



Winter Program Guide 2025

Registration January 7, 8 & 9 from 10 am to 2 pm

Registration can be done online at thegoodcompanions.ca/program-registration
This registration link will be active starting on Tuesday, January 7th.

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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity	*See reverse side for details					
Fitness						
254010 Fitness For Arthritis & Balance	Jan. 13	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Rhona Einbinder-Miller
254011 Gentle Aerobics + Weights (Mon.)	Jan. 13	9 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$54	Wendy Gagnon
254012 Working With Weights (Mon.)	Jan. 13	9 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$54	Wendy Gagnon
254013 Core & More (Mon.) NEW!	Jan. 13	9 Weeks	Monday 2:30 - 3 pm	Assembly Hall 112	\$27	Wendy Gagnon
254014 Fitness For Arthritis & Balance	Jan. 14	9 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$54	Rhona Einbinder-Miller
254015 Gentle Exercise Beyond The Chair	Jan. 14	9 Weeks	Tuesday 12 - 1 pm	Fitness Room 028	\$54	Rhona Einbinder-Miller
254016 Zumba Gold	Jan. 15	10 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$60	Xiang Sun
254017 Strength & Stretch + Weights	Jan. 15	10 Weeks	Wednesday 12:30 - 1:30 pm	Fitness Room 028	\$60	Wendy Gagnon
254018 Tai Chi Chuan (Yang Style)	Jan. 15	9 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$54	Yuko Suzuki
254019 Working With Weights (Wed.)	Jan. 15	10 Weeks	Wednesday 1:30 - 2:30 pm	Fitness Room 028	\$60	Wendy Gagnon
254020 Chair Hatha Yoga	Jan. 15	9 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$54	Yuko Suzuki
254021 Core & More (Wed.) NEW!	Jan. 15	10 Weeks	Wednesday 2:30 - 3 pm	Fitness Room 028	\$30	Wendy Gagnon
254022 Fitness For Arthritis & Balance	Jan. 16	10 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$60	Xiam Sun
254023 Gentle Aerobics + Weights (Fri.)	Jan. 17	10 Weeks	Friday 12:30 - 1:30 pm	Fitness Room 028	\$60	Wendy Gagnon
254024 Working With Weights (Fri.)	Jan. 17	10 Weeks	Friday 1:30 - 2:30 pm	Fitness Room 028	\$60	Wendy Gagnon
Fitness Room						
254025 Access To Gym (3x/Week)	Jan. 13	Vary	Mon, Wed. & Fri., time vary	Activity 028	\$50	No Instructor
254026 Access To Gym (Mon.)	Jan. 13	10 Weeks	Monday 12 - 1:30 pm	Activity 028	\$20	No Instructor
254027 Access To Gym (Wed.)	Jan. 15	11 Weeks	Wednesday 10 am - 11:30 am	Activity 028	\$20	No Instructor
254028 Access To Gym (Fri.)	Jan. 17	11 Weeks	Friday 10 am - 11:30 am	Activity 028	\$20	No Instructor
Recreational Dance						
254029 Line Dance	Jan. 14	9 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$54	Rhona Einbinder-Miller
254030 Belly Dance (Middle Eastern Dance)	Jan. 16	10 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine Crerar
254031 Sharing Dance*	Feb. 7	6 Weeks	Friday 10 - 11 am	Streamed in Fitness Room	No Charge	Ana Valença
Recreational Sports						
254032 Pickleball (Tuesday)	Jan. 14	11 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
254033 Pickleball (Thursday)	Jan. 16	11 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
254034 Table Tennis (Ping-Pong)	Jan. 17	10 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$10	No Instructor
254035 Carpet Bowling	Jan. 17	10 Weeks	Friday 11:30 am - 12:30 pm	Assembly Hall 112	\$10	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
254036 Contract Bridge	Jan. 6	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
254037 Euchre	Jan. 8	Continuous	Wednesday 1 - 3 pm	Activity 019	\$1/week	
254038 Scrabble	Jan. 9	Continuous	Thursday 1 - 3 pm	Activity 019	No charge	
254039 Bingo	Jan. 9	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	
Performing Arts						
254040 Silver Swing Band	Jan. 6	12 Weeks	Monday 9 - 11:30 am	Activity 024	\$10	Gord P.
254041 TGC Choir	Jan. 14	11 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Gloria Jean N.
254042 Sharps and Flats Band	Jan. 8	12 Weeks	Wednesday 9 - 11:30 am	Activity 024	\$10	Marilyn L.
254043 Usual Fellows Jazz Band	Jan. 9	12 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
254044 The Grey Jazz Big Band	Jan. 3	13 Weeks	Friday 9 - 11:30 am	Activity 024	\$10	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
254045	Spanish, Basic	Jan. 13	7 Weeks	Monday 9:30 - 10:30 am	Virtual	\$70 Maria C.
254046	Spanish, Advanced (AM)	Jan. 13	7 Weeks	Monday 10:45 - 11:45 am	Virtual	\$70 Maria C.
254047	Spanish, Intermediate	Jan. 13	7 Weeks	Monday 12 - 1 pm	Virtual	\$70 Maria C.
254048	Spanish, Advanced (PM)	Jan. 13	7 Weeks	Monday 1:30 - 2:30 pm	Virtual	\$70 Maria C.
254049	New to Spanish ** (** must know verbs Ser & Estar [present])	Jan. 13	7 Weeks	Monday 2:45 - 3:45 pm	Virtual	\$70 Maria C.
254050	Spanish Conversation Adv. +	Jan. 16	10 Weeks	Thursday 9:30 - 11:30 am	Virtual	\$105 Sandra C.-S.
254051	Creative Writing	Jan. 17	11 Weeks	Friday 1 - 2:30 pm	Activity 019	\$10 Melody S.
General Interest						
254052	Coffee Chat	Jan. 6	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge Nikkie S.
254053	Guitar Workshop (Intermediate)	Jan. 14	11 Weeks	Tuesday 12:30 - 1:30 pm	Activity 024	\$25 David J.
254054	Intergenerational Activity Grp.	Jan. 15	3 Weeks	3rd Wed. of month 10 - 11 am	Activity 142/147	No charge TGC/Adrew Fleck C. S.
254055	TGC Book Club	Jan. 15	11 Weeks	Wednesday 10:30 am - 12pm	Library 121	\$10 Mary O.
254056	Computer Workshop	Jan. 15	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20 Lionel W.
254057	Computer Workshop	Feb. 26	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20 Lionel W.
254058	Coffee Club	Jan. 2	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge Ana Valença
254059	Introductory Computer	Jan. 16	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
254060	Introductory Computer	Feb. 20	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20 Karim G.
254061	Ukulele (Intermediate)	Jan. 16	11 Weeks	Thursday 1 - 2 pm	Activity 024	\$25 David J.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
254062	Weaving Milk Bag Mats	Jan. 14	12 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer Evelyn M.
Creative Arts/Expressive Arts						
254063	Painting Studio*	Jan. 13	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$95 Patrick C.
254064	Improv.	Jan. 13	10 Weeks	Monday 11 am - 12 pm	Crafts 236	\$10 Ruth S./Bonita G.
254065	Stained Glass Studio Int.*	Jan. 16	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37 Bob / Richard / Val
254066	Stained Glass Studio Int.*	Jan. 16	11 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37 Bob / Richard / Val
254067	Hand Piecing Placemats	Jan. 17	10 Weeks	Friday 10 am - 12 pm	Crafts 236	\$12 Pete N-J.
254068	Advanced Quilting*	Jan. 17	11 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$20 Susan B./Sharon W.
Production Volunteer						
254069	Doodle Yourself Happy	Jan. 13	10 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer Aneka/Sandra/Bonita
254070	Knitting & Crocheting	Jan. 13	11 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer Valerie S.
254071	Stained Glass (Level 1)	Jan. 14	11 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer Daniel H./Kit H.
254072	Craft Support Team	Jan. 14	11 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer Linda J.P
254073	Mixed Media Card Making	Jan. 15	11 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer Mary S.
254074	Painting Glass Bottles	Jan. 15	11 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd floor	Volunteer Myungsook J./Valerie Y.
254075	Teddy Bears	Jan. 15	11 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer Margo C.
254076	Cross Stitch & Canvas	Jan. 15	11 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer Michel G./Yvette P.
254077	Rope Catch-All	Jan. 15	8 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer Pete N-J.
254078	Knitting & Crocheting	Jan. 16	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer Heather B.
254079	Knitting & Crocheting	Jan. 16	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer Heather B.
254080	Cross Stitch & Canvas	Jan. 17	11 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer Michel G.

Program Descriptions:

Core & More: A 30 minute class designed for all fitness levels to strengthen your core and muscles. This class will relieve back tension and loosen up tight hips, helping to prevent future injuries. Safe and simple! Not all, but some, of the class will be on the floor, using a mat.

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 Placemats: We will be making some lovely "all occasion" placemats that can be used all year long. They are easy to sew and will add a cozy decorative touch to your table.

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.

Painting Glass Bottles: Upcycle wine bottles with a little paint, collage and string lights. Let your imagination create one of a kind seasonal themed decorative centerpieces.

Rope Catch-All: You can make a decorative woven rope basket, vase or holders for pencils or utensils. Create different shapes easily by weaving with cord. Your handmade item will be the perfect catch - for all of your favourite items.

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).

Tai Chi Chuan (Yang Style): This ancient practice blends slow, graceful movements with deep breathing to promote balance, relaxation, and inner peace. Ideal for all ages and fitness levels, Tai Chi Chuan helps improve flexibility, strength, and mental clarity. Join us to discover the many benefits of this time-honored tradition and bring harmony to your body and mind.