



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	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 12:15 - 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	Hiromi 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.)	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
Recreational Sport						
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



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	Sept. 17	12 Weeks	Tuesday 10 - 11:30 am	Activity 014	No charge Muriel Libby
193073	Write On NEW	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
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.