

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 Aerobics + 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 10 - 11 am	Assembly Hall 112	\$36	Anna Ferdinand
241016 Chair Yoga	May 7	6 Weeks	Tuesday 11 am - 12 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	\$54	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	Assembly Hall 112	\$60	Yuko Suzuki
241024 Core Stability	May 9	6 Weeks	Thursday 11:45 am - 12:45 pm	Assembly Hall 112	\$36	Anna Ferdinand
241083 Gentle Mat Yoga	May 9	6 Weeks	Thursday 12:45 - 1:45 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 1 - 2 pm	Assembly Hall 112	\$15	No Instructor
241036 Pickleball	Apr. 11	11 Weeks	Thursday 10 - 11 am	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

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
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	Apr. 12	10 Weeks	Friday 2:30 - 3:30 pm	Activity 019	\$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 16	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
241053 Ukulele (Intermediate)	Apr. 11	11 Weeks	Thursday 1 - 2 pm	Activity 024	\$25	David J.
241054 Container Garden	TBA		Mon. - Fri. (Flexible hours)	Outside	No charge	Ana V. & Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
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 Studio*	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	Hallway 2nd floor	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 note 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 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 streamable 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

