



Fall Program Guide 2022

Registration September 13, 14 & 15 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 on Tuesday, September 13 at 10 am.

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: 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
Physical Activity						
Fitness						
*Please Note: There may be some additional supply costs for classes marked with an asterisk						
223010 Zumba Gold	Sept. 19	10 Weeks	Monday 9:50 - 10:50 am	Zoom	\$55	Xiam Sun
223011 Fitness For Arthritis & Balance	Sept. 19	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$50	Rhona Einbinder-Miller
223012 Gentle Aerobics + Weights				CANCELLED		Wendy Gagnon
223013 Working With Weights				CANCELLED		Wendy Gagnon
223014 Fitness For Arthritis & Balance	Sept. 20	11 Weeks	Tuesday 10 - 11 am	Activity 028	\$60	Rhona Einbinder-Miller
223015 Beyond The Chair	Sept. 20	11 Weeks	Tuesday 11 am - 12 pm	Activity 028	\$60	Rhona Einbinder-Miller
223016 Posture & Balance	FULL	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
223017 Posture & Balance	FULL	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
223018 Zumba Gold	Sept. 21	12 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$66	Xiam Sun
223019 Zumba Gold	Sept. 21	12 Weeks	Wednesday 9:30 - 10:30 am	Zoom	\$66	Xiam Sun
223020 Tai Chi BACK!	Sept. 21	11 Weeks	Wednesday 1 - 2 pm	Activity 028	\$60	Yuko Suzuki
223021 Chair Hatha Yoga BACK!	Sept. 21	11 Weeks	Wednesday 2 - 3 pm	Activity 028	\$60	Yuko Suzuki
223022 Strength & Stretch	Sept. 21	10 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$55	Wendy Gagnon
223023 Working With Weights	Sept. 21	10 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$55	Wendy Gagnon
223024 Fitness For Arthritis & Balance	Sept. 22	12 Weeks	Thursday 1 - 2 pm	Zoom	\$66	Xiam Sun
223025 Strength, Core & Balance	Sept. 29	6 Weeks	Thursday 1 - 2 pm	Zoom	\$33	Hiromi McPhail
223026 Zumba Gold	Sept. 23	9 Weeks	Friday 9:45 - 10:45 am	Zoom	\$50	Xiam Sun
223027 Strength & Core Conditioning				CANCELLED		Hiromi McPhail
Personal Training/Fitness Room						
223028 Gym Orientation-Reg.Before Sept 13	Sept. 12	1 Day	Monday 1 - 2 pm	Activity 028	No Charge	Meg S. & Andrew G.
223029 Gym Orientation-Reg.Before Sept 13	Sept. 12	1 Day	Monday 2 - 3 pm	Activity 028	No Charge	Meg S. & Andrew G.
223030 Personal Training (group 1a)	FULL	3 Weeks	Thursday 9 - 9:45 am	Activity 028	No Charge	Andrew Gill
223031 Personal Training (group 1b)	FULL	3 Weeks	Thursday 10 - 10:45 am	Activity 028	No Charge	Andrew Gill
223032 Personal Training (group 1c)	FULL	3 Weeks	Thursday 11 - 11:45 am	Activity 028	No Charge	Andrew Gill
223033 Personal Training (group 2a)	FULL	3 Weeks	Thursday 9 - 9:45 am	Activity 028	No Charge	Andrew Gill
223034 Personal Training (group 2b)	FULL	3 Weeks	Thursday 10 - 10:45 am	Activity 028	No Charge	Andrew Gill
223035 Personal Training (group 2c)	FULL	3 Weeks	Thursday 11 - 11:45 am	Activity 028	No Charge	Andrew Gill
223036 Personal Training (group 3a)	FULL	3 Weeks	Thursday 9 - 9:45 am	Activity 028	No Charge	Andrew Gill
223037 Personal Training (group 3b)	FULL	3 Weeks	Thursday 10 - 10:45 am	Activity 028	No Charge	Andrew Gill
223038 Personal Training (group 3c)	FULL	3 Weeks	Thursday 11 - 11:45 am	Activity 028	No Charge	Andrew Gill
223039 Personal Training (group 4a)	FULL	3 Weeks	Thursday 9 - 9:45 am	Activity 028	No Charge	Andrew Gill
223040 Personal Training (group 4b)	Nov. 24	3 Weeks	Thursday 10 - 10:45 am	Activity 028	No Charge	Andrew Gill
223041 Personal Training (group 4c)	FULL	3 Weeks	Thursday 11 - 11:45 am	Activity 028	No Charge	Andrew Gill
223042 Access To Gym (3x/Week)	Sept. 19	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
223043 Access To Gym (Mon.)	Sept. 19	11 Weeks	Monday 1 - 3 pm	Activity 028	\$20	No Instructor
223044 Access To Gym (Wed.)	Sept. 21	12 Weeks	Wednesday 10 am - 12 pm	Activity 028	\$20	No Instructor
223045 Access To Gym (Fri.)	FULL	10 Weeks	Friday 10 am - 12 pm	Activity 028	\$20	No Instructor
Recreational Dance						
223046 Learn To Play Castanets (Beg./Int.)	Sept. 19	11 Weeks	Monday 10 - 11 am	Activity 028	\$60	Stella Carrillo
223047 Spanish Dance (Beg./Int.)	Sept. 19	11 Weeks	Monday 11 am - 12 pm	Activity 028	\$60	Stella Carrillo
223048 Belly Dance BACK!	Oct. 13	6 Weeks	Thursday 10 - 11 am	Assembly Hall	\$15	Catharine Crerar
Recreational Sports						
223049 Table Tennis	Sept. 20	11 Weeks	Tuesday 10:30 - 11:30 am	Assembly Hall 112	\$20	No Instructor
223050 Pickleball	Sept. 20	11 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$20	No Instructor
223051 Carpet Bowling	Sept. 22	9 Weeks	Thursday 11:30 am - 12:30 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. **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
Games						
223052 Contract Bridge	Sept. 12	13 Weeks	Monday 1 - 3 pm	Activity 019	\$1/week	Linda F.
223053 Scrabble	Sept. 14	14 Weeks	Wednesday 9:30 - 11:30 am	Activity 019	No Charge	
223054 Euchre	Sept. 14	14 Weeks	Wednesday 1 - 3 pm	Activity 019	\$1/week	
223055 Bingo	Sept. 15	14 Weeks	Thursday 1:45 - 2:45 pm	Dining Activity 141	\$0.50/card	
Performing Arts						
223056 Silver Swing Band	Sept. 12	14 Weeks	Monday 9 - 11:30 am	Activity 024	\$7	Gordon P.
223057 TGC Choir	Sept. 20	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Gloria Jean N.
223058 Sharps and Flats Band	Sept. 14	14 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$7	Jody G.
223059 Usual Fellows Jazz Band	Sept. 15	14 Weeks	Thursday 9 - 11:30 am	Activity 024	\$7	Alf W.
223060 Sing Along	Sept. 15	13 Weeks	Thursday 12:45 - 1:45 pm	Activity 024	No Charge	
223061 The Grey Jazz Big Band	Sept. 16	12 Weeks	Friday 9:30 am - 12 pm	Activity 024	\$7	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
223062 Spanish, Basic	Oct. 3	10 Weeks	Monday 9:30 - 10:30 am	Zoom	\$80	Maria Cuburu
223063 Spanish, Advanced (AM)	Oct. 3	10 Weeks	Monday 10:45 - 11:45 am	Zoom	\$80	Maria Cuburu
223064 Spanish, Intermediate	Oct. 3	10 Weeks	Monday 12 - 1 pm	Zoom	\$80	Maria Cuburu
223065 Spanish, Advanced (PM)	Oct. 3	10 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$80	Maria Cuburu
223066 New to Spanish **	Oct. 3	10 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$80	Maria Cuburu
(** must know verbs Ser & Estar (present))						
223067 Spanish Conversation Adv. +	Sept. 22	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$95	S. C-Salas
223068 Learn to Speak Mandarin	Sept. 22	12 Weeks	Thursday 10 - 11:30 am	Library 121	No charge	Dr. Qian
General Interest						
223069 Coffee Chat	Sept. 19	10 Weeks	Monday 12:30 - 1:30 pm	Dining Activity 141	No charge	Nikkie S.
223070 English Café	Sept. 20	12 Weeks	Tuesday 10 - 11 am	Activity 019	No charge	Winson L.
223071 The Guitar Workshop INT.	Sept. 20	12 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25	David Jones
223072 Computer Workshop	FULL	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
223073 Computer Workshop	Nov. 2	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
223074 Coffee Club	Sept. 22	11 Weeks	Thursday, 10 - 11 am	Dining Activity 141	No charge	Ana Valença
223075 Ukulele (Beg./Intermediate)	Sept. 22	12 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	\$25	David Jones
223076 Introductory Computer	FULL	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
223077 Introductory Computer	FULL	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
223078 55+ Mature Drive Refresher Course	Oct. 14	2 Weeks	Friday 9:30 am - 12 pm	Activity 019	\$25	David Jones
223079 Poetry for Beginners	Sept. 23	9 Weeks	Friday 2 - 3 pm	Activity 019	No charge	Jennifer O.
223080 Photography with Smart Phone	FULL	3 Weeks	Wednesday 2 - 3 pm	Activity 224	No charge	Ruixi Y.
223081 Container Garden		Continuos	Mon. - Fri., Flexible Hours	Outdoors	No Charge	Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
223082 Weaving Milk Bag Mats	Sept. 20	11 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M./Mary O.
223083 Knit/Crochet Heart Ornaments	Sept. 21	13 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J./Mary O.
Creative Arts/Expressive Arts						
223084 Woodworking Shop (Mon.)*	Sept. 19	13 Weeks	Monday 9:30 am - 3 pm	Woodshop	\$35	Pete W.
223085 Woodworking Shop (Tues.)*	Sept. 20	14 Weeks	Tuesday 9:30 am - 3 pm	Woodshop	\$35	Michel D.
223086 Woodworking Shop (Wed.)*	Sept. 21	14 Weeks	Wednesday 9:30 am - 3 pm	Woodshop	\$35	Andy M.
223087 Woodworking Shop (Thurs.)*	Sept. 22	14 Weeks	Thursday 9:30 am - 3 pm	Woodshop	\$35	
223088 Painting Studio*	Sept. 19	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$80	Patrick Cocklin
223089 Stained Glass Studio Int.	Sept. 22	10 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John K./Richard R.
223090 Stained Glass Studio Int.	Sept. 22	10 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37	John K./Richard R.
223091 Hand Piecing for Quilters	Sept. 23	11 Weeks	Friday 9:30 - 11:30 am	Crafts 236	\$12	Pete N.J.
223092 Advance Quilting	Sept. 23	9 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Susan B./Sharon W.
223093 Creative Craft (Drop-in)			CANCELLED			Lorie D.
223094 Zentangle - Beyond the Basics*	Sept. 23	5 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$50	Solange Dean
223095 Zentangle - Beyond the Basics*	Oct. 28	4 Weeks	Friday 12:30 - 2:30 pm	Zoom	\$40	Solange Dean
Production Volunteer						
223096 Knitting & Crocheting	Sept. 19	12 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
223097 Craft Studio Org. Team	Sept. 20	12 Weeks	Tuesday 9:30 - 11:30 am	Crafts 236	Volunteer	Linda J-P.
223098 Stained Glass (Level 1)	FULL	11 Weeks	Tuesday 12 - 3 pm	Crafts 236	Volunteer	Valerie P.
223099 Design & Dvlpmt Team	Oct. 25	1 Week	Tuesday 1:30 - 3 pm	Zoom	Volunteer	Linda J-P.
223100 Mixed Media Card Making	Sept. 21	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
223101 Painting on Fabric	FULL	10 Weeks	Wednesday 9:45 - 11:30 am	Crafts 240	Volunteer	Myungsook J.
223102 5D Diamond Painting	Sept. 21	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Michel G.
223103 Cross Stitch & Canvas	Sept. 21	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
223104 Knitting & Crocheting	Oct. 13	10 Weeks	Thursday 10 am - 12:30 pm	Crafts 240	Volunteer	Heather B.
223105 Knitting & Crocheting	Oct. 13	10 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
223106 Knitting & Crocheting	Sept. 22	13 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer	Valerie S.
223107 Cross Stitch & Canvas	Sept. 23	8 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

New Programs:

- English Café
- Poetry for Beginners
- Creative Craft Drop-In
- Knit & Crochet Heart Ornaments
- Photography (with Smart Phone)
- Personal Training

See poster for descriptions of new programs.

Special Promotion

Register for an onsite program and receive a complimentary lunch **OR** have a friend become a member or renew their membership and receive a complimentary TGC lunch for you both. **See poster for full details.**