



# Summer Program Guide 2025

Registration June 24, 25 & 26 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 24th.

**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>						
252010 Fitness for Arthritis & Balance	Jun. 30	5 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$30	Rhona E.
252011 Gentle Aerobics + Weights	Jun. 30	7 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$42	Wendy G.
252012 Working With Weights	Jun. 30	7 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$42	Wendy G.
252013 Core & More (Mon.)	Jun. 30	7 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$31	Wendy G.
252014 Functional Exercises Workshop	Jul. 2	1 Week	Wednesday 10:45 - 11:45 am	Assembly Hall 112	No Charge	Guity E.
252015 Posture & Balance	Jul. 9	6 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity E.
252016 Strength & Stretch + Weights	Jul. 2	8 Weeks	Wednesday 12:15 - 1:15 pm	Fitness Room 028	\$48	Wendy G.
252017 Working with Weights	Jul. 2	8 Weeks	Wednesday 1:15 - 2:15 pm	Fitness Room 028	\$48	Wendy G.
252018 Core & More (Wed.)	Jul. 2	8 Weeks	Wednesday 2:15 - 3 pm	Fitness Room 028	\$36	Wendy G.
252019 Chair Hatha Yoga	Jul. 2	5 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$30	Rhona E.
252020 Fitness for Arthritis & Balance	Jul. 3	5 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	\$30	Rhona E.
252021 Gentle Aerobics + Weights	Jul. 4	8 Weeks	Friday 12:15 - 1:15 pm	Fitness Room 028	\$48	Wendy G.
252022 Working With Weights	Jul. 4	8 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$48	Wendy G.
252023 Core & More (Fri.)	Jul. 4	8 Weeks	Friday 2:15 - 3 pm	Fitness Room 028	\$36	Wendy G.
<b>Fitness Room</b>						
252024 Access to Gym (3x/Week)	Jun. 30	Vary	Mon., Wed. & Fri.	Fitness Room 028	\$40	No Instructor
252025 Access to Gym (Mon.)	Jun. 30	7 Weeks	Monday 12 - 1:30 pm	Fitness Room 028	\$15	No Instructor
252026 Access to Gym (Wed.)	Jul. 2	8 Weeks	Wednesday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
252027 Access to Gym (Fri.)	Jul. 4	8 Weeks	Friday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
<b>Recreational Dance</b>						
252028 Line Dance	Jun. 30	5 Weeks	Monday 11 am - 12 pm	Assembly Hall	\$30	Rhona E.
252029 Sharing Dance	Jul. 4	6 Weeks	Friday 10 - 10:45 am	learned in Fitness Room	No Charge	Ana V.
<b>Recreational Sport</b>						
252030 Pickleball	Jul. 8	6 Weeks	Tuesday 1:15 - 2:45 pm	Assembly Hall 112	\$15	No Instructor
252031 Pickleball	Jul. 3	8 Weeks	Thursday 11 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
252032 Table Tennis (Ping Pong)	Jul. 4	8 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$10	No Instructor
252033 Pickleball - Drop In* <b>NEW!</b>	Jul. 4	8 Weeks	Friday 11:30 am - 1 pm	Assembly Hall 112	\$3/Day	No Instructor
<b>* Please Note: This is a drop-in class, and attendance can vary from week to week. TGC does not track who will be attending in advance.</b>						

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>General Interest</b>						
252034 Spanish, Basic**	Jul. 7	7 Weeks	Monday 9:30 - 10:30 am	Activity 019	\$70	Vanessa R.
**must know verbs Ser & Estar (present)						
252035 Spanish, Advanced (AM)			Cancelled			Vanessa R.
252036 Spanish, Intermediate	Jul. 7	7 Weeks	Monday 12 - 1 pm	Activity 019	\$70	Vanessa R.
252037 Spanish, Advanced (PM)	Jul. 7	7 Weeks	Monday 1:30 - 2:30 pm	Activity 019	\$70	Vanessa R.
252038 New to Spanish	Jul. 7	7 Weeks	Monday 2:45 - 3:45 pm	Activity 019	\$70	Vanessa R.
<b>General Interest</b>						
252039 Coffee Club (Monday)	Jul. 7	7 Weeks	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Ana V.
252040 Amateur Radio Operators <b>NEW!</b>	Jul. 8	8 Weeks	Tuesday 10:30 - 11:30 am	Dining Activity 141	No charge	Frank D.
252068 TGC Book Club	Jul. 2	9 Weeks	Wednesday 10:30 am - 12 pm	Library 121	\$10	Mary O.
252041 Computer Workshop	Jul. 2	4 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
252042 Computer Workshop	Aug. 6	4 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
252043 Coffee Club (Thursday)	Jun. 26	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
252044 Introductory Computer	Jul. 3	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
252045 Introductory Computer	Aug. 7	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
252046 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>						
252047 Contract Bridge		Continuous	Monday 12:45 - 2:45 pm	Activity 015	\$1/week	
252048 Euchre		Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
252049 Scrabble		Continuous	Thursday 1 - 3 pm	Activity 015	No charge	
252050 Bingo		Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	
<b>Performing Arts</b>						
252051 Usual Fellows Jazz Band	Jul. 3	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>						
252052 Weaving Milk Bag Mats	Jul. 8	10 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
<b>Creative Arts/Expressive Arts</b>						
252053 Stained Glass Int.* AM	Jul. 3	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard/John
252054 Stained Glass Int.* PM	Jul. 3	11 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/John
<b>Production Volunteer</b>						
252055 Basic Crochet Stitches <b>NEW!</b>	Jun. 30	8 Weeks	Monday 10 am - 12 pm	Crafts 240	Volunteer	Roseline A.
252056 Doodle Yourself Happy	Jun. 30	8 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Bonita G./Anneka M.
252057 Knitting & Crocheting	Jun. 30	9 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
252058 Stained Glass Level 1 AM	Jul. 8	8 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Kit H.
252059 Craft Support Team	Jul. 8	10 Weeks	Tuesday 9:30 - 11:30 am	Crafts 240	Volunteer	Linda J.P.
252060 Stained Glass Level 1 PM	Jul. 8	9 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Doug F.
252061 Mixed Media Card Making	Jul. 2	9 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
252062 Fiber Art Crafts	Jul. 2	8 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N-J.
252063 Knitting & Crocheting AM	Jul. 3	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
252064 Knitting & Crocheting PM	Jul. 3	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
252065 Stitch a Card <b>NEW!</b>	Jul. 4	2 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
252066 Card Making Techniques <b>NEW!</b>	Jul. 25	2 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
252067 Fabric Collage <b>NEW!</b>	Jul. 11	6 Weeks	Friday 1 - 3 pm	Crafts 240	Volunteer	Laura Lynn E.

**New Program Information:**

**Amateur Radio Operators** - This club will be conversational and educational in nature. This club is for members with a background in technology and aviation but will be broad enough to accomodate anyone curious in learning more about radio communication.

**Basic Crochet Stitches** - This class focuses on learning basic crochet stitches - chain, single, double, half-double and treble crochet. You will learn basic stitches or combine stitches to make different pattern swatches. Everyone is welcome.

**Card Making Techniques (Die Cutting and Embossing)** - Using a die cutter / embossing machine allows you to create cut outs with a die and raised designs with an embossing plate. Learn how to create a design on the surface of a card with stamps and embossing ink. You will be able to create beautiful images for cards. The possibilities are endless. Make a special card and keep one for yourself.

**Fabric Collage** - Use fabric scraps to make unique pieces of art. We will cut and glue fabrics to make collages. You will be provided with a template, or you can create your own design. Some will be glued to artboards and others machine quilted to make wall hangings. Sewing skills are an asset but not necessary.

**Fiber Art Crafts** - Calling all fiber crafters to come together. Bring your own project and create individually. Whether it's knitting, crocheting, needlepoint, teddy bears or hand sewing, anything goes. The sky is the limit! Meet other craft minded people, get inspired, learn from each other and pay it forward if you like!

**Funcional Exercises Workshop (2)** - Take your posture, balance and strength to the next level! Build on the skills from Part 1 with new, engaging movements designed to further improve your stability, mobility and confidence in daily activities. Suitable or all fitness levels - no need to have attended part 1.

**Pickleball - Drop In** - Due to the growing enthusiasm for Pickleball, we're adding an extra date to the schedule. Whether you missed a Tuesday or Thursday, want an extra day of play, or just want to drop in occasionally to give it a try - this is your chance! Come join the fun, meet new fellow players and keep the Pickleball momentum going! Attentions: as a drop-in practise, attendance can vary week to week. TGC does not track who will be attending in advance.

**Stitch a Card** - Come join us for a fun time stitching beautiful designs on greeting cards using the "prick and stitch" method. This method is great for everyone and especially if you like needle craft. No experience is necessary. You get beautiful results in a relatively short period of time.

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



Wednesday, July 23	Morrisburg, ON (\$130) Includes: transportation, buffet lunch at McIntosh Country Inn and matinée performance of "The Sweet Delilah Swim Club" at Upper Canada Playhouse.
Tuesday, August 12	Kingston, ON (\$52) Includes: transportation, visit to Kingston Public Market, shopping in downtown core (Please note that lunch will be on your own and not included in ticket price.)

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.