



Clarington Older Adult Association

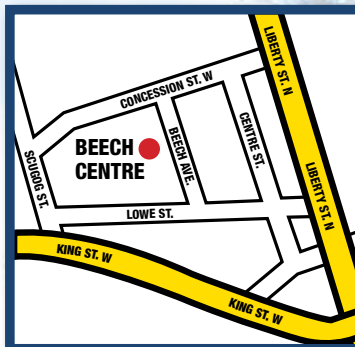
Operated by the Clarington Older Adult Centre Board
Hours: Monday - Thursday 8:00 am - 6:00 pm
Friday 8:30 am - 4:30 pm

2014 Spring & Summer Program Guide

Values and Beliefs

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

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



Mission Statement

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

General Information

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

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. Cash, Cheque, Debit, Visa or Mastercard accepted. Please make all cheques payable to the Clarington Older Adult Centre Board.

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 always available to and from ALL COAA events and programs.

Contact Sharon Spooner 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 only.

Advance notice is required



COAAZY CAFÉ

Open Monday to Friday
9 am to 3 pm

Muffins, soup & biscuits are yummy and affordable!

Daily Specials Available Wednesday & Thursday

Upcoming Events & Fundraisers

OPEN MIC "FREE"

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

Sunday April 6th, June 8th, Sept 14th, Nov 9th 1 pm to 4 pm

TRIVIA NIGHT

hosted by Alan Tibbles

We know you have all the answers... join us for a great night out among friends to enjoy a laugh over trivia. Lots of categories and fantastic topics.

Wednesday April 23rd, June 25th, September 24th, & November 26th 7 pm

\$3 per person (includes Cash Bar & Snacks)

ALZHEIMER AWARENESS WORKSHOP

Sponsored by Morris Funeral Chapel
FRIDAY MAY 9TH "FREE"

Plan Ahead - Make the Smart Choice
Join us for a complimentary meal and seminar.

May 9th 12 pm or 5 pm

RSVP to Morris Funeral Chapel
905-623-5480

SOCIAL DANCE(S) with Pat Prout & The Clarington Beech Nuts

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

Friday May 16th, June 20th, Sept 19th, Oct 17th, Nov 14th & Dec 19th 1 pm to 4 pm

\$3.50 members \$4.60 non members

SMILE THEATRE "ART MEETS HAVOC"

Friday May 23rd 1:30 pm

\$5 per person

Sponsored by OPG

EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards, full dinner and cash prizes.

Saturday May 24th, July 19th, September 13th & November 22nd 3 pm

\$10 per person (Limited seating so please reserve your tickets in advance)

THEATRE GROUP PERFORMANCE WITH LUNCH

Join us for lunch and stay for a short play performed by our weekly drop-in Theatre Group.

Tuesday May 27th 12 pm

\$8.05 members / \$11.40 non-members

SHOWCASE OF THE ARTS

This evening is dedicated to all of our hard working artists, crafters and local vendors. Visit the centre to tour our tradeshow style booths to see lots of great projects that have been created by our members and guests, followed by a concert from the COAAZY Crooners and a short play by the Theatre Group.

Free Will Offering at the Door in support of the COAA.

Tuesday May 27th 7 pm

ROCKIN' ROTARY RIBFEST

Support the COAA by visiting them during this annual community event. All gate donations will be split 50/50 with the COAA.

Friday June 6th to Sunday June 8th

DOORS OPEN CLARINGTON

In its 5th year Doors Open Clarington celebrates the uniqueness of historical Bowmanville.

Saturday June 14th 10 am to 4 pm

MEMBERSHIP PICNIC "FREE"

Join us on the lawns of the Visual Arts Centre on Simpson Avenue in Bowmanville to celebrate another great year of membership at the COAA.

Tuesday June 17th 12 pm

Registration is required in advance so please RSVP to the Front Desk

SUMMER DINNER & DANCE

Join us for a fantastic dinner prepared by Angel's Catering, live entertainment and DJ Dancing to Then and Now Sounds.

Saturday June 21st

5 pm Social Hour with Dinner Served at 6 pm

\$25 members / \$30 non members

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday			
Walking	9 am	Open Art	9 am - 6 pm	Walking	9 am	Billiards	9 am - 6 pm	Billiards	9 am - 4 pm		
Billiards	9 am - 6 pm	Tennis (Guildwood Park)	9 am	Billiards	9 am - 6 pm	Hiking (Starts May 8)	9 am	Open Art	9 am-12 pm		
Tone & Strengthen with weights (DVD)	9:20 am	Cribbage	9:30 am	Cycling (Starts May 14)	9 am	Tennis (Guildwood Park)	9 am	Tone & Strengthen with weights	9:20 am		
Drop In Time (Courtice)	9 am - 12 pm	Euchre	9:30 am	Drop In Time (Courtice)	9 am - 12 pm	Table Tennis	10 am	Pickleball (Newcastle Until June 27)	12:30 pm		
Pickleball (Newcastle Until June 23)	9:30 am	Scrabble	9:30 am	Choir (Ends June 11)	10 am	Wood Carving (Ends May 29)	10 am	Pickleball (Guildwood Park)	12:30 pm		
Pickleball (Guildwood Park)	9:30 am	Social Bridge	9:30 am	Pickleball (Newcastle Until June 25)	9:30 am	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm		
Wood Carving (Ends May 26)	10 am	Table Tennis	10 am	Pickleball (Guildwood Park)	9:30 pm	Pickleball (Newcastle Until June 26)	12:30 pm	Darts	1 pm		
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm	Open Art	12 pm	Bid Euchre	1 pm	500 Cards	1 pm		
Cribbage	1 pm	Square Dancing (Ends June 24)	12:45 pm	Canasta	1 pm	Craft Group	1 pm	Jam Session	1 pm		
Knitting/Crocheting Group	1 pm	Pickleball/Badminton (Newcastle Until June 24)	12 pm	Soccer (Indoor Soccer until May 14th)	3 pm	Social Bridge (Ends June 5)	7 pm				
Bid Euchre (Ends June 30)	7 pm	Friendship Group	1 pm	Soccer (Outdoor after May 14th)	3 pm	Texas Hold'em Poker (Ends June 5)	7 pm				
		Theatre Group (Ends May 27)	1 pm	Weekly Drop-Ins Fee Schedule Duplicate Bridge.....\$3.50 Early Bird Bingo 1 pm.....\$1.50 Square Dancing.....\$0.55 <i>for as many cards as you wish to play</i> All other Drop In Programs.....\$1.35 Monster Bingo 2:15 pm 2 cards for 10 games....\$2.50 Walking.....Free Cycling & Hiking.....\$2 members / \$3 non members Progressive Euchre.....\$3.00 Non Members Tennis/Pickleball.....\$1.70							
Drop-In fees will be collected by your volunteer program convener(s) when you arrive. If you need small change stop at the desk on your way by and we will be happy to assist.		Drop In Cards (Courtice)	1 pm								
		Bingo	1 pm & 2:15 pm								
		Prog. Euchre (Ends June 24)	7 pm								
		Shuffleboard (Ends May 27)	7 pm								

Outdoor Programs

CYCLE GROUP

This is organized to be a fun social outing that will allow all riders to travel at a nice easy pace. Weather permitting for all rides, so please confirm with the centre on questionable condition days. Helmet, water bottle and snack required for all rides.

Wednesday 9 am Starting May 14th
\$2.00 members / \$3.00 non members

Please pay the staff or volunteer upon arrival.

GOLF AT QUARRY LAKES

Join your fellow members in a weekly mixed social league.
Wednesday May 14th - October 8th 8am

\$29.05

Includes prize and banquet.

Wednesday October 9th 12:30 pm

If you wish you may purchase a card at Quarry Lakes for \$21.00 which allows you to play unlimited times Monday - 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.

HIKING

Come out and enjoy the beauty of local hiking trails.

Thursday 9 am Starting May 8th

\$2.00 members / \$3.00 non members

Please pay the staff or volunteer upon arrival.

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.

Wednesday 6 pm Starting May 7th

\$29.05 Includes tournament and banquet

Wednesday September 24th

Free Workshops and Seminars

Please register at the front desk

NATUROPATHIC MEDICINE

Dr. Carla King, Naturopathic Doctor is returning for a second seminar. Once again, her focus is on understanding the root cause of your health concerns.

Monday 10:30 am - 12 pm 3 weeks May 5th - May 26th

*** No workshop May 19th**

HOW TO AVOID PROBATE

with Mark Hawkins

This presentation will focus on how to achieve one's estate planning goals, tax and cost effectively. We begin by briefly explaining the changes to the Probate process.

Wednesday May 7th 2 pm to 4 pm

LIVING A HEALTHY LIFE WITH CHRONIC PAIN WORKSHOP

Sponsored by the Ministry of Health and Long Term Care and the Central East LHIN

Workshops will help people who are experiencing a wide range of chronic pain conditions such as musculoskeletal pain, fibromyalgia, neuropathic pain, and others. Each participant will receive a free Healthy Living Textbook and Moving Easy CD.

Pre-registration is required due to limited class size. Call 1-866-981-5545 or go to www.healthylifeworkshop.ca. You do not require a referral and caregivers are welcome.

Wednesday 1 pm - 3:30 pm 6 weeks May 7th - June 11th

OUTREACH PROGRAMS - DURHAM REGION DIABETES NETWORK (LAKERIDGE HEALTH)

• LIVING WITH DIABETES

An overview of diabetes, exploring myths and facts about diabetes. Target Audience: At-risk for type 2, prediabetes, support people of type 2

Taught by: Bev Bazak, RN CDE and Kelly Gardner RD & CDE

Monday May 5th 9 am-10:30 am

• HOW DIABETES WORKS

An experience involving more in-depth conversation about the pathophysiology of diabetes. Target Audience: Prediabetes, newly diagnosed type 2, support people for type 2

Taught by: Bev Bazak, RN CDE and Kelly Gardner RD CDE

Monday May 12th 9 am -10:30 am

• BLOOD PRESSURE CLINIC

A hands-on clinic where clients can have their blood pressure taken and learn about what a healthy blood pressure is.

Taught by: Bev Bazak, RN CDE

Monday May 26th 9 am - 10 am

• EATING FOR ONE OR TWO

A Power Point presentation to help people cook quick and easy meals on a budget, with leftovers to freeze or to reinvent into another meal.

Taught by: Kelly Gardner RD CDE

Monday June 2nd 9 am - 10 am

Bowmanville Programs

NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

BOOT CAMP with Jason Fenton & Lisa Balsdon from Live In Motion

Are you interested in weight loss and general conditioning? Join us weekly for a fun filled workout full of circuit training and toning while meeting new people and having fun. Don't forget your water bottle, you're going to need it!

Tuesday 8 am - 9 am 8 weeks May 6th to June 24th \$80.00
Friday 8 am - 9 am 8 weeks May 9th to June 27th \$80.00

CERAMICS with Tanya LeBlanc from Ceramics Canada

Want to paint your own mugs for the COAAZY Café or create a fun gift for a friend or family member? Come out for a fun filled morning and leave with your own creation.

Monday 10:30 am - 12 pm May 26th \$10.00 person

INTERMEDIATE NIGHT YOGA with Lisa Balsdon from Live In Motion

Our yoga classes include mindful meditation/visualization and breathing techniques, postures (asana's) and corrections, strengthening and flexibility work.

Tuesday 7 pm - 8:15 pm

6 weeks April 22nd - May 27th

6 weeks June 3rd - July 15th (no class July 1st)

\$110.20

Thursday 7:00 pm - 8:30 pm

6 weeks May 1st - June 5th

6 weeks June 12th - July 17th

\$125.43

PICKLEBALL OUTDOORS

Meet us at Guildwood Park for a social game of Pickleball (Beginners always welcome). Starts April 16th.

Monday & Wednesday 9:30 am - 12 pm

& Friday 12:30 pm - 3 pm

\$1.35 members & \$1.70 non-members per day

Please pay the staff or volunteer on site upon arrival at the courts

(Guildwood Park

180 Guildwood Drive Bowmanville)

TENNIS

Meet us at Guildwood Park for a social game of Tennis.

Tuesday & Thursday 9 am - 11:00 am April 15th

\$1.35 members \$1.70 non-members per day

Please pay the staff or volunteer on site upon arrival at the courts

THEATRE SPORTS AND PUBLIC SPEAKING with Laura Clements

Challenge yourself in this dynamic, fun-filled course where you will learn lively communication skills whether speaking to groups of 2 or two hundred. Learn the secrets of public speaking professionals on how to speak with ease and poise, dramatically engage your audience, all the while increasing your confidence. Whether you are a nervous Nellie, or a seasoned speaker, you will leave with tips and techniques to dramatically enhance your presentation skills, as you laugh your way through plenty of theatre games.

Wednesday 9:30 am - 11:30 am

7 weeks April 16th - May 28th \$30.00

WRITING FAMILY MEMORIES with Heather Beveridge

Keep your memories alive to pass along to family members and friends. Join us as we bring your memories to life on paper. All you will need is a pen and paper.

Wednesday 6:30 pm - 8:30 pm

7 weeks May 14th to June 25th \$20.00

YOGA ON THE BALL with Laurel Wichman

This is a fun and challenging workout that combines breathing and movement using a "stability" ball. The ball helps to develop a strong core while providing a soft, cushioned base for long stretches and graceful yoga movements. This workout will create a flow of energy leaving you strong, calm and centred.

Monday 3:15 pm - 4:45 pm

9 weeks April 14th - June 23rd \$43.00

6 weeks July 14th - August 25th \$29.00

**No class Monday April 21st, May 19th or August 4th*

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

CARDIO WITH PEP with Lydia Vooyo

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

Monday 9 am - 10 am

12 weeks April 28th - July 28th \$50.50

Fridays 9 am - 10 am

12 weeks April 25th - July 11th \$50.50

7 weeks July 18th - August 29th \$30.00

**No class May 19th & 26th*

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.

Monday 11:15 am - 12:15 pm 10 weeks

April 7th - June 23rd \$42.00

**No class April 21st & May 19th*

COMBO CLASS with Lydia Vooyo

All the benefits of cardio with pep and fabulous muscles in the same class.

Wednesday 8 am - 9 am

April 23rd - July 9th 12 weeks \$50.50

July 16th & August 27th 7 weeks \$30.00

Thursday 9 am - 10 am

April 24th - June 26th 10 weeks \$42.00

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, and no one will go away with two left feet!

Thursday 1:15 pm - 2:15 pm 10 weeks

April 10th - June 12th \$50.50

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.

No lunch Apr 22nd, May 20th, June 24th, July 1st,

Aug 26th & Sept 2nd

General Interest

BEECH CENTRE BOOK CLUB (Drop In)

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

April 28th - Unbearable Likeness

May 26th - The Room

June 16th - Purple Hibiscus

10 am \$1.35

CRAFT GROUP with Judi White (Drop In)

Let your creative side out - learn many different types of crafting from plastic canvas, cross stitch, cut and paste projects to fabric painting as well as seasonal projects. Fall session will concentrate on some easy, fun Christmas projects. Supplies will be provided.

Thursday 1 pm - 3 pm \$1.35 April 10th - May 22nd

FRENCH LESSONS with Cecile Paxton

Beginner French

We will start with the alphabet then work our way through some sounds. Basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes.

Tuesday 1:30 pm - 2:30 pm 8 weeks April 15th - June 3rd \$28.00

Beginner Plus

Review the sounds learned in beginner class. Verbs: the four irregular verbs and several ER verbs, in the present tense. A few adjectives and prepositions. We can build simple sentences. We will talk about the weather/days of the week and holidays.

Tuesday 2:30 pm - 3:30 pm 8 weeks April 15th - June 3rd \$28.00

Fitness

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

FABULOUS MUSCLES

with Lydia Vooyo

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

Friday 10 am – 11 am

12 weeks April 25th - July 11th \$50.50

7 weeks July 18th - August 29th \$30.00

GENTLE YOGA 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.

Monday 10 am – 11 am

10 weeks April 14th - July 7th \$42.00

Wednesday 10 am – 11 am

12 weeks April 16th - July 9th \$50.50

4 weeks July 23rd - August 13th \$17.00

**No Class April 21st, May 19th, 21st & 26th*

GUIDED MEDITATION

with Julie Ditta

Relax your body, let go of stress and energize yourself with meditation. Guided meditation combined with special breathing techniques helps you to release tension, clear your mind and boost your sense of wellbeing. Meditation using creative visualization can help improve memory and sleep and even lower blood pressure.

Friday 12:30 pm - 1:30 pm

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

INTRODUCTION TO ENERGY

MEDICINE with Donna Elliott

This class introduces you to various forms of Energy Medicine from Mind-Body Connection, Reflexology, Chakras, Meditation, Crystals, Aromatherapy, Energy Testing, Reiki, Eden Energy Medicine and more.

Wednesday 1:30 pm – 3 pm 11 weeks

April 16th - June 25th \$68.00

PILATES with Nathalie Mackesey

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

Monday 10 am – 11 am

10 weeks April 14th - June 30th \$42.00

Tuesday 7 pm – 8 pm

10 weeks April 15th - June 17th \$42.00

Thursday 10 am – 11 am

10 weeks April 17th - June 19th \$42.00

Thursday 7 pm – 8 pm

10 weeks April 17th - June 19th \$42.00

**No Class Monday April 21st & May 19th*

PILATES 2 with Nathalie Mackesey

This class is geared to members who have previous pilates experience. Moves involved in this class will include longer holds and weights.

Thursday 11:15 am – 12:15 pm

10 weeks April 17th - June 19th \$42.00

QIGONG (CHINESE YOGA)

with Donna Elliott

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

Wednesday 10 am - 11:30 am

10 weeks April 23rd - June 25th \$42.00

6 weeks July 9th – August 27th \$26.00

Wednesday 12 pm - 1 pm

9 weeks April 30th – June 25th \$30.00

**No class July 30th & August 6th*

RECREATIONAL AFRICAN

DRUMMING 1 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.

Friday 10 am – 11 am

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

RECREATIONAL AFRICAN

DRUMMING PROFICIENCY

with Julie Ditta

RECREATIONAL AFRICAN DRUMMING 1 prerequisite
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.

Friday 11 am – 12 pm

11 weeks April 11th - June 27th \$47.50

**No class April 18th*

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

Participants will be led through a series of seated movements and stretches. *Bring Resistance Bands with handles to class.

Tuesday 10:30 am – 11:30 am

11 weeks April 15th - July 8th \$46.00

4 weeks July 22nd – August 12th \$17.00

**No Class May 20th and July 1st*

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. *Bring Resistance Bands with handles to class.

Tuesday 9:30 am – 10:30 am

11 weeks April 15th - July 8th \$46.00

4 weeks July 22nd - August 12th \$17.00

Friday 11 am – 12 pm

10 weeks April 25th - July 11th \$42.00

**No Class May 20th and 23rd, June 27th & July 1st*

STRENGTH TRAINING

with Lydia Vooyo

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. This class is for both men and woman. *Bring Resistance Bands with handles to class.

Thursday 6 pm – 7 pm

11 weeks April 24th - July 3rd \$46.00

STRENGTH TRAINING FOR MEN

with Sharon Wildeboer

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. *Bring Resistance Bands with handles to class.

Wednesday 11 am – 11:45 am

12 weeks April 16th - July 9th \$41.00

4 weeks July 23rd - August 13th \$14.00

Friday 9 am – 9:45 am

10 weeks April 25th - July 11th \$34.00

**No Class April 18th, May 21st, May 23rd & June 27th*

TAI CHI with Sandra Jin

The gentle movements of this powerful Chinese exercise have been practiced for centuries by people of all ages and fitness levels to improve health, boost energy and reduce stress. Also recommended by health practitioners in treating many diseases (e.g., arthritis, high blood pressure, and osteoporosis)

Beginner: Monday 10 am – 11 am

10 weeks April 7th - June 23rd \$42.00

Intermediate: Monday 11 am – 12 pm

10 weeks April 7th - June 23rd \$42.00

**No class April 21st, May 19th*

URBAN POLING SPRING TRAILS

with Laura Clements

Join us to explore a variety of trails using Urban Poles, the fastest growing sport for Older Adults. Weekly walks will start at different Clarington locations and a schedule will be provided upon registration.

Monday 9:30 am - 11 am

10 weeks April 14th - June 30th \$42.00

Wednesday 12:30 pm - 2 pm

10 weeks April 16th - June 18th \$42.00

No class April 21st, May 19th

YOGA with Laurel Wichman

This class will allow you to deepen your experience of yoga and to spend more time improving your range of motion through your shoulders, low back and hips. We will explore YIN Yoga postures (long passive holds that target tendons, ligaments and joints) as well as the more challenging YANG postures that help to build strength and stamina. Breath work is integrated throughout the class.

Monday 1 pm – 3 pm

9 weeks April 14th - June 23rd \$43.00

6 weeks July 14th - August 25th \$29.00

**No class April 21st, May 19th & August 4th*

YOGA with Laurel Wichman

We will explore classical Yoga postures with emphasis on proper technique and breath work. Time will be spent at the beginning of each class in opening relaxation and in preparing your body for the more challenging postures.

Wednesday 4 pm – 5:30 pm

11 weeks April 16th - June 25th \$52.50

7 weeks July 16th - August 27th \$32.00

YOGA with Sharon Wildeboer

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

Monday 9 am – 10 am

10 weeks April 14th - July 7th \$42.00

Wednesday 9 am – 10 am

12 weeks April 16th - July 2nd \$50.50

4 weeks July 23rd - August 13th \$17.00

**No Class April 21st, May 19th & May 26th*

Fitness

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

YOGA ON THE BALL with Laurel Wichman

This is a fun and challenging workout that combines breathing and movement using a "stability" ball. The ball helps to develop a strong core while providing a soft, cushioned base for long stretches and graceful yoga movements. This workout will create a flow of energy leaving you strong, calm and centered.

NEW Monday 3:15 pm – 4:45 pm

9 weeks April 14th – June 23rd \$43.00

6 weeks July 14th – August 25th \$29.00

**No class April 21st, & May 19th, August 4th*

Wednesday 2 pm to 3:30 pm

11 weeks April 16th - June 25th \$52.50

7 weeks July 16th - August 27th \$32.00

YOGALATES with Sharon Wildeboer

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

Monday 11 am – 12 pm

10 weeks April 14th - July 7th \$42.00

**No Class April 21st, May 19th, 26th*

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 – 10 am

12 weeks April 15th - July 8th \$50.50

6 weeks July 15th - August 26th \$29.00

Thursday 10:30 am - 11:30 am

11 weeks April 17th - June 26th \$46.00

***NEW TIME Thursday 9 am – 10 am**

July 3rd - August 28th 7 weeks \$38.00

**No class July 1st or August 5th & 7th*

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.

Wednesday 11 am - 12 pm

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*



Dance

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

BEGINNER BALLROOM & LATIN DANCE with Instructor Barbie Cameron, Assisted by John Pyatt

Learn the Foxtrot & Jive

Thursday 11:30 am – 12:30 pm

10 weeks April 10th - June 12th \$64.50

LINE DANCING BEGINNERS with Phyll Marshall

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

Monday 12:15 pm – 1:15 pm

5 weeks April 14th - May 26th \$15.00

**No Class Monday April 21st & May 19th*

LINE DANCING BEGINNERS PLUS with Phyll Marshall

For those who enjoyed the Beginners, but want a new challenge.

Monday 1:15 pm – 2:15 pm

5 weeks April 14th - May 26th \$15.00

**No Class Monday April 21st & May 19th*

SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst & Ruth Cowle (Drop In)

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

Tuesday 12:45 pm - 2 pm

April 15th - June 24th \$0.55

TAP DANCING BEGINNERS with Veronica Vargas

Get to know the basic steps so you can dance with enough time to enjoy your step before switching to another.

Wednesday 9 am – 10 am

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*

TAP DANCING BEGINNERS PLUS with Veronica Vargas

Standard combinations such as Buffalos & Waltz-clogs. All combinations learned will be put together to music and possibly performed.

Wednesday 10 am – 11 am

12 weeks April 16th - July 2nd \$50.50

7 weeks July 9th - August 27th \$34.00

**No class August 6th*

Art & Music

Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music Art & Music

ACRYLIC PAINTING/WATER COLOUR BASICS with Paul Livingston

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

Thursday 1 pm - 3 pm 12 weeks April 17th - July 3rd \$72.00

DRAWING with Paul Livingston

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

Wednesday 10 am - 12 pm 12 weeks April 16th - July 2nd \$72.00



CHOIR (Drop In)

If you enjoy singing, you will like being a part of the COAAZY Crooners. This friendly enthusiastic group meets weekly to share their love of music with each other and sometimes perform for external community events.

Wednesday 10 am – 11:30 am Ending June 11th

\$1.35

SUMMER ART with Paul Livingston

Keep your art skills in practice through the summer. Get involved with an art class featuring Watercolors, Acrylic painting and Drawing. Techniques, instructions and demonstrations of summer scenes. Field trips are planned (weather permitting).

Thursday 9 am - 12 pm

8 weeks June 10th - August 28th \$72.00

THEATRE GROUP (Drop In)

If you are interested in acting this is the group for you. Meet new friends and possibly perform.

Ends May 27th. Tuesdays 1 pm \$1.35

UKULELE

Come out and learn the basic chords while having fun singing & playing songs.

Thursday 1 pm - 2 pm 8 weeks April 10th – May 29th \$16.00

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.

Thursday 9 am – 12 pm

12 weeks April 10th – June 26th \$107.00

Computer & Digital Photography Programs & Courses

With Brian Greenway

BRIAN'S DIGITAL CAFÉ:

Free Computer, Internet & Photography Support

Wednesday PM by Appointment

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, appointments required.

Starting Wednesday April 16th, Book at front desk.

PRACTICAL PHOTOGRAPHY- HANDS-ON INSTRUCTION

Do you want to learn about making images with better impact and more about your camera at the same time? By visiting local Clarington locations we can explore different genres of photography such as Travel, Landscape, Architecture, Nature, Macro, Panorama and Portraits. The group will be small to maximize one-to-one help and encouragement from the instructor. All types of cameras and skill levels are welcome because making images is really about you.

Monday 8:30 am - 11 am

4 weeks May 26th - June 16th \$85.00

LIGHTROOM FOR BEGINNERS

Adobe Lightroom is both quicker to master, and easier to use than Adobe's famous "Photoshop", yet gives stunning results to improve your images. Lightroom was specifically designed for photographers of all skills levels. Topics covered will include using the workspace, importing and viewing, organizing and filtering, editing essentials, presets, exporting and publishing. You should be comfortable using the Windows or Mac operating systems and you can learn on our laptops or bring your own.

Tuesday 7 pm - 9 pm 3 weeks June 3rd - 17th \$51.00

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.

Thursday 7 pm - 9 pm

June 5th \$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.

Thursday 7 pm - 9 pm June 12th \$18.00

MAKING YOUR OWN PRINTED PHOTO ALBUM

Don't leave your precious images in cyber space - bring them into the real world. Learn to have fun using your digital images to create photo albums on a computer with your own layout design. The software is free and enables you to make commercially printed hard-cover albums that last a lifetime.

Wednesday 7 pm - 9 pm July 2nd \$18.00

Courtice Satellite Programs & Events

For information please contact our Satellite Program Assistant Marie Visser at courticecoaa@rogers.com

Regular Drop-Ins

BOOK CLUB

(Held at Courtice Community Complex)

Meet the third Wednesday of each month for an engaging discussion about the monthly book.

April 23rd: Lone Wolf

May 21st: The Island Walker

June 18th: Memory Keeper's Daughter

11 am - 12 pm

\$1.35 members/\$1.70 non-members

DROP IN CARDS

(Held at the South Courtice Arena)

Join your friends, family or the friends you haven't met yet for an afternoon of cards. Free Snacks and Coffee/Tea as an added treat!

Tuesday 1 pm - 3 pm April 8th - June 24th

\$ 1.35 members/\$1.70 non-members

OPEN ART STUDIO, CRAFTING, GAMES AND CARDS

(Held at Courtice Community Complex)

Join us for a morning to meet as a group to work on current projects while you socialize with your peers Or join in on a board game or card match with new friends. Coffee/Tea available.

Monday 9 am - 12 pm April 7th - June 23rd

Wednesday 9 am - 12 pm April 9th - June 25th

\$ 1.35 members/\$1.70 non-members

*No Drop in April 21st, May 19th

ARTS AND GENERAL INTEREST PROGRAMS

"CARD GAMES FOR ALL" CARD GAME INSTRUCTION with Bill Peel

(Held at the South Courtice Arena)

Interested in how to play new card games to get more interaction with your grandchildren and friends? Join the author of "The Coles Notes" to share rules, strategy and playing tips for cards for four, two or even alone in simple to understand language. Includes: Euchre; Solitaire; Cribbage; Rummy; Old Maid; Hearts; Whist; Blackjack. Come out and enjoy learning and playing with free coffee & tea!

Thursday 9:30 am - 11:30 am 5 weeks May 1st - May 29th

\$ 45.00 members / \$50.65 non-member



NEW Programs

BRAIN FITNESS FOR LIFE with Laura Clements

(Held at Courtice Community Complex)

Want to keep your mind sharp and your body fit? Join this entertaining and highly interactive course where you will learn fun and easy movements and techniques to keep your mind sharp, boost your memory, and keep fit. Find out the latest research on longevity. Suitable for everyone.

Monday 1 pm - 2:30 pm 10 weeks April 14th - June 30th

\$42.25 members / \$47.25 non-members

*No Class April 21st, May 19th

ARTS AND GENERAL INTEREST PROGRAMS

Arts and
General Interest
ProgramsArts and
General Interest
Programs

BECOME A MASTER IN THE GARDEN

(Held at Courtice Community Complex)

This 3 week course will provide you with the knowledge and expertise to create stunning indoor and outdoor gardens. Learn the skills to determine what healthy soil is; how to plant and maintain seedlings, plants and cuttings; watering and mulching; weed, insect and disease management; pesticide alternatives and attracting pollinators; seed collecting and plant types. This course is hands on complete with a workbook to keep and refer to always. Some seed and potting supplies will be needed by course participants. This course will be delivered by Master Gardener Elaine Davidson.

Tuesday 9:30 am - 11:30 am 3 weeks April 22nd - May 6th
\$22.00 members/\$27.00 non-members

BRIDGE - A SOCIAL AND EDUCATIONAL OPPORTUNITY with Bill Peel

(Held at the South Courtice Arena)

Interested in learning a little more about this great game AND enjoying an evening out to play and socialize? Then this is the class for you. Come out and enjoy a relaxed learning opportunity with free coffee and tea while you pick up tips and tricks to improve your game.

Monday 7 pm - 9 pm 10 Weeks April 7th - June 23rd

\$ 45.00 members/\$ 50.65 non-members

**No Class April 21st & May 19th*

DRAWING with Paul Livingston

(Held at Courtice Community Complex)

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

Wednesday 1 pm - 3 pm

12 weeks April 16th - July 2nd

\$72.00 members /

\$75.00 non-members



Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

ARTHRITIS FITNESS

with Nathalie Mackesey

(Held at Courtice Community Complex)

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

Wednesday 10 am - 11 am

10 weeks April 16th - June 18th

\$42.00 members / \$47.00 non-members

Friday 10 am - 11 am

10 weeks April 25th - June 27th

\$42.00 members / \$47.00 non-members



HEALTHY HEARTS with Cecilia Barnes

(Held at the South Courtice Arena)

The Clarington Older Adult Association can help get you back in motion - whether you are dealing with a chronic condition or recovering from an injury or surgery. We are here to help enhance your strength, stamina, circulation, flexibility and cardiovascular fitness. The one hour fitness class will include a cardio, resistance, flexibility and a relaxation component. Please wear comfortable clothing and clean indoor shoes. Don't forget your towel and water bottle.

Monday 1 pm - 2 pm 12 weeks April 7th - July 7th

Wednesday 1 pm - 2 pm 12 weeks April 9th - June 25th

\$50.50 members / \$55.50 non-members

**No Class April 21st or May 19th*

STRENGTH TRAINING with Sharon Wildeboer

(Held at Courtice Community Complex)

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. Please bring resistance bands with handles to class.

Monday 2:30 pm - 3:30 pm 10 weeks April 14th - July 7th

\$42.00 members / \$47.00 non-members

**No Class April 21st and May 19th & 26th*

URBAN POLE WALKING

with Laura Clements

(Held at Courtice Community Complex)

Boost your walk by using Urban Poles. Burn more calories, tone core and upper body, reduce stress on knees and hips, and improve posture all the while enjoying the spring air. Each participant will get one on one instruction to ensure they are getting the most benefit from the poles. Suitable for all fitness levels.

Monday 3 pm - 4:30 pm 10 weeks April 14th - June 30th

\$42.00 members / \$47.00 non-members

**No class April 21st May 19th*

YOGA with Sharon Wildeboer

(Held at Courtice Community Complex)

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

Friday 1:30 pm - 2:30 pm 9 weeks April 11th - June 20th

\$31.00 members / \$36.00 non-members

**No class April 18th and May 23rd*

Computer & Digital Photography Programs

Computer & Digital
Camera ProgramsComputer & Digital
Camera Programs

BRIAN'S DIGITAL CAFÉ: Free Computer, Internet & Photography Support

(Held at Courtice Community Complex)

Monday AM By Appointment

Brian Greenway will be volunteering on Monday mornings at the Courtice Community Complex to assist you with any of your computer or digital photography questions.

April 7th - July 28th

**No café April 21st May 12th or May 19th.*

For COAA members only. Appointments required. Book at reception

UNDERSTANDING HOW TO USE YOUR DIGITAL CAMERA with Bill Peel

(Held at the South Courtice Arena)

Classes will help you through the process of loading your images onto a computer, plus basic tools, etc.

Thursday 7 pm - 9 pm 2 weeks May 1st & May 8th

\$ 36.00 members / \$ 41.00 non-members



SKYPE with Bill Peel

(Held at the South Courtice Arena)

Do you want to see your loved ones and the people you wish to communicate with, like grandchildren, friends, family overseas or actually anyone anywhere in the world? Come and learn how to install Skype on your computer, set up an account and start using this free application on your PC and/or tablet. Skype can even be used on certain cell phones that have a camera.

Wednesday 9:30 am - 11:30 am May 7th

\$12.00 members / \$17.00 non-members

DIGITAL PHOTO EDITING with Bill Peel

(Held at the South Courtice Arena)

These classes will demonstrate the use of Photoshop Elements, Photoshop and Lightroom techniques used by serious photographers to enhance pictures. The explanation of different file type - RAW and jpeg will be discussed as well as third party tools that can be purchased to enhance your pictures and provide some spectacular results. Bring your laptop or use those provided.

Thursday 7 pm - 9 pm 2 weeks May 15th & 22nd

\$24.00 members / \$29.00 non-members



Computer & Digital Photography Programs

Computer & Digital Camera Programs

THE MAC COMPUTER with Bill Peel

(Held at Courtice Community Complex)

These classes are designed to help understand how the Apple Macintosh computer works. How does iPhoto make picture management and editing so easy? What is iTunes and why is it so important to your music enjoyment? Why is the Apple Macintosh operating system simple and easy to use?

Friday 9:30 am – 11 am 3 weeks May 30th - June 13th
\$51.00 members / \$56.00 non-members

WHAT CAN I DO WITH MY DIGITAL IMAGES with Bill Peel

(Held at the South Courtice Arena)

These classes will take you through the process of loading your images onto a computer managing them and helping you learn how to edit them with some of the basic tools that the computer provides. You will be taught how to email, make a photo book, cards and calendar. Bring your laptop or use those provided.

Wednesday 9:30 am – 11:30 am 3 weeks June 4th - June 18th
\$51.00 members/\$ 56.00 non-members



Newcastle Satellite Programs & Events

For information please contact our Program Coordinator Olivia Lean at coaa@bellnet.ca

Regular Drop-Ins

BADMINTON (Drop In)

(Held at Newcastle and District Recreation Centre)

Tuesday 12 pm to 3 pm April 8th - June 24th
\$1.35 members / \$1.70 non-members
 Pay at reception desk upon arrival

PICKLEBALL (Drop In)

(Held at Newcastle and District Recreation Centre)

Monday 9:30 am – 12:30 pm April 7th - June 23rd
Tuesday 12 pm to 3 pm April 8th - June 24th
Wednesday 9:30 am to 12 pm April 9th - June 25th
Thursday 12:30 pm – 3 pm April 10th - June 26th
Friday 12:30 pm – 3 pm April 11th – June 27th
\$1.35 members & \$1.70 non-members
 (Pay at reception desk upon arrival)
**No Drops Ins April 18th, April 21st, May 19th*
***April 15th – October 15th Pickleball available at Guildwood Park Monday & Wednesday 9:30 am -12 pm Friday 12:30 pm - 3 pm**

Computer & Digital Photography Programs

DISCOVERING WINDOWS 8

(Held at Newcastle Library)

A computer using Windows 8 is a very new experience. Using Touch, keyboard or mouse you can manage and use “apps” with surprising ease. A very different Desktop and programs, however, can be confusing, especially for beginners and not-so-beginners. This course will help you learn the basics and get the most out of Microsoft’s new operating system.

Wednesday 3 pm – 5 pm 3 weeks May 21st, 28th & June 11th
\$51 members / \$56 non-members
**No class June 4th*

Dance

BALLROOM & LATIN DANCE with Instructor Barbie Cameron. Assistant Instructor John Pyatt

(Held at Newcastle and District Recreation Centre)

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory
 No partner necessary. Please no rubber soled shoes.
Wednesday 10 weeks April 16th - June 18th
\$64.50 members / \$69.50 non-members per level
Bronze/Silver: Advanced is a prerequisite for all participants in this level.

Learn the Cha Cha, Quickstep & Slowfox
1 pm – 2 pm 10 weeks
Advanced: Learn the Foxtrot, Jive, & Quickstep
2 pm – 3 pm 10 weeks
Intermediate: Learn the Foxtrot & Jive & Quickstep
3 pm - 4 pm 10 weeks



12 Silver St., Bowmanville ON
905.623.4000

Monday to Friday
 11 am to 11:30 am

Clarington Older Adult
 Member Discount \$3 (per class)
 April 1st - Sept 1st

NEW Programs

CARDS (Drop In)

(Held at Newcastle Library)

Join your friends, family or the friends you haven't met yet for an afternoon of cards. Free Coffee/Tea as an added treat!
Tuesday 2 pm – 4 pm April 15th – June 24th
Thursday 2 pm – 4 pm April 17th – June 26th
\$1.35 members / \$1.70 non members
 Please pay staff or volunteers upon arrival.



On the 2nd Level of the Clarington Beech Centre
 26 Beech Avenue, Bowmanville ON L1C 3A2
 Monday – Friday 9 am - 5 pm

To book an appointment call
Amanda
 at 905-697-2856
 walk ins welcome



Hair Care

- Cut - \$12
- Buzz Cut - \$9
- Wash/ Cut/ Style - \$20
- Perm/ Cut/ Style - \$40
- Style Only - \$15
- Full Color - \$35 and up
- Root Color touch up - \$29

Waxing

- Brow - \$7
- Lip - \$5
- Chin - \$5
- Full Face - \$15