

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
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
Physical Activity						
Fitness						
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 NEW!	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
Fitness Room						
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
Recreational Dance						
261031 Line Dance (Beg.)	Apr. 27	6 Weeks	Monday 11 - 11 am	Assembly Hall 112	\$36	Rhona Einbinder-Miller
261032 Belly Dance	Apr. 16	6 Weeks	Thursday 9:45 - 10:45 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.
Recreational Sport						
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. 17	9 Weeks	Friday 11:30 - 1 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
261038 Spanish, Basic	Apr. 13	8 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$80	Vanessa R.
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 Adv.+	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
General Interest						
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.
261057 Container Garden	TBA*	Seasonal	Mon. - Fri. (Flexible hours)	Outside	No charge	Ana V. & Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
261058	Games Room	Continuous	Tues. & Fri. (see reception)	Activity 015	No charge	
261059	Contract Bridge	Apr. 7	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week
261060	Euchre	Apr. 2	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week
261061	Scrabble/Board Games	Apr. 3	Continuous	Thursday 1 - 3 pm	Activity 015	No charge
261062	Bingo	Apr. 3	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	3cards/\$1.50
Performing Arts						
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	Tuesday 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
Craft Studio (*There may be some additional supply costs)						
Charity Work						
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.
Creative/Expressive Arts						
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* NEW	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. 17	9 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$25 Sharon W./Susan B.
Production Volunteer						
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	May 20	5 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer Mary S.
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 NEW	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 NEW	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.

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.

MEMBERSHIP RENEWAL 2026-2027

EARLY BIRD RENEWAL STARTS MARCH 1ST, 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
- 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