



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 FULL | Assembly Hall 112 | \$48 | Susan Sloan |
| 183011 Fitness For Arthritis & Balance | Sept. 17 | 11 Weeks | Monday 11:45-12:45 FULL | 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 FULL | Fitness Room 028 | \$53 | Wendy Gagnon |
| 183014 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. | | | | | | |
| 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 FULL | Assembly Hall 112 | \$63 | Susan Sloan |
| 183019 Cardio For Fitness | | | CANCELLED | | | Pauline St. Pierre |
| 183020 Cognitive Exercise NEW! | | | CANCELLED | | | 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 FULL | 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 | | | CANCELLED | | | 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 FULL | 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.) | | | CANCELLED | | | Stella Carrillo |
| 183039 Spanish Dance (Beg.) | | | CANCELLED | | | Stella Carrillo |
| 183040 Learn to Play Castanets (Beg.) | | | CANCELLED | | | Stella Carrillo |
| 183041 Line Dancing (Beg.) | Sept. 20 | 12 Weeks | Thursday 1:30 - 2:30 pm | Assembly Hall 112 | \$72 | Dave Western |
| 183042 Castanets (Int./Adv.) | Sept. 21 | 10 Weeks | Friday 10 - 11 am | Fitness Room 028 | \$53 | Stella Carrillo |
| 183043 Spanish Dance (Int./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 | Frances Lake |
| 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 FULL | 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 FULL | Activity 019 | No charge | Dr. D. Albuquerque |
| 183077 Computer - Workshop | Sept. 19 | 4 Weeks | Wednesday 2 - 3:30 pm FULL | Library 121 | \$20 | Lionel Wagner |
| 183078 Computer - Workshop | Oct. 17 | 4 Weeks | Wednesday 2 - 3:30 pm FULL | 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 FULL | Library 121 | \$30 | Karim Ghaltaee |
| 183082 Introductory Computer | Nov. 1 | 5 Weeks | Thursday 12:30 - 2 pm FULL | Library 121 | \$30 | Karim Ghaltaee |
| 183083 Ukulele (Beg./Int.) | 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 FULL | 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 FULL | 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 FULL | Crafts 236 | Volunteer | Mary O'Brien |
| 183091 Wildlife Bird's Nest | Sept. 12 | Continuous | Wednesday 1 - 3 pm FULL | 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 FULL | 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 FULL | 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 FULL | 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. FULL | Woodshop 015 | Volunteer | Ron L. |
| 183103 Woodworking for Women | Oct. 4 | 4 Weeks | Wed. FULL | Woodshop 015 | Volunteer | Susan B./Ron L. |
| 183104 Needlework | Sept. 12 | 12 Weeks | Wed. FULL | Solarium 2nd Floor | Volunteer | Sylvia G. |
| 183105 Jewellery | Sept. 12 | Continuous | Wed. 9:30 - 11:30 am FULL | Crafts 240 | Volunteer | Denise G. |
| 183106 Painting on Fabric | Sept. 12 | Continuous | Wed. 9:30 - 11:30 am FULL | 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 FULL | Crafts 236 | Volunteer | Norma K./Elizabeth O. |
| 183109 Deco Mesh Christmas Craft | Sept. 19 | 8 Weeks | Wednesday 12:30-3 pm FULL | Crafts 240 | Volunteer | Marie M./Addi J. |
| 183110 Beaded Cabochons | Sept. 19 | 2 Weeks | Wednesday 1 - 3 pm FULL | Crafts 240 | Volunteer | Margo C. |
| 183111 Stained Glass (Beg./Bazaar) | Sept. 13 | 11 Weeks | Thursday 10 am - 12 pm FULL | Crafts 236 | Volunteer | Val.P |
| 183112 Stained Glass Level 1/Bazaar | Sept. 13 | 11 Weeks | Thursday 10 am - 12 pm FULL | Crafts 236 | Volunteer | Val P. |
| 183113 Learn to Crochet | Sept. 13 | Continuous | Thursday 10 am - 12 pm FULL | 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.