



@ Brian Greenway

**Clarington's
"Hidden Treasure for
55+ Older Adults"
– Visit US TODAY!**

MISSION STATEMENT

To promote the health and happiness of older adults by providing opportunities to enhance their quality of life.

VALUES AND BELIEFS

- Accessible • Caring • Community Focussed •
- Fiscally Responsible • Member Focused • Quality Programs •

Thank you for another great year at the centre. It's hard to believe it's been two full years since the incorporation of the Bowmanville Older Adult Association and thanks to all of our members, volunteers, community partners and sponsors we are excited to celebrate our many successes and welcome the beginning of another great year for 2018.

As you will see the Board of Directors have made a few changes to fee structures in regards to memberships, lunches, wheels in action and drop-in fees. Please know that these decisions were not easy ones to make however the costs associated with operating the BOAA (utilities, snow removal, staffing, vehicle expenses, food, etc.) continue to rise.

Moving into the new year we are excited to announce some changes to our organizations staffing. We will be welcoming Les-Lee Bell as our New Volunteer Coordinator, Amanda Rutherford as our Administrative Assistant and Chelsea Wolf and Sharon Mansfield will be teaming up to focus on all of our Annual Events and Fundraisers. Of course the rest of the BOAA team will also be on board to assist you as needed.

Mike Moynes, President

VOLUNTEERS

"ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community by volunteering at the BOAA, please contact

Les-Lee at 905-697-2856

or email

volunteers@bowmanvilleolderadults.com

Positions are available for all commitment levels and no experience is required.

Training and support are always available.

Kitchen Helpers, Assistants for Events and Fundraisers,
Poster Distribution, Reception and Café Attendants,
Van Drivers, Maintenance and Facility Helpers.

The list goes on and on ...

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General Information

MEMBERSHIP INFORMATION \$30 (INCLUDES HST)

(Valid for one year from the day you join)

- Memberships are for those 55 years and older
- Spouses under the age of 55 are welcome to become members if their spouse is 55 and a member in good standing
- If you have a disability (regardless of age) and would like to participate in events, programs and courses at the centre please contact Amanda at 905-697-2856 EXT 57
- Non-members are now welcome to participate in all programs, courses and events by paying the non-member fee

Benefits of Membership:

- Lower fees for drop-in and registered programs and courses
- Members-first priority and member rates for all programs and special events
- Member pricing for Tuesday lunches
- 10% Discount on facility rentals at the Clarington Beech Centre
- Keep updated with the latest information via our BOAA Member Newsletter, emails and voicemails
- Vote at our Annual General Meeting
- Hold office on the Governing Board of Directors
- Meet lots of friends
- Discover a new hobby, skill or talent
- Become involved in meaningful volunteer work
- Meet new people in your community

WHY SHOULD I BUY A MEMBERSHIP?

Membership fees help offset some of the costs of running our facility. Items such as heat, hydro, snow removal, repairs, equipment, program supplies, general maintenance and staffing are all very expensive. By being a current member, you are assisting to ensure the BOAA will be a long-lasting organization within the community.

REGISTRATION INFORMATION

All program fees include HST. Cash, cheque, debit, Visa or Mastercard are accepted. Please make all cheques payable to the Bowmanville Older Adult Association.

Refunds will be granted only for medical reasons with a doctor's note. A \$10 administrative fee will be applied.

Programs will be cancelled when the minimum registration numbers are not met. Being a past participant in a class does not guarantee you a spot in the future session, so please always register in advance to avoid disappointment.

To avoid program cancellation, please sign up well in advance of the program start date. All programs are non-transferable. If you miss a week of your regular class, you are not permitted to drop in to another of the same program on a different day, due to space limitations and room designations.

Please note there are no refunds for membership fees or Special Events unless your ticket can be sold to someone on a waiting list. There is no immediate refund. You must allow time for a cheque to be processed.

WAITING LIST

If a class is full, your name can be put on a waiting list. Please speak directly to Veronica or leave a registration form at the front desk.

WEATHER POLICY

All program cancellations will be announced via the Bowmanville Older Adult Association website at www.bowmanvilleolderadults.com and via social media sites. A voice automated call from (905) 697-2856 will also be dispatched via our BOAA computer system immediately upon cancellations to all registered participants, so please ensure we have your updated telephone information on file.

ALWAYS SCAN YOUR CARD & CHECK IN

The Centre receives some of its program funding based on participation and volunteer hour tracking, so always do your part by swiping in!

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed December 23rd to January 1st, February 17th, 18th and 19th, March 30th and 31st, April 1st, and 2nd, May 19th, 20th and 21st.

WHEELS IN ACTION

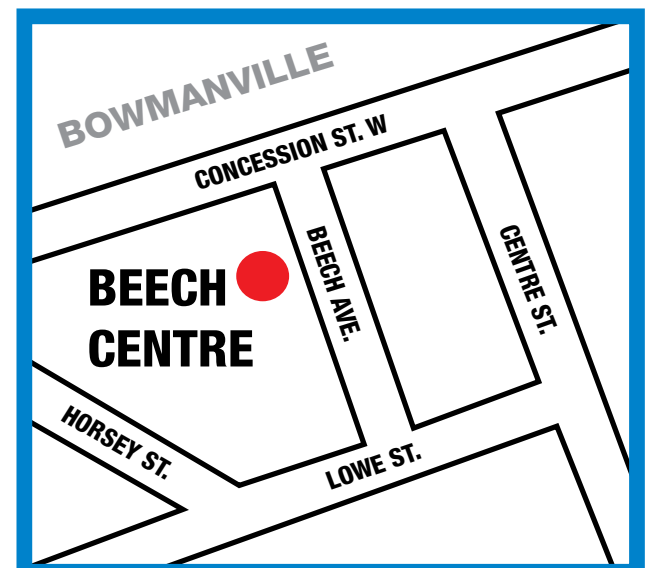
Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$3 round trip within Bowmanville, \$5 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required. Non-Members and guests \$6 flat rate round trip.

WI-FI

If you wish to stay connected while at the Beech Centre, we have Wi-Fi. Please visit the front desk for the password.

EMAIL & VOICE DIALING

As a member of the BOAA, you are registered to receive emails and voicemails regarding program cancellations, upcoming events or special information. Please note the calls will come from 905-697-2856. If you are not receiving emails and calls, please update your contact details at the front desk.



EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com

Chelsea Wolf:

events@bowmanvilleolderadults.com

Stella Riccio:

administration@bowmanvilleolderadults.com

Les-Lee Bell:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Amanda Rutherford:

admin@bowmanvilleolderadults.com

Sharon Mansfield:

catering@bowmanvilleolderadults.com

NON-MEMBER INFORMATION

If you find a registered program within our guide that is of interest to you and you would like to participate as a non-member, we can help. All pre-registered courses and programs at BOAA now have a non-member rate if space permits. Members have first priority for all BOAA programs, events and courses.

GUEST REGISTRATION

We now invite non-members to participate in all of our activities and programs. Simply stop by the front desk to register your attendance and pay the non-member rate to your drop-in program convenor.

COMPLIMENTARY TRIAL FOR PROGRAMS

If you are interested in gaining more knowledge in regards to one of our registered programs or courses, please feel free to join us as a guest prior to committing with a registration. Limit one trial per person per session. Space is limited so please speak to staff prior to participation.

GIFT GIVING IDEAS

Trying to think of a special gift for a birthday, anniversary or just to make someone smile? There are several options available at the Clarington Beech Centre:

- Gift certificates for membership, programs, events and day trips
- Drop-in, luncheon and café passes
 - Handmade items created by BOAA volunteers

COME FIND US ON SOCIAL MEDIA at #BOAA • #BowmanvilleOlderAdults

Connect with us and – most importantly – each other. Stay up-to-date and spread the word about the BOAA through our social media accounts.



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: bowmanvilleolderadults







Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Snooker	12 pm to 8 pm	Snooker	8 am to 8 pm	Snooker	12 pm to 8 pm	Snooker	8 am to 1 pm
Snooker	9 am to 6 pm	Cribbage & Euchre	9:30 am	Urban Poling	9 am	Table Tennis	10 am	Urban Poling	9 am
Book Club once per month	10 am	Social Bridge	9:30 am	Choir	10 am to 11:30 am	Woodcarving	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Table Tennis	10 am	Bridge Fun Group	1 pm	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Square Dancing	12:45 pm	Canasta	1 pm	Bid Euchre	1 pm	Darts	1 pm
Darts	1 pm	Mahjong	1 pm	Healthy Living	3:30 pm to 4:30 pm	Craft Group	1 pm to 3 pm	500 Cards	1 pm
Duplicate Bridge	1 pm	Social Bingo	1 pm	Weekly Drop-In Fee Schedule Duplicate Bridge: \$3.50 members \$5 non-members All other drop-in programs: \$1.75 members \$3 non-members Effective February 1st, 2018. All other drop in programs \$2 members, \$3.25 non-members Progressive Fundraising Euchre: \$3 members \$5 non-members Square Dance \$.75 members \$1.25 non-members	Ukulele	2:15 pm	Jam Session	1 pm	
Cribbage	1 pm	Friendship Group	1 pm		Social Bridge	7 pm	Meditation	2 pm to 3 pm	
Social Show times once per month	6 pm	Theatre Group	2:30 pm		Texas Hold'em Poker	7 pm	Saturday		
Bid Euchre	7 pm	Jam Session	6:30 pm				Table Tennis	10 am	
 <p>SOCIAL BINGO</p> <p>Tuesday at 1 pm, \$1.50 per person for as many cards as you wish for 6 games 25¢ for dabber for 1 game sheet</p> <p>Tuesday at 2:15 pm \$1.25 per card for 10 games 25¢ for dabber for 1 game sheet</p>		Progressive Fundraising Euchre	7 pm				Snooker	10 pm to 4 pm	
							Social Bridge	1 pm	
							Cards	1 pm	
		Sunday			Snooker	12 pm to 4 pm			
		Bid Euchre	1 pm						
		Darts	2 pm						

Trips & Travel

Mirvish Production of Annie April 2018

Set in 1930s New York during The Great Depression, brave young Annie is forced to live a life of misery and torment at Miss Hannigan's orphanage. Her luck changes when she is chosen to spend Christmas at the residence of famous billionaire, Oliver Warbucks. Meanwhile, spiteful Miss Hannigan has other ideas and hatches a plan to spoil Annie's search for her true family. This tour will have very little walking. Tour will include coach bus transportation, lunch at the Hot House Café, play and a small donation to the BOAA. **Dates and Prices to be determined.**

Grand River Cruise – June 20, 2018

Today we travel to Caledonia in the Brantford area for one of the most popular Ontario cruises. Upon arrival we're greeted by the foot tapping music of "The Blazing Fiddles". We then board and cruise the scenic Grand River and enjoy a hot roast beef lunch. This tour will have very little walking. **\$107.00** Tour will include coach bus transportation, lunch, boat cruise and a small donation to the BOAA.

For information on all trips and travel please contact Amanda Rutherford at 905-697-2856 or email admin@bowmanvilleolderadults.com

A Weekend in Lancaster Thursday September 27 to Sunday September 30, 2018

This tour takes us to the oldest Amish settlement in America. Lancaster, where they still rely on horse and buggy transportation and refuse public electricity. It's easy to relax here with the beautiful scenery and clip clop sound of horses echoing down back country roads. Tour includes: 3 nights accommodation, buffet breakfast daily, outlet shopping, "Jesus" at Sight & Sounds theatre, Family Style Dinner, Chalk Talk Presentation, Lititz Town Tour, Dutch Apple Dinner Theatre Lakeshore Tour Director, and \$20.00 per person donation to the BOAA. Prices in Canadian dollars: Single \$1095, Double: \$855.00, Triple: \$835.00, Quad: 815.00 Cancellation & Medical insurance is available **A valid Canadian Passport is required for this tour.** This tour will include a lot of walking.

MEMBER ONLY CONVENIENCE PASSES FOR SALE

Never worry about having the correct change again. To assist our members, we now have ten pass coupons available for drop-in fees, coffee/tea, soup, Tuesday lunches and van rides. Visit the front desk to purchase yours today!

	Single Pass	New Pricing	10 Pass + ONE FREE
Coffee (BOAA mug)	\$0.70	\$0.80	\$7
Coffee (Personal mug)	\$1		\$10
Tea (Mug or tea pot)	\$0.70	\$0.80	\$7
Member Drop-In	\$1.75	\$2 Feb 1st, 2018	\$17.50
IN TOWN Van Rides	\$2	\$3 Feb 1st, 2018	\$20
OUT OF TOWN Van Rides	\$4	\$5 Feb 1st, 2018	\$40
Member Tuesday Lunch	\$8.05	\$9 Feb 1st, 2018	\$80.50
Soup	\$2.50		\$25

Limited Time Only

Upcoming Events & Fundraisers

Tickets for all events
on sale now at BOAA

For more information please contact
Sharon M at events@bowmanvilleolderadults.com

Monthly Baking Fundraiser with Josie

Friday, January 5th - Meat Pies
Friday, February 2nd - Chicken Pies
Friday, March 2nd - Coconut Cream or Chocolate Pies
Pre-orders required. Please visit the front desk for more details.

Bridge Social with CASH PRIZES

Modified progressive format, winners move up and switch partners, losers stay and switch partners. Chicago Scoring. Complimentary Refreshments will be provided in the Café. No advanced registration required, however you must arrive prior to 1:15 pm.

Sunday January 7th, February 4th, March 4th
1:30 pm to 4:30 pm
\$5 members / \$7 non-members

Euchre Extravaganza

Includes: 12 games of Progressive Euchre, Buffet Dinner, Door Prizes and Draws
Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Saturday January 13th, March 10th
3 pm
\$10 members / \$12 non-members

Social Dances with

The Clarington Beech Nuts

Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.

Friday January 19th, February 16th, March 16th, April 20th
1 pm to 4 pm
\$3.50 members / \$5.50 non-members

Open Mic

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.

By donation & Open to ALL with cash bar and refreshments for purchase!

Sunday, January 21st, March 18th
1 pm to 4 pm

Arm Chair Travel Experience Dinners Fundraising Events

Take a trip with us without ever boarding the flight - enjoy appetizers, entree, dessert and refreshments from the locations we will visit. Each event will include information, demonstrations, entertainment and educational presentations about the countries and villiages we will visit.

January 25th - The Caribbean

February 15th - China

March 15th - Ukraine

5 pm Complete passport for all locations

\$75 members / \$90 non-members

Per Event \$30 members / \$35 non-members

Limited seating available so please register early to avoid disappointment.

Karaoke Night in Partnership with Then & Now Sounds

Sing it out loud! Or just come out to cheer on the ones that are willing to take the mic. Cash bar available.

Friday January 26th, February 23rd, March 23rd
7 pm

\$5 members / \$8 non-members

Progressive Euchre Party - Last Saturday of Every Month

Advance Tickets Recommended & Available at the Bowmanville Older Adult Association

Prizes for 1st to 5th Place, Loan Hands & Random Draw
50% of Door Ticket Sales will be given in prizes - Guaranteed!
Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws

Saturday January 27th, February 24th
6:30 pm

\$8 members / \$10 non-members

Robbie Burns Luncheon

Celebrate the life of the famous Robbie Burns with a service and complete meal of haggis, meat pie and all the fixings.

Tuesday January 30th

11:30 am

\$8.05 members / \$11.40 non-members

Smile Theatre presents "Suzi + Doug: The Second Time Around"

Includes refreshments will be provided after the theatre.

Thursday February 1st

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

Bid Euchre Bonanza

Includes: 10 games of Bid Euchre, Mid-Day Buffet, Door Prizes & Draws

Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Saturday February 10th

11 am

\$10 members / \$12 non-members

Barn Dance with Larry Adams & The Gold Tymes Band

Dance the night away with our live band, door prizes, cash bar and refreshments will be served.

Saturday February 17th

8 pm to 12 am

\$10 members / \$12 non-members

Annual General Meeting and Member Potluck

Please join us for the election of new board members, review of financials and overview of plans for the future.

Friday March 23rd

12 pm

"FREE" Just bring a food item to be shared

Taste of Home

Join us as we welcome local food and beverage vendors to feature samplings of their speciality dishes. Includes complimentary tasting with entertainment, door prizes and a silent auction

Wednesday March 28th

5 pm

\$30 members / \$35 non-members

Smile Theatre presents "Show title to be determined"

Includes Refreshments will be provided after the theatre.

Thursday May 3rd

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL Workshops and Seminars to allow for pre planning room allocations.

"FREE" Ask The Detective An Entertaining And Informative Series of Seminars Presented By Area Resident and Recently Retired Police Detective Greg Georges

The Kennedy Subway Murder

Detective Greg Georges will present the case and study sharing actual crime stories, scene photos and video.

Thursday 1 pm to 3 pm

January 25th

Recognize, Report and Stop:

Detective Greg Georges will talk about:

Fraud, Phone Scams, Home Security, Identity Thefts, Door threats and other General Advice.

Thursday 1 pm to 2 pm

February 1st

Driving tips and GPS innovations and other General Advice.

Thursday 1 pm to 2 pm

February 15th

Contractors and Services, Landlords, and other General Advice.

Thursday 1 pm to 2 pm

March 1st

"FREE" Blood Pressure Clinic with Coby Booth

Stop by to have your blood pressure assessed by our Volunteer RN in the Lobby.

Tuesday 9:30 am to 12 pm

January 9th, January 23rd, February 6th, February 27th,

March 13th, March 27th, April 10th, April 24th

BOAA VOLUNTEER TAX CLINIC

Requirements:

Individual Income of less than \$30,000

Couple income less than \$40,000

Please bring a copy of your previous year's return along with all receipts, T Forms and Notice of Assessments for 2016

For more information please contact Amanda.

"FREE" Brain Waves Café

A social and informal place for individuals with cognitive (memory) chance to meet together socially in the community for stimulating conversation, support and other engaging activities. Friends and family welcome. Light refreshments available.

Tuesday 1 pm to 2:30 pm

January 9th, February 6th, March 6th, April 3rd

CULINARY LESSONS with Chef Simon Bush from Bistro 238

Come and join us for a fun social afternoon of cooking and taste testing.

Monday 1 pm to 3 pm

January 15th and March 19th

\$10 members per lesson / \$15 non-members per lesson

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL Workshops and Seminars to allow for pre planning room allocations.

CULINARY LESSONS with Chef George

Come and join us for a fun social afternoon of cooking and taste testing.

Wednesday 1 pm to 3 pm

January 17th, February 14th, March 14th, April 11th, May 16th

\$10 members per lesson / \$15 non-members per lesson

“FREE” DIABETES SUPPORT GROUP with Lakeridge Health

Pulses: A New Super Food? A Diabetes Canada Webinar Series

An on-line webinar hosted by Diabetes Canada. Join us as certified diabetes educator Sarah Bulden talks about how a diet rich in pulses can help you better manage your diabetes.

Thursday 1:30 pm to 3:30 pm

January 11th

Exercise Tips with Toni

Being physically active is important to managing your diabetes. Toni Johnson will return to teach us how we can stay active every day and advise on the benefits of physical activity.

Thursday 1:30 pm to 3:30 pm

February 8th

Nutrition Myths, Separating Facts from Fiction

Are you confused by nutrition claims? For nutrition month (March) we will talk about some popular nutrition myths and give you some tips to help separate fact from fiction.

Thursday 1:30 pm to 3:30 pm

March 8th

For more information please contact Lynda Dus 905-576-8711 ext. 3158

“FREE” DOWNSIZING SEMINAR with Masood Vatandoust and Bev Sirrs

Should you move or should you stay?

This seminar is about helping seniors, and their children, determine what the best next move is and what steps to take to make it a smooth transition for all involved.

Join us for an hour filled with information about the different options available, tips on how to get the household organized, and local support services available.

Presented by local, certified Seniors Real Estate Specialist - Masood Vatandoust, Broker and Bev Sirrs, Sales Representative Everyone is welcome. Ideal for those approaching retirement or currently retired, or those advising or caring for an aging parent/grandparent.

Please RSVP as limited seating is available.

Tuesday 10 am to 11 am

January 23rd

ENERGY MEDICINE with Donna Elliott

Get your physical energies humming the way they should to support optimal health. Learn a simple yet effective Energy Medicine routine that takes 10-15 minutes and if done regularly will support your body's desire to do what it knows how to do...HEAL!

Wednesday 1 pm to 2:30 pm

February 7th

\$7 members / \$9 non-members

“FREE” HEALTHY EATING FOR OLDER ADULTS with Jessica Corner

Join Jessica for an informative session on healthy eating for older adults. Jessica will guide you through the grocery store to learn about food label reading, healthy food choices and some great food tips!

Thursday 2 pm to 3 pm 2 weeks

February 1st at BOAA February 8th at Loblaws

“FREE” HEARING AID CARE with Bowmanville Hearing Services

Complimentary clean and checks on hearing aids. No appointment required.

Tuesday 1:30 pm to 4:30 pm

January 16th, February 20th, March 20th

“FREE” HEARING SCREENING with Hear Clear Canada

Do you ask others to repeat themselves? Do you have to turn up the volume on the television to understand? Do you have problems understanding in groups?

If you answered yes to any of these questions, you might have hearing loss or it might just be earwax? Come by to find out with a free hearing screening and evaluation. No Appointment required. Located at Lobby

Monday 2 pm to 4 pm

January 15th, February 5th, February 26th, March 5th

INTERNATIONAL WOMEN'S DAY 2018

Come out and celebrate International Women's day - BOAA style! We will be drumming, singing, dancing and honoring all women. Join us for an inspiring celebration to recognize women. Entrance by donation in support of BOAA.

Thursday 4 pm

March 8th



CAFÉ

Open Monday to Friday
9 am – 3 pm
Saturday & Sunday 10 am-3 pm
Muffins, soup & biscuits are
yummy and affordable!

POSITIVE ENERGY IN THOUGHT with Donna Elliott

All thoughts are energy, and making some simple yet effective changes will improve all areas of your life - for the BETTER! Discover why some areas of your life are not working for you and how beginning to take control of your thoughts can create positive change. Learn simple tools and techniques for taking charge of your life to bring in more positive energy.

Wednesday 1 pm to 2:30 pm

February 21st

\$7 members / \$9 non-members

“FREE” SELF-DEFENCE & STREET SMARTS with Julie Blake

Come and learn some self-defense moves and some street smarts. You can get physical or not, your choice. Either way you will learn something. Former Black Belt instructor showing you some self-defense moves

Thursday 12 pm to 1 pm

March 22nd

“FREE” TAX CLINIC with Peter Hobb from Collins Barrow

Criteria-Income \$30,000 Individual/ \$40,000 Couple. Please bring a copy of your previous years return and Notice of Assessment.

Wednesday March 14th

7 pm to 9 pm

Please contact Front Desk to book your appointment in advance. Clinic to be held at 1748 Baseline RD W, Courtice, ON L1E 2T1

TUESDAY LUNCH

Includes: Juice, Salad, Main Course, Bread, Dessert, Tea or Coffee

\$8.05 members / \$11.40 non-members

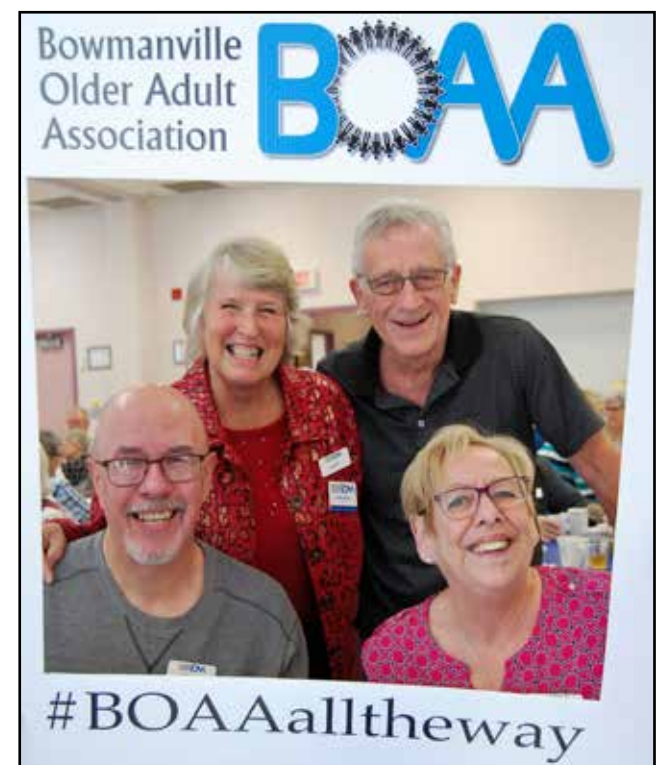
Please purchase your weekly lunch ticket before Friday at 4 pm.

This helps staff and volunteers with planning and preparation.

No lunch: December 26th, January 2nd and February 20th.

Effective February 6th, 2017

\$9 members / \$12.50 non-members



Sports & Activities

“Social & Fun” Mixed Bowling League

Join us for a fun afternoon with friends. Held at the Newcastle Town Hall Bowling Alley.

Includes: weekly prize draw & fun with friends

Thursday 1 pm to 3 pm

January 11th to April 26th

No bowling February 15th

\$30 members / \$35 non-members

\$5 per week is payable each week at the alley

“Social & Fun” Mixed Dart Drop-In

Grab your darts and join in the fun. No experience needed.

Monday & Friday at 1 pm

Sunday at 2 pm

Drop-in fees of \$1.75 members / \$3 non-members apply

February 1st, 2018 \$2 members / \$3.25 non members

Urban Poling with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, care and upper body toning, reduce stress of knees and hips, improve posture and balance) while exploring a variety of local trails. Suitable for everyone. Poles available to borrow through the BOAA.

Wednesday 9 am at the BOAA

January 10th to March 28th OR

Friday 9 am at the BOAA

January 5th to March 23rd

Drop-in fees of \$1.75 members / \$3 non-members apply

February 1st, 2018 \$2 members / \$3.25 non members

General Interest Programs

BEGINNER FAUX “SILK” FLOWER ARRANGING with Cathy Pearson

Let's draw out your creative side! You will discover just how talented you are. This program covers color schemes and the principles of design needed to make a lasting arrangement.

You will discover your artistic side by creating a round arrangement, a contemporary arrangement and, if time permits, a wreath.

This is a set up for beginners in flower arranging.

Materials needed will be discussed at the first class.

Monday 1 pm to 2 pm 6 weeks

February 5th to March 19th

No class February 19th

\$30 members / \$39 non-members

BOWMANVILLE BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book.

Monday 10 am to 11 am

January 15, 2018

Discuss – The Red Notebook by: Antonie Laurain

Pick up – The Magic Strings of Frankie by: Mitch Albom

February 26, 2018

Discuss – The Magic Strings of Frankie by: Mitch Albom

Pick up – All that We Cannot See by: Anthony Doerr

March 19, 2018

Discuss – All that We Cannot See by: Anthony Doerr

Pick up – Zoo Keepers Wife by: Diane Ackerman

April 16, 2018

Discuss – Zoo Keepers Wife by: Diane Ackerman

Pick up – The End of your Life Book Club by: Will Schwalbe

May 21, 2018

Discuss – The End of your Life Book Club by: Will Schwalbe

June 18, 2018

Pick up – The Nest by: Cynthia D'Apris Sweeney

August 20, 2018

Discuss – The Nest by: Cynthia D'Apris Sweeney

August 20, 2018

Please visit the centre after August 20th to pick up the

September Book “The Nightingale by: Kristen Hannah”

that will be reviewed in September 2018

Drop-in Fees of \$1.75 members / \$3 non-members apply

February 1st, 2018 \$2 members / \$3.25 non-members

CRAFT GROUP with Judi White

Let your creative side out - Working many different types of material from plastic canvas, cross stitch and cut and paste projects to fabric painting and seasonal projects.

Supplies will be provided.

Thursday 1 pm to 3 pm

January 18th to end of May

No session February 1st and May 3rd

Drop in Fees of \$1.75 members / \$3 non-members apply

February 1st, 2018 \$2 members / \$3.25 non-members

EUCHRE LESSONS with Don Welsh and Josie Roberts

Learn all you need to know to play Euchre.

Euchre is a trick taking game with trump, played with four players in teams of two. At the end of the six weeks you should be able to comfortably join our evening progressives or by-monthly euchre extravaganzas.

Tuesday 1:30 pm to 3 pm 6 weeks

January 16th to February 20th

\$30 members / \$39 non-members

FENG SHUI with Gayle Smith

The program includes the history of Feng Shui origins and its fundamental concepts. After taking this course you will be able to perform a house audit. Understand the concepts of Classical Feng Shui and the Art of Placement. Go from beginner to practitioner.

Tuesday 11:45 am to 1:15 pm 11 weeks

January 16th to March 27th

\$57.75 members / \$75.10 non-members

FRENCH LESSONS with Gaëtan d'Albret

Level 1

Suitable for participants with little or no knowledge of French. Start with the alphabet, the pronunciation, days, months, colors and numbers. Learn basic situations, key language structure and simple words useful in daily situations.

Tuesday 10 am to 11:30 am 10 weeks

January 16th to March 20th

\$70 members / \$91 non-member

Level 2

Review material from Level 1. Expand your vocabulary and language structures. Learn some verbs in present and past tense. Use topics learned to build sentences.

Tuesday 2:30 pm to 4 pm 10 weeks

January 16th to March 20th

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

Level 3

This course has been redesigned for students who have completed Level 2 or who have a basic knowledge of French. The focus of this course will be the development of oral communications with the expansion of vocabulary and language structures related to a variety of topics.

Tuesday 11:30 am to 1 pm 10 weeks

January 16th to March 20th

\$70 members / \$91 non-members

FRANÇAIS AVANCE with Maurice Laganière

Cet cours s'adresse aux étudiant(e)s qui ont une bonne connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

Tuesday 3 pm to 4:30 pm 10 weeks

January 16th to March 20th

\$70 members / \$91 non-members

“NEW” FRENCH ENHANCEMENT COURSE with Gaëtan d'Albret

Strengthening French learned in prior courses (level 1, 2, or 3) by conversation. Participants will get the confidence in sharing a coherent summary of events or arguments from oral to written sources. They will improve the ability to express themselves precisely in a spontaneous, fluent way.

Thursday 2:45 pm to 4:15 pm 10 weeks

January 18th to March 22nd

\$70 members / \$91 non-members

FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft? Join us for a 6 week program where we teach you to do just that. No experience is necessary other than a familiarity with a keyboard and mouse. All equipment will be provided.

Friday 10:30 am to 12 pm 6 weeks

January 19th to February 23rd

\$48 members / \$62.40 non-members

FUN WITH MATH with Alan Bayliss

This short program is intended for all levels of math fans. The facilitator and each participant may choose to informally present a group-approved topic for discussion. Topics may include the derivation of pi, the radian perfect circle, number system bases, the concept of zero, Fibonacci Numbers, logarithms, prime numbers, the use of sigma, statistics. Perhaps a little story of the contribution of many scholars like Al-Khwarizmi, Euclid, Pythagoras, Archimedes, Aryabhata, Brahmaputra, Al-Buruni, de Fermat, Descartes, Goldbach, Euler, Lagrange, Lemoine, Newton and Leibniz could be included.

Tuesday 10 am to 11:30 am 4 weeks

January 9th to January 30th

\$14 members / \$18.20 non-members

IMPROVISATION (IMPROV) - Tickle your brain! with Julie Ditta

Improvisation improves your laugh life, lifts your spirits and is fun. Improvisation combines improv games, popularized on the TV show “Whose Line is it Anyway?” with a few basic, dramatic techniques resulting in spontaneous and often humorous responses. Improv is a dynamic experience that reduces stress and keeps your mind and imagination sharp. No acting skills are required. Improv increases confidence, improves thinking and lets you connect with others. Laughter never retires!

Monday 10:30 am to 11:30 am 10 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

General Interest Programs

INTUITIVE AND PSYCHIC DEVELOPMENT PART 1 with Julie Ditta

This course will help you heighten your innate intuitive and psychic abilities and learn to trust your inner voice and feelings. By doing so, you will develop greater clarity, awareness, increase energy and improve problem solving. It will help you to identify your psychic strengths, in order to channel information and messages. A variety of tools will be introduced each week that enable you to connect to your intuitive and psychic powers, giving your life greater flow and meaning.

Wednesday 10:30 am to 12 pm 11 weeks
January 17th to March 28th
\$82.50 members / \$127.25 non-members

“NEW” INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

This course will continue to help you heighten your innate intuitive and psychic abilities and learn to trust your inner voice and feelings. It will help you to explore and expand your psychic gifts. A variety of tools will be introduced each week that enable you to connect to your intuitive and psychic powers, giving your life greater flow and meaning.

Monday 12 pm to 1:30 pm 10 weeks
January 15th to March 26th
No class February 19th
\$75 members / \$97.5 non-members

LATIN-AMERICAN SPANISH with Alan Bayliss

Latin-American Spanish is slightly different than Spanish in Spain. All programs will follow the same Canadian University text. Course materials will be supplied but bring paper and a pen for note-taking. All programs include some aspects of Spanish- Latin American history and culture.

LATIN-AMERICAN SPANISH 1

¡Buenos días! Going to México or Costa Rica this winter? Learn the basics to converse a little with the locals. No previous knowledge is necessary. With an easy-going pace, you will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and more. Approximately one hour of homework will be assigned every week.

Tuesday 9:15 am to 11:15 am 6 weeks
March 13th to April 17th
\$56 members / \$72.80 non-members

LATIN-AMERICAN SPANISH 2

¡Más Español! Spanish 1 or some basic prior knowledge is suggested. To wake up your Spanish brain we will start with a review then move to new material. This program will cover more verbs, nouns and adjectives in general conversation. Topics include housework, the kitchen, the family, possession, location and more complex numbers. Approximately one or two hours of homework will be assigned each week.

Tuesday 1 pm to 3 pm 6 weeks
March 13th to April 17th
\$56 members / \$72.80 non-members

LATIN-AMERICAN SPANISH 3

¡Aún más Español! Spanish 2 or a good basic knowledge is required. This program is a continuation of Spanish 2 and brings a lot of things together. Learn more irregular verbs, some past and future verb tenses and more nouns and adjectives in conversation at the restaurant, shopping and weekends. Comparisons, common expressions and pronouns used with verbs will be introduced. To get the most from this program more than two hours of homework per week will be assigned.

Wednesday 1 pm to 3 pm 6 weeks
March 14th to April 18th
\$56 members / \$72.80 non-members

LATIN-AMERICAN SPANISH 4

Este programa es para los que ya completaron Español nivel 3 o el equivalente. Continuará con las lecciones como antes, en el supermercado, el restaurant y el hospital. Estudiaremos pronombres directos, indirectos y reflexivos, verbos en tiempo pasado y más. Involucraremos comprensión de lectura y oral. Se require varias horas de tarea por semana para obtener los beneficios del programa

Wednesday 9:30 am to 11:30 am 6 weeks
March 14th to April 18th
\$56 members / \$72.80 non-members

LEARN TO PLAY BID EUCHRE with Sharon Vivian and Kay Moore

For those who already play 500 or Euchre, learning Bid Euchre will be easy. Learn how partnerships bid in order to win the contract. By the end you will feel comfortable to join the “drop-in programs” and the Bid Euchre Bonanzas

Monday 1 pm to 3 pm 4 weeks
March 5th to March 26th
\$20 members / \$26.50 non-members

SOCIAL SHOWTIMES... Join us for a movie on the BIG SCREEN

Third Monday of every month. Includes movie, drink and popcorn

Monday 6 pm
January 15th, March 19th, April 16th
Drop-in Fees of \$3 members / \$5 non-members apply

“NEW” SPEAKING SPANISH IS FUN! with Lourdes Marrugat

Join us to practice one of the most spoken languages around the world. If you don't use it you lose it. No matter what level of Spanish you have. We will get together and practice our oral skills

Wednesday 6:30 pm to 7:30 pm 10 weeks
January 17th to March 21st
\$45 members / \$58.50 non-members

Strolling Through the Garden with Beata Zeranska

Learn what to do in the garden during different seasons. When to prune, what to prune and when not to and why. Some plants thrive and others don't. Moisture and soil requirements for most popular plants, how to rejuvenate old shrubs, how to take care of spring bulbs and some basic principles of designing your garden.

Thursday 3:30 pm to 5:30 pm 10 weeks
January 18th to March 22nd
\$80 members / \$104 non-members

TAROT 101 with Cathy Pearson

Tarot is a wonderful tool for self-development, clarity and insight; it's a link for accessing inner wisdom, creating a personal transformation and it is a bridge to subconscious mind. This program will cover history, meaning and what Tarot cards do. Loads of participation. A small 3 card reading, performed by the participants will be done in the last class.

Friday 9:45 am to 11:45 am 6 weeks
January 12th to February 16th
\$30 members / \$39 non-members

THEATRE GROUP with Judi White and Friends

Calling all Thespians! This is a group for aspiring actors, interested writers, performers and people who are just passionate about theatre. People of all skill levels are welcome to join the weekly group to work towards a culminating, collaborative show. No experience required.

Tuesday 2:30 pm
January 9th to end of May
Drop-in Fees of \$1.75 members / \$3 non-members apply
February 1st, 2018 \$2 members / \$3.25 non-members

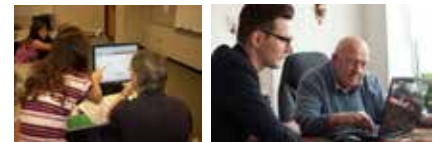
WRITING YOUR MEMOIR THE NEXT CHAPTER with Cynthia Reyes

Your memoir is underway; your writing skills have much improved. Now it's time for that important first draft of your book. This will continue to be an interactive course, with storytelling and writing including hands-on assistance and feedback

Tuesday 10:30 am to 12:30 pm 8 weeks
January 16th to March 6th
\$72 members / \$93.60 non-members

The BOAA Geek Squad

*presented in partnership with
 Clarington Central Secondary School*



... here to help BOAA members

- Laptop, desktop & tablet fixes
- Internet assistance
- Installation of software
- Organizing files and desktop
- Help with Smartphones
- Windows 10 Installation
- FACEBOOK tips
- And much more!

Services will be provided during one hour

appointment at the Beech Centre

on Mondays & Thursday

3:30 pm – 6:30 pm

\$6 per appointment

For more information please contact Amanda at 905-697-2856 x 57

SPECIAL OFFER TO BOAA MEMBERS



Olde Tyme Fish & Chips Voted the best
 Fish & Chips in town!

Every time a BOAA member buys a meal
 (eat-in or take-out), they will receive
 a 5% discount AND an
 additional 5% will be donated to BOAA.

Located at 136 King St East Bowmanville
 (opposite Guardian Drugs)



Fitness Programs

20/20/20 with Cindy Legare

20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and balance for a full body workout.

Monday 1:15 pm to 2:10 pm 9 weeks

January 15th to March 26th

No class February 19th and March 12th

Or

Wednesday 12:10 pm to 1:05 pm 9 weeks

January 17th to March 21st

No class March 14th

\$45 Members / \$58.50 Non-Members

“NEW” BROGA (Yoga for Men) with Annalisa Cara

Broga combines traditional yoga with functional fitness exercises and high-intensity interval training. It works on improving core strength, cardio, muscle-toning, stress reducing, and clarity-building postures. You'll get that pumped-up feeling you get from working out and a deep flexibility and relaxation feeling from “working in.” (No Yoga experience required)

Tuesday 3 pm to 4 pm 10 weeks

January 16th to March 27th

No class February 13th

\$50 members / \$65 non-members

BUILDING BETTER BALANCE with Sharon Wildeboer

Balance is integral to our everyday life. We are constantly using balance when standing and walking. Using a combination of exercises, equipment and games this program will challenge and improve balance skills. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

Wednesday 1 pm to 2 pm 9 weeks

January 17th to March 28th

No class February 7th, March 14th

\$45 members / \$58.50 non-members

CARDIO WITH PEP with Lydia Vooy-MacLeod

Not too slow or too fast. Join this cardio class and enjoy core conditioning, relaxation and major muscle group stretching.

Monday 9 am to 10 am 9 weeks

January 15th to March 26th

No class February 12th and February 19th

\$45 Members / \$58.50 Non-Members

Or

Friday 9 am to 10 am 10 weeks

January 12th to March 23rd

No class February 16th

\$50 members / \$65 non-members

CHAIR PILATES with Karen Ross

Start with the basics and get the most out of your chair Pilates! Learn the fundamentals and proper techniques, focusing on body connections, breathing, balance, alignment and awareness. Learn how to identify your own weaknesses and imbalances and work with them to restore healthier movement. This class is great for newcomers to Pilates, who prefer or cannot get down onto a mat, and for those who want to refine their knowledge, understanding and ability. This group chair class encourages you to move sitting in the chair, creating a totally new challenge for the core muscles.

Thursday 1 pm to 2 pm 11 weeks

January 18th to March 29th

\$55 members / \$71.50 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

Is a gentle form of yoga that is practised sitting on a chair. Sometimes we stand with a chair for support and this is optional. Suitable for all levels of fitness from sitting to standing. This class is a great way to relax head to toe without the stress of getting out of your chair. Enjoy great company, music and relax while you stretch out and reap the benefits of health and relaxation.

Monday 10 am to 11 am 9 weeks

January 15th to March 26th

No class February 12th and February 19th

\$45 Members / \$58.50 Non-Members

Or

Thursday 9 am to 10 am 10 weeks

January 18th to March 29th

No class February 15th

Or

Friday 11 am to 12 pm 10 weeks

January 12th to March 23rd

No class February 16th

\$50 members / \$65 non-members

DRUMS ALIVE FITNESS with Carol Drew

Drums Alive is a unique mind body cardio class that gets your heart rate up while working on your rhythms. Working with stability balls that are held on step risers, and using drum sticks, you will learn drumming rhythms while doing cardio/dance moves. The music is upbeat and engaging, the energy is high and you'll have so much fun you will forget you are exercising! This class is low impact and great for all fitness levels.

Tuesday 2:05 pm to 3:05 pm 9 weeks

January 30th to March 27th

\$45 members / \$58.50 non-members

FABULOUS MUSCLES with Lydia Vooy-MacLeod

Includes a 10 minute warm up and then get down to business! Bring weights & tubing to class.

Friday 10 am to 11 am 9 weeks

January 12th to March 23rd

No class February 16th

\$45 members / \$58.50 non-members

“NEW” FIT AND 50+ with Annalisa Cara

Yoga for the active senior. This class is designed to benefit the already fit and active senior who is looking for a yoga class that will help maintain or increase strength, flexibility, balance and a positive well-being. (No Yoga experience required)

Tuesday 4 pm to 5 pm 10 weeks

January 16th to March 27th

No class February 13th

\$50 members / \$65 non-members

“NEW” FIT FUSION with Ruth Kolisnyk

A fun energetic workout to improve physical fitness and muscle tone. Variety of exercises, including floor work to challenge your heart, mind and body.

Tuesday 2 pm to 2:55 pm 11 weeks

January 16th to March 27th

Or

Thursday 12 pm to 12:55 pm 11 weeks

January 18th to March 29th

\$55 members / \$71.50 non-members

Fitness ONLY Drop-In Cards Now Available

To be used for classes that have space. First come first serve. Please contact BOAA to confirm class is available to avoid disappointment.

\$60 per class / 10 card pass

FITNESS FOR ARTHRITIS with Cindy Legare

Help increase your range of motion, agility, strength, balance, improve pain, swelling and stiffness for those who have osteoarthritis, rheumatoid arthritis or fibromyalgia.

Monday 2:15 pm to 3:10 pm 9 weeks

January 15th to March 26th

No class February 19th or March 12th

Or

Wednesday 1:20 pm to 2:15 pm 9 weeks

January 17th to March 21st

No class March 14th

\$45 members / \$58.50 non-members

GENTLE YOGA with Sharon Wildeboer

This is great for those looking for a more gentle approach. Emphasis is made on the poses and proper breathing techniques. Transitions from standing to the mat are kept to a minimum.

Monday 10 am to 11 am 9 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

Or

Wednesday 10 am to 11 am 10 weeks

January 17th to March 28th

No class February 7th, March 14th

\$45 members / \$58.50 non-members

“NEW” GET MOVING with Ruth Kolisnyk

Functional to low impact exercises that will get you moving to help joint mobility and overall health. Generous portion of floor flexibility positions to stretch and recover.

Tuesday 1 pm to 1:55 pm 11 weeks

January 16th to March 27th

\$55 members / \$71.50 non-members

GUIDED MEDITATION with Julie Ditta

The intention of meditation is to focus on one thing at a time in order to quiet the mind, stop worrying, and relax. Mental imagery, combined with special breathing techniques, is an effective tool for reducing stress and restoring health and vitality. Meditation creates feelings of inner peace and calm. Meditation can improve memory, creativity, increase energy and improve sleep. It helps to create a positive perspective and enhance an overall sense of well-being.

Wednesday 1 pm to 2 pm 10 weeks

January 17th to March 21st

\$50 members / \$65 non-members

MEDITATION 101 FOR BEGINNERS with Les Lee Bell

For those that thought they couldn't! For folks that always wanted to try it and those that thought they might not be doing it right. This is the class for you. Throughout the program we will explore deep relaxation states using our breath and guided visualizations, progressing to 20 minute meditation. There will also be an interactive closing every week, where we can discuss our progress and ask questions, working together to reduce stress and induce deep relaxing states. We will learn together in a safe, inviting atmosphere.

Thursday 7 pm to 8 pm 11 weeks

January 18th to March 29th

\$55 members / \$71.50 non-members

MEDITATION 101 DROP IN with Les Lee Bell

Drop in to enjoy mindfulness and meditation.

Every Friday 2 pm to 3 pm

Drop in fee of \$5 members / \$6.50 non-members apply

Fitness Programs

"NEW" HEALTH LIVING DROP IN with Veronica Varags

Weather in Canada can be a barrier for us not to stay active, especially in Winter. To help you stay healthy and active this session we will be opening the auditorium for a NEW physical Activity Drop-In. Bring your own equipment or use our weights, balls, mats and bands.

Wednesday 3:30 am to 4:30 pm

January 31st to end of June

**Drop-in fees of \$1.75 members / \$3 non-members apply
February 1st, 2018 \$2 members / \$3.35 non-members**

MINDS IN MOTION FITNESS PROGRAM with The Alzheimer Society

Combining physical activity and mental stimulation, Minds in Motion unfolds to laughter and chatter, with new friendships forming and stories being shared. The participants early to mid-stage signs of dementia* are accompanied by their care partners. Gentle and easy to follow physical activities. Fun social activities focused on building personal skills. The program benefits for the person with dementia: Improved balance, mobility, flexibility, alertness, increased confidence, and comfort with their own circumstance. For the care partners, it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia. Other benefits include: Seeing the person they are caring for enjoying themselves. Mutual support and learning from other care partners. The participating couple can benefit from: Sharpened mental functioning, reduced sense of isolation. *Dementia is an umbrella term for a variety of brain disorders that include the following symptoms: loss of memory, judgment and reasoning, changes in mood and behavior.

Thursday 1:30 pm to 3:30 pm 8 weeks

January 18th to March 15th

No class February 1st

\$40 per couple (caregivers are welcomed and appreciated)

PILATES with Karen Ross

Focus on strengthening the core postural muscles to help keep the entire body strong and balanced.

Monday 11 am to 12 pm 10 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

POWER FLOW YOGA with Annalisa Cara

Challenge yourself in a more complex yoga practice. Expect high energy and inner focus that require a certain level of strength and stamina. If you're looking for a relaxing, yet powerful yoga class, to help deepen your practice, this is it! (Yoga experience is required.)

Wednesday 11:00 am to 11:55 am 10 weeks

January 17th to March 28th

No class March 14th

\$50 Members / \$65 Non-Members

QIGONG (CHINESE YOGA) with Donna Elliott

Simple Energy Medicine techniques that teach your body's energies the flow for optimal health. Coordinated breathing with muscle movements, stretches, stimulating reflex, acupressure and lymphatic points create vitality, strength and relaxation.

Wednesday 9:45 am to 11:15 am 10 weeks

January 17th to March 21st

\$75 members / \$97.50 non-members

Wednesday 11:45 am to 12:45 pm 10 weeks

January 17th to March 21st

\$50 members / \$65 non-members

SHAPE UP with Jason Fenton from Live in Motion

Burn body fat, increase muscle tone and build core strength using modern techniques and equipment. A fun and intense hour with lots of variety. Suitable for all levels of fitness.

Monday 8 am to 9 am 9 weeks

January 15th to March 19th

No class February 19th

Or

Wednesday 8 am to 9 am 9 weeks

January 10th to March 14th

\$45 Members / \$58.50 Non-Members

Or

Friday 8 am to 9 am 10 weeks

January 12th to March 16th

\$50 members / \$65 non-members

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

Participants will be led through a series of seated movements and stretches. Bring resistance tubing with handles to class.

Tuesday 10:30 am to 11:30 am 11 weeks

January 16th to March 27th

\$55 members / \$71.50 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

Participants who have completed a session of Sit and Be Fit Level 1 can participate in this class. Come prepared for more standing work, longer cardio sections and challenging resistance training. Bring resistance tubing with handles to class.

Tuesday 9:30 am to 10:30 am 11 weeks

January 16th to March 27th

\$55 members / \$71.50 non-members

Or

Friday 10 am to 11 am 9 weeks

January 12th to March 9th

\$45 members / \$58.50 non-members

STRENGTH TRAINING FOR ALL with Sharon Wildeboer

This class will include resistance exercises to build strength and muscle for both men and women. Bring resistance bands with handles to class.

Wednesday 2 pm to 3 pm 9 weeks

January 17th to March 28th

No class February 7th, March 14th

\$45 members / \$58.50 non-members

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

This class includes resistance exercises to build strength and muscle. Bring resistance bands with handles to class.

Wednesday 11 am to 11:45 am 9 weeks

January 17th to March 28th

No class February 7th, March 14th

\$45 members / \$58.50 non-members

Or

Friday 9 am to 9:45 am 10 weeks

January 12th to March 23rd

No class March 16th

\$50 members / \$65 non-members



TAI CHI with Sandra Jin

The gentle movements of this powerful Chinese exercise have been practised for centuries by people of all ages and fitness levels to improve health, boost energy and reduce stress. Tai Chi is also recommended by health practitioners in treating many diseases such as arthritis, high blood pressure, and osteoporosis to name a few. Ideal for beginners and low level intermediate.

General

Monday 10 am to 11 am 10 weeks

Or

Intermediate

Previous Tai Chi experience required

Monday 11 am to 12 pm 10 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

WINTER URBAN POLING with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, core and upper body toning, reduce stress on knees and hips, improve posture and balance) while exploring a variety of local trails. Suitable for everyone. Poles available to borrow through the BOAA.

Wednesday 9 am at BOAA

January 10th to March 28th

Or

Friday 9 am at BOAA

January 5th to March 23rd

Always meet at the BOAA to car pool at 9 am

Drop-in Fees of \$1.75 members / \$3 non-members apply

February 1, 2018 \$2 members / \$3.25 non-members

YOGA with Sharon Wildeboer

Learn to combine physical yoga postures with breathing techniques to improve your flexibility, strength and balance.

Monday 9 am to 10 am 10 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

Or

Wednesday 9 am to 10 am 9 weeks

January 17th to March 28th

No class February 7th, March 14th

\$45 members / \$58.50 non-members

YOGA with Lisa Balsdon from Live In Motion

Tuesday 7 pm to 8:15 pm

January 9th to May 29th

Winter pass includes the following:

21 session total

Use anytime Tuesday between the dates outlined

BOAA members receive 10% off winter passes

Pass allows flexibility if you need to miss a few classes

Pass Prices:

16 sessions - \$325.44 (** 2 payments of \$162.72)

18 sessions - \$344.55 (**2 payments of \$172.27)

Payment plans – ALL post dated cheques MUST be received first day of class

Drop-in \$20.00 cash per class, By appointment only.

Email or text lisa@liveinmotion.ca or 905-706-7862

YOGALATES with Sharon Wildeboer

A fusion of yoga and pilates that restores mind/body balance while building strength and toning muscle.

Monday 11 am to 12 pm 10 weeks

January 15th to March 26th

No class February 19th

\$50 members / \$65 non-members

Or

Friday 11:15 am to 12:15 pm 9 weeks

January 12th to March 9th

\$45 members / \$58.50 non-members

Fitness Programs

ZUMBA® with Veronica Vargas

Interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Tuesday 9 am to 10 am 10 Weeks

January 16th to March 27th

No class January 23rd

\$50 members / \$65 non-members

Or

Thursday 10:30 am to 11:30 am 9 weeks

January 25th to March 22nd

\$45 members / \$58.50 non-members

ZUMBA® GOLD with Veronica Vargas

A combination of dance and fitness created from the original Zumba ®. For the active older adult or beginner level participants who may need modifications for success.

Wednesday 11 am to 12 pm 8 weeks

January 31st to March 21st

\$40 members / \$52 non-members

ZUMBA® COMBO with Veronica Vargas

This class includes cardio and respiratory endurance, balance training, muscle strengthening and power training for upper and lower body including abdominal and back extensor muscles and static stretching.

Friday 11:05 am to 12:05 pm 8 weeks

January 26th to March 16th

\$40 members / \$45.20 non-members

Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

Participate in a group demonstration with one-on-one help with projects of your choice. Learn a variety of painting techniques for creating landscapes, portraits, florals, sky, water, trees and other common subjects and colour mixing. Some understanding of drawing principles would certainly be an asset to more successful painting, although not absolutely necessary.

Thursday 1 pm to 3 pm 11 weeks

January 18th to March 29nd

\$99 members / \$128.70 non-members

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

This class is for those students that would like to learn how to add water colour to their completed pen and ink project from the winter session.

Please ask for a supply list at front desk upon registering.

Saturday 10 am to 2 pm

March 24th

\$18 members / \$23.40 non-members

CHOIR with Allanah Coles & Donna Barber

If you enjoy singing, you will enjoy being a part of the BOAA Choir. This friendly enthusiastic group meets weekly to share their love of music with each other and performing for external community events.

Wednesday 10 am to 11:30 am

Drop-in Fee of \$1.75 members / \$3 non-members apply

February 1, 2018 \$2 members / \$3.25 non-members

DRAWING with Paul Livingston

Using common drawing tools like pencils, pens and sketching pads, learn the basics, yet very essential drawing principles and how to apply them toward drawing virtually anything you can see, remember, or imagine. This is also a good foundation study for any aspirations toward painting. Learn to understand light and shadow, shape and form, composition and perspective. A little exposure to these principles opens up a whole new world.

Learn to do, landscapes, portraits, florals, animals and buildings in a relaxed and casual atmosphere with demos, personal instruction and positive encouragement.

Wednesday 10 am to 12 pm 11 weeks

January 17th to March 28th

\$99 members / \$128.70 non-members



DRUM CIRCLE FOR WELLNESS with Julie Ditta

Drumming is a natural wellness tool for releasing stress, healing, and having fun. This drum circle offers an increased sense of self-esteem, creativity and community building. Drumming is an inclusive experience where trust, compassion, sharing and spontaneity thrive. No previous drumming or musical experience is required. We drum from the heart, releasing all judgment and discovering our own rhythm. Drumming for wellness brings balance back into our lives and lift our spirits.

Monday 1:30 pm to 3 pm 10 weeks

January 15th to March 26th

No class February 19th

\$75 members / \$97.50 non-members

JAMMING GROUP with your BOAA Friends & Family

Join us for our weekly jam. Meet up at this casual drop in with other musicians. Bring all of your required equipment and enjoy the time to share your talents.

Tuesday 6:30 pm to 8:30 pm

OR

Friday 1 pm to 3 pm

Drop in Fees of \$1.75 members / \$3 non-members apply

February 1, 2018 \$2 members / \$3.25 non-members

JEWELRY MAKING with Lynn Morrison

Learn to make costume jewellery. In this course you will learn to make a necklace, a bracelet, earrings and more. Jewellery making tools are required at a cost of \$17. Bring the tools and a hand towel to class. All other supplies will be provided by the instructor.

Wednesday 10 am to 12 pm 6 weeks

February 7th to March 14th

\$60 Members / \$78 Non-Members



PAINTING WITH ACRYLICS with Shirley Bankey

You supply the canvas, brushes and other paraphernalia and Shirley will supply the paints. Please pick up a full list of other items needed from the front desk upon registration. All classes are a guided step by step learning experience perfect for both the beginner and intermediate painter.

Chickadee/Winter Scene

Paint the black capped chickadee as this bold songbird looks out over the crisp clean serenity of a beautiful winter landscape

Monday 1 pm to 3:30 pm 3 weeks

January 15th to January 29nd

Or

Snowy Owl

With her beautiful ghostlike plumage the snowy owl is the perfect subject for a cold February painting project.

Monday 1 pm to 3:30 pm 3 weeks

February 12th to March 5th

No class February 19th

Or

Robin/Spring Scene

When we begin to see more robins we know spring is finally here. Come paint these red breasted beauties as they look out over the fresh new growth in a spring scene.

Monday 1 pm to 3:30 pm 3 weeks

March 19th to April 9th

No class April 2nd

\$33.75 members / \$43.90 non-members

PEN AND INK with Dianne Darch

"Winter Fantasy" covering landscapes of the season. This class is suitable for a beginner or returning student. You will be guided through the series of dots and lines involved in pen and ink artwork to create texture and contrast. Line drawings will be provided so you can concentrate on the inking process. Be sure to ask for a Pen and Ink supply list at the front desk upon registration.

Monday 2:30 pm to 4:30 pm 8 weeks

January 29th to March 26th

No class February 19th

OR

Friday 12pm to 2 pm

February 2nd to March 23rd

\$72 members / \$93.60 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. You will learn basic techniques, a variety of lively rhythms and how to jam with others. You will enjoy the many health benefits associated with drumming such as relaxation, improved cognitive ability and a boost to the immune system. Djembe drumming promotes community building and lifts the spirits. Drums are provided or bring your own.

Friday 10 am to 11 am 11 weeks

January 12th to March 23rd

\$55 members / \$71.50 non-members

Art & Music Programs

RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

This course is for advanced drumming students interested in gaining proficiency with their drumming by learning complex and challenging rhythms and polyrhythms. Students participate in community outreach activities. Drums are provided or bring your own.

Friday 11 am to 12 pm 11 weeks

January 12th to March 23rd

\$55 members / \$71.50 non-members

RECREATIONAL AFRICAN DRUMMING - TRANSITIONAL with Julie Ditta

This class is for participants who have taken the beginners level several times and now have the confidence and skill level to continue on their drumming journey toward Part 2. Instruction will focus on enhancing technique, tempo and acquiring challenging new rhythms. Drums are provided or bring your own.

Wednesday 12 pm to 1 pm 11 weeks

January 17th to March 28th

\$55 members / \$71.50 non-members



UKULELE with Allannah Coles

It's easy, it's portable and it's fun. By learning the basic ukulele chords, you can sing and play dozens of songs. No experience is necessary, but you will need to bring a ukulele. If you don't have one, check out Hands On Music at 39 Ontario St. Be sure to tell them that you're from the BOAA.

Thursday 1 pm to 2 pm

Classes will resume in Spring 2018

UKULELE DROP IN

This drop-in is for those who know how to play the ukulele. Join us weekly for a fun session of playing songs we have already learned and adding new ones.

Thursday 2:15 pm to 3:15 pm

January 11th to End of June

Drop-in Fees of \$1.75 members / \$3.00 non-members apply

February 1, 2018 \$2 members / \$3.25 non-members



WATER COLOUR INTERMEDIATE with Hi-Sook Barker

Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent, beautiful water colours with an experienced teacher who will accommodate all levels of expertise.

Thursday 9 am to 12 pm 11 weeks

January 18th to March 29th

\$148.50 members / \$193.05 non-members

Dance Programs

For all dance programs please remember to wear indoor shoes only!

“NEW” ALL THAT JAZZ with Alison Henry Grebenc

This fun class is designed to introduce participants to jazz dance. Learning some basic jazz skills will allow the participants to experience dance style while improving their flexibility, sense of rhythm and overall coordination.

Thursday 9 am to 10 am 10 weeks

January 18th to March 29th

No class March 15th

\$60 members / \$78 non-members

BALLROOM & LATIN DANCE with Bob Kerby

Learn to Foxtrot and Waltz. No partner necessary

Thursday 2:45 pm to 3:45 pm 10 weeks

January 18th to March 22nd

\$60 members / \$78 non-members

LATIN DANCING with Veronica Vargas

Learn the basic Latin steps in a safe way. Put them together and finish with a Zumba® routine. The program is an introduction for Zumba Gold® and Zumba®

Monday 11:15 am to 12:15 am 8 weeks

January 15th to March 19th

No class January 22nd and February 19th

\$48 members / \$62.40 non-members

LINE DANCING with Phyll Marshall

Various steps will be taught in this fun and social program

Monday 10 weeks

Beginner – 12:10 pm to 1:10 pm

OR

Beginner Plus – 1:15 pm to 2:15 pm

January 15th to March 26th

No class February 19th

\$60 members / \$78 non-members

“NEW” MUSICAL THEATRE with Alison Henry Grebenc

This is your chance to do what you've been dreaming of. Trade places with the stars! If you've ever wanted to be under the lights of Broadway this is your opportunity! Learn simple choreography while acting and lip singing to some of the best known songs of screen and stage.

Thursday 10 am to 11 am 10 weeks

January 18th to March 29th

No class March 15th

\$60 members / \$78 non-members

“NEW” Square Dancing Lessons with Jane Wilson

A square dance is a dance for four couples (eight dancers) arranged in a square, with one couple each side, facing the middle square. Learn basic steps and get ready to join our weekly drop-in.

Tuesday 11 am to 11:45 am 4 weeks

January 16th to February 13th

No class January 30th

\$18 members / \$23.40 non-members

TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

Tuesday 10 am to 11 am 10 weeks

January 16th to March 27th

No class January 23rd

\$60 members / \$78 non-members

Level 2

Monday 10 am to 11 am 8 weeks

January 15th to March 19th

No class January 22nd and February 19th

\$48 members / \$62.40 non-members

Or

Wednesday 9 am to 9:55 am 8 weeks

January 31st to March 21st

\$48 members / \$62.40 non-members

Level 3

Monday 9 am to 10 am 8 weeks

January 15th to March 19th

No class January 22nd and February 19th

\$48 members / \$62.40 non-members

Or

Wednesday 10 am to 10:55 am 8 weeks

January 31st to March 21st

\$48 members / \$62.40 non-members

Computer & Technology Programs

with
Tanya Cochrane

WINDOWS 10 BASICS

This class will get you closer to using your new Windows 10 system more efficiently. Learn about the new features of this operating system and how to adjust settings, use basic apps, understand Cortana and Edge to customize your start menu. Lots of time for questions and practice will be provided. Ability to use a mouse is required – please bring laptop to class or borrow one from the BOAA.

Thursday 9:30 am to 11:30 am 4 weeks

January 11th to February 1st

\$40 members / \$52 non-members

FACEBOOK (BEGINNER)

This program will cover how to manage your profile, post updates and photos, understanding the newsfeed and communicating with friends and family. Please register for an account in advance and bring your password to class. Please bring device or borrow one from the BOAA.

Thursday 12:30 pm to 2:30 pm 3 weeks

January 11th to January 25th

\$30 members / \$39 non-members

FACEBOOK (INTERMEDIATE)

Have the basics of Facebook but want to know more? Join us for this intermediate class to learn about groups and events, adjusting settings, understanding trending and managing your friends list. Please bring your sign in info (including password) to class.

Thursday 12:30 pm to 2:30 pm 3 weeks

February 1st to February 15th

\$30 members / \$39 non-members

EXPLORING THE INTERNET WITH GOOGLE CHROME

Learn how to effectively search the internet, manage your favourite websites by creating bookmarks, adjust settings and other tips and tricks. Ideal for those using a computer or Android tablet – please bring a device to class or borrow one from the BOAA.

Thursday 9:30 am to 11:30 am 2 weeks

February 8th to February 15th

\$20 members / \$26 non-members

ANDROID TABLET (BEGINNER)

Have a tablet but don't know where to start? Want to know what all those buttons do? Hoping to surf the 'net'? This program will explain how to use the tablet while having fun doing it! Bring your ANDROID tablet and your questions to class.

Thursday 9:30 am to 11:30 am 3 weeks

February 22nd to March 8th

\$30 members / \$39 non-members

BEGINNER EXCEL

Review beginner topics such as creating basic spread sheets, formatting, common calculations and spread sheet layout. Lots of time to practice and explore types of spreadsheets such as budgets, address list or tracking systems. Previous computer experience is required. You can bring any computer with Excel pre-installed or use one at the Centre.

Thursday 12:30 pm to 2:30 pm 3 weeks

February 22nd to March 8th

\$30 members / \$39 non-members

WINDOWS 10 INTERMEDIATE

This is a continuation of Windows 10 Basics. More topics will be talked about with lots of time for review and answering questions! Must bring laptop to class or borrow one from BOAA.

Thursday 9:30 am to 11:30 am 2 weeks

March 22nd to March 29th

\$20 members / \$26 non-members

INTRO TO CELL PHONES

Learn the different types of smartphones and plans available. Topics: talk and text, data plans, sim cards, unlocked phones and plans for snowbirds. Great class for those wishing to purchase a cell phone or want to move up from a flip phone.

Thursday 12:30 pm to 2:30 pm 2 weeks

March 22nd to March 29th

\$20 members / \$26 non-members

FREE COMPUTER, INTERNET & PHOTOGRAPHY SUPPORT AT BRIAN'S DIGITAL CAFE

Wednesday by Appointment Brian Greenway will be volunteering on Wednesday afternoons at the BOAA to assist you with any of your computer or digital photography questions.

For BOAA members only.

Contact front desk to book an appointment at 905-697-2856.

Partnership Programs



CLARINGTON PHOTOGRAPHY CLUB

Creative digital photography has great rewards but requires a wider range of skills with cameras and software. Our club provides special group and individual support for members wishing to extend their knowledge and skills in addition to special guest presenters, workshops, and outings. For further information, visit www.claringtonphoto.club.

1st and 3rd Wednesday of every month from October to May 7 pm to 9 pm

\$25 BOAA members / \$30 non-members

REIKI with Beata Zeranska

Reiki is a healing therapy where a practitioner places their hands over or sometimes lightly on a person's body to rebalance complex energy systems that become out of balance. Reiki works on physical, emotional, mental and spiritual levels. It is proven to reduce stress and bring on relaxation. Please contact the Front Desk to book your appointment.

Thursday: 12:30 pm-1 pm; 1:15 pm-1:45 pm;

2 pm-2:30 pm

1/2 hour session for 65+ years \$30

1/2 hour session 55-65 years \$35

1/2 hour session for non-members \$40

REFLEXOLOGY with Sharon Benner, Registered Reflexologist

Reflexology is a non-invasive therapy and is generally safe for everyone. That being said, your reflexology therapist will conduct a thorough health consult to determine the best protocol for you. Reflexology does not treat, cure, diagnose or prescribe. It is a natural modality that aids the body by working pressure points on the feet and hands that correspond to all parts of the body. It helps to aid the body to balance itself naturally. Both types of treatments are performed in a chair and each treatment starts with a brief medical history. Contact the front desk to book your appointment.

Every Monday starting at 9 am

No session February 19th and April 2nd

30 minute relaxation treatment

\$25 members / \$30 non-members

1 hour full treatment \$54 members / \$50 non-members

INDIAN HEAD MASSAGE with Sharon Benner

Indian Head Massage is a traditional Ayurvedic technique that has been practiced in India for thousands of years. Indian Head Massage is a holistic massage applied to the upper back, shoulders, upper arms, neck, scalp and face while in a seated position. The treatment also involves balancing the top 3 chakras or energy centres to help balance and revitalize the body's flow of energy. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state of relaxation.

Each treatment lasts 30 minutes.

Contact the front desk to book your appointment

Monday starting at 9 am

No session February 19th and April 2nd

30 minute massage treatment

\$30 members / \$40 non-members

FOOT REJUVENATION-NURSING FOOT CARE SERVICES provided by Amber Marlow

Registered Practical Nurse with training in Basic, Advanced and Diabetic Foot Care. Proper foot care is an integral part of leading a healthy and happy life style. If you are unsure of how to care for your feet, Amber will be happy to assist you with your foot care needs. Many times, we don't realize that even a small corn, callus, thick toenail, etc. can cause such discomfort that it can interfere with our everyday lives. In many cases these common foot problems can be treated by a nursing foot care professional. So, don't let foot problems keep you from doing the things that you enjoy! Be good to your feet and they will be good to you! Contact the front desk to book your appointment

Wednesdays

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$20

NAILS by Dana Labelle from the Beauty Nook

Sit back and relax while you treat yourself to a manicure. Regular manicures will include: nail soak/ shaping, buffing and polish application. Gel manicure will include: nail soak/shaping, buffing and gel polish application. Nails should be clean and free from polish and any other gels/acrylics prior to booking an appointment with Dana as she may not have the tools to remove something she has not applied. Polish and gel that are used will be OPI and China Glaze. Contact the front desk to book your appointment.

Tuesday starting at 9 am

Regular Manicure \$20

Gel Manicure \$30



To book an appointment call
Amanda at 905-697-2856

On the 2nd Level of the Clarington Beech Centre

26 Beech Avenue, Bowmanville ON, L1C 3A2

Monday Afternoons

Tuesday, Thursday and

Friday Mornings by Appointment