



Fall Program Guide 2025

Registration September 9, 10 & 11 from 10 am to 2 pm

**Registration can be done online at thegoodcompanions.ca/programs-services/program-registration.
This registration link will be active starting on Tuesday, September 9 at 10 am.**


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: 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
Physical Activity						
Fitness						
253010 Fitness for Arthritis & Balance	Sept. 15	11 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$66	Rhona E.
253011 Gentle Aerobics + Weights	Sept. 15	12 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$72	Wendy G.
253012 Working with Weights (Mon.)	Sept. 15	12 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$72	Wendy G.
253013 Core & More (Mon.)	Sept. 15	12 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$54	Wendy G.
253014 Fitness for Arthritis & Balance	Sept. 16	11 Weeks	Tuesday 10 - 11 am	Fitness 028	\$66	Rhona E.
253015 Gentle Hatha Yoga* NEW	Sept. 16	11 Weeks	Tuesday 11 am - 12 pm	Fitness 028	\$66	Rhona E.
253016 Posture & Balance	Sept. 17	10 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity E.
253017 Zumba Gold	Sept. 17	11 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$66	Xiang S.
253018 Strength & Stretch + Weights	Sept. 17	13 Weeks	Wednesday 12:15 - 1:15 pm	Fitness 028	\$78	Wendy G.
253019 Chair Hatha Yoga	Sept. 17	13 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$78	Rhona E.
253020 Working with Weights (Wed.)	Sept. 17	13 Weeks	Wednesday 1:15 - 2:15 pm	Fitness 028	\$78	Wendy G.
253021 Core & More (Wed.)	Sept. 17	13 Weeks	Wednesday 2:15 - 3 pm	Fitness 028	\$58	Wendy G.
253022 Fitness for Arthritis & Balance	Sept. 18	11 Weeks	Thursday 1 - 2 pm	Fitness 028	\$66	Xiang S.
253023 Gentle Aerobics + Weights	Sept. 19	10 Weeks	Friday 12:15 - 1:15 pm	Fitness 028	\$60	Wendy G.
253024 Working with Weights (Fri.)	Sept. 19	10 Weeks	Friday 1:15 - 2:15 pm	Fitness 028	\$60	Wendy G.
253025 Core & More (Fri.)	Sept. 19	10 Weeks	Friday 2:15 - 3 pm	Fitness 028	\$45	Wendy G.
Fitness Room						
253026 Access to Gym (3x/Week)	Sept. 15	Vary	Mon, Wed. & Fri., time vary	Fitness 028	\$40	No Instructor
253027 Access to Gym (Mon.)	Sept. 15	13 Weeks	Monday 12 - 1:30 pm	Fitness 028	\$20	No Instructor
253028 Access to Gym (Wed.)	Sept. 17	14 Weeks	Wednesday 10 - 11:30 am	Fitness 028	\$20	No Instructor
253029 Access to Gym (Fri.)	Sept. 19	13 Weeks	Friday 10 - 11:30 am	Fitness 028	\$20	No Instructor
Recreational Dance						
253030 Line Dance	Sept. 15	11 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$66	Rhona E.
253031 Belly Dance	Sept. 25	9 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine C.
253032 Sharing Dance*	Oct. 3	6 Weeks	Friday 10 - 11 am	Streamed in Fit. 028	No Charge	Ana V.
Recreational Sports						
253033 Pickleball (Tuesday)	Sept. 16	11 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
253034 Pickleball (Thursday)	Sept. 18	12 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
253035 Table Tennis (Ping-Pong)	Sept. 19	10 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$10	No Instructor
253036 Pickleball Drop-In*	Sept. 19	10 Weeks	Friday 11:30 am - 1 pm	Assembly Hall 112	\$3	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
253037 Silver Swing Band	Sept. 8	14 Weeks	Monday 9 - 11:30 am	Activity 024	\$10	Gordon P.
253038 TGC Choir	Sept. 30	11 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	
253039 Sharps and Flats Band	Sept. 10	15 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$10	Marilyn L.
253040 Usual Fellows Jazz Band	Sept. 4	16 Weeks	Thursday 9 - 11:30 am	Activity 024	\$10	Alf W.
253041 The Grey Jazz Big Band	Sept. 5	15 Weeks	Friday 9 am - 12 pm	Activity 024	\$10	Brian B.
Games						
253042 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No Charge	
253043 Contract Bridge (Monday)	Sept. 8	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
253044 Euchre	Sept. 10	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
253093 Contract Bridge (Thursday)	Sept. 4	Continuous	Thursday 12:45 - 2:45 pm	Activity 019	\$1/week	
253045 Bingo	Sept. 4	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
253046 Spanish, Basic (** must know verbs Ser & Estar (present))	Sept. 22	10 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$100	Vanessa R.
253047 Spanish, Advanced (AM)	Sept. 22	10 Weeks	Monday 10:45 - 11:45 am	Activity 015	\$100	Vanessa R.
253048 Spanish, Intermediate	Sept. 22	10 Weeks	Monday 12 - 1 pm	Activity 015	\$100	Vanessa R.
253049 Spanish, Advanced (PM)	Sept. 22	10 Weeks	Monday 1:30 - 2:30 pm	Activity 015	\$100	Vanessa R.
253050 New to Spanish	Sept. 22	10 Weeks	Monday 2:30 - 3:30 pm	Activity 015	\$100	Vanessa R.
253051 Spanish Conversation Adv. +	Sept. 25	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$115	Sandra C-S.
General Interest						
253052 Coffee Club (Monday)	Sept. 8	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Ana V.
253053 As The World Turns NEW	Sept. 16	3 Weeks	Biweekly Tuesday 10 - 11 am	Activity 224	No charge	Daryl C.
253054 Amateur Radio Operators NEW	Sept. 16	12 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	No charge	Frank D.
253055 Grief Café NEW	Oct. 7	3 Weeks	1st Tues./month 1 - 2 pm	Activity 019	\$5	Debbie C.
253056 The Guitar Workshop INT.	Sept. 16	12 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	\$25	David J.
253057 Intergenerational Activity Grp.	Sept. 17	3 Weeks	3rd Wed/month 10:30 - 11:30 am	Activity 015	No charge	Andrew Fleck C.S.
253058 TGC Book Club	Sept. 19	13 Weeks	Friday 10:30 am - 12 pm	Library 121	\$10	Mary O.
253059 Computer Support	Sept. 17	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
253060 Computer Support	Oct. 29	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
253061 Coffee Club (Thursday)	Sept. 4	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
253062 Recorder (Beginner) NEW	Sept. 18	12 Weeks	Thursday 11 am - 12 pm	Activity 015	\$25	David J.
253063 Ukulele (Beg./Intermediate)	Sept. 18	12 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	\$25	David J.
253064 Introductory Computer	Sept. 18	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
253065 Introductory Computer	Oct. 23	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
253066 55+ Mature Driver Refresher	Nov. 7	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 019	\$25	David J.
253067 Container Garden	Sept. 17	Continuous	Mon. - Fri., Flexible Hours	Outdoors	No Charge	Lynn K.
Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
253068 Weaving Milk Bag Mats	Sept. 16	13 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
Creative Arts/Expressive Arts						
253069 Painting Studio*	Sept. 15	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$103	Patrick C.
253070 Improv	Sept. 15	10 Weeks	Monday 11 am - 12 pm	Crafts 236	\$10	Ruth S.
253071 Intro. to Mosaics	Oct. 7	2 Weeks	Tuesday 1 - 3 pm	Crafts 236	\$37	Tonya P.
253072 Stained Glass Intermediate*	Sept. 18	13 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John/Richard/Bob/Val
253073 Stained Glass Intermediate*	Sept. 18	13 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	John/Richard/Bob/Val
253074 Advanced Quilting*	Sept. 19	10 Weeks	Friday 9:30 am - 2:30 pm	Crafts 240	\$25	Susan B./Sharon W.
Production Volunteer						
253075 Basic Crochet Stitches	Sept. 15	12 Weeks	Monday 10 am - 12 pm	Activity 019	Volunteer	Roseline A.
253076 Doodle Yourself Happy	Sept. 15	12 Weeks	Monday 1 - 3 pm	Crafts 236	Volunteer	Bonita G./Anneka M.
253077 Knitting & Crocheting	Sept. 15	13 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
253078 Beads, Buttons & More NEW	Sept. 15	6 Weeks	Monday 1 - 3 pm	Solarium 2nd floor	Volunteer	Sally R.
253079 Stained Glass (Level 1)	Sept. 16	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H./Kit H.
253080 Xmas Fabric Collage NEW	Sept. 16	8 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Laura Lynn E.
253081 Craft Support Team	Sept. 16	12 Weeks	Tuesday 1 - 3 pm	Crafts 236	Volunteer	Linda J-P.
253082 Mixed Media Card Making	Sept. 17	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	Volunteer	Mary S.
253083 Painting Xmas Gift Bags NEW	Sept. 17	10 Weeks	Wednesday 9:30 - 11:30 am	Solarium 2nd floor	Volunteer	Myungsook J./Valerie Y.
253084 Teddy Bear	Sept. 17	10 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
253085 Cross Stitch & Canvas	Sept. 17	14 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
253086 Emotional Support Owls NEW	Sept. 17	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
253087 Xmas Teardrop Swags NEW	Oct. 8	4 Weeks	Wednesday 1 - 3 pm	Solarium 2nd floor	Volunteer	Zelda P.
253088 Angel Ornaments NEW	Oct. 22	3 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
253089 Knitting & Crocheting	Sept. 18	14 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
253090 Knitting & Crocheting	Sept. 18	14 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
253091 Pillowcase Machine Sew NEW	Sept. 19	8 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N.J.
253092 Cross Stitch & Canvas	Sept. 19	13 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G./Yvette P.

 Interested in Our New Programs? We've Got You Covered!

Whether you're exploring something new or returning for more, we're excited to share what's coming up.

Full descriptions of all our new programs will be posted throughout the centre and available at the time of registration.

Take a look, get inspired, and find the perfect fit for you!



Seniors Active Living Fair
& Open House

Wednesday, September 3, 2025

9:30 am - 2:00 pm - 670 Albert Street, Ottawa

This event will feature information on health, safety, and social services in the Ottawa area; and will highlight the programs and services at The Good Companions!

Offers a range of amazing activities

- Free admission/Parking
- Free Chili and Cornbread
- Swap Bags
- Door Prizes
- Seminars
- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

The Good Companions Seniors Active Living Fair is brought to you in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.

For more information contact The Good Companions at 613-236-0428
Ext. 2221, or visit our website: www.thegoodcompanions.ca

OC Transpo Wednesday Service is free for Seniors 65+





The Good Companions
Seniors' Centre

Supporting a Vibrant Community

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

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