merritt

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
General Interest							
184051	Guitar Workshop (Int.)	Jan. 15	10 Weeks	Monday 1 - 2 pm	Activity 014	\$25	David Jones
184052	Piano Lessons	Jan. 16	8 Weeks	Tuesday 9:00, 9:30 & 10 am	Activity 142/147	\$25	Vicky Palmer
184053	Current Affairs		Continuous	Tuesday 10 - 11:30 am	Activity 014	No charge	Muriel Libby
184054	Brain Fitness/Driving Cognitive...	Jan. 16	6 Weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55	F. Fanni (Dynamic Brain)
184055	Book Club	Jan. 17	6 Weeks	Alternate Wed. 10 - 11 am	Library 121	\$10	Judith McCann
184056	Storied Lives-Writing Circle	Jan. 24	6 Weeks	Wednesday 1 - 3pm	Activity 019	\$65	Christine Novy
184057	Computer - Workshop	Jan. 17	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
184058	Computer - Workshop	Feb. 21	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
184059	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valenca
184060	Healthy Living Group		Continuous	3rd Thurs. 10 - 11:30 am	Activity 019	No charge	Ana Valenca
184061	Introductory Computer	Jan. 18	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
184062	Introductory Computer	Feb. 22	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
184063	Ukulele (Intermediate)	Jan. 18	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$25	David Jones
184064	Piano Lessons	Jan. 19	8 Weeks	Friday 2:00, 2:30 & 3 pm	Activity 022/024	\$25	Vicky Palmer
184065	Storied Lives-Drama Club (For People Living With Dementia)	Feb. 02	8 Weeks	Friday 12 - 2:30pm	Activity 019	\$185	Christine Novy
Language							
184066	Learn to Speak German	Jan. 15	10 Weeks	Monday 10 - 11 am	Activity 019	No charge	A. Storozuk
184067	New to Spanish** (**for those who have never spoke Spanish before)	Jan. 15	9 Weeks	Monday 9:30 - 10:30 am	Ceramics 236	\$65	Maria Cuburu
184068	Spanish, Advanced	Jan. 15	9 Weeks	Monday 10:45 - 11:45 am	Ceramics 236	\$65	Maria Cuburu
184069	Spanish, Basic	Jan. 15	9 Weeks	Monday 12 - 1 pm	Ceramics 236	\$65	Maria Cuburu
184070	Spanish, Advanced	Jan. 15	9 Weeks	Monday 1:30 - 2:30 pm	Ceramics 236	\$65	Maria Cuburu
184071	Spanish, Intermediate	Jan. 15	9 Weeks	Monday 2:45 - 3:45 pm	Ceramics 236	\$65	Maria Cuburu
184072	French Conversation Beg.	Jan. 15	10 Weeks	Monday 1:30 - 2:30 pm	Activity 019	No charge	A. Kubacki
184073	Spanish Conversation Adv.+	Jan. 18	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90	S. Cruz Salas
184074	Learn to Speak Mandarin	Feb. 1	8 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
184075	English Conversation	Jan. 18	11 Weeks	Thursday 10 - 11 am	Activity 014	No charge	Mari-Joy Trigo
184076	French Conversation (Int)	Jan. 19	10 Weeks	Friday 1 - 3 pm	Library 121	No charge	Michel Gauvin

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CRAFT STUDIO							
*Please Note: There may be some additional supply costs.							
Charity Work							
184077	Weaving Milk Bag Mat*	Jan. 9	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'Brien/Evelyn M.
184078	Wildlife Bird's Nest	Jan. 10	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
184079	Izzy Dolls*	Jan. 10	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
184080	PICC Line Covers	Jan. 10	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
Creative Arts							
184081	Woodworking Shop Mbrs.*	Jan. 15	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	David/Henry/Renaud
184082	Painting Studio*	Jan. 15	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick Cocklin
184083	Stained Glass *	Jan. 18	11 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren Perkins
184084	Advanced Quilting*	Jan. 19	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon Wright
184085	Beg. Hand Piecing for Quilting	Jan. 19	8 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18	Pete N.J.
Expressive Arts							
184086	Meditative Drawing	Jan. 16	6 Weeks	Tuesday 9 - 11 am	Crafts 240	\$65	Nancy Dean
Production Volunteer							
184087	Knitting/Crocheting (Mon.)	Jan. 8	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monique/Valerie
184088	Organizational Team	Jan. 16	6 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Linda J.P.
184089	Painting on Fabric	Jan. 10	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Beryl W.
184090	Mixed Media Card Making	Jan. 10	12 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin/Brenda/Marta
184091	Jewellery	Jan. 10	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise/Naomi
184092	Teddy Bear	Jan. 10	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma/Elizabeth
184093	Woodworking Bazaar Crafts	Jan. 10	Continuous	Wed. 9:30am-12pm & 1-3pm	Woodshop 015	Volunteer	
184094	Recycled Crafts	Jan. 24	6 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Addi/Marie
184095	Beaded Ornament	Jan. 17	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
184096	Stained Glass Beg/Level 1	Jan. 11	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Lan N./Val. P
184097	Learn to Crochet	Jan. 11	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth/Brenda
184098	Hooked Rug	Jan. 11	Continuous	Thursday 10 am - 12 pm	Solarium 2nd Floor	Volunteer	Ruth TL.
184099	Knitting/Crocheting (Thurs.)	Jan. 11	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monique/Valerie/Ruth

New Program Information

Joint Mobility and Stability - Instructor: Jonathan Abraham

This one hour exercise class is dedicated to increasing the range of motion, stability and strength of each joint in the body. The first half of the class will focus on isolating and working through ranges of motion to increase mobility, followed by a strength component for the major joints (shoulder, elbow, hip, knee and ankle). Get those joints moving, get them strong and stable.

Meditative Drawing - Instructor: Solange Dean

An alternative way to relax and practise being present while making Zentangle inspired art. This simple repetitive mark making with ink on paper leads to spontaneous art pieces. Learn basics then let your imagination lead the way. We will explore patterns, how to shade for 3D effect, and use colour to enhance the work and your self expression.

Storied Lives - Drama Club (For People Living with Dementia) - Instructors: Christine Novy & Janice Bridgewater

We all have stories to tell and drama is a great way to tell them! The Storied Lives Drama Club is for people under 65 with a diagnosis of dementia. Each week we will be developing drama skills, getting to know one another and working together to share stories from our lives in fun and creative ways.