



## Winter Program Guide 2023

Registration January 10, 11 & 12 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/program-registration](http://thegoodcompanions.ca/program-registration)  
This registration link will be active starting on Tuesday, January 10th.

**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 program. 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
<b>Physical Activity</b>	*See reverse side for details					
<b>Fitness</b>						
234010 Zumba Gold	Jan. 16	9 Weeks	Monday 9:30 - 10:30 am	Zoom	\$50	Xiam Sun
234011 Fitness For Arthritis & Balance	Jan. 16	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$44	Rhona Einbinder-Miller
234091 Gentle Aerobics	Jan. 23	8 Weeks	Monday 12:30 - 1:30 pm	Activity 028	\$44	Wendy Gagnon
234092 Working With Weights	Jan. 23	8 Weeks	Monday 1:30 - 2:30 pm	Activity 028	\$44	Wendy Gagnon
234012 Fitness For Arthritis & Balance	Jan. 17	8 Weeks	Tuesday 10 - 11 am	Activity 028	\$44	Rhona Einbinder-Miller
234013 Beyond The Chair	Jan. 17	8 Weeks	Tuesday 11 am - 12 pm	Activity 028	\$44	Rhona Einbinder-Miller
234014 Posture & Balance	Jan. 18	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
234015 Posture & Balance	Feb. 22	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
234016 Zumba Gold	Jan. 18	10 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$55	Xiam Sun
234017 Zumba Gold	Jan. 18	10 Weeks	Wednesday 9:30 - 10:30 am	Zoom	\$55	Xiam Sun
234018 Tai Chi*(see back for details)	Jan. 18	8 Weeks	Wednesday 1 - 2 pm	Streamed in Room 112	\$44	Yuko Suzuki
234019 Tai Chi	Jan. 18	8 Weeks	Wednesday 1 - 2 pm	Zoom	\$44	Yuko Suzuki
234020 Chair Hatha Yoga*see back for details	Jan. 18	8 Weeks	Wednesday 2 - 3 pm	Streamed in Room 112	\$44	Yuko Suzuki
234021 Chair Hatha Yoga	Jan. 18	8 Weeks	Wednesday 2 - 3 pm	Zoom	\$44	Yuko Suzuki
234022 Strength & Stretch	Jan. 25	8 Weeks	Wednesday 12:30 - 1:30 pm	Activity 028	\$44	Wendy Gagnon
234023 Working With Weights	Jan. 25	8 Weeks	Wednesday 1:30 - 2:30 pm	Activity 028	\$44	Wendy Gagnon
234024 Fitness For Arthritis & Balance	Jan. 19	10 Weeks	Thursday 1 - 2 pm	Zoom	\$55	Xiam Sun
234025 Strength, Core & Balance	Feb. 9	6 Weeks	Thursday 1 - 1:45 pm	Zoom	\$33	Hiromi McPhail
234026 Zumba Gold	Jan. 27	9 Weeks	Friday 9:30 - 10:30 am	Zoom	\$50	Xiam Sun
<b>Personal Training/Fitness Room</b>						
234027 Personal Training (group 1a)	Jan. 26	3 Weeks	Thursday 10 - 10:45 am	Activity 028	No Charge	Andrew Gill
234028 Personal Training (group 1b)	Jan. 26	3 Weeks	Thursday 11 - 11:45 am	Activity 028	No Charge	Andrew Gill
234029 Personal Training (group 2a)	Feb. 16			<b>CANCELLED</b>		
234030 Personal Training (group 2b)	Feb. 16			<b>CANCELLED</b>		
234031 Personal Training (group 3)	Mar. 9			<b>CANCELLED</b>		
234032 Access To Gym (3x/Week)	Jan. 16	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
234033 Access To Gym (Mon.)	Jan. 16	9 Weeks	Monday 10 am - 12 pm	Activity 028	\$20	No Instructor
234034 Access To Gym (Wed.)	Jan. 18	10 Weeks	Wednesday 10 am - 12 pm	Activity 028	\$20	No Instructor
234035 Access To Gym (Fri.)	Jan. 20	10 Weeks	Friday 10 am - 12 pm	Activity 028	\$20	No Instructor
<b>Recreational Dance</b>						
234036 Line Dance <b>BACK!</b>	Jan. 16	8 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$45	Rhona Einbinder-Miller
234037 Sharing Dance <b>BACK!</b>	Jan. 24	8 Weeks	Tuesday 1 - 2 pm	Streamed in Activity 028	\$15	Ana Valença
234038 Belly Dance	Feb. 2	8 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$15	Catharine Crerar
<b>Recreational Sports</b>						
234039 Table Tennis	Jan. 17	9 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$15	No Instructor
234040 Pickleball	Jan. 17	9 Weeks	Tuesday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
234041 Carpet Bowling	Jan. 17	9 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$15	No Instructor



UNIVERSITY OF OTTAWA  
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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 of the Physical Activity classes currently being offered at The Good Companions.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
234042 Bridge	Jan. 9	11 Weeks	Monday 1 - 3 pm	Activity 019	\$1/week	Linda F.
234043 Scrabble	Jan. 11	9 Weeks	Wednesday 10 - 11:30 am	Activity 019	No charge	
234044 Euchre	Jan. 11	9 Weeks	Wednesday 1 - 3 pm	Activity 019	\$1/week	
<b>Performing Arts</b>						
234045 Silver Swing Band	Jan. 9	11 Weeks	Monday 9 - 11:30 am	Activity 024	\$10	Gord P.
234046 TGC Choir	Jan. 17	10 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Gloria Jean N.
234047 Sharps and Flats Band	Jan. 11	12 Weeks	Wednesday 9 - 11:30 am	Activity 024	\$10	Jody G.
234048 Usual Fellows Jazz Band	Jan. 12	12 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
234049 The Grey Jazz Big Band	Jan. 13	12 Weeks	Friday 9 - 11:30 am	Activity 024	\$10	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
234050	Spanish, Basic	Jan. 16	7 Weeks	Monday 9:30 - 10:30 am	Zoom	\$60 Maria C.
234051	Spanish, Advanced (AM)	Jan. 16	7 Weeks	Monday 10:45 - 11:45 am	Zoom	\$60 Maria C.
234052	Spanish, Intermediate	Jan. 16	7 Weeks	Monday 12 - 1 pm	Zoom	\$60 Maria C.
234053	Spanish, Advanced (PM)	Jan. 16	7 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$60 Maria C.
234054	New to Spanish ** (** must know verbs Ser & Estar [present])	Jan. 16	7 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$60 Maria C.
234055	English Café	Jan. 17	9 Weeks	Tuesday 10 - 11 am	Activity 019	No charge Winson L.
234056	Spanish Conversation <b>Adv. +</b>	Jan. 19	10 Weeks	Thursday 9:30 - 11:30 am	Zoom	\$95 Sandra C.-S.
<b>General Interest</b>						
234057	Coffee Chat	Jan. 10	10 Weeks	Monday 10:30 - 11:30 am	Zoom	No charge Nikkie S.
234058	Coffee Chat	Jan. 10	10 Weeks	Monday 10:30 - 11:30 am	Dining Activity 141	No charge Nikkie S.
234059	Guitar Workshop (Intermediate)	Jan. 17	10 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25 David J.
234060	Computer Workshop	Jan. 18	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
234061	Computer Workshop	Mar. 1	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
234062	Coffee Club	Jan. 19	11 Weeks	Thursday 10 - 11 am	Dining Activity 141	No charge Ana Valença
234063	Lunchtime Gameshow	Jan. 19	11 Weeks	Thursday 11:30 am - 12:30 pm	Dining Activity 141	No charge Dahlia K.
234064	Introductory Computer	Jan. 19	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
234065	Introductory Computer	Feb. 23	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
234066	Ukulele (Intermediate)	Jan. 19	11 Weeks	Thursday 1 - 2 pm	Activity 024	\$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>						
234067	Weaving Milk Bag Mats	Jan. 17	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer Mary O.
234068	Covered Hang Ups NEW	Jan. 18	11 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N.J.
234069	Sensory Touch Quilts	Jan. 20	11 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
234070	Painting Studio*	Jan. 16	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$80 Patrick Cocklin
234071	Woodworking Shop (Mon.)*	Jan. 16	10 Weeks	Monday 9:30 am - 3 pm	Woodshop	\$32 Pete W.
234072	Woodworking Shop (Wed.)*	Jan. 18	11 Weeks	Wednesday 9:30 am - 3 pm	Woodshop	\$32 Andy M.
234073	Stained Glass Studio Int.*	Jan. 19	11 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37 Bob B./Daniel H.
234074	Advanced Quilting*	Jan. 20	11 Weeks	Friday 10:30 - 2:30 pm	Crafts 240	\$20 Susan B./Sharon W.
234075	The Art of Zentangle*	Jan. 20	5 Weeks	Friday 1 - 3 pm	Zoom	\$50 Solange D.
234076	Zentangle - Beyond the Basics*	Feb. 24	4 Weeks	Friday 1 - 3 pm	Zoom	\$40 Solange D.
<b>Production Volunteer</b>						
234077	Knitting & Crocheting	Jan. 16	11 Weeks	Monday 1 - 3 pm	Zoom	Volunteer Valerie S.
234078	Craft Support Team	Jan. 17	10 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer Linda J.P
234079	Craft Support Marketing Team	Mar. 7	1 Week	Tuesday 1:30 - 3 pm	Zoom	Volunteer Linda J.P
234080	Mixed Media Card Making	Jan. 18	11 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Mary S.
234081	Doodle Yourself Happy	Jan. 18	6 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer Bonita G.
234082	Teddy Bears	Jan. 18	11 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Margo C.
234083	5D Diamond Painting	Jan. 18	11 Weeks	Wednesday 10 am - 12 pm	Room 224	Volunteer Pete N.J.
234084	Painting on Fabric	Jan. 18	11 Weeks	Wednesday 12 - 2 pm	Crafts 240	Volunteer Myungsook J.
234085	Cross Stitch & Canvas	Jan. 18	11 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer Sylvia G.
234086	Stained Glass Studio (Level 1)	Jan. 19	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	Volunteer Daniel H.
234087	Knitting & Crocheting	Jan. 19	11 Weeks	Thursday 10 am - 12:30 pm	Crafts 240	Volunteer Heather B.
234088	Knitting & Crocheting	Jan. 19	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer Heather B.
234089	Knitting & Crocheting	Jan. 19	11 Weeks	Thursday 1 - 3 pm	Zoom	Volunteer Valerie S.
234090	Cross Stitch & Canvas	Jan. 20	11 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer Michel G.

### **New Programs:**

**Belly Dance (Middle Eastern 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.

**"Covered" Hang Ups:** Knit or Crochet lovely clothes hangers to keep your clothes "hanging up" - from slipping off. This project will be donated to a women's charity.

**Craft Support Team:** This group comes together to help support, maintain and develop the Craft Studio. Group members can choose to work on the Craft Support team or the Craft Support Marketing team. The Craft Support team focuses on the on-site activities like craft displays, retailing, quality circle and organizing crafts. The Craft Support Marketing team focuses on the off-site activities like research, branding, design of crafts, product development and online sales.

**Doodle Yourself Happy:** Doodle yourself happy while creating fun, easy and relaxing art. Come and design your own greeting cards using a meditative method. Amaze yourself with the beautiful results. No experience necessary.

**Lunchtime Gameshow:** Every week there will be a different game where individuals can compete to be the lunchtime gameshow champion. These games will be simple and easy to learn in just a few minutes. A few examples include: "Down by the Bay", charades, family portrait, Headbands, birthday lineup and Jeopardy...just to name a few.

**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! The class will be streamed to people in the Fitness Room (028).



**Tai Chi and Chair Hatha Yoga\*:** Please note, the instructor will be at home and the class be will streamed to people in the Assembly Hall (Room 112), with the big TV. You can attend either from home, via Zoom, or come to the centre.