



Full
Cancelled

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 |
|--|----------|----------|------------------------------|-------------------|------|--------------------|
| Physical Activity | | | | | | |
| 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 | | | | | | |
| 193010 Zumba Gold | Sept. 16 | 9 Weeks | Monday 9:50 - 10:50 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 | | | Cancelled | | | 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 | | | Cancelled | | | Ray Chappell |
| 193019 Strength, Core & Balance (Level 2) | Sept. 17 | 11 Weeks | Tuesday 12:15 - 1:15 pm | Assembly Hall 112 | \$58 | Susan Jahudka |
| 193113 Tai Chi | Sept. 18 | 11 Weeks | Wednesday 9:45 - 10:45 am | Assembly Hall 112 | \$58 | Hiroshi McPhail |
| 193020 Circuit Training + Stretch NEW | Sept. 18 | 11 Weeks | Wednesday 12 - 1 pm | Fitness Room 028 | \$58 | Pauline St. Pierre |
| 193021 Fitness For Arthritis & Balance | Sept. 18 | 11 Weeks | Wednesday 1:15 - 2:15 pm | Assembly Hall 112 | \$58 | 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 - 1:25 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 |
| Recreational Dance | | | | | | |
| 193035 Spanish Dance (Int.) | | | Cancelled | | | 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 |
| Recreational Sport | | | | | | |
| 193040 Carpet Bowling | Sept. 17 | 14 Weeks | Tuesday 12:50 - 1:50 pm | Activity 022/024 | \$15 | E. Park |
| 193041 Iceless Curling | | | Cancelled | | | 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 |



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.

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 |
|--------------------------------|----------|------------|--------------------------|--------------|-----------|-------------|
| Performing Arts | | | | | | |
| 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 |
|--------------|--------------------|------------|---------------------------|---------------------|---------------|-------------------------|
| Games | | | | | | |
| 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 |
|-----------------------------|--|----------|--------------|-----------------------------------|---------------------|--------------------------------|
| Continuing Education | | | | | | |
| Language | | | | | | |
| 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 - 2 pm | Activity 014 | No charge A. Kubacki |
| 193065 | Spanish Conversation Adv. + | Sept. 19 | 12 Weeks | Thursday 9:30 am - 12 pm | Activity 019 | \$105 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 |
| General Interest | | | | | | |
| 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 10:30 am - 12:30 pm | Activity 142/147 | No charge Students for Seniors |
| 193072 | Current Affairs | | | Cancelled | | Muriel Libby |
| 193073 | Write On NEW | | | Cancelled | | 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 |

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|---|----------------------------|----------|------------|---------------------------------|--------------------|---------------------------------|
| CRAFT STUDIO (* There may be some additional supply costs) | | | | | | |
| Charity Work | | | | | | |
| 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 |
| Creative Arts/Expressive Arts | | | | | | |
| 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* NEW | 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.) NEW | Sept. 13 | 5 Weeks | Friday 12:30 - 2:30 pm | Crafts 236 | \$50 Suzanne V. |
| 193096 | Drawing (Oct.) NEW | Oct. 25 | 5 Weeks | Friday 12:30 - 2:30 pm | Crafts 236 | \$50 Suzanne V. |
| 193097 | Advance Quilting* | Sept. 13 | 10 Weeks | Friday 10:30 am - 2:30 pm | Crafts 240 | \$20 Sharon Wright |
| Production Volunteer | | | | | | |
| 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 NEW | Sept. 18 | 3 Weeks | Wednesday 12:30 - 3 pm | Crafts 240 | Volunteer Marie M./Addi J. |
| 193108 | Xmas Door Décor NEW | 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. |