



## Winter Program Guide 2024

Registration January 9, 10 & 11 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/program-registration](https://thegoodcompanions.ca/program-registration)  
This registration link will be active starting on Tuesday, January 9th.

**Please Note:** Membership to The Good Companions is required to participate in all programs (both on-site and the online platform). Your camera must remain on throughout the entire 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 **second** scheduled class.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Physical Activity</b>	*See reverse side for details					
<b>Fitness</b>						
244010 Fitness For Arthritis & Balance	Jan. 15	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Rhona Einbinder-Miller
244011 Gentle Aerobics + Weighths	Jan. 22	8 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$48	Wendy Gagnon
244012 Working With Weights	Jan. 22	8 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$48	Wendy Gagnon
244013 Fitness For Arthritis & Balance	Jan. 16	9 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$54	Rhona Einbinder-Miller
244014 Gentle Exercise Beyond The Chair	Jan. 16	9 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$54	Rhona Einbinder-Miller
244015 Cardio, Strength & Core	Jan. 16	8 Weeks	Tuesday 12 - 1 pm	Assembly Hall 112	\$48	Anna Ferdinand
244016 Chair Yoga	Jan. 16	8 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	\$48	Anna Ferdinand
244017 Zumba Gold	Jan. 17	9 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$54	Xiam Sun
244018 Posture & Balance (Group 1)	Jan. 17	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
244019 Posture & Balance (Group 2)	Feb. 21	5 Weeks	Wednesday 10:30 - 11:30 am	Assembly Hall 112	\$10	Guity Elikai
244020 Tai Chi Chuan (Yang Style)	Jan. 17	9 Weeks	Wednesday 12:30 - 1:30 pm	Fitness Room 028	\$54	Yuko Suzuki
244021 Chair Hatha Yoga	Jan. 17	9 Weeks	Wednesday 1:30 - 2:30 pm	Fitness Room 028	\$54	Yuko Suzuki
244022 Strength & Stretch + Weighths	Jan. 24	8 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$48	Wendy Gagnon
244023 Working With Weights	Jan. 24	9 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$54	Wendy Gagnon
244024 Core Stability	Jan. 18	8 Weeks	Thursday 10:45 - 11:45 am	Fitness Room 028	\$48	Anna Ferdinand
244025 Gentle Mat Yoga* <b>NEW!</b>	Jan. 18	8 Weeks	Thursday 11:45 am - 12:45 pm	Fitness Room 028	\$48	Anna Ferdinand
244026 Fitness For Arthritis & Balance	Jan. 18	9 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$54	Xiam Sun
244027 Sharing Dance* <b>BACK!</b>	Jan. 26	6 Weeks	Friday 10 - 11 am	Streamed in Fitness Room	No Charge	Ana Valença
<b>Fitness Room</b>						
244028 Access To Gym (3x/Week)	Jan. 15	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
244029 Access To Gym (Mon.)	Jan. 15	9 Weeks	Monday 12 - 2 pm	Activity 028	\$20	No Instructor
244030 Access To Gym (Wed.)	Jan. 17	10 Weeks	Wednesday 10 am - 12 pm	Activity 028	\$20	No Instructor
244031 Access To Gym (Fri.)	Jan. 19	9 Weeks	Friday 10 am - 12 pm	Activity 028	\$20	No Instructor
<b>Recreational Dance</b>						
244032 Line Dance	Jan. 15	8 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$48	Rhona Einbinder-Miller
244033 Belly Dance (Middle Eastern Dance)	Jan. 18	10 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine Crerar
<b>Recreational Sports</b>						
244034 Pickleball (Tuesday)	Jan. 16	10 Weeks	Tuesday 10:30 - 11:30 am	Assembly Hall 112	\$15	No Instructor
244035 Pickleball (Thursday)	Jan. 18	10 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
244036 Bridge	Jan. 8	11 Weeks	Monday 1 - 3 pm	Activity 019	\$1/week	
244037 Euchre	Jan. 10	12 Weeks	Wednesday 1 - 3 pm	Activity 019	\$1/week	
244038 Scrabble	Jan. 11	12 Weeks	Thursday 1 - 3 pm	Activity 019	No charge	
244039 Bingo	Jan. 11	12 Weeks	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	
<b>Performing Arts</b>						
244040 Silver Swing Band	Jan. 8	11 Weeks	Monday 9 - 11:30 am	Activity 024	\$10	Gord P.
244041 TGC Choir	Jan. 16	10 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Gloria Jean N.
244042 Sharps and Flats Band	Jan. 10	12 Weeks	Wednesday 9 - 11:30 am	Activity 024	\$10	Jody G.
244043 Usual Fellows Jazz Band	Jan. 11	12 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
244044 The Grey Jazz Big Band	Jan. 12	10 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>						
244045	Spanish, Basic	Jan. 15	5 Weeks	Monday 9:30 - 10:30 am	Virtual	\$45 Maria C.
244046	Spanish, Advanced (AM)	Jan. 15	5 Weeks	Monday 10:45 - 11:45 am	Virtual	\$45 Maria C.
244047	Spanish, Intermediate	Jan. 15	5 Weeks	Monday 12 - 1 pm	Virtual	\$45 Maria C.
244048	Spanish, Advanced (PM)	Jan. 15	5 Weeks	Monday 1:30 - 2:30 pm	Virtual	\$45 Maria C.
244049	New to Spanish ** (** must know verbs Ser & Estar [present])	Jan. 15	5 Weeks	Monday 2:45 - 3:45 pm	Virtual	\$45 Maria C.
244050	Creative Writing Group	Jan. 19	9 Weeks	Friday 1 - 2:30 pm	Activity 019	No charge Melody
244051	Spanish Conversation <b>Adv. +</b>	Jan. 18	10 Weeks	Thursday 9:30 - 11:30 am	Virtual	\$95 Sandra C.-S.
<b>General Interest</b>						
244052	Coffee Chat	Jan. 8	10 Weeks	Monday 10:30 - 11:30 am	Dining Activity 141	No charge Nikkie S.
244053	Guitar Workshop (Intermediate)	Jan. 16	11 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25 David J.
244054	Intergenerational Activity Grp.	Jan. 17	11 Weeks	Wednesday 9:30 - 11:30 am	Activity 015	No charge TGC/Adrew Fleck C. S.
244055	Computer Workshop	Jan. 17	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
244056	Computer Workshop	Feb. 28	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20 Lionel W.
244057	Coffee Club	Jan. 4	11 Weeks	Thursday 10 - 11 am	Dining Activity 141	No charge Ana Valença
244058	Introductory Computer	Jan. 18	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
244059	Introductory Computer	Feb. 22	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
244060	Ukulele (Intermediate)	Jan. 18	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>Charity Work</b>						
244061	Weaving Milk Bag Mats	Jan. 16	11 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer Mary O./Evelyn M.
244062	Pink Ribbons & Chemo Caps	Jan. 17	11 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
244063	Painting Studio*	Jan. 15	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$95 Patrick C.
244064	Stained Glass Studio Int.*	Jan. 18	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37 Bob B.
244065	Stained Glass Studio Int.*	Jan. 18	11 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37 Bob B.
244066	Hand Piecing (Jar openers)	Jan. 19	9 Weeks	Friday 10 am - 12 pm	Crafts 236	\$12 Pete N.J.
244067	Advanced Quilting*	Jan. 19	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20 Susan B./Sharon W.
244068	Improv	Jan. 19	9 Weeks	Friday 11 am - 12 pm	Activity 019	\$10 Bonita G.
<b>Production Volunteer</b>						
244069	Doodle Yourself Happy	Jan. 15	10 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer Bonita G.
244070	Knitting & Crocheting	Jan. 15	10 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer Valerie S.
244071	Stained Glass (Level 1)	Jan. 16	11 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer Daniel H.
244072	Craft Support Team	Jan. 16	11 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer Linda J.P
244073	Mixed Media Card Making	Jan. 17	11 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Mary S.
244074	Painting with Wool	Jan. 17	11 Weeks	Wednesday 9:30 - 11:30 am	Activity 224	Volunteer Myungsook J./Valerie Y.
244075	Teddy Bears	Jan. 17	11 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Margo C.
244076	Cross Stitch & Canvas	Jan. 17	11 Weeks	Wednesday 12:30 - 3 pm	Crafts 240	Volunteer Sylvia G.
244077	Knitting & Crocheting	Jan. 18	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer Heather B.
244078	Knitting & Crocheting	Jan. 18	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer Heather B.
244079	Cross Stitch & Canvas	Jan. 19	9 Weeks	Friday 12:30 - 3 pm	Crafts 236	Volunteer Michel G.

### **New Programs:**

**Creative Writing Group:** No prior writing experience required! Seniors hold so much wisdom; writing is a wonderful way to channel and share that. Your voice, stories, ideas, memories and wisdom are so valuable. Leave this group with a special keepsake of words of wisdom, memories, poetry, letters, journal entries and maybe even some connections to the visual arts. Our group will come together every week to focus on specific prompts and activities; we will discuss the method, spend some time writing, and have an optional time for sharing at the end!

**Doodle Yourself Happy:** Doodle yourself happy while creating fun, easy and relaxing art. No experience necessary. It is super good for your brain, your heart and your soul.

**Fabric Jar Openers:** Hand sew jar openers for older adults. These will be a great aid for arthritic hands. Get an extra grip on those tightly sealed jars.

**Gentle Mat Yoga:** Step into a world of tranquility and rejuvenation with our Gentle Mat Yoga class specially crafted for seniors! Embrace the soothing ambiance as you embark on a journey that celebrates your well-being. Whether you're a seasoned yogi or a first-time participant, this class is designed for everyone, with no prior experience required. Our experienced instructor understands the unique needs of seniors and will guide you through each pose with care and expertise. Worried about mobility? No problem! Feel free to use a chair for added support and comfort.

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

**Intergeneration Activity Group:** The Good Companions has partnered with Andrew Fleck Children's Services to offer an Intergenerational Activity Group. The group will meet once a week and will provide an opportunity for our members to connect with and interact with a group of children between the ages of 2 and 5.



**Pink Ribbons (Cancer Awareness Ribbon):** Show your support for women battling breast cancer one stitch at a time by knitting or crocheting pink ribbons.

**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

