



Fall Program Guide 2026

Registration September 15, 16 & 17 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 15 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						
263010 Nordic Pole Walking	Sep. 21	5 Weeks	Monday 8:45 - 10 am	Outdoors	\$20	Ana V.
*Must be able to walk 2 - 5 km continuously at brisk pace. Urban Poling 300 Series Poles provided to use for the class.						
263011 Fitness for Arthritis & Balance	Sept. 21	11 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$66	Rhona E.
263012 Gentle Aerobics+Weights (Mon)	Sept. 21	12 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	\$72	Wendy G.
263013 Working with Weights (Mon.)	Sept. 21	12 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	\$72	Wendy G.
263014 Core & More (Mon.)	Sept. 21	12 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	\$72	Wendy G.
263015 Fitness for Arthritis & Balance	Sept. 22	12 Weeks	Tuesday 10 - 11 am	Fitness 028	\$72	Rhona E.
263097 Cardio Dance * NEW	Oct. 6	8 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	\$48	Anna F.
263016 Gentle Hatha Yoga	Sept. 22	12 Weeks	Tuesday 11 am - 12 pm	Fitness 028	\$72	Rhona E.
263098 Strength Training For Beg.* NEW	Oct. 6	8 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	\$48	Anna F.
263017 Zumba Gold	Sept. 22	11 Weeks	Tuesday 1 - 2 pm	Fitness 028	\$66	Xiang S.
263018 Posture & Balance	Oct. 7	7 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	\$10	Guity E.
263019 Strength & Stretch + Weights	Sept. 23	12 Weeks	Wednesday 12:15 - 1:15 pm	Fitness 028	\$72	Wendy G.
263020 Pilates For Beginners * NEW	Sept. 23	11 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	\$66	Rhona E.
263021 Chair Hatha Yoga	Sept. 23	11 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	\$66	Rhona E.
263022 Working with Weights (Wed.)	Sept. 23	12 Weeks	Wednesday 1:15 - 2:15 pm	Fitness 028	\$72	Wendy G.
263023 Core & More (Wed.)	Sept. 23	12 Weeks	Wednesday 2:15 - 3 pm	Fitness 028	\$72	Wendy G.
263024 TGC Walking Group	Sept. 24	5 Weeks	Thursday 8:45 - 10 am	Outdoors	\$20	Ana V.
*Must be able to walk 2 - 5 km continuously at brisk pace.						
263025 Fitness for Arthritis & Balance	Sept. 24	11 Weeks	Thursday 1 - 2 pm	Fitness 028	\$66	Xiang S.
263026 Gentle Aerobics+Weights (Fri)	Sept. 25	12 Weeks	Friday 12:15 - 1:15 pm	Fitness 028	\$72	Wendy G.
263027 Working with Weights (Fri.)	Sept. 25	12 Weeks	Friday 1:15 - 2:15 pm	Fitness 028	\$72	Wendy G.
263028 Core & More (Fri.)	Sept. 25	12 Weeks	Friday 2:15 - 3 pm	Fitness 028	\$72	Wendy G.
Fitness Room						
263029 Access to Gym (3x/Week)	Sept. 21	Vary	Mon, Wed. & Fri., time vary	Fitness 028	\$40	No Instructor
263030 Access to Gym (Mon.)	Sept. 21	10 Weeks	Monday 12 - 1:30 pm	Fitness 028	\$15	No Instructor
263031 Access to Gym (Wed.)	Sept. 23	9 Weeks	Wednesday 10 - 11:30 am	Fitness 028	\$15	No Instructor
263032 Access to Gym (Fri.)	Sep. 25	10 Weeks	Friday 10 - 11:30 am	Fitness 028	\$15	No Instructor
Recreational Dance						
263033 Line Dance	Sept. 21	11 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$66	Rhona E.
263034 Belly Dance	Sept. 24	9 Weeks	Thursday 10 - 11 am	Assembly Hall 112	\$10	Catharine C.
263035 Sharing Dance*	Oct. 2	6 Weeks	Friday 10 - 10:45 am	Streamed in Fit. 028	No Charge	Ana V.
Recreational Sports						
263036 Pickleball (Tuesday)	Sept. 22	9 Weeks	Tuesday 1:15 - 2:15 pm	Assembly Hall 112	\$15	No Instructor
263037 Pickleball (Thursday)	Sept. 24	10 Weeks	Thursday 11:15 am - 12:45 pm	Assembly Hall 112	\$15	No Instructor
263038 Table Tennis (Ping-Pong)	Oct. 2	9 Weeks	Friday 9:45 - 10:45 am	Assembly Hall 112	\$15	No Instructor
263039 Pickleball (Friday)	Oct. 2	9 Weeks	Friday 12:30 - 2 pm	Assembly Hall 112	\$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
263040 Silver Swing Band	Sept. 14	14 Weeks	Monday 9 - 11:30 am	Activity 024	\$15	Gordon P.
263041 Unusual Humans Quintet	Sept. 14	14 Weeks	Monday 1 - 3 pm	Activity 024	\$15	Alain D.
263042 Sharps and Flats Band	Sept. 16	14 Weeks	Wednesday 9:30 am - 12 pm	Activity 024	\$15	Marilyn L.
263043 Usual Fellows Jazz Band	Sept. 3	16 Weeks	Thursday 9 - 11:30 am	Activity 024	\$15	Alf W.
263044 The Grey Jazz Big Band	Sept. 11	14 Weeks	Friday 9 am - 12 pm	Activity 024	\$15	Brian B.
Games						
263045 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No Charge	
263046 Contract Bridge (Monday)	Sept. 8	Continuous	Monday 12:45 - 2:45 pm	Activity 019	\$1/week	
263047 Euchre	Sept. 10	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	\$1/week	
263048 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						
263049 Spanish, Basic (** must know verbs Ser & Estar (present))	Sept. 21	10 Weeks	Monday 9:30 - 10:30 am	Activity 015	\$100	Vanessa R.
263050 Spanish, Advanced (AM)	Sept. 21	10 Weeks	Monday 10:45 - 11:45 am	Activity 015	\$100	Vanessa R.
263051 Spanish, Intermediate	Sept. 21	10 Weeks	Monday 12 - 1 pm	Activity 015	\$100	Vanessa R.
263052 Spanish, Advanced (PM)	Sept. 21	10 Weeks	Monday 1:30 - 2:30 pm	Activity 015	\$100	Vanessa R.
263053 New to Spanish	Sept. 21	10 Weeks	Monday 2:30 - 3:30 pm	Activity 015	\$100	Vanessa R.
263054 German (Beg./Int.)	Sept. 30	8 Weeks	Wednesday 10 - 11:30 am	Library 121	\$20	Jim J.
263055 Spanish Conversation Adv. +	Sept. 24	10 Weeks	Thursday 9:30 - 11:30 am	Activity 019	\$115	Sandra C-S.
263056 French - Beg./Conversation NEW	Sept. 25	10 Weeks	Friday 10 - 11:30 am	Activity 019	\$20	Michel G.
General Interest						
263057 Coffee Club (Monday)	Sept. 3	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Ana V.
263058 Smart Aging	Sept. 21	8 Weeks	Monday 10 am - 12 pm	Dining Activity 141	\$69	Hugh N.
263059 As The World Turns	Sept. 22	6 Weeks	Biweekly Tuesday 12 - 1 pm	Activity 015	No charge	Daryl C.
263060 Amateur Radio Operators	Oct. 6	8 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	No charge	Frank D.
263061 The Guitar Workshop INT.	Sept. 22	12 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	\$25	David J.
253062 Computer Support	Sept. 23	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
263063 Computer Support	Nov. 4	5 Weeks	Wednesday 1 - 3 pm	Library 121	\$20	Lionel W.
263064 Coffee Club (Thursday)	Sept. 4	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
263065 TGC Book Club	Sept. 24	10 Weeks	Thursday 10:30 am - 12 pm	Library 121	\$10	Mary O.
263066 Recorder (Beginner)	Sept. 24	12 Weeks	Thursday 11 am - 12 pm	Activity 015	\$25	David J.
263067 Ukulele (Beg./Intermediate)	Sept. 24	12 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	\$25	David J.
263068 Introductory Computer	Sept. 24	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
263069 Introductory Computer	Oct. 29	4 Weeks	Thursday 12:30 - 2 pm	Library 121	\$20	Karim G.
263070 55+ Mature Driver Refresher	Oct. 23	2 Weeks	Friday 9:30 am - 12:30 pm	Activity 015	\$25	David J.
263071 Garden Project	Sept. 14	Continuous	Mon. - Fri., Flexible Hours	Indoors/Outdoors	No Charge	Lynn K.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio (* There may be some additional supply costs)						
Charity Work						
263072 Welcome Bears	Sept. 21	12 Weeks	Monday 10 am - 12 pm	Crafts 236	Volunteer	Yvette P.
263073 Weaving Milk Bag Mats	Sept. 22	13 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
263074 Craft Support Team	Sept. 22	12 Weeks	Tuesday 1 - 3 pm	Solarium 2nd floor	Volunteer	Linda J-P.
Creative Arts/Expressive Arts						
263075 Painting Studio*	Sept. 28	8 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	\$103	Patrick C.
263076 Improv.	Sept. 21	10 Weeks	Monday 10:30 am - 12 pm	Activity 019	\$10	Ruth S.
263077 Dot Mandala Art*	Sept. 22	6 Weeks	Tuesday 9 am - 12 pm	Crafts 240	\$25	Suzanne L.
263078 Intro. to Mosaics NEW	Sept. 22	4 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	\$37	Zelda P./Tonya P.
263079 Stained Glass Int.* (AM)	Sept. 17	12 Weeks	Thursday 9 - 11:30 am	Crafts 236	\$37	John/Richard/Bob/Val
263080 Stained Glass Int.* (PM)	Sept. 17	12 Weeks	Thursday 12:30 - 3 pm	Crafts 236	\$37	John/Richard/Bob/Val
263081 Advanced Quilting*	Sept. 18	11 Weeks	Friday 10 am - 2:30 pm	Crafts 240	\$25	Sharon W./Susan B.
Production Volunteer						
263082 Doodle Yourself Happy	Sept. 21	12 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Bonita G.
263083 Knitting & Crocheting	Sept. 14	12 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Mary O./Valerie S.
263084 Cr. Conn./Finger Knitting NEW	Nov. 3	4 Weeks	Tuesday 9:30 - 11:30 am	Crafts 240	Volunteer	Sally R.
263085 Stained Glass (Level 1) AM	Sept. 22	13 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H./Kit H.
263086 Stained Glass (Level 1) PM	Oct. 20	9 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Zelda P.
263087 Teddy Bear	Sept. 23	9 Weeks	Wednesday 9:30 - 11:30 am	Crafts 236	Volunteer	Margo C.
263088 Christmas Painting	Sept. 23	9 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Myungsook J./Valerie Y.
263089 Creative Christmas Cards NEW	Sept. 23	9 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Marie B.
263090 Cross Stitch & Canvas	Sept. 23	12 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
263091 Felt Ornaments NEW	Sept. 23	4 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Pete N.J.
263092 Applique Xmas Stockings NEW	Oct. 21	5 Weeks	Wednesday 1 - 3 pm	Crafts 236	Volunteer	Zelda P.
263093 Knitting & Crocheting (AM)	Sept. 17	13 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
263094 Knitting & Crocheting (PM)	Sept. 17	13 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
263095 Bowl Cozies NEW	Oct. 16	5 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N.J.
263096 Cross Stitch & Canvas	Sept. 25	13 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.



Seniors Active Living Fair & Open House

Wednesday, September 9, 2026
9:30 am - 2:00 pm - 670 Albert Street, Ottawa

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.

FEATURING....

- Free admission/Parking
- Free Chili and Cornbread
- Swag Bags
- Door Prizes
- Seminars

- 25+ Exhibitors
- Blood Pressure Clinic
- Fitness Demonstrations
- Cooking Demonstration
- TGC Craft Studio

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!

For more information contact 613-236-0428, 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 adultes de l'Ontario
OACAO
50th Anniversary 1976-2026

Funding provided by:
Ontario 



Interested in Our New Programs?

Explore what's new!

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

Find the perfect fit for you!