

## Spring Program Guide 2022

Registration April 5, 6, & 7 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](http://thegoodcompanions.ca/programs-services/program-registration)  
This registration link will be active starting Tuesday, April 5th.

**Please Note:** Membership to The Good Companions is required to participate in all programs (both on-site and over the Zoom platform).  
Your **camera** must remain on throughout the entire Zoom class. Courses are subject to change. Duration of program may not be in consecutive weeks.

**Refund policy:** \$10 administration fee for all 'member requested' refunds.  
No refunds will be given after the second 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>						
221010 Zumba Gold	Apr. 11	8 Weeks	Monday 9:50 - 10:50 am	Zoom	\$32	Xiang Sun
221011 Fitness For Arthritis & Balance	Apr. 25	7 Weeks	Monday 10 - 11 am	Zoom	\$28	Rhona Einbinder-Miller
221012 Fitness For Arthritis & Balance	Apr. 25	7 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$39	Rhona Einbinder-Miller
221013 Gentle Aerobics + Weights	Apr. 25	7 Weeks	Monday 1 - 2 pm	Zoom	\$28	Wendy Gagnon
221014 Gentle Aerobics + Weights	Apr. 25	7 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$39	Wendy Gagnon
221015 Working With Weights	Apr. 25	7 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$39	Wendy Gagnon
221016 Fitness For Arthritis & Balance	Apr. 26	8 Weeks	Tuesday 10 - 11 am	Zoom	\$32	Rhona Einbinder-Miller
221017 Fitness For Arthritis & Balance	Apr. 26	8 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$44	Rhona Einbinder-Miller
221018 Gentle Ex. Beyond The Chair	Apr. 26	8 Weeks	Tuesday 11 am - 12 pm	Zoom	\$32	Rhona Einbinder-Miller
221019 Gentle Ex. Beyond The Chair	Apr. 26	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$44	Rhona Einbinder-Miller
221020 Zumba Gold	Apr. 13	10 Weeks	Wednesday 9:30 - 10:30 am	Zoom	\$40	Xiang Sun
221021 Zumba Gold	Apr. 13	10 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$55	Xiang Sun
221022 Strength & Cardio Interv.Training	Apr. 13	10 Weeks	Wednesday 10 - 11 am	Fitness Room 028	\$55	Pauline St. Pierre
221023 Fitness For Arthritis & Balance	Apr. 13	10 Weeks	Wednesday 11 am - 12 pm	Fitness Room 028	\$55	Pauline St. Pierre
221024 Tai Chi Chuan (Yang style)	Apr. 13	10 Weeks	Wednesday 1 - 2 pm	Zoom	\$40	Yuko Suzuki
221025 Strength & Stretch	Apr. 27	7 Weeks	Wednesday 1 - 2 pm	Zoom	\$28	Wendy Gagnon
221026 Strength & Stretch	Apr. 27	7 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$39	Wendy Gagnon
221027 Working With Weights	Apr. 27	7 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$39	Wendy Gagnon
221028 Fitness For Arthritis & Balance	Apr. 14	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Xiang Sun
221029 Strength, Core & Balance	Apr. 14	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Hiromi McPhail
221030 Zumba Gold	Apr. 22	8 Weeks	Friday 9:45 - 10:45 am	Zoom	\$32	Xiang Sun
221031 Strength & Core Conditioning*	Apr. 22	8 Weeks	Friday 10 - 11 am	Zoom	\$32	Hiromi McPhail
221032 Strength & Core Conditioning*	Apr. 22	8 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$44	Hiromi McPhail
<b>*Part of the class is held on the floor</b>						
<b>Recreational Dance</b>						
221033 Learn To Play Castanets (Beg./Int)	Apr. 25	7 Weeks	Monday 10 - 11 am	Fitness Room 028	\$39	Stella Carrillo
221034 Spanish Dance (Int/Adv.)	Apr. 25	7 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$39	Stella Carrillo
221035 Belly Dance <b>NEW!!</b>	Apr. 14	5 Weeks	Thursday 10 - 11 am	Fitness Room 028	\$10	Catharine Crerar
<b>Recreational Sport</b>						
221036 Table Tennis <b>It's Back!</b>	Apr. 12	10 Weeks	Tuesday 10:30 - 11:30 am	Assembly Hall 112	\$20	No Instructor
221037 Pickleball <b>It's Back!</b>	Apr. 12	10 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$20	No Instructor



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

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
221038 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	\$1/week	Linda Fletcher
221039 Scrabble		Continuous	Wednesday 10 - 11:30 am	Activity 019	No charge	
221040 Euchre		Continuous	Wednesday 1 - 3 pm	Activity 024	\$1/week	M. Daynard/V. Zadow
221041 Bingo		Continuous	Thursday 1:45 - 2:45 pm	Dining Activity 141	3cards/\$1.50	
<b>Performing Arts</b>						
221042 Silver Swing Band	Apr. 11	9 Weeks	Monday 9:30 am - 12 pm	Activity 024	\$7	Gordon Price
221043 Choir	Apr. 12	7 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Gloria Jean N.
221044 Sharps and Flats Band	Apr. 13	11 Weeks	Wednesday 9 am - 12 pm	Activity 024	\$7	J. Gomber
221045 Usual Fellows Jazz Band	Apr. 14	11 Weeks	Thursday 9 - 11:30 am	Activity 024	\$7	A. Warnock
221046 Sing-Along	Apr. 14	Continuous	Thursday 12:45 - 1:45 pm	Activity 024	No charge	
221047 Grey Jazz Big Band	Apr. 22	9 Weeks	Friday 9 am - 12 pm	Activity 024	\$7	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
221048 Spanish, Basic	Apr. 11	8 Weeks	Monday 9:30 - 10:30 am	Zoom	\$65	Maria Cuburu
221049 Spanish, Advanced (AM)	Apr. 11	8 Weeks	Monday 10:45 - 11:45 am	Zoom	\$65	Maria Cuburu
221050 New to Spanish**	Apr. 11	8 Weeks	Monday 12 - 1 pm	Zoom	\$65	Maria Cuburu
** must know verbs Ser & Estar (present)						
221051 Spanish, Advanced (PM)	Apr. 11	8 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$65	Maria Cuburu
221052 Spanish, Intermediate	Apr. 11	8 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$65	Maria Cuburu
221053 Learn to Speak Mandarin	Apr. 14	8 Weeks	Thursday 10 - 11:30 am	Activity 019	No charge	Dr. Qian
221054 Spanish Conversation Adv.+	Apr. 14	10 Weeks	Thursday 9:30 - 11:30 am	Zoom	\$90	S. Cruz Salas
<b>General Interest</b>						
221055 Coffee Chat	Apr. 11	9 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
221056 Guitar Workshop (INT.)	Apr. 12	10 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25	D. Jones
221057 Computers Workshop	Apr. 13	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
221058 Computers Workshop	May. 18	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
221059 Coffee Club	Apr. 14	10 Weeks	Thursday 10 - 11 am	Zoom	No charge	Ana Valença
221060 Coffee Club	Apr. 14	10 Weeks	Thursday 10 - 11 am	Dining Room	No charge	Ana Valença
221061 Introductory Computer	Apr. 14	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
221062 Introductory Computer	May. 19	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
221063 Ukulele (Intermediate)	Apr. 14	10 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	\$25	D. Jones
221064 Container Garden	TBA		Mon. - Fri. (Flexible hours)	Outside	No charge	Ana V. & Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Craft Studio</b>						
<b>*Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
<b>Charity Work</b>						
221065 Weaving Milk Bag Mats	Apr. 12	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'B/ Evelyn M.
221066 Baby Hats & Blankets	Apr. 13	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J./Lori D.
221067 Sensory Touch Quilts	Apr. 22	8 Weeks	Friday 9:30 - 11:30 am	Crafts 236	Volunteer	Pete N.J.
<b>Creative/Expressive Arts</b>						
221068 Painting Stuido*	Apr. 11	9 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$75	Patrick C.
221069 Woodworking Shop (Mon.)*	Apr. 11	9 Weeks	Monday 9:30 am - 3 pm	Woodshop	\$32	Pete W.
221070 Woodworking Shop (Tues.)*			Cancelled			
221071 Woodworking Shop (Wed.)*	Apr. 13	10 Weeks	Wednesday 9:30 am - 3 pm	Woodshop	\$32	Andy M.
221072 Woodworking Shop (Thurs)*	Apr. 14	10 Weeks	Thursday 9:30 am - 3 pm	Woodshop	\$32	Renaud P.
221073 Stained Glass Int.* AM	Apr. 14	10 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John K./Richard R.
221074 Stained Glass Int.* PM	Apr. 14	10 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37	John K./Richard R.
221075 The Art of Zentangle*	Apr. 8	5 Weeks	Friday 1 - 3 pm	Zoom	\$50	Solange D.
221076 Zentangle Beyond the Basics*	May. 27	5 Weeks	Friday 1 - 3 pm	Zoom	\$50	Solange D.
221077 Advanced Quilting *	Apr. 22	8 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon W.
<b>Production Volunteer</b>						
221078 Knitting/Crocheting (Mon.)	Apr. 11	8 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
221079 Organizational Team	Apr. 12	10 Weeks	Tuesday 9:30 - 11:30 am	Crafts 236	Volunteer	Linda J.P.
221080 Knitting & Crocheting	Apr. 12	10 Weeks	Tuesday 10 am - 12:30 pm	Crafts 240	Volunteer	Lorie D./Heather B.
221081 Stained Glass (Level 1)	Apr. 12	10 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Addi J./Daniel D.
221082 Design & Dvlpmt. Team	May. 17	1 Week	Tuesday 2 - 3:30 pm	Zoom	Volunteer	Linda J.P.
221083 Teddy Bear	Apr. 13	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Elizabeth O.
221084 Mixed Media Card Making	Apr. 13	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Addi J.
221085 Painting on Fabric	Apr. 13	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
221086 Cross Stitch & Canvas	Apr. 13	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
221087 Knitting & Crocheting AM	Apr. 14	10 Weeks	Thursday 10 am - 12:30 pm	Crafts 240	Volunteer	Lorie D./Heather B.
221088 Knitting & Crocheting PM	Apr. 14	10 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Lorie D.
221089 Knitting & Crocheting	Apr. 14	10 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer	Valerie S.
221090 Advance Quilting	Apr. 22		Cancelled		Volunteer	Sharon W.
221091 Cross Stitch & Canvas	Apr. 22	8 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

It's time to renew your TGC membership for 2022. **Early Bird Membership** can be done at Front Reception during the month of March. The cost is \$35.50 and your membership is valid from April 1, 2022 to March 31, 2023.

**Spring Program Registration** (April 5, 6 & 7 from 10:00 am to 2:00 pm).

Registration can be done online at [thegoodcompanions.ca/program-registration](http://thegoodcompanions.ca/program-registration). You must be a member of The Good Companions to participate in any of the classes offered, both virtual and in-person. Please note that submitting the online form does not guarantee your spot in the class. We want to ensure that as many members as possible have access to these programs. If you have a spot in a class, you will receive a return email with the Zoom link and password to the class (for virtual classes). Please keep this email and password safe. You will need the link and password to log in to the class each week.

**The Day Centre staff would like to stress the importance of registering on these days even if your class does not start immediately.** Following the designated registration period, a course that appealed to you may have been cancelled if there is not enough enrollment. Please call 613-236-0428 and ask to speak to a member of the Day Centre team if you have any questions.

**New Programs:**

**Baby Hats and Blankets:** Join in our newest charity endeavour. Participants will have the opportunity to knit or crochet baby hats and/or blankets to be donated to infants in Canada and abroad. We donate where and when the need arises.

**Belly Dancing (Middle Eastern Dance)** is a low-impact exercise that could help tone muscles, improve posture and relax, among other things. Most women dance purely for the joy and freedom, but Belly Dancing has many different rewards while promoting fluidity and grace: Opportunity to escape from the pressures of everyday life; a way to find ones inner power, beauty and femininity, meet and form friendships with other women by participating in one of the only forms of dance that is solely female based. Belts will be provided.