

# Summer Program Guide 2024

Registration June 25, 26 & 27 from 10 am to 2 pm

Registration can be done online at [thegoodcompanions.ca/programs-services/program-registration](http://thegoodcompanions.ca/programs-services/program-registration)  
This registration link will be active starting Tuesday, June 25th.

**Please Note:** Membership to The Good Companions is required to participate in all programs (both on-site and using the online platform). Your **camera** must remain on throughout the entire online 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
<b>Physical Activity</b>						
Please note: <b>Personal Training</b> available. \$45 for one hour. Must be a member. Book your appointment at front reception today!						
<b>Fitness</b>						
<b>Please Note: There may be some additional supply costs for classes marked with an asterisk</b>						
242010 Fitness for Arthritis & Balance	Jul. 8	5 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$30	Rhona Einbinder-Miller
242011 Gentle Aerobics + Weights	Jul. 8	6 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$36	Wendy Gagnon
242012 Working With Weights	Jul. 8	6 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$36	Wendy Gagnon
242013 Fitness for Arthritis & Balance	Jul. 2	6 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$36	Rhona Einbinder-Miller
242014 Gentle Exercise Beyond The Chair	Jul. 2	6 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$36	Rhona Einbinder-Miller
242015 Maintenance of Your Posture	Jul. 3	1 Week	Wednesday 10:45 - 11:45 am	Assembly Hall 112	No Charge	Guity Elikai
242016 Posture & Balance	Jul. 10	6 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$36	Guity Elikai
242017 Strength & Stretch	Jul. 10	6 Weeks	Wednesday 12:30 - 1:30 pm	Fitness Room 028	\$36	Wendy Gagnon
242018 Tai Chi Chuan (Yang Style)	Jul. 17	6 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$36	Yuko Suzuki
242019 Working with Weights	Jul. 10	6 Weeks	Wednesday 1:30 - 2:30 pm	Fitness Room 028	\$36	Wendy Gagnon
242020 Chair Hatha Yoga	Jul. 17	6 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$36	Yuko Suzuki
242021 Fitness for Arthritis & Balance	Jul. 4	6 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$36	Rhona Einbinder-Miller
242022 Gentle Aerobics + Weights	Jul. 12	6 Weeks	Friday 12:30 - 1:30 pm	Fitness Room 028	\$36	Wendy Gagnon
242023 Working With Weights	Jul. 12	6 Weeks	Friday 1:30 - 2:30 pm	Fitness Room 028	\$36	Wendy Gagnon
<b>Fitness Room</b>						
242024 Access to Gym (3x/Week)	Jul. 3	Vary	Mon., Wed. & Fri.	Fitness Room 028	\$40	No Instructor
242025 Access to Gym (Mon.)	Jul. 8	6 Weeks	Monday 12 - 1:30 pm	Fitness Room 028	\$15	No Instructor
242026 Access to Gym (Wed.)	Jul. 3	8 Weeks	Wednesday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
242027 Access to Gym (Fri.)	Jul. 5	7 Weeks	Friday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
<b>Recreational Dance</b>						
242028 Line Dance	Jul. 8	5 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$30	Rhona Einbinder-Miller
242029 Sharing Dance	Jul.12	5 Weeks	Friday 10 - 11 am	Streamed in Fitness Room	No Charge	Ana Valença
<b>Recreational Sport</b>						
242030 Pickleball	Jul. 2	8 Weeks	Tuesday 1 - 2:30 pm	Assembly Hall 112	\$10	No Instructor
242031 Pickleball	Jul. 4	8 Weeks	Thursday 11 am - 12:30 pm	Assembly Hall 112	\$10	No Instructor
242032 Table Tennis (Ping Pong)	Jun. 28	9 Weeks	Friday 10:30 am - 12 pm	Assembly Hall 112	\$10	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>General Interest</b>						
242033 Coffee Chat	Jul. 8	7 Weeks	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Nikkie S.
242034 Computer Workshop	Jul. 3	4 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
242035 Computer Workshop	Aug. 7	4 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
242036 Coffee Club	Jun. 27	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana Valença
242037 Introductory Computer	Jul. 4	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
242038 Introductory Computer	Aug. 8	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
242039 Creative Writing	Jul. 5	9 Weeks	Friday 1 - 2 pm	Activity 019	\$10	Melody
242040 Container Garden	Jul. 4	Continuous	Mon - Fri - Flexible hours	Outdoors	No charge	Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
242041 Contract Bridge		Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
242042 Euchre		Continuous	Wednesday 1 - 3 pm	Activity 019	\$1/week	
242043 Scrabble		Continuous	Thursday 1 - 3 pm	Activity 015	No charge	
242044 Bingo		Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	
<b>Performing Arts</b>						
242045 Usual Fellows Jazz Band	Jul. 4	9 Weeks	Thursday 9 am - 12 pm	Activity 024	\$10	Alf W.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>						
<b>Charity Work</b>						
242046 Weaving Milk Bag Mats	Jul. 2	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
242047 Stitches for Fur Babies	Jul. 3	9 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
<b>Creative Arts/Expressive Arts</b>						
242048 Improv.	Jul. 8	7 Weeks	Monday 11 am - 12 pm	Crafts 236	\$10	Bonita G.
242049 Stained Glass Int.* AM	Jul. 4	9 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard/John
242050 Stained Glass Int.* PM	Jul. 4	9 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/John
<b>Production Volunteer</b>						
242051 Knitting & Crocheting	Jul. 8	7 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
242052 Doodle Yourself Happy	Jul. 8	7 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Bonita G./Mary O.
242053 Stained Glass (Level 1)	Jul. 2	9 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H.
242054 Craft Support Team	Jul. 2	9 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
242055 Mixed Media Card Making	Jul. 3	9 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
242056 Painting on Fabric/Canvas	Jul. 3	9 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd floor	Volunteer	Myungsook J./Valerie Y.
242057 Cross Stitch & Canvas	Jul. 3	9 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Sylvia G./Michel G.
242058 Knitting & Crocheting AM	Jul. 4	9 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
242059 Knitting & Crocheting PM	Jul. 4	9 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
242060 Cross Stitch & Canvas	Jul. 5	9 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G./Sylvia G.

### New & Returning Program Information:

**Access to Gym - TGC Staff** Do you want to use the Elliptical, Treadmills, Exercise Bikes and other equipment in the Fitness Room? Let's do it! New equipment was purchased for our Fitness Centre. A staff member will be available to monitor the use of the equipment. Registration is required (3, 2 or 1 day a week). No drop-ins will be permitted.

**Maintenance of Your Posture** - This one-day information session focuses on the maintenance of posture. Discover the keys to a healthier, more aligned lifestyle as we delve into expert insights and practical techniques to support your body's balance.

**Stitches for Fur Babies** - Use your skills to help animals in need. Add love with every stitch that you machine sew into a small cozy blanket to help the animals feel more comfortable and secure.

### Summer Day Trips (Please note that non-members pay \$15 extra per person, per trip)



Tuesday, June 11	Morrisburg, ON (\$115) Includes: transportation, buffet lunch at McIntosh Country Inn and matinee performance of "Perfect Wedding" at Upper Canada Playhouse.
Thursday, July 4	Kingston, ON (\$134) Includes: transportation, three hour lunch cruise of the 1,000 Islands aboard the Island Star (featuring Blues music)
Wednesday, August 7	Montreal, QC (\$60) Includes: transportation, day exploring the Gay Village, a spectacular nucleus of creativity, activity and diversity, lunch is on your own.
Tuesday, August 27	Prince Edward County (Picton, ON) (\$145) Includes: transportation, visit to Black Prince Winery for wine & vinegar tasting, gourmet lunch at The Waring House, visit to Waupoos Estate Winery for wine tasting and visit to FifthTown Artisan Cheese Co.

Please see the summer bulletin for more information regarding summer day trips. Transportation is provided by deluxe motorcoach and all trips depart from and return to The Good Companions. Tickets can be purchased at Front Reception.

Please note: Refunds will only be granted if your ticket can be sold to another person or TGC cancels the trip.

### Friendly Reminders:

Here are a few things to be mindful of when participating in programs & services at The Good Companions:



- Please wear your **membership badge** while at TGC. If you do not have a badge, please see reception.
- As a courtesy, please **call to cancel** any appointment you know you are unable to attend. Be aware of cancellation policies.
- The Good Companions has a strict **no-scent policy**. The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Please **do not** wear perfume, cologne, aftershave or any other fragrances.
- You must display a valid **parking permit** in your vehicle whenever you are parked at the centre. Members can purchase an annual pass for \$30 or a daily pass for \$2.50. Please see reception for more details.
- If you are travelling by **ParaTranspo**, we ask that you schedule your pick-up for no later than 3:00 pm, as TGC closes at 4:00 pm.
- The **cash register** at reception closes daily at 3:00 pm. Please ensure all purchases and payments are made before this time.
- Tickets for **special events** can be purchased at reception up until **2 days before** the event. After this time, tickets will not be available.

**Thank you in advance for your continued support and cooperation!**