

# Summer Program Guide 2026

Registration June 23, 24 & 25 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 23rd.

**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>						
262010 Nordic Pole Walking <b>BACK!</b>	Jul. 13	6 Weeks	Monday 8:45 - 10:15 am	Outdoors	\$20	Ana V.
<b>*Must be able to walk 2 - 5 km continuously at brisk pace. Urban Poling 300 Series Poles provided to use for the class.</b>						
262011 Fitness for Arthritis & Balance (Mon)	Jun. 29	6 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$36	Rhona E.
262012 Gentle Aerobics + Weights	Jul. 13	6 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$36	Wendy G.
262013 Working With Weights	Jul. 13	6 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$36	Wendy G.
262014 Core & More (Mon.)	Jul. 13	6 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$36	Wendy G.
262015 Zumba Gold	Jun 30	9 Weeks	Tuesday 9:15 - 10:15 am	Assembly Hall 112	\$54	Xiang Sun
262016 Fitness for Arthritis & Balance Tue/AM	Jun. 30	8 Weeks	Tuesday 10 - 11 am	Fitness Room 028	\$48	Rhona E.
262017 Gentle Hatha Yoga	Jun. 30	8 Weeks	Tuesday 11 am - 12 pm	Fitness Room 028	\$48	Rhona E.
262018 Fitness for Arthritis & Balance Tue/PM	Jun. 30	9 Weeks	Tuesday 1 - 2 pm	Fitness Room 028	\$54	Xiang Sun
262019 Posture & Balance	July 8	8 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity E.
262020 Strength & Stretch + Weights	Jul. 15	7 Weeks	Wednesday 12:15 - 1:15 pm	Fitness Room 028	\$42	Wendy G.
262021 Working with Weights	Jul. 15	7 Weeks	Wednesday 1:15 - 2:15 pm	Fitness Room 028	\$42	Wendy G.
262022 Core & More (Wed.)	Jul. 15	7 Weeks	Wednesday 2:15 - 3 pm	Fitness Room 028	\$42	Wendy G.
262023 Chair Hatha Yoga	Jul. 8	6 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$36	Rhona E.
262024 TGC Walking Group <b>BACK!</b>	Jul. 16	6 Weeks	Thursday 8:45 - 10:15 am	Outdoors	\$20	Ana V.
<b>*Must be able to walk 2 - 5 km continuously at brisk pace</b>						
262025 Music & Tai Chi	Jul. 10	8 Weeks	Friday 11 am - 12 pm	Assembly Hall 112	\$48	Yu Ming
262026 Gentle Aerobics + Weights	Jul. 17	7 Weeks	Friday 12:15 - 1:15 pm	Fitness Room 028	\$42	Wendy G.
262027 Working With Weights	Jul. 17	7 Weeks	Friday 1:15 - 2:15 pm	Fitness Room 028	\$42	Wendy G.
262028 Core & More (Fri.)	Jul. 17	7 Weeks	Friday 2:15 - 3 pm	Fitness Room 028	\$42	Wendy G.
<b>Fitness Room</b>						
262029 Access to Gym (3x/Week)	Jun. 29	Vary	Mon., Wed. & Fri.	Fitness Room 028	\$40	No Instructor
262030 Access to Gym (Mon.)	Jun. 29	8 Weeks	Monday 12 - 1:30 pm	Fitness Room 028	\$15	No Instructor
262031 Access to Gym (Wed.)	Jul. 8	8 Weeks	Wednesday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
262032 Access to Gym (Fri.)	Jul. 3	9 Weeks	Friday 10 - 11:30 am	Fitness Room 028	\$15	No Instructor
<b>Recreational Dance</b>						
262033 Line Dance	Jun. 29	6 Weeks	Monday 11 am - 12 pm	Assembly Hall	\$36	Rhona E.
262034 Sharing Dance	Jul. 3	6 Weeks	Friday 10 - 10:45 am	Streamed in Fitness Room	No Charge	Ana V.
<b>Recreational Sport</b>						
262035 Pickleball (Tuesday)	Jun. 30	9 Weeks	Tuesday 1:15 - 2:45 pm	Assembly Hall 112	\$15	No Instructor
262036 Pickleball (Thursday)	Jul. 2	8 Weeks	Thursday 11 am - 12:30 pm	Assembly Hall 112	\$15	No Instructor
262037 Table Tennis (Ping Pong)	Jul. 3	9 Weeks	Friday 10 - 11 am	Assembly Hall 112	\$15	No Instructor
262038 Pickleball (Friday)	Jul.3	9 Weeks	Friday 11:30 am - 1 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Continuing Education</b>						
<b>General Interest</b>						
262039 Spanish, Basic**	Jun. 29	5 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$55	Vanessa R.
<b>**must know verbs Ser &amp; Estar (present)</b>						
262040 Spanish, Advanced (AM)	Jun. 29	5 Weeks	Monday 10:45 - 11:45 am	Activity 015	\$55	Vanessa R.
262041 Spanish, Intermediate	Jun. 29	5 Weeks	Monday 12 - 1 pm	Activity 015	\$55	Vanessa R.
262042 Spanish, Advanced (PM)	Jun. 29	5 Weeks	Monday 1:30 - 2:30 pm	Activity 015	\$55	Vanessa R.
262043 New to Spanish	Jun. 29	5 Weeks	Monday 2:30 - 3:30 pm	Activity 015	\$55	Vanessa R.
262044 French Conversation	TBA	TBA	TBA	TBA	TBA	TBA
<b>General Interest</b>						
262045 Coffee Club (Monday)	Jun. 22	Continuous	Monday 10 - 11 am	Dining Activity 141	No charge	Ana V.
262046 Amateur Radio Operators	Jul. 7	8 Weeks	Tuesday 10:30 - 11:30 am	Activity 019	No charge	Frank D.
262047 Computer Support	Jul. 8	4 Weeks	Wednesday 1 - 2:30 pm	Library 121	\$20	Lionel W.
262048 Computer Support	Aug. 12	4 Weeks	Wednesday 1 - 2:30 pm	Library 121	\$20	Lionel W.
262049 Coffee Club (Thursday)	Jun. 25	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
262050 TGC Book Club	Jul. 2	9 Weeks	Thursday 10:30 am - 12 pm	Library 121	\$10	Mary O.
262051 Introductory Computer	Jul. 2	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
262052 Introductory Computer	Aug. 6	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
262053 Creative Writing	TBA	TBA	Friday 1 - 2:30 pm	Activity 019	\$10	Melody S.
262054 Container Garden	Jul. 4	Continuous	Mon - Fri - Flexible hours	Outdoors	No charge	Lynn K./Ana V.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>Games</b>						
262055 Contract Bridge	Jun. 29	Continuous	Monday 12:45 - 2:45 pm	Activity 015	\$1/week	
262056 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No charge	
262057 Euchre	Jun. 24	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
262058 Scrabble/Board Games	Jun. 25	Continuous	Thursday 1 - 3 pm	Activity 015	No charge	
262059 Bingo	Jun. 25	Continuous	Thursday 1:30 - 2:30 pm	Dining Activity 141	\$0.50/card	
<b>Performing Arts</b>						
262060 Unusual Humans Quintet	Jun. 29	9 Weejs	Monday 1 - 3 pm	Activity 024	\$15	Alain D.
262061 Usual Fellows Jazz Band	Jul. 3	9 Weeks	Thursday 9 am - 12 pm	Activity 024	\$15	Alf W.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
<b>CRAFT STUDIO</b>						
<b>Charity Work</b>						
262062 Weaving Milk Bag Mats	Jun. 30	11 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
262063 Craft Support Team	Jul. 28	4 Weeks	Tuesday 1 - 3 pm	Solarium 2nd floor	Volunteer	Pete N-J.
262064 Craft Support Team	Jul. 8	4 Weeks	Wednesday 10 am - 12 pm	Crafts 236	Volunteer	Linda J-P.
262065 Welcome Bears <b>NEW!</b>	Jul. 3	7 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N-J.
<b>Creative Arts/Expressive Arts</b>						
262066 Dot Mandala Art	Jun. 30	6 Weeks	Tuesday 9 am - 12 pm	Crafts 240	\$25	Suzanne L.
262067 Stained Glass Int.* AM	Jul. 2	10 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	Bob/Richard/John
262068 Stained Glass Int.* PM	Jul. 2	10 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	Bob/Richard/John
<b>Production Volunteer</b>						
262069 Doodle Yourself Happy	Jun. 29	9 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Bonita G./Anneka M.
262070 Knitting & Crocheting	Jun. 29	9 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Valerie S.
262071 Stained Glass Level 1 AM	Jun. 30	10 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Dan H./Kit H.
262072 Stained Glass Level 1 PM	Jun. 30	10 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Zelda P.
262073 Card Making - Dyes & Embossing	Jul. 8	8 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Marie B.
262074 Hand Painting	Jul. 8	8 Weeks	Wednesday 10 am - 12 pm	Solarium 2nd floor	Volunteer	Myungsook J./Valerie Y.
262075 Stitch a Card	Jul. 8	3 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N-J.
262076 Applique on Fabric	Jul. 29	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Laura Lynn E.
262077 Knitting & Crocheting AM	Jul. 2	10 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
262078 Knitting & Crocheting PM	Jul. 2	10 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.

### New Program Information:

**Applique on Fabric** - We will be sewing pieces of different shapes, sizes and textures of fabric onto a larger piece to create a picture. It is a great way to embellish or customize projects. We will be sewing baby bibs and adult aprons. Use your artistic expression to create a very special collage. The possibilities are endless. Sewing skills are necessary.

**Nordic Pole Walking** - The class takes place outdoors along the scenic Ottawa River Pathways and lasts for up to 1.5 hours. There is a brief warm-up before you head out and stretching outside upon your return to the centre. Urban Poling 300 Series Poles are provided. This class is meant for people that are able to walk **2 – 5 km** continuously at a fairly brisk pace (walking fast enough to get warm but still hold a conversation).

**TGC Walking Group** - This low impact fitness activity combines the benefits of a physical activity with socialization. It is perfect for those who want an outdoor activity during spring and summer time, but do not want the solitary experience of walking alone. Regular walking strengthens your heart, it boosts circulation and increases oxygen supply and like any other exercises it boosts your mood! This class is meant for people that are able to walk **2 – 5 km** continuously at a fairly brisk pace (walking fast enough to get warm but still hold a conversation).

**Welcome Bears** - The Welcome Bear project is our new charity initiative for the Catholic Centre for Immigrants (CCI). We will be knitting or crocheting small handmade teddy bears that will be given to newcomer children when they arrive in Ottawa. The Welcome Bear is a simple gesture of comfort and warmth during a moment of big transition, a small symbol that they are being received with care.

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



Friday, June 19  
10 am - 5:30 pm  
Morrisburg, ON (\$135)  
Includes: transportation, buffet lunch at McIntosh Country Inn, matinée performance of "Danny & Delilah" by Norm Foster at Upper Canada Playhouse.

Tuesday, July 14  
8:30 am - 5:30 pm  
Gananoque, ON (\$108)  
Includes: transportation, visit to Shoreline Casino, Lunch on your own, Matinee performance of "Grease" at the 1,000 Islands Playhouse.

Wednesday, August 26  
8:30 am - 5:30 pm  
Bontanical Gardens - Montreal, QC (\$82)  
Includes: transportation, brown bag lunch provided by TGC, admission to the Botanical Gardens (self-guided). Please wear comfortable shoes and dress appropriately for the weather.

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.