



Fall Program Guide 2018

Registration September 11, 12 & 13 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.

Please note: Descriptions of new programs will be posted in the centre and 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						
183010 Zumba Gold	Sept. 17	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Susan Sloan
183011 Fitness For Arthritis & Balance	Sept. 17	11 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$58	Zarina Grundy
183012 Gentle Aerobics + Weights	Sept. 24	10 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$53	Wendy Gagnon
183013 Working With Weights	Sept. 24	10 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$53	Wendy Gagnon
183014 Nordic Pole Walking	Sept. 18	6 Weeks	Tuesday 9:30 - 11:30 am	Outdoors	\$73	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.						
183015 Strength,Core & Balance	Sept. 18	11 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$58	Kim Hannah
183016 Strength,Core & Balance	Sept. 18	11 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall 112	\$58	Kim Hannah
183017 nia	Sept. 18	12 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$63	Penny Lee Prevost
183018 Zumba Gold	Sept. 19	12 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$63	Susan Sloan
183019 Cardio For Fitness	Sept. 19	13 Weeks	Wednesday 10:50 - 11:50 am	Fitness Room 028	\$69	Pauline St. Pierre
183020 Cognitive Exercise NEW!	Sept. 19	13 Weeks	Wednesday 11:50am - 12:50pm	Fitness Room 028	\$69	Pauline St. Pierre
183021 Pickleball	Sept. 19	11 Weeks	Wednesday 12:45 - 2:15 pm	Assembly Hall 112	\$33	Ana Valença
183022 Working with Weights	Sept. 26	12 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$63	Wendy Gagnon
183023 Strength & Stretch	Sept. 26	12 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$63	Wendy Gagnon
183024 Mat Gentle Hatha Yoga	Sept. 20	10 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$53	Kim Hannah
183025 Better Balance & Fall Preventio	Sept. 27	11 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$58	Susan Jahudka
183026 Joint Mobility & Stability	Sept. 27	11 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall 112	\$58	Susan Jahudka
183027 Strength, Core & Balance	Sept. 20	10 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$53	Kim Hannah
183028 Chair Hatha Yoga	Sept. 20	10 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$53	Kim Hannah
183029 Yoga For Healthy Spine & Better Posture	Sept. 27	11 Weeks	Thursday 1:45 pm - 2:45 pm	Fitness Room 028	\$58	Susan Jahudka
183030 Companions Walking Group	Sept. 21	6 Weeks	Friday 9:30 - 10:30 am	Outdoors	\$32	Zarina Grundy
Must be able to walk 3 - 5 km continuously at a brisk pace						
183031 Fitness For Arthritis & Balance	Sept. 21	10 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$53	Pauline St. Pierre
183032 Working with Weights	Sept. 21	10 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$53	Pauline St. Pierre
183033 Pickleball	Sept. 21	9 Weeks	Friday 12:45 - 2:15 pm	Assembly Hall 112	\$27	Ana Valença
183034 Restorative Yoga	Sept. 21	3 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$16	Natalie Fraser
183035 Restorative Yoga	Nov. 2	5 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$27	Natalie Fraser
183036 Mindfulness & Meditation	Sept. 21	3 Weeks	Friday 2:30 - 3:30 pm	Fitness Room 028	\$16	Natalie Fraser
183037 Mindfulness & Meditation	Nov. 2	5 Weeks	Friday 2:30 - 3:30 pm	Fitness Room 028	\$27	Natalie Fraser
Recreational Dance						
183038 Dance For Health (Beg.)	Sept. 17	11 Weeks	Monday 10 - 11 am	Fitness Room 028	\$58	Stella Carrillo
183039 Spanish Dance (Int.)	Sept. 19	12 Weeks	Wednesday 9:45 - 10:45 am	Fitness Room 028	\$63	Stella Carrillo
183040 Learn to Play Castanets (Int.)	Sept. 19	12 Weeks	Wednesday 10:50 - 11:50 am	Room 014	\$63	Stella Carrillo
183041 Line Dancing (Beg.)	Sept. 20	12 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$72	Dave Western
183042 Castanets (Adv.)	Sept. 21	10 Weeks	Friday 10 - 11 am	Fitness Room 028	\$53	Stella Carrillo
183043 Spanish Dance (Adv.)	Sept. 21	10 Weeks	Friday 11 - 12 am	Fitness Room 028	\$53	Stella Carrillo



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.


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						
183044 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
183045 Carpet Bowling	Sept. 18	13 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$14	Burgi Drews
183046 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
183047 Euchre		Continuous	Tuesday 1 - 3 pm	Activity 019	\$1/week	Marilyn/Verna
183048 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 140	No charge	Coby Fuykschot
183049 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 014	No charge	Margaret Donnelly
183050 Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
183051 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	Marilyn/Verna

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
183052 Silver Swing Band	Sept. 10	Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	G. Price
183053 Choir	Sept. 18	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	Sandra Dean
183054 Sharps and Flats Band	Sept. 12	Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
183055 Usual Fellows Jazz Band	Sept. 6	Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
183056 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
183057 Grey Jazz Big Band	Sept. 7	Continuous	Friday 9 am - 12 pm	Activity 024	\$6	J. Merritt

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
183058 French Conversation (Beg.)	Sept. 17	11 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No charge	A. Kubacki
183059 New to Spanish **	Oct. 1	9 Weeks	Monday 9:30 - 10:30 am	Crafts 236	\$65	Maria Cuburu
(** for those who have never taken Spanish before)						
183060 Spanish, Advanced	Oct. 1	9 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$65	Maria Cuburu
183061 Spanish, Basic	Oct. 1	9 Weeks	Monday 12 - 1 pm	Crafts 236	\$65	Maria Cuburu
183062 Spanish, Advanced	Oct. 1	9 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$65	Maria Cuburu
183063 Spanish, Intermediate	Oct. 1	9 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$65	Maria Cuburu
183064 Spanish Conversation Adv+	Sept. 20	12 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$105	S. Cruz Salas
183065 Learn to Speak Mandarin	Sept. 20	8 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
183066 English Conversation	Sept. 20	12 Weeks	Thursday 10 - 11 am	Activity 014	No charge	Mari-Joy Trigo
183067 French Conversation (Int.)	Sept. 21	11 Weeks	Friday 1 - 3 pm	Activity 019	No charge	Michel Gauvin
General Interest						
183068 Container Gardening		Continuous	Mon. - Fri. (flexible)	Outdoors	No charge	Dr. L. Koroniak
183069 Guide to Self Healing	Sept. 17	10 Weeks	Monday 10:30 - 11:30 am	Activity 014	\$53	Dr. Yu Ming Ye
183070 The Guitar Workshop INT.	Sept. 17	10 Weeks	Monday 1 - 2 pm	Activity 019	\$22	David Jones
183071 Piano Lessons (1/2 hr lessons)	Sept. 18	8 Weeks	Tuesday 9:00, 9:30 & 10 am	Activity 142/147	\$20	Vicky Palmer
183072 Current Affairs	Sept. 18	12 Weeks	Tuesday 10 - 11:30 am	Activity 014	No charge	Muriel Libby
183073 Guitar/Ukulele Practise	Sept. 18	12 Weeks	Tuesday 1 - 2 pm	Activity 014	\$20	B. Carmichael
183074 Book Club	Sept. 19	7 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10	J. McCann
183075 Osteoporosis Canada	Sept. 19	Once a month	3rd Wed. of month 1 - 3 pm	Activity 022/024	No charge	Marq Nelson
183076 Health & Common Sense	Sept. 19	12 Weeks	Wednesday 1 - 2 pm	Activity 019	No charge	Dr. D. Albuquerque
183077 Computer - Workshop	Sept. 19	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
183078 Computer - Workshop	Oct. 17	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
183079 Computer - Workshop	Nov. 14	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
183080 Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valença
183081 Introductory Computer	Sept. 20	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$30	Karim Ghaltaee
183082 Introductory Computer	Nov. 1	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$30	Karim Ghaltaee
183083 Ukulele (Intermediate)	Sept. 20	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22	David Jones
183084 55+ Alive Mature Driving	Oct. 19	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25	David Jones
183085 Brain Fitness/Cognitive Training	Oct. 19	6 Weeks	Friday 1 - 2 pm	Activity 019	\$55	Laura A.(Dynamic Brain)
183086 Piano Lessons (1/2 hr lessons)	Sept. 21	8 Weeks	Friday 2:00, 2:30 & 3 pm	Activity 022/024	\$20	Vicky Palmer


Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
183087 Weaving Milk Bag Mats	Sept. 11	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O./Evelyn M.
183088 Izzy Dolls	Sept. 12	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O./Addi C.
183089 PICC Line Covers	Sept. 12	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
183090 Twiddlemuffs	Sept. 12	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
183091 Wildlife Bird's Nest	Sept. 12	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
Creative Arts						
183092 Woodworking Shop Mbrs.*	Sept. 17	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	Renaud/Pete/Henry
183093 Painting Studio*	Sept. 17	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick Cocklin
183094 Intro to Painting*	Oct. 30	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$40	Patrick Cocklin
183095 Stained Glass*	Sept. 13	11 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren Perkins
183096 Beg. Hand Piecing/Quilting	Sept. 14	10 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18	Pete N.J.
183097 Advance Quilting*	Sept. 14	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon Wright
Expressive Arts						
183098 Labyrinth Meditation & Movement	Sept. 17/Oct. 15/Nov. 19		Monday 1:30 - 3 pm	Assembly Hall	\$10	Deborah & Rick Bethell
183099 Arts for Wellness	Sept. 18	6 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$65	Solange T./Suzanne V.
Production Volunteer						
183100 Knitting/Crocheting	Sept. 10	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie H.
183101 Organizational Team	Sept. 4	6 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Linda J.P.
183102 Woodworking Bazaar Crafts	Sept. 12	Continuous	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer	Ron L.
183103 Woodworking for Women	Oct. 4	4 Weeks	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer	Susan B./Ron L.
183104 Needlework	Sept. 12	12 Weeks	Wed. 9:30-11:30am & 12:30-3pm	Solarium 2nd Floor	Volunteer	Sylvia G.
183105 Jewellery	Sept. 12	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.
183106 Painting on Fabric	Sept. 12	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	MyungSook J.
183107 Mixed Media Card Making	Sept. 12	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marta P.
183108 Teddy Bear	Sept. 12	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma K./Elizabeth O.
183109 Deco Mesh Christmas Craft	Sept. 19	8 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Marie M./Addi J.
183110 Beaded Cabochons	Sept. 19	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
183111 Stained Glass (Beg./Bazaar)	Sept. 13	11 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val.P
183112 Stained Glass Level 1/Bazaar	Sept. 13	11 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val P.
183113 Learn to Crochet	Sept. 13	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L.
183114 Knitting/Crocheting	Sept. 13	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.




The Good Companions Seniors' Centre
Supporting a Vibrant Community

WELLNESS FAIR and OPEN HOUSE
Wednesday, September 5 from 9:30 am to 2:30 pm

Funded by:



Ontario



OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés

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 Chili & Corn Bread, Free admission, Free parking, door prizes, seminars, exhibits, fitness and cooking demonstrations & much more!

This event is brought to you in partnership with the Older Adult Centres' Association of Ontario (OACAO) and funded by the Ministry for Seniors and Accessibility.