

## 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
<b>Physical Activity</b>						
Please note: <b>Personal Training</b> is now 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>						
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 15	8 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$42	Wendy Gagnon
191014 Working with Weights	April 15	8 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$42	Wendy Gagnon
191015 Nordic Pole Walking	May 28	5 Weeks	Tuesday 9 - 11 am	Outdoors	\$52	Margie Cain
<b>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</b>						
191016 Chair Hatha Yoga			Cancelled			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			Cancelled			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	Hiroshi 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 17	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
191025 Weights & Stretch	April 17	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	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
<b>Recreational Dance</b>						
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



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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
191045 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
191046 Carpet Bowling	Apr. 9	11 Weeks	Tuesday 12:50 - 1:50 pm	Activity 022/024	\$12	E. Park
191117 Iceless Curling	May. 21	5 Weeks	Tuesday 2 - 3 pm	Activity 022/024	\$15	
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	Activity 014	No charge	Coby Fuykschot
191050 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Activity 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
<b>Performing Arts</b>						
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
<b>Continuing Education</b>						
<b>Language</b>						
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 <b>Adv.+</b>	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
<b>General Interest</b>						
191069	Guide To Self Healing			Cancelled		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 <b>NEW</b>	Apr. 24	6 Weeks	Wednesday 10:30 - 11:30 am	Activity 014	No Charge Jill Whitford
191076	Book Club			Cancelled		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			Cancelled		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
<b>Craft Studio</b>						
<b>Charity Work</b>						
<b>*Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
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 <b>NEW</b>	Apr. 3	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N.J./Mary O'B.
191093	Sensory Touch Quilts <b>NEW</b>	Apr. 5	9 Weeks	Friday 9:30 - 11:30 am	Crafts 236	Volunteer Pete N.J.
<b>Creative Arts /Expressive Arts</b>						
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			Cancelled		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* <b>NEW</b>	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* <b>NEW</b>	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
<b>Production Volunteer</b>						
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.