









Spring Program Guide 2018


Registration April 3, 4 & 5 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
Physical Activity						
Please note: 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						
181010 Zumba Gold 	April 9	10 Weeks	Monday 9:30 am - 10:30 am	Assembly Hall 112	\$53	Susan Sloan
181011 Fitness for Arthritis & Balance 	April 9	10 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$53	Zarina Grundy
181012 Beyond the Chair	April 9	10 Weeks	Monday 11:30 am - 12:30 pm	Assembly Hall 112	\$53	Cathy Brophy
181013 Chair Fitness	April 9	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$53	Cathy Brophy
181014 Gentle Aerobics + Weights	April 23	8 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$42	Wendy Gagnon
181015 Working with Weights	April 23	8 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$42	Wendy Gagnon
181016 Nordic Pole Walking	May 15	6 Weeks	Tuesday 9:30 - 11:30 am	Outdoors	\$63	Margie Cain
For Active Walkers - Must be able to walk 5-7 km continuously at a brisk pace. Urban Poling 300 Series Poles provided to use for the class						
181017 Better Balance	April 10	11 Weeks	Tuesday 9:50 - 10:50 am	Fitness Room 028	\$58	Cathy Brophy
181018 Strength Core & Balance	April 10	11 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$58	Jonathan Abraham
181019 Strength Core & Balance	April 10	11 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall 112	\$58	Jonathan Abraham
181020 Chair Hatha Yoga	April 10	11 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$58	Cathy Brophy
181021 Zumba Gold 	April 11	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$58	Susan Sloan
181022 Fitness for Arthritis	April 11	11 Weeks	Wednesday 10:45 - 11:45 am	Fitness Room 028	\$58	Pauline St. Pierre
181023 Cardio for Fitness	April 11	11 Weeks	Wed. 11:45 am - 12:45 pm	Fitness Room 028	\$58	Pauline St. Pierre
181024 Pickleball Practice	April 9	10 Weeks	Wednesday 12:45 - 1:45 pm	Assembly Hall 112	\$30	Unsupervised
181025 Working with Weights	April 25	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
181026 Weights & Stretch	April 25	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
181027 Mat Gentle Hatha Yoga 	April 12	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$58	Kim Hannah
181028 Strength, Core & Balance 	April 12	11 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$58	Kim Hannah
181029 Better Balance	April 12	11 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$58	Jonathan Abraham
181030 Chair Hatha Yoga 	April 12	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$58	Kim Hannah
181031 Joint Mobility & Stability	April 12	11 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall 112	\$58	Jonathan Abraham
181032 Companions Walking Group 	May 18	6 Weeks	Friday 9:30 - 10:30 am	Outdoors	\$35	Zarina Grundy
- Must be able to walk 3-5 km continuously at a brisk pace.						
181033 Fitness for Arthritis & Balance	April 13	9 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$48	Pauline St. Pierre
181034 Working with Weights	April 13	9 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$48	Pauline St. Pierre
181035 Restorative Yoga	April 13	9 Weeks	Friday 12:45 - 1:45 pm	Fitness Room 028	\$48	Natalie Fraser
181036 Pickleball	April 6	9 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall 112	\$48	Bill Simon
181037 Mindfulness & Meditation	April 13	9 Weeks	Friday 2 - 3 pm	Fitness Room 028	\$48	Natalie Fraser
Recreational Dance						
181038 Learn to Play Castanets*	April 9	10 Weeks	Monday 9:30 - 10:30 am	Fitness Room 028	\$53	Stella Carrillo
181039 Spanish Dance Beg.	April 9	10 Weeks	Monday 10:30 - 11:30 am	Fitness Room 028	\$53	Stella Carrillo
181040 Latin Style Dance Beg.	April 11	11 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$58	Stella Carrillo
181041 Spanish Dance Int.	April 11	11 Weeks	Wednesday 10:35 - 11:35 am	Activity Room 019	\$58	Stella Carrillo
181042 Line Dancing Beg.	April 12	11 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$72	Dave Western
181043 Castanets Adv.*	April 13	9 Weeks	Friday 10 - 11 am	Fitness Room 028	\$48	Stella Carrillo
181044 Spanish Dance Adv.	April 13	9 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$48	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						
181045 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
181046 Carpet Bowling	Apr. 10	11 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	Burgi Drews
181047 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
181048 Euchre		Continuous	Tuesday 1 - 3 pm	Activity 019	\$1/week	M. Daynard/V. Zadow
181049 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activity 014	No charge	Coby Fuykschot
181050 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 019	No charge	Margaret Donnelly
181051 Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
181052 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	B. Nye
Performing Arts						
181053 Silver Swing Band		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	Gordon Price
181054 Choir	Apr. 10	7 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Sandra Dean
181055 Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
181056 Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
181057 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
181058 Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$6	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
181059 Learn to Speak German	Apr. 9	10 Weeks	Monday 11 am - 12 pm	Library 121	No charge	A. Storozuk
181060 New to Spanish	Apr. 9	10 Weeks	Monday 9:30 - 10:30 am	Crafts 236	\$72	Maria Cuburu
181061 Spanish, Advanced	Apr. 9	10 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$72	Maria Cuburu
181062 Spanish, Basic	Apr. 9	10 Weeks	Monday 12 - 1 pm	Crafts 236	\$72	Maria Cuburu
181063 Spanish, Advanced	Apr. 9	10 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$72	Maria Cuburu
181064 Spanish, Intermediate	Apr. 9	10 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$72	Maria Cuburu
181065 French Conv. (Beginner)	Apr. 9	10 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No charge	A. Kubacki
181066 Spanish Conversation (Int.)	Apr. 10	11 Weeks	Tuesday 11 am - 12 pm	Library 121	No charge	Marlene Valenzuela
181067 English Conversation	Apr. 12	11 Weeks	Thursday 10 - 11 am	Activity 014	No charge	Mari-Joy Trigo
181068 Spanish Conversation Adv.+	Apr. 12	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90	S. Cruz Salas
181069 Learn to Speak Mandarin	Apr. 12	10 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
181070 French Convers. (Int.)	Apr. 13	9 Weeks	Friday 1 - 3 pm	Activity 014	No charge	Michel Gauvin
General Interest						
181071 Guitar Workshop (INT.)	Apr. 9	10 Weeks	Monday 1 - 2 pm	Activity 019	\$28	D. Jones
181072 Piano Lessons	Apr. 10	8 Weeks	Tuesday 9:00, 9:30, 10:00 am	Activity 142	\$25	Vicky Palmer
181073 Current Affairs	Apr. 10	Continuous	Tuesday 10 - 11:30 am	Crafts 236	No charge	Muriel Libby
181074 Health & Common Sense	Apr. 11	10 Weeks	Wednesday 1 - 2 pm	Activity 014	No charge	Dr. D. Albuquerque
181075 Storied Lives - Writing Circle	Apr. 25	6 Weeks	Wednesday 1 - 2 pm	TBA	\$70	Christine Novy
181076 Book Club	Apr. 11	6 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10	Judith McCann
181077 Osteoporosis Canada	Apr. 18	Once a month	3rd Wed. of ea. month 1 - 3 pm	Activity 024	No charge	Marq Nelson
181078 Computers Workshop	Apr. 11	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
181079 Computers Workshop	May 16	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
181080 Healthy Living Group	Apr. 19	Continuous	3rd Thurs. 10 - 11:30 am	Activity 014	No charge	Ana Valença
181081 Drop-In Coffee Club	Apr. 12	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valença
181082 Introductory Computer	Apr. 12	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
181083 Introductory Computer	May 24	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
181084 Ukulele (Intermediate)	Apr. 12	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22	D. Jones
181085 55+ Alive Mature Driving Course	May 18	2 Weeks	Friday 9:30am - 12:30pm	Activity 019	\$25	D. Jones
181086 Piano Lessons	Apr. 6	7 Weeks	Friday 2:00, 2:30, 3:00 pm	Activity 024	\$25	Vicky Palmer
181087 Container Garden	May 14	Continuous	Mon. - Fri. (Flexible hours)	Outside	No charge	Lynn Koroniak

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio						
*Please Note: There may be some additional supply costs for classes marked with an asterisk						
Charity Work						
181088 Weaving Milk Bag Mats*	Apr. 3	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'Brien/ Evelyn M.
181089 Wildlife Bird's Nest	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
181090 Izzy Dolls*	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien/Addie C.
181091 PICC Line Covers	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
181092 Twiddlemuffs	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
Creative Arts						
181093 Woodworking Shop Mbrs.*	Apr. 9	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	Renaud/Henry
181094 Painting Studio*	Apr. 9	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick Cocklin
181095 Introduction to Painting*	May 22	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$40	Patrick Cocklin
181096 Stained Glass*	Apr. 5	12 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren Perkins
181097 Beg. Hand Piecing Quilting	Apr. 6	10 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18	Pete N.J.
181098 Advanced Quilting	Apr. 6	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon Wright
Expressive Arts						
181099 Arts for Wellness	Apr. 10	6 Weeks	Tuesday 9 - 11 am	Crafts 240	\$65	Solange/Carmel/Suzanne
181100 Labyrinth Meditation & Movement	Apr. 17,	May 15 & June 19	Tuesday 1:30 - 3 pm	Assembly Hall	\$10	Deborah & Rick Bethall
Production Volunteer						
181101 Knitting/Crocheting	Apr. 9	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Valerie
181102 Organizational Team	Apr. 3	6 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Linda J.P.
181103 Teddy Bear	Apr. 4	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma/Elizabeth
181104 Painting on Fabric	Apr. 4	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Beryl W.
181105 Mixed Media Card Making	Apr. 4	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin/Brenda/Marta
181106 Jewellery	Apr. 4	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.
181107 Cross Stitch	Apr. 4	12 Weeks	Wednesday 12:30 - 3 pm	Solarium 2nd Floor	Volunteer	Sylvia G.
181108 Dangle Earrings	Apr. 11	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
181109 Spring Crafts	Apr. 11	6 Weeks	Wednesday 12:30 - 3pm	Crafts 240	Volunteer	Marie M./Addie J.
181110 Woodworking Bazaar Crafts	Apr. 4	Continuous	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer	Ron L.
181111 Stained Glass (Beginner)	Apr. 5	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val. P
181112 Stained Glass (Level 1)	Apr. 5	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val. P
181113 Learn to Crochet	Apr. 5	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T.L./ Brenda T.
181114 Knitting/Crocheting	Apr. 5	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie/Monic/Ruth

New Program Information:

Arts for Wellness - Solange T./Carmel W./Suzanne V.

You will get the chance to explore 3 different artistic approaches. The activities will change every 2 weeks & it will include visual arts ventures, movement, & music exploration. Each class will give you the time to try something new followed by the opportunity to share creations, insights, challenges & breakthroughs. We focus on creative expression & self-discovery to see how that can change your perspective of our world & of ourselves. No experience is necessary!

Beaded Dangle Earrings - Margo C.

Easy to make, pretty & inexpensive. Inspired by Native American artists, these beautiful and unique earrings demonstrate incredible skill and craftsmanship in each piece.

Spring Crafts - Marie M./Addie J.

Specific crafts for springtime this year include floral and lace crafts, collages and more.

Twiddlemuffs - Mary O.

Our new charity project is to knit or crochet Twiddlemuffs (dementia cuff). Have fun adorning the Twiddlemuff with buttons, ribbons, pompoms and more. Twiddlemuffs help people with dementia to ease agitation, lessen anxiety and improve their overall mood by twiddling with bits and pieces on the muff to keep busy.