








Summer Program Guide 2021

Registration June 22, 23, 24 & 25 from 10 am to 2 pm

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity						
Fitness						
212010 Zumba Gold 	Jul. 5	8 Weeks	Monday 9:50 - 10:50 am	Zoom	\$32	Susan Sloan
212011 Fitness For Arthritis & Balance 	Jun. 28	9 Weeks	Monday 9:50 - 10:50 am	Zoom	\$36	Rhona Einbinden-Miller
212012 Gentle Aerobics + Weights			Cancelled			Wendy Gagnon
212013 Working With Weights			Cancelled			Wendy Gagnon
212014 Fitness For Arthritis & Balance 	Jun. 29	10 Weeks	Tuesday 9:50 - 10:50 am	Zoom	\$40	Rhona Einbinden-Miller
212015 Beyond The Chair 	Jun. 29	10 Weeks	Tuesday 11 am - 12 pm	Zoom	\$40	Rhona Einbinden-Miller
212016 Zumba Gold 	Jul. 7	9 Weeks	Wednesday 11 am - 12 pm	Zoom	\$36	Susan Sloan
212017 Strength & Cardio Interval Training	Jul. 7	9 Weeks	Wednesday 10 - 11 am	Zoom	\$36	Xiang Sun
212018 Fitness For Arthritis & Balance	Jul. 7	9 Weeks	Wednesday 11:15 am - 12:15 pm	Zoom	\$36	Xiang Sun
212019 Tai Chi	Jul. 7	8 Weeks	Wednesday 12:30 - 1:30 pm	Zoom	\$32	Yuko Suzuki
212020 Strength & Stretch			Cancelled			Wendy Gagnon
212021 Strength & Stretch	Jun. 30	9 Weeks	Wednesday 12:30 - 1:30 pm	Zoom	\$36	Wendy Gagnon
212022 Working With Weights			Cancelled			Wendy Gagnon
212023 Working With Weights	Jun. 30	9 Weeks	Wednesday 1:30 - 2:30 pm	Zoom	\$36	Wendy Gagnon
212024 Mat Gentle Yoga	Jul. 8	8 Weeks	Thursday 11:15 am - 12:15 pm	Zoom	\$32	Yuko Suzuki
212025 Chair Yoga	Jul. 8	8 Weeks	Thursday 12:30 - 1:30 pm	Zoom	\$32	Yuko Suzuki
212026 Strength Core & Balance 	Jul. 8	9 Weeks	Thursday 2 - 3 pm	Zoom	\$36	Hiromi McPhail
212027 Zumba Gold 	Jul. 9	9 Weeks	Friday 9:45 - 10:45 am	Zoom	\$36	Susan Sloan
212028 Chair Zumba NEW	Jul. 9	9 Weeks	Friday 11 am - 12 pm	Zoom	\$36	Xiang Sun
212029 Stretch & Core Conditioning 	Jul. 9	9 Weeks	Friday 11 am - 12 pm	Zoom	\$36	Hiromi McPhail
* part of the class is held on a mat/floor						
212030 Restorative Yoga			Cancelled			Natalie Fraser
212031 Restorative Yoga	Jul. 9	8 Weeks	Friday 1 - 2 pm	Zoom	\$32	Natalie Fraser
212032 Mindfulness Meditation			Cancelled			Natalie Fraser
212033 Mindfulness Meditation	Jul. 9	8 Weeks	Friday 2 - 3 pm	Zoom	\$32	Natalie Fraser
Recreational Dance						
212034 Learn To Play Castanets Int./Adv.			Cancelled			Stella Carrillo
212035 Spanish Dance Int./Adv.			Cancelled			Stella Carrillo



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 Physical Activity classes offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
212036 Spanish, Basic	Jun. 28	4 Weeks	Monday 9:30 - 10:30 am	Zoom	\$35	Maria Cuburu
212037 Spanish, Advanced AM	Jun. 28	4 Weeks	Monday 10:45 - 11:45 am	Zoom	\$35	Maria Cuburu
212038 New to Spanish	Jun. 28	4 Weeks	Monday 12 - 1 pm	Zoom	\$35	Maria Cuburu
212039 Spanish, Advanced PM	Jun. 28	4 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$35	Maria Cuburu
212040 Spanish, Intermediate	Jun. 28	4 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$35	Maria Cuburu
212041 Learn to Speak Mandarin			Cancelled			Dr. Qian
General Interest						
212042 Coffee Chat	Jul. 12	7 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
212043 Coffee Club	Jul. 8	Continuous	Thursday 9:45 - 10:45 am	Zoom	No charge	Ana Valença
212044 Container Garden	TBA	Continuos/Seasonal	To Be Discussed	Outdoors - TGC	No charge	Lynn K./Ana Valença

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio						
<u>Please note:</u> There may be some additional supply costs for programs marked with an asterisk. All Craft Studio programs are Intermediate or Advanced unless otherwise stated.						
Charity Work						
212045 Chemo Caps			Cancelled			Pete N-J.
212046 Izzy Dolls			Cancelled			Pete N-J.
Creative/Expressive Arts						
212047 Painting Studio *			Cancelled			Patrick C.
212048 Improv.	Jun. 29	5 Weeks	Tuesday 10 - 11:30 am	Zoom	\$45	Solange D.
212049 Paint Your Way...*	Jun. 30	5 Weeks	Wednesday 1:30 - 3:30 pm	Zoom	\$50	Solange D.
212050 Zentangle Beyond the Basic	Jul. 2	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange D.
Production Volunteer						
212051 Knitting & Crocheting	Jun. 28	10 Weeks	Monday 1 - 3 pm	Zoom	No charge	Valerie S.
212052 Design & Dvlpmnt Team	Jul. 13	once a month	Tuesday 2 - 3:30 pm	Zoom	No charge	Linda J-P.
212053 Knitting & Crocheting			Cancelled			Ruth T-L.
212054 Cross Stitch & Canvas			Cancelled			Sylvia G.
212055 Mixed Media Card Making			Cancelled			Linda J-P.
212056 Painting on Fabric			Cancelled			Myung Sook J.
212057 Knitting & Crocheting			Cancelled			Ruth T-L.
212058 Cross Stitch & Canvas	Jul. 8	10 Weeks	Thursday 1 - 3 pm	Zoom	No charge	Michel G.
212059 Knitting & Crocheting	Jul. 8	10 Weeks	Thursday 1 - 3 pm	Zoom	No charge	Valerie S.