



## Winter Program Guide 2022

Registration January 4, 5 & 6 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/program-registration](https://thegoodcompanions.ca/program-registration)  
This registration link will be active starting on Tuesday, January 4th.

For the health and safety of all members, volunteers, clients and staff you must adhere to all social distancing and safety measures while at the centre. For all programs being held on-site at The Good Companions, you must register for programs within the same cohort.

Cohort **RED** is Monday, Wednesday and Friday. Cohort **BLUE** is Tuesday and Thursday.

**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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>						
<b>Fitness</b>						
224010 Zumba Gold	Jan. 10	11 Weeks	Monday 9:50 - 10:50 am	Zoom	\$44	Xiang Sun
224011 Fitness For Arthritis & Balance	Jan. 31	7 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$39	Rhona Einbinder-Miller
224012 Fitness For Arthritis & Balance	Jan. 10	10 Weeks	Monday 10 - 11 am	Zoom	\$40	Rhona Einbinder-Miller
224013 Gentle Aerobics + Weights	Jan. 31	8 Weeks	Monday 1 - 2 pm	Assembly Hall 112	\$44	Wendy Gagnon
224086 Gentle Aerobics + Weights	Jan. 10	11 Weeks	Monday 1 - 2 pm	Zoom	\$44	Wendy Gagnon
224014 Working With Weights	Jan. 31	8 Weeks	Monday 2 - 3 pm	Assembly Hall 112	\$44	Wendy Gagnon
224015 Fitness For Arthritis & Balance			Cancelled			Rhona Einbinder-Miller
224016 Fitness For Arthritis & Balance			Cancelled			Rhona Einbinder-Miller
224017 Beyond The Chair			Cancelled			Rhona Einbinder-Miller
224018 Beyond The Chair			Cancelled			Rhona Einbinder-Miller
224019 Table Tennis	Feb. 1	8 Weeks	Tuesday 12:30 - 1:30 pm	Assembly Hall 112	\$24	No Instructor
224020 Strength & Cardio Interval Training			Cancelled			Pauline St. Pierre
224021 Zumba Gold	Feb. 2	9 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$50	Xiang Sun
224022 Zumba Gold	Jan. 12	12 Weeks	Wednesday 9:30 - 10:30 am	Zoom	\$48	Xiang Sun
224023 Fitness For Arthritis & Balance			Cancelled			Pauline St. Pierre
224024 Pickleball It's Back!	Feb. 2	7 Weeks	Wednesday 1 - 2 pm	Assembly Hall 112	\$20	No Instructor
224025 Tai Chi	Jan. 12	11 Weeks	Wednesday 1 - 2 pm	Zoom	\$40	Yuko Suzuki
224026 Strength & Stretch	Feb. 2	8 Weeks	Wednesday 1 - 2 pm	Activity 028	\$44	Wendy Gagnon
224027 Strength & Stretch	Jan. 12	11 Weeks	Wednesday 1 - 2 pm	Zoom	\$44	Wendy Gagnon
224028 Working With Weights	Feb. 2	8 Weeks	Wednesday 2 - 3 pm	Activity 028	\$44	Wendy Gagnon
224029 Mat Gentle Hatha Yoga			Cancelled			Yuko Suzuki
224030 Chair Hatha Yoga			Cancelled			Yuko Suzuki
224031 Fitness For Arthritis & Balance	Jan. 13	12 Weeks	Thursday 1 - 2 pm	Zoom	\$48	Xiang Sun
224032 Strength, Core & Balance			Cancelled			Hiromi McPhail
224033 Zumba Gold	Jan. 14	12 Weeks	Friday 9:45 - 10:45 am	Zoom	\$48	Xiang Sun
224034 Strength & Core Conditioning*	Feb. 4	9 Weeks	Friday 1 - 2 pm	Activity 028	\$50	Hiromi McPhail
224035 Strength & Core Conditioning*	Jan. 14	12 Weeks	Friday 1 - 2 pm	Zoom	\$48	Hiromi McPhail
<b>*Part of the class is held on the floor</b>						
<b>Recreational Dance</b>						
224036 Sharing Dance Older Adults <b>NEW!</b>			Cancelled			Margaret Donnelly
224037 Sharing Dance Older Adults <b>NEW!</b>	Jan. 25	8 Weeks	Tuesday 10:30 - 11:30 am	Zoom	\$10	Margaret Donnelly
224038 Belly Dance <b>NEW!!</b>	Feb. 3	7 Weeks	Thursday 10 - 11 am	Activity 028	\$20	Catharine Crerar



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](http://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
<b>Games</b>						
224039 Bridge	Jan. 31	8 Weeks	Monday 1 - 3 pm	Activity 024	\$1/week	Linda F.
224040 Scrabble (English)	Feb. 2	9 Weeks	Wednesday 10 - 11:30 am	Dining Activity 141	No charge	Margaret D.
224041 Euchre	Feb. 2	9 Weeks	Wednesday 1 - 3 pm	Activity 024	\$1/week	
224042 Bingo	Feb. 3	9 Weeks	Thursday 2 - 3 pm	Dining Activity 141	No charge	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
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## Performing Arts

224043 Silver Swing Band	Jan. 31	8 Weeks	Monday 9 - 11:30 am	Activity 024	\$7	Gord P.
224044 TGC Choir	Feb. 1	8 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$5	Gloria Jean N.
224045 Sharps and Flats Band	Feb. 2	9 Weeks	Wednesday 9 - 11:30 am	Activity 024	\$7	Jody G.
224046 Usual Fellows Jazz Band	Feb. 3	9 Weeks	Thursday 9 - 11:30 am	Activity 024	\$7	Alf W.
224047 Sing Along	Feb. 3	9 Weeks	Thursday 12:45 - 1:45 pm	Activity 024	No charge	
224048 The Grey Jazz Big Band	Feb. 4	9 Weeks	Friday 9 - 11:30 am	Activity 024	\$7	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
224049 Spanish, Basic	Jan. 10	8 Weeks	Monday 9:30 - 10:30 am	Zoom	\$65	Maria C.
224050 Spanish, Advanced (AM)	Jan. 10	8 Weeks	Monday 10:45 - 11:45 am	Zoom	\$65	Maria C.
224051 New to Spanish ** (* must know verbs Ser & Estar [present])			Cancelled			Maria C.
224052 Spanish, Advanced (PM)	Jan. 10	8 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$65	Maria C.
224053 Spanish, Intermediate	Jan. 10	8 Weeks	Monday 12 - 1 pm	Zoom	\$65	Maria C.
224054 Learn to Speak Mandarin	Feb. 17	7 Weeks	Thursday 10 - 11:30 am	Activity 019	No charge	Dr. Qian
224055 Spanish Conversation Adv. +	Jan. 13	10 Weeks	Thursday 9:30 - 11:30 am	Zoom	\$95	Sandra C.-S.
<b>General Interest</b>						
224056 Coffee Chat	Jan. 10	11 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
224057 Guitar Workshop INT.	Feb. 1	8 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25	David J.
224058 Computer Workshop			Cancelled			Lionel W.
224059 Computer Workshop	Feb. 23	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
224060 Coffee Club			Cancelled			Ana Valença
224061 Coffee Club	Jan. 13	11 Weeks	Thursday 10 - 11 am	Zoom	No charge	Ana Valença
224062 Ukulele (Beg./Int.)	Feb. 3	9 Weeks	Thursday 12:30 - 1:30 pm	Activity 112	\$25	David J.

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>						
224063 Chemo Caps	Feb. 2	9 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
224064 Crochet Baby Blankets NEW	Feb. 2	9 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
224065 Izzy Dolls	Feb. 2	9 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
224066 Painting Studio*	Jan. 31	8 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$62	Patrick Cocklin
224067 Woodworking Shop (Mon.)*	Jan. 31	8 Weeks	Monday 9:30 am - 3 pm	Woodshop	\$32	Pete W.
224068 Woodworking Shop (Tues.)*	Feb. 1	8 Weeks	Tuesday 9:30 am - 3 pm	Woodshop	\$32	Michel D.
224069 Woodworking Shop (Thurs.)*	Feb. 3	9 Weeks	Thursday 9:30 am - 3 pm	Woodshop	\$32	Renaud P.
224070 Stained Glass Studio Int.*	Feb. 3	9 Weeks	Thursday 9 am - 2 pm	Crafts 236	\$37	Daniel H.
224071 Hand Piecing for Quilters*	Feb. 4	9 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$12	Pete N.J.
224072 The Art of Zentangle*	Jan. 14	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange D.
224073 Zentangle - Beyond the Basics*	Feb. 18	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange D.
<b>Production Volunteer</b>						
224074 Knitting & Crocheting	Jan. 10	12 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
224075 Design & Dvlpmt Team	Feb. 8	2 Weeks	Tues. Feb. 8/Mar. 15/2 - 3:30pm	Zoom	Volunteer	Linda J.P
224076 Craft Studio Org. Team	Feb. 1	8 Weeks	Tuesday 9:30 am - 3 pm	Crafts 236	Volunteer	Linda J.P
224077 Knitting & Crocheting	Feb. 1	8 Weeks	Tuesday 10 am - 12:30 pm	Crafts 240	Volunteer	Lori D.
224078 Mixed Media Card Making	Feb. 2	9 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Addi J.
224079 Painting on Fabric	Feb. 2	9 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
224085 Teddy Bears	Feb. 2	9 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Elizabeth O.
224080 Cross Stitch & Canvas	Feb. 2	9 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
224081 Knitting & Crocheting	Feb. 3	9 Weeks	Thursday 10 am - 12:30 pm	Crafts 240	Volunteer	Lori D.
224082 Knitting & Crocheting	Feb. 3	9 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Lori D.
224083 Knitting & Crocheting	Jan. 13	12 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer	Valerie S.
224084 Cross Stitch & Canvas	Feb. 4	9 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

## New Programs:

**Belly Dance:** Belly dancing is a low-impact exercise that could help people lose weight, tone muscles, improve their posture, and relax. Most women dance purely for the joy and freedom, but Belly Dancing has so many different rewards: The opportunity to escape from the pressures of everyday life for a couple of hours each week; A new & creative way to get a workout get fit & increase flexibility & balance; A way to find ones inner power, beauty and femininity; An outlet for artistic & creative and expression. A means by which to meet and form friendships with other women by participating in one of the only forms of dance that is solely female based.

**Hand Piecing for Quilter (Bowl Cozies):** Machine sew your own bowl cozies. These cozies are very useful in the microwave. Place the bowl with food in it, into the "cozy" and place it in the microwave to heat up your food. When taking the bowl out of the microwave the cozy will protect your hands. No more burnt fingers after heating up your food. Sewing machine knowledge is required.

**Sharing Dance Older Adults:** Developed by Baycrest and Canada's National Ballet School, Sharing Dance Older Adults empowers organizations in a range of settings to engage their community through dance. Through stream-able videos, older adults can participate in high-quality dance programming that supports physical, emotional and social wellbeing. You can participate in your seat or on your feet and no dance experience is necessary!



CANADA'S  
NATIONAL  
**BAILET**  
SCHOOL  
Sharing Dance