



## Fall Program Guide 2019

Registration September 10, 11 & 12 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.**

**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
<b>Physical Activity</b>						
Personal Training 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>						
193010 Zumba Gold	Sept. 16	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Susan Sloan
193011 Beyond The Chair	Sept. 16	10 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$53	Zarina Grundi
193012 Fitness For Arthritis & Balance	Sept. 16	10 Weeks	Monday 12 - 1 pm	Assembly Hall 112	\$53	Zarina Grundy
193013 Gentle Aerobics + Weights	Sept. 30	9 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
193014 Working With Weights	Sept. 30	9 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
193015 Bo Yoga	Sept. 17	11 Weeks	Tuesday 9:30 - 10:30am	Fitness Room 028	\$58	Ray Chappell
193016 Fitness For Arthritis & Balance	Sept. 17	12 Weeks	Tuesday 9:50 - 10:50 am	Assembly Hall 112	\$63	Zarina Grundy
193017 Strength,Core & Balance(Level 1)	Sept. 17	11 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$58	Susan Jahudka
193018 Chair Yoga	Sept. 17	11 Weeks	Tuesday 10:30 - 11:30 am	Fitness Room 028	\$58	Ray Chappell
193019 Strength,Core & Balance(Level 2)	Sept. 17	11 Weeks	Tuesday 12 - 1pm	Assembly Hall 112	\$58	Susan Jahudka
193113 Tai Chi	Sept. 18	11 Weeks	Wednesday 9:45 - 10:45 am	Assembly Hall 112	\$58	Hiromi McPhail
193020 Circuit Training + Stretch <b>NEW</b>	Sept. 18	12 Weeks	Wednesday 12 - 1 pm	Fitness Room 028	\$63	Pauline St. Pierre
193021 Fitness For Arthritis & Balance	Sept. 18	12 Weeks	Wednesday 1:15 - 2:15 pm	Assembly Hall 112	\$63	Pauline St. Pierre
193022 Zumba Gold	Sept. 18	12 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$63	Susan Sloan
193023 Strength & Stretch	Oct. 2	9 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
193024 Working With Weights	Oct. 2	9 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
193025 Mat Gentle Hatha Yoga	Sept. 26	5 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$27	Kim Hannah
193026 Better Balance & Fall Prevention	Sept. 19	11 Weeks	Thursday 11:15 am - 12:15 pm	Fitness Room 028	\$58	Susan Jahudka
193027 Strength, Core & Balance	Sept. 26	5 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$27	Kim Hannah
193028 Chair Hatha Yoga	Sept. 26	5 Weeks	Thursday 12:25 - 1:25 pm	Assembly Hall 112	\$27	Kim Hannah
193029 Yoga For Healthy Spine & Better Posture	Sept. 19	11 Weeks	Thursday 12:25 pm - 1:45 pm	Fitness Room 028	\$58	Susan Jahudka
193030 Mat Gentle Hatha Yoga	Oct. 31	6 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$32	Natalie Fraser
193031 Chair Hatha Yoga	Oct. 31	6 Weeks	Thursday 11:15 am - 12:15 pm	Assembly Hall 112	\$32	Natalie Fraser
193032 Zumba Gold	Sept. 20	10 Weeks	Friday 9:45 - 10:45 am	Assembly Hall 112	\$53	Susan Sloan
193033 Restorative Yoga	Sept. 20	10 Weeks	Friday 1 - 2 pm	Fitness Room 028	\$53	Natalie Fraser
193034 Mindfulness & Meditation	Sept. 20	10 Weeks	Friday 2 - 3 pm	Fitness Room 028	\$53	Natalie Fraser
<b>Recreational Dance</b>						
193035 Spanish Dance (Int.)	Sept. 16	9 Weeks	Monday 10 - 11 am	Fitness Room 028	\$48	Stella Carrillo
193036 Spanish Dance (Beg.)	Sept. 16	9 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$48	Stella Carrillo
193037 Learn To Play Castanets (Adv.)	Sept. 18	11 Weeks	Wednesday 9:50 - 10:50 am	Fitness Room 028	\$58	Stella Carrillo
193038 Spanish Dance (Adv.)	Sept. 18	11 Weeks	Wednesday 10:50 - 11:50 am	Fitness Room 028	\$58	Stella Carrillo
193039 Line Dancing (Beg.)	Sept. 19	10 Weeks	Thursday 1:40 - 2:40 pm	Assembly Hall 112	\$60	Dave Western
<b>Recreational Sport</b>						
193040 Carpet Bowling	Sept. 17	14 Weeks	Tuesday 12:50 - 1:50 pm	Activity 022/024	\$15	E. Park
193041 Iceless Curling	Sept. 17	14 Weeks	Tuesday 2 - 3 pm	Activity 022/024	\$15	E. Park
193042 Table Tennis	Sept. 18	11 Weeks	Wednesday 2:30 - 3:30 pm	Assembly Hall 112	\$58	Steve Lambruschini
193043 Pickleball	Sept. 20	9 Weeks	Friday 12:45 - 1:45 pm	Assembly Hall 112	\$36	Margaret Donnelly
193044 Table Tennis	Sept. 20	9 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$48	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 of the Physical Activity classes currently being offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Performing Arts</b>						
193045 Silver Swing Band	Sept. 9	Continuous	Monday 9:30 am - 12 pm	Activity 024	\$6	G. Price
193046 Choir	Sept. 17	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$6	S. Dean
193047 Sharps and Flats Band	Sept. 11	Continuous	Wednesday 9 am - 12 pm	Activity 024	\$6	W. Beaudoin
193048 Usual Fellows Jazz Band	Sept. 12	Continuous	Thursday 9 - 11:30 am	Activity 024	\$6	A. Warnock
193049 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	K. O'Toole
193050 Grey Jazz Big Band	Sept. 6	Continuous	Friday 9 am - 12 pm	Activity 024	\$6	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
193051	Contract Bridge	Continuous	Monday 1 - 3 pm	Activity 022	\$1/week	Linda Fletcher
193052	Cribbage	Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Judy St. James
193053	Euchre	Continuous	Tuesday 1 - 3 pm	Dining Activity 141	\$1/week	Marilyn/Verna
193054	Scrabble (English)	Continuous	Wednesday 9:30 - 11:30 am	Activity 014	No charge	Coby Fuykschot
193055	Scrabble (French)	Continuous	Wednesday 1 - 3 pm	Activity 014	No charge	Margaret Donnelly
193056	Six-Hand Euchre	Continuous	Wednesday 12:30 - 2:30 pm	Activity 019	\$1/week	D. Mulroney/M. Campbell
193057	Bingo	Continuous	Thursday 2 - 3 pm	Dining Activity 141	3cards/\$1.50	
193058	Scrabble (German)	Continuous	Friday 10:30 - 11:30 am	Activity 014	No charge	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
193059	Spanish, Basic	Sept. 16	10 Weeks	Monday 9:30 - 10:30 am	Crafts 236	\$80 Maria Cuburu
193060	Spanish, Advanced (AM)	Sept. 16	10 Weeks	Monday 10:45 - 11:45 am	Crafts 236	\$80 Maria Cuburu
193061	New to Spanish **	Sept. 16	10 Weeks	Monday 12 - 1 pm	Crafts 236	\$80 Maria Cuburu
	(** for those who have never taken Spanish before)					
193062	Spanish, Advanced (PM)	Sept. 16	10 Weeks	Monday 1:30 - 2:30 pm	Crafts 236	\$80 Maria Cuburu
193063	Spanish, Intermediate	Sept. 16	10 Weeks	Monday 2:45 - 3:45 pm	Crafts 236	\$80 Maria Cuburu
193064	French Conversation (Beg.)	Oct. 7	8 Weeks	Monday 1:30 - 2:30 pm	Activity 014	No charge A. Kubacki
193065	Spanish Conversation Adv. +	Sept. 19	10 Weeks	Thursday 9:30 am - 12 pm	Activity 019	\$90 V. Becerra Carmona
193066	Learn to Speak Mandarin	Sept. 12	5 Weeks	Thursday 10 - 11:30 am	Library 121	No charge Dr. Qian
193067	English Conversation	Sept. 19	12 Weeks	Thursday 10 - 11 am	Activity 014	No charge Frances Lake
193068	French Conversation (Int.)	Sept. 20	10 Weeks	Friday 1 - 3 pm	Activity 019	No charge Michel Gauvin
<b>General Interest</b>						
193069	Container Gardening		Continuous	Mon. - Fri. (flexible)	Outdoors	No charge Dr. L. Koroniak
193070	The Guitar Workshop INT.	Sept. 16	10 Weeks	Monday 1 - 2 pm	Activity 019	\$22 David Jones
193071	iPad Fundamentals	Sept. 17	12 Weeks	Tuesday 9:30 - 11:30 am	Activity 142/147	No charge Students for Seniors
193072	Current Affairs	Sept. 17	12 Weeks	Tuesday 10 - 11:30 am	Activity 014	No charge Muriel Libby
193073	Write On <b>NEW</b>	Nov. 19	1 Week	Tuesday 10 am - 12 pm	Activity 019	\$25 Michèle Vinet
193074	Book Club	Sept. 18	7 Weeks	Alt. Wed. 10 - 11 am	Library 121	\$10 J. McCann
193075	Osteoporosis Canada		Once a month	3rd Wed. of month 1 - 3 pm	Activity 022/024	No charge Marq Nelson
193076	Health & Common Sense	Sept. 18	12 Weeks	Wednesday 11 am - 12 pm	Activity 019	No charge Dr. D. Albuquerque
193077	Computer - Workshop	Sept. 18	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
193078	Computer - Workshop	Oct. 23	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
193079	Computer - Workshop	Nov. 27	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel Wagner
193080	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge Ana Valença
193081	Introductory Computer	Sept. 19	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$30 Karim Ghaltaee
193082	Introductory Computer	Oct. 31	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$30 Karim Ghaltaee
193083	Ukulele (Beg./Int.)	Sept. 19	10 Weeks	Thursday 1 - 2 pm	Activity 019	\$22 David Jones
193114	55+ Alive Mature Driving Course	Oct. 18	2 Weeks	Friday 9:30 am - 12 pm	Activity 019	\$25 David Jones
193084	Piano Lessons	Sept. 20	8 Weeks	Friday 1:30, 2:00, 2:30 & 3:00 pm	Activity 022/024	\$20 Vicky Palmer

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b> (* There may be some additional supply costs)						
<b>Charity Work</b>						
193085	Weaving Milk Bag Mats	Sept. 10	Continuous	Tuesday 1 - 3 pm	Crafts 240	Volunteer Mary O./Evelyn M.
193086	Izzy Dolls	Sept. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
193087	Chemo Caps	Sept. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N.J./Mary O.
193088	Wildlife Bird's Nest	Sept. 11	Continuous	Wednesday 1 - 3 pm	Crafts 236	Volunteer Mary O'Brien
<b>Creative Arts/Expressive Arts</b>						
193089	Woodworking Shop Mbrs.*		Continuous	Mon/Tues/Thur 9:30-12 & 1-3	Woodshop 015	\$32 Renaud/Pete/Henry
193090	Painting Studio*	Sept. 16	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$75 Patrick Cocklin
193091	Painting Studio*	Sept. 17	5 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$45 Patrick Cocklin
193092	Improv	Oct. 22	5 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$50 Solange Dean
193093	Stained Glass*	Sept. 12	11 Weeks	Thursday 1 - 3 pm	Crafts 236	\$37 Warren Perkins
193094	Beg. Hand Piecing/Quilting	Sept. 13	10 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$18 Pete N.J.
193095	Drawing (Sept.) <b>NEW</b>	Sept. 13	5 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	\$50 Suzanne V.
193096	Drawing (Oct.) <b>NEW</b>	Oct. 25	5 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	\$50 Suzanne V.
193097	Advance Quilting*	Sept. 13	10 Weeks	Friday 12:30 am - 2:30 pm	Crafts 240	\$20 Sharon Wright
<b>Production Volunteer</b>						
193098	Knitting/Crocheting	Sept. 16	Continuous	Monday 1 - 3 pm	Crafts 240	Volunteer Ruth T-L.
193099	Organizational Team	Sept. 10	6 Weeks	Tuesday 9:30-11:30am 12-3pm	Crafts 236	Volunteer Linda J.P.
193100	Woodworking Crafts	Sept. 11	Continuous	Wed. 9:30 am - 12 pm & 1 - 3 pm	Woodshop 015	Volunteer TBA
193101	Painting on Fabric	Sept. 11	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer MyungSook J.
193102	Mixed Media Card Making	Sept. 11	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Addi J.
193103	Jewellery	Sept. 11	Continuous	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Denise G.
193104	Teddy Bear	Sept. 11	Continuous	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Norma K./Elizabeth O.
193105	Needlework AM	Sept. 11	Continuous	Wednesday 9:30 - 11:30 am	Solarium 2nd Floor	Volunteer Sylvia G.
193106	Needlework PM	Sept. 11	Continuous	Wednesday 12:30 - 3 pm	Solarium 2nd Floor	Volunteer Sylvia G.
193107	Felt Poppy Pins <b>NEW</b>	Sept. 18	3 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer Marie M./Addi J.
193108	Xmas Door Décor <b>NEW</b>	Oct. 9	3 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer Marie M./Addi J.
193109	Stained Glass (Beginner)	Sept. 12	11 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer Val P.
193110	Stained Glass (Level 1)	Sept. 12	11 Weeks	Thursday 10 am - 12 pm	Crafts 236	Volunteer Val P.
193111	Learn to Crochet	Sept. 12	Continuous	Thursday 10 am - 12 pm	Crafts 240	Volunteer Ruth T-L.
193112	Knitting/Crocheting	Sept. 12	Continuous	Thursday 1 - 3 pm	Crafts 240	Volunteer Valerie S.