



## 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](http://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.

### CLASS IS FULL

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	7 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$42	Rhona Einbinder-Miller
244011 Gentle Aerobics + Weights	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	<b>CANCELLED</b>					
244014 Gentle Exercise Beyond The Chair	Jan. 16	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$48	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 + Weights	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	<b>CANCELLED</b>					
244033 Belly Dance (Middle Eastern Dance)	Jan. 18	10 Weeks	Thursday 9:45 - 10:45 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 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 **	<b>CANCELLED</b>					
(** must know verbs Ser & Estar [present])						
244050 Creative Writing Group	Jan. 19	9 Weeks	Friday 1 - 2:30 pm	Activity 019	No charge	Melody
244051 Spanish Conversation Adv. +	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. 12	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 experience is necessary! The class will be streamed to people in the Fitness Room (028).


