





## 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
<b>Physical Activity</b>						
<b>Fitness</b>						
<b>*Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
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	Sept. 21	9 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$50	Rhona Einbinder-Miller
213015 Beyond The Chair	Sept. 21	9 Weeks	Tuesday 11:15 am - 12:15 pm	Assembly Hall 112	\$50	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 <b>NEW!</b>	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	Sept. 22	10 Weeks	Wednesday 2 - 3 pm	Assembly Hall 112	\$55	Wendy Gagnon
213024 Chair Fitness	Sept. 23	10 Weeks	Thursday 10 - 11 am	Zoom	\$40	Xiang Sun
213025 Mat Gentle Hatha Yoga	Sept. 23	10 Weeks	Thursday 11:15 am - 12:15 pm	Zoom	\$40	Yuko Suzuki
213026 Fitness For Arthritis & Balance <b>NEW!</b>	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	Sept. 23	10 Weeks	Thursday 12:30 - 1:30 pm	Zoom	\$40	Yuko Suzuki
213029 Zumba Gold 	Sept. 24	12 Weeks	Friday 9:45 - 10:45 am	Zoom	\$48	Susan Sloan
213030 Strength & Core Conditioning 	Sept. 24	11 Weeks	Friday 10 - 11 am	Zoom	\$44	Hiromi McPhail
213031 Chair Zumba <b>NEW!</b>	Sept. 24	11 Weeks	Friday 11 am - 12 pm	Zoom	\$44	Xiam Sun
213032 Restorative Yoga	Sept. 24	11 Weeks	Friday 1 - 2 pm	Zoom	\$44	Natalie Fraser
213033 Restorative Yoga	Sept. 24	11 Weeks	Friday 1 - 2 pm	Assembly Hall 112	\$60	Natalie Fraser
213034 Mindfulness & Meditation	Sept. 24	11 Weeks	Friday 2 - 3 pm	Zoom	\$44	Natalie Fraser
213035 Mindfulness & Meditation	Sept. 24	11 Weeks	Friday 2 - 3 pm	Assembly Hall 112	\$60	Natalie Fraser
<b>Recreational Dance</b>						
213036 Latin Dance 101	Sept. 21	8 weeks	Tuesday 2 - 3 pm	Assembly Hall 112	\$44	Zelena Van der Leeden
213037 Latin Dance 101	Sept. 21	8 weeks	Tuesday 2 - 3 pm	Zoom	\$32	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

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
213040 Bingo (no drop-in/must register)	Sept. 30	11 Weeks	Thursday 1 - 2 pm	Dining Activity 141		
<b>Performing Arts</b>						
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 - 11:30 am	Activity 024	\$5	Jodi 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 - 11:30 am	Activity 024	\$5	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
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
<b>General Interest</b>						
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
<b>CRAFT STUDIO</b> (* There may be some additional supply costs) <b>All Craft Studio programs are Level 1, Intermediate or Advanced.</b>						
<b>Charity Work</b>						
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.
<b>Creative Arts/Expressive Arts</b>						
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.	Sept. 21	12 Weeks	Tuesday 9 am - 2 pm	Crafts 236	\$25	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* <b>NEW!</b>	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
<b>Production Volunteer</b>						
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 - 12:30 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 - 12:30 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.