



Fall Program Guide 2021

Registration September 14, 15 & 16 from 10 am to 2 pm

For the health and safety of all members, volunteers, clients and staff during the COVID-19 pandemic you must adhere to all social distancing and safety measures while at the centre.

Please Note: Membership to The Good Companions is required to participate in all programs (both on-site and over the Zoom platform). Courses are subject to change.

Refund Policy: A \$10 administration fee is charged for all 'member requested' refunds. No refunds will be given after the third scheduled class has begun.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity						
						Full/ Cancelled
Fitness	*Please Note: There may be some additional supply costs for classes marked with an asterisk					
213010 Zumba Gold	Sept. 27	10 Weeks	Monday 9:50 - 10:50 am	Zoom	\$40	Susan Sloan
213011 Fitness For Arthritis & Balance	Sept. 20	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$44	Rhona Einbinder-Miller
213012 Gentle Aerobics + Weights	Sept. 20	10 Weeks	Monday 1 - 2 pm	Assembly Hall 112	\$55	Wendy Gagnon
213013 Working With Weights	Sept. 20	10 Weeks	Monday 2 - 3 pm	Assembly Hall 112	\$55	Wendy Gagnon
213014 Fitness For Arthritis & Balance			Cancelled			Rhona Einbinder-Miller
213015 Beyond The Chair			Cancelled			Rhona Einbinder-Miller
213016 Table Tennis	Sept. 21	10 Weeks	Tuesday 12:30 - 1:30 pm	Assembly Hall 112	\$30	No Instructor
213017 Body Weight Exercise NEW!	Sept. 21	11 Weeks	Tuesday 1 - 2 pm	Zoom	\$44	Xiang Sun
213018 Strength & Cardio Interval Training	Sept. 22	11 Weeks	Wednesday 10 - 11 am	Assembly Hall 112	\$60	Pauline St. Pierre
213019 Zumba Gold	Sept. 22	12 Weeks	Wednesday 11 am - 12 pm	Zoom	\$48	Susan Sloan
213020 Fitness For Arthritis & Balance	Sept. 22	11 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$60	Pauline St. Pierre
213021 Tai Chi	Sept. 22	11 Weeks	Wednesday 1 - 2 pm	Zoom	\$44	Yuko Suzuki
213022 Strength & Stretch	Sept. 22	10 Weeks	Wednesday 1 - 2 pm	Assembly Hall 112	\$50	Wendy Gagnon
213081 Strength & Stretch	Sept. 22	10 Weeks	Wednesday 1 - 2 pm	Zoom	\$40	Wendy Gagnon
213023 Working With Weights			Cancelled			Wendy Gagnon
213024 Chair Fitness			Cancelled			Xiang Sun
213025 Mat Gentle Hatha Yoga			Cancelled			Yuko Suzuki
213026 Fitness For Arthritis & Balance NEW!	Sept. 23	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Xiam Sun
213027 Strength, Core & Balance	Sept. 23	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Hiromi McPhail
213028 Chair Hatha Yoga			Cancelled			Yuko Suzuki
213029 Zumba Gold	Sept. 24	12 Weeks	Friday 9:45 - 10:45 am	Zoom	\$48	Susan Sloan
213030 Strength & Core Conditioning			Cancelled			Hiromi McPhail
213031 Chair Zumba NEW!	Sept. 24	11 Weeks	Friday 11 am - 12 pm	Zoom	\$44	Xiam Sun
213032 Restorative Yoga			Cancelled			Natalie Fraser
213033 Restorative Yoga			Cancelled			Natalie Fraser
213034 Mindfulness & Meditation			Cancelled			Natalie Fraser
213035 Mindfulness & Meditation			Cancelled			Natalie Fraser
Recreational Dance						
213036 Latin Dance 101			Cancelled			Zelena Van der Leeden
213037 Latin Dance 101			Cancelled			Zelena Van der Leeden
213038 Learn To Play Castanets (Beg./Int.)	Sept. 22	12 Weeks	Wednesday 10 - 11 am	Activity 028	\$66	Stella Carrillo
213039 Spanish Dance (Beg./Int.)	Sept. 22	12 Weeks	Wednesday 11 am - 12 pm	Activity 028	\$66	Stella Carrillo



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
Games						
213040 Bingo (no drop-in/must register)			Cancelled			
Performing Arts						
213041 Silver Swing Band	Sept. 20	12 Weeks	Monday 9 - 11:30 am	Activity 024	\$5	Gordon P.
213042 TGC Choir	Sept. 21	12 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$5	Gloria Jean N.
213043 Sharps and Flats Band	Sept. 22	12 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$5	Jody G.
213044 Usual Fellows Jazz Band	Sept. 23	12 Weeks	Thursday 9 - 11:30 am	Activity 024	\$5	Alf W.
213045 Sing Along	Sept. 23	13 Weeks	Thursday 12:45 - 1:45 pm	Activity 024	No Charge	Kay O.
213046 The Grey Jazz Big Band	Sept. 24	12 Weeks	Friday 9:30 am - 12 pm	Activity 024	\$5	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
213047 Spanish, Basic	Sept. 20	11 Weeks	Monday 9:30 - 10:30 am	Zoom	\$85	Maria Cuburu
213048 Spanish, Advanced (AM)	Sept. 20	11 Weeks	Monday 10:45 - 11:45 am	Zoom	\$85	Maria Cuburu
213049 New to Spanish ** (** must know verbs Ser & Estar (present))	Sept. 20	11 Weeks	Monday 12 - 1 pm	Zoom	\$85	Maria Cuburu
213050 Spanish, Advanced (PM)	Sept. 20	11 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$85	Maria Cuburu
213051 Spanish, Intermediate	Sept. 20	11 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$85	Maria Cuburu
213052 Spanish Conversation Adv. +	Sept. 23	10 Weeks	Thursday 9:30 - 11:30 am	Zoom	\$95	S. C-Salas
213053 Learn to Speak Mandarin	Oct. 7	8 Weeks	Thursday 10 - 11:30 am	Activity 019	No charge	Dr. Qian
General Interest						
213054 Coffee Chat	Oct. 4	10 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
213055 The Guitar Workshop INT.	Sept. 21	12 Weeks	Tuesday 12:30 - 1:30 pm	Activity 022/024	\$25	David Jones
213056 Computer Workshop	Sept. 22	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
213057 Computer Workshop	Nov. 3	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
213058 Coffee Club	Sept. 23	11 Weeks	Thursday 9:45 - 10:45 am	Zoom	No charge	Ana Valença
213059 Ukulele (Beg./Int.)	Sept. 23	12 Weeks	Thursday 12:30 - 1:30 pm	Assembly Hall 112	\$25	David Jones
213060 Introductory Computer	Sept. 23	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
213061 Introductory Computer	Nov. 4	5 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs) All Craft Studio programs are Level 1, Intermediate or Advanced.						
Charity Work						
213062 Izzy Dolls	Sept. 22	13 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J./Mary O.
213063 Chemo Caps	Sept. 22	13 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J./Mary O.
Creative Arts/Expressive Arts						
213064 Woodworking Shop Mbrs*	Sept. 20	12 Weeks	Mon/Tues/Thurs 9:30-12:30 & 1:30-3	Woodshop	\$32	Pete/Michel/Renaud
213065 Painting Studio*	Sept. 20	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$75	Patrick Cocklin
213066 Stained Glass Studio Int.			Cancelled			Daniel H.
213067 Stained Glass Studio Int.	Sept. 23	12 Weeks	Thursday 9 am - 2 pm	Crafts 236	\$25	Addi/John/Richard
213068 Hand Stitch Lanyard* NEW!	Sept. 24	13 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$12	Pete N.J.
213069 The Art of Zentangle (Beg.)*	Sept. 24	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange Dean
213070 Zentangle - Beyond the Basics*	Oct. 29	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange Dean
Production Volunteer						
213071 Knitting & Crocheting	Sept. 20	12 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
213072 Knitting & Crocheting	Sept. 21	6 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L.
213073 Design & Dvlpmt Team	Sept. 28	3 Weeks	Sept.28/Oct.19/Nov.23 2 - 3:30pm	Zoom	Volunteer	Linda J-P.
213074 Teddy Bear	Sept. 22	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Norma K/Elizabeth O
213075 Mixed Media Card Making	Sept. 22	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Addi J.
213076 Painting on Fabric	Sept. 22	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
213077 Cross Stitch & Canvas	Sept. 22	10 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Sylvia G.
213078 Knitting & Crocheting	Sept. 23	6 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Ruth T-L.
213079 Knitting & Crocheting	Sept. 23	12 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer	Valerie S.
213080 Cross Stitch & Canvas	Sept. 24	13 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.

New Programs:

Fitness For Arthritis and Balance (on Thursday) - The same gentle exercise that you are familiar with, offered one extra day to better serve you.

Body Weight Exercise: A bodyweight workout doesn't use free weights, machines or any other type of equipment. You use your own bodyweight as resistance – which means you can do strength training exercises just about anywhere. Your body, a wall or chair is all you need to workout.

Chair Fitness: Exercise while sitting in a chair, incorporating weights and/or dumbbells. A complete and gentle workout while sitting in a chair. This is a fun and effective way to improve posture, circulation, flexibility, coordination and strength. For those that are just beginning a fitness program, have osteoporosis, arthritis, or balance difficulties this is the activity for you.

Chair Zumba Gold: Like Zumba Gold, it combines Latin music and dance themes to create a dynamic fitness system, but it can be done by those in a wheelchair who have the ability to move their arms and or legs. It also suits those who may feel that it is safer in a chair for them than standing.

Hand Stitch Lanyard: We will be hand stitching lanyards with clasps attached at the end for keys, charms, ID cards and for a variety of other items, which also can be attached. We will sew some long ones to wear around your neck and some shorter ones for the wrist.