



Clarington Older Adult Association

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

2015 Spring & Summer Program Guide

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.

Values and Beliefs

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

General Information

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MEMBERSHIP FEE \$28.25

(Valid for one year from the day you join)

A membership is required by ALL participants in programs and courses at The Clarington Beech Centre. Non-member rates are only available for Special Events and Satellite Locations.

Benefits of membership:

- Reduced cost & advanced tickets for special events
- Enrollment in any course/program
- Participation in drop-in programs at the Beech Centre
- Use of amenities during business hours

REGISTRATION & REFUND INFORMATION

All programs include HST. Cash, Cheque, Debit, Visa or Mastercard accepted. Please make all cheques payable to the Clarington Older Adult Centre Board. Refunds will only be granted 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. To avoid program cancellation, please sign up one week prior to the program start date. All courses 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.

ALWAYS SCAN YOUR CARD AND 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!

WHEELS IN ACTION

Transportation is always available to and from COAA Events and Programs. Contact Sharon Spooner to book your ride by email at wheels-coaa@bellnet.ca or by phone at 905-697-2856. \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington & 24 Hours Advanced Notice is Required.

WI-FI

Members if you wish to stay connected, we have Wi-Fi. Please visit the front desk for the password.

EMAIL & VOICE DIALING

As a member of the COAA, you are registered to receive emails and voicemails regarding program cancellations, upcoming events or special information. Please note the calls will come from 289-274-7121. If you are not receiving emails and calls, please update your contact details at the front desk.

VOLUNTEERS

"ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community by volunteering at the COAA, please contact us at 905-697-2856 smansfield@bellnet.ca

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

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: Apr. 7th, May 19th, Aug. 4th, Sept. 1st & 8th



To book an appointment call

Amanda
at 905-697-2856
(walk-ins welcome)



On the 2nd Level of the Clarington Beech Centre
26 Beech Avenue, Bowmanville ON, L1C 3A2

Monday - Friday 9 am to 5 pm or by special appointment

Services

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

Drop-In Programs

Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday		
Walking	8 am - 9:30 am	Open Art	9 am-6 pm	Walking	8 am- 9:30 am	Billiards	9 am-6 pm	Walking	8 am-9:30 am	
Billiards	9 am-6 pm	Drop-In Time (Courtice)	9 am-12 pm	Billiards	9 am-6 pm	Hiking (starts May 14th)	9 am	Billiards	9 am-6 pm	
Drop-In Time (Courtice)	9 am-12 pm	Cribbage	9:30 am	Drop-In Time (Courtice)	9 am- 12 pm	Table Tennis	10 am	Open Art	9 am-12 pm	
Pickleball (Newcastle ends June 29th)	9:30 am	Euchre	9:30 am	Pickleball (Newcastle ends June 24th)	9:30 am	Wood Carving (ends May 28th)	10 am	Pickleball (Newcastle ends July 3rd)	12 pm	
Book Club	10 am	Scrabble	9:30 am	Choir (ends June 10th)	10 am	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm	
Knitting Group ends June 29th	10 am	Social Bridge	9:30 am	Book Club (Courtice)	11 am	Pickleball (Newcastle ends July 2nd)	12 pm	Darts (ends May 29th)	1 pm	
Wood Carving (ends May 25th)	10 am	Table Tennis	10 am	Open Art	12 pm	Craft Group (ends May 28th)	1 pm	500 Cards	1 pm	
Duplicate Bridge	1 pm	Pickleball/Badminton (Newcastle ends June 30th)	12 pm	Canasta	1 pm	Bid Euchre	1 pm	Jam Session	1 pm	
Cribbage	1 pm	Billiards	12 pm-6 pm	Indoor Soccer (ends April 8th)	3 pm	Shuffleboard (ends May 28th)	2:30 pm			
Bid Euchre (ends June 29th)	7 pm	Square Dancing (ends June 9th)	12:45 pm	Lawn Bowling (ends April 8th)	3 pm	Social Bridge	7 pm			
		Bingo (April - June)	1 pm & 2:15 pm			Texas Hold'em Poker (ends May 28th)	7 pm			
		Summer Bingo (July - August)	1 pm			Pickleball	7 pm			
		Friendship Club (ends June 23rd)	1 pm			Drop-In Time (Newcastle)	7 pm			
NEW WEEKEND DROP-IN COMING SOON Contact Angie with activity suggestions.		Theatre Group	1:15 pm	Weekly Drop-In Fee Schedule Duplicate Bridge.....\$3.50 Square Dancing\$0.55 All other drop-in programs\$1.35 Indoor Walking (ends June 26th)Free Hiking.....\$2 members/ \$3 non-members Progressive Euchre\$3.00 Non-member Pickleball/Badminton\$1.70 Summer Bingo 1 pm\$4.00 for up to 5 cards, \$1.25 per card after 5. 12 games Bingo 1 pm.....\$1.50 for as many cards as you wish to play Monster Bingo 2:15 pm.....2 cards for 10 games \$2.50				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.		
		Drop-In Time (Newcastle)	2 pm							
		Pickleball	2:30 pm							
		Progressive Euchre (ends June 30th)	7 pm							

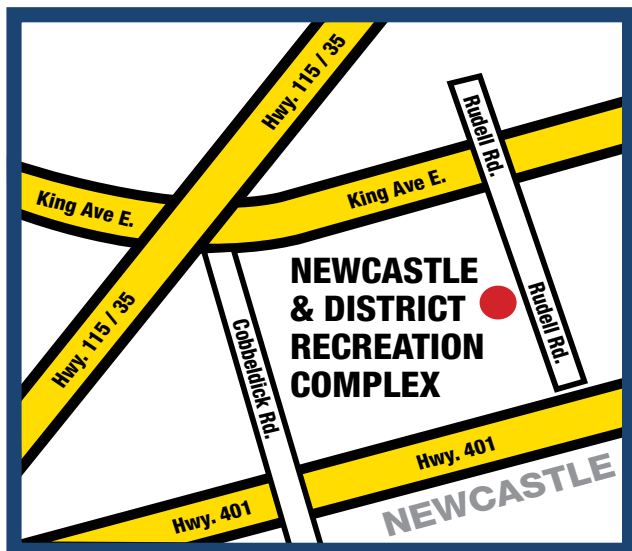
Newcastle Satellite Programs & Events

For information please contact our Program Coordinator Olivia Lean at coaa@bellnet.ca or 905-697-2856

20/20/20 with Nathalie Mackesey (Held at Newcastle and District Recreation Centre)

An all-round low-impact workout that lets you choose just how hard you work. It's ideal for those new to group fitness. You don't need to be fit, just physically active and willing to have fun. 20 minutes of low impact aerobics followed by 20 minutes of muscular strength and endurance using weights and bands and ending with gentle yoga and pilates cool down and stretching. Please bring your weights and tubing with you to class.

Wednesday 4 pm – 5 pm 10 weeks April 22nd – June 24th
\$42.00 members / \$47.00 non-members



FALLS PREVENTION with Melaine Munro brought to you by Restore Therapy (Held at Newcastle and District Recreation Centre)

Designed to improve your balance, strength and confidence. This program includes chair exercises, deep stretching, weights and thera bands, as well as standing balance retraining exercises. Move through a series of exercises that retrain the mind and body to use muscles for balance movements. Fall Prevention is a challenging program and is statistically proven to work. People with Parkinsons, Arthritis, M.S. etc have shown tremendous improvement.

Tuesday & Friday 1 pm – 2 pm 11 weeks April 21st – July 3rd
\$92.00 members / \$97.00 non-members

NIA with Carol Drew (Held at Newcastle and District Recreation Centre)

A sensory-based movement class that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Nia draws from disciplines of the martial arts, dance and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body, including base, core and the upper extremities. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia and positively shape the way you feel, look, think and live.

Friday 9 am – 10 am 11 weeks April 24th – July 3rd
\$46.20 members / \$51.20 non-members



Regular Drop-Ins

Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins

DROP-IN CARDS, BOARD GAMES

(Held at Newcastle Library)

Join your friends, family or the friends you haven't met yet for an afternoon of cards. Coffee/Tea as an added treat for 0.55 cents. (150 King Avenue East)

Tuesday 2 pm – 4 pm April 28th – June 23rd
Thursday 7 pm – 9 pm April 16th – June 25th
\$1.35 members / \$1.70 non-members

BADMINTON

(Held at Newcastle and District Recreation Centre)

Tuesday 12 pm – 3 pm starting April 14th - June 30th
\$1.35 members / \$1.70 non-members per play
(Pay at reception desk upon arrival)

PICKLEBALL

(Held at Newcastle and District Recreation Centre)

Monday 9:30 am – 12:30 pm starting April 13th – June 29th
Tuesday 12 pm – 3 pm starting April 14th - June 30th
Wednesday 9:30 am to 12:30 pm starting April 15th – June 24th
Thursday 12 pm – 3 pm starting April 16th – July 2nd
Friday 12 pm – 3 pm starting April 17th – July 3rd
\$1.35 members / \$1.70 non-members per play
(Pay at reception desk upon arrival)
No Drop-Ins May 18th
* July 6th – October 9th Pickleball available at Guildwood Park (180 Guildwood Dr) Monday & Wednesday 9:30 am - 12 pm, Friday 12:30 pm – 3 pm

Computers & Digital Photography

With Brian Greenway

BRIAN'S DIGITAL CAFÉ

(Held at Newcastle and District Recreation Centre)

Mondays by Appointment.
Brian Greenway will be volunteering to assist you with any of your computer or digital photography questions.
Starting Monday June 1st
Contact Olivia at 905-697-2856 to book an appointment.



iPAD FUNDAMENTALS

(Held at Newcastle and District Recreation Centre)

All the key "built-in" apps will be covered and the best new features of Apple's amazing iPad device, from email to Skype. It's a basic introduction and more, with a special session on using Clarington Library's new app to read (or listen) to books and magazines. How to create and use an Apple ID, use Siri voice commands, or email and manage your photos. As much as possible, topics will be covered that meet the needs and interests of class members. For all models of iPads.
Monday 9 am – 11:30 am 5 weeks April 20th – May 25th
\$50.00 members / \$55.00 non-members
*No class May 18th

Dance Programs

Dance Dance Dance Dance Dance

BALLROOM & LATIN DANCE with Bob Kerby

(Held at Newcastle and District Recreation Centre)

Ballroom, Waltz and Rumba are the most romantic of the slow latin dances that was the beginning of the Cuban and Latin American dance craze. The waltz is the mother of modern dances.

Bronze 1: Learn the Social Foxtrot, Waltz and Rumba
Wednesday 1 pm – 2 pm

Bronze 2: Learn the Waltz, Rumba and Slowfox
Wednesday 2 pm – 3 pm

Silver: Learn the Waltz, Rumba and Slowfox
Wednesday 3 pm – 4 pm

Wednesday 10 weeks April 22nd – June 24th
\$64.50 members / \$69.50 non-members



Courtice Satellite Programs & Events

For information please contact our Satellite Program Assistant Marie Visser at courticecoa@rogers.com or Olivia Lean at 905-697-2856

NEW Programs

New Programs New Programs New Programs New Programs New Programs New Programs New Programs New Programs

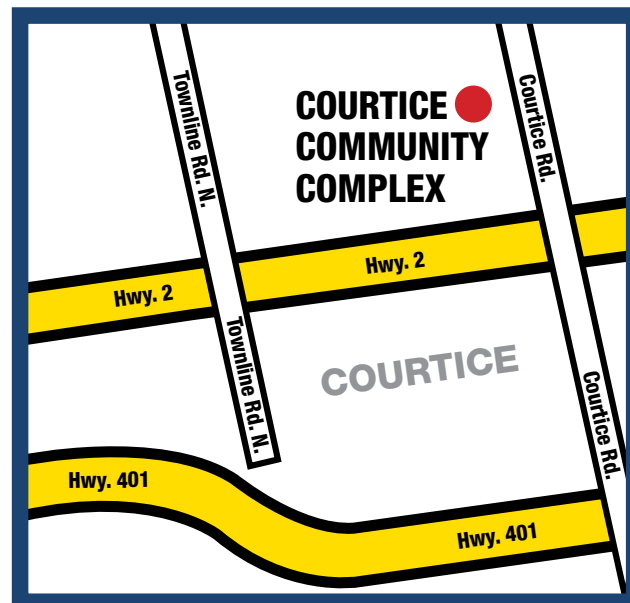
FAMILY HISTORY SERVICES with Nancy Trimble

(Held at Courtice Community Complex)

1. **Genealogy 101: The Basics** – What's in your attic at home? Learn what to look for, how to record it, and who to interview next in your quest for home sources. Learn how libraries, museums and archives can be helpful in your quest. Mention will be made of computer programs to help you organize and track your family.
2. **Genealogy 102: Vital Statistics** – Learn how the publically available birth, death & marriage registrations will help to fill out your tree and lead you to cousins you never knew you had. Perhaps the family Bible is in their hands!
3. **Genealogy 103: Census** – What can the historical census tell us? Learn to use the historical census to put family groups together, at one place and at one particular time. Learn how this information can lead you to other sources.

4. **Genealogy 104: Cousin Bait** – Researching alone is very lonely. Learn how to track down cousins, use message boards and online mailing lists in order to find more people and documents in your family.
5. **Genealogy 105: Online Tools & Tricks** – From genealogy specific programs to notekeeping programs and educational opportunities, the internet is a boon to today's family historian.

Monday 10 am – 12 pm 5 weeks April 20th – May 25th
\$21.50 members / \$26.50 non-members
(computer skills are necessary)
* No class May 18th



Regular Drop-Ins

Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins Regular Drop-Ins

BOOK CLUB

(Held at Courtice Community Complex)

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

Wednesday 11 am – 12 pm

April 22nd – Discussing *Always Looking Up*

Picking up *Conventry*

May 27th – Discussing *Conventry*

Picking up *The Birth House*

June 17th – Discussing *The Birth House*

Pick up at CCC after August 10th *The Bishop's Man

\$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 as an added treat for 0.55 cents.

Monday, Tuesday & Wednesday 9 am – 12 pm

April 13th – August 26th

\$ 1.35 members/\$1.70 non-members

***No Drop-In May 18th, July 1st, August 3rd**

Interested in Mahjong?

Are you interested in learning how to play Mahjong?

Please sign up at the front desk of the Beech Centre or contact Olivia at 905-697-2856 / coaa@bellnet.ca

Arts & General Interest Programs

Arts & General Interest Arts & General Interest Arts & General Interest Arts & General Interest

FUN WITH PEN & INK with Dianne Darch

(Held at Courtice Community Complex)

Students are encouraged to bring their own drawing or use the one provided. We will concentrate on pen and ink work for the first session, then finish it by adding colour in the last session. Beginners always welcome.

Monday 10:30 am - 1 pm 2 weeks June 1st - June 8th

\$20.00 members / \$25.00 non-members

MASTER IN THE GARDEN with Elaine Davidson

(Held at Courtice Community Complex)

This course will provide you with the knowledge and expertise to create stunning indoor and outdoor gardens. Learn the skills to determine: seedlings, plants and cuttings, watering, mulching, weeding, insect and disease management, pesticide alternatives and attracting pollinators. This course is hands on, complete with a workbook to keep. Some seed and potting supplies will be needed by course participants.

Thursday 7 pm – 9 pm 3 weeks June 18th – July 2nd

\$22.00 members / \$27.00 non-members



Fitness

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ARTHRITIS FITNESS with Nathalie Mackesey

(Held at Courtice Community Complex)

This class is suited for those with Osteo or Rheumatoid Arthritis and Fibromyalgia. Helps you 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 22nd – June 24th

\$42.00 members/ \$47.00 non-members

Friday 10 am – 11 am 9 weeks April 24th – June 26th

\$37.80 members/ \$42.80 non-members

***No class June 5th**

GENTLE 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 11 weeks April 24th – July 3rd

\$46.20 members/\$51.20 non-members

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. Open to both men and women.

Friday 12:30 pm – 1:30 pm 11 weeks April 24th - July 3rd

\$46.20 members/ \$51.20 non-members

ZUMBA GOLD (LITE) with Veronica Varga

(Held at Courtice Community Complex)

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

Friday 11:30 am – 12:15 pm 8 weeks May 8th – July 3rd

\$30.20 members/ \$35.20 non-members

***No class June 5th**

Interested In Chair Zumba?

Please sign up at the front desk of the Beech Centre or contact Olivia at 905-697-2856 / coaa@bellnet.ca

Computer / Digital Photography Programs

Computer / Digital Photography Computer / Digital Photography

iPad FUNDAMENTALS with Brian Greenway

(Held at Courtice Community Complex)

All the key "built-in" apps will be covered and the best new features of Apple's amazing iPad device, from email to Skype. It's basic introduction and more, with a special session on using Clarington Library's new app to read (or listen) to books and magazines. How to create and use an Apple ID, use Siri voice commands, or email and manage your photos. As much as possible, topics will be covered to meet the needs and interests of class members. For all models of iPad.

Thursday 9 am - 11:30 am 5 weeks April 23rd - May 21st

\$50.00 members / \$55.00 non-members

EXPLORING THE INTERNET with Tanya Cochrane

(Held at Courtice Community Complex)

Learn how to do effective internet searches and create a favorites list. Visit interesting and helpful websites while discovering tips and tricks to make your "surfing sessions" more fun! Lots of time to practice and ask questions in class.

Wednesday June 3rd 12:30 pm – 2:30 pm

\$10.00 members / \$15.00 non-members

WINDOWS 8/8.1 with Tanya Cochrane

(Held at Courtice Community Complex)

Learn this new operating system in a fun and supportive environment. There will be lots of time to ask questions and get to know your computer and its new layout. Topics include: Understanding the new start screen layout, navigating the desktop, opening and closing programs, customizing the start screen with groups and tiles, adding apps, charms menu and adjusting settings.

Wednesday 12:30 pm – 2:30 pm 4 weeks May 6th – 27th

\$32.00 members / \$37.00 non-members

Bowmanville Programs



Outdoor Programs

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BOOT CAMP with Jason Fenton and 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! Classes will be held outdoors weather permitting.

Friday 8 am – 9 am 12 weeks April 24th – July 10th \$100.00

GOLF AT BOWMANVILLE GOLF

Join your fellow members for our weekly social golf league at Bowmanville Golf and Country Club.

Wednesday May 13th Shot Gun Start 8 am
9 holes of golf \$13.00 (add \$12.00 if you would like a cart)
\$29.05 Includes year end luncheon, weekly draws & prizes.

HIKING

Come out and enjoy the beauty of local hiking trails. Each hike will be 3 km to 8 km on easy to moderate trails in Clarington. We will meet at the Beech Centre and car pool to the trails. Weather permitting for all hikes, so please confirm with the Centre.

Thursday 9 am Starting May 14th
\$2.00 members / \$3.00 non-members. Please pay the staff or volunteer upon arrival.

HORSESHOES

Join us in the backyard of the Beech Centre for weekly games. A fun tournament will be held at the end of the season.

Wednesday 6 pm starting May 13th
\$29.05 Includes year end luncheon, weekly draws & prizes.

PICKLEBALL OUTDOORS

Meet us at Guildwood Park for a social game of Pickleball (Beginners always welcome)

Starts July 6th (180 Guildwood Dr., Bowmanville)

Monday & Wednesday 9:30 am - 12 pm

& Friday 12:30 pm - 3 pm

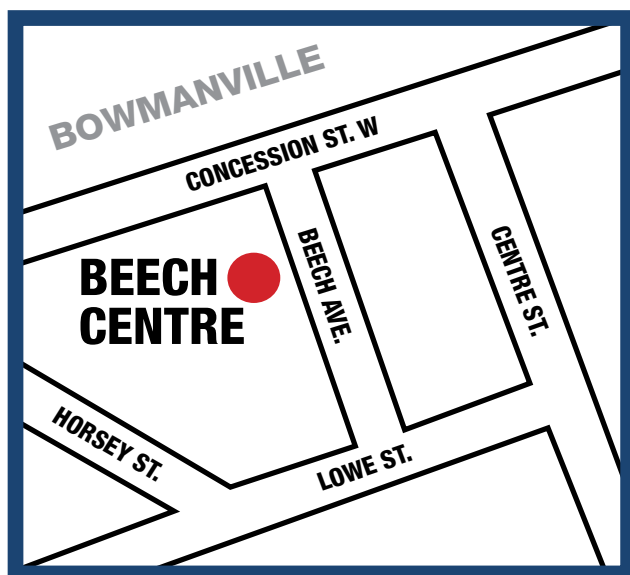
\$1.35 members / \$1.70 non-members per day

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

URBAN POLING SPRING TRAILS with Laura Clements

Explore a variety of trails using Urban Poles, the fastest growing sport for older adults. Burn up to 50% more calories, enhance posture, balance, tone core, upper body, and reduce stress on knees and joints as we explore our awesome community. Trail maps available at the Beech Centre. Poles may be purchased from the Instructor or rented through the COAA.

First class meets at south parking lot of the Bowmanville Creek Trail, off Baseline Road, between Waverly and Liberty.
Monday 9:30 am – 11 am 6 weeks May 25th - June 29th
\$30.00 members / \$35.00 non-members



NEW Programs

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DIVA DANCE with Julie Ditta

A workout for the body, mind and soul for those who love to dance. There are no steps to remember or partner required. Tap into your imagination and release your inhibitions in a safe and non-judgmental atmosphere. Through guided dance, enticing music and playful self-expression. Lift your spirits, and discover the creative dancer within.

Wednesday 1 pm – 2 pm 5 weeks July 29th – August 26th \$21.00

LEARN TO RUN with Lydia Vooy

Learn the ABC's of running in a safe and fun way. You will also be informed on proper clothing, running shoes, stretching tips and nutrition. Our base will be a 5k distance that will begin and end at the COAA. Begin with a 5 minute walk progressing to an endurance of cardio running of 1 minute and 1 minute walking to eventually 9 minutes of running. Everybody will succeed! As a group, we can decide where our goal is to achieve a 5k event. Terry Fox in September is a great local event!

Friday 11 am – 12:30 pm 12 weeks April 24th – July 10th \$73.00

LEVEL 3 FRENCH with Maurice Laganière

This course is designed for students who have completed level 2 or who have a strong basic knowledge of French. The focus will be primarily the development of oral communication with the expansion of vocabulary and language structures used in everyday life.

Le cours Français niveau 3 s'adresse aux étudiant(e)s qui ont déjà complété le niveau 2 ou 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 de langue de la vie courante.

Tuesday 3 pm – 4 pm 8 weeks April 21st – June 9th \$28.00

WEIGHT TRAINING FOR OLDER ADULTS with Lisa Balsdon from Live In Motion

Coming to you in the fall of 2015

Not sure how to get started or afraid of lifting weights incorrectly and hurting yourself? This class is for you! Learn how to warm up properly, implement a weight lifting program to help you build or maintain strength and increase muscle for vitality and longevity. Together learn proper range of motion and exercise movement correction creating an injury free environment. You will also learn core exercises and cooling down stretches. It will be like having your own one on one personal trainer!

Please sign up at the front desk of the Beech Centre or contact Olivia at 905-697-2856 / coaa@bellnet.ca.

LUNCH CRUISE

Join us on Wednesday, June 24, 2015
aboard a Muskoka Steamship
\$75 per person
(Includes: lunch & coach bus transportation)

NEW ORLEANS BUS TRIP

October 21 – November 10, 2015
Join us as we slide on down to the Crescent City, the Big Easy and all that jazz and cities along the way – Memphis, Natchez, Baton Rouge, Lafayette, and much more. For information please contact Barb Porter at 905-985-7878

COAA ALLURE OF THE SEAS CRUISE



Sailing November 8th to 15th, 2015
Traveling from Fort Lauderdale Florida to Nassau, St. Maarten and St. Thomas
For more information, please feel free to contact Louise 905-623-9533
19 King St W, Bowmanville, Ontario L1C 1R2
louise@kemptravel.ca

General Interest Programs

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BEECH CENTRE BOOK CLUB (Drop-In)

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

**April 20th – Discussing *Language of Flowers*
Picking up *The Best Exotic Marigold***

**May 25th – Discussing *The Best Exotic Marigold*
Picking up *In the Wilderness***

June 15th – Discussing *In the Wilderness*

***Pick up after August 10th – *The Sisters Brothers*
10 am – 11 am \$1.35 (drop-in fee applies)**

CHEF GEORGE

Join us for a social afternoon of cooking and snacking.
May 20th 1 pm \$10.00 Cook with East Coast seafood.
Pre-registration is required

CRAFT GROUP with Judi White (Drop-In)

Let your creative side out - learn many different types of crafts from plastic canvas, cross stitch, cut and paste projects to fabric painting as well as seasonal projects. Supplies will be provided.

**Thursday 1 pm - 3 pm \$1.35 (drop-in fee applies)
Ending May 28th**

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.

Thursday 10 am – 12 pm 4 weeks April 23rd – May 14th \$20.00

FRENCH LESSONS with Cecile Paxton

Beginner French: Start with the alphabet then work your way through some sounds. Basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes.

Tuesday 10 am – 11:30 am 8 weeks April 21st – June 9th \$42.00
Beginner Plus: Review of sounds learned in beginner class. Verbs: the four irregular verbs and several ER verbs, in the present tense. A few adjectives and prepositions. Build simple sentences, talk about the weather/days of the week and holidays.

Tuesday 1:30 pm - 3 pm 8 weeks April 21st – June 9th \$42.00

Fitness Programs

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

ARTHRITIS FITNESS with Nathalie Mackesey

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

Thursday 11:30 am – 12:30 pm 10 weeks April 23rd – June 25th \$42.00

CARDIO WITH PEP with Lydia Vooy

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 20th - July 20th \$50.50
Friday 9 am – 10 am 12 weeks April 24th - July 10th \$50.50
Friday 9 am – 10 am 6 weeks July 24th – August 28th \$25.25
***No class May 18th, 25th**

CHAIR PILATES with Nathalie Mackesey

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

Monday 11:15 am - 12:15 pm 10 weeks April 20th - June 29th \$42.00
***No class May 18th**

COMBO CLASS with Lydia Vooy

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

Wednesday 8 am - 9 am 12 weeks April 22nd – July 15th \$50.50
Wednesday 8 am - 9 am 5 weeks July 29th – August 26th \$21.00
Thursday 9 am - 10 am 12 weeks April 23rd – July 9th \$50.50
***No class July 1st**

DRUM CIRCLE with Julie Ditta

Let out your inner drummer! Embrace the natural flow of free form intuitive drumming. Release stress, boost the immune system and offer an increased sense of self-esteem. Express your own natural rhythms while drumming, singing and dancing. Be creative and have FUN! Drums will be provided or bring your own.

Friday 10:30 am – 12 pm 7 weeks July 17th – August 28th \$42.00

DANCE FIT with Cecilia Choy

Come groove with us. Enjoy an hour of fun, easy to follow, low impact dance workout with latin and international music. Includes salsa, merengue, tango and more. It's party time for your body and mind.

Thursday 12 pm - 1 pm 12 weeks April 23rd – July 9th \$50.50

FABULOUS MUSCLES with Lydia Vooy

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

Friday 10 am – 11 am 12 weeks April 24th - July 10th \$50.50
Friday 10 am - 11 am 6 weeks July 24th - August 28th \$25.25

GENTLE YOGA with Sharon Wildeboer

This is great for those looking for a 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 20th – June 29th \$42.00
Wednesday 10 am – 11 am 10 weeks April 22nd – June 24th \$42.00
Wednesday 10 am – 11 am 6 weeks July 8th - August 12th \$25.25
***No class May 18th**

GUIDED MEDITATION with Julie Ditta

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

Friday 12:30 pm – 1:30 pm 12 weeks April 24th – July 10th \$50.50

PICKLEBALL (Drop-In)

Join us for a fun & social evening.

Tuesday 2:30 pm – 4:30 pm April 21st – August 25th
Thursday 7 pm – 9 pm April 23rd – August 27th
*** No Pickleball May 7th, May 14th \$1.35 members (drop-in fee applies)**

PILATES with Nathalie Mackesey

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

Monday 10 am – 11 am 10 weeks April 20th - June 29th \$42.00
Tuesday 7 pm – 8 pm 10 weeks April 21st - June 23rd \$42.00
Thursday 6:45 pm – 7:45 pm 10 weeks April 23rd – June 25th \$42.00
***No class May 18th**

PILATES 2 with Nathalie Mackesey

This class is geared to members who have previous Pilates experience. Moves in this class will involve longer holds and weights.

Thursday 10:15 am – 11:15 am 10 weeks April 23rd – June 25th \$42.00

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.

Wednesday 9:45 am - 11:15 am 10 weeks
April 22nd - June 24th \$52.50
Wednesday 11:30 am - 12:30 pm 10 weeks
April 22nd - June 24th \$42.00
Wednesday 9:45 am – 11:15 am 6 weeks
July 8th – August 26th \$31.50
***No class July 29th, August 5th**

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 12 weeks April 24th – July 10th \$50.50

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.

Friday 11 am – 12 pm 12 weeks April 24th – July 10th \$50.50

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

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

Tuesday 10:30 am – 11:30 am 10 weeks April 21st – June 23rd \$42.00
Tuesday 10:30 am - 11:30 am 6 weeks July 7th – August 11th \$25.25

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

For participants who have completed a session of Sit and Be Fit Level 1. This class involves more standing work, longer cardio sections and challenging resistance training. *Bring resistance bands with handles to class*

Tuesday 9:30 am – 10:30 am 10 weeks April 21st – June 23rd \$42.00
Tuesday 9:30 am - 10:30 am 6 weeks July 7th – August 11th \$25.25
Friday 10 am – 11 am 10 weeks April 24th – June 26th \$42.00

Fitness Programs

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

STRENGTH TRAINING with Lydia Vooyo

Looking to add muscle and tone up? This class includes resistance exercises to build strength and muscle. Open to both men and woman. *Bring weights & tubing to class *

Wednesday 6 pm – 7 pm 12 weeks April 22nd - July 22nd \$50.50

*No class May 27th & July 1st

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 10 weeks April 22nd – June 24th \$34.00

Wednesday 11 am – 11:45 am 6 weeks July 8th - August 12th \$20.40

Friday 9 am – 9:45 am 10 weeks April 24th – June 26th \$34.00

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 (eg, arthritis, high blood pressure and osteoporosis).

Beginner: Monday 10 am – 11 am

Intermediate: Monday 11 am – 12 pm 10 weeks April 20th - June 29th \$42.00

*No class May 18th

YOGA with Lisa Balsdon from Live in Motion

Includes mindful meditation/visualization and breathing techniques, postures (asana's) corrections, strengthening and flexibility work. Beginner and advance modification given in class. Men welcome! Good standing mobility/stability recommended for this class. Props used and provided: straps, blocks and blankets.

Friday 9 am – 10 am 11 weeks April 24th - July 3rd \$72.40

YOGA with Laurel Wichman

A yoga class that balances Yin postures (long-held, passive poses which help to increase circulation in the joints and improve flexibility) with traditional Hatha yoga postures. This practice starts with deep, introspective and quiet yoga that evolves into an energizing and uplifting yoga that sets you on your way for the rest of the day. We will also explore balancing postures to help you strengthen your core stability.

Monday 1 pm – 3 pm 9 weeks April 20th – June 22nd

\$56.25 *No class May 18th

Monday 1 pm – 3 pm 5 weeks July 13th – August 17th \$31.25

Wednesday 3 pm – 4:30 pm 10 weeks April 22nd – June 24th \$47.70

Wednesday 3 pm – 4:30 pm 5 weeks July 15th – August 12th \$23.85

*No class August 3rd

YOGA ON THE BALL with Laurel Wichman

A challenging and fun workout that combines attention to breath 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 that leaves you feeling strong, calm and centered. If you have a ball, please bring it to class.

Wednesday 1 pm – 2:30 pm

10 weeks April 22nd – June 24th \$47.70

Wednesday 9 am – 10 am 5 weeks July 15th – August 12th \$23.85

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 20th – June 29th \$42.00

Wednesday 9 am – 10 am 10 weeks April 22nd – June 24th \$42.00

Wednesday 9 am – 10 am 6 weeks July 8th - August 12th \$25.25

*No class May 18th

YOGA with Lisa Balsdon provided by Live In Motion

Beginner and advance modifications given in class. This class includes mindful meditation/visualization and breathing techniques, posture (asana's) corrections, strengthening and flexibility work. Drop-ins need to contact lisa@liveinmotion.ca, call or text Lisa at 905-706-7862 to register and check for class availability.

Tuesday 7 pm - 8:15 pm 6 weeks May 12th - June 16th \$110.20

Thursday 7 pm - 8:30 pm 6 weeks May 14th - June 18th \$125.43

*COAA members receive 10% off any package price listed

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 20th – June 29th \$42.00

*No class May 18th

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 21st - July 7th \$50.50

Tuesday 9 am – 10 am 4 weeks July 14th - August 4th \$16.80

Thursday 10:30 am - 11:30 am 9 weeks April 30th – June 25th

\$37.80

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 22nd - July 15th \$50.50

*No class July 1st



**COAAZY
CAFÉ**

Open Monday to Friday 9 am to 3 pm
**Muffins, soup & biscuits
are yummy and affordable!**

Dance Programs

BEGINNER BALLROOM & LATIN DANCE with Bob Kerby

Learn the Waltz, Rumba and Foxtrot.

Thursday 1:15 pm – 2:15 pm 10 weeks April 23rd – June 25th \$64.50

Thursday 1:15 pm – 2:15 pm 9 weeks July 2nd – August 27th \$58.00

LINE DANCING BEGINNER AND BEGINNERS PLUS with Phyll Marshall

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

Beginners 12:15pm – 1:15pm Beginner Plus 1:15 pm – 2:15 pm

Monday 10 weeks April 20th - June 29th \$30.00

*No class May 18th

SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst, Ruth Cowle & Ken McMinn (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 ending June 9th \$0.55

TAP DANCING BEGINNERS & BEGINNER PLUS with Veronica Vargas

If you know the basic steps and you want to dance, this is your class. Learn standard combinations such as Buffalos & Waltz-clog. All combinations learned will be put together to music and possibly performed.

Beginners 9 am – 10 am, Beginners Plus 10 am – 11 am

Wednesday 12 weeks April 22nd - July 15th \$50.50

*No class July 1st

Art & Music Programs

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 23rd – July 9th \$84.00

CHOIR (Drop-In)

If you enjoy singing, you will enjoy being a part of the COAAZY Crooners. This friendly enthusiastic group meets weekly to share their love of music. Sometimes performing at external community events.

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

\$1.35 drop in fee applies

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 22nd – July 15th \$84.00

*No class July 1st

SUMMER ART with Paul Livingston

Keep your art skills through the summer, by getting involved with an art class featuring Watercolors, Acrylic Painting and Drawing. Techniques, instruction and demonstrations of summer scenes. Field trips are planned (weather permitting)

Thursday 9 am - 12 pm 6 weeks July 16th – August 20th \$54.00

THEATRE GROUP (Drop-In)

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

Tuesday 1:15 pm \$1.35 drop in fee applies

UKULELE with Allanah Coles

It's easy, portable and fun! Learn the basic cords.

No experience needed.

Thursday 1 pm – 2 pm 8 weeks April 23rd - June 11th \$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 10 weeks April 23rd - June 25th \$89.00

Computer / Digital Photography Programs & Courses

With
Brian Greenway

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

Wednesdays 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.

Starting Wednesday April 22nd 1 pm

Contact Olivia at 905-697-2856 to book an appointment.

DIGITAL CAMERA CONTROLS 1

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

Wednesday June 10th 5 pm – 7 pm \$20.00

DIGITAL CAMERA CONTROLS 2

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

Wednesday June 17th 5 pm – 7 pm \$20.00

Workshops and Seminars

Please register
at the front desk

Workshops
and Seminars

Workshops
and Seminars

Workshops
and Seminars

BLOOD PRESSURE CLINIC with Coby Booth RN (FREE)

Stop by to have your blood pressure checked by our volunteer RN.

Tuesday April 21st, May 12th, June 9th & 20th
9:30 am - 11:30 am

LIVING A HEALTHY LIFE WITH CHRONIC PAIN WORKSHOP Six Week Workshop (FREE)

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

Do you have a chronic pain condition such as arthritis, musculoskeletal pain, fibromyalgia, or neuropathic pain? Do you feel tired and hurt all the time? Does it feel like your health problems are telling you what you can and cannot do? Living a Healthy Life Self-Management Workshops can put you back in charge of your life. The workshops can help you make changes in your day to day lifestyle habits around activity level, diet and stress management and will introduce you to skills and tools to be successful. These workshops will guide you to setting small weekly steps towards healthy lifestyle goals. There is not a "one answer" solution. Individuals will learn how to make changes based on their own unique life situation.

Wednesday April 22nd – May 27th 6 weeks 1 pm – 3:30 pm

WILLS & ESTATES Brought to you by RBC Bowmanville (FREE)

Creating a Will & Estate Plan is important for everyone in leaving an estate for the people they care about. But do you really know what it takes to prepare a will? In this seminar you will get a better understanding of:

- Why you should have a will?
- Preparing your will and when to review it
- Strategies that will help you provide support for your loved ones after your death
- An understanding of the critical issues involved in creating a Will & Estate Plan.

Wednesday May 13th 1 pm – 3 pm

ROLES OF AN EXECUTOR Brought to you by RBC Bowmanville (FREE)

There will be a time when you will need to decide who you should appoint as an executor of your will. There may also be a time when you will be asked to act as an executor for someone. In either situation, it is important to be clear on the duties before making this decision. In this fantastic seminar, you will get a better understanding on the following:

- Ensure you understand the role of being an executor
- What is involved to settle an estate
- How the bank can help you.

Tuesday June 16th 6 pm – 8 pm

HEALTHY CHOICES with Jason Fenton & Lisa Balsdon from Live in Motion

Come out and spend an hour and half learning about healthier choices, food substitutions and more to better your nutrition. Make better choices with these options and increase your energy by increasing your vitamins, minerals, and over all vitality naturally! Bring your questions and even some products you may have that you are unsure about and we will analyze the product for you.

Friday June 26th 10:30 am – 12 pm \$10



Upcoming Events & Fundraisers

Upcoming
Events &
Fundraisers

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Fundraisers

SMILE THEATRE – “MADE IN CANADA”

This fun song-and-dance cabaret style performance takes the audience beyond toques and poutine to celebrate all things Canadian. Sponsored by OPG

Friday April 10th 1:30 pm \$5 members/\$7 non-members

SCOTT WOODS AND HIS BAND – FIDDLING IN THE KEY OF...EH?

Tuesday April 21st, 2015 7 pm

Hope Fellowship Church – 1685 Bloor St, Courtice

Tickets \$25 Adult, \$10 Children

Available at the Front Desk at the Beech Centre

26 Beech Ave, Bowmanville or by calling 905-697-2856

YOUTH AND COMMUNITY LEADERS DINNER AND AUCTION in Partnership with the Rotary Club of Courtice

Saturday May 2nd, 2015, Doors open at 5 pm with Dinner at 6 pm, Silent and Live Auction, \$60 per person (includes: dinner, door prizes, draws and more)

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.

April 17th, May 15th and June 26th, 1 pm - 4 pm

\$3.50 members/\$4.60 non-members

VARIETY NIGHT

Join us for a great night of local entertainment.

Wednesday May 20th 7 pm – 9 pm

\$5 per person (includes refreshments and cash bar)

EUCHRE EXTRAVAGANZA(S)

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

Saturday May 23rd and July 4th, 2015 \$10 per person (limited seating so please reserve your tickets in advance)

ROTARY RIBS AND BREWS

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

Friday June 5th to Sunday June 7th. Held at GBR Arena.

OPEN MIC (FREE)

Have a talent to showcase? This is the stage for you.

Sunday June 7th @ Ribs & Brews 12 pm – 4 pm

September 20th, November 22nd at Beech Centre 1 pm – 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 16th 12 pm. Registration is required in advance so please RSVP to the Front Desk.

SMILE THEATRE

“FESTIVAL OF SMILES”

This year we are thrilled to offer a selection of our favourite Smile artists doing what they do best – songs, sketches and stories sure to please. Sponsored by OPG.

Friday June 19th 1:30 pm \$5 member/\$7 non-members

KITCHEN PARTY with Veronica & Family

You do not want to miss this family in action. Dancing, singing & more.

Sunday June 28th 2 pm Admission by Donation

HEALTH FAIR, OPEN HOUSE & REGISTRATION

Tour our facility, visit our many tradeshow booths and enjoy the fitness, dance and music demos while enjoying complimentary refreshments all day.

Wednesday September 2nd 9 am – 6 pm

Tradeshow open until 4 pm

THE COAA THEATRE GROUP PRESENTS “CALL ME DAVID”

“Call Me David” is a hilarious comedy about mistaken identity written by our own Tom Kelly. Two friends both named Dave find themselves in awkward circumstances due to a lack of proper communication. “Call Me David” will have the audience rolling in the aisles!

Saturday October 17th 7 pm – 9 pm

Refreshments will be served \$5 members/\$7 non-members