

## Summer Program Guide 2023

Registration June 20, 21 & 22 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 20th.

**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
<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>						
<b>Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
232010 Zumba Gold	Jun. 26	7 Weeks	Monday 9:30 - 10:30 am	Zoom	\$39	Xian Sun
232011 Fitness for Arthritis & Balance	Jun. 26	7 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$39	Anna Ferdinand
232012 Gentle Exercise Beyond The Chair	Jun. 26	7 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$39	Anna Ferdinand
232013 Gentle Aerobics + Weights	Jul. 10	6 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$33	Wendy Gagnon
232014 Working With Weights	Jul. 10	6 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$33	Wendy Gagnon
232015 Cardio, Strength and Core	Jun. 27	9 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$50	Anna Ferdinand
232016 Chair Yoga	Jun. 27	9 Weeks	Tuesday 12 - 1 pm	Fitness Room 028	\$50	Anna Ferdinand
232017 Zumba Gold	Jun. 28	9 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$50	Xiang Sun
232018 Posture & Balance	Jun. 28	5 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity Elikai
232019 Posture & Balance	Aug. 2	5 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity Elikai
232020 Strength & Stretch	Jul. 12	6 Weeks	Wednesday 12:30 - 1:30 pm	Fitness Room 028	\$33	Wendy Gagnon
232021 Working with Weights	Jul. 12	6 Weeks	Wednesday 1:30 - 2:30 pm	Fitness Room 028	\$33	Wendy Gagnon
232022 Dance Cardio	Jun. 29	9 Weeks	Thursday 11 am - 12 pm	Fitness Room 028	\$50	Anna Ferdinand
232023 Core Stability	Jun. 29	9 Weeks	Thursday 12 - 1 pm	Fitness Room 028	\$50	Anna Ferdinand
232024 Fitness for Arthritis & Balance	Jun. 29	9 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$50	Xiang Sun
232025 Zumba Gold	Jun. 30	9 Weeks	Friday 9:30 - 10:30 am	Zoom	\$50	Xiang Sun
<b>Fitness Room</b>						
232026 Access to Gym (3x/Week)	Jun. 26	Vary	Mon., Wed. & Fri.	Fitness Room 028	\$50	No Instructor
232027 Access to Gym (Monday)	Jun. 26	7 Weeks	Monday 12 - 2 pm	Fitness Room 028	\$20	No Instructor
232028 Access to Gym (Wednesday)	Jun. 28	9 Weeks	Wednesday 10 am - 12 pm	Fitness Room 028	\$20	No Instructor
232029 Access to Gym (Friday)	Jun. 30	9 Weeks	Friday 10 am - 12pm	Fitness Room 028	\$20	No Instructor
<b>Recreational Dance</b>						
232030 Learn Castanets (Beg/Int)	Jun. 26	7 Weeks	Monday 10 - 11 am	Fitness Room 028	\$39	Stella Carrillo
232031 Spanish Dance (Beg/Int)	Jun. 26	7 Weeks	Monday 11 am - 12 pm	Fitness Room 028	\$39	Stella Carrillo
232032 Sharing Dance	Jul. 13	8 Weeks	Thursday 10 - 11 am	Streamed in Assembly Ha	\$10	Ana Valença
<b>Recreational Sports</b>						
232033 Table Tennis (Ping Pong)	Jun. 27	9 Weeks	Tuesday 10 - 11 am	Assembly Hall	\$15	No Instructor
232034 Pickleball	Jun. 27	9 Weeks	Tuesday 11:30 am - 12:30 pm	Assembly Hall	\$15	No Instructor
232035 Carpet Bowling	Jun. 27	9 Weeks	Tuesday 1 - 2 pm	Assembly Hall	\$15	No Instructor
232036 Pickleball	Jun. 29	9 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>General Interest</b>						
232037 Coffee Chat	Jun. 26	9 Weeks	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Nikkie S.
232038 Computer Workshop	Jun. 28	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
232039 Computer Workshop	Aug. 2	4 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
232040 Coffee Club		Continuos	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
232041 Introductory Computer	Jun. 29	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
232042 Introductory Computer	Aug. 3	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
232043 Container Garden		Continuous	Mon - Fri -Flexible hours	Outdoors	No charge	Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
232044 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 019	\$1/week	
232045 Euchre		Continuous	Wednesday 1 - 3 pm	Activity 019	\$1/week	
232046 Scrabble		Continuous	Wednesday 9:30 - 11:30 am	Activity 019	No charge	
232047 Bingo		Continuous	Thursday 1:45 - 2:45 pm	Dining Activity 141	3cards/\$1.50	
<b>Performing Arts</b>						
232048 Sharps and Flats Band			Cancelled			Jody G.
232049 Usual Fellows Jazz Band	Jun. 29	10 Weeks	Thursday 12:45 - 1:45 pm	Activity 024	\$10	Alf W.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>						
<b>Charity Work</b>						
232050 Weaving Milk Bag Mats	Jun. 27	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Mary & Evelyn
232051 Christmas Trees (S4S)	Jun. 28	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
232052 Stained Glass Studio Int.	Jun. 29	10 Weeks	Thursday 9 am - 3 pm	Crafts 236	\$37	John K./Bob B./Richard R.
232053 Zentangle Beyond the Basics	Jul. 7	4 Weeks	Friday 1 - 3 pm	Activity 019	\$40	Solange D.
232054 Zentangle Beyond the Basics	Aug. 4	4 Weeks	Friday 1 - 3 pm	Activity 019	\$40	Solange D.
<b>Production Volunteer</b>						
232055 Knitting & Crocheting	Jun. 26	8 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S./Ruth T-L
232056 Doodle Yourself Happy	Jun. 26	8 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Bonita G.
232057 Stained Glass (Level 1)	Jun. 27	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H.
232058 Craft Support Team	Jun. 27	10 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
232059 Mixed Media Card Making	Jun. 28	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
232060 Painting with Wool	Jun. 28	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Myungsook J./Valerie Y.
232061 Cross Stitch & Canvas	Jun. 28	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
232062 Knitting & Crocheting	Jun. 29	10 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
232063 Knitting & Crocheting	Jun. 29	10 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
232064 Cross Stitch & Canvas	Jul. 7	9 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Michel G.

### New & Returning Program Information:

#### 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.

**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 life-time 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!

**Christmas Trees (S4S)** - For our charity project we will be knitting or crocheting 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.

**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!

**Dance Cardio** - Time to Dance! Join us for a class like no other, exploring different styles of dance and music. Not only is dancing great for our physical health, it is excellent for the soul. Don't be afraid of the word cardio. You can do it!

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

### Summer Day Trips (Please note that non-members pay \$15 extra per person, per trip)

- Thursday, July 20 Morrisburg, ON (\$115)
- Wednesday, August 16 Perth & Wesport, ON (\$76)



Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe motorcoach and all trips depart from and return to The Good Companions. Tickets can be purchased at Front Reception.

### Friendly Reminders:

Here are a few things to be mindful of when participating in programs & services at The Good Companions:

- 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!**