





Winter Program Guide 2010

Registration January 5, 6 & 7 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.

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Physical Activity						
104009 Introduction to Fitness**		1 hour	by appointment	Fitness Room 028	\$30	Fitness Staff
** Please wear proper fitness attire and running shoes.						
104010 Spanish Dancing	Jan. 11	11 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$48	Stella Carillo
104011 Chair Fitness 	Jan. 11	10 Weeks	Monday 12:30 - 1 pm	Assembly Hall 112	\$32	Penny Durocher
104012 International Folk Dance	Jan. 11	11 Weeks	Monday 1:30 - 2:30 pm	Assembly Hall 112	\$48	Ellen Youle
104013 Gentle Aerobics	Jan. 11	11 Weeks	Monday 1 - 2 pm	Fitness Room 028	\$45	Wendy Gagnon
104014 Working with Weights	Jan. 11	11 Weeks	Monday 2 - 3 pm	Fitness Room 028	\$45	Wendy Gagnon
104015 Complete Fitness	Jan. 12	12 Weeks	Tuesday 9 - 10:30 am	Fitness Room 028	\$75	Madeleine Licari
104016 Fitness for a Healthy Back	Jan. 12	12 Weeks	Tuesday 9:15 - 10:15am	Assembly Hall 112	\$48	Nayman Benmellah
104017 Beyond the Chair 	Jan. 12	12 Weeks	Tuesday 10:15 - 11:15 am	Assembly Hall 112	\$48	Nayman Benmellah
104018 Complete Fitness	Jan. 12	12 Weeks	Tuesday 10:30 am - 12 pm	Fitness Room 028	\$75	Madeleine Licari
104019 Line Dancing (Intermed.)	Jan. 12	12 Weeks	Tuesday 12:50 - 1:50 pm	Fitness Room 028	\$50	Yvonne MacLeod
104020 Scottish Country Dance	Jan. 12	12 Weeks	Tuesday 1 - 2:30 pm	Assembly Hall 112	\$48	Ross MacDonald
104021 Yoga (Hatha)	Jan. 12	12 Weeks	Tuesday 2 - 3:30 pm	Fitness Room 028	\$53	Evelyn Hadican
104022 Have a Ball	Jan. 13	12 Weeks	Wednesday 9:30 - 10:30 am	Fitness Room 028	\$48	Pauline St. Pierre
104023 Ballroom Dancing	Jan. 13	12 Weeks	Wednesday 9:55 - 10:55 am	Assembly Hall 112	\$50	Yvonne MacLeod
104024 Working with Weights	Jan. 13	12 Weeks	Wednesday 11 am - 12 pm	Assembly Hall 112	\$48	Pauline St. Pierre
104025 Fitness for Arthritis	Jan. 13	12 Weeks	Wednesday 12:30-1:30pm	Fitness Room 028	\$48	Nayman Benmellah
104026 Hawaiian Dance	Jan. 13	12 Weeks	Wednesday 12:50 - 1:50 pm	Assembly Hall 112	\$50	Yvonne MacLeod
104027 Gentle Aerobics & Wts.	Jan. 13	12 Weeks	Wednesday 2 - 3 pm	Fitness Room 028	\$48	Wendy Gagnon
104028 Line Dancing (Beginner)	Jan. 13	12 Weeks	Wednesday 2 - 3 pm	Assembly Hall 112	\$50	Yvonne MacLeod
104029 Tai Chi Chuan			Cancelled			
104069 The Osteoporosis Workout	Jan. 14	11 Weeks	Thursday 9:30 - 10:30 am	Assembly Hall 112	\$45	Nayman Benmellah
104030 Core on the Floor	Jan. 14	10 Weeks	Thursday 9:50 - 10:20 am	Fitness Room 028	\$30	Sharon Oatway
104031 Muscles & More	Jan. 14	10 Weeks	Thursday 10:30 - 11:30 am	Fitness Room 028	\$40	Sharon Oatway
104032 Beyond the Chair 	Jan. 14	11 Weeks	Thursday 10:30 - 11:30 am	Assembly Hall 112	\$45	Nayman Benmellah
104033 Improve your Balance	Jan. 14	11 Weeks	Thursday 11:30 - 12:30	Fitness Room 028	\$45	Nayman Benmellah
104034 Chair Fitness 	Jan. 14	11 Weeks	Thursday 12:30 - 1 pm	Assembly Hall 112	\$35	Penny Durocher
104035 Bones for Life	Jan. 21	10 Weeks	Thursday 1 - 2 pm	Fitness Room 028	\$48	Rosa Murnaghan
104036 Tap, Beginner	Jan. 14	11 Weeks	Thursday 1 - 2 pm	Assembly Hall 112	\$32	Joan Glynn
104037 Strength, Tone, Flexibility	Jan. 15	11 Weeks	Friday 9:15 - 10:15 am	Assembly Hall 112	\$48	Nayman Benmellah
104038 Gentle Aerobics	Jan. 15	7 Weeks	Friday 10 - 11 am	Fitness Room 028	\$32	Sharon Oatway
104039 Walk and Stretch	Jan. 15	11 Weeks	Friday 10:15 - 11:15 am	Assembly Hall 112	\$48	Nayman Benmellah



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

Continuing Education						
104041 Spanish, Beginner	Jan. 11	10 Weeks	Monday 9:30 - 10:30 am	Library 121	\$52	Maria Cuburu
104042 Spanish, Intermediate	Jan. 11	10 Weeks	Monday 10:45 - 11:45 am	Library 121	\$52	Maria Cuburu
104043 Spanish, Intermediate	Jan. 11	10 Weeks	Monday 12 - 1 pm	Library 121	\$52	Maria Cuburu
104044 Spanish, Intermediate	Jan. 11	10 Weeks	Monday 1:30 - 2:30 pm	Library 121	\$52	Maria Cuburu
104045 Spanish, Introduction	Jan. 11	10 Weeks	Monday 2:45 - 3:45 pm	Library 121	\$52	Maria Cuburu
104046 Current Affairs	Jan. 12	Continuous	Tuesday 10 - 11:30 am	Mtg. Room 019	No charge	Colin Richardson
104047 Osteoporosis Canada		Continuous	3rd Wednesday 1 - 3 pm	Activity 022/024	No charge	
104048 Bridge Instruction (Beg.)	Jan. 13	8 weeks	Wednesday 1 - 3 pm	Mtg. Room 019	\$25	John Arcscott
104049 Diabetes Self-Help Group		Continuous	3rd Thursday 10 - 11:30 am	Activity 019	No charge	Susan Chin
104050 Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Fran & Lotte
104051 History Armchair Travel		Continuous	Thursday 12:45 - 2 pm	Mtg. Room 014	No charge	
104052 Creative Writing for Fun	Jan. 28	6 Weeks	Thursday 1 - 2 pm	Mtg. Room 019	\$30	Ruth Latta
104053 French Conv. (Int.)	Jan. 15	11 Weeks	Friday 1:15 - 3:15 pm	Ceramics 236	No charge	Michel Gauvin
104054 Computer - Web email	Jan. 16	5 Weeks	Saturday 1 - 2 pm	Library 121	\$30	Rob Parkinson
104055 Computer - Internet	Feb. 20	5 Weeks	Saturday 1 - 2 pm	Library 121	\$30	Rob Parkinson

Games						
104060 Wii - Interactive Video Game		Continuous	Tuesday 9 - 11:30 am	Lounge 147	No charge	
104061 Carpet Bowling	Jan. 12	12 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$12	Eileen Mitrow
104062 Cribbage		Continuous	Tuesday 1 - 3 pm	Quiet Lounge 147	75¢/week	Judy St. James
104063 Euchre		Continuous	Tuesday 1 - 3:15 pm	Mtg. Room 019	75¢/week	Louise & Bob
104068 Scrabble		Continuous	Wednesday 9:30-11:30 am	Dining Activity 141	No charge	
104064 Pétanque -Atout	Jan. 13	12 Weeks	Wednesday 10 - 11 am	Mtg. Room 019	No charge	
104065 Bingo		Continuous	Thursday 2 - 3:45 pm	Dining Activity 141	3cards/\$1.25	
104066 Darts		Continuous	Friday 12 - 2 pm	Assembly Hall 112	No charge	
104067 Contract Bridge		Continuous	Saturday 11:45 am - 3 pm	Dining Activity 141	75¢/week	Leo Deslauriers

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Performing Arts						
104070 Silver Swing	Jan. 11	Continuous	Monday 9:30 am - 12 pm	Activity 024	\$5	Gordon Price
104071 Choir	Jan. 12	12 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$5	Sandra Dean
104072 Book Club	Jan. 12	6 Weeks	Alternate Tues. 10 - 11 am	Library 121	\$10	Judith McCann
104073 TGC Fun & Frolic Players	Jan. 12	Continuous	Tuesday 2 - 3:30 pm	Activity 022/024	\$5	Joan & Vivienne
104074 Sharps & Flats	Jan. 7	Continuous	Wednesday 9 am - 12 pm	Activity 024	\$5	Joe Lorincz
104075 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	
104076 Grey Jazz Big Band	Jan. 9	Continuous	Friday 9 am - 12 pm	Activity 024	\$5	Jim Glover

Crafts		*Please Note: There may be some additional supply costs.				
104077 Knitting/Crocheting		Continuous	Mon. & Thurs. 1 - 3 pm	Crafts 240	No charge	Edith, Connie, Valerie
104078 Acrylic Painting	Jan. 11	10 Weeks	Monday 9:30 - 11:30 am	craft 236	\$45	Cynthia Graham
104079 Woodwork Joinery (NEW)	Feb. 1	3 Weeks	Monday 9:30 - 11:45 am	Wood Shop	\$30	André Laplante
104080 Bobbin Lace	Jan. 12	8 weeks	Tuesday 1 - 3 pm	craft 240	\$18	Malvary Cole
104081 Acrylic Painting, Beginner	Jan. 12	8 weeks	Tuesday 9:30 - 11:30	craft 236	\$40	Cynthia Graham
104082 Watercolour	Jan. 13	10 weeks	Wednesday 9:30-11:30	craft 240	\$45	Cynthia Graham
104083 Woodshop Vol. Prod.	Jan. 13	Continuous	Wed. 9:30 - 11:30 am & 1 - 3 pm	Wood Shop	No charge	Diane McIntyre
104084 Teddy Bear (for Bazaar)	Jan. 13	Continuous	Wednesday 10 am - 12 pm	Crafts 236	No charge	N. Knight
104085 Bazaar Crafts	Jan. 13	Continuous	Wednesday 1 - 3 pm	Crafts 240	No charge	Heidi, Adeline, Cynthia
104086 Wood Turning Intro.(NEW)	Jan. 14	2 Weeks	Thursday 9:30 - 11:45 am	Wood Shop	\$30	Renaud Prefontaine
104087 Stained Glass *	Jan. 14	10 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$22	Nasrin MacDonald
104088 Stained Glass *	Jan. 14	10 Weeks	Thursday 1 - 3 pm	Crafts 236	\$22	Nasrin MacDonald
104089 Quilting	Jan. 14	Continuous	Thursday 9:30 - 10:30 am	Solarium Hall (2nd floor)	No charge	Joyce Neale
104090 Woodshop for Beg.	Jan. 15	3 Weeks	Friday 9:30 - 11:45 am	Wood Shop	\$20	Diane McIntyre
104091 Woodworking *	Jan. 4	Continuous	Check shop for hours	Wood Shop	\$30	Program Convenors

Physical Activity Programs:



Have a Ball: Participants will be encouraged to increase their level of fitness using different types of exercise balls. All of the regular fitness components will be incorporated into this class. Have a "ball" with us.



Improve Your Balance: Maintain and improve your balance and stability through exercise. By performing balance and strength exercises, it may help you to improve your overall balance. Props such as resistance bands, wands and balls may be utilized.



Walk and Stretch: Maintaining the heart, lungs and increasing cardiovascular fitness is vital. Aerobic capacity offers tremendous health benefits and helps in achieving an independent lifestyle. This class will include a warm-up, cardio and stretching to increase flexibility and freedom of movement.



The Osteoporosis Workout: Tone your bones in this class designed specifically for people with osteoporosis, arthritis, decreased mobility and flexibility. A combination of seated and standing exercises geared to individual needs.

Games:



Wii - Interactive Video Game: Join the latest craze in video game technology. Try your hand at virtual bowling, golf, tennis or boxing. Join us on Tuesday's from 9 - 11:30 am. (No charge).



Pétanque-Atout: A combination of bocce, bowling and 500. Join us on Wednesday mornings from 10 - 11 am in Room 019. (No Charge)



Crafts:

Hurray, we have a new painting teacher!!! Her name is Cynthia Graham and she will be continuing her Acrylic Painting in the Winter season. Cynthia also teaches the "Watercolours" on Wednesday mornings. I am hoping that we can start a "PAINTING STUDIO" on Friday mornings in the Spring. Members who like to paint could come and enjoy the camaraderie of other painters and get "help" if needed.

Oops!

We cancelled a class because we didn't know you wanted to take it!
Don't wait until the last minute to register,



Classes get cancelled because not enough people register during the registration period. The cancellation process starts one week prior to commencement of programs. You will be notified if your program is cancelled.