


Spring Program Guide 2023



Registration April 4, 5, & 6 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, April 4th.

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 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						
231010 Zumba Gold	Apr. 17	7 Weeks	Monday 9:50 - 10:50 am	Zoom	\$39	Xiang Sun
231011 Fitness For Arthritis & Balance	Apr. 17	7 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$39	Rhona Einbinder-Miller
231012 Gentle Aerobics + Weights	Apr. 17	8 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$45	Wendy Gagnon
231013 Working With Weights	Apr. 17	8 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$45	Wendy Gagnon
231014 Fitness For Arthritis & Balance	Apr. 18	8 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$45	Rhona Einbinder-Miller
231015 Gentle Ex. Beyond The Chair	Apr. 18	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$45	Rhona Einbinder-Miller
231016 Cardio, Strength and Core NEW!	Apr. 11	10 Weeks	Tuesday 12 - 1 pm	Fitness Room 028	\$55	Anna Ferdinand
231017 Chair Yoga NEW!	Apr. 11	10 Weeks	Tuesday 1 - 2 pm	Fitness Room 028	\$55	Anna Ferdinand
231018 Zumba Gold	Apr. 12	9 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$50	Xiang Sun
231019 Posture & Balance	Apr. 12	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
231020 Posture & Balance	May. 17	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
231021 Tai Chi Chuan (Yang Style)	Apr. 12	9 Weeks	Wednesday 1 - 2 pm	Zoom	\$50	Yuko Suzuki
231022 Chair Hatha Yoga	Apr. 12	9 Weeks	Wednesday 2 - 3 pm	Zoom	\$50	Yuko Suzuki
231023 Strength & Stretch	Apr. 19	8 Weeks	Wednesday 12:30 - 1:30 pm	Fitness Room 028	\$45	Wendy Gagnon
231024 Working With Weights	Apr. 19	8 Weeks	Wednesday 1:30 - 2:30 pm	Fitness Room 028	\$45	Wendy Gagnon
231025 Core Stability NEW!	Apr. 13	10 Weeks	Thursday 11 am - 12 pm	Fitness Room 028	\$55	Anna Ferdinand
231026 Dance Cardio NEW!	Apr. 13	10 Weeks	Thursday 12 - 1 pm	Fitness Room 028	\$55	Anna Ferdinand
231027 Fitness For Arthritis & Balance	Apr. 13	9 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$50	Xiang Sun
231028 Strength, Core & Balance 	Apr. 13	6 Weeks	Thursday 1 - 1:45 pm	Zoom	\$35	Hiromi McPhail
231029 Zumba Gold	Apr. 14	8 Weeks	Friday 9:30 - 10:30 am	Zoom	\$45	Xiang Sun
231030 Gentle Aerobics+Weights NEW	Apr. 21	7 Weeks	Friday 12:30 - 1:30 pm	Fitness Room 028	\$39	Wendy Gagnon
231031 Working with Weights NEW	Apr. 21	7 Weeks	Friday 1:30 - 2:30 pm	Fitness Room 028	\$39	Wendy Gagnon
Personal Training/Fitness Room						
231032 Personal Training (group 1)	Apr. 13	4 Weeks	Thursday 10 - 11 am	Activity 028	\$100	Andrew Gill
231033 Personal Training (group 2)	May 11	4 Weeks	Thursday 10 - 11 am	Activity 028	\$100	Andrew Gill
231034 Access To Gym (3x/Week)	Apr. 12	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
231035 Access To Gym (Mon.)	Apr. 17	8 Weeks	Monday 12 - 2 pm	Activity 028	\$20	No Instructor
231036 Access To Gym (Wed.)	Apr. 12	10 Weeks	Wednesday 10 am - 12 pm	Activity 028	\$20	No Instructor
231037 Access To Gym (Fri.)	Apr. 14	9 Weeks	Friday 10 am - 12 pm	Activity 028	\$20	No Instructor
Recreational Dance						
231038 Learn To Play Castanets (Beg./Int)	Apr. 17	8 Weeks	Monday 10 - 11 am	Fitness Room 028	\$45	Stella Carrillo
231039 Spanish Dance (Int/Adv.)	Apr. 17	8 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$45	Stella Carrillo
234040 Line Dance	Apr. 17	7 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$39	Rhona Einbinder-Miller
231041 Belly Dance	Apr. 13	5 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$15	Catharine Crerar
Recreational Sport						
231042 Table Tennis	Apr. 11	9 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$15	No Instructor
231043 Pickleball	Apr. 11	9 Weeks	Tuesday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
231044 Carpet Bowling	Apr. 11	9 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$15	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						
231045 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 019	\$1/week	L. Fletcher
231046 Scrabble		Continuous	Wednesday 10 - 11:30 am	Activity 019	No charge	
231047 Euchre		Continuous	Wednesday 1 - 3 pm	Activity 019	\$1/week	
231048 Bingo		Continuous	Thursday 1:45 - 2:45 pm	Dining Activity 141	3cards/\$1.50	
Performing Arts						
231049 Silver Swing Band	Apr. 17	9 Weeks	Monday 9:30 am - 12 pm	Activity 024	\$10	G. Price
231050 Choir	Apr. 11	7 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Gloria Jean N.
231051 Sharps and Flats Band	Apr. 12	11 Weeks	Wednesday 9 am - 12 pm	Activity 024	\$10	J. Gomber
231052 Usual Fellows Jazz Band	Apr. 13	11 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	A. Warnock
231053 Grey Jazz Big Band	Apr. 14	9 Weeks	Friday 9 am - 12 pm	Activity 024	\$10	B. Boggs

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
231054 Spanish, Basic	Apr. 17	8 Weeks	Monday 9:30 - 10:30 am	Zoom	\$70	Maria Cuburu
231055 Spanish, Advanced (AM)	Apr. 17	8 Weeks	Monday 10:45 - 11:45 am	Zoom	\$70	Maria Cuburu
231056 Spanish, Intermediate	Apr. 17	8 Weeks	Monday 12 - 1 pm	Zoom	\$70	Maria Cuburu
231057 Spanish, Advanced (PM)	Apr. 17	8 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$70	Maria Cuburu
231058 New to Spanish**	Apr. 17	8 Weeks	Monday 2:45 - 3:45 pm	Zoom	\$70	Maria Cuburu
** must know verbs Ser & Estar (present)						
231059 Learn to Speak Mandarin	Apr. 13	8 Weeks	Thursday 10 - 11:30 am	Activity 019	No charge	Dr. Qian
231060 Spanish Conversation Adv.+	Apr. 13	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$95	S. Cruz Salas
General Interest						
231061 Coffee Chat	Apr. 17	9 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
231062 Coffee Chat	Apr. 17	9 Weeks	Monday 12:30 - 1:30 pm	Zoom	No charge	Nikkie S.
231063 Guitar Workshop (INT.)	Apr. 11	10 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25	D. Jones
231064 Computers Workshop	Apr. 12	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
231065 Computers Workshop	May. 17	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel Wagner
231066 Coffee Club	Apr. 13	10 Weeks	Thursday 10 - 11 am	Dining Room	No charge	Ana Valença
231067 Introductory Computer	Apr. 13	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
231068 Introductory Computer	May. 18	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim Ghaltaee
231069 Ukulele (Intermediate)	Apr. 13	10 Weeks	Thursday 1 - 2 pm	Activity 024	\$25	D. Jones
231070 55+ Mature Driver Refresher	Apr. 21	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25	D. Jones
231071 Container Garden	TBA	Continuos	Mon. - Fri. (Flexible hours)	Outside	No charge	Ana V. & Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio						
*Please Note: There may be some additional supply costs for classes marked with an asterisk						
Charity Work						
231072 Weaving Milk Bag Mats	Apr. 11	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary O'B/ Evelyn M.
231073 Christmas Trees (S4S)	Apr. 12	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
Creative/Expressive Arts						
231074 Painting Stuido*	Apr. 17	9 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$80	Patrick C.
231075 Woodworking Shop (Mon.)*	Apr. 17	9 Weeks	Monday 9:30 am - 3 pm	Woodshop	\$32	Pete W.
231076 Woodworking Shop (Wed.)*	Apr. 12	10 Weeks	Wednesday 9:30 am - 3 pm	Woodshop	\$32	Andy M.
231077 Stained Glass Int. * AM	Apr. 13	10 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John / Richard / Bob
231078 Stained Glass Int.* PM	Apr. 13	10 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37	John / Richard / Bob
231079 Quilted Oven Mitts *	Apr. 14	9 Weeks	Friday 10 am - 12 pm	Crafts 236	\$12	Pete N.J.
231080 Advanced Quilting *	Apr. 21	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Sharon W./Susan B.
231081 Zentangle Beyond the Basics*	Apr. 14	5 Weeks	Friday 1 - 3 pm	Activity 019	\$50	Solange D.
231082 Zentangle Beyond the Basics*	May. 26	4 Weeks	Friday 1 - 3 pm	Activity 019	\$40	Solange D.
Production Volunteer						
231083 Knitting/Crocheting (Mon.)	Apr. 17	9 Weeks	Monday 1 - 3 pm	Zoom	Volunteer	Valerie S.
231084 Doodle Yourself Happy	Apr. 17	8 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Bonita G.
231085 Stained Glass (Level 1)	Apr. 11	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H.
231086 Knitting & Crocheting	Apr. 11	10 Weeks	Tuesday 10:30 am - 12:30 pm	Crafts 240	Volunteer	Valerie S./Ruth T.L
231087 Craft Support Team	Apr. 11	10 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
231088 Teddy Bear	Apr. 12	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
231089 Mixed Media Card Making	Apr. 12	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
231090 Painting with Wool	Apr. 12	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Valerie Y
231091 Cross Stitch & Canvas	Apr. 12	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
231092 Knitting & Crocheting AM	Apr. 13	10 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
231093 Knitting & Crocheting PM	Apr. 13	10 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
231094 Cross Stitch & Canvas	Apr. 14	9 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

It's time to renew your TGC membership for 2023.

Early Bird Membership Renewal can be done at Front Reception during the month of March.
The cost is \$35.50.

Your membership is valid from April 1, 2023 to March 31, 2024.



New Programs:

Cardio, Strength and Core Join us for a well-rounded fitness class that will work our full bodies, promoting muscular and bone strength, better posture and a lot of fun. What's not to love?

Chair Yoga For those new-to-yoga or full on lifetime yogis, this gentle flow using a chair for support will offer modifications for all levels. Together we will explore different styles and principles of the yoga tradition. Namaste!

Core Stability Strengthening and stabilizing the muscles of the torso will not only help us to achieve better posture and overall strength, but also help in fall prevention. All that and no crunches!

Knit & Crochet Christmas Trees This spring for our Charity project, we will be crocheting or knitting small ornament size Christmas trees for the Santa 4 Seniors program. Help to bring some comfort and holiday cheer to some of our isolated seniors during the holiday season.

Painting with Wool Have fun exploring needle felting while creating a beautiful painting. We will do the painting in two steps. First, we will use colour markers or paint on fabric or felt. Then we will finish the painting with multi-colour wool roving, using needle felting method.

Personal Training (Paid): Take advantage of low rate personal training that you won't find anywhere in Ottawa. Pay only \$100 for a 4-week session. This is \$25 per class! Then you can use what you've learned to workout on your own at home or in our gym.