






The Good Companions

Spring Program Guide 2010

Registration April 6, 7 and 8 from 10 am to 2 pm

\$5 Administration fee for 'member requested' refunds. Courses are subject to change.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity						
Fitness						
101010 Gentle Aerobics	Apr. 12	9 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$40	Wendy Gagnon
101011 Working with Weights	Apr. 12	9 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$40	Wendy Gagnon
101012 Complete Fitness	Apr. 13	10 Weeks	Tuesday 9 - 10:30 am	Fitness Room 028	\$70	Madeleine Licari
101013 Complete Fitness	Apr. 13	10 Weeks	Tuesday 10:30 am - 12 pm	Fitness Room 028	\$70	Madeleine Licari
101014 Cardio for Fitness	Apr. 13	10 Weeks	Tuesday 1 - 2 pm	Fitness Room 028	\$43	Emma Harper
101015 Strength, Core & Balance	Apr. 13	10 Weeks	Tuesday 2 - 3 pm	Assembly Hall 112	\$43	Emma Harper
101016 The Circuit Workout NEW	Apr. 14	10 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$43	Pauline St. Pierre
101017 Working with Weights	Apr. 14	10 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$43	Pauline St. Pierre
101090 Gentle Aerobics	Apr. 14	10 Weeks	Wednesday 1 - 2 pm	Fitness Room 028	\$43	Wendy Gagnon
101018 Working with Weights	Apr. 14	10 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$43	Wendy Gagnon
101019 Core on the Floor	Apr. 15	10 Weeks	Thursday 9:50 - 10:20 am	Fitness Room 028	\$30	Emma Harper
101020 Muscles and More	Apr. 15	10 Weeks	Thursday 10:30 - 11:30 am	Fitness Room 028	\$43	Emma Harper
101021 Strength, Tone, Flexibility	Apr. 23	8 Weeks	Friday 9 - 10:15 am	Assembly Hall 112	\$43	Nayman Benmellah
101022 Walk and Stretch	Apr. 23	8 Weeks	Friday 10:15 - 11:15 am	Assembly Hall 112	\$35	Nayman Benmellah
Recreational Dance						
101023 Spanish Dancing	Apr. 12	9 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$42	Stella Carillo
101024 International Folk Dance	Apr. 12	9 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$42	Ellen Youle
101025 Line Dancing (Intermed.)	Apr. 13	10 Weeks	Tuesday 12:50 - 1:50 pm	Assembly Hall 112	\$43	Yvonne MacLeod
101026 Ballroom Dancing	Apr. 14	10 Weeks	Wednesday 9:55 - 10:55 am	Assembly Hall 112	\$43	Yvonne MacLeod
101027 Hawaiian Dance	Apr. 14	10 Weeks	Wednesday 12:50 - 1:50 pm	Assembly Hall 112	\$43	Yvonne MacLeod
101028 Line Dancing (Beginner)	Apr. 14	10 Weeks	Wednesday 2 - 3 pm	Assembly Hall 112	\$43	Yvonne MacLeod
101029 Tap, Beginner	Apr. 22	9 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	\$32	Joan Glynn
Specialty Fitness						
101030 Zumba Gold NEW	Apr. 12	9 Weeks	Monday 10 - 11 am	Fitness Room 028	\$40	Sharon Oatway
101091 Learn to Play Castanets NEW	Apr. 12	9 Weeks	Monday 11 am - 12 pm	Assembly Hall 112	\$42	Stella Carillo
101031 Chair Fitness 	Apr. 12	9 Weeks	Monday 12:30 - 1 pm	Assembly Hall 112	\$30	Penny Durocher
101032 Fitness for a Healthy Back	Apr. 13	10 Weeks	Tuesday 9:15 - 10:15 am	Assembly Hall 112	\$43	Nayman Benmellah
101033 Nordic Pole Walking (Urban Poling 300 Series Poles Provided)	Apr. 20	9 Weeks	Tuesday 9:30 - 11 am	Outdoors	\$25	Penny & Sharon
101034 Beyond the Chair 	Apr. 13	10 Weeks	Tuesday 10:15 - 11:15 am	Assembly Hall 112	\$43	Nayman Benmellah
101035 Yoga (Hatha)	Apr. 13	10 Weeks	Tuesday 2 - 3:30 pm	Fitness Room 028	\$48	Evelyn Hadican
101036 Tai Chi Chuan	Apr. 15	10 Weeks	Thursday 9:30 - 10:30 am	Assembly Hall 112	\$43	Zheng Hu & Yi Wang
101037 Fitness for Arthritis	Apr. 15	10 Weeks	Thursday 10:30 - 11:30 am	Assembly Hall 112	\$43	Nayman Benmellah
101038 Improve Your Balance (Int.)	Apr. 15	10 Weeks	Thursday 11:30 - 12:30 pm	Fitness Room 028	\$43	Nayman Benmellah
101039 The Osteoporosis Workout	Apr. 15	10 Weeks	Thursday 12:30 - 1:30 pm	Fitness Room 028	\$43	Nayman Benmellah
091040 Chair Fitness 	Apr. 15	10 Weeks	Thursday 12:30 - 1 pm	Activity 022/024	\$30	Penny Durocher
091041 Walking for Fitness	Apr. 23	8 Weeks	Friday 9:30 - 11 am	Outdoors	\$20	Penny & Sharon



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 program by The University of Ottawa Heart Institute.

Heart Wise Exercise programs are now available through the Physical Activity classes offered at TGC this Spring. Chair Fitness and Beyond the Chair will now meet the requirements of a **Heart Wise Exercise program**.

Continuing Education

Language

101042 Spanish, Beginner	Apr. 12	8 Weeks	Monday 9:30 - 10:30 am	Library 121	\$42	Maria Cuburu
101043 Spanish, Intermediate	Apr. 12	8 Weeks	Monday 10:45 - 11:45 am	Library 121	\$42	Maria Cuburu
101044 Spanish, Intermediate	Apr. 12	8 Weeks	Monday 12 - 1 pm	Library 121	\$42	Maria Cuburu
101045 Spanish, Intermediate	Apr. 12	8 Weeks	Monday 1:30 - 2:30 pm	Library 121	\$42	Maria Cuburu
101046 Spanish, Introduction	Apr. 12	8 Weeks	Monday 2:45 - 3:45 p.m.	Library 121	\$42	Maria Cuburu
101047 Spanish Conversation (Int.)	Apr. 13	10 Weeks	Tuesday 11 am - 12:30 pm	Library 121	No charge	Marlene Valenzuela
101048 French Convers. (Int.)	Apr. 23	8 Weeks	Friday 1:15 - 3:15 pm	Ceramics 236	No charge	Michel Gauvin

General Interest

101049 Current Affairs	Apr. 6	Continuous	Tuesday 10 - 11:30 am	Mtg. room 019	No charge	Collin Richardson
101050 Osteoporosis Canada		Continuous	3rd Wednesday 1 - 3 pm	Activity 022/024	No charge	
101051 Diabetes & Healthy Living		Continuous	3rd Thurs. 10 - 11:30 am	Mtg. Room 019	No charge	Susan Chin, RN
101052 Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Fran & Lotte
101053 History Armchair Travel		Continuous	Thursday 12:45 - 2 pm	Mtg. Room 014	No charge	
101054 Creative Writing for Fun	Apr. 22	6 Weeks	Thursday 1 - 2 pm	Mtg. Room 019	\$30	Ruth Latta
101055 Bridge Instruction (Beg.)	Apr. 14	8 Weeks	Wednesday 1 - 3 pm	Mtg. Room 019	\$25	John Arcscott
101056 Computer - Hotmail	Apr. 17	4 Weeks	Saturday 1 - 2 pm	Library 121	\$30	Rob Parkinson
101057 Computer - Internet	May. 15	4 Weeks	Saturday 1 - 2 pm	Library 121	\$30	Rob Parkinson

Games

101058 Wii (Interactive Video Game)	Apr. 13	Continuous	Tuesday 9 - 11:30 am	Quiet Lounge 147	No charge	
101059 Carpet Bowling	Apr. 13	10 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$10	Burgi Drews
101060 Cribbage		Continuous	Tuesday 1 - 3 pm	Mtg. Room 019	75¢/week	Judy St. James
101061 Euchre		Continuous	Tuesday 1 - 3 pm	Quiet Lounge 147	75¢/week	Louise & Bob
101062 Scrabble		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 141	No charge	
101063 Brain Boosters		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 141	No charge	
101064 Pétanque-Atout	Apr. 14	10 Weeks	Wednesday 10 - 11 am	Mtg. Room 019	No charge	
101065 Bingo	Apr. 8	Continuous	Thursday 2 - 3:45 pm	Dining Activity 141	3cards/\$1.25	
101066 Darts	Apr. 23	Continuous	Friday 12 - 2 pm	Assembly Hall 112	No charge	
101067 Contract Bridge		Continuous	Saturday 11:45 am - 3 pm	Dining Activity 141	75¢/week	Leo Deslauriers

Performing Arts

101068	Silver Swing (auditions required)		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$5	Gordon Price
101069	Choir	Apr. 13	8 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	No charge	Sandra Dean
101070	Book Club	Apr. 13	8 Weeks	Alt. Tues. 9:30 - 10:30 am	Library 121	\$10	Judith McCann
101071	TGC Fun & Frolic Players	Apr. 13	Continuous	Tuesday 2:15 - 3:30 pm	Activity 022/024	\$5	
101072	Sharps and Flats (auditions required)		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$5	Joe Lorincz
101073	Usual Fellows (auditions required)		Continuous	Thursday 9 - 11:30 am	Activity 024	\$5	Frank Galagher
101074	Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
101075	Grey Jazz Big Band (auditions req.)		Continuous	Friday 9 am - 12 pm	Activity 024	\$5	Jim Glover

Crafts

101076	Knitting/Crocheting	Apr. 1	Continuous	Mon. & Thurs. 1 - 3 pm	Crafts 240	No charge	Eidith, Connie, Valerie, Heidi
101077	Calligraphy*	Apr. 12	8 Weeks	Monday 1 - 3 pm	Crafts 236	\$20	Wendy Buckner
101078	Acrylic Painting*	Apr. 12	10 weeks	Monday 9:30 - 11:30 am	craft 240	\$45	Cynthia Graham
101079	Open Painting Studio	Apr. 13	10 weeks	Tuesday 9:30 - 11:30 am	Craft 240	\$45	Cynthia Graham
101080	Bobbin Lace*	May. 4	8 Weeks	Tuesday 1 - 3 pm	Crafts 240	\$20	Malvary Cole
101081	Watercolours*	Apr. 14	10 weeks	Wednesday 9:30 - 11:30 am	craft 240	\$45	Cynthia Graham
101082	Woodshop Bazaar crafts		continuous	Wed. 9:30 - 11:30 am & 1 - 3 pm	Woodshop 015	No charge	Diane McIntyre
101083	Bazaar Crafts	Apr. 14	Continuous	Wednesday 1 - 3 pm	Crafts 240	No charge	Heidi, Adelene, Aline, Cynthia
101084	Teddy Bear	Apr. 14	continuous	Wednesday 10 am - 12 pm	Crafts 236	No charge	N. Knight
101085	Oil Painting*	May. 6	8 Weeks	Thursday 9:30 - 11:30 am	Crafts 240	\$20	Jacquie Livingston
101086	Stained Glass Studio*	Apr. 15	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$12	
101087	Stained Glass*	Apr. 15	10 Weeks	Thursday 1 - 3 pm	Crafts 236	\$24	Warren Perkins
101088	Quilting	Apr. 15	Continuous	Thursday 9:30 - 11:30 am	Solarium Hall 2nd floor	No charge	Joyce Neale
101089	Woodworking *		Continuous	Please check shop for hours	Woodshop 015	\$30	Program Leaders

*Please Note: There may be some additional supply costs.

Spring Travel

Sugar Bush and Shopping

Tuesday, March 30 from 9 am to 5:30 pm
 Cost: \$45 for members and \$50 for non-members
 Includes:
 • Motorcoach transportation
 • Lunch at Wheeler's Sugar Bush in Lanark County
 • Tour of maple syrup facility
 • Shopping in the village of Westport, ON



Stirling, ON

Wednesday, May 26 from 8:30 am to 8 pm
 Cost: \$80 for members and \$85 for non-members
 Includes:
 • Motorcoach transportation
 • Lunch at Chubby's Restaurant
 • Matinée of "The Judy Garland Show" at the Stirling Festival Theatre



Tickets are on sale at the Front Reception of TGC for all day trips. Please remember to purchase your tickets early as only a limited number of tickets will be sold.

Please see the spring bulletin for information on more exciting summer day trips!

Thursday Evening Dinner and Dance



Regular dinners are at **6 pm** and reservations must be made at Front Reception no later than 1 p.m. on the day of the dinner. You can pay for your dinner at Front Reception on the day of the dinner. For special dinners, tickets are required and must be purchased at least two full days prior to the event. Times and prices for the special dinners vary, please see advertisements for more details.

Dancing is from 7 - 10 p.m. with live entertainment, spot dances, door prizes and refreshments. The cost is \$5.50 for members and \$6 for non-members. Tickets for the dance can be purchased at the door. Singles are welcome!

March 11: Grey Jazz Combo
 March 25: Mike Fahey and Friends

April 8: Sharps and Flats
 April 22: Country Sunshine

May 13: Silver Swing
 May 27: The Wave

