


Spring Program Guide 2019


Registration April 2, 3, & 4 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
Physical Activity						
Please note: 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						
191010 Zumba Gold	April 8	9 Weeks	Monday 9:50 - 10:50 am	Assembly Hall 112	\$48	Susan Sloan
191011 Beyond the Chair	April 8	9 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$48	Zarina Grundy
191012 Fitness for Arthritis & Balance	April 8	9 Weeks	Monday 12 - 1 pm	Assembly Hall 112	\$48	Zarina Grundy
191013 Gentle Aerobics + Weights	April 8	9 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
191014 Working with Weights	April 8	9 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
191015 Nordic Pole Walking	May 28	5 Weeks	Tuesday 9 - 11 am	Outdoors	\$52	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						
191016 Chair Hatha Yoga	April 9	11 Weeks	Tuesday 10:50 - 11:50 am	Fitness Room 028	\$58	Ray Chappell
191017 Strength Core & Balance-Level 1	April 16	10 Weeks	Tuesday 11am - 12 pm	Assembly Hall 112	\$53	Susan Jahudka
191018 Bo Yoga	April 9	11 Weeks	Tuesday 12 - 1 pm	Fitness Room 028	\$58	Ray Chappell
191019 Strength Core & Balance-Level 2	April 16	10 Weeks	Tuesday 12 - 1 pm	Assembly Hall 112	\$53	Susan Jahudka
191020 Nia			Cancelled			Penny Lee Prevost
191021 Tai Chi Chuan	April 10	11 Weeks	Wednesday 9:45 - 10:45 am	Assembly Hall 112	\$58	Hiroimi McPhail
191022 Zumba Gold	April 10	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$58	Susan Sloan
191023 Pickleball	April 10	11 Weeks	Wednesday 12:45 - 1:45 pm	Assembly Hall 112	\$35	Ana Valenca
191024 Working with Weights	April 10	11 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$58	Wendy Gagnon
191025 Weights & Stretch	April 10	11 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$58	Wendy Gagnon
191026 Table Tennis	April 10	11 Weeks	Wednesday 2 - 3 pm	Assembly Hall 112	\$58	Steve Lambruschini
191027 Mat Gentle Hatha Yoga	April 11	11 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$58	Kim Hannah
191028 Better Balance & Fall Prevention	April 18	10 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$53	Susan Jahudka
191029 Strength, Core & Balance	April 11	11 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$58	Kim Hannah
191030 Joint Mobility & Stability	April 18	10 Weeks	Thursday 12:30 - 1:30 pm	Assembly Hall 112	\$53	Susan Jahudka
191031 Chair Hatha Yoga	April 11	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$58	Kim Hannah
191032 Yoga For Healthy Spine & Better Posture	April 18	10 Weeks	Thursday 1:45 - 2:45 pm	Fitness Room 028	\$53	Susan Jahudka
191033 Zumba Gold	April 26	8 Weeks	Friday 9:45 - 10:45 am	Assembly Hall 112	\$42	Susan Sloan
191034 Fitness for Arthritis & Balance	April 26	8 Weeks	Friday 10 - 11 am	Fitness Room 028	\$42	Pauline St. Pierre
191035 Working with Weights	April 26	8 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$42	Pauline St. Pierre
191036 Table Tennis	April 26	8 Weeks	Friday 11am - 12 pm	Assembly Hall 112	\$42	Steve Lambruschini
191037 Pickleball Practice	April 26	8 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall 112	\$25	Margaret Donnelly
191038 Restorative Yoga	April 26	8 Weeks	Friday 1 - 2 pm	Fitness Room 028	\$42	Natalie Fraser
191039 Mindfulness & Meditation	April 26	8 Weeks	Friday 2 - 3 pm	Fitness Room 028	\$42	Natalie Fraser
Recreational Dance						
191040 Learn To Play Castanets (Int.)	April 8	9 Weeks	Monday 9:30 - 10:30 am	Fitness Room 028	\$48	Stella Carrillo
191041 Spanish Dance (Int.)	April 8	9 Weeks	Monday 10:30 - 11:30 am	Fitness Room 028	\$48	Stella Carrillo
191042 Castanets (Adv.)	April 10	11 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$58	Stella Carrillo
191043 Spanish Dance (Adv.)	April 10	11 Weeks	Wednesday 10:30 - 11:30 am	Fitness Room 028	\$58	Stella Carrillo
191044 Line Dancing Beg.	April 11	11 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$66	Dave Western



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise
Corps à cœur

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						
191045 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
191046 Carpet Bowling	Apr. 9	11 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	E. Park
191047 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
191048 Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	M. Daynard/V. Zadow
191049 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Activiy 014	No charge	Coby Fuykschot
191050 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activiy 014	No charge	Margaret Donnelly
191051 Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
191052 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	M. Daynard/V. Zadow
Performing Arts						
191053 Silver Swing Band		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	Gordon Price
191054 Choir	Apr. 9	7 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Sandra Dean
191055 Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
191056 Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
191057 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
191058 Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$6	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
191059	Spanish, Basic	Apr. 8	9 Weeks	Monday 9:30 - 10:30 am	Crafts 236	\$72 Maria Cuburu
191060	Spanish, Advanced	Apr. 8	9 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$72 Maria Cuburu
191061	New to Spanish	Apr. 8	9 Weeks	Monday 12 - 1 pm	Crafts 236	\$72 Maria Cuburu
191062	Spanish, Advanced	Apr. 8	9 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$72 Maria Cuburu
191063	Spanish, Intermediate	Apr. 8	9 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$72 Maria Cuburu
191064	French Conv. (Beginner)	Apr. 8	9 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No charge A. Kubacki
191065	Spanish Conversation Adv.+	Apr. 11	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90 S. Cruz Salas
191066	English Conversation	Apr. 11	10 Weeks	Thursday 10 - 11 am	Activity 014	No charge Fances L.
191067	Learn to Speak Mandarin	Apr. 11	10 Weeks	Thursday 10 - 11:30 am	Library 121	No charge Dr. Qian
191068	French Convers. (Int.)	Apr. 26	8 Weeks	Friday 1 - 3 pm	Activity 019	No charge Michel Gauvin
General Interest						
191069	Guide To Self Healing	Apr. 8	6 weeks	Monday 10:30 - 11:30 am	Activity 014	\$35 Dr. Yu Ming Ye
191070	Guitar Workshop (INT.)	Apr. 8	9 Weeks	Monday 1 - 2 pm	Activity 019	\$28 D. Jones
191071	Brain Fitness/Cognitive Training	Apr. 9	6 Weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55 Karina K.
191072	Brain Fitness/Cognitive Training	May. 21	6 weeks	Tuesday 9:30 - 10:30 am	Activity 019	\$55 Karina K.
191073	Current Affairs	Apr. 9	Continuous	Tuesday 10 - 11:30 am	Crafts 236	No charge Muriel L.
191074	Guitar/Ukulele Practise			Cancelled		Butch C.
191075	Good Grief NEW	Apr. 24	6 Weeks	Wednesday 10:30 - 11:30 am	Activity 014	No Charge Jill Whitford
191076	Book Club	Apr. 10	6 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10 Judith M.
191077	Osteoporosis Canada	Apr. 17	Once a month	3rd Wed. of ea. month 1 - 3 pm	Activity 024	No charge Marq Nelson
191078	Computers Workshop	Apr. 10	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27 Lionel Wagner
191079	Computers Workshop	May. 22	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$27 Lionel Wagner
191080	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge Ana Valença
191081	Introductory Computer	Apr. 11	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27 Karim Ghaltaee
191082	Introductory Computer	May. 23	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$27 Karim Ghaltaee
191083	Ukulele (Intermediate)	Apr. 11	11 Weeks	Thursday 1 - 2 pm	Activity 019	\$22 D. Jones
191084	55+ Alive Mature Drive Course	May 24	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25 D. Jones
191085	Health & Common Sense	Apr. 26	8 Weeks	Friday 11 am - 12 pm	Activity 014	No charge Dr. D. Albuquerque
191086	Piano Lessons	Apr. 26	7 Weeks	Friday 1:30, 2:00, 2:30, 3:00 pm	Activity 024	\$25 Vicky P.
191087	Container Garden		Continuous	Mon. - Fri. (Flexible hours)	Outside	No charge Lynn Koroniak

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio						
Charity Work						
*Please Note: There may be some additional supply costs for classes marked with an asterisk						
191088	Weaving Milk Bag Mats*	Apr. 2	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer Mary O'B/ Evelyn M.
191089	Wildlife Bird's Nest	Apr. 3	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
191090	Izzy Dolls*	Apr. 3	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
191091	Twiddlemuffs	Apr. 3	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
191092	Chemo Caps NEW	Apr. 3	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N.J./Mary O'B.
191093	Sensory Touch Quilts NEW	Apr. 5	9 Weeks	Friday 9:30 - 11:30 am	Crafts 236	Volunteer Pete N.J.
Creative Arts /Expressive Arts						
191094	Woodworking Shop Mbrs.*	Apr. 2	Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32 Renaud/Henry/Pete
191095	Painting Stuido*	Apr. 8	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$72 Patrick Cocklin
191096	Labyrinth Meditation & Movement	Apr. 15	May13 & June 10	Monday 1:30 - 3 pm	Assembly Hall	\$10 Deborah & Rick Bethall
191097	Introduction to Painting*	Apr. 9	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$40 Patrick Cocklin
191098	Doodle Yourself Happy* NEW	May 14 & 21	2 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$25 Solange Dean
191099	Paint your Way out of a Corner*	May 28 &	Jun. 4 (2 Weeks)	Tuesday 10 am - 12 pm	Crafts 240	\$25 Solange Dean
191100	Improv* NEW	Jun. 11 & 18	2 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$25 Solange Dean
191101	Stained Glass*	Apr. 4	9 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37 Warren Perkins
191102	Advanced Quilting *	Apr. 5	9 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20 Sharon Wright
Production Volunteer						
191103	Knitting/Crocheting	Apr. 8	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer Ruth T.L
191104	Organizational Team	Apr. 2	6 Weeks	Tuesday 9:30 - 11:30 or 12-3 pm	Crafts 236	Volunteer Linda J.P.
191105	Teddy Bear	Apr. 3	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Norma/Elizabeth
191106	Painting on Fabric	Apr. 3	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Myungsook J.
191107	Mixed Media Card Making	Apr. 3	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Addi J.
191108	Jewellery	Apr. 3	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Denise G.
191109	Needlework	Apr. 3	Continuous	Wednesday 9:30 - 11:30 am	Solarium 2nd Floor	Volunteer Sylvia G.
191110	Needlework	Apr. 3	Continuous	Wednesday 12:30 - 3 pm	Solarium 2nd Floor	Volunteer Sylvia G.
191111	Flower Arranging/Wreaths	Apr. 10	6 Weeks	Wednesday 12:30 - 3pm	Crafts 240	Volunteer Marie M./Addie J.
191112	Woodworking Bazaar Crafts	Apr. 3	Continuous	Wed. 9:30 - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer TBA
191113	Stained Glass (Beginner)	Apr. 4	Continuous	Thursday 10 am - 12 pm	Crafts 236	Volunteer Val. P
191114	Stained Glass (Level 1)	Apr. 4	Continuous	Thursday 10 am - 12 pm	Crafts 236	Volunteer Val. P
191115	Learn to Crochet	Apr. 4	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer Ruth T.L.
191116	Knitting/Crocheting	Apr. 4	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer Valerie S.

It's time to renew your TGC membership for 2019. **Early Bird Membership** can be done at Front Reception during the months of February and March. Renew your membership early for a chance to win a fabulous prize basket.

Registration for Spring Programs will be held April 2, 3 and 4 in rooms 142/147. The Day Centre staff would like to stress the importance of coming to register between 10:00 am and 2:00 pm on these days. If you are unable to make it to the Centre during these times, you may send a friend to register on your behalf or you may register over the phone with a credit card. Please note that priority is always given to in-person registrations. Calls are answered on a first-come, first-served basis. Thank you for your cooperation! We look forward to seeing you on April 2, 3 & 4.

New Program Information:

- Will be posted on flyers throughout the centre and will also be available at the time of registration.