

## Spring Program Guide 2026

Registration April 7, 8, & 9 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 7th, 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:** \$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>						
261010 Fitness For Arthritis & Balance	Apr. 27	6 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$36	Rhona Einbinder-Miller
261011 Gentle Aerobics + Weights	Apr. 20	8 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$48	Wendy Gagnon
261012 Working With Weights (Mon.)	Apr. 20	8 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$48	Wendy Gagnon
261013 Core & More (Mon.)	Apr. 20	8 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$48	Wendy Gagnon
261014 Fitness For Arthritis & Balance	Apr. 21	8 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$48	Rhona Einbinder-Miller
261015 Gentle Hatha Yoga	Apr. 21	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$48	Rhona Einbinder-Miller
261016 Zumba Gold	May 6	6 Weeks	Wednesday 9:30 - 10:30 am	Assembly Hall 112	\$36	Xiang Sun
261017 Posture & Balance	Apr. 15	9 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity Elikay
261018 Strength & Stretch + Weights	Apr. 22	9 Weeks	Wednesday 12:15 - 1:15 pm	Fitness Room 028	\$54	Wendy Gagnon
261019 Working With Weights	Apr. 22	9 Weeks	Wednesday 1:15 - 2:15 pm	Fitness Room 028	\$54	Wendy Gagnon
261020 Chair Hatha Yoga	Apr. 22	8 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$48	Rhona Einbinder-Miller
261021 Core & More (Wed.)	Apr. 22	9 Weeks	Wednesday 2:15 - 3 pm	Fitness Room 028	\$54	Wendy Gagnon
261022 Fitness For Arthritis & Balance	May 7	6 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$36	Xiang Sun
261023 Music & Tai Chi <b>NEW!</b>	Apr. 10	8 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$48	Yu Ming
261024 Gentle Aerobics + Weights	Apr. 24	8 Weeks	Friday 12:15 - 1:15 pm	Fitness Room 028	\$48	Wendy Gagnon
261025 Working With Weights	Apr. 24	8 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$48	Wendy Gagnon
261026 Core & More (Friday)	Apr. 24	8 Weeks	Friday 2:15 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
<b>Fitness Room</b>						
261027 Access To Gym (3x/Week)	Apr. 13	Vary	Mon, Wed. & Fri., time vary	Fitness Room 028	\$40	No Instructor
261028 Access To Gym (Mon.)	Apr. 13	9 Weeks	Monday 12 - 1:30 pm	Fitness Room 028	\$20	No Instructor
261029 Access To Gym (Wed.)	Apr. 15	10 Weeks	Wednesday 10 am - 11:30 am	Fitness Room 028	\$20	No Instructor
261030 Access To Gym (Fri.)	Apr. 17	9 Weeks	Friday 10 am - 11:30 pm	Fitness Room 028	\$20	No Instructor
<b>Recreational Dance</b>						
261031 Line Dance (Beg.)	Apr. 27	6 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$36	Rhona Einbinder-Miller
261032 Belly Dance	Apr. 16	6 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine Crerar
261033 Sharing Dance	Apr. 17	6 Weeks	Friday 10 - 11 am	Streamed in 028	No Charge	Ana V.
<b>Recreational Sport</b>						
261034 Pickleball (Tuesday)	Apr. 14	10 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
261035 Pickleball (Thursday)	Apr. 16	10 Weeks	Thursday 11:30 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
261036 Table Tennis (Ping-Pong)	Apr. 17	9 Weeks	Friday 9:45 - 10:45 am	Assembly Hall 112	\$15	No Instructor
261037 Pickleball (Friday)	Apr. 24	8 Weeks	Friday 12:30 - 2 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
261058 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No charge	
261059 Contract Bridge	Apr. 13	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
261060 Euchre	Apr. 1	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
261061 Scrabble/Board Games	Apr. 2	Continuous	Thursday 1 - 3 pm	Activity 015	No charge	
261062 Bingo	Apr. 2	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	3cards/\$1.50	
<b>Performing Arts</b>						
	<u>Please note:</u> all new musicians must speak with the band leader before registering for a band.					
261063 Silver Swing Band	Apr. 13	11 Weeks	Monday 9:30 am - 12 pm	Activity 024	\$15	Gordon P.
261064 Unusual Humans Quartet	Apr. 13	11 Weeks	Monday 1 - 3 pm	Activity 024	\$15	Alain D.
261065 Sharps and Flats Band	Apr. 15	11 Weeks	Wednesday 9 am - 12 pm	Activity 024	\$15	Marilyn L.
261066 Usual Fellows Jazz Band	Apr. 16	11 Weeks	Thursday 9 - 11:30 am	Activity 024	\$15	Alf W.
261067 Grey Jazz Big Band	Apr. 17	11 Weeks	Friday 9 am - 12 pm	Activity 024	\$15	Brian B.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>Language</b>						
261038 Spanish, Basic**	Apr. 13	8 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$80	Vanessa R.
	**must know verbs Ser & Estar (present)					
261039 Spanish, Advanced (AM)	Apr. 13	8 Weeks	Monday 10:45 - 11:45 am	Activity 015	\$80	Vanessa R.
261040 Spanish, Intermediate	Apr. 13	8 Weeks	Monday 12 - 1 pm	Activity 015	\$80	Vanessa R.
261041 Spanish, Advanced (PM)	Apr. 13	8 Weeks	Monday 1:30 - 2:30 pm	Activity 015	\$80	Vanessa R.
261042 New to Spanish**	Apr. 13	8 Weeks	Monday 2:30 - 3:30 pm	Activity 015	\$80	Vanessa R.
261091 German (Intermediate)	Apr. 15	8 Weeks	Wednesday 10 - 11:30 am	Library 121	\$20	Jim J.
261043 Spanish Conversation <b>Adv.+</b>	Apr. 16	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$105	Sandra C-S.
261044 French Conversation	TBA	TBA	TBA	TBA	TBA	TBA

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>General Interest</b>						
261045 Coffee Chat (Monday)	Apr. 13	Continuous	Monday, 10 - 11 am	Dining Room	No charge	Ana V.
261092 Smart Aging	Apr. 13	8 Weeks	Monday 1 - 3 pm	Dining Room	\$69	Hugh N.
261046 As the World Turns	Apr. 14	5 Weeks	Biweekly Tuesday 12 - 1 pm	Activity 015	No charge	Daryl C.
261047 Amateur Radio Chat	Apr. 14	10 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	No charge	Frank D.
261048 Guitar Workshop (INT.)	Apr. 14	10 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	\$25	David J.
261049 Computer Support	Apr. 15	5 Weeks	Wednesday 1 - 2:30 pm	Library 121	\$20	Lionel W.
261050 Computer Support	May 20	5 Weeks	Wednesday 1 - 2:30 pm	Library 121	\$20	Lionel W.
261051 Coffee Club (Thursday)	Apr. 9	Continuous	Thursday 10 - 11 am	Dining Room	No charge	Ana V.
261052 TGC Book Club	Apr. 16	10 Weeks	Thursday 10:30 am - 12 pm	Library 121	\$10	Mary O.
261053 Recorder (Beginner)	Apr. 16	10 Weeks	Thursday 11 am - 12 pm	Activity 015	\$25	David J.
261054 Introductory Computer	Apr. 16	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
261055 Introductory Computer	May 21	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
261056 Ukulele (Intermediate)	Apr. 16	10 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	\$25	David J.
261093 Creative Writing <b>NEW!</b>	Apr. 17	9 Weeks	Friday 1 - 2:30 pm	Activity 019	\$10	Melody S.
261057 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>						
261068 Craft Support Team	Apr. 14	11 Weeks	Tuesday 1 - 3 pm	Solarium 2nd Floor	Volunteer	Linda J.P.
261069 Weaving Milk Bag Mats	Apr. 14	11 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
<b>Creative/Expressive Arts</b>						
261070 Painting Studio*	Apr. 13	10 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$103	Patrick C.
261071 Improv.	Apr. 13	8 Weeks	Monday 10:30 am - 12 pm	Activity 019	\$10	Ruth S.
261072 Dot Mandala Art* <b>NEW</b>	Apr. 14	6 Weeks	Tuesday 9 am - 12 pm	Crafts 240	\$25	Suzanna L.
261073 Stained Glass Int. (AM)*	Apr. 16	11 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard/John
261074 Stained Glass Int. (PM)*	Apr. 16	11 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/John/Val
261075 Advanced Quilting*	Apr. 10	10 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$25	Sharon W./Susan B.
<b>Production Volunteer</b>						
261076 Doodle Yourself Happy	Apr. 13	9 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Aneeka M./Bonita G.
261077 Knitting/Crocheting (Mon.)	Apr. 13	10 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
261078 Stained Glass (Level 1) AM	Apr. 14	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Dan H./Kit H.
261079 Stained Glass (Level 1) PM	Apr. 14	10 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Zelda P.
261080 Teddy Bear	Apr. 15	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 236	Volunteer	Margo C.
261081 Card Making - dyes/embossing	Apr. 15	5 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Marie B.
261082 All Occasion Cards			Cancelled			
261083 Hand Painting	Apr. 15	10 Weeks	Wednesday 10 am - 12 pm	Solarium 2nd Floor	Volunteer	Myungsook J./Valerie Y.
261084 Cross Stitch & Canvas	Apr. 15	10 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
261085 Felt Crafts	Apr. 15	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N-J.
261086 Fabric Collage <b>NEW</b>	May 20	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Laura Lynn E.
261087 Knitting & Crocheting AM	Apr. 16	11 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
261088 Knitting & Crocheting PM	Apr. 16	11 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
261089 Hand Piecing <b>NEW</b>	May 15	5 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
261090 Cross Stitch & Canvas	Apr. 17	9 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.

### New Programs:

**Container Garden:** Gardening is great exercise and it's good fun to see the plants growing! Never gardened before? No problem...come and learn. Are you an experienced gardener...you'll love helping new gardeners discovering this calming and yet invigorating activity. Date TBA. Coordinator will contact attendees for starting date.

**Creative Writing:** Anyone can be a writer, including you! We all have stories in us - both real and imagined. Whether you're an experienced writer, write for fun, or are looking to begin, our sessions are designed for all levels. Every week, we will gather to discuss creative writing tips and prompts, spend time writing, and partake in an optional time of sharing. Join to discover a friendly and creative space where you can write about what matters most to you!

**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.

**Felt Crafts:** We will offer a versatile range of projects made from felt. From functional home decor to intricate handmade cozy animals. Using felt with needle and thread or fabric glue, allows for quick, satisfying and creative results.

**French Conversation:** A friendly, informal circle for anyone looking to chat in French. The focus is on keeping things light with fun topics and easy conversation to stay sharp and connected.

**Hand Piecing Hexagons:** Hexagon hand piecing for beginners. You will learn how to hand sew hexagons together to create a coaster or a hot mat.

**Music and Tai Chi:** This exercise is a great natural way to calm the mind, release stress and boost energy. The classes achieve this by combining the harmony of music and Tai Chi with each session featuring well known favourite songs and gentle, healing movements.