The Good Companions Seniors' Centre
Supporting a Vibrant Community

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Winter Program Guide 2027

Registration January 5, 6 & 7 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, January 5 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						
274010 Fitness for Arthritis & Balance	Jan. 18	8 Weeks	Monday 10 - 11 am	Assembly Hall 112	$48	Rhona E.
274097 Fitness For Fun **NEW**	Jan. 11	9 Weeks	Monday 10:30 - 11:30 am	Fitness 028	$54	Leigh B.
274011 Gentle Aerobics+Weights (Mon)	Jan. 11	8 Weeks	Monday 12:15 - 1:15 pm	Assembly Hall 112	$48	Wendy G.
274012 Working with Weights (Mon.)	Jan. 11	8 Weeks	Monday 1:15 - 2:15 pm	Assembly Hall 112	$48	Wendy G.
274013 Core & More (Mon.)	Jan. 11	8 Weeks	Monday 2:15 - 3 pm	Assembly Hall 112	$48	Wendy G.
274014 Fitness for Arthritis & Balance	Jan. 19	9 Weeks	Tuesday 10 - 11 am	Fitness 028	$54	Rhona E.
274015 Dance Strength & Stretch **NEW**	Jan. 12	10 Weeks	Tuesday 10 - 11 am	Assembly Hall 112	$60	Anna F.
274016 Gentle Hatha Yoga	Jan. 19	9 Weeks	Tuesday 11 am - 12 pm	Fitness 028	$54	Rhona E.
274017 Strength Training For Beg.	Jan. 12	10 Weeks	Tuesday 11 am - 12 pm	Assembly Hall 112	$60	Anna F.
274018 Zumba Gold	Jan. 12	10 Weeks	Tuesday 1 - 2 pm	Assembly Hall 112	$60	Xiang S.
274019 Posture & Balance	Jan. 13	5 Weeks	Wednesday 10:45 - 11:45 am	Assembly Hall 112	$15	Guity E.
274020 Strength & Stretch + Weights	Jan.13	9 Weeks	Wednesday 12:15 - 1:15 pm	Fitness 028	$54	Wendy G.
274021 Pilates For Beginners	Jan. 20	9 Weeks	Wednesday 12:30 - 1:30 pm	Assembly Hall 112	$54	Rhona E.
274022 Chair Hatha Yoga	Jan. 20	9 Weeks	Wednesday 1:30 - 2:30 pm	Assembly Hall 112	$54	Rhona E.
274023 Working with Weights (Wed.)	Jan. 13	9 Weeks	Wednesday 1:15 - 2:15 pm	Fitness 028	$54	Wendy G.
274024 Core & More (Wed.)	Jan. 13	9 Weeks	Wednesday 2:15 - 3 pm	Fitness 028	$54	Wendy G.
274025 Balance & Falls Prevention	Jan. 14	10 Weeks	Thursday 10 - 11 am	Fitness 028	$15	Sarah R.
274026 Fitness for Arthritis & Balance	Jan. 14	10 Weeks	Thursday 1 - 2 pm	Fitness 028	$60	Xiang S.
274027 Gentle Aerobics+Weights (Fri)	Jan. 15	8 Weeks	Friday 12:15 - 1:15 pm	Fitness 028	$48	Wendy G.
274028 Working with Weights (Fri.)	Jan. 15	8 Weeks	Friday 1:15 - 2:15 pm	Fitness 028	$48	Wendy G.
274029 Core & More (Fri.)	Jan. 15	8 Weeks	Friday 2:15 - 3 pm	Fitness 028	$48	Wendy G.
Fitness Room						
274030 Access to Gym (3x/Week)	Jan. 11	Vary	Mon, Wed. & Fri., time vary	Fitness 028	$40	No Instructor
274031 Access to Gym (Mon.)	Jan. 11	10 Weeks	Monday 12 - 1:30 pm	Fitness 028	$15	No Instructor
274032 Access to Gym (Wed.)	Jan. 13	11 Weeks	Wednesday 10 - 11:30 am	Fitness 028	$15	No Instructor
274033 Access to Gym (Fri.)	Jan. 15	10 Weeks	Friday 10 - 11:30 am	Fitness 028	$15	No Instructor
Recreational Dance						
274034 Line Dance	Jan. 18	8 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	$48	Rhona E.
274035 Belly Dance	Jan. 14	10 Weeks	Thursday 10 - 11:15 am	Assembly Hall 112	$15	Catharine C.
274036 Broaday Bound! **NEW**	Feb. 4	6 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	$15	Tracy H.
274037 Sharing Dance*	Jan. 15	6 Weeks	Friday 10 - 10:45 am	Streamed in Fit. 028	No Charge	Ana V.
Recreational Sports						
274038 Pickleball (Tuesday)	Jan. 12	12 Weeks	Tuesday 1:15 - 2:45 pm	Assembly Hall 112	$15	No Instructor
274039 Pickleball (Thursday)	Jan. 14	12 Weeks	Thursday 11:30 am - 12:45 pm	Assembly Hall 112	$15	No Instructor
274040 Table Tennis (Ping-Pong)	Jan. 15	10 Weeks	Friday 9:45 - 11 am	Assembly Hall 112	$15	No Instructor
274041 Pickleball (Friday)	Jan. 22	10 Weeks	Friday 12:30 - 2 pm	Assembly Hall 112	$15	No Instructor

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
274042 Silver Swing Band	Jan. 4	12 Weeks	Monday 9 am - 12 pm	Activity 024	$15	Gordon P.
274043 Unusual Humans Quintet	Jan. 4	12 Weeks	Monday 1 - 3 pm	Activity 024	$15	Alain D.
274044 TGC Choir	Jan.12	12 Weeks	Tuesday 10:30 - 11:30 am	Activity 024	$7	Gloria Jean N.
274045 Sharps and Flats Band	Jan. 6	12 Weeks	Wednesday 9 am - 12 pm	Activity 024	$15	Marilyn L.
274046 Usual Fellows Jazz Band	Jan. 7	12 Weeks	Thursday 9 - 11:30 am	Activity 024	$15	Alf W.
274047 The Grey Jazz Big Band	Jan. 8	12 Weeks	Friday 9 am - 12 pm	Activity 024	$15	Brian B.
Games						
274048 Games Room		Continuous	Tues. & Fri. (see reception)	Activity 015	No Charge	
274049 Contract Bridge	Jan. 4	Continuous	Monday 12:45 - 2:45 pm	Activity 019	$1/week	
274096 German Scrabble Advanced	Jan. 27	Continuous	4th Wed./month 10 - 11:30 am	Library 121	No Charge	J. Jope
274050 Euchre	Jan. 6	Continuous	Wednesday 1 - 3 pm	Dining Activity 141	$1/week	
274051 Bingo	Jan. 7	Continuous	Thursday 1:15 - 2:15 pm	Dining Activity 141	$0.50/card	

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Continuing Education						
Language						
274052 Spanish, Advanced (AM)	Jan. 11	8 Weeks	Monday 9:30 - 10:30 am	Activity 015	$80	Vanessa R.
274053 Spanish, Basic (** must know verbs Ser & Estar (present))	Jan. 11	8 Weeks	Monday 10:45 - 11:45 am	Activity 015	$80	Vanessa R.
274054 Spanish, Intermediate	Jan. 11	8 Weeks	Monday 12 - 1 pm	Activity 015	$80	Vanessa R.
274055 Spanish, Advanced (PM)	Jan. 11	8 Weeks	Monday 1:30 - 2:30 pm	Activity 015	$80	Vanessa R.
274056 New to Spanish	Jan. 11	8 Weeks	Monday 2:30 - 3:30 pm	Activity 015	$80	Vanessa R.
274057 German Study Club	Jan. 13	8 Weeks	Wednesday 10 - 11 am	Library 121	$10	Jim J.
274058 English Conversation (Int/Adv)	Jan. 13	8 Weeks	Wednesday 12:30 - 1:30 pm	Activity 019	$20	Vera P.
274059 Spanish Conversation **Adv. +**	Jan. 14	10 Weeks	Thursday 9:30 - 11:30 am	Virtual	$115	Sandra C-S.
274060 French Conversation (Level 2)	Jan. 15	10 Weeks	Friday 10 - 11:30 am	Activity 019	No Charge	Michel G.
General Interest						
274061 Coffee Club (Monday)	Jan. 5	Continuous	Monday 10:30 - 11:30 am	Dining Activity 141	No charge	Ana V.
274062 As The World Turns	Jan. 12	6 Weeks	Biweekly Tuesday 12 - 1 pm	Activity 015	No charge	Daryl C.
274063 Amateur Radio Operators	Jan. 12	8 Weeks	Tuesday 10:30 am - 12 pm	Activity 019	No charge	Frank D.
274064 The Guitar Workshop INT.	Jan. 12	12 Weeks	Tuesday 1:30 - 2:30 pm	Activity 024	$25	David J.
274065 Indoor Plant Clinic * **NEW**	Feb. 17	1 Week	Wednesday 10 am - 11:30 am	Dining Activity 141	No Charge	Katherine L.
274066 Computer Support	Jan. 13	5 Weeks	Wednesday 1 - 3 pm	Library 121	$20	Lionel W.
274067 Computer Support	Feb. 24	5 Weeks	Wednesday 1 - 3 pm	Library 121	$20	Lionel W.
274068 Coffee Club (Thursday)	Jan. 7	Continuous	Thursday 10 - 11 am	Dining Activity 141	No charge	Ana V.
274069 TGC Book Club	Jan. 14	10 Weeks	Thursday 10:30 am - 12 pm	Library 121	$10	Mary O.
274070 Recorder (Beginner)	Jan. 14	12 Weeks	Thursday 11 am - 12 pm	Activity 015	$25	David J.
274071 Ukulele (Beg./Intermediate)	Jan. 14	12 Weeks	Thursday 1:30 - 2:30 pm	Activity 024	$25	David J.
274072 Introductory Computer	Jan. 14	4 Weeks	Thursday 12:30 - 2 pm	Library 121	$20	Karim G.
274073 Introductory Computer	Feb. 18	4 Weeks	Thursday 12:30 - 2 pm	Library 121	$20	Karim G.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Craft Studio (* There may be some additional supply costs)						
Charity Work						
274074 Welcome Bears	Jan. 11	11 Weeks	Monday 10 am - 12 pm	Crafts 236	Volunteer	Yvette P.
274075 Weaving Milk Bag Mats	Jan. 12	13 Weeks	Tuesday 1 - 3 pm	Crafts 240	Volunteer	Evelyn M.
274076 Craft Support Team	Jan. 12	12 Weeks	Tuesday 1 - 3 pm	Solarium 2nd floor	Volunteer	Linda J-P.
Creative Arts/Expressive Arts						
274077 Painting Studio*	Jan. 18	8 Weeks	Monday 10:30 am - 12:30 pm	Crafts 240	$103	Patrick C.
274078 Improv.	Jan. 11	10 Weeks	Monday 10:30 am - 12 pm	Activity 019	$10	Ruth S.
274079 Intro. to Mosaics (Level 1)	Jan. 12	5 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	$40	Zelda P./Tonya P.
274080 Stained Glass Int.* (AM)	Jan. 14	13 Weeks	Thursday 9 - 11:30 am	Crafts 236	$37	John/Richard/Bob/Val
274081 Stained Glass Int.* (PM)	Jan. 14	13 Weeks	Thursday 12:30 - 3 pm	Crafts 236	$37	John/Richard/Bob/Val
274082 Advanced Quilting*	Jan. 8	11 Weeks	Friday 10 am - 2:30 pm	Crafts 240	$25	Sharon W./Susan B.
Production Volunteer						
274083 Doodle Yourself Happy	Jan. 11	11 Weeks	Monday 12:45 - 2:45 pm	Crafts 236	Volunteer	Bonita G.
274084 Knitting & Crocheting	Jan. 11	11 Weeks	Monday 1 - 3 pm	Crafts 240	Volunteer	Mary O./Valerie S.
274085 Stained Glass (Level 1) AM	Jan. 12	12 Weeks	Tuesday 9 - 11:30 am	Crafts 236	Volunteer	Daniel H./Kit H.
274086 Cr. Conn./Finger Knitting	Jan. 12	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Sally R.
274087 Jewellery **NEW**	Jan. 12	12 Weeks	Tuesday 10 am - 12 pm	Crafts 240	Volunteer	Patty C.
274088 Stained Glass (Level 1) PM	Feb. 16	7 Weeks	Tuesday 12:30 - 3 pm	Crafts 236	Volunteer	Zelda P.
274089 Teddy Bear	Jan. 13	12 Weeks	Wednesday 9:30 - 11:30 am	Crafts 236	Volunteer	Margo C.
274090 Hand Painting	Jan. 13	12 Weeks	Wednesday 10 am - 12 pm	Crafts 240	Volunteer	Myungsook J./Valerie Y.
274091 Cross Stitch & Canvas	Jan. 13	12 Weeks	Wednesday 12:30 - 2:30 pm	Crafts 240	Volunteer	Michel G./Yvette P.
274092 Knitting & Crocheting (AM)	Jan. 14	13 Weeks	Thursday 10 am - 12 pm	Crafts 240	Volunteer	Heather B.
274093 Knitting & Crocheting (PM)	Jan. 14	13 Weeks	Thursday 1 - 3 pm	Crafts 240	Volunteer	Heather B.
274094 Adult Aprons/Bibs **NEW**	Jan. 15	5 Weeks	Friday 10 am - 12 pm	Crafts 236	Volunteer	Pete N.J.
274095 Cross Stitch & Canvas	Jan. 15	10 Weeks	Friday 12:30 - 2:30 pm	Crafts 236	Volunteer	Michel G.

New Programs:

Adult Aprons/Bibs: We will machine sew stylish, chic but functional apparel for folks that need clothing protectors. Machine sewing skills are necessary.

Broadway Bound!: Step into the magic of Broadway in a fun, welcoming class designed to get you moving, smiling, and connecting with others. No dance experience is needed. Learn easy-to-follow Broadway-inspired routines while improving balance, coordination, and confidence, all set to the timeless songs of musical theatre. The curtain is rising, the orchestra is tuning up, and it's time to be Broadway bound! Please wear rubber soled runners.

Dance, Strength & Stretch: Get ready to move, tone, and unwind! Building on our popular cardio dance format, this refreshed class combines fun, energetic dance cardio with targeted weight training, core work, and dedicated stretch time. Whether you want to elevate your fitness or improve flexibility, this class has it all. Join us and let's keep fitness joyful!

Fintness for Fun: An engaging, energizing fitness class designed to build strength, mobility and balance for everyday life. Every fitness level is welcome and fully supported! Expect a dynamic mix of fun circuits, intervals and partner exercises that challenge your cardiovascular fitness and coordination.

German Scrabble (Advanced): Games on the fourth Wednesday of each month. As each game accommodates a maximum of three players, participants must register with the instructor in advance of each session. Not recommended for beginners.

German Study Group: Designed to accommodate students at all levels using free online learning sites. The sites will be discussed at the first session. After that there will be no structured classes but the instructor will hold regular sessions to coach. One hour each Wednesday at 10:30 am except the 4th Wednesday of each month.

Jewellery Making: In jewellery making for beginners, we will explore the tools and techniques necessary to create beaded items. Experience the joy of making your own one-of-a-kind necklaces, earrings or bracelets.