

## 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
<b>Physical Activity</b>						
<i>Please note: Personal Training is now available. \$45 for one hour. Must be a member. Book your appointment at front reception today!</i>						
<b>Fitness</b>						
<b>*Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
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			CANCELLED			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
<b>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</b>						
181017 Better Balance			CANCELLED			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			CANCELLED			Pauline St. Pierre
181023 Cardio for Fitness			CANCELLED			Pauline St. Pierre
181024 Pickleball Practice	April 11	10 Weeks	Wednesday 12:45 - 2:15 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			CANCELLED			Zarina Grundy
<b>- Must be able to walk 3-5 km continuously at a brisk pace.</b>						
181033 Fitness for Arthritis & Balance	April 13	7 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$37	Pauline St. Pierre
181034 Working with Weights	April 13	7 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$37	Pauline St. Pierre
181035 Restorative Yoga	April 13	9 Weeks	Friday 1:15 - 2:15 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 2:30 - 3:30 pm	Fitness Room 028	\$48	Natalie Fraser
<b>Recreational Dance</b>						
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.			CANCELLED			Stella Carrillo
181040 Latin Style Dance Beg.			CANCELLED			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

FULL



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](http://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
<b>Games</b>						
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
<b>Performing Arts</b>						
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
<b>Continuing Education</b>						
<b>Language</b>						
181059 Learn to Speak German	Apr. 9	9 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 <b>Adv.+</b>	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	
<b>General Interest</b>								
181071	Guitar Workshop (INT.)	Apr. 9	10 Weeks	Monday 1 - 2 pm	Activity 019	\$28	D. Jones	FULL
181072	Piano Lessons	Apr. 10	8 Weeks	Tuesday 9:00, 9:30, 10:00 am	Activity 142	\$25	Vicky Palmer	FULL
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			CANCELLED			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	FULL
181079	Computers Workshop	May 16	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner	FULL
181080	Healthy Living Group	Apr. 19	Continuous	3rd Thurs. 10 - 11:30 am	Activity 014	No charge	Ana Valena	
181081	Drop-In Coffee Club	Apr. 12	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valena	
181082	Introductory Computer	Apr. 12	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee	FULL
181083	Introductory Computer	May 24	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee	FULL
181084	Ukulele (Intermediate)	Apr. 5	11 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	FULL
181087	Container Garden	May 14	Continuous	Mon. - Fri. (Flexible hours)	Outside	No charge	Lynn Koroniak	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor		
<b>Craft Studio</b>								
<b>Charity Work</b>								
*Please Note: There may be some additional supply costs for classes marked with an asterisk								
181088	Weaving Milk Bag Mats*	Apr. 3	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'B/ Evelyn M.	
181089	Wildlife Bird's Nest	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien	FULL
181090	Izzy Dolls*	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien/Addie C.	FULL
181091	PICC Line Covers	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien	FULL
181092	Twiddlemuffs	Apr. 4	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien	FULL
<b>Creative Arts</b>								
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	FULL
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	FULL
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	FULL
<b>Expressive Arts</b>								
181099	Arts for Wellness	Apr. 10	6 Weeks	Tuesday 9 - 11 am	Crafts 240	\$65	Solange/Carmel/Suzanne	
181100	Labyrinth Meditation & Movement			CANCELLED			Deborah & Rick Bethall	
<b>Production Volunteer</b>								
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.	FULL
181103	Teddy Bear	Apr. 4	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma/Elizabeth	FULL
181104	Painting on Fabric	Apr. 4	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Beryl W.	FULL
181105	Mixed Media Card Making	May 2	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marlin/Brenda/Marta	FULL
181106	Jewellery	Apr. 4	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.	FULL
181107	Cross Stitch	Apr. 4	12 Weeks	Wednesday 12:30 - 3 pm	Solarium 2nd Floor	Volunteer	Sylvia G.	FULL
181108	Dangle Earrings	Apr. 11	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.	FULL
181109	Spring Crafts	Apr. 11	6 Weeks	Wednesday 12:30 - 3pm	Crafts 240	Volunteer	Marie M./Addie J.	FULL
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	FULL
181112	Stained Glass (Level 1)	Apr. 5	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val. P	FULL
181113	Learn to Crochet	Apr. 5	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T.L./ Brenda T.	FULL
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.