



## Fall Program Guide 2023

Registration September 12, 13 & 14 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](https://thegoodcompanions.ca/programs-services/program-registration).  
This registration link will be active starting on Tuesday, September 12 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.

### CLASS IS FULL

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>						
<b>Fitness</b>						
*Please Note: There may be some additional supply costs for classes marked with an asterisk						
233010 Zumba Gold						<b>CANCELLED</b>
233011 Fitness For Arthritis & Balance	Sept. 18	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$50	Rhona Einbinder-Miller
233012 Gentle Gym With Guity <b>NEW!</b>	Sept. 25	6 Weeks	Monday 1 - 2 pm	Activity 028	\$10	Guity Elikai
233013 Gentle Aerobics + Weights	Sept. 18	9 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$50	Wendy Gagnon
233014 Working With Weights	Sept. 18	9 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$50	Wendy Gagnon
233015 Fitness For Arthritis & Balance	Sept. 19	11 Weeks	Tuesday 10 - 11 am	Activity 028	\$60	Rhona Einbinder-Miller
233016 Beyond The Chair						<b>CANCELLED</b>
233017 Cardio, Strength & Core	Sept. 19	11 Weeks	Tuesday 12 - 1 pm	Activity 028	\$60	Anna Ferdinand
233018 Chair Yoga	Sept. 19	11 Weeks	Tuesday 1 - 2 pm	Activity 028	\$60	Anna Ferdinand
233019 Posture & Balance (Group 1)	Sept. 20	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
233020 Posture & Balance (Group 2)	Oct. 25	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
233021 Zumba Gold	Sept. 20	10 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$55	Xiam Sun
233022 Tai Chi <b>BACK!</b>	Sept. 20	10 Weeks	Wednesday 12:30 - 1:30 pm	Activity 028	\$55	Yuko Suzuki
233023 Strength & Stretch + Weights	Sept. 20	10 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$55	Wendy Gagnon
233024 Chair Hatha Yoga <b>BACK!</b>	Sept. 20	10 Weeks	Wednesday 1:30 - 2:30 pm	Activity 028	\$55	Yuko Suzuki
233025 Working With Weights	Sept. 20	10 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$55	Wendy Gagnon
233026 Dance Cardio	Sept. 21	12 Weeks	Thursday 10:45 - 11:45 am	Assembly Hall 112	\$66	Anna Ferdinand
233027 Core Stability	Sept. 21	12 Weeks	Thursday 11:45 am - 12:45 pm	Assembly Hall 112	\$66	Anna Ferdinand
233028 Fitness For Arthritis & Balance	Sept. 21	11 Weeks	Thursday 1 - 2 pm	Activity 028	\$60	Xiam Sun
233029 Zumba Gold						<b>CANCELLED</b>
233030 Gentle Aerobics + Weights	Sept. 22	7 Weeks	Friday 12:30 - 1:30 pm	Activity 028	\$45	Wendy Gagnon
233031 Working With Weights	Sept. 22	7 Weeks	Friday 1:30 - 2:30 pm	Activity 028	\$40	Wendy Gagnon
<b>Personal Training/Fitness Room</b>						
233032 Access To Gym (3x/Week)	Sept. 18	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
233033 Access To Gym (Mon.)	Sept. 18	10 Weeks	Monday 1 - 3 pm	Activity 028	\$20	No Instructor
233034 Access To Gym (Wed.)	Sept. 20	11 Weeks	Wednesday 10 am - 12 pm	Activity 028	\$20	No Instructor
233035 Access To Gym (Fri.)	Sept. 22	11 Weeks	Friday 10 am - 12 pm	Activity 028	\$20	No Instructor
<b>Recreational Dance</b>						
233036 Line Dance	Sept. 18	9 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$50	Rhona Einbinder-Miller
233037 Learn To Play Castanets (Beg.)	Sept. 18	9 Weeks	Monday 10 - 11 am	Activity 028	\$50	Stella Carrillo
233038 Spanish Dance (Beg.) <b>BACK!</b>	Sept. 18	9 Weeks	Monday 11 am - 12 pm	Activity 028	\$50	Stella Carrillo
233039 Belly Dance <b>BACK!</b>	Oct. 19	7 Weeks	Thursday 10 - 11 am	Activity 028	\$10	Catharine Crerar
233040 Sharing Dance						<b>CANCELLED</b>
<b>Recreational Sports</b>						
233041 Table Tennis (Ping-Pong)	Sept. 26	10 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$15	No Instructor
233042 Pickleball	Sept. 26	10 Weeks	Tuesday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
233043 Pickleball	Sept. 22	9 Weeks	Friday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
233044 Contract Bridge			Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
233045 Euchre			Wednesday 1 - 3 pm	Activity 019	\$1/week	
233046 Scrabble			Thursday 1 - 3 pm	Activity 019	No Charge	
233047 Bingo			Thursday 1:45 - 2:45 pm	Dining Activity 141	\$0.50/card	

Program	Duration	Day & Time	Location	Cost	Instructor
<b>Performing Arts</b>					
233048 Silver Swing Band	Sept. 11	13 Weeks	Monday 9 - 11:30 am	Activity 024	\$10 Gordon P.
233049 TGC Choir	Sept. 19	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7 Gloria Jean N.
233050 Sharps and Flats Band	Sept. 13	14 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$10 Jody G.
233051 Usual Fellows Jazz Band	Sept. 7	15 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10 Alf W.
233052 The Grey Jazz Big Band	Sept. 1	14 Weeks	Friday 9 am - 12 pm	Activity 024	\$10 Brian B.

Program	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>					
<b>Language</b>					
233053 Spanish, Basic	Sept. 18	10 Weeks	Monday 9:30 - 10:30 am	Zoom	\$88 Maria Cuburu
233054 Spanish, Advanced (AM)	Sept. 18	10 Weeks	Monday 10:45 - 11:45 am	Zoom	\$88 Maria Cuburu
233055 Spanish, Intermediate	Sept. 18	10 Weeks	Monday 12 - 1 pm	Zoom	\$88 Maria Cuburu
233056 Spanish, Advanced (PM)	Sept. 18	10 Weeks	Monday 1:30 - 2:30 pm	Zoom	\$88 Maria Cuburu
233057 New to Spanish **	<b>CANCELLED</b>				
(** must know verbs Ser & Estar (present))					
233058 Spanish Conversation Adv. +	Sept. 21	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$95 S. C-Salas
<b>General Interest</b>					
233059 Coffee Chat	Sept. 11	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge Nikkie S.
233060 The Guitar Workshop INT.	Sept. 19	11 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25 David Jones
233061 Computer Workshop	Sept. 20	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
233062 Computer Workshop	Nov. 1	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
233063 Coffee Club	Sept. 12	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge Ana Valença
233064 Ukulele (Beg./Intermediate)	Sept. 21	11 Weeks	Thursday 1 - 2 pm	Activity 024	\$25 David Jones
233065 Introductory Computer	Sept. 21	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
233066 Introductory Computer	Oct. 26	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
233067 55+ Mature Drive Refresher Course	Oct. 20	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25 David Jones
233068 Container Garden	Sept. 20	Continuous	Mon. - Fri., Flexible Hours	Outdoors	No Charge Lynn Koroniak

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b> (* There may be some additional supply costs)						
<b>Charity Work</b>						
233069 Weaving Milk Bag Mats	Sept. 19	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M./Mary O.
233070 Slippers (S4S)	Sept. 20	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
233071 Painting Studio*	Sept. 18	7 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$80	Patrick Cocklin
233072 Improv	Oct. 31	5 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	\$5	Bonita G.
233073 Stained Glass Studio Int.	Sept. 21	10 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John/Richard/Bob
233074 Stained Glass Studio Int.	Sept. 21	10 Weeks	Thursday 12 - 3 pm	Crafts 236	\$37	John/Richard/Bob
233075 Advance Quilting	Sept. 22	9 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$20	Susan B./Sharon W.
233076 The Art of Zentangle (Intro.)*	Sept. 22	4 Weeks	Friday 1 - 3 pm	Activity 019	\$40	Solange Dean
233077 Zentangle - Beyond the Basics*	Oct. 27	5 Weeks	Friday 1 - 3 pm	Activity 019	\$50	Solange Dean
<b>Production Volunteer</b>						
233078 Doodle Yourself Happy	Sept. 18	9 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Bonita G./Mary O.
233079 Knitting & Crocheting	Sept. 18	11 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
233080 Stained Glass (Level 1)	Sept. 19	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H.
233081 Craft Support Team	Sept. 19	12 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J-P.
233082 Mixed Media Card Making	Sept. 20	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
233083 Painting with Wool	Sept. 20	10 Weeks	Wednesday 9:30 - 11:30 am	Activity 224	Volunteer	Myungsook J.
233084 Teddy Bear	Sept. 20	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
233085 Cross Stitch & Canvas	Sept. 20	10 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer	Sylvia G.
233086 Knitting & Crocheting	Sept. 21	13 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
233087 Knitting & Crocheting	Sept. 21	13 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
233088 Hand Quilting	Sept. 22	9 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N.J.
233089 Cross Stitch & Canvas	Sept. 22	9 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer	Sylvia G.

### **New Programs:**

**Gentle Gym with Guity** - Are you ready to embark on a transformative fitness journey but unsure where to begin? Introducing 'Gentle Gym With Guity', your ultimate guide to conquering your doubts and achieving your wellness goals! Join us in a supportive and inclusive class, specially designed for those seeking guidance and camaraderie on their fitness path. Led by the incredible Guity, a retired physiotherapist with a passion for helping others, this class is your key to breaking free from insecurity. Master your posture, strengthen your core, explore our fitness equipment with Guity's guidance. Connect with like-minded individuals who are on a similar journey to wellness. Together, you'll uplift, motivate, and celebrate every milestone, creating lasting friendships along the way. This is not Personal Training, but a very small group class.

**Improv "The Art of Possibilities"** - Want to have fun, sharpen your mind and feel good all at the same time? Try IMPROV. Only a few rules: 1. Make your partner look good and feel amazingly smart! 2. Train your brain to go with your gut. 3. YES...and! Using these principles, we will have fun while improving our health and our minds!

**Slippers** - For our charity project, we will be knitting or crocheting slippers in various sizes. These slippers will go to the Santa 4 Seniors program. Cozy and warm feet will bring some comfort and cheer to isolated seniors in our community.

**They're Back!!!** - This fall at TGC, back by popular demand, we will be offering Tai Chi, Chair Hatha Yoga, Learn to Play Castanets (Beginner), Spanish Dance (Beginner) and Belly Dance (Middle Eastern Dance).