














## Winter Program Guide 2019

### Registration January 8, 9 & 10 from 10 am to 2 pm

**\$10 Administration fee for 'member requested' refunds. Courses and rooms are subject to change.**

**Please note: Duration of program may not be in consecutive weeks.  
Check with your instructor for any scheduled program interruptions.**

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>PHYSICAL ACTIVITY</b>							
<b>Personal Training</b> also available. \$45 for one hour. Must be a member. Book your appointment at Front Reception today!							
<b>Fitness</b>							
194010	Zumba Gold 	Jan. 14	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Susan Sloan
194011	Fitness for Arthritis & Balance 	Jan. 14	9 Weeks	Monday 11:45 am - 12:45 pm	Fitness Room 028	\$53	Zarina Grundy
194012	Low Impact Interval Training 	Jan. 14	9 Weeks	Monday 1 - 2 pm	Assembly Hall 112	\$48	Gina Grottoli
194013	Gentle Aerobics	Jan. 21	8 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$42	Wendy Gagnon
194014	Beyond The Chair 	Jan. 14	9 Weeks	Monday 2 - 3 pm	Assembly Hall 112	\$48	Gina Grottoli
194015	Working with Weights	Jan. 21	8 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$42	Wendy Gagnon
194016	Chair Hatha Yoga	Jan. 15	9 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$48	Ray Chappell
194017	Strength, Core & Balance 	Jan. 15	9 Weeks	Tuesday 10:30 - 11:30 am	Fitness Room 028	\$48	Susan Jahudka
194018	Mat Gentle Hatha Yoga 	Jan. 15	9 Weeks	Tuesday 11:30am - 12:30pm	Fitness Room 028	\$48	Susan Jahudka
194019	BO Yoga	Jan. 15	9 Weeks	Tuesday 12 - 1 pm	Assembly Hall 112	\$48	Ray Chappell
194020	Nia	Jan. 15	9 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$48	Penny Lee Prevost
194021	Tai Chi	Jan. 16	10 Weeks	Wednesday 9:45 - 10:45am	Assembly Hall 112	\$53	Hiromi McPhail
194022	Zumba Gold 	Jan. 16	10 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$53	Susan Sloan
194023	Pickleball	Jan. 16	10 Weeks	Wednesday 12:45 - 1:45 pm	Assembly Hall 112	\$53	Ana Valença
194024	Working with Weights	Jan. 23	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
194025	Weights & Stretch	Jan. 23	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
194026	Table Tennis	TBA	11 Weeks	Wednesday 2:15 - 3:15 pm	Assembly Hall	TBA	TBA
194027	Mat Gentle Hatha Yoga 	Jan. 17	10 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$53	Ray Chappell
194028	Better Balance & Fall Prevention 	Jan. 17	10 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$53	Susan Jahudka
194102	Strength, Core & Balance 	Jan. 17	10 Weeks	Thursday 11:45 am - 12:45 pm	Assembly Hall 112	\$53	Zarina Grundy
194029	Joint Mobility & Stability 	Jan. 17	10 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall 112	\$53	Susan Jahudka
194030	Chair Hatha Yoga	Jan. 17	10 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$53	Ray Chappell
194031	Yoga For Healthy Spine & Posture 	Jan. 17	10 Weeks	Thursday 1:45 - 2:45 pm	Assembly Hall 112	\$53	Susan Jahudka
194032	Zumba Gold 	Jan. 18	10 Weeks	Friday 9:45 - 10:45 am	Assembly Hall 112	\$53	Susan Sloan
194033	Table Tennis	TBA	11 Weeks	Friday 11:15 am - 12:15 pm	Assembly Hall 112	TBA	TBA
194034	Pickleball	Jan. 18	10 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall 112	\$53	Ana Valença
194035	Restorative Yoga	Jan. 25	10 Weeks	Friday 1 - 2 pm	Fitness Room 028	\$53	Natalie Fraser
194036	Mindfulness & Meditation	Jan. 25	10 Weeks	Friday 2 - 3 pm	Fitness Room 028	\$53	Natalie Fraser
<b>Recreational Dance</b>							
194037	Line Dancing (Beg.)	Jan. 17	10 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$60	Dave Western



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.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>GAMES</b>							
194038	Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
194039	Carpet Bowling	Jan. 15	10 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	E. Park
194040	Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
194041	Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Marilyn/Verna
194042	Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 141	No charge	Coby Fuykschot
194043	Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 014	No charge	Margaret Donnelly
194044	Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
194045	Six Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	Marilyn/Verna

<b>PERFORMING ARTS</b>							
194046	Silver Swing Band		Continuous	Monday 10 am - 12 pm	Activity 024	\$6	G. Price
194047	Choir	Jan. 15	11 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	Sandra Dean
194048	Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
194049	Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
194050	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
194051	Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$6	B. Boggs

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>General Interest</b>							
194103	Guide to Self Healing	Jan. 14	9 Weeks	Monday 10:30 - 11:30 am	Activity 014	\$48	Dr. Yu Ming Ye
194052	Guitar Workshop (Int.)	Jan. 14	10 Weeks	Monday 1 - 2 pm	Activity 019	\$25	David Jones
194053	Piano Lessons	Jan. 15	8 Weeks	Tuesday 9:00, 9:30 & 10 am	Activity 142/147	\$25	Vicky Palmer
194054	Current Affairs	Jan. 15	Continuous	Tuesday 10 - 11:30 am	Activity 014	No charge	Muriel Libby
194055	Arts for Wellness	Jan. 29	6 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$65	Solange T.
194056	Book Club	Jan. 16	6 Weeks	Alternate Wed. 10 - 11 am	Library 121	\$10	Judith McCann
194057	Computer - Workshop	Jan. 16	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
194058	Computer - Workshop	Feb. 20	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27	Lionel Wagner
194059	Drop-In Coffee Club	Jan. 17	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valença
194060	Introductory Computer	Jan. 17	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
194061	Introductory Computer	Feb. 28	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27	Karim Ghaltaee
194062	Ukulele (Intermediate)	Jan. 17	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$25	David Jones
194063	Piano Lessons	Jan. 18	8 Weeks	Friday 2:00, 2:30 & 3 pm	Activity 019	\$25	Vicky Palmer
<b>Language</b>							
194064	New to Spanish** (**for those who have never spoke Spanish before)	Jan. 14	9 Weeks	Monday 9:30 - 10:30 am	Ceramics 236	\$65	Maria Cuburu
194065	Spanish, Advanced (AM)	Jan. 14	9 Weeks	Monday 10:45 - 11:45 am	Ceramics 236	\$65	Maria Cuburu
194066	Spanish, Basic	Jan. 14	9 Weeks	Monday 12 - 1 pm	Ceramics 236	\$65	Maria Cuburu
194067	Spanish, Advanced (PM)	Jan. 14	9 Weeks	Monday 1:30 - 2:30 pm	Ceramics 236	\$65	Maria Cuburu
194068	Spanish, Intermediate	Jan. 14	9 Weeks	Monday 2:45 - 3:45 pm	Ceramics 236	\$65	Maria Cuburu
194069	French Conversation Beg.	Jan. 14	10 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No charge	A. Kubacki
194070	Spanish Conv. <b>Adv.+</b>	Jan. 17	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90	S. Cruz Salas
194071	Learn to Speak Mandarin	Feb. 7	8 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
194072	English Conversation	Jan. 17	11 Weeks	Thursday 10 - 11 am	Activity 014	No charge	Frances L.
194073	Learn to Speak German	Cancelled					
194074	French Conversation (Int)	Jan. 18	10 Weeks	Friday 1 - 3 pm	Activity 224	No charge	Michel Gauvin

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>							
<b>*Please Note: There may be some additional supply costs.</b>							
<b>Charity Work</b>							
194075	Weaving Milk Bag Mat*	Jan. 8	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'B./Evelyn M.
194076	Izzy Dolls*	Jan. 9	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'B.
194077	PICC Line Covers	Jan. 9	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'B.
194078	Twiddlemuffs	Jan. 9	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'B.
194079	Wildlife Bird's Nest	Jan. 9	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'B.
<b>Creative Arts/Expressive Arts</b>							
194080	Woodworking Shop Mbrs.*	Jan. 14	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32	Renaud/Pete/Henry
194081	Painting Studio*	Jan. 14	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72	Patrick C.
194082	Mandala Making *	Jan. 15	1 Week	Tuesday 9:30 am - 12 pm	Crafts 240	\$25	Solange T.
194083	Painting Your Way out of a Corner*	Jan. 22	1 Week	Tuesday 9:30 am - 12 pm	Crafts 240	\$25	Solange T.
194084	Stained Glass *	Jan. 10	12 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37	Warren P.
194085	Advanced Quilting*	Jan. 11	12 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon W.
194086	Beg. Hand Piecing for Quilting	Jan. 11	12 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18	Pete N.J.
<b>Production Volunteer</b>							
194087	Knitting/Crocheting	Jan. 14	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Ruth T-L.
194088	Organizational Team	Jan. 8	6 Weeks	Tues. 9:30-11:30am & 12 - 3pm	Crafts 236	Volunteer	Linda J.P.
194089	Painting on Fabric	Jan. 9	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
194090	Mixed Media Card Making	Jan. 9	12 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Marta P.
194091	Jewellery	Jan. 9	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.
194092	Teddy Bear	Jan. 9	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma K./Elizabeth O.C.
194093	Woodshop Bazaar Crafts	Jan. 9	Continuous	Wed. 9:30am-12pm & 1-3pm	Woodshop 015	Volunteer	Ron L.
194094	Needlework (AM)	Jan. 9	12 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd Floor	Volunteer	Sylvia G.
194095	Needlework (PM)	Jan. 9	12 Weeks	Wednesday 12:30 - 3 pm	Solarium 2nd Floor	Volunteer	Sylvia G.
194096	Floral & Painting Fun	Jan. 23	8 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Addi J./Marie M.
194097	Beaded Angels	Jan. 16	2 Weeks	Wednesday 1 - 3 pm	Crafts 240	Volunteer	Margo C.
194098	Stained Glass Beginner	Jan. 10	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val P.
194099	Stained Glass Level 1	Jan. 10	12 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Val P.
194100	Learn to Crochet	Jan. 10	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L.
194101	Knitting/Crocheting	Jan. 10	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.

### New Program Information

#### **Beaded Angels - Instructor: Margo C.**

We will show you how to make a delicate beaded angel ornament. It will be a 3" charming hanging angel using your choice of seed beads.

#### **Floral and Painting Fun - Instructor: Marie M./Addi J.**

We will be making a variety of Spring Crafts from floral surprises like kissing balls to painting on upcycled golf balls to making small critters like ladybugs, pigs or emoji expressions. Or try your hand at painting a landscape of flowers with simple tools, everybody can do this.

#### **Mandala Making - Instructor: Solange T.**

Start the new year with something new, come and create on a circular canvas - learn how the basics of meditative drawing can help you create a mandala. You will take home a mandala that you can display in your home as a reminder of your creative self and the beauty of a Zen state of mind.

#### **"Painting your way out of a corner - The art of getting unstuck" - Instructor: Solange T.**

This is an introduction to keeping a visual journal of self expression through art. Based on the book ("Painting your way out of a corner - The art of getting unstuck") you will be lead through painting exercises that tap into your creative self. No previous art experience is necessary. Through the process of playing and allowing spontaneous images to appear we experience letting go and become more open to life in general.