

# Summer Program Guide 2019

Registration June 25, 26 & 27 from 10 am to 2 pm

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

**Please note: Membership to The Good Companions is required to participate in all programs.**

**Duration of program may not be in consecutive weeks.**

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>						
<i>Please note: Personal Training available. \$45 for one hour. Must be a member. Book your appointment at front reception today!</i>						
<b>Fitness</b>						
<b>Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
192010 Zumba Gold	Jul. 8	6 Weeks	Monday 9:50 - 10:50 am	Assembly Hall	\$32	Susan Sloan
192011 Beyond the Chair	Jul. 8	6 Weeks	Monday 11 am - 12 pm	Assembly Hall	\$32	Zarina Grundy
192012 Fitness for Arthritis & Balance	Jul. 8	6 Weeks	Monday 12 pm - 1 pm	Assembly Hall	\$32	Zarina Grundy
192013 Gentle Aerobics + Weights	Jul. 22	5 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$27	Wendy Gagnon
192014 Working With Weights	Jul. 22	5 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$27	Wendy Gagnon
192015 Nordic Pole Walking	Jul. 16	6 Weeks	Tuesday 9 - 10:30 am	Outdoors	\$50	Margie Cain
<b>For Active Walkers - Must be able to walk 5 km continuously at a brisk pace. Urban Poling 300 Series Poles provided to use for the class.</b>						
192016 Bo Yoga	Jul. 2	8 Weeks	Tuesday 9:30 - 10:30 am	Fitness Room 028	\$42	Ray Chappell
192017 Strength, Core & Balance (Level 1)	Jul. 2	7 Weeks	Tuesday 11 am - 12 pm	Assembly Hall	\$37	Susan Jahudka
192018 Fitness for Arthritis & Balance	Jul. 2	8 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall	\$42	Zarina Grundy
192084 Chair Yoga	Jul. 2	8 Weeks	Tuesday 10:30 - 11:30 am	Fitness Room 028	\$42	Ray Chappell
192019 Strength, Core & Balance (Level 2)	Jul. 2	7 Weeks	Tuesday 12 - 1 pm	Assembly Hall	\$37	Susan Jahudka
192020 Tai Chi Chuan	Jul. 3	8 Weeks	Wednesday 9:45 - 10:45 am	Assembly Hall	\$42	Hiroimi McPhail
192021 Zumba Gold	Jul. 3	8 Weeks	Wednesday 11 am - 12 pm	Assembly Hall	\$42	Susan Sloan
192022 Strength & Stretch	Jul. 24	5 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$27	Wendy Gagnon
192023 Working with Weights	Jul. 24	5 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$27	Wendy Gagnon
192024 Mat Gentle Hatha Yoga	Jul. 4	8 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$42	Kim Hannah
192025 Strength, Core & Balance	Jul. 4	8 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall	\$42	Kim Hannah
192026 Better Balance For Fall Prevention	Jul. 4	7 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$37	Susan Jahudka
192027 Yoga For Healthy Spine & Better Posture	Jul. 4	7 Weeks	Thursday 12:25 - 1:25 pm	Fitness Room 028	\$37	Susan Jahudka
192028 Chair Hatha Yoga	Jul. 4	8 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall	\$42	Kim Hannah
<b>Recreational Dance</b>						
192029 Learn To Play Castanets Beg. *	Jul. 8	7 Weeks	Monday 10 - 11 am	Fitness Room 028	\$37	Stella Carrillo
192030 Spanish Dance Beg.	Jul. 8	7 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$37	Stella Carrillo
192031 Learn To Play Castanets Adv.	Jul. 3	9 Weeks	Wednesday 10 - 11 am	Fitness Room 028	\$48	Stella Carrillo
192032 Spanish Dance Adv.	Jul. 3	9 Weeks	Wednesday 11 am - 12 pm	Fitness Room 028	\$48	Stella Carrillo
192033 Learn To Play Castanets Int.	Jul. 5	9 Weeks	Friday 10 - 11 am	Fitness Room 028	\$48	Stella Carrillo
192034 Spanish Dance Int.	Jul. 5	9 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$48	Stella Carrillo
<b>Recreational Sport</b>						
192035 Carpet Bowling	Jul. 2	9 Weeks	Tuesday 12:50 - 1:50 pm	Activity 022/024	\$12	E. Park
192036 Iceless Curling NEW	Jul. 2	9 Weeks	Tuesday 2 - 3 pm	Activity 022/024	\$12	Ana Valença
192037 Pickleball	Jul. 3	8 Weeks	Wednesday 12:45 - 1:45 pm	Assembly Hall	\$36	Bill Simon
192038 Table Tennis	Jul. 3	8 Weeks	Wednesday 2 - 3 pm	Assembly Hall	\$32	Steve Lambruschini
192039 Pickleball	Jul. 5	8 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall	\$32	Margaret Donnelly
192040 Table Tennis	Jul. 5	8 Weeks	Friday 11 am - 12 pm	Assembly Hall	\$32	Steve Lambruschini



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 Physical Activity classes offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
192041 Spanish, Basic	Jul. 8	4 Weeks	Monday 9:30 - 10:30 am	Activity 236	\$35	Maria Cuburu
192085 Spanish, Advance AM	Jul. 8	4 Weeks	Monday 10:45 - 11:45 am	Activity 236	\$35	Maria Cuburu
192042 New to Spanish	Jul. 8	4 Weeks	Monday 12 - 1 pm	Activity 236	\$35	Maria Cuburu
192043 Spanish, Advanced PM	Jul. 8	4 Weeks	Monday 1:30 - 2:30 pm	Activity 236	\$35	Maria Cuburu
192044 Spanish, Intermediate	Jul. 8	4 Weeks	Monday 2:45 - 3:45 pm	Activity 236	\$35	Maria Cuburu
192045 French Conversation(Beg)	Jul. 8	7 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No Charge	A. Kubacki
192046 Learn to Speak Mandarin	Jul. 4	6 Weeks	Thursday 10 - 11:30 am	Library 121	No Charge	Dr. Qian
192047 French Conversation (Int.)	Jul. 5	8 Weeks	Friday 1 - 3 pm	Activity 019	No Charge	Michel Gauvin
<b>General Interest</b>						
192048 Container Gardening	Jul. 2	Continuous	See Ana Valença for schedule	Outdoors	No charge	Lynn Koroniak
192083 iPad Fundamentals NEW	Jul. 2	9 Weeks	Tuesday 9:30 - 11:30 am	Activity 142/147	No charge	Students for Seniors
192049 Computer Workshop	Jul. 3	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
192050 Computer Workshop	Aug. 7	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
192051 Drop-In Coffee Club	Jul. 4	Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Ana Valença
192052 Introductory Computer	Jul. 4	6 Weeks	Thursday 12:30 - 2 pm	Library 121	\$28	Karim Ghaltaee
192053 Guitar/Ukulele Practise	Jul. 4	9 Weeks	Thursday 1 - 2 pm	Activity 019	\$20	F. Lake/D. Jones

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
192054 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
192055 Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
192056 Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Marilyn/Verna
192057 Scrabble (English)		Continuous	Wednesday 9:30 - 11:30 am	Mtg. Room 014	No charge	Coby Fuykschot
192058 Scrabble (French)		Continuous	Wednesday 1 - 3 pm	Mtg. Room 014	No charge	Margaret Donnelly
192059 Bingo		Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
192060 Six-Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Activity 019	\$1/week	
192061 Scrabble (German)		Continuous	Friday 10:30 - 11:30 am	Solarium Hallway		
<b>Performing Arts</b>						
192062 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
192063 Grey Jazz Big Band	Aug. 23	Continuous	Friday 9 am - 12 pm	Activity 024	No charge	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>						
* Please note that the <b>Stained Glass Studio</b> class is a self-run program where you can come and work on your own in the company of other members. This program is for Intermediate and Advanced only.						
<b>Charity Work</b>						
192064 Weaving Milk Bag Mats	Jun. 25	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary & Evelyn
192065 Chemo Caps	Jun. 26	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary & Pete
192066 Izzy Dolls	Jun. 26	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
192067 Twiddlemuffs	Jun. 26	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
192068 Wildlife Bird's Nest	Jun. 26	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Mary O'Brien
<b>Creative Arts/Expressive Arts</b>						
192069 Woodworking Shop Mbrs.	Jun. 25	Continuous	Mon/Tues/Thur 9:30 -12 & 1-3	Woodshop 015	\$32	Pete/Henry/Renaud
192070 Stained Glass Studio*	Jun. 27	10 Weeks	Thursday 1 - 3 pm	Crafts 236	\$20	Warren P./John K.
<b>Production Volunteer</b>						
192071 Knitting & Crocheting	Jul. 8	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer	Ruth T-L
192072 Organizational Team	Jul. 23	4 Weeks	Tues. 9:30-11:30am & 1-3pm	Crafts 236	Volunteer	Linda J.P.
192073 Woodshop Bazaar Crafts	Jun. 26	Continuous	Wed. 9:30 am-12 pm & 1-3 pm	Woodshop 015	Volunteer	
192074 Needlework (AM)	Jun. 26	Continuous	Wednesday 9:30 - 11:30 am	Solarium Hallway	Volunteer	Sylvia G.
192075 Needlework (PM)	Jun. 26	Continuous	Wednesday 12:30 - 3 pm	Solarium Hallway	Volunteer	Sylvia G.
192076 Painting on Fabric	Jun. 26	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
192077 Jewellery	Jun. 26	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Denise G.
192078 Mixed Media Card Making	Jun. 26	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Addi J.
192079 Felt Crafts/Flower Angels <b>NEW</b>	Jul. 3	7 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Addi J./Marie M.
192080 Stained Glass (Int.)	Jun. 27	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer	Addi J./John K.
192081 Learn to Crochet	Jun. 27	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L
192082 Knitting & Crocheting	Jun. 27	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.

## Summer Day Trips

(non-members pay \$10 extra per person)

Tuesday, June 11	Morrisburg, ON (\$97)
Tuesday, July 16	Botanical Gardens, Montreal, QC (\$65)
Tuesday, August 27	1000 Islands Cruise, Kingston, ON (\$105)



Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe motorcoach and all trips depart from and return to The Good Companions. Tickets can be purchased at Front Reception.

## New & Returning Program Information:

### Container Gardening - Volunteers

Gardening is great exercise & it's good fun to see the plants growing! Never gardened before? No problem...come and learn! Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity.

### Felt Crafts and Flower Angels - Addi J./Marie M.

Have fun creating a variety of felt crafts and flower angels. The felt crafts will be made for embellishment in greeting cards. Create one of a kind angel ornaments out of silk flowers.

### Iceless Curling -

Floor curling (or Iceless Curling, as we call it at TGC), is a great way to be introduced to the Olympic sport of Curling without visiting a rink. It is an inclusive game for all ability levels. It promotes flexibility, increases range of motion and circulation. Pusher sticks allow seniors to easily deliver the stones without bending to the floor level.

### iPad Fundamentals - Students for Seniors

In this course you will learn the fundamentals of how to operate an iPad safely. You will learn to use Facebook and other social media and apps to connect with family and friends. The program will be classroom style with time allocated to practise. iPads will be provided to use during the class.

### Stained Glass Studio - Addi/John

This is a self-run stained glass program where you can come and work on your own alongside other members. Please note this is not a class for beginners. Intermediate and Advanced only.

### Tai Chi Chuan - Hiromi McPhail

All levels are welcome. Tai Chi is an ancient meditative exercise for the body and mind consisting of a series of posture and movements in a graceful manner. Tai Chi is open to everyone. It is especially beneficial to people who want to balance their lifestyle, become healthier and happier and think and act more positively. Benefits are: it improves balance, reduces stress, strengthens the immune system, improves memory and focus, promotes relaxation, increases flexibility and builds self-confidence and self-esteem.