



Winter Program Guide 2026

Registration January 6, 7 & 8 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						
264010 Fitness for Arthritis & Balance	Jan. 12	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Rhona E.
264011 Gentle Aerobics + Weight	Jan. 12	10 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$60	Wendy G.
264012 Working With Weights (Mon.)	Jan. 12	10 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$60	Wendy G.
264013 Core & More (Mon.)	Jan. 12	10 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$60	Wendy G.
264014 Fitness for Arthritis & Balance	Jan. 13	8 Weeks	Tuesday 10 - 11 am	Fitness 028	\$48	Rhona E.
264015 Gentle Hatha Yoga	Jan. 13	8 Weeks	Tuesday 11 am - 12 pm	Fitness 028	\$48	Rhona E.
264016 Zumba Gold	Jan. 14	9 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$54	Xiang S.
264017 Posture & Balance	Jan. 14	8 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity E.
264018 Strength & Stretch + Weights	Jan. 14	11 Weeks	Wednesday 12:15 - 1:15 pm	Fitness 028	\$66	Wendy G.
264019 Working with Weights (Wed.)	Jan. 14	11 Weeks	Wednesday 1:15 - 2:15 pm	Fitness 028	\$66	Wendy G.
264020 Chair Hatha Yoga	Jan. 14	8 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$48	Rhona E.
264021 Core & More (Wed.)	Jan. 14	11 Weeks	Wednesday 2:15 - 3 pm	Fitness 028	\$66	Wendy G.
264022 Fitness for Arthritis & Balance	Jan. 15	9 Weeks	Thursday 1 - 2 pm	Fitness 028	\$54	Xiang S.
264023 Gentle Aerobics + Weights (Fri.)	Jan. 16	11 Weeks	Friday 12:15 - 1:15 pm	Fitness 028	\$66	Wendy G.
264024 Working With Weights	Jan. 16	11 Weeks	Friday 1:15 - 2:15 pm	Fitness 028	\$66	Wendy G.
264025 Core & More (Fri.)	Jan. 16	11 Weeks	Friday 2:15 - 3 pm	Fitness 028	\$66	Wendy G.
Fitness Room						
264026 Access to Gym (3x/Week)	Jan. 12	Vary	Mon, Wed. & Fri., time vary	Fitness 028	\$40	No Instructor
264027 Access to Gym (Mon.)	Jan. 12	10 Weeks	Monday 12 - 1:30 pm	Fitness 028	\$20	No Instructor
264028 Access to Gym (Wed.)	Jan. 14	11 Weeks	Wednesday 10 - 11:30 am	Fitness 028	\$20	No Instructor
264029 Access to Gym (Fri.)	Jan. 16	11 Weeks	Friday 10 - 11:30 am	Fitness 028	\$20	No Instructor
Recreational Dance						
264030 Line Dance	Jan. 12	8 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$48	Rhona E.
264031 Belly Dance	Jan. 15	9 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine C.
264032 Sharing Dance*	Jan. 16	6 Weeks	Friday 10 - 11 am	Streamed in Fit. 028	No Charge	Ana V.
Recreational Sports						
264033 Pickleball (Tuesday)	Jan. 13	11 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
264034 Pickleball (Thursday)	Jan. 15	11 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
264035 Table Tennis (Ping-Pong)	Jan. 16	11 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
264036 Silver Swing Band	Jan. 12	11 Weeks	Monday 9 am - 12 pm	Activity 024	\$10	Gordon P.
264037 TGC Choir	Jan. 20	11 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$7	Keith M.
264038 Sharps and Flats Band	Jan. 14	12 Weeks	Wednesday 9 am - 12 pm	Activity 024	\$10	Marilyn L.
264039 Usual Fellows Jazz Band	Jan. 15	12 Weeks	Thursday 9 am - 12 pm	Activity 024	\$10	Alf W.
264040 The Grey Jazz Big Band	Jan. 9	12 Weeks	Friday 9 am - 12 pm	Activity 024	\$10	Brian B.
Games						
264041 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No Charge	
264042 Contract Bridge (Monday)	Jan. 5	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
264043 Euchre	Jan. 7	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
264044 Bingo	Jan. 8	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
264045 Spanish, Basic (** must know verbs Ser & Estar (present))	Jan. 12	8 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$80	Vanessa R.
264046 Spanish, Advanced (AM)	Jan. 12	8 Weeks	Monday 10:45 - 11:45 am	Virtual	\$80	Vanessa R.
264047 Spanish, Intermediate	Jan. 12	8 Weeks	Monday 12 - 1 pm	Activity 015	\$80	Vanessa R.
264048 Spanish, Advanced (PM)	Jan. 12	8 Weeks	Monday 1:30 - 2:30 pm	Activity 015	\$80	Vanessa R.
264049 New to Spanish	Jan. 12	8 Weeks	Monday 2:30 - 3:30 pm	Activity 015	\$80	Vanessa R.
264050 German	Jan. 21	10 Weeks	Wednesday 10 - 11:30 am	Library 121	\$20	Jim J.
264051 Spanish Conversation Adv. +	Jan. 15	10 Weeks	Thursday 9:30 - 11:30 am	Virtual	\$115	Sandra C-S.
General Interest						
264052 Coffee Club (Monday)	Jan. 5	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Ana V.
264053 As The World Turns	Jan. 13	6 Weeks	Biweekly Tuesday 12 - 1 pm	Activity 015	No charge	Daryl C.
264054 Amateur Radio Chat	Feb. 17	6 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	No charge	Frank D.
264055 Grief Café Workshop*	Mar. 3	1 Week	Tuesday, 1 - 2 pm	Activity 019	No Charge	Debbie C.
246056 The Guitar Workshop INT.	Jan. 13	12 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	\$25	David J.
264057 Computer Support	Jan. 14	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
264058 Computer Support	Feb. 25	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
264059 Coffee Club (Thursday)	Jan. 8	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
264060 Recorder (Beginner)	Jan. 15	12 Weeks	Thursday 11 am - 12 pm	Activity 015	\$25	David J.
264061 Ukulele (Beg./Intermediate)	Jan. 15	12 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	\$25	David J.
264062 Introductory Computer	Jan. 15	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
264063 Introductory Computer	Feb. 19	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
264089 TGC Book Club	Jan. 15	11 Weeks	Thursday 10:30 am - 12 pm	Library 121	\$10	Mary O.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CRAFT STUDIO (* There may be some additional supply costs)						
Charity Work						
264064 Weaving Milk Bag Mats	Jan. 13	12 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
264065 Craft Support Team	Jan. 13	12 Weeks	Tuesday 1 - 3 pm	Solarium 2nd floor	Volunteer	Linda J-P.
264066 Sensory Touch Quilts	Jan. 16	6 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
Creative Arts/Expressive Arts						
264067 Painting Studio*	Jan. 19	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$103	Patrick C.
264068 Improv	Jan. 12	10 Weeks	Monday 11 am - 12 pm	Activity 019	\$10	Ruth S.
264069 Stained Glass Intermediate*	Jan. 15	12 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard
264070 Stained Glass Intermediate*	Jan. 15	12 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/Val
264071 Dot Mandala Art NEW	Feb. 27	5 Weeks	Friday 9 am - 12 pm	Crafts 236	\$25	Suzanna L.
264072 Advanced Quilting*	Jan. 16	10 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$25	Sharon W./Susan B.
Production Volunteer						
264073 Basic Crochet Stitches	Jan. 12	11 Weeks	Monday 10 am - 12 pm	Crafts 236	Volunteer	Roseline A.
264074 Doodle Yourself Happy	Jan. 12	11 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Bonita G./Anneka M.
264075 Knitting & Crocheting	Jan. 12	11 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
264076 Beads, Buttons & More NEW	Jan. 20	6 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Sally R.
264077 Stained Glass (Level 1)	Jan. 13	12 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H./Kit H.
264078 Stained Glass (Level 1)	Jan. 13	12 Weeks	Tuesday 12:30 - 3 pm	Crafts 236		Zelda P.
264079 Card Making-dyes/embossing NEW	Jan. 14	6 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Marie B.
264080 All Occasion Cards	Feb. 25	6 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Mary S.
264081 Hand Painting	Jan. 14	12 Weeks	Wednesday 10 am - 12 pm	Solarium 2nd floor	Volunteer	Myungsook J./Valerie Y.
264082 Teddy Bear	Jan. 14	12 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Margo C.
264083 Cross Stitch & Canvas	Jan. 14	12 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
264084 Weaving Catch-All NEW	Jan. 14	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
264085 Fabric Collage NEW	Feb. 18	6 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Laura Lynn E.
264086 Knitting & Crocheting	Jan. 15	12 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
264087 Knitting & Crocheting	Jan. 15	12 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
264088 Cross Stitch & Canvas	Jan. 23	9 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.

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

[Beads, Buttons & More](#) - Crafting for the not crafty! Come and play with ribbon, buttons & beads and other bits to make items for the Craft Studio Boutique. Think outside the box and have fun.

[Card Making with Dyes & Embossing](#) - Using a dye cutter/embossing machine allows you to create cut outs with a dye 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.

[Dot Mandala Art](#) - Dot mandala art is a meditative art form that creates intricate, symmetrical patterns using a multitude of dots originating from a central point and forming concentric circles. The process involves using specialized tools to apply acrylic dots in varying sizes, colours and techniques. All supplies, tools and paints will be provided.

[Fabric Collage](#) - Use fabric to make unique pieces of art decor. 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.

[Grief Café Workshop - The Power of Ritual: Finding Peace in Life's Transitions](#). Why do we mark the moments that matter? Beyond religion and tradition lies a deeply human need for ritual. Whether you are saying goodbye to a home, a career, or a loved one, rituals are not just for formal ceremonies—they are tools for everyday life. This session demystifies the practice of ritual, showing you how to build a "toolkit" for navigating life's biggest changes with grace. Join us for a gentle exploration of how small acts of intention can help us process any loss, provide comfort, and create "anchors" that keep us grounded while making space for the future.

[Weaving 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-all for your favourite items.