



# Summer Program Guide 2018

Registration June 26, 27 & 28 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>  |         |          |                              |                  |      |                   |
| Personal Training available. \$45 for one hour. Must be a member. Book your appointment at front reception today!                           |         |          |                              |                  |      |                   |
| <b>Fitness</b>  |         |          |                              |                  |      |                   |
| <b>Please Note: There may be some additional supply costs for classes marked with an asterisk</b>   |         |          |                              |                  |      |                   |
| 182010 Beyond the Chair   | Jul. 9  | 7 Weeks  | Monday 11:30 am - 12:30 pm   | Assembly Hall    | \$37 | Cathy Brophy      |
| 182011 Fitness for Arthritis & Balance  |         |          | Cancelled                    |                  |      | Zarina Grundy     |
| 182012 Chair Fitness  |         |          | Cancelled                    |                  |      | Cathy Brophy      |
| 182013 Gentle Aerobics + Weights  | Jul. 9  | 7 Weeks  | Monday 1 - 2 pm              | Fitness Room 028 | \$37 | Susan Jahudka     |
| 182014 Working with Weights   | Jul. 9  | 7 Weeks  | Monday 2 - 3 pm              | Fitness Room 028 | \$37 | Wendy Gagnon      |
| 182015 Nordic Pole Walking  |         |          | Cancelled                    |                  |      | 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. |         |          |                              |                  |      |                   |
| 182016 Ball Bands Balance <b>NEW!</b>   |         |          | Cancelled                    |                  |      | Cathy Brophy      |
| 182017 Chair Hatha Yoga   | Jul. 3  | 8 Weeks  | Tuesday 11 am - 12 pm        | Fitness Room 028 | \$42 | Cathy Brophy      |
| 182018 Strength, Core & Balance   | Jul. 3  | 8 Weeks  | Tuesday 10 - 11 am           | Assembly Hall    | \$42 | Sarah Leger       |
| 182019 Strength, Core & Balance   | Jul. 3  | 8 Weeks  | Tuesday 11:15 am - 12:15 pm  | Assembly Hall    | \$42 | Sarah Leger       |
| 182081 nia <b>NEW!</b>  | Jul. 3  | 8 Weeks  | Tuesday 1 - 2 pm             | Assembly Hall    | \$42 | Penny-Lee Prevost |
| 182020 Zumba Gold   | Jul. 4  | 9 Weeks  | Wednesday 11 am - 12 pm      | Assembly Hall    | \$48 | Susan Sloan       |
| 182021 Pickleball   | Jul. 4  | 8 Weeks  | Wednesday 12:45 - 2:15 pm    | Assembly Hall    | \$25 | Unsupervised      |
| 182023 Strength & Stretch <b>NEW!</b>   | Jul. 4  | 9 Weeks  | Wednesday 1 - 2 pm           | Fitness Room 028 | \$48 | Susan Jahudka     |
| 182022 Working with Weights   | Jul. 4  | 9 Weeks  | Wednesday 2 - 3 pm           | Fitness Room 028 | \$48 | Wendy Gagnon      |
| 182024 Mat Gentle Hatha Yoga  | Jul. 12 | 7 Weeks  | Thursday 10 - 11 am          | Fitness Room 028 | \$37 | Kim Hannah        |
| 182025 Strength, Core & Balance   | Jul. 12 | 7 Weeks  | Thursday 11:15 am - 12:15 pm | Assembly Hall    | \$37 | Kim Hannah        |
| 182026 Better Balance   |         |          | Cancelled                    |                  |      | Susan Jahudka     |
| 182027 Joint Mobility & Flexibility   | Jul. 5  | 8 Weeks  | Thursday 12:25 - 1:25 pm     | Assembly Hall    | \$42 | Susan Jahudka     |
| 182028 Chair Hatha Yoga   | Jul. 12 | 7 Weeks  | Thursday 12:30 - 1:30 pm     | Fitness Room 028 | \$37 | Kim Hannah        |
| 182029 Companions Walking Group   |         |          | Cancelled                    |                  |      | Zarina Grundy     |
| <b>Must be able to walk 3-5km continuously at a brisk pace</b>  |         |          |                              |                  |      |                   |
| 182030 Pickleball   | Jul. 6  | 9 Weeks  | Friday 12:45 - 2:15 pm       | Assembly Hall    | \$27 | Unsupervised      |
| 182031 Restorative Yoga   |         |          | Cancelled                    |                  |      | Natalie Fraser    |
| 182032 Mindfulness & Meditation   | Jul. 6  | 8 Weeks  | Friday 2:30 - 3:30 pm        | Fitness Room 028 | \$42 | Natalie Fraser    |
| <b>Recreational Dance</b>   |         |          |                              |                  |      |                   |
| 182033 Latin Style Dance <b>Beg. *</b>  |         |          | Cancelled                    |                  |      | Stella Carrillo   |
| 182034 Dance & Health ( <b>Beg.</b> )   |         |          | Cancelled                    |                  |      | Stella Carrillo   |
| 182035 Learn To Play Castanets <b>Int.</b>  | Jul. 4  | 9 Weeks  | Wednesday 10 - 11 am         | Fitness Room 028 | \$48 | Stella Carrillo   |
| 182036 Spanish Dance <b>Int.</b>  | Jul. 4  | 9 Weeks  | Wednesday 11 am - 12 pm      | Fitness Room 028 | \$48 | Stella Carrillo   |
| 182037 Castanets <b>Adv.</b>  | Jul. 6  | 9 Weeks  | Friday 10 - 11am             | Fitness Room 028 | \$48 | Stella Carrillo   |
| 182038 Spanish Dance <b>Adv.</b>  | Jul. 6  | 9 Weeks  | Friday 11 am - 12 pm         | Fitness Room 028 | \$48 | Stella Carrillo   |

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 Physical Activity classes offered at The Good Companions.

| Program                                    | Begins | Duration   | Day & Time                   | Location            | Cost      | Instructor     |
|--|--------|------------|------------------------------|---------------------|-----------|----------------|
| <b>Continuing Education</b>                |        |            |                              |                     |           |                |
| <b>Language</b>                            |        |            |                              |                     |           |                |
| 182039 New to Spanish                      | Jul. 9 | 4 Weeks    | Monday 9:30 - 10:30 am       | Activity 236        | \$32      | Maria Cuburu   |
| 182040 Spanish, Advance AM                 | Jul. 9 | 4 Weeks    | Monday 10:45 - 11:45 am      | Activity 236        | \$32      | Maria Cuburu   |
| 182041 Spanish, Basic                      | Jul. 9 | 4 Weeks    | Monday 12 - 1 pm             | Activity 236        | \$32      | Maria Cuburu   |
| 182042 Spanish, Advanced PM                | Jul. 9 | 4 Weeks    | Monday 1:30 - 2:30 pm        | Activity 236        | \$32      | Maria Cuburu   |
| 182043 Spanish, Intermediate               | Jul. 9 | 4 Weeks    | Monday 2:45 - 3:45 pm        | Activity 236        | \$32      | Maria Cuburu   |
| 182044 French Conversation( <b>Beg</b> )   | Jul. 9 | 7 Weeks    | Monday 1:30 - 2:30 pm        | Activity 019        | No Charge | A. Kubacki     |
| 182045 English Conversation                | Jul. 5 | 9 Weeks    | Thursday 10 - 11 am          | Activity 019        | No Charge | Mari-Joy Trigo |
| 182046 Learn to Speak Mandarin             |        |            | Cancelled                    |                     |           |                |
| 182047 French Conversation ( <b>Int.</b> ) | Jul. 6 | 8 Weeks    | Friday 1 - 3 pm              | Activity 019        | No Charge | Michel Gauvin  |
| <b>General Interest</b>                    |        |            |                              |                     |           |                |
| 182048 Container Gardening                 | Jul. 3 | Continuous | See Ana Valença for schedule | Outdoors            | No charge | Lynn Koroniak  |
| 182049 Computer Workshop                   | Jul. 4 | 4 Weeks    | Wednesday 2 - 3:30 pm        | Library 121         | \$22      | Lionel Wagner  |
| 182050 Computer Workshop                   | Aug. 1 | 4 Weeks    | Wednesday 2 - 3:30 pm        | Library 121         | \$22      | Lionel Wagner  |
| 182051 Drop-In Coffee Club                 | Jul. 5 | Continuous | Thursday 10:15 - 11:15 am    | Dining Activity 141 | No charge | Ana Valença    |
| 182052 Introductory Computer               | Jul. 5 | 6 Weeks    | Thursday 12:30 - 2 pm        | Library 121         | \$28      | Karim Ghaltaee |
| 182082 Guitar/Ukulele Practise             | Jul. 5 | 9 Weeks    | Thursday 1 - 2 pm            | Activity 019        | \$20      | Frances Lake   |

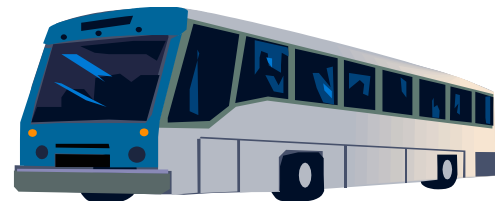
| Program                    | Begins  | Duration   | Day & Time                | Location            | Cost          | Instructor        |
|----------------------------|---------|------------|---------------------------|---------------------|---------------|-------------------|
| <b>Games</b>               |         |            |                           |                     |               |                   |
| 182053 Contract Bridge     |         | Continuous | Monday 1 - 3 pm           | Activity 022/024    | \$1/week      | Linda Fletcher    |
| 182054 Carpet Bowling      | Jul. 3  | 9 Weeks    | Tuesday 1 - 2 pm          | Activity 022/024    | \$10          | Burgi Drews       |
| 182055 Cribbage            |         | Continuous | Tuesday 1 - 3 pm          | Dining Activity 141 | \$1/week      | Judy St. James    |
| 182056 Euchre              |         | Continuous | Tuesday 1 - 3 pm          | Activity 019        | \$1/week      | Marilyn/Verna     |
| 182057 Scrabble (English)  |         | Continuous | Wednesday 9:30 - 11:30 am | Mtg. Room 014       | No charge     | Coby Fuykschot    |
| 182058 Scrabble (French)   |         | Continuous | Wednesday 1 - 3 pm        | Mtg. Room 014       | No charge     | Margaret Donnelly |
| 182059 Bingo               |         | Continuous | Thursday 2 - 3 pm         | Dining Activity 141 | 3cards/\$1.50 |                   |
| 182060 Six-Hand Euchre     |         | Continuous | Friday 9:30 - 11:30 am    | Activity 019        | \$1/week      | Marilyn/Verna     |
| <b>Performing Arts</b>     |         |            |                           |                     |               |                   |
| 182061 Old Time Sing-Along |         | Continuous | Thursday 1 - 2 pm         | Activity 024        | No charge     | Kathleen O'Toole  |
| 182062 Grey Jazz Big Band  | Aug. 17 | Continuous | Friday 9 am - 12 pm       | Activity 024        | No charge     | B. Boggs          |

| Program  | Begins  | Duration   | Day & Time                     | Location         | Cost      | Instructor             |
|--|---------|------------|--------------------------------|------------------|-----------|------------------------|
| <b>CRAFT STUDIO</b>  |         |            |                                |                  |           |                        |
| * Please note that the <b>Stained Glass Studio</b> class is a self-run program where you can come and work on your own in the company of other members. This program is for Level 1 and Advanced only. |         |            |                                |                  |           |                        |
| <b>Charity Work</b>  |         |            |                                |                  |           |                        |
| 182063 Weaving Milk Bag Mats   | Jun. 26 | Continuous | Tuesday 1 - 3 pm               | Crafts 240       | Volunteer | Mary & Evelyn          |
| 182064 Izzy Dolls  | Jun. 27 | Continuous | Wednesday 1 - 3 pm             | Crafts 236       | Volunteer | Mary & Addie C.        |
| 182065 PICC Line Covers  | Jun. 27 | Continuous | Wednesday 1 - 3 pm             | Crafts 236       | Volunteer | Mary O'Brien           |
| 182066 Twiddlemuffs  | Jun. 27 | Continuous | Wednesday 1 - 3 pm             | Crafts 236       | Volunteer | Mary O'Brien           |
| 182067 Wildlife Bird's Nest  | Jun. 27 | Continuous | Wednesday 1 - 3 pm             | Crafts 236       | Volunteer | Mary O'Brien           |
| <b>Creative Arts</b>   |         |            |                                |                  |           |                        |
| 182068 Woodworking Shop Mbrs.  | Jun. 25 | Continuous | Mon/Tues/Thur 9:30 -12 & 1-3   | Woodshop 015     | \$32      | Renaud/Andre/Henry     |
| 182069 Stained Glass Studio*   | Jun. 28 | 10 Weeks   | Thursday 10 am - 12 pm         | Crafts 236       | \$20      | Addi J./John K.        |
| <b>Production Volunteer</b>  |         |            |                                |                  |           |                        |
| 182070 Knitting & Crocheting   | Jul. 9  | Continuous | Monday 1 - 3 pm                | Crafts 240       | Volunteer | Valerie/Monic/Valerie  |
| 182071 Organizational Team   | Jul. 10 | 6 Weeks    | Tues. 10 am - 12 pm & 1 - 3 pm | Crafts 236       | Volunteer | Linda J.P.             |
| 182072 Woodshop Bazaar Crafts  | Jun. 27 | Continuous | Wed. 9:30 am-12 pm & 1-3 pm    | Woodshop 015     | Volunteer | Ron L.                 |
| 182073 Needlework  | Jun. 27 | Continuous | Wed. 9:30am-12pm & 12:30-3pm   | Solarium Hallway | Volunteer | Sylvia G.              |
| 182074 Painting on Fabric  | Jun. 27 | Continuous | Wednesday 9:30 - 11:30 am      | Crafts 240       | Volunteer | Beryl/Myungsook        |
| 182075 Jewellery   | Jun. 27 | Continuous | Wednesday 9:30 - 11:30 am      | Crafts 240       | Volunteer | Denise G.              |
| 182076 Mixed Media Card Making   | Jun. 27 | 10 Weeks   | Wednesday 9:30 - 11:30 am      | Crafts 240       | Volunteer | Marlin/Marta           |
| 182077 Stocking Stuffers & Wreaths   | Jul. 11 | 6 Weeks    | Wednesday 12:30 - 3 pm         | Crafts 240       | Volunteer | Sandra/Marie           |
| 182078 Beaded Santa Earrings   | Jul. 11 | 2 Weeks    | Wednesday 1 - 3 pm             | Crafts 240       | Volunteer | Margo C.               |
| 182079 Learn to Crochet  | Jun. 28 | Continuous | Thursday 10 am - 12 pm         | Crafts 240       | Volunteer | Ruth T-L               |
| 182080 Knitting & Crocheting   | Jun. 28 | Continuous | Thursday 1 - 3 pm              | Crafts 240       | Volunteer | Valerie/Monic/Ruth T-L |

## Summer Day Trips

(non-members pay \$10 extra per person)

Tuesday, June 12 Morrisburg, ON (\$95)  
 Wednesday, July 18 Kingston, ON (\$100)  
 Tuesday, August 28 Smiths Falls & Perth, ON (\$65)



Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe motorcoach and all trips depart from and return to The Good Companions. Tickets can be purchased at Front Reception.

### New & Returning Program Information:

#### **Beaded Santa Earrings - Margo C.**

Christmas is coming to the jewellery studio, too! Come and make some festive Christmas earrings.

#### **Container Gardening - Volunteers**

Gardening is great exercise & it's good fun to see the plants growing! Never gardened before? No problem...come and learn! Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity.

#### **Needlework - Sylvia G.**

Come and explore the fun of cross stitch, no experience is necessary. You can choose embroidery thread or yarn for your projects. You can embellish cards or try working on plastic canvas. This needle craft is great for everyone. You can get beautiful results in a relatively short period of time.

#### **nia - Penny-Lee Prevost**

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

#### **Stocking Stuffers and Wreaths - Sandra/Marie**

Let's do Christmas in July! Come create some unique holiday crafts. This year we'll be making stocking stuffers including small ornaments or gifts. The only limit is your imagination - the possibilities are endless!

#### **Stained Glass Studio - Addi/John**

This is a self-run stained glass program where you can come and work on your own alongside other members. Please note this is not a class for beginners. Level 1 and Advance only.

#### **Twiddlemuffs - Mary**

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







