

Spring Program Guide 2024

Registration April 2, 3, & 4 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 2nd.

Please Note: Membership to The Good Companions is required to participate in all programs (both on-site and on the online 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 second scheduled class has begun.

| Program | Begins | Duration | Day & Time | Location | Cost | Instructor |
|---|---------|----------|-----------------------------|-------------------|-----------|------------------------|
| Physical Activity | | | | | | |
| Fitness | | | | | | |
| 241010 Fitness For Arthritis & Balance | Apr. 8 | 9 Weeks | Monday 10 - 11 am | Assembly Hall 112 | \$54 | Rhona Einbinder-Miller |
| 241011 Gentle Aeorbics + Weights | Apr. 15 | 9 Weeks | Monday 12:30 - 1:30 pm | Assembly Hall 112 | \$54 | Wendy Gagnon |
| 241012 Working With Weights | Apr. 15 | 9 Weeks | Monday 1:30 - 2:30 pm | Assembly Hall 112 | \$54 | Wendy Gagnon |
| 241013 Fitness For Arthritis & Balance | Apr. 9 | 10 Weeks | Tuesday 10 - 11 am | Fitness Room 028 | \$60 | Rhona Einbinder-Miller |
| 241014 Gentle Ex. Beyond The Chair | Apr. 9 | 10 Weeks | Tuesday 11 am - 12 pm | Fitness Room 028 | \$60 | Rhona Einbinder-Miller |
| 241015 Cardio, Strength & Core | May 7 | 6 Weeks | Tuesday 12 - 1 pm | Assembly Hall 112 | \$36 | Anna Ferdinand |
| 241016 Chair Yoga | May 7 | 6 Weeks | Tuesday 1 - 2 pm | Assembly Hall 112 | \$36 | Anna Ferdinand |
| 241017 Zumba Gold | Apr. 10 | 10 Weeks | Wednesday 9:30 - 10:30 am | Assembly Hall 112 | \$60 | Xiang Sun |
| 241018 Posture & Balance (Group 1) | Apr. 10 | 5 Weeks | Wednesday 10:30 - 11:30 am | Assembly Hall 112 | \$10 | Guity Elikay |
| 241019 Posture & Balance (Group 2) | May 15 | 5 Weeks | Wednesday 10:30 - 11:30 am | Assembly Hall 112 | \$10 | Guity Elikay |
| 241020 Strength & Stretch + Weights | Apr. 17 | 9 Weeks | Wednesday 12:30 - 1:30 pm | Fitness Room 028 | \$60 | Wendy Gagnon |
| 241021 Tai Chi Chuan (Yang Style) | Apr. 10 | 10 Weeks | Wednesday 12:30 - 1:30 pm | Assembly Hall 112 | \$60 | Yuko Suzuki |
| 241022 Working With Weights | Apr. 17 | 9 Weeks | Wednesday 1:30 - 2:30 pm | Fitness Room 028 | \$54 | Wendy Gagnon |
| 241023 Chair Hatha Yoga | Apr. 10 | 10 Weeks | Wednesday 1:30 - 2:30 pm | Fitness Room 028 | \$60 | Yuko Suzuki |
| 241024 Core Stability | May 9 | 6 Weeks | Thursday 11 am - 12 pm | Assembly Hall 112 | \$36 | Anna Ferdinand |
| 241083 Gentle Mat Yoga | May 9 | 6 Weeks | Thursday 12 - 1 pm | Assembly Hall 112 | \$36 | Anna Ferdinand |
| 241025 Fitness For Arthritis & Balance | Apr. 11 | 10 Weeks | Thursday 1 - 2 pm | Fitness Room 028 | \$60 | Xiang Sun |
| Fitness Room | | | | | | |
| 241026 Access To Gym (3x/Week) | Apr. 8 | Vary | Mon, Wed. & Fri., time vary | Fitness Room 028 | \$50 | No Instructor |
| 241027 Access To Gym (Mon.) | Apr. 8 | 9 Weeks | Monday 12 - 2 pm | Fitness Room 028 | \$20 | No Instructor |
| 241028 Access To Gym (Wed.) | Apr. 10 | 10 Weeks | Wednesday 10 am - 12 pm | Fitness Room 028 | \$20 | No Instructor |
| 241029 Access To Gym (Fri.) | Apr. 12 | 9 Weeks | Friday 10 am - 12 pm | Fitness Room 028 | \$20 | No Instructor |
| Recreational Dance | | | | | | |
| 241030 Learn To Play Castanets (Beg./Int) | Apr. 8 | 10 Weeks | Monday 10 - 11 am | Fitness Room 028 | \$60 | Stella Carrillo |
| 241031 Spanish Dance (Beg./Int) | Apr. 8 | 10 Weeks | Monday 11 am - 12 pm | Fitness Room 028 | \$60 | Stella Carrillo |
| 241032 Line Dance (Beg.) | Apr. 8 | 9 Weeks | Monday 11 am - 12 pm | Assembly Hall 112 | \$54 | Rhona Einbinder-Miller |
| 241033 Belly Dance | Apr. 11 | 6 Weeks | Thursday 9:45 - 10:45 am | Assembly Hall 112 | \$10 | Catharine Crerar |
| 241034 Sharing Dance | Apr. 12 | 5 Weeks | Friday 10 - 11 am | Fitness Room 028 | No Charge | Ana Valença |
| Recreational Sport | | | | | | |
| 241035 Pickleball | Apr. 9 | 11 Weeks | Tuesday 10:30 - 11:30 am | Assembly Hall 112 | \$15 | No Instructor |
| 241036 Pickleball | Apr. 11 | 11 Weeks | Thursday 1:30 - 2:30 pm | Assembly Hall 112 | \$15 | No Instructor |
| 241037 Table Tennis | Apr. 5 | 11 Weeks | Friday 10:30 - 11:30 am | Assembly Hall 112 | \$15 | No Instructor |

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| Continuing Education | | | | | | |
| Language | | | | | | |
| 241038 Spanish, Basic | Apr. 8 | 10 Weeks | Monday 9:30 - 10:30 am | Virtual | \$90 | Maria Cuburu |
| 241039 Spanish, Advanced (AM) | Apr. 8 | 10 Weeks | Monday 10:45 - 11:45 am | Virtual | \$90 | Maria Cuburu |
| 241040 Spanish, Intermediate | Apr. 8 | 10 Weeks | Monday 12 - 1 pm | Virtual | \$90 | Maria Cuburu |
| 241041 Spanish, Advanced (PM) | Apr. 8 | 10 Weeks | Monday 1:30 - 2:30 pm | Virtual | \$90 | Maria Cuburu |
| 241042 New to Spanish** | Apr. 8 | 10 Weeks | Monday 2:45 - 3:45 pm | Virtual | \$90 | Maria Cuburu |
| ** must know verbs Ser & Estar (present) | | | | | | |
| 241043 Spanish Conversation Adv.+ | Apr. 11 | 10 Weeks | Thursday 9:30 - 11:30 am | Activity 019 | \$95 | S. Cruz Salas |
| 241044 Creative Writing | TBA | TBA | TBA | TBA | \$10 | Melody |
| General Interest | | | | | | |
| 241045 Coffee Chat | Apr. 8 | 11 Weeks | Monday 10:30 - 11:30 am | Dining Room | No charge | Nikkie S. |
| 241046 Guitar Workshop (INT.) | Apr. 9 | 11 Weeks | Tuesday 12:30 - 1:30 pm | Activity 024 | \$25 | D. Jones |
| 241047 Intergenerational Activity Grp. | Apr. 10 | 11 Weeks | Wednesday 9:30 - 11:30 am | Activity 015 | No charge | TGC/Andrew Fleck C.S. |
| 241048 Computers Workshop | Apr. 10 | 5 Weeks | Wednesday 2 - 3:30 pm | Library 121 | \$20 | Lionel W. |
| 241049 Computers Workshop | May. 22 | 5 Weeks | Wednesday 2 - 3:30 pm | Library 121 | \$20 | Lionel W. |
| 241050 Coffee Club | Apr. 4 | 11 Weeks | Thursday 10 - 11 am | Dining Room | No charge | Ana Valença |
| 241051 Introductory Computer | Apr. 11 | 4 Weeks | Thursday 12:30 - 2 pm | Library 121 | \$20 | Karim G. |
| 241052 Introductory Computer | May. 15 | 4 Weeks | Thursday 12:30 - 2 pm | Library 121 | \$20 | Karim G. |
| 241053 Ukulele (Intermediate) | Apr. 11 | 11 Weeks | Thursday 1 - 2 pm | Assembly Hall 112 | \$25 | David J. |
| 241054 Container Garden | TBA | | Mon. - Fri. (Flexible hours) | Outside | No charge | Ana V. & Lynn K. |

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| Games | | | | | | |
| 241055 Contract Bridge | Apr. 8 | Continuous | Monday 12:45 - 2:45 pm | Activity 019 | \$1/week | |
| 241056 Euchre | Apr. 10 | Continuous | Wednesday 1 - 3 pm | Activity 019 | \$1/week | |
| 241057 Scrabble | Apr. 11 | Continuous | Thursday 1 - 3 pm | Activity 019 | No charge | |
| 241058 Bingo | Apr. 11 | Continuous | Thursday 1:30 - 2:30 pm | Dining Activity 141 | 3cards/\$1.50 | |
| Performing Arts | | | | | | |
| 241059 Silver Swing Band | Apr. 8 | 11 Weeks | Monday 9:30 am - 12 pm | Activity 024 | \$10 | Gordon P. |
| 241060 Choir | Apr. 9 | 7 Weeks | Tuesday 10:30 am - 12 pm | Activity 024 | No charge | Gloria Jean N. |
| 241061 Sharps and Flats Band | Apr. 10 | 11 Weeks | Wednesday 9 am - 12 pm | Activity 024 | \$10 | Marilyn L. |
| 241062 Usual Fellows Jazz Band | Apr. 11 | 11 Weeks | Thursday 9 - 11:30 am | Activity 024 | \$10 | Alf W. |
| 241063 Grey Jazz Big Band | Apr. 5 | 11 Weeks | Friday 9 am - 12 pm | Activity 024 | \$10 | Brian B. |

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| Craft Studio (*There may be some additional supply costs) | | | | | | |
| Charity Work | | | | | | |
| 241064 Weaving Milk Bag Mats | Apr. 9 | 11 Weeks | Tuesday 1 - 3 pm | Crafts 240 | Volunteer | Mary O'B/ Evelyn M. |
| 241065 Chemo Caps | Apr. 10 | 11 Weeks | Wednesday 1 - 3 pm | Crafts 236 | Volunteer | Pete N.J. |
| Creative/Expressive Arts | | | | | | |
| 241066 Painting Stuido* | Apr. 8 | 10 Weeks | Monday 10:30 am - 12:30 pm | Crafts 240 | \$95 | Patrick C. |
| 241067 Stained Glass Int.* AM | Apr. 11 | 11 Weeks | Thursday 9 - 11:30 am | Crafts 236 | \$37 | Bob/Richard/John/Val |
| 241068 Stained Glass Int.* PM | Apr. 11 | 11 Weeks | Thursday 12:30 - 3 pm | Crafts 236 | \$37 | Bob/Richard/John/Val |
| 241069 Hand Piecing Pin Cushions* | Apr. 12 | 10 Weeks | Friday 10 am - 12 pm | Crafts 236 | \$12 | Pete N.J. |
| 241070 Advanced Quilting* | Apr. 5 | 10 Weeks | Friday 10:30 am - 2:30 pm | Crafts 240 | \$20 | Sharon W./Susan B. |
| 241071 Improv. | Apr. 12 | 10 Weeks | Friday 11 am - 12 pm | Activity 019 | \$10 | Bonita G. |
| Production Volunteer | | | | | | |
| 241072 Doodle Yourself Happy | Apr. 8 | 10 Weeks | Monday 12:45 - 2:45 pm | Crafts 236 | Volunteer | Bonita G./Mary O. |
| 241073 Knitting/Crocheting (Mon.) | Apr. 8 | 10 Weeks | Monday 1 - 3 pm | Crafts 240 | Volunteer | Valerie S. |
| 241074 Stained Glass (Level 1) | Apr. 9 | 11 Weeks | Tuesday 9 - 11:30 am | Crafts 236 | Volunteer | Dan H. |
| 241075 Craft Support Team | Apr. 9 | 11 Weeks | Tuesday 1 - 3 pm | Crafts 236 | Volunteer | Linda J.P. |
| 241076 Teddy Bear | Apr. 10 | 11 Weeks | Wednesday 10 am - 12 pm | Crafts 236 | Volunteer | Margo C. |
| 241077 Mixed Media Card Making | Apr. 10 | 11 Weeks | Wednesday 9:30 - 11:30 am | Crafts 240 | Volunteer | Mary S. |
| 241078 Spring Wreaths | Apr. 10 | 11 Weeks | Wednesday 9:30 - 11:30 am | Room 224 | Volunteer | Myungsook J./Valerie Y |
| 241079 Cross Stitch & Canvas | Apr. 10 | 11 Weeks | Wednesday 12:30 - 2:30 pm | Crafts 240 | Volunteer | Sylvia G./Michel G. |
| 241080 Knitting & Crocheting AM | Apr. 11 | 11 Weeks | Thursday 10 am - 12 pm | Crafts 240 | Volunteer | Heather B. |
| 241081 Knitting & Crocheting PM | Apr. 11 | 11 Weeks | Thursday 1 - 3 pm | Crafts 240 | Volunteer | Heather B. |
| 241082 Cross Stitch & Canvas | Apr. 12 | 10 Weeks | Friday 12:30 - 2:30 pm | Crafts 236 | Volunteer | Michel G./Sylvia G. |

Important Membership Information!

The Good Companions would like to inform you that the membership fee will be increasing starting April 1, 2024. The new membership fee will be **\$40**.

The membership fee has not been increased since 2012. In order to continue to provide you with the best possible programs, services and facilities, this price increase is necessary.

Renew your TGC membership for 2024 before April 1st and pay only \$35.50. Please not that Early Bird Renewal begins March 1, 2024.

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.

Hand Piecing - Pincushions and Bookmarks: We are going to hand sew a clever pincushion. It's easy, fast and fun to make. It will hold pins, a spool of thread and scissors. Also, with just a few sewing supplies and some simple instructions, you can create a unique bookmark with a ribbon tassel. A great way to use left over fabric.

Spring Wreaths: We will decorate wreaths with paper handmade flowers, felt, ribbons and further enhance them with hand painted peg figures. Get creative and have fun while welcoming spring with a beautiful wreath that will reflect your personality.

Improv: Improv "The Art of Possibilities". Want to have fun, sharpen your mind and feel good all at the same time? Try Improv. Only v 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.

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


