



The Good Companions





Fall Program Guide 2010

Registration September 14, 15 & 16 from 10 am to 2 pm

\$5 Administration fee for 'member requested' refunds.

Courses and rooms are subject to change.

Check with your instructor for any scheduled program interruptions.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
PHYSICAL ACTIVITY							
Fitness							
103010	Gentle Aerobics	Sept. 20	11 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$45	Wendy Gagnon
103011	Working with Weights	Sept. 20	11 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$45	Wendy Gagnon
103012	Complete Fitness	Sept. 21	12 Weeks	Tuesday 9 - 10:30 am	Fitness Room 028	\$75	Madeleine Licari
103013	Complete Fitness	Sept. 21	12 Weeks	Tuesday 10:30 am - 12 pm	Fitness Room 028	\$75	Madeleine Licari
103014	Complete Fitness	Cancelled					
103015	Working with Weights	Sept. 22	12 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$48	Pauline St. Pierre
103016	Gentle Aerobics	Sept. 22	12 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$48	Wendy Gagnon
103017	Working with Weights	Sept. 22	12 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
102018	Core on the Floor	Sept. 23	11 Weeks	Thursday 9:55 - 10:25 am	Fitness Room 028	\$33	Faiza Vukosavljevic
103019	Muscles and More	Sept. 23	11 Weeks	Thursday 10:30 - 11:30 am	Fitness Room 028	\$45	Faiza Vukosavljevic
103020	Strength, Tone, Flexibility	Sept. 24	11 Weeks	Friday 9 - 10:15 am	Assembly Hall 112	\$48	Nayman Benmellah
103021	Gentle Aerobics	Cancelled					
103022	Balance and Ball	Cancelled					
103023	Walk and Stretch 	Sept. 24	11 Weeks	Friday 10:15 am - 11:15am	Assembly Hall 112	\$45	Nayman Benmellah
Recreational Dance							
103024	Spanish Dancing	Sept. 20	11 Weeks	Monday 9:55 - 10:55 am	Fitness Room 028	\$48	Stella Carillo
103025	Line Dancing (Intermed.)	Sept. 21	12 Weeks	Tuesday 12:50 - 1:50 pm	Assembly Hall	\$50	Yvonne MacLeod
103026	Ballroom Dancing	Sept. 22	12 Weeks	Wednesday 9:55 - 10:55 am	Assembly Hall	\$50	Yvonne MacLeod
103027	Hawaiian Dance	Sept. 22	12 Weeks	Wednesday 12:50 - 1:50 pm	Assembly Hall	\$50	Yvonne MacLeod
103028	Line Dancing (Beginner.)	Sept. 22	12 Weeks	Wednesday 2 - 3 pm	Assembly Hall	\$50	Yvonne MacLeod
103029	Tap, Beginner	Cancelled					
Specialty Fitness							
*Please Note: There may be some additional supply costs.							
103030	Zumba Gold	Sept. 20	11 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Sharon Oatway
103031	Learn to Play Castanets*	Sept. 20	11 Weeks	Monday 10:55 - 11:55 am	Fitness Room 028	\$48	Stella Carillo
103032	Golden Drum Beats	Sept. 20	11 Weeks	Monday 12:10 - 12:55 pm	Fitness Room 028	\$45	Rebecca To
103033	Chair Fitness 	Sept. 20	11 Weeks	Monday 12:30 - 1 pm	Assembly Hall 112	\$35	Penny Durocher
103034	Fitness for a Healthy Back	Sept. 21	12 Weeks	Tuesday 9:15 - 10:15 am	Assembly Hall 112	\$50	Nayman Benmellah
103035	Nordic Pole Walking (Urban Poling 300 Series Poles Provided)	Sept. 21	6 Weeks	Tuesday 9:30 - 11 am	Outdoors	\$15	Penny & Sharon
103036	The Osteoporosis Workout	Sept. 21	12 Weeks	Tuesday 10:15 - 11:15 am	Assembly Hall 112	\$50	Nayman Benmellah
103037	Chair Yoga	Sept. 28	11 Weeks	Tuesday 12 - 12:45 pm	Fitness Room 028	\$45	Terri Morgan
103038	Yoga (Hatha)	Cancelled					
103039	Fitness for Arthritis	Sept. 23	11 Weeks	Thursday 10:30 - 11:30 am	Assembly Hall 112	\$48	Nayman Benmellah
103040	Improve Your Balance (Int.)	Sept. 23	11 Weeks	Thursday 11:30 - 12:30 pm	Fitness Room 028	\$48	Nayman Benmellah
103041	Chair Fitness 	Sept. 23	11 Weeks	Thursday 12:30 - 1 pm	Assembly Hall 112	\$35	Penny Durocher
103042	Beyond the Chair 	Sept. 23	11 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$48	Nayman Benmellah
103043	Fitness for Fibromyalgia	Sept. 23	11 Weeks	Thursday 1:30 - 2:30 pm	Fitness Room 028	\$48	Nayman Benmellah
103044	Walking for Fitness	Sept. 24	6 Weeks	Friday 9:30 - 11 am	Outdoors	\$15	Penny Durocher
103045	Stretch Yoga for Your Spine	Sept. 24	11 Weeks	Friday 11:15 am - 12:15 pm	Assembly Hall 112	\$48	Nayman Benmellah
103046	Introduction to Meditation	Sept. 24	6 Weeks	Friday 11 am - 12 pm	Fitness Room 028	\$28	Jennifer Bernius



In partnership with The University of Ottawa Heart Institute and other community agencies, **Heart Wise Exercise** programs are intended for participants who are interested or concerned about their heart health and/or are referred to our programs by The University of Ottawa Heart Institute.

Heart Wise Exercise programs are available through the Physical Activity classes offered at The Good Companions 103023 Walk and Stretch; 103033 Chair Fitness; 103041 Chair Fitness; 103042 Beyond the Chair will now meet the requirements of a Heart Wise Exercise program.

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CONTINUING EDUCATION							
Language							
103047	Spanish, Beginner	Sept. 20	12 Weeks	Monday 9:30 - 10:30 am	Mtg. Room 019	\$65	Maria Cuburu
103048	Spanish, Intermediate	Sept. 20	12 Weeks	Monday 10:45 - 11:45 am	Mtg. Room 019	\$65	Maria Cuburu
103049	Spanish, Intro Plus	Sept. 20	12 Weeks	Monday 12 - 1 pm	Mtg. Room 019	\$65	Maria Cuburu
103050	Spanish, Intermediate	Sept. 20	12 Weeks	Monday 1:30 - 2:30 pm	Mtg. Room 019	\$65	Maria Cuburu
103051	Spanish, Introduction	Sept. 20	12 Weeks	Monday 2:45 - 3:45 pm	Mtg. Room 019	\$65	Maria Cuburu
103052	Spanish Conversation (Int.)	Sept. 21	10 Weeks	Tuesday 11 am - 12 pm	Library 121	No charge	Marlene Valenzuela
103053	French Conversation (Int.)	Oct. 1	11 Weeks	Friday 1:15 - 3:15 pm	Ceramics 236	No charge	Michel Gauvin

Code	Program	Begins	Duration	Day & Time	Location	Cost	Instructor
CONTINUING EDUCATION							
General Interest							
103054	Current Affairs	Sept. 21	Continuous	Tuesday 10 - 11:30 am	Mtg. Room 019	No charge	Colin Richardson
103055	Osteoporosis Canada	Sept. 15	Continuous	3rd Wednesday 1 - 3 pm	Activity 022/024	No charge	Joan Kennedy
103056	Stress Management	Sept. 22	8 Weeks	Wednesday 1 - 2 pm	Crafts 236	\$75	Sharon Collins
103057	Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Fran & Lotte
103058	Diabetes & Healthy Living		Continuous	3rd Thurs. 10 - 11:30 am	Mtg. Room 019	No charge	Susan Chin, RN
103059	History Armchair Travel	Sept. 2	Continuous	Thursday 12:45 - 2 pm	Mtg. Room 014	No charge	
103060	Creative Writing for Fun	Sept. 30	6 Weeks	Thursday 1 - 2 pm	Mtg. Room 019	\$30	Ruth Latta
103061	CPR Recertification	Sept. 17	1 Week	Friday 9 - 10:45 am	Lounges 142/147	\$20	Albert Guité
103062	First Aid	Sept. 17	1 Week	Friday 11 am - 1 pm	Lounges 142/147	\$25	Albert Guité
103063	CPR and First Aid	Sept. 17	1 Week	Friday 9 am - 1 pm	Lounges 142/147	\$45	Albert Guité
103064	CPR Recertification	Oct. 15	1 Week	Friday 9 - 10:45 am	Lounges 142/147	\$20	Albert Guité
103065	First Aid	Oct. 15	1 Week	Friday 11 am - 1 pm	Lounges 142/147	\$25	Albert Guité
103066	CPR and First Aid	Oct. 15	1 Week	Friday 9 am - 1 pm	Lounges 142/147	\$45	Albert Guité
103067	Weight Watchers	Oct. 1	10 Weeks	Friday 10:30 - 11:30 am	Mtg. Room 019	\$140	Kit Flynn
103068	Computer - Hotmail	Sept. 18	4 Weeks	Saturday 1 - 2 pm	Library 121	\$24	Rob Parkinson
103069	Computers - Internet	Oct. 23	5 Weeks	Saturday 1 - 2 pm	Library 121	\$30	Rob Parkinson
GAMES							
103070	Wii (Interactive Video Game)		Continuous	Tuesday 9 - 11:30 am	Lounge 147	No charge	
103071	Carpet Bowling	Sept. 21	13 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$13	Burgi Drews
103072	Cribbage		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	75¢/week	Judy St. James
103073	Euchre		Continuous	Tuesday 1 - 3 pm	Activity 147	75¢/week	Louise & Bob
103074	Scrabble		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 141	No charge	Coby Fuykschot
103075	Brain Boosters		Continuous	Wednesday 10:30 - 11:30 am	Dining Activity 141	No charge	
103076	Bridge Beg/Int Instruction	Sept. 22	8 Weeks	Wednesday 1 - 3 pm	Mtg. Room 019	\$25	John Arscott
103077	Bingo		Continuous	Thursday 2 - 3:15 pm	Dining Activity 141	3cards/\$1.25	
103078	Darts	Sept. 24	10 Weeks	Friday 12:30 - 2 pm	Assembly Hall 112	No charge	
103079	Contract Bridge		Continuous	Saturday 11:45 am - 3 pm	Dining Activity 141	75¢/week	Leo Deslauriers
PERFORMING ARTS							
103080	Silver Swing Band		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$5	Gordon Price
103081	Choir	Sept. 21	12 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$5	Sandra Dean
103082	Book Club	Sept. 21	6 Weeks	Alternate Tues. 10 - 11 am	Library 121	\$10	Judith McCann
103083	Fun & Frolic Players	Sept. 7	14 Weeks	Tuesdays 2:15 - 3:30 pm	Activity 022/024	\$5	Frances Lake
103084	Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$5	Joe Lorincz
103085	Usual Fellas Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$5	Frank Gallagher
103086	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
103087	Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$5	B. Cleall/J. Glover
CRAFTS *Please Note: There may be some additional supply costs.							
103088	Scrapbooking			Cancelled			
103089	Acrylic Painting	Sept. 20	10 weeks	Monday 9:30 - 11:30 am	Crafts 240	\$64	Cynthia Graham
103090	Knitting/Crocheting	Sept. 13	Continuous	Mon. & Thurs. 1 - 3 pm	Crafts 240	No charge	Edith/Valerie/Heidi
103091	Bobbin Lace *	Sept. 21	8 Weeks	Tuesday 1 - 3 pm	Crafts 240	\$20	Malvary Cole
103092	Woodshop Vol. Prod.	Sept. 22	Continuing	Wed. 9:30 - 11:30 am & 1 - 3 pm	Wood Shop	No charge	Diane McIntyre
103093	Watercolour*	Sept. 22	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	\$64	Cynthia Graham
103094	Teddy Bear (for Bazaar)	Sept. 22	Continuous	Wednesday 10 am - 12 pm	Crafts 236	No charge	Norma Knight, Connie
103095	Bazaar Crafts	Sept. 22	Continuous	Wednesday 1 - 3 pm	Crafts 240	No charge	Heidi, Adeline, Cynthia
103096	Quilting	Sept. 23	Continuous	Thursday 9:30 - 10:30 am	Solarium Hall 2nd floor	No charge	Joyce Neale
103097	Oil Painting*	Sept. 23	8 Weeks	Thursday 9:30 - 11:30 am	Crafts 240	\$20	Jacquie Livingston
103098	Intro. to Woodworking			Cancelled			
103099	Stained Glass Studio*	Sept. 23	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$16	Eileen Lemon
103100	Stained Glass*	Sept. 23	10 Weeks	Thursday 1 - 3 pm	Crafts 236	\$22	Warren Perkins
103101	Woodwork, Intro. to Lathe			Cancelled			
103102	Quilling			Cancelled			
103103	Ikebana	Oct. 22	1 Week	Friday 10 am - 12 pm	Crafts 240	\$18	Linda Jones
103104	Woodshop Membership*		Continuous	Please check the shop for hours	Wood Shop	\$30	Program Convenors

'Welcome Back' BBQ Dinner

Thursday, September 9
(licensed event with a cash bar)
Cost: \$9



5 pm BBQ chicken and rib dinner
6 pm Entertainment provided by 'The Good Old Boys'.

Deadline for ticket purchase is Sept. 7.

'Welcome Back' Dance

Thursday, September 9 from 7 - 10 pm
featuring **The Grey Jazz Big Band.**



To welcome back our members, the dance is free of charge. For non-members the cost is \$6.
Tickets for the dance are available at the door.

The Good Companions

Age Well Active Living Expo and Open House

Friday, September 10
9:30 am to 2 pm

Invite friends & family to come and look over the many programs & services that The Good Companions has to offer.

In addition there will be displays from Ottawa retirement residences, and community organizations.

Guest speakers:

9:30 - 10:30 am - Gill Michelin "Dementia: The Caregiver's Journey"

10:30 - 11:30 am - Jennifer Bernius "Dynamic Meditation"

To register for presentations call 613-236-0428 ext. 100.