





Winter Program Guide 2012

Registration January 10, 11 & 12 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						
Personal Training is now available. \$45+HST for one hour. Must be a member. Book your appointment at Front Reception today!						
Fitness						
124010 Gentle Aerobics	Jan. 16	10 Weeks	Monday 1 - 2 pm	Fitness Centre 028	\$45	Wendy Gagnon
124011 Working with Weights	Jan. 16	10 Weeks	Monday 2 - 3 pm	Fitness Centre 028	\$45	Wendy Gagnon
124012 Complete Fitness	Jan. 17	11 Weeks	Tuesday 9:30 - 11 am	Fitness Centre 028	\$75	Madeleine Licari
124013 Working with Weights	Jan. 18	11 Weeks	Wednesday 10 - 11 am	Fitness Centre 028	\$50	Faiza Vukosavljevic
124014 Beach Ball Tone & Stretch	Jan. 18	11 Weeks	Wednesday 2 - 3 pm	Fitness Centre 028	\$50	Wendy Gagnon
124015 Core on the Floor	Jan. 19	11 Weeks	Thursday 9:55 - 10:25 am	Fitness Centre 028	\$25	Faiza Vukosavljevic
124016 Muscles and More	Jan. 19	11 Weeks	Thursday 10:30 - 11:30 am	Fitness Centre 028	\$50	Faiza Vukosavljevic
124017 Improve Your Balance	Jan. 20	10 Weeks	Friday 9:15 - 10:15 am	Assembly Hall 112	\$45	Nayman Benmellah
124018 Walk and Stretch 	Jan. 20	10 Weeks	Friday 11:30 am - 12:30 pm	Assembly Hall 112	\$45	Nayman Benmellah
Recreational Dance						
124019 Square Dancing (Basic Part B) (prerequisite - completion of Basic Part A)	Jan. 17	10 Weeks	Tuesday 1 - 2:30 pm	Assembly Hall 112	\$65	David & Marie Currie
124020 International Folk Dancing	Jan. 25	10 Weeks	Wednesday 1 - 2 pm	Assembly Hall 112	\$45	Susan Barker
Specialty Fitness						
124021 Walk & Stretch with Poles (Urban Poling 300 Series Activator Poles Provided)	Jan. 16	10 Weeks	Monday 10 - 11 am	Assembly Hall 112	\$45	Christiane Charron
124022 Strength, Core & Balance	Jan. 16	10 Weeks	Monday 11:15 am - 12:15 pm	Assembly Hall 112	\$45	Christiane Charron
124023 Chair Fitness 	Jan. 16	10 Weeks	Monday 12:30 - 1:30 pm	Assembly Hall 112	\$45	Christiane Charron
124024 Fitness for a Healthy Back	Jan. 17	10 Weeks	Tuesday 9:15 - 10:30 am	Assembly Hall 112	\$56	Nayman Benmellah
124025 The Osteoporosis Workout	Jan. 17	10 Weeks	Tuesday 10:30 - 11:30 am	Assembly Hall 112	\$45	Nayman Benmellah
124026 Zumba Gold 	Jan. 18	5 Weeks	Wednesday 10 - 11 am	Assembly Hall 112	\$23	Sharon Oatway
124027 Fitness for a Healthy Back	Jan. 19	10 Weeks	Thursday 9:15 - 10:30 am	Assembly Hall 112	\$56	Nayman Benmellah
124028 Fitness for Arthritis	Jan. 19	10 Weeks	Thursday 10:30 - 11:30 am	Assembly Hall 112	\$45	Nayman Benmellah
124029 Strengthen Your Knees	Jan. 19	10 Weeks	Thursday 11:30am -12:30 pm	Assembly Hall 112	\$45	Nayman Benmellah
124030 Strength, Core & Balance	Jan. 20	11 Weeks	Friday 11:30 am - 12:30 pm	Fitness Centre 028	\$50	Christiane Charron
124031 Chair Fitness 	Jan. 20	11 Weeks	Friday 12:30 - 1:30 pm	Assembly Hall 112	\$50	Christiane Charron
124032 Stretch Yoga for Your Spine	Jan. 20	10 Weeks	Friday 10:15 - 11:30 am	Assembly Hall 112	\$56	Nayman Benmellah
124033 Meditation	Jan. 20	11 Weeks	Friday 11 am - 12 pm	Craft Room 240	\$50	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 program by The University of Ottawa Heart Institute.

Heart Wise Exercise programs are now available through the Physical Activity classes offered at The Good Companions. **Zumba Gold, Chair Fitness and Walk and Stretch** will now meet the requirements of a **Heart Wise Exercise** program.

Continuing Education						
Language						
124034 New to Spanish	Jan. 16	9 Weeks	Monday 9:30 - 10:30 am	Ceramics 236	\$50	Maria Cuburu
124035 Spanish, Advanced	Jan. 16	9 Weeks	Monday 10:45 - 11:45 am	Ceramics 236	\$50	Maria Cuburu
124036 Spanish, Basic	Jan. 16	9 Weeks	Monday 12 - 1 pm	Ceramics 236	\$50	Maria Cuburu
124037 Spanish, Advanced	Jan. 16	9 Weeks	Monday 1:30 - 2:30 pm	Ceramics 236	\$50	Maria Cuburu
124038 Spanish, Intermediate	Jan. 16	9 Weeks	Monday 2:45 - 3:45 pm	Ceramics 236	\$50	Maria Cuburu
124039 French Convers. (Int.)	Jan. 20	11 Weeks	Friday 1:15 - 3:15 pm	Crafts 240	No charge	Michel Gauvin
General Interest						
124040 Current Affairs		Continuous	Tuesday 10 - 11:30 am	Ceramics 236	No charge	Muriel Libby
124041 Osteoporosis Canada		Continuous	3rd Wednesday 1 - 3 pm	Activity 024	No charge	E. Harris
124042 Computers	Jan. 18	4 Weeks	Wednesday 9 - 10 am	Library 121	\$25	William Ho
124043 Computers	Feb. 22	4 Weeks	Wednesday 9 - 10 am	Library 121	\$25	William Ho
124044 Nutrition 101	Feb. 1	4 Weeks	Wednesday 1 - 2 pm	Activity 022	\$60	Heather Moxley B.Sc.,RHN
124045 Bridge Instruction (Int/Beg)	Feb. 1	8 Weeks	Wednesday 1 - 3 pm	Mtg. Room 019		John Arscott
124046 Diabetes & Healthy Living		Continuous	3rd Thurs. 10 - 11:30 am	Mtg. Room 019	No charge	
124047 Drop-In Coffee Club		Continuous	Thursday 10:15 - 11:15 am	Dining Activity 141	No charge	Alfredo Martinez
124048 History Armchair Travel		Continuous	Thursday 12:45 - 2 pm	Mtg. Room 014	No charge	
124049 Computer - Hotmail	Jan. 26	2 Weeks	Thursday 7 - 8 pm	Library 121	\$15	Rob Parkinson
124050 Computer - Internet	Feb. 23	2 Weeks	Thursday 7 - 8 pm	Library 121	\$15	Rob Parkinson

Program	Begins	Duration	Day & Time	Location	Cost	Instructor
Games						
124051 Contract Bridge		Continuous	Monday 1 - 3 pm	Activity 022/024	75¢/week	Leo Deslauriers
124052 Wii (Interactive Video Game)		Continuous	Tuesday 9 - 11:30 am	Quiet Lounge 147	No charge	
124053 Carpet Bowling	Jan. 17	11 Weeks	Tuesday 1 - 2 pm	Activity 022/024	\$11	Burgi Drews
124054 Cribbage		Continuous	Tuesday 1 - 3 pm	Mtg. Room 019	75¢/week	Judy St. James
124055 Euchre		Continuous	Tuesday 1 - 3 pm	Dining Activity 141	75¢/week	Louise & Bob
124056 Scrabble		Continuous	Wednesday 9:30 - 11:30 am	Dining Activity 141	No charge	Coby Fuykschot
124057 Pétanque-Atout		Continuous	Wednesday 10 - 11 am	Mtg. Room 019	No charge	
124058 Games		Continuous	Wednesday 1 - 3 pm	Mtg. Room 014	No charge	B.Nye
124059 Bingo		Continuous	Thursday 2 - 3:45 pm	Dining Activity 141	3cards/\$1.25	Anne Davies
124060 Six Hand Euchre		Continuous	Friday 9:30 - 11:30 am	Mtg. Room 019	75¢/week	B. Nye

Performing Arts						
124061 Silver Swing Band		Continuous	Monday 9:30 am - 12 pm	Activity 024	\$5	Gordon Price
124062 "Our Stories" Project	Jan. 16	10 Weeks	Monday 1 - 2:30 pm	Mtg. Room 019	No charge	Barry Karp (OSSD)
124063 Choir	Jan. 17	11 Weeks	Tuesday 10:30 am - 12 pm	Activity 024	\$5	Sandra Dean
124064 TGC Fun & Frolic Players	Jan. 17	Continuous	Tuesday 2:15 - 3:30 pm	Activity 022/024	\$5	Frances Lake
124065 Sharps and Flats Band		Continuous	Wednesday 9 am - 12 pm	Activity 024	\$5	W. Beaudoin
124066 Book Club	Jan. 18	6 Weeks	Alt. Wed. 10:30 - 11:30 am	Library 121	\$10	Judith McCann
124067 Usual Fellows Jazz Band		Continuous	Thursday 9 - 11:30 am	Activity 024	\$5	
124068 Old Time Sing-Along		Continuous	Thursday 1 - 2 pm	Activity 024	No charge	Kathleen O'Toole
124069 Grey Jazz Big Band		Continuous	Friday 9 am - 12 pm	Activity 024	\$5	B.Cleall/J. Glover

Crafts						
124070 Knitting/Crocheting		Continuous	Mon. & Thurs. 1 - 3 pm	Crafts 240	No charge	Valerie/Carol
124071 Acrylic Painting*	Jan. 16	10 Weeks	Monday 9:30 - 11:30 am	Crafts 240	\$70	Cynthia Graham
124072 Tape Yarn Scarf*	Jan. 17	3 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$25	Linda J.P.
124073 Tape Yarn Jewellery Scarf*	Feb. 7	3 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$15	Linda J.P.
124074 Introduction to Felting*	Mar. 6	4 Weeks	Tuesday 10 am - 12 pm	Crafts 240	\$35	Linda J.P.
124085 Stained Glass, Beginners	Jan. 17	4 Weeks	Tuesday 1 - 3 pm	Crafts 236	No charge	Barbara Pickthorne
124086 Stained Glass, Beginners	Mar. 6	4 Weeks	Tuesday 1 - 3 pm	Crafts 236	No charge	Barbara Pickthorne
124075 Recycled Milk Bag Mats*		Continuous	Tuesday 1 - 3 pm	Crafts 240	No charge	Linda J.P.
124076 Recycle Plastic (Plarn) into Gifts		Continuous	Tuesday 1 - 3 pm	Crafts 240	No charge	Linda J.P.
124077 Watercolours*	Jan. 18	10 Weeks	Wednesday 9:30 - 11:30 am	Crafts 240	\$70	Cynthia Graham
124078 Teddy Bear		Continuous	Wednesday 10 am - 12 pm	Crafts 236	No charge	Norma/Connie
124079 Woodshop Bazaar Crafts		Continuous	Wed. 9:30 - 11:30 am & 1 - 3 pm	Woodshop 015	No charge	Andre/Renaud
124080 Bazaar Crafts		Continuous	Wednesday 12:30 - 3 pm	Crafts 240	No charge	TBA (Linda J.P.)
124081 Quilting/Sewing		Continuous	Friday 10:30 am - 2:30 pm	Crafts 236	No charge	Christine/Deborah
124082 Stained Glass*	Jan. 19	11 Weeks	Thursday 10 am - 12 pm	Crafts 236	\$36	Eileen Lemmon
124083 Stained Glass*	Jan. 19	11 Weeks	Thursday 1 - 3 pm	Crafts 236	\$36	Warren Perkins
124084 Woodworking *		Continuous	Please check shop for hours	Woodshop 015	\$30	Program Leaders

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

Winter Program Registration

Registration for winter programs will take place January 10, 11 & 12. The Day Centre staff would like to stress the importance of coming to register between 10 am - 2 pm on these days to help guarantee yourself a spot in your desired courses. If you are unable to make it to the Centre, you may have a friend register and pay on your behalf or you may register over the phone with a credit card during these times.

Following the designated program registration period, courses can be cancelled due to low enrollment. If you decide to wait until the week after registration to register, a course that appealed to you may have been cancelled but wouldn't have been if we only knew you were interested!

If you must wait until the week after to register, please be prepared for lengthy wait times at Front Reception as there is no designated staff member to take your registration. All enrollments must be processed by the receptionist who will be busy answering calls and assisting other members with day to day inquiries.

Thank you for your cooperation!



Program Information

International Folk Dance - Susan Barker

Discover the magic of dancing in a group, moving to new and interesting music, experiencing meditation in motion. We will do dances from Eastern and Western Europe, the Americas, Scandinavia, the Middle East and the Far East.

Introduction to Felting - Linda Janes-Peddle

Explore the technique of wet felting and needle felting.

Nutrition 101 - Heather Moxley B. Sc., RHN

In this 4 week course, participants will learn the importance of digestion and the three macronutrients. This is where everything starts! Learn how to curb cravings, and balance blood sugar levels. You will learn the importance and difference between saturated and unsaturated fats. This course is designed to give you in-depth knowledge about the foods you're eating so that you can make the best choices for you. The course also includes a notebook with information and recipes, as well as, a nutrition tracking tool.

Recycle Plastic (plarn) into Gifts - Linda Janes-Peddle

Recycle plastic plarn into beautiful gifts for our bazaars. Learn how to make plarn and make a variety of projects using recycled plastic bags.

Square Dancing (Basic Course Part B) - David & Marie Currie **Please Note: prerequisite - Completion of Basic Course Part A**

This course will continue on from where we left off before Christmas and should allow us to complete the entire Basic Program (outlined by Callerlab, the international square dance organization), by the end of the session.

Stained Glass for Beginners - Barbara Pickthorne

Learn the basics of glass cutting & grinding, assemble of pieces & tool use. The items made in this class will be available for sale at the bazaars.

Tape Yarn Scarf - Linda Janes-Peddle

For the Tape Yarn Scarf course we use a novelty yarn that ruffles as you knit or crochet. It is a very unique yarn that looks like a shoe lace cord that knits or crochets up quickly.

Tape Yarn Jewellery Scarf - Linda Janes-Peddle

Use your knowledge from the tape yarn course and knit or crochet a unique jewellery scarf. Create a new fashion accessory, a trendy jewellery scarf. Explore this concept to create your own unique necklace scarf.

The 'Our Stories' Project - Barry Karp (Ottawa School of Speech & Drama)

The 'Our Stories' project is an interactive drama and story telling program, designed for participants to explore the different histories & stories that make up our community. It is a positive & supportive way to share memories and explore interactive story telling. Over the 10 week session, participants work with theatre actors and directors to explore personal histories. Through story telling, role-playing, movement, sound and improvisation, original theatre pieces are created. The OSSD gratefully acknowledges the support of the Ottawa Citizen Literacy Foundation, The United Way, an anonymous foundation & the Community Foundation of Ottawa for the 'Our Stories' project. This is a 'No Charge' program for members.

Walk and Stretch with Poles - Christiane Charron

The aim of this class is to provide the participant with an optimal level of health and wellness through the implementation of walking and stretching exercises, using Activator poles. Improve your stability and balance while walking. Walking poles with Activator tips will be provided.

