

## Spring Program Guide 2025

Registration April 1, 2, & 3 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, April 1st.**

**Please Note:** Membership to The Good Companions is required to participate in all programs.  
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>						
<b>Fitness</b>						
251010 Fitness For Arthritis & Balance	May 5	7 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$42	Rhona Einbinder-Miller
251011 Gentle Aerobics + Weights	Apr. 7	9 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$54	Wendy Gagnon
251012 Working With Weights	Apr. 7	9 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$54	Wendy Gagnon
251013 Core & More (Mon.)	Apr. 7	9 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$41	Wendy Gagnon
251014 Fitness For Arthritis & Balance	May 6	8 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$48	Rhona Einbinder-Miller
251015 Gentle Ex. Beyond The Chair	May 6	8 Weeks	Tuesday 12 - 1 pm	Fitness Room 028	\$48	Rhona Einbinder-Miller
251016 Cardio, Strength & Core	<b>CANCELLED</b>					Anna Ferdinand
251017 Chair Yoga	<b>CANCELLED</b>					Anna Ferdinand
251018 Zumba Gold	Apr. 9	10 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$60	Xiang Sun
251019 Functional Exercises Workshop	Apr. 9	1 Week	Wednesday 10:45 - 11:45 am	Assembly Hall 112	No Charge	Guity Elikay
251020 Posture & Balance	Apr. 16	6 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity Elikay
251021 Strength & Stretch + Weights	Apr. 9	11 Weeks	Wednesday 12:15 - 1:15 pm	Fitness Room 028	\$66	Wendy Gagnon
251022 Tai Chi Chuan (Yang Style)	<b>CANCELLED</b>					Yuko Suzuki
251023 Working With Weights	Apr. 9	11 Weeks	Wednesday 1:15 - 2:15 pm	Fitness Room 028	\$66	Wendy Gagnon
251024 Core & More (Wed.)	Apr. 9	11 Weeks	Wednesday 2:15 - 3 pm	Fitness Room 028	\$50	Wendy Gagnon
251025 Chair Hatha Yoga	May 7	7 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$42	Rhona Einbinder-Miller
251026 Cardio Dance	<b>CANCELLED</b>					Anna Ferdinand
251027 Gentle Mat Yoga	<b>CANCELLED</b>					Anna Ferdinand
251028 Fitness For Arthritis & Balance	Apr.10	10 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$60	Xiang Sun
251029 Gentle Aerobics + Weights	Apr. 25	9 Weeks	Friday 12:15 - 1:15 pm	Fitness Room 028	\$54	Wendy Gagnon
251030 Working With Weights	Apr. 25	9 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$54	Wendy Gagnon
251031 Core & More (Friday)	Apr. 25	9 Weeks	Friday 2:15 - 3 pm	Fitness Room 028	\$41	Wendy Gagnon
<b>Fitness Room</b>						
251032 Access To Gym (3x/Week)	Apr. 7	Vary	Mon, Wed. & Fri., time vary	Fitness Room 028	\$40	No Instructor
251033 Access To Gym (Mon.)	Apr. 7	9 Weeks	Monday 12 - 1:30 pm	Fitness Room 028	\$15	No Instructor
251034 Access To Gym (Wed.)	Apr. 9	11 Weeks	Wednesday 10 am - 11:30 am	Fitness Room 028	\$15	No Instructor
251035 Access To Gym (Fri.)	Apr. 25	9 Weeks	Friday 10 am - 11:30 pm	Fitness Room 028	\$15	No Instructor
<b>Recreational Dance</b>						
251036 Line Dance (Beg.)	May 6	8 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$48	Rhona Einbinder-Miller
251037 Belly Dance	Apr. 10	10 Weeks	Thursday 9:45 - 10:45 am	Assembly Hall 112	\$10	Catharine Crerar
251038 Sharing Dance	May 2	6 Weeks	Friday 10 - 11 am	Fitness Room 028	No Charge	Ana Valença
<b>Recreational Sport</b>						
251039 Pickleball	Apr. 8	11 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
251040 Pickleball	Apr. 10	11 Weeks	Thursday 11 am - 12 pm	Assembly Hall 112	\$15	No Instructor
251041 Table Tennis (Ping-Pong)	Apr. 25	9 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$10	No Instructor
251042 Carpet Bowling	Apr. 25	9 Weeks	Friday 11:30 am - 12:30 pm	Assembly Hall 112	\$10	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
251043 Contract Bridge	Apr. 7	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
251044 Euchre	Apr. 2	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
251045 Scrabble/Board Games	Apr. 3	Continuous	Thursday 1 - 3 pm	Activity 015	No charge	
251046 Bingo	Apr. 3	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	3cards/\$1.50	
<b>Performing Arts</b>						
251047 Silver Swing Band	Apr. 7	11 Weeks	Monday 9:30 am - 12 pm	Activity 024	\$10	Gordon P.
251048 Choir	Apr. 8	8 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Gloria Jean N.
251049 Sharps and Flats Band	Apr. 2	12 Weeks	Wednesday 9 am - 12 pm	Activity 024	\$10	Marilyn L.
251050 Usual Fellows Jazz Band	Apr. 3	12 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
251051 Grey Jazz Big Band	Apr. 4	11 Weeks	Friday 9 am - 12 pm	Activity 024	\$10	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
251052 Spanish, Basic	Apr. 7	8 Weeks	Monday 9:30 - 10:30 am	Activity 224	\$80	Vanessa R.
251053 Spanish, Advanced (AM)	Apr. 7	8 Weeks	Monday 10:45 - 11:45 am	Activity 224	\$80	Vanessa R.
251054 Spanish, Intermediate	Apr. 7	8 Weeks	Monday 12 - 1 pm	Activity 224	\$80	Vanessa R.
251055 Spanish, Advanced (PM)	Apr. 7	8 Weeks	Monday 1:30 - 2:30 pm	Activity 224	\$80	Vanessa R.
251056 New to Spanish**	Apr. 7	8 Weeks	Monday 2:45 - 3:45 pm	Activity 224	\$80	Vanessa R.
251057 Spanish Conversation Adv.+	Apr. 10	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$105	Sandra C-S.
251058 Creative Writing	May. 2	8 Weeks	Friday 1 - 2:30 pm	Activity 019	\$10	Melody S.
<b>General Interest</b>						
251059 Coffee Chat	Apr. 7	Continuous	Monday 10:30 - 11:30 am	Dining Room	No charge	Nikkie S.
251060 Intergenerational Activity Grp.	Apr. 8	3 Weeks	Tuesday 10 - 11 am	Activity 142/147	No charge	TGC/Andrew Fleck C.S.
251061 Guitar Workshop (INT.)	Apr. 8	11 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	\$25	David J.
251087 TGC Book Club	Apr. 9	11 Weeks	Wednesday 10:30 am - 12 pm	Library 121	\$10	Mary O.
251062 Computers Workshop	Apr. 9	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
251063 Computers Workshop	May 21	5 Weeks	Wednesday 2 - 3:30 pm	Library 121	\$20	Lionel W.
251064 Coffee Club	Apr. 3	Continuous	Thursday 10 - 11 am	Dining Room	No charge	Ana V.
251065 Introductory Computer	Apr. 10	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
251066 Introductory Computer	May 15	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
251067 Ukulele (Intermediate)	Apr. 10	11 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	\$25	David J.
251068 Container Garden	TBA	Seasonal	Mon. - Fri. (Flexible hours)	Outside	No charge	Ana V. & Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Craft Studio</b>						
(*There may be some additional supply costs)						
<b>Charity Work</b>						
251069 Weaving Milk Bag Mats	Apr. 8	12 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
<b>Creative/Expressive Arts</b>						
251070 Painting Studio*	Apr. 7	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$95	Patrick C.
251071 Improv.	Apr. 7	9 Weeks	Monday 11 am - 12 pm	Crafts 236	\$10	Ruth S./Bonita G.
251072 Stained Glass Int.* AM	Apr. 10	12 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard/John/Val
251073 Stained Glass Int.* PM	Apr. 10	12 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/John/Val
251074 Advanced Quilting*	Apr. 25	9 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$20	Sharon W./Susan B.
<b>Production Volunteer</b>						
251075 Doodle Yourself Happy	Apr. 7	9 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Aneeka M./Bonita G.
251076 Knitting/Crocheting (Mon.)	Apr. 7	10 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
251077 Stained Glass (Level 1)	Apr. 8	11 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Dan H./Kit H.
251078 Craft Support Team	Apr. 8	11 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J.P.
251079 Teddy Bear	Apr. 9	11 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
251080 Mixed Media Card Making	Apr. 9	11 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
251081 Painting Silk Scarves	Apr. 9	11 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd Floor	Volunteer	Myungsook J./Valerie Y.
251082 Cross Stitch & Canvas	Apr. 9	11 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
251083 Knitting & Crocheting AM	Apr. 10	12 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
251084 Knitting & Crocheting PM	Apr. 10	12 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
251085 Hand Piecing Memory Game	Apr. 25	8 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
251086 Cross Stitch & Canvas	Apr. 25	9 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.

### New Programs:

**Core & More:** A 45 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.

**Functional Exercises Workshop:** Kickstart your journey to better posture and balance! In this workshop, learn simple, effective movements to improve stability, strength, and everyday mobility. Perfect for all fitness levels.

**Hand Piecing Memory Game:** Have fun choosing a variety of vibrant and colourful fabrics to make your own fabric matching memory board game. You will sew by hand individual fabric cards of two identical prints for ten sets per game. A great project for a beginner. It is all squares, easy! A sample will be on display during program registration.

**Painting Silk Scarves:** Learn about painting on silk and create your own stunning silk scarf. Fabric painting on silk is not too different and just as easy as painting on cotton fabrics.



**The Good Companions  
Seniors' Centre**  
Supporting a Vibrant Community

EARLY BIRD RENEWAL STARTS MARCH 1ST, 2025

## MEMBERSHIP RENEWAL 2025-2026

Renew your membership (including parking and locker) before April 1st to be automatically entered into a draw to win a fabulous gift basket!

### How to renew?

- Online: [thegoodcompanions.ca/membership/renewal-members](http://thegoodcompanions.ca/membership/renewal-members)
- In person or over the phone during business hours between 8:30 am and 3:00 pm 613-236-0428
- By mail with a cheque made payable to The Good Companions 670 Albert St. Ottawa, ON K1R 6L2