

Summer Program Guide 2022

Registration June 21, 22 & 23 from 10 am to 2 pm

Registration can be done online at thegoodcompanions.ca/programs-services/program-registration
This registration link will be active starting Tuesday, June 21st.

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
Physical Activity						
Please note: Personal Training available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
Fitness						
Please Note: There may be some additional supply costs for classes marked with an asterisk						
222010 Zumba Gold	Jun. 27	7 Weeks	Monday 9:50 - 10:50 am	Zoom	\$28	Xian Sun
222011 Fitness for Arthritis & Balance	Jun. 27	9 Weeks	Monday 10 - 11 am	Zoom	\$36	Rhona Einbinder-Miller
222012 Gentle Aerobics + Weights	Jul. 11	7 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$39	Wendy Gagnon
222013 Working With Weights	Jul. 11	7 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$39	Wendy Gagnon
222014 Fitness for Arthritis & Balance	Jun. 28	10 Weeks	Tuesday 10 - 11 am	Zoom	\$40	Rhona Einbinder-Miller
222015 Gentle Ex. Beyond The Chair	Jun. 28	10 Weeks	Tuesday 11 am - 12 pm	Zoom	\$40	Rhona Einbinder-Miller
222016 Zumba Gold	Jun. 29	7 Weeks	Wednesday 9:30 - 10:30 am	Zoom	\$28	Xiang Sun
222017 Posture & Balance	Jun. 29	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
222018 Posture & Balance	Aug. 3	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
222019 Strength & Stretch	Jul. 13	7 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$39	Wendy Gagnon
222020 Working with Weights	Jul. 13	7 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$39	Wendy Gagnon
222021 Fitness for Arthritis & Balance	Jun. 30	7 Weeks	Thursday 1 - 2 pm	Zoom	\$28	Xiang Sun
222022 Strength, Core & Balance	Jun. 30	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Hiromi McPhail
222023 Strength & Core Conditioning*	Jul. 8	9 Weeks	Friday 10 - 11 am	Zoom	\$36	Hiromi McPhail
222024 Access to Gym (3x/Week)	Jun. 27	Vary	Mon., Wed. & Fri.	Fitness Room 028	\$50	No Instructor
222025 Access to Gym (Monday)	Jun. 27	9 Weeks	Monday 1 - 3 pm	Fitness Room 028	\$20	No Instructor
222026 Access to Gym (Wednesday)	Jun. 29	10 Weeks	Wednesday 10 am - 12 pm	Fitness Room 028	\$20	No Instructor
222027 Access to Gym (Friday)	Jul. 8	9 Weeks	Friday 10 am - 12pm	Fitness Room 028	\$20	No Instructor
222068 Strength & Core Conditioning	Jul. 8	9 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$50	Hiromi McPhail
*Part of the class is held on the floor						
Recreational Dance						
222028 Learn To Play Castanets (Beg./Int)	Jun. 27	9 Weeks	Monday 10 - 11 am	Fitness Room 028	\$50	Stella Carrillo
222029 Spanish Dance (Beg./Int)	Jun. 27	9 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$50	Stella Carrillo
Recreational Sports						
222030 Table Tennis	Jun. 28	10 Weeks	Tuesday 10:30 - 11:30 am	Assembly Hall	\$20	No Instructor
222031 Pickleball	Jun. 28	10 Weeks	Tuesday 1 - 2 pm	Assembly Hall	\$20	No Instructor
222032 Carpet Bowling	Jun. 30	10 Weeks	Thursday 10 - 11am	Assembly Hall	\$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.

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						
222033 Learn to Speak Mandarin	Jun. 30	6 Weeks	Thursday 10 - 11:30 am	Library 121	No Charge	Dr. Qian
General Interest						
222034 Coffee Chat	Jun. 27	9 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
222035 Computer Workshop	Jun. 29	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
222036 Computer Workshop	Aug. 3	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$22	Lionel Wagner
222037 Coffee Club	Jun. 30	10 Weeks	Thursday 10 - 11 am	Zoom	No charge	Ana Valença
222038 Coffee Club	Jun. 30	10 Weeks	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana Valença
222039 Introductory Computer	Jun. 30	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
222040 Introductory Computer	Aug. 4	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
222041 Container Garden		Continuous	Mon - Fri -Flexible hours	Outdoors	No charge	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
222042 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 024	\$1/week	
222043 Euchre		Continuous	Wednesday 1 - 3 pm	Activity 024	\$1/week	
222044 Scrabble		Continuous	Wednesday 9:30 - 11:30 am	Activity 019	No charge	
222045 Bingo		Continuous	Thursday 1:45 - 2:45 pm	Dining Activity 141	3cards/\$1.50	
Performing Arts						
222046 Old Time Sing-Along		Continuous	Thursday 12:45 - 1:45 pm	Activity 024	No charge	
222047 Grey Jazz Big Band	Aug. 26	3 Weeks	Friday 9 am - 12 pm	Activity 024	No charge	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO						
* Please note that the Stained Glass Studio class is a self-run program where you can come and work on your own in the company of other members. This program is for Intermediate and Advanced only.						
Charity Work						
222048 Weaving Milk Bag Mats	Jun. 28	11 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary & Evelyn
222049 Baby Hats	Jun. 29	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete & Lori
222050 Chemo Caps	Jun. 29	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete & Lori
Creative Arts/Expressive Arts						
222051 Stained Glass Studio Int.	Jun. 30	11 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37	John K.
222052 Zentangle Beyond the Basics	Jul. 8	5 Weeks	Friday 1 - 3 pm	Zoom	\$50	Solange D.
222053 Zentangle Beyond the Basics	Aug. 12	4 Weeks	Friday 1 - 3 pm	Zoom	\$40	Solange D.
Production Volunteer						
222054 Knitting & Crocheting	Jun. 27	9 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
222055 Organizational Team	Jun. 28	5 Weeks	Tuesday 9:30 - 11:30 am	Crafts 236	Volunteer	Linda J.P.
222056 Organizational Team	Jun. 28	5 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Linda J.P.
222057 Knitting & Crocheting	Jun. 28	11 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Lorie D.
222058 Painting on Fabric	Jun. 29	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
222059 Mixed Media Card Making	Jun. 29	10 Weeks	Wednesday 9:45 - 11:30 am	Crafts 240	Volunteer	Mary S.
222060 5D Diamond Painting	Jun. 29	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Michel G.
222061 Cross Stitch & Canvas	Jun. 29	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
222062 Stained Glass Level 1	Jun. 30	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	Volunteer	John K.
222063 Knitting & Crocheting	Jun. 30	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Lorie D./Heather B.
222064 Knitting & Crocheting	Jun. 30	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Lorie D.
222065 Knitting & Crocheting	Jun. 30	11 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer	Valerie S.
222066 Cross Stitch & Canvas	Jun. 24	10 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

New & Returning Program Information:

5D Diamond Painting - Michel G.

Painting with Diamonds is an easy way to relax and free your mind. The Diamond projects consist of completing an image with multi-faceted, small synthetic crystals "Diamonds" to a coded adhesive canvas to create shimmering Diamond Art. The 5D stands for a special effect that the artwork conveys once finished, as it gives a very realistic effect.

Access to Gym - TGC Staff

Do you want to use the Elliptical, Treadmills, Exercise Bikes and other equipment in the Fitness Room? Let's do it! New equipment was purchased for our Fitness Centre. A staff member will be available to monitor the use of the equipment. Registration is required (3, 2 or 1 day a week). No drop-ins will be permitted.

Container Gardening - Volunteers

Gardening is great exercise & it's good fun to see the plants growing! Never gardened before? No problem...come and learn! Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity.

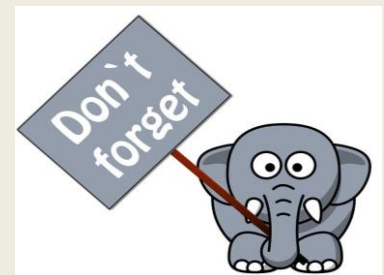
Posture & Balance - Guity Elikai

Poor posture leads to neck, breathing, indigestion, joint stiffness, fatigue, and neurological problems. Maintaining a good posture might be one of the best kept secrets for achieving longer, healthier and more enjoyable life. This gentle exercise class will work on your posture, balance and coordination.

Friendly Reminders:

Here are a few things to be mindful of as we increase our programs & services and welcome more members, clients and volunteers back to The Good Companions:

- Please remember to **wear your mask properly** (over the nose and under the chin) and have your proof of vaccination with you on each visit.
- Please wear your **membership badge** while at TGC. If you do not have a badge, please see reception.
- As a courtesy, please **call to cancel** any appointment you know you are unable to attend. Be aware of cancellation policies.
- The Good Companions has a strict **no-scent policy**. The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Please **do not** wear perfume, cologne, aftershave or any other fragrances.
- You must display a valid **parking permit** in your vehicle whenever you are parked at the centre. Members can purchase an annual pass for \$30 or a daily pass for \$2.50. Please see reception for more details.
- If you are travelling by **ParaTranspo**, we ask that you schedule your pick-up for no later than 3:00 pm, as TGC closes at 4:00 pm.
- The **cash register** at reception closes daily at 3:00 pm. Please ensure all purchases and payments are made before this time.
- Tickets for **special events** can be purchased at reception up until **2 days before** the event. After this time, tickets will not be available.



Thank you in advance for your continued support and cooperation!