



## Fall Program Guide 2024

Registration September 10, 11 & 12 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 on Tuesday, September 10 at 10 am.

**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:** A \$10 administration fee is charged 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>						
<b>Fitness</b>						
243010 Fitness For Arthritis & Balance	Sept. 16	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$54	Rhona Einbinder-Miller
243011 Gentle Aerobics + Weights	Sept. 16	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$60	Wendy Gagnon
243012 Working With Weights (Mon.)	Sept. 16	10 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$60	Wendy Gagnon
243013 Fitness For Arthritis & Balance	Sept. 17	11 Weeks	Tuesday 10 - 11 am	Activity 028	\$66	Rhona Einbinder-Miller
243014 Gentle Exercise Beyond The Chair	Sept. 17	11 Weeks	Tuesday 11 am - 12 pm	Activity 028	\$66	Rhona Einbinder-Miller
243015 Cardio, Strength & Core	Sept. 17	11 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$66	Anna Ferdinand
243016 Chair Yoga	Sept. 17	11 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$66	Anna Ferdinand
243017 Falls Prevention*(Posture & Balance)	Sept. 18	1 Week	Wednesday 10:45 - 11:45 am	Assembly Hall 112	No Charge	Guity Elikai
243018 Posture & Balance	Oct. 2	5 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity Elikai
243019 Zumba Gold	Sept. 18	11 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$66	Xiang Sun
243020 Tai Chi Chuan (Yang Style)	Sept. 18	10 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$60	Yuko Suzuki
243021 Strength & Stretch + Weights	Sept. 18	12 Weeks	Wednesday 12:30 - 1:30 pm	Activity 028	\$72	Wendy Gagnon
243022 Chair Hatha Yoga	Sept. 18	10 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$60	Yuko Suzuki
243023 Working With Weights (Wed.)	Sept. 18	12 Weeks	Wednesday 1:30 - 2:30 pm	Activity 028	\$72	Wendy Gagnon
243024 Cardio Dance <b>BACK!</b>	Sept. 19	11 Weeks	Thursday 12:30 - 1:30 pm	Assembly Hall 112	\$66	Anna Ferdinand
243025 Gentle Mat Yoga	Sept. 19	11 Weeks	Thursday 1:30 - 2:30 pm	Assembly Hall 112	\$66	Anna Ferdinand
243026 Fitness For Arthritis & Balance	Sept. 19	11 Weeks	Thursday 1 - 2 pm	Activity 028	\$66	Xiang Sun
243027 Gentle Aerobics + Weights	Sept. 20	11 Weeks	Friday 12:30 - 1:30 pm	Activity 028	\$66	Wendy Gagnon
243028 Working With Weights (Fri.)	Sept. 20	11 Weeks	Friday 1:30 - 2:30 pm	Activity 028	\$66	Wendy Gagnon
<b>Fitness Room</b>						
243029 Access To Gym (3x/Week)	Sept. 16	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$40	No Instructor
243030 Access To Gym (Mon.)	Sept. 16	10 Weeks	Monday 12 - 1:30 pm	Activity 028	\$15	No Instructor
243031 Access To Gym (Wed.)	Sept. 18	13 Weeks	Wednesday 10 - 11:30 am	Activity 028	\$15	No Instructor
243032 Access To Gym (Fri.)	Sept. 20	12 Weeks	Friday 10 - 11:30 am	Activity 028	\$15	No Instructor
<b>Recreational Dance</b>						
243033 Line Dance	Sept. 17	10 Weeks	Tuesday 12 - 1 pm	Assembly Hall 112	\$60	Rhona Einbinder-Miller
243034 Daily Dance Connect* <b>NEW!</b>	Sept. 25	6 Weeks	Wednesday 10 - 11 am	Streamed in Activity 028	No Charge	Ana Valença
243035 Belly Dance	Sept. 19	9 Weeks	Thursday 9:45 - 10:45 am	Assembly Hall 112	\$10	Catharine Crerar
243036 Sharing Dance*	Sept. 27	6 Weeks	Friday 10 - 11 am	Streamed in Activity 028	No Charge	Ana Valença
<b>Recreational Sports</b>						
243037 Pickleball (Tuesday)	Sept. 17	10 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
243038 Pickleball (Thursday)	Sept. 19	10 Weeks	Thursday 11 am - 12 pm	Assembly Hall 112	\$15	No Instructor
243039 Table Tennis (Ping-Pong)	Sept. 13	7 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$10	No Instructor
243040 Carpet Bowling <b>BACK!</b>	Sept. 27	6 Weeks	Friday 11:30 am - 12:30 pm	Assembly Hall 112	\$10	No Instructor

Program	Duration	Day & Time	Location	Cost	Instructor	
<b>Performing Arts</b>						
243041 Silver Swing Band	Sept. 9	13 Weeks	Monday 9 - 11:30 am	Activity 024	\$10	Gordon P.
243042 TGC Choir	Sept. 17	13 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Gloria Jean N.
243043 Sharps and Flats Band	Sept. 11	15 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$10	Marilyn L.
243044 Usual Fellows Jazz Band	Sept. 5	15 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
243045 The Grey Jazz Big Band	Sept. 6	14 Weeks	Friday 9 am - 12 pm	Activity 024	\$10	Brian B.
<b>Games</b>						
243046 Contract Bridge	Sept. 9	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
243047 Euchre	Sept. 11	Continuous	Wednesday 1 - 3 pm	Activity 019	\$1/week	
243048 Scrabble	Sept. 5	Continuous	Thursday 1 - 3 pm	Activity 015	No Charge	
243049 Bingo	Sept. 5	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	

Program	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>					
<b>Language</b>					
243050 Spanish, Basic	Sept. 23	10 Weeks	Monday 9:30 - 10:30 am	Virtual	\$95 Maria Cuburu
243051 Spanish, Advanced (AM)	Sept. 23	10 Weeks	Monday 10:45 - 11:45 am	Virtual	\$95 Maria Cuburu
243052 Spanish, Intermediate	Sept. 23	10 Weeks	Monday 12 - 1 pm	Virtual	\$95 Maria Cuburu
243053 Spanish, Advanced (PM)	Sept. 23	10 Weeks	Monday 1:30 - 2:30 pm	Virtual	\$95 Maria Cuburu
243054 New to Spanish (* must know verbs Ser & Estar (present))	Sept. 23	10 Weeks	Monday 2:45 - 3:45 pm	Virtual	\$95 Maria Cuburu
243055 Spanish Conversation <b>Adv. +</b>	Sept. 19	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$105 S. C-Salas
243056 Legacy Writing	Sept. 20	12 Weeks	Friday 1 - 2:30 pm	Activity 019	\$10 Melody S.
<b>General Interest</b>					
243057 Coffee Chat	Sept. 9	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge Nikkie S.
243058 The Guitar Workshop INT.	Sept. 17	12 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25 David Jones
243059 Intergenerational Activity Grp.	Sept. 18	3 Weeks	3rd Wed. of month 10 - 11 am	Activity 142/147	No charge Andrew Fleck C.S.
243087 TGC Book Club <b>NEW</b>	Sept. 18	14 Weeks	Wednesday 10:30 am - 12 pm	Library 121	\$10 Mary O.
243060 Computer Workshop	Sept. 18	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20 Lionel W.
243061 Computer Workshop	Oct. 30	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20 Lionel W.
243062 Coffee Club	Sept. 12	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge Ana Valença
243063 Ukulele (Beg./Intermediate)	Sept. 19	12 Weeks	Thursday 1 - 2 pm	Activity 024	\$25 David Jones
243064 Introductory Computer	Sept. 26	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
243065 Introductory Computer	Oct. 31	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
243066 <b>55+ Mature Driver Refresher Course</b>	Oct.11	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25 David Jones
243067 Container Garden	Sept. 20	Continuous	Mon. - Fri., Flexible Hours	Outdoors	No Charge Lynn Koroniak

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b> (* There may be some additional supply costs)						
<b>Charity Work</b>						
243068 Weaving Milk Bag Mats	Sept. 17	14 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
<b>Creative Arts/Expressive Arts</b>						
243069 Painting Studio*	Sept. 16	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$95	Patrick Cocklin
243070 Improv	Sept. 16	12 Weeks	Monday 11 am - 12 pm	Crafts 236	\$10	Bonita G./Ruth S.
243071 Stained Glass Intermediate*	Sept. 19	13 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John/Richard/Bob/Val
243072 Stained Glass Intermediate*	Sept. 19	13 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	John/Richard/Bob/Val
243073 Advanced Quilting*	Sept. 20	10 Weeks	Friday 10:30 am - 2:30 pm	Crafts 240	\$20	Susan B./Sharon W.
<b>Production Volunteer</b>						
243074 Doodle Yourself Happy	Sept. 16	12 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Bonita G./Mary O.
243075 Knitting & Crocheting	Sept. 16	12 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
243076 Stained Glass (Level 1)	Sept. 17	11 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H./Kit H.
243077 Craft Support Team	Sept. 17	12 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J-P.
243078 Mixed Media Card Making	Sept. 18	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
243079 Christmas Painting	Sept. 18	10 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd floor	Volunteer	Myungsook J./Valerie Y.
243080 Teddy Bear	Sept. 18	11 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
243081 Angel Ornaments	Sept. 18	10 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
243082 Cross Stitch & Canvas	Sept. 18	14 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
243083 Knitting & Crocheting	Sept. 19	14 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
243084 Knitting & Crocheting	Sept. 19	14 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
243085 Pillowcases Machine Sewing	Sept. 20	10 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N.J.
243086 Cross Stitch & Canvas	Sept. 27	12 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G./Yvette P.

### **New Programs:**

**Angel Ornaments** - Make two different styles of beautiful, wired ribbon angel Christmas ornaments for gifts or decorations for your tree. There are only a few simple steps to follow. Add glitz to your Christmas decor.

**Carpet Bowling** - It's back! Carpet Bowling is very similar to curling, but done on rugs rather than ice. Originating in Britain, it is a variation of traditional lawn bowling played indoors on a specially designed carpet. The game involves rolling weighted balls, called bowls, along the carpet to get as close as possible to a small target ball known as the "jack." It's similar to lawn bowling but adapted for indoor play, making it accessible year-round regardless of weather conditions.

**Christmas Painting** - Have fun painting on different household items for Christmas. Candle holders, plates, ornaments and wooden items. Lots of painting ideas to get you feeling festive.

**Daily Dance Connect** - Move, connect and make new friends. This free, online, seated dance and movement program is safe, accessible and inclusive space to stay active and engaged with the community. Open to people living with Parkinson's Disease and seniors. The class will be streamed weekly in room 028 (Fitness Room).



**Improv** - Make new friends in an improv class and join us in a world of creativity and imagination. Exercise your mind and boost your confidence while we play games and learn the ways of improvisation. Let's have some fun!

**Legacy Writing** - How do you want to be remembered? A "legacy letter" is a powerful piece of writing, ranging from a few paragraphs to a few pages, that seeks to transmit your values, experiences, life lessons, hope, and love to your loved ones and to the world. Join for weekly support, simple lessons and writing activities, and leave here with your very own legacy letter. No prior writing experience required - all are welcome and encouraged to join!