



# 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](http://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.

Change

Full

Cancelled

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>						
Please note: <b>Personal Training</b> available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
<b>Fitness</b>						
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			<b>CANCELLED</b>			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			<b>CANCELLED</b>			Wendy Gagnon
222014 Fitness for Arthritis & Balance			<b>CANCELLED</b>			Rhona Einbinder-Miller
222015 Gentle Ex. Beyond The Chair			<b>CANCELLED</b>			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			<b>CANCELLED</b>			Wendy Gagnon
222021 Fitness for Arthritis & Balance			<b>CANCELLED</b>			Xiang Sun
222022 Strength, Core & Balance	Jun. 30	10 Weeks	Thursday 1 - 2 pm	Zoom	\$40	Hiromi McPhail
222023 Strength & Core Conditioning*	Jul. 8	8 Weeks	Friday 10 - 11 am	Zoom	\$32	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	8 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$44	Hiromi McPhail
*Part of the class is held on the floor						
<b>Recreational Dance</b>						
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
<b>Recreational Sports</b>						
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	Jul. 7	10 Weeks	Thursday 10 - 11am	Assembly Hall	\$20	No Instructor



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
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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 Physical Activity classes offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
222033 Learn to Speak Mandarin	Jul. 7	6 Weeks	Thursday 10 - 11:30 am	Activity 019	No Charge	Dr. Qian
<b>General Interest</b>						
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	\$20	Lionel Wagner
222036 Computer Workshop	Aug. 3	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
222037 Coffee Club	Jun. 30	10 Weeks	Thursday 10 - 11 am	Zoom	No charge	Ana Valença
222038 Coffee Club	Jul. 7	10 Weeks	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana Valença
222039 Introductory Computer	Jul. 7	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
<b>Games</b>						
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	
<b>Performing Arts</b>						
222046 Old Time Sing-Along		Continuous	Thursday 12:45 - 1:45 pm	Activity 024	No charge	
222047 Grey Jazz Big Band	Aug. 26	2 Weeks	Friday 9 am - 12 pm	Activity 024	No charge	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>						
* Please note that the <b>Stained Glass Studio</b> 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.						
<b>Charity Work</b>						
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
<b>Creative Arts/Expressive Arts</b>						
222051 Stained Glass Studio Int.			<b>CANCELLED</b>			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.
<b>Production Volunteer</b>						
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			<b>CANCELLED</b>			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			<b>CANCELLED</b>			John K.
222063 Knitting & Crocheting	Jul. 7	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Lorie D./Heather B.
222064 Knitting & Crocheting	Jul. 7	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!**