



## Clarington Older Adult Association

Operated by the Clarington Older Adult Centre Board  
Hours: Monday - Thursday 8:00 am - 6:00 pm  
Friday 8:30 am - 4:30 pm

# 2013 Winter Program Information



### Mission Statement

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

## Values and Beliefs

### Accessible

To create an organization that is inclusive and affordable; we will identify and address potential barriers, and create opportunities for members, potential members and guests.

### Caring

Known as a friendly and welcoming organization where members, guests and visitors can feel safe, respected and welcome.

### Community Focused

To be part of and contribute to the broader community; we aspire to be a cooperative, collaborative and respectful partner.

### Fiscally Responsible

To efficiently operate and achieve our goals in a manner that is both financially prudent and accountable to our members and partners.

### Member Focused

Ensure that the needs of our members are reflected in what we do today and in our future priorities.

### Quality Programs

Known for excellent programs that meet the diverse needs of our members; our programs will promote social, educational and physical well-being.

**Clarington's "Best Kept Secret for 50+ Adults" Join Today!**

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General Information

HOURS OF OPERATION

Open: Monday to Thursday 8 am to 6 pm  
Friday 8:30 am - 4:30 pm

MEMBERSHIP FEE \$25 + HST

(Valid for one year from the day you join)

Benefits of membership:

- Reduced cost & advanced tickets for special events
- Enrolment in any course/program
- Participation in drop-in programs
- Use of amenities during business hours

REGISTRATION INFORMATION

Winter program registration starts Wednesday January 2 at 9 am. Pre-registrations will be accepted prior to January 2. Please drop off your completed registration form with payment to the front desk. Please note that pre-registrations will be processed on January 2 at 4 pm. All Registered Programs include HST.

In order to ensure there are enough participants to run a program please register at least 7 days prior to the start date.

METHODS OF PAYMENT

Cash or cheque only.

Please make all cheques payable to the **Clarington Older Adult Centre Board.**

INCLEMENT WEATHER

In the event of inclement weather, we ask that you call the centre to ensure that the facility is open and classes are being provided.

WAITING LIST

If the course you select is full, you will be placed on a waiting list and notified of any vacancies.

SATELLITE PROGRAMS

Available to NON-MEMBERS!



**Courtice Community Complex**  
2950 Courtice Rd., Courtice



**Newcastle & District Recreation Complex**  
1780 Rudell Rd., Newcastle



**Tyrone Community Centre**  
2716 Concession Rd. 7, Bowmanville



**Orono Town hall**  
5315 Main Street Orono



**Liberty Bowl**  
30 Baseline Road E, Bowmanville



**Beech Centre**  
26 Beech Ave., Bowmanville



**Clarington Fields / Indoor Soccer**  
2375 Baseline Rd., Bowmanville

Registration information contact 905-697-2856

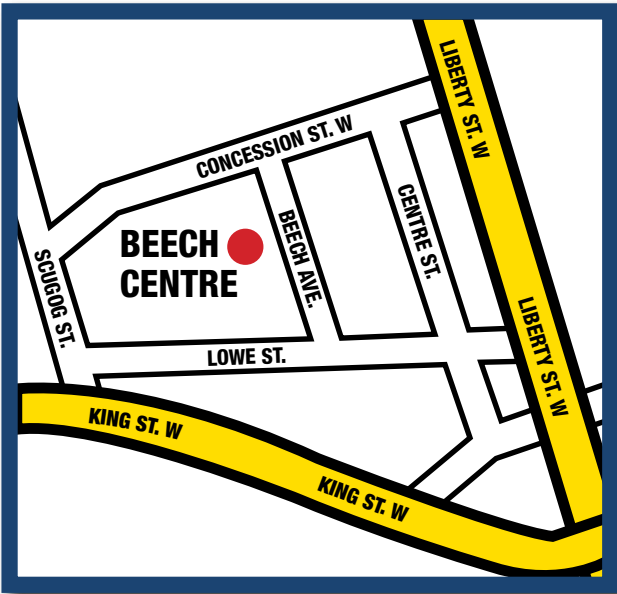
REFUND POLICY


Refunds will only be granted for medical reasons with a doctor's note.

A \$10 administrative fee will be applied.

WHEELS IN ACTION

Transportation now available to and from the centre for ALL COAA events and programs. Contact Tracey to book your ride at 905-697-2856 or by email wheels-coaa@bellnet.ca  
**\$2 round trip in Bowmanville, \$4 round trip out of town, within Clarington. Advance notice is required.**



<div> <b>FARE: \$1.95</b> <b>NEW SERVICE – 505 Mitchell Corners, Tuesday Service</b> <i>*Effective Tuesday, November 20, 2012*</i></div>					
Clarington Beech Centre	Courtice Community Centre	Trull's Rd & Taunton	Solina Community Centre	Hampton	Clarington Beech Centre
13:00	10:40 13:12	10:45 13:18	10:15 13:24	10:56 13:29	11:14

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday			
Billiards	9 am-6 pm	Open Art	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-4 pm		
Walking*	9 am	Cribbage	9:30 am	Walking*	9 am	Wood Carving	10 am	Walking*	9 am		
Tone & Strengthen with weights (DVD)	9:20 am	Euchre	9:30 am	Choir	10 am	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm		
Book Club	10 am	Scrabble	9:30 am	Badminton (Newcastle)	10 am	Bid Euchre	1 pm	Baking	9 am		
Wood Carving	10 am	Social Bridge	9:30 am	Open Art	12:15 pm	Pickleball (Newcastle)	12:30 pm	Tone & Strengthen with weights	9:20 am		
Pickleball (Newcastle)	9:30 am	Table Tennis	10 am	Canasta	1 pm	Social Bridge	7 pm	Pickleball (Newcastle)	12:30 pm		
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm	NEW	Cards (Courtice)	9 am-12pm	Texas Hold'em Poker	7 pm	Duplicate Bridge	1 pm	
Cribbage	1 pm	Square Dancing	12:45 pm		<b><u>Weekly Drop-Ins Fee Schedule</u></b>					Darts	1 pm
Knitting/ Crocheting Group	1 pm	Friendship Club	1 pm		Duplicate Bridge.....\$3.50					500 Cards	1 pm
Bid Euchre	7 pm	Shuffleboard	7 pm		Texas Hold'em Poker.....\$2.45					Jam Session	1 pm
NEW Open Art (Courtice)	9 am-12pm				Square Dancing.....\$0.55					Drop-In fees will be collected by your volunteer program convener(s) when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.	
				All Other Drop In Programs .....\$1.35							
				*Walking..... FREE							
*NO Choir February 13, 20 & 27*				Progressive Euchre .....\$3.00							
				Early Bird Bingo - 1pm.....\$1.50 (for as many cards as you want to play)							
				Monster Bingo - 2:15pm..... \$0.25 (for 2 cards) \$0.25 (for one dabber sheet)							
				*Walking indoors at Clarington Fields							

## General Interest

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### CULINARY LESSONS with Chef Georg

Chef Georg will instruct a cooking demo of a meal from the starter to dessert and you will receive samples of the meal.

- **Scottish Fare \$5.00**  
Wednesday January 16  
1 pm – 3 pm
- **Valentine Cakes \$5.00**  
Wednesday February 13  
1 pm – 3 pm
- **Irish Feast \$5.00**  
Wednesday March 20 1 pm – 3 pm
- **Food from Holland \$5.00**  
Wednesday April 17 1 pm - 3 pm



### ADVANCED BRIDGE LESSONS with Bill Peel

This series of classes are designed for those players who are playing bridge and want to improve their game. The lessons will include a summary of the popular conventions and artificial calls that have a defined meaning to each partner. An emphasis will be placed on slam bidding and what is required by each partner for these bids to be successful. As well each class will focus on successful strategies to playing a hand as well as defensive tactics that work.

**Wednesdays 1 pm – 2:30 pm 10 weeks**  
**March 20 to May 22 \$45.00**

### BOOK CLUB (Drop In) - 10 am - \$1.35

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

**January book: Secret Daughter by Shilpi Somaya Gowda**

*Meeting date to discuss January book: Monday February 11*

**February book: Audition: A Memoir by Barbara Walters**

*Meeting date to discuss February book: Monday March 18*

**March book: In the Skin of a Lion by Michael Ondaatje**

*Meeting date to discuss March book: Monday April 15*

**April book: The Gathering by Anne Enright**

*Meeting date to discuss April book: Monday May 13*

**May book: The Next Best Thing on My List by Jill Smolinski**

*Meeting date to discuss May book: Monday June 10*

### SPANISH LESSONS LEVEL 1 with Alan Bayliss

Have fun learning Spanish. This class is intended to go slow with lots of student participation and practice.

**Mondays 1 pm – 3 pm 8 weeks January 7 to March 4 \$48.00**  
**& 10 weeks March 18 to June 3 \$59.50**

*\*NO Class February 18, April 1 & May 20\**

### SPANISH LESSONS LEVEL 2 with Alan Bayliss

This course continues on from the lessons learned in the previous courses. A few more advanced topics are introduced.

**Wednesdays 10 am - 12 pm**

**9 weeks January 9 to March 6 \$53.55**

**& 10 weeks March 20 to May 22 \$59.50**

### SPANISH LESSONS LEVEL 3 with Alan Bayliss

For graduates of Spanish II or people with a basic knowledge of common verbs and vocabulary. This course continues on from the lessons learned in previous courses. A few more advanced topics are introduced.

**Wednesdays 1 pm - 3 pm 9 weeks January 9 to March 6 \$53.55**  
**& 10 weeks March 20 to May 22 \$59.50**

### FRENCH LESSONS with Cecile Paxton

Learn the basic vocabulary of the French language.

**Tuesdays 1:30 pm – 3:30 pm 10 weeks**

**March 19 to May 21 \$59.50**

### INTERMEDIATE BRIDGE LESSONS with Bill Peel

You will start to understand the need for a “plan”; developing tricks; the finesse; eliminating losers (trumping and discarding); entries; understanding the opponents (especially leads); managing the trump suit; and putting it all together as a partnership.

**Wednesdays 1 pm – 2:30 pm 9 weeks**

**January 9 to March 6 \$40.50**

## Fitness

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### ARTHRITIS FITNESS with Doris Lee

**Courtice Community Complex** 

This class is suited for those with Osteo or Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength which improves your quality of life by decreasing pain, swelling and stiffness.

**Mondays 8:30 am – 9:30 am 7 weeks January 14 to March 4**  
**\$29.50 members/\$34.50 non-members**

**& 10 weeks March 18 to June 3**

**\$42.00 members/ \$47.00 non-members**

**Wednesdays 10 am - 11 am 8 weeks January 16 to March 6**

**\$34.00 members / \$39.00 non-members**

**& 10 weeks March 20 to May 22**

**\$42.00 members/ \$47.00 non-members**

**Fridays 8:30 am – 9:30 am 8 weeks January 18 to March 8**

**\$34.00 members / \$39.00 non-members**

**& 10 weeks March 22 to May 31**

**\$42.00 members/ \$47.00 non-members**

*\*No Class on Monday February 18, April 1, May 20 &*

*Friday March 29\**

### BADMINTON (Drop in)

**Newcastle and District Recreation Centre** 

**Wednesday January 2 to May 29 10 am- 12 pm**

**\$1.36 member / \$1.70 non-member**

**(Please pay at reception desk upon arrival)**

*\*No Badminton March 13\**

### BOWLING LEAGUE

**Liberty Bowl** 

Join us for a fun social mixed league

**Thursdays 12:30 pm January 3 to April 4 \$17.00**

*2 games will be played each week–cost of games \$6.00*

*Includes end of season banquet.*

*Banquet Thursday April 4*

### CARDIO WITH PEP with Lydia Vooys

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

**Mondays 9 am - 10 am - 7 weeks January 7 to February 25 \$30.00 & 10 weeks March 18 to June 10 \$42.00**

**Fridays 9 am - 10 am - 9 weeks January 11 to March 8 \$38.00 & 10 weeks March 22 to May 31 \$42.00**

*\*NO Class Monday February 18, April 1, May 20 & May 27*

*& Friday March 29\**

### DANCE FIT with Barbie Cameron

Dance your way to being fit with Ballroom and Latin Line Dances for all! Groove to the rhythms of Jive, Waltz, Rumba, Samba and more! Warm up with stretching and balance exercises. Loaded with fun and easy movements & no-one will go away with two left feet!

**Thursdays 1 pm to 2 pm 9 weeks January 10 to March 7**  
**\$38.00 & 10 weeks March 21 to May 23 \$42.00**

### DRUMS ALIVE FITNESS with Carol Drew

Using fitness balls and drumsticks, improve physical/ mental fitness and above all, have fun! Drums Alive is full of powerful and motivating music and drumming rhythms that will get your body moving.

**Tuesdays 10 am to 11 am 10 weeks March 19 to May 21 \$42.00**

### FABULOUS MUSCLES with Lydia Vooys

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

**Fridays 10 am - 11 am 9 weeks January 11 to March 8 \$38.00**  
**& 10 weeks March 22 to May 31 \$42.00**

*\*NO Class March 29\**

### LATIN PARTY MIX with Veronica Vargas

You are invited to a party where you will be dancing from Tango (Argentina) to Quebradita (North of Mexico), Spain and the Caribbean. Learn step by step basic choreographies and moves. Feel free to add your own flavour and enjoy the party. Partners not required.

**Wednesdays 12 pm - 12:55 pm 6 weeks January 9 to March 6 \$25.50 & 10 weeks March 20 to May 22 \$42.00**

*\*NO Class February 20 & 27\**



## Fitness

Fitness

Fitness

### PICKLEBALL (Drop in)

Newcastle and District Recreation Centre 

Monday January 7 to June 24 9:30 am – 12:30 pm

Thursday January 3 to June 27 12:30 pm – 3 pm

Fridays January 4 to June 28 12:30 am – 3:30 pm

\$1.36 member & \$1.70 non-member

(Please pay at reception desk upon arrival)

\*NO Pickleball February 18, March 11, 14, 15, 21, 22 & 29,

April 1 & May 20\*

### CHAIR PILATES

#### with Nathalie Mackesey

A low impact class includes the use of bands, standing and sitting exercises while using your breath to control your core stretch and stomach muscles.

Mondays 11:15 am - 12:15 pm 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

\*NO Class Monday February 18, April 1, May 20\*

### PILATES with Nathalie Mackesey

Focus on strengthening the core postural muscles which help keep the body balanced and are essential in supporting the spine.

Mondays 10 am to 11 am 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Tuesdays 7 pm – 8 pm 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

Thursdays 10 am - 11 am 9 weeks

January 10 to March 7 \$38.00

& 10 weeks March 21 to May 23 \$42.00

\*NO Class Monday February 18, April 1, May 20\*

### QIGONG (Chinese Yoga)

#### with Donna Elliott

Gentle exercises that involve acupressure points, coordinated breathing with muscle movements, mild stretching and relaxation of body and mind.

Wednesdays 10 am - 11:30 am 9 weeks

January 9 to March 6 \$47.25

& 10 weeks March 20 to May 22 \$52.50

Wednesdays 12:00 pm - 1:00 pm 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

### STRENGTH TRAINING FOR MEN

#### with Sharon Wildeboer

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle.

Wednesdays 11 am – 11:45 am 9 weeks

January 9 to March 6 \$31.00

& 10 weeks March 20 to May 22 \$34.00

Fridays 9 am – 9:45 am 8 weeks

January 11 to March 1 \$27.50

& 10 weeks March 22 to May 31 \$34.00

\*Bring Resistance Bands to class please\*

\*NO Class Friday March 29\*

### STRENGTH TRAINING

#### with Sharon Wildeboer

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. This class is for both men and women.

**NEW** Mondays 2:30 pm - 3:30 pm 7 weeks January 14 to

March 4 \$30.00 members & \$35.00 non-members

Monday class held at Courtice Community Complex 

Thursdays 6 pm - 7 pm 9 weeks January 10 to February 28

\$34.00 & 10 weeks March 21 to May 23 \$42.00

\*Bring Resistance Bands to class please\*

### SIT AND BE FIT LEVEL 1

#### with Sharon Wildeboer

Participants will be led through a series of seated and standing movements and stretches.

**NEW** Mondays 1:30 pm - 2:30 pm 7 weeks January 14 to

March 4 \$30.00 members & \$35.00 non-members

Monday class held at Courtice Community Complex 

Tuesdays 10:30 am – 11:30 am 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

Fridays 10 am - 11 am 8 weeks January 11 to March 1 \$34.00

& 10 weeks March 22 to May 31 \$42.00

\*Bring resistance tubing to class\*

\*NO Class Friday March 29\*

### 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. This class involves more standing work, longer cardio sections and more challenging resistance training.

Tuesdays 9:30 am – 10:30 am 9 weeks

January 8 to March 5 \$38.00

& 10 weeks March 19 to May 21 \$42.00

\*Bring resistance tubing to class\*

### SNOWSHOEING

Want to stay active over the winter? Join us for some snowshoeing fun at local trails in and near Clarington. Walk will last approximately 1 hour. Meet at the centre at 9 am and we will car pool to our destination.

Mondays 9 am 8 weeks January 7 to March 4 \$5.00

\*Must have snowshoes. No snowshoeing February 18\*

### TAI CHI with Sandra Jin

Step by step instruction of Yang Style Tai Chi. The 24 gestures assist in promoting balance, good physical, mental health, circulation, healthy organs and all around healthy wellbeing.

*Beginner:* Mondays 10 am - 11 am 10 weeks January 7 to March 18 \$42.00 & 10 weeks March 25 to June 10 \$42.00

*Intermediate:* Mondays 11 am - 12 pm 10 weeks January 7 to March 18 \$42.00 & 10 weeks March 25 to June 10 \$42.00

\*NO Class Monday February 18, April 1, May 20\*

### YOGA with Sharon Wildeboer

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

Mondays 9 am - 10 am 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Wednesdays 9 am – 10 am 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

### YOGA with Sharon Wildeboer (cont'd)

Courtice Community Complex 

**NEW** Fridays 1:30 pm - 3:30 pm 7 weeks January 18 to

March 1 \$30.00 members & \$35.00 non-members

\*NO Class Monday February 18, April 1, May 20\*

### YOGA Gentle with Sharon Wildeboer

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

Mondays 10 am – 11 am 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

Wednesdays 10 am – 11 am 9 weeks

January 9 to March 6 \$38.00

& 10 weeks March 20 to May 22 \$42.00

\*NO Class Monday February 18, April 1, May 20\*

### YOGA INTERMEDIATE

#### with Laurel Wichman

Yoga is unique in its blend of movement, stillness, concentration, relaxation and awareness. Benefits of yoga include improved flexibility, strength, balance and co-ordination.

Mondays 1 pm – 3 pm 8 weeks

January 7 to March 4 \$50.00

& 10 weeks March 18 to June 3 \$62.50

Wednesdays 4 pm – 5:30 pm 9 weeks

January 9 to March 6 \$42.50

& 10 weeks March 20 to May 22 \$47.00

\*NO Class Monday February 18, April 1, May 20\*

### YOGALATES with Sharon Wildeboer

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

Mondays 11 am – 12 pm 8 weeks

January 7 to March 4 \$34.00

& 10 weeks March 18 to June 3 \$42.00

**NEW** Fridays 2:30 pm - 3:30 pm 7 weeks

\$30.00 members & \$35.00 non-members

Friday class held at Courtice Community Complex 

\*NO Class Monday February 18, April 1, May 20\*

### 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.

Tuesdays 9 am – 10 am 8 weeks

January 8 to March 5 \$34.00

& 10 weeks March 19 to May 21 \$42.00

Thursdays 10:30 am – 11:30 am 7 weeks

January 10 to March 7 \$30.00

& March 21 to May 23 \$42.00

\*NO Class February 21, 26 & 28\*

### ZUMBA GOLD (lite)

#### 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.

Wednesdays 11 am – 12 pm 8 weeks January 9 to March 6 \$34.00 & 10 weeks March 20 to May 22 \$42.00

\*No Class February 27\*

## Dance

Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance

### BALLROOM & LATIN DANCE

#### with Instructor Barbie Cameron

#### Assistants John Pyatt and Peter Gill

Newcastle and District Recreation Centre 

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory.

*\*Please no rubber soled shoes\**

**Beginner:** Learn the Waltz, Cha Cha and some Polka (winter) Rumba & Jive (spring)

**Wednesdays 3:10 pm – 4:10 pm 10 weeks January 9 to March 20**  
\$53.50 members / \$58.50 non-members

**& 12 weeks March 27 to June 12**

**\$64.50 members / \$69.50 non-members**

**Intermediate:** Learn the Waltz, Cha-Cha & Samba (winter) Tango, Rumba & Merengue (spring)

**Wednesdays 2 pm - 3 pm 10 weeks January 9 to March 20**  
\$53.50 members / \$58.50 non-members

**& 12 weeks March 27 to June 12**

**\$64.50 members / \$69.50 non-members**

**International Bronze:** Learn the Waltz, V.W, Rumba and Mambo/Salsa (winter) Tango, Jive, Slowfox & Samba (spring)

**Wednesdays 1 pm - 2 pm 10 weeks January 9 to March 20**  
\$53.50 members / \$58.50 non-members

**& 12 weeks March 27 to June 12**

**\$64.50 members / \$69.50 non-members**

*(Must have participated in Intermediate)*

*\*NO Class March 13\**

**NEW Ballroom Intermediate 2:** Learn the Waltz & Cha Cha (winter) Tango, Rumba & Merengue (spring)

Beech Centre 

**Thursdays 11:30 am – 12:30 pm 10 weeks January 10 to March 21**  
\$53.50 & 12 weeks March 28 to June 13 \$64.50

*\*NO Class March 13\**

### LINE DANCING BEGINNERS

#### with Phyll Marshall

Various steps will be taught in this fun and social program.

**Mondays 12:15 pm – 1:15 pm 8 weeks January 7 to March 4**

**\$20.00 & 10 weeks March 18 to June 3 \$25.00**

*\*NO Class February 18, April 1 & May 20\**

### LINE DANCING BEGINNERS PLUS

#### with Phyll Marshall

For those who enjoyed the Beginners, but are not ready to move on to Intermediate.

**Mondays 1:15 pm – 2:15 pm 8 weeks January 7 to March 4**

**\$20.00 & 10 weeks March 18 to June 3 \$25.00**

*\*NO Class February 18, April 1 & May 20\**

### LINE DANCING INTERMEDIATE

#### with Phyll Marshall

Participants must have experience in line dancing. Various steps will be taught in this fun and social program.

**Fridays 11 am – 12 pm 9 weeks January 11 to March 8**

**\$22.50 & 10 weeks March 22 to May 31 \$25.00**

*\*NO Class March 29\**

### SQUARE AND ROUND DANCING

#### with Pat Prout, Gregg Hall, John

#### Raaphorst & Ruth Cowle

Join us for an hour of Square and Round Dancing. This is a fun social group and no experience or partner is necessary.

**Tuesdays 12:45 pm - 2 pm January 8 to March 5 & March 19 to June 11 \$0.55 pay day of**

*\*NO Square Dancing January 22 & March 12\**



### TAP DANCING BEGINNERS

#### with Veronica Vargas

Learn or review the basic tap steps, loosening your feet through slow beat steps and repetitions.

**Wednesdays 8:55 am - 9:25 am 8 weeks January 9 to March 6**

**\$17.50 & 12 weeks March 20 to June 5 \$26.00**

*\*NO class February 27\**

### TAP DANCING BEGINNERS PLUS

#### with Veronica Vargas

With some basic experience we will put together tap dancing routines to fun music.

**Wednesdays 9:25 am – 10:25 am 8 weeks January 9 to March 6**

**\$34.00 & 12 weeks March 20 to June 5 \$50.50**

*\*NO class February 27\**

### TAP DANCING INTERMEDIATE

#### with Veronica Vargas

Learn Tap dancing drills, challenging coordination, speed and beats.

**Wednesdays 10:25 am – 10:55 am 8 weeks January 9 to March 6**

**\$17.50 & 12 weeks March 20 to June 5 \$26.00**

*\*NO class February 27\**

## Art & Music

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### ACRYLIC PAINTING / WATER

#### COLOUR BASICS

#### with Paul Livingston

A variety of painting techniques for creating landscapes, portraits, florals and other common subjects.

**Thursdays 1 pm – 3 pm 9 weeks January 10 to March 7**

**\$53.55 & 10 weeks March 21 to May 23 \$59.50**

### DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals.

**Wednesdays 10 am – 12 pm 9 weeks January 9 to March 6**

**\$53.55 & 10 weeks March 20 to May 22 \$59.50**

### GUITAR TECHNIQUE ALL LEVELS

#### with Larry Chown

Take your playing to the next level as you learn the fundamentals of guitar techniques. Both pick and finger style playing will be covered along with elements of music theory necessary to develop your playing skills. Reading music will also be covered.

**Thursdays 12:30 pm – 2:30 pm 5 weeks January 10**

**to February 7 \$59.50 & 5 weeks March 21 to April 18 \$59.50**

### PIANO LESSONS

#### with Tracey Ali, BA BFA

Weekly 30 minute customized one-on-one piano/keyboard lessons with instructor.

Beginners to advanced, popular or classical music.

**Lesson times available on Thursday and Friday mornings.**

**Piano lesson book \$12 available at first lesson.**

**\$68.00 for 4 lessons**

### RECREATIONAL AFRICAN DRUMMING 2

#### with Julie Ditta

Come out and drum your way to better health. Learn some basic rhythms. Reduce stress, energize, relax and have fun. Drums will be provided or bring your own.

**Fridays 10 am – 11 am 9**

**weeks January 11 to March**

**8 \$38.00 & 10 weeks March**

**22 to May 24 \$42.00**



### RECREATIONAL AFRICAN DRUMMING

#### PROFICIENCY with Julie Ditta

Continue to gain proficiency with your drumming and learn more complex and challenging rhythms and poly rhythms. Enjoy the fun of group freestyle drumming and rhythm based activities. Drums will be provided or bring your own.

**Fridays 11 am – 12 pm 9 weeks January 11 to March 8**

**\$38.00 & 10 weeks March 22 to May 24 \$42.00**

### UKULELE LESSONS

#### with Allanah Coles

Have fun learning the basic chords.

**Thursdays 1 pm – 2 pm 8 weeks April 4 to May 23 \$12.00**

### 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.

**Thursdays 9 am – 12 pm 9 weeks January 10 to March 7**

**\$80.00 & 10 weeks March 21 to May 23 \$88.00**



## Computer Programs

With Bill Peel

Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs

### BASIC COMPUTER SKILLS FOR PC

This course will focus on the use of the mouse, keyboard, and on-screen commands. Basic editing skills simple file management, USB storage device, control panel and creating a simple word file. Bring your own laptop or use one of ours.

**Fridays January 11 to January 25 9:30 am to 10:30 am \$51.00**

### INTERMEDIATE COMPUTER SKILLS FOR PC

This course is designed to help you understand and use some of the basic applications that are on a computer. Learn how to word process, create a spreadsheet, word process, create a spreadsheet, desktop publish, Skype and simple picture editing.

**Fridays February 8 to February 22 9:30 am to 11:30 am \$51.00**

### ADVANCED COMPUTER SKILLS FOR PC

This course is designed as basically a troubleshooting course. The instructor will listen to your concerns via email and then design and seek solutions to your PC problem. Virus protection, emailing problems, application teaching and system management will be covered. Bring your laptop or use one of ours.

**Fridays April 5 to April 19 9:30 am to 11:30 am \$51.00**

#### Program Level

##### BASIC

Basic entry level of skill  
Level 1 (Beginner)

##### MEDIUM

Medium level of skill  
Level 2  
Should have an understanding of the Level 1 course

##### ADVANCED

Advanced level of skill  
Level 3

These course are designed for specific application learning and assumes that the participant has computer or photographic skills

##### GENERAL INTEREST

NO skill needed

Courses are often designed to encourage people to enroll in yellow, green and red course offerings.

### INTRODUCTION TO APPLE (FREE)

This 2 hour demonstration will share the Apple collection of products designed to excite you about the ease of use and inter connected nature of the devices.

**Tuesday January 15 7 pm - 9 pm (Held at the Beech Centre) BC**

**Monday February 11 10 am - 12 pm (Held in Courtice) CC**

**Monday March 18 9:30 am - 11:30 am**

**(Held at the Beech Centre) BC**

### INTRODUCTION TO IPAD

Join us for a demonstration of how to use the ipad and all the functions that it has to offer.

**Tuesday January 22 7 pm - 9 pm \$18.00**

**Monday March 25 9:30 am - 11:30 am \$18.00**

### THE MACINTOSH COMPUTER

These classes are designed to help understand how the Apple Macintosh computer works. Learn about iPhoto, iTunes and how the operating system works. Must have own laptop.

**Tuesdays January 29 to February 12 7 pm - 9 pm \$51.00**

**Mondays April 8 to April 22 9:30 am - 11:30 am \$51.00**

### INTERNET MADE EASY

Learn how to effectively use the internet. Topics covered are banking, email, shopping, downloading movies and music. Learn about social networks such as Facebook, Google Plus and Twitter.

**Tuesdays February 19 & 26 7 pm - 9 pm \$36.00**

## Photography Programs

With Bill Peel

Photography Programs Photography Programs

### HOW TO TAKE A BETTER PHOTO

These classes will help you with tips on how to take better pictures. You will visit different locations and learn how to take portrait to landscape. Your photos will be shared to enhance your understanding of light and composition.

**Mondays January 28 & February 4 9 am - 11 am \$36.00**

### DIGITAL CAMERA TIPS

This session will take you through the process of loading your images onto a computer, managing and editing. Learn how to email, make a photo book, cards and calendars. Bring your own laptop or use those provided.

**Thursdays February 14 & 21 7 pm - 9 pm \$36.00**

### DIGITAL PHOTOGRAPHIC EDITING

These classes will demonstrate the use of Photoshop Elements, Photoshop and Lightroom techniques. The explanation of different file types- RAW and jpeg as well as tools that can be purchased to enhance your pictures. Bring your laptop or use those provided

**Thursdays February 28 & March 7 from 7 pm - 9 pm \$36.00**

### VIDEO EDITING PART 1 with Bill Fitkowski

Learn basic editing skills using Adobe Premiere Elements 10. Topics covered are importing media clips, building a movie, editing and transferring to a DVD.own.

**Thursdays January 10 - January 31 7 pm - 9 pm \$45.00**

### VIDEO EDITING PART 2 with Bill Fitkowski

The focus will be the actual editing process such as use of transitions and effects, adding titles and adding additional soundtracks and voice-overs to the original video.

**Thursdays February 14 - March 7 7 pm - 9 pm \$45.00**

*Pre-Requisites: Completion of the COAA Video Editing Course Part 1 OR previous experience with other Video Editing software such as iMovie or PowerDirector.*



## Computer Programs

With Brian Greenway

Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs

### COMPUTERS AND SECURITY

Viruses, Spyware, Phishing and other scams are rampant for those who connect their computer to the internet. Learn some basic ways to protect yourself. A demo of password management software will also be included within this 2 hour Workshop

**Thursday April 11 7 pm - 9 pm \$18.00**

### "GETTING SORTED": ORGANIZING YOUR DIGITAL PICTURESS

Tips and tricks to organizing, managing and simple editing of your images. Review ways to store your images. Some computer experience would be useful.

**Tuesday March 19 & 26 7 pm - 9 pm \$36.00**

### LEARNING PICASA AND SCANNING

Picasa is a free program from Google for Windows and Mac computers to help you organize edit and share your photos. The session will cover all the features of the program from importing images to basic editing. Some tips for good scanning techniques will also be covered for your old photographs and documents.

**Tuesday April 23 & 30 7 pm - 9 pm \$36.00**



### LEARN THE INTERNET

Most of our computing time is now spent with the internet from downloading programs, searching information, email, banking and shopping to sharing family events on social networks such as Facebook, Google+, or Twitter. What are the best ways to do this safely and take advantage of special internet services such as Dropbox or Lastpass? Topics will come from the interests of members in the class.

**Thursday May 6 & 13 7 pm - 9 pm \$36.00**

### WORLD OF GOOGLE

Google is not just a popular way of searching the Internet, it's a growing world of computer services and applications. This session will combine some hands-on search tips with demonstrations of the growing world of free applications and services provided by Google.

**Friday May 10 9:30 am - 11:30 am \$18.00**

## Photography Programs

With Brian Greenway

### CREATIVE PHOTOGRAPHY - CREATING IMAGES THAT HAVE IMPACT!

Do you want to learn more about making dynamic images and your camera at the same time? Learn your camera settings to capture the moment and create images that are unique to you. You will visit a different Clarington location.  
**Thursdays May 2 - May 23 8:30 am – 11:00 am \$63.50**

### DIGITAL CAMERA CONTROLS PART 1

This session will deal solely with the operation controls of your camera in order to take advantage of everything it can do to meet different situations in your picture making. Bring your camera and the manual.

**Monday April 15 9:30 am - 11:30 am \$18.00**

### DIGITAL CAMERA CONTROLS PART 2

This is a follow up to the introductory session on Camera Settings. Tips on settings for close-ups, action shots, low light and panorama shots will be included. Bring your camera and manual.

**Monday April 22 9:30 am - 11:30 am \$18.00**

### MAKING YOUR OWN DIGITAL PHOTO ALBUM

Learn how to combine your digital images to create Photo Albums that are professionally printed to your own layout design.

**Tuesday April 9 7 pm- 9 pm \$18.00**

### PHOTOSHOP SKILLS

This course will help beginners gain some basic skills in Photoshop and extend those for intermediate users, either as a refresher or picking up some new skills.

**Tuesdays May 7 to May 21 7 pm – 9 pm \$51.00**

### TRAVEL PHOTOGRAPHY

This session will give you lots of simple clear tips on how to improve your picture-making skills and ideas for traveling with a camera.

**Thursday March 28 7 pm- 8:30 pm \$15.00**

### BRIAN'S DIGITAL CAFÉ: FREE COMPUTER, INTERNET & PHOTOGRAPHY SUPPORT

Brian Greenway will be volunteering on Wednesday afternoons at the Clarington Beech Centre to assist you with any of your computer or digital photography questions. For COAA members only.

**Wednesdays February 6 to 27, March 6, 20 & 27, May 1 to 22 2 pm – 4 pm**

## Outdoor Programs

### BEECH STREET SPINNERS CYCLING GROUP

Cycle through quiet streets and along nature trails.

**Cycling Orientation:** For new participants only. Prepare for the riding season. Bring your bike, helmet and water bottle.  
**Tuesday April 23 at 9 am. Program starts: Tuesday April 30 Ends: Tuesday October 29. Time: 9 am. Registration Fee: \$29.05 Includes post season luncheon and rides every Tuesday and Saturday.**

**Post-season lunch: Tuesday November 12 12 pm**

### SLO PITCH BASEBALL

Practice weekly & exhibition games before the Annual tournament.  
**Starts: Friday May 3 Ends: Wednesday August 14 (Tournament)**  
**Registration Fee: \$29.05 includes end of season tournament. \$15.00 security deposit is required for team jersey.**

### GOLF AT QUARRY LAKES

Join your fellow members in a weekly mixed social league.

**Starts: Wednesday May 8 Ends: Wednesday October 16**

**Time: 8 am. Registration Fee: \$29.05 Includes prize and end of season banquet. Banquet: Wednesday October 16 12:00 pm**

*If you wish you may purchase a card at Quarry Lakes for \$21.00 which allows you to play unlimited times Monday to Thursday for 50% off tee fees, plus 50% off of the driving range and mini-putt fees as well as 15% off accessories. Dress code requires shirt with collar and no jeans.*

### HORSESHOES

Join our mixed horseshoe league in the back yard of the Beech Centre. A fun tournament will be held at the end of the season.

**Starts: Wednesday May 1 Ends: Wednesday August 21**

**Time: 6 pm. Registration Fee: \$29.05 Includes tournament and banquet at the end of the season. Tournament and Banquet: TBD**

### HIKING

Come out and enjoy the beauty of local hiking trails. Each hike will last between 1 to 2 hours (3 km to 6 km) on easy to moderate trails. We will meet at the Beech Centre and car pool to the trails.

**Starts: Thursday May 9 Ends: Thursday Nov 7**

**Time: Meet at the centre at 9 am. \$10.00**



### FREE SEMINARS SPONSORED BY DURHAM REGION DIABETES NETWORK

Diabetes Conversation Maps is an interactive, new approach to patient education that has people with diabetes talking. The sessions foster an interactive group experience that can make learning about diabetes fun and engaging.

**Thursday January 24 at 10 am**

- How Diabetes Works (what is diabetes?)

**Thursday February 14 at 2pm**

- Living Healthy with Diabetes

**Thursday March 21 at 10 am**

- Healthy Eating and Active Living

**Thursday April 4 at 10 am – Starting Insulin**

**Thursday April 18 at 10 am**

- Living in a Family with type 1 diabetes

**Thursday May 2 at 10 am – Foot care**

### KEEP SMILING DENTAL HYGIENE SEMINAR: Sponsored by Faye Reid Dental Hygienist

Oral Health and the influence on Overall Health, Medications and Dry Mouth Nutrition.

**Thursday January 17 at 10 am**

Oral Health Concerns for Older Adults, Oral Cancer Self Exams and New Oral Hygiene Aids.

**Thursday April 11 at 10 am**

## Workshops & Seminars

Please register in advance at the front desk

### **NEW** BONES BE STRONG WELLNESS SERIES

This is an in-depth and informative program about Osteoporosis and fall's prevention. This five part series has been designed to motivate participants using a variety of interactive teaching techniques.

**Thursdays January 24 – February 21 7 pm – 9 pm \$25.00 (includes information binder)**

### **NEW** GUIDED MEDITATION with Julie Ditta

Guided meditation combined with special breathing techniques helps you to release tension, clear your mind and boost your sense of wellbeing.

**Monday January 14 at 1 pm \$15.00**

*(If there is interest after the workshop we will look at having this as a regular weekly program)*

### **NEW** LOL- LAUGH OUT LOUD FOR HEALTH with Julie Ditta

Laughing is a natural medicine and good for health. Laughter elevates mood, reduces stress, lowers blood pressure, boosts the immune system and connects us with others.

**Monday January 14 at 2 pm \$15.00**

*(If there is interest after the workshop we will look at having this as a regular weekly program)*

### HEARING AWARENESS SEMINAR AND HEARING TESTS

**sponsored by Nu Life Hearing**

Join Ryan for a 30 minute seminar on the latest state of the art technology of hearing instruments. Also book your free hearing test and hearing aid cleaning.

**Thursday May 9 at 11 am hearing test appointments start and are booked every ½ hour.**



## Upcoming Events & Fundraisers

### WINTER REGISTRATION

Time to sign up for your favourite program or try something new.

See Registration Information on PG.2\*

Registration starts Wednesday January 2 at 9 am

### SOCIAL DANCE(S) WITH CLARINGTON BEECH NUTS

Enjoy an afternoon of Waltz, Round, & Line Dancing with a Live Band. Refreshments served. No partner necessary.

Friday January 18, February 15, March 15, April 19, May 17 & June 21

1 pm – 4 pm \$3.50 members / \$4.60 non-members

### ROBBIE BURNS LUNCH

Join us for a traditional Burns service, lunch and entertainment provided.

Tuesday January 22 at 11:30 am

\$8.05 members/ \$11.40 non-members

### EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards & a delicious dinner.

Win great prizes! No partner required

Saturday January 26, March 23, & May 25

\$10 in advance

### LADIES NIGHT

Join us for a fun night of pampering with extra special fun.

Wednesday February 13 at 6 pm \$5.00 per person

### SMILE THEATRE “LEGEND OF DAN MCGREW”

“A bunch of the boys were whooping it up in the Malamute saloon; The kid that handles the music-box was hitting a rag-time tune; Back of the bar, in a solo game, sat Dangerous Dan McGrew, And watching his luck was his light-o’-love, the lady that’s known as Lou...” A straight-shooting musical based on the classic narrative poem by Robert Service.

Wednesday February 20 at 1:30 pm \$5.00

(Sponsored by Ontario Power Generation)

### ST. PATRICK’S DAY LUNCH

Join us for Irish fare and entertainment.

Tuesday March 12 at 12 pm

\$8.05 members/ \$11.40 non-members

### COAA ANNUAL GENERAL MEETING & POTLUCK LUNCH

Review the 2011 financials, COAA operation review and elect members to the Board of Directors.

Friday March 22 at 12 pm

### OPEN MIC (FREE)

Calling all musicians, singers and songwriters to participate in our Open Mic.

Sunday April 7 1 pm – 4 pm

Cash Bar, refreshments, coffee and snacks available for purchase.

### SMILE THEATRE

#### “THE EXTRAORDINARY LIFE OF AN ORDINARY WOMEN”

Back from three seasons ago, this uplifting, inspirational musical celebrates the extraordinary life of an ordinary woman. This heart-warming musical was written by Smile’s artistic director for his mother, on the occasion of her 90th birthday.

Wednesday May 8 at 1:30 pm \$5.00

(Sponsored by Ontario Power Generation)

### COAA MEMBERSHIP PICNIC

Join us for a fun afternoon of great food, games and wonderful entertainment.

FREE to all members. Tuesday June 18 at 12 pm

Please register at the front desk

### DURHAM REGION 55+ SENIOR GAMES

The Durham Region 55+ Senior Summer Games will be held from April to June 2013 at various locations in the region. Get your partners and teams ready. Full schedule and registration forms available soon at [www.durhamseniorgames.com](http://www.durhamseniorgames.com).



### TUESDAY LUNCH

Join us for Lunch at the Beech Centre every Tuesday at 12 pm 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.

### NEW ONTARIO HEALTH SYSTEM REFORM DISCUSSION GROUP

Courtice Community Complex 

An opportunity to share experiences, ideas and concerns about our Health System. We will analyze our present Health System and its various components.

Wednesdays January 16, 23, 30 & February 6 from 2 pm to 4 pm

### BLOOD PRESSURE CLINICS

#### Sponsored by Bayshore

Tuesday January 8, February 5, March 5, April 9 & May 7- 9:30 am to 11:30 am

### COAA TAX CLINIC

#### Tax Clinic Requirements

Single Income less than \$25,000 Couple Income less than \$30,000. This volunteer tax clinic program is intended to help members with simple straight forward tax returns. Our volunteers are not trained to prepare tax returns for deceased or bankrupt individuals or individuals who have capital gains or losses. Clinic starts March 1 and ends April 30. For more information please contact Angela Adams at 905-697-2856.

### CLARINGTON HERITAGE WEEK

#### FEB 18TH - 24TH

#### Heritage Information Treasure Hunt

Take this opportunity to travel around our Municipality to discover our hidden gems. Guide maps and information sheets available at the COAA.

ACO on the GO Heritage Walking Tour Bowmanville  
FREE Sunday February 17th at 2 pm

Maximum 30 participants.

RSVP to Clarington Museums

Heritage Photo Day @ COAA (FREE)

Tuesday February 19th 11 am to 1pm

Smile Theatre Wednesday 20 at 1:30 pm

Research Your Roots Seminar

February 21 at COAA at 1 pm

“Old Time Pricing Event” COAAZY Café

February 22 9 am to 3 pm

Heritage Closing Reception - Visual Arts Centre

February 24 at 2 pm

Newcastle Village & District Historical Society Open House

Monday February 18

For more info go to [www.heritage.clarington.net](http://www.heritage.clarington.net)

### WHEELS IN ACTION

Transportation available to and from the centre for ALL COAA events and programs. Call Tracey to book your ride at 905-697-2856 or email [wheels-coaa@bellnet.ca](mailto:wheels-coaa@bellnet.ca). Advance notice is required.



The Municipality of Clarington is proud to present this NEW program for those struggling to manage chronic conditions, such as heart disease, diabetes, arthritis, cancer, osteoporosis and mental illness. Our Physical Activity Lesson's Symptoms program can provide the tools you need to succeed. This program includes guidelines for active living and healthy eating tips which are safe, effective, and designed with you in mind. You'll have the opportunity to experience some new activities and learn more about how nutrition can help make a positive difference in your life. Please register for the following programs with the Municipality of Clarington

Location	Day	Time & Cost	Barcode
Courtice Community Complex	Mondays & Thursdays 6 weeks	1:00PM for 1.5 hrs <b>Basic:</b> Adult \$71.75 +tax Seniors/Youth 36.00+tax	171326
	January 14 to February 21	<b>Includes 10 visit pass:</b> Adult \$109.50 +tax Seniors/Youth \$54.75 tax	171327
Courtice Community Complex	Mondays & Wednesdays 6 weeks	5:00PM for 1.5 hrs <b>Basic:</b> Adult \$71.75 +tax Seniors/Youth 36.00+tax	171376
	January 14 to February 20	<b>Includes 10 visit pass:</b> Adult \$109.50 +tax Seniors/Youth \$54.75 tax	171426