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Volume 3 | Issue 6

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Rathskamory: House of All Sorts



In the fall of 1946 the Bowmanville Lions Club moved into the Rathskamory House and converted it into a community centre.

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Visit: www.claringtonpromoter.ca

Website Link of the Month



Visit www.ClaringtonPromoter.ca Look for and click on the Link of the Month Tab. To find out more about the how the COAA promotes health and happiness of older adults.

by Charles Taws

Research assistance by
 Doris Falls and Lois Whitfield

CLARINGTON MUSEUMS AND ARCHIVES

www.claringtonmuseums.com

Did you know that the famous Canadian painter, Emily Carr, was also a writer? One of her books is entitled "The House of All Sorts". In it she describes the different people she rented apartments to in her house. I use the same title for this article but I want it to reflect the many different people who have visited the house that is now the Clarington Older Adult Centre over its 170 years of existence.

Anyone who walks up the semi-circular driveway of the Clarington Older Adult Centre can tell that the building wasn't originally built with that purpose in mind.

You can still see it was once a house and a very grand one at that. It was built in 1843 by Dr. George Humphrey Low who gave it the name Rathskamory. That makes it 4 years older than the Bowmanville Museum, known as Waverly Place, and it was built on a much grander scale. Can you imagine what the local people thought at the time? Most of them were living in small wooden houses and some still in log cabins. It must have been like a palace to them.

In 1843 Bowmanville was still growing eastward along King Street from the valley south of Vanstone Mill. The small settlement was still surrounded by primeval forest. Colonel Frederick Cubitt the second mayor of Bowmanville in 1860-61 (he actually served three terms in that office) recounted that as a young

man, in 1840; he shot and killed a bear where Lowe Street and Beech Avenue meet today.

Who was Dr. Low? Unfortunately we don't know too much as his death was in 1865, and surviving Bowmanville newspapers only begin in 1868. However, we do know that he was a wealthy, well educated Anglo-Irish doctor who came to Canada in 1833. He was the first resident doctor in the southern part of Ontario County living between Whitby and Oshawa before moving to Bowmanville. Diana Grandfield in her book, "Bowmanville: An Architectural and Social History 1794-1999" sums up nicely what we know about him, "Until anaesthetics were in common use, surgeons were judged not only by their skill, but by their speed. Apparently, Dr. Low

was exceptional and in demand well beyond the confines of Bowmanville." He lived here in grand style with servants and entertained lavishly. He led a distinguished life and was active in religious, political and military affairs. One incident we find concerning Dr. Low takes place during the Rebellion of 1837. Early one morning John Burk of Bowmanville was awakened to find his house surrounded by soldiers lead by Dr. Low. Rumour had it that the notorious rebel Ben Lett was being hidden in the house and Dr. Low, in charge of a local militia brigade, was instructed to find him. Mr. Burk knew nothing of the matter but the soldiers searched his house from top to bottom. They found nothing and the Burks treated them all to a hearty breakfast and bid them

Continued on Page 4

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Do You Need a Shareholders' Agreement?



by Peter Hobb

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If your company has more than one shareholder the answer is yes. On more than one occasion I have had the experience of assisting businesses with multiple shareholders where the relationship between the shareholders has broken down and they were unable to resolve their differences. In these situations there was no shareholders' agreement. If there had been an agreement a lot of stress, pain and expense could likely have been avoided or significantly reduced.

A shareholders' agreement is a document that outlines how a business will be administered, the responsibilities of the different

parties to the agreement, the decision making process for major decisions, how ownership can be transferred or sold, financing of the business, arbitrating disputes, situations under which a shareholder can be expelled, etc. What the agreement will include will depend on the parties' circumstances and needs and the relevant corporate law. A shareholders' agreement not only provides protection for the shareholders but also protects the interests of close family members who could be affected by what happens in the business. If you are involved in a partnership the same arguments for having a shareholders' agreement apply to having a partnership agreement. A number of the same issues would be covered in a partnership agreement.

If a dispute develops between two or more shareholders the parties still have the option of negotiating a resolution that may be different than what is outlined in the shareholders' agreement. The shareholders'

agreement comes into play if the disputing parties cannot resolve their differences. It works like a safety net to ensure that shareholder disputes are resolved in a timely manner and at minimal cost while making sure such disputes do not disrupt the operation of the business significantly.

In addition to providing a blue print for resolving shareholder disputes these agreements also set out what happens in the case of premature death or long term disability of a shareholder. On death a sale will likely be triggered. The shareholders' agreement will normally set out how the price of the shares owned by the deceased shareholder will be valued, the payment terms, interest to be applied to any unpaid balance and security. The agreement may also require that life insurance be carried on the lives of each of the shareholders to ensure funds are available to purchase the shares of a deceased shareholder. The death of a shareholder highlights the importance

of having a shareholders' agreement. For example if there is no agreement the terms of the deceased shareholders' will may dictate who ends up with the shares. This may be contrary to what the other shareholders may think should happen. At this point it may be very difficult to negotiate a different outcome. A shareholders' agreement makes it very clear what will happen reducing stress for all involved at a very stressful time.

A shareholders' agreement would also set out those items which require the unanimous decision of shareholders. These items may include the purchase or sale of major assets, payment of dividends, material change in the nature of the business, remuneration of shareholders, contracts with shareholders or related parties, etc.

Shareholder agreements should be negotiated in the beginning of the business relationship when everybody is getting along. However, it is never too late to put one in place. There are a



number of other issues that would be covered in a shareholders' agreement in addition to what I have discussed in this article. Normally you would consult with your lawyer and accountant in developing the agreement. Your lawyer would draft the agreement. I caution you that you will likely not

think of every issue that could arise in developing the agreement. For this reason the agreement should be periodically reviewed and amended as appropriate, say every five years or when there is a shareholder change.



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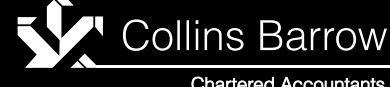
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Opinions and Views

Up and Coming Events



by **Jim Abernethy**, Publisher
jim@claringtonpromoter.ca

I trust you are enjoying the summer that finally arrived. It appears that if you are fortunate enough to have a little space for a vegetable & herb garden, and you actually planted one, that you will be rewarded with a bountiful

crop this season. many competitions at the Orono Fair which has taken place every year for the past 161 years on the first weekend after Labour Day. For details visit www.oronofair.com or call (905) 983-9510.

Sorry, as of press time we had no date for the arrival of The Stanley Cup, however it is coming to the Orono Arena. Once that date has been determined it will be posted on the Clarington Promoter website, visit www.claringtonpromoter.ca Bryan Bickell invites everyone to attend and asks that you please bring a donation for one of our local food banks.

The Third Annual Bryan Bickell Charity Classic Golf Tournament takes place on Friday August 23 at the Black Diamond Golf Club located on Highway 115.

For information about the 3rd Annual Bryan Bickell Charity Classic Golf Tournament, including sponsorship opportunities, contact Chad Maartense by email address: chadmaartense@gmail.com

This edition contains a special pull-out feature for the Clarington Older Adults Association which celebrates 15 years of service in their historical building located on Beech Street in Bowmanville. I encourage you to get involved in the many programs they offer or perhaps consider becoming a volunteer..... see insert for all the information.

Recently, I was interviewed by Canada's business newspaper The Globe and Mail about real estate opportunities in Clarington. If you are interested in reading that interview it has been reprinted on page 15 of this edition.

By the way, if you know anyone looking for a 10 acre hobby farm on a quiet country road east of Brimacombe Ski Hill - I have a great opportunity that may need a little updating inside but has well-built structurally sound buildings..... priced well at \$475,000. Great spot (nice soil) to plant a vegetable garden!

crop this season.

If not, start planning now for next season by clearing an area and amending the soil with organics like sheep manure, compost and leaves that will start falling in another 8 weeks or so.

But before they do - there will be lots of time to get out and enjoy summer activities in Clarington.

For those serious gardeners and makers of preserves you might consider entering some of your produce in one of the



by **Rik Davie**,
Managing Editor

rik@claringtonpromoter.ca

THE SELF-PROMOTER

It's been an interesting couple of weeks around my house.

This past month alone I have had a full knee replacement... the second one no less.... finally managed three weeks with no nicotine of any kind and become a full-time burden

of-the-groom and poor Red is a bundle of frayed nerves shackled to a drug soaked house patient..... wow!

Now university girl is getting things well packed and organized and helping me with whenever I need as I need it as progress from bed-ridden to cane ridden to one cane and an ugly mood.

So quite a house of mood swings we are all living in just now!

But, as I begin to get around better on my brand new knee and the kids begin to embark on their newest life chapters it does give one pause to remark on how resilient the family group can be.

There is no doubt that Red is the rock upon which this particular family rests and despite the many changes happening and the multitude of crisis in the past 90 days or so every member of the family, Red, the student, the bride and groom and even the smallest member of the clan, the boss, have taken time to help the rest of the clan with their particular problem of the moment.

When I arrived home from the fantastic care I received at Lakeridge Health Oshawa and the amazing nursing team on the surgical ward, I had the full-time services of the boss as my nurse.

Just let a seven-year-old girl play hospital with a real live patient for a few days and she's in her glory. All the cold drinks and ice packs one could ever ask for and then some.

Red and Jim have taken up most of the burden for this edition of The Promoter so consider this my thank you to my family for putting up with the handicapped ill-tempered guy and my doctors note for not doing a lot to get out this edition. And a word to the wise... look after yourself when your young because when your old and the bills for a misspent youth come in they are hefty!!!

Guess I should be thankful that they are still making after market parts for 1953 models!!!

on red and the boss.

The university kid... Red's oldest daughter... is moving out and off to university. So along with getting no sleep at all and having to nurse me through pain killers and pills too numerous to mention she is prone to fits of tears mixed with joy as she prepares the university student to live on her own and out of mother's reach.

Couple that with the wedding of Red's son last month and the tears and fears that go along with being mother-

Featured Property
of the month

187 Acres

\$5,157/acre

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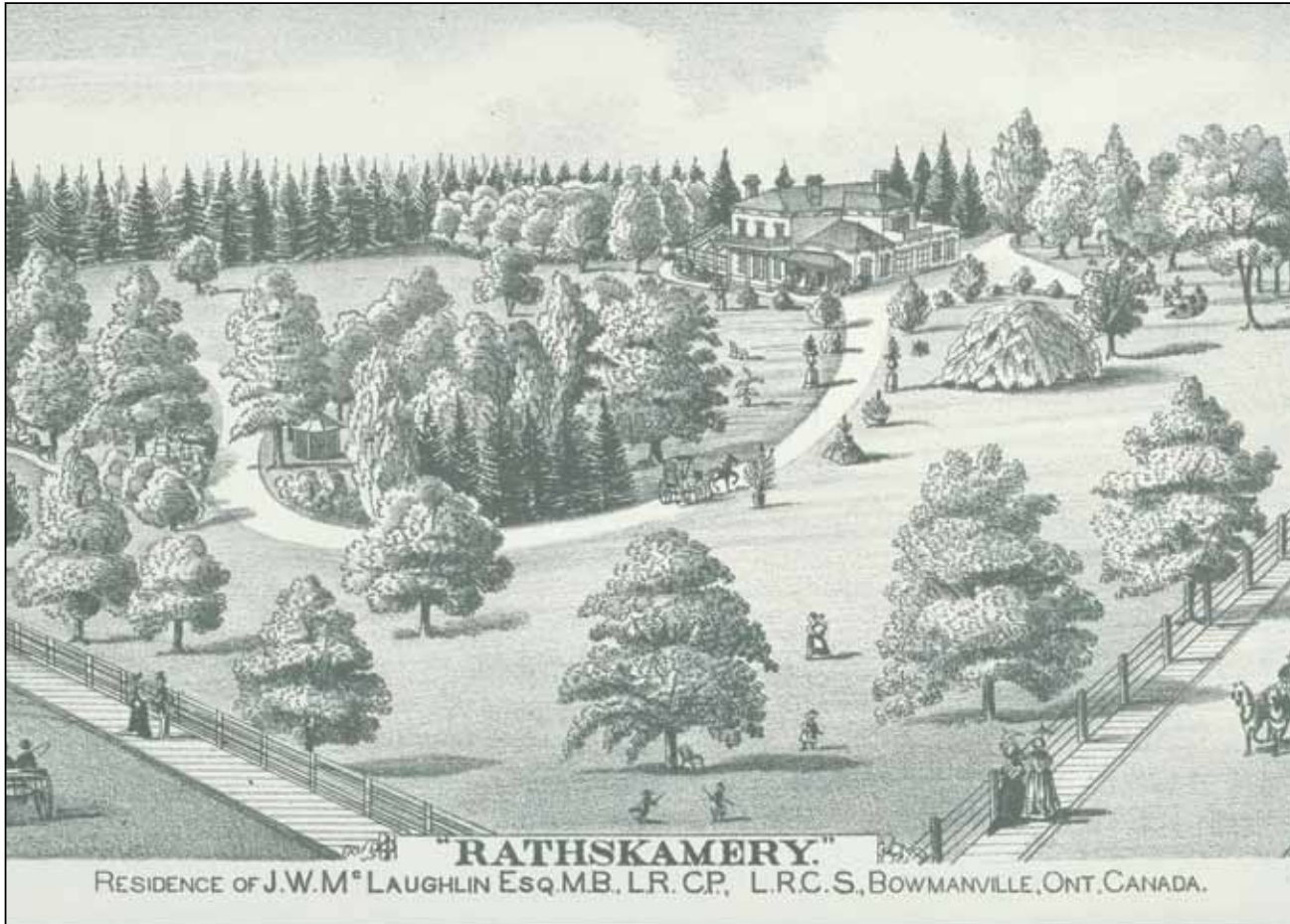
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Spectacular family retreat offers privacy & breathtaking view to Lake Ontario from one of the highest points where Wilmot Creek (famous for trout & salmon) springs from the Oak Ridges Morain into the mature forest of the rolling Kendal Hills. Some lands are cultivated, mostly forest. Three bdrm main house, two bdrm guest cottage with pool, out-buildings and more. First time offered since late 1960's.

Contact Jim Abernethy for more details to arrange for a personal viewing.
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The House of All Sorts



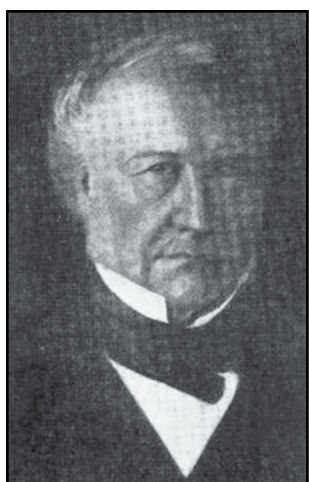
Rathskamory House was built in 1843 by Dr. George Humphrey Low who gave it the name Rathskamory.

Continued from Page 1

good-bye. Years later it was found that Burk's young son, David, had pretended to be Ben Lett to frighten a newly arrived Irishman working on his father's farm.

Rathskamory wasn't the only estate in Bowmanville. In the 1840's this part of Bowmanville was where the wealthy were building their large houses with beautiful expanses of manicured lawns. Some other nearby estates include Marnwood, The Evergreens and Dundurn. The grand houses still stand but during the 1870's the grounds were divided into lots and sold off. Rathskamory has the distinction of being the only estate in Bowmanville with gatehouses. The front gate house is gone; it stood where 30 Lowe Street now stands. The back gate house still stands and is part of a home on the south west corner of Beech Avenue and Concession Street.

Later owners of the estate include Dr. James Wellington McLaughlin. He was the brother of Robert who founded the McLaughlin Carriage Company. Dr. McLaughlin had a large and successful medical practice in Enniskillen and Bowmanville. Many remarked on his uncanny resemblance to British Prime Minister W.E. Gladstone. Dr. McLaughlin sold the lots and reduced the estate to 4 acres. Many of the beautiful houses on Beech Avenue and Centre Street date from this time. When Dr. McLaughlin died the house passed to his son Arthur. Arthur was killed in 1916 at the Battle of the Somme and his sister, Mary became owner. She had married Edmund S. Senkler and they retained the house until Mary's death in 1937. During World War II the Boys' Training School just east of Bowmanville was converted into a German



Dr. George Humphrey Low was an Anglo-Irish doctor who immigrated to Canada in 1833. He was the first resident doctor in the southern part of Ontario County living between Whitby and Oshawa before moving to Bowmanville. a surgeon who lived in grand style with servants and entertained lavishly.

Prisoner of War Camp. Some boys were sent home and others were taken to Rathskamory and The Evergreens where they operated as a temporary school until 1945.

In the fall of 1946 the Bowmanville Lions Club moved into the house and converted it into a community centre. The Lions Club is an international organization that provides a wide variety of community and charity programs. In Bowmanville they formed in 1935 and met at various locations on King Street before buying the Senklar property for \$3,500. Andy Thompson remembered, "This was considered a tremendous venture at that time, and I well remember the many discussions, pro and con, on the question by our members." Under them it became a hive of activity with many different social and community events being held. Banquets, dances, concerts, parties and meetings all happened frequently. The large addition to the south, added in 1953 at a cost of \$40,000, was to accommodate the increased usage of the property. The upstairs had a beautiful auditorium and banquet hall while the basement was a Scout hall.

It was still an actively used building when in 1989 a committee of older adults and local service club representatives began working with the Municipality to establish an activity centre for older adults. In 1992 Municipal Council established an advisory committee which became the Clarington Older Adult Centre Committee. They began offering programs at the Lions Centre in 1994. They were just one of many groups offering programs and services from the premises. In 1998 the Clarington Older Adult Association purchased the property from the Lions Club and the many renovations that bring it to its current status began.

This house is a blessed structure. From its beginnings in 1843 it has always been a place where people meet and have a good time. Whether it is a garden party from the Victorian age or a painting class today. It is truly a house for all sorts of people. It has always been a focal point in the community and will continue to be so for many years to come.

In August check out the Museum's display on Rathskamory at the Older Adult Centre. This has been a wonderful summer at the museums and the Wednesday Afternoon teas on the veranda at the Bowmanville Museum couldn't be more popular. If you want to come, be sure to make a reservation (905-623-2734). This fall we'll be introducing Curator's lecture series. The first one in September will be on Canadian Dolls, October's will be on stuffed toys, and November will be a show and tell with a brief discussion on collectible toys. Check out the website for more details (www.claringtonmuseums.com) and we're also on facebook and twitter.

*Durham Regional
Police Brief's*



Motorcyclist Injured in Collision

A 55-year old motorcyclist received multiple injuries after a two-vehicle collision in Bowmanville on Saturday.

On Saturday, July 20, 2013, at approximately 2:40 p.m., a 55-year-old motorcyclist from Millbrook was travelling northbound on Regional Road 42 when a southbound Pontiac G5 vehicle turned in front of her onto Concession Road 5. The two vehicles collided, throwing her off the motorcycle.

She was taken to Lakeridge Health-Bowmanville with multiple, non-life threatening injuries, including compound fractures to her arm and injuries to her pelvis. The driver of the southbound vehicle, 24-year-old Jessica ROBERTSON, of Somerville Drive in Oro-no, was charged with Turn Not In Safety under the Highway Traffic Act.

The roadway was shut down for a short period of time while investigators conducted the investigation. Officers would like to speak to anyone who may have information about or may have witnessed this collision. The investigation is ongoing and charges are pending.

Anyone with information about this incident is asked to call Cst. Frech of East Division at 1-888-579-1520 ext. 1687.

Anonymous information can be sent to Durham Regional Crime Stoppers at 1-800-222-TIPS (8477) or online at www.durhamregionalcrimestoppers.ca and tipsters may be eligible for a \$2,000 cash reward.

CLARINGTON

Promoter.ca

ANNOUNCEMENT:

This is the last monthly edition of the Clarington Promoter.

Look for future Special Editions.

This is due to production and distribution costs exceeding advertising revenues.

The Clarington Promoter will continue to be available online: www.claringtonpromoter.ca

WE WISH TO THANK EVERYONE FOR YOUR CONTINUED SUPPORT



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 Fall 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 Interest

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- Fitness

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- Fitness, Dance

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- Art & Music
- Computer/Photography Programs

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- Computer Workshops
- Workshops & Seminars
- Celebrating 15 Great Years

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- Upcoming Events & Fundraisers

General Information

General Information General Information General Information General Information General Information General Information 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

Fall program registration starts Wednesday September 4 at Open House. Pre-registrations will be accepted prior to September 4. Please drop off your completed registration form with payment to the front desk.

Please note that pre-registrations will be processed on September 4 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 Town Hall
20 King Ave. W, Newcastle



Newcastle & District Recreation Complex
1780 Rudell Rd., Newcastle

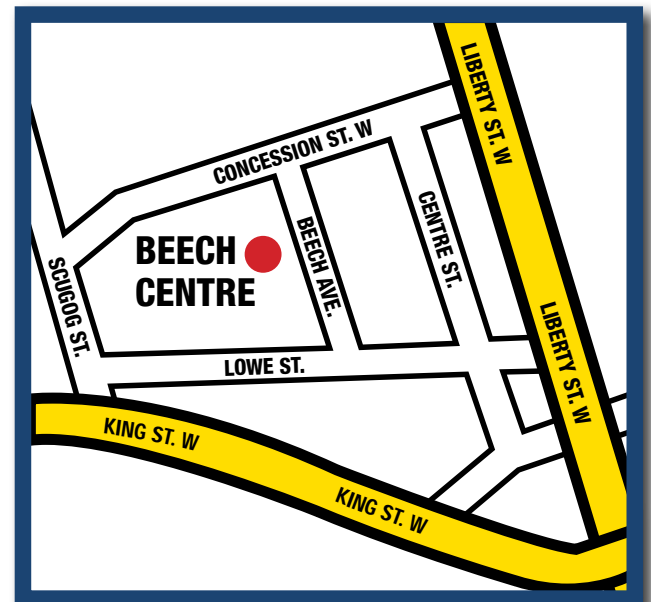


Orono Town Hall
5315 Main Street Orono



South Courtice Arena
1595 Prestonvale Rd, Courtice

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 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

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 4pm.

This helps staff and volunteers with planning and preparation.

FREE - PARTNERSHIP PROGRAM with



Join us for Social Bridge & Euchre, Wednesday October 9th & November 13th - 2:30 pm

Includes post game refreshments • 65 Clarington Blvd, Bowmanville Ontario 697-9992

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	
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	Drop In Time (Courtice)	9 am - 12 pm	Mexican Train Dominoes	10 am	Open Art	9 am-12 pm
Drop In Time (Courtice)	9 am - 12 pm	Scrabble	9:30 am	Choir	10 am	Pickleball (Newcastle)	12:30 pm	Baking last Friday/Month*	9 am
Book Club	10 am	Social Bridge	9:30 am	Badminton (Newcastle)	9:30 am	Bid Euchre	1 pm	Tone & Strengthen with weights	9:20 am
Wood Carving	10 am	Table Tennis	10 am	Courtice Book Club (Courtice)	11 am	Craft Group	1 pm	Pickleball (Newcastle)	12:30 pm
Pickleball (Newcastle)	9:30 am	Billiards	12 pm-6 pm	Open Art	12 pm	Social Bridge	7 pm	Duplicate Bridge	1 pm
Duplicate Bridge	1 pm	Square Dancing	12:45 pm	Canasta	1 pm	Texas Hold'em Poker	7 pm	Darts	1 pm
Cribbage	1 pm	Badminton (Newcastle)	12 pm	Weekly Drop-Ins Fee Schedule Duplicate Bridge.....\$3.50 Square Dancing.....\$0.55 All other drop in programs.....\$1.35 Walking.....Free Progressive Euchre.....\$3.00 Early Bird 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 *Walking indoors starts November 4th				500 Cards	1 pm
Knitting/Crocheting Group	1 pm	Friendship Club	1 pm					Jam Session	1 pm
Bid Euchre	7 pm	Theatre Group	1 pm					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.	
		Bingo	1 pm & 2:15 pm						
		Progressive Euchre	7 pm						
		Shuffleboard	7 pm						

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

BEGINNER FRENCH LESSONS

with Cecile Paxton

Learn the basic vocabulary and conversation of the French language.

Tuesdays 1:30 pm – 3:30 pm 12 weeks

September 17 to December 3 \$72.00

BOOK CLUB (Drop In)

(Held at Beech Centre)

Meet one Monday a month at 10 am for an engaging discussion about the monthly book. **\$1.35**

August book: *Curious Incident of the Dog in the Night-Time* by Mark Haddon

Meeting date: Monday September 16

September book: *The Moonstone* by Wilkie Collins

Meeting date: Monday October 21

October book: *Always Looking Up* by Michael J Fox

Meeting date: Monday November 18

November book: *Please Look After Mom* by Kyung-Sook Shin

Meeting date: Monday December 16

December book: *Never Let Me Go* by Kazuo Ishiguro

Meeting date: Monday January 13

NEW BRAIN GYM (or how to live to 100 and enjoy it!) with Laura Clements

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.

Mondays 1 pm – 2 pm 8 weeks

September 16 to November 11 \$34.00

NO Class October 14

NEW 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.

1 pm – 3 pm, Thursdays starting September 12, \$1.35

CULINARY LESSONS with Chef Georg

Wednesday October 23, 1 pm – 3 pm:

Bowman's Organic Beef \$5.00

Wednesday November 27, 1 pm – 3 pm:

Cold Hors D'Oeuvres \$5.00

Wednesday December 4, 1 pm – 3 pm:

Hot Hors D'Oeuvres \$5.00

NEW DROP IN PROGRAMS AT COURTICE

(Held at Courtice Community Complex) CC

Mondays and Wednesdays

Beginning September 9, 9 am – 12 pm

Open Art and Crafts (Bring your own supplies), Games (cards, scrabble and more, all provided)

\$1.35 members / \$1.70 non-members

(Pay at reception desk upon arrival)

CCC Closed Monday October 14

NEW COURTICE BOOK CLUB (Drop In)

(Held at Courtice Community Complex) CC

Meet one Wednesday a month at 11 am for an engaging discussion about the monthly book.

\$1.35 members \$1.70 non-members

September book: *Next Thing on my List* by Jill Smolenski

(pick up book August 28 at CCC Hall B)

Meeting date: September 25

October book: *Old City Hall* by Robert Rotenberg

Meeting date: October 23

November book: *Dear Fatty* by Dawn French

Meeting date: November 20

December book: *Group to decide*

Meeting date: December 18.

NEW 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.

Fridays 12:30 pm to 1:30 pm 4 weeks

October 4 to 25 \$20.00

INTERMEDIATE BRIDGE LESSONS with Bill Peel

(Held at South Courtice Arena) SCA

These series of lessons follow the Audrey Grant learning system of bridge; the diamond series. 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.

Tuesdays 10 am - 11:30 am 10 weeks

October 8 to December 10

\$45.00 members / \$50.00 non-members

BETTER BRIDGE with Bill Peel

Lessons and tips are from the Audrey Grant series of learning bridge. Come and learn how to bid better, play superb defence; trick your opponents and maximize your scoring in a relaxed social atmosphere.

Wednesdays 1 pm to 2:30 pm 10 weeks

October 9th to December 11 \$45.00

INTRODUCTION TO ENERGY MEDICINE with Donna Elliott

Experiential class that explores different Energy Medicine Techniques. Test your compatibility to medications, foods and supplements. Experience simple energy techniques that boost your energy and immune system. Introduction to acupuncture, reflexology, chakra's, meditation and more.

Wednesdays 1:30 pm - 2:30 pm 10 weeks

September 18 to November 20 \$42.00

SPANISH LESSONS LEVEL 1

with Alan Bayliss

Hola! Let's go south to learn the basics of Latin-American Spanish. No previous knowledge is required. You will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and many other things including cultural aspects. All course material will be supplied but bring paper and pen to take notes. There is some optional homework involved.

Mondays 1 pm to 3 pm 10 weeks

September 16 to November 25 \$59.50 or

NO Class Monday October 14

NEW **Wednesday 7 pm to 9 pm 10 weeks**

September 18 to November 20 \$59.50

SPANISH LESSONS LEVEL 2

with Alan Bayliss

Más español! Spanish 1 or some prior knowledge is required. The program will continue with the lessons learning more verbs, nouns and adjectives in general conversation. Topics include weekend activities, the family, possession and more complex numbers. About one hour per week of homework will be required.

Wednesdays 10 am - 12 pm 10 weeks

September 18 to November 20 \$59.50

NEW **Tuesdays 7 pm – 9 pm 10 weeks**

September 17 to November 19 \$59.50

SPANISH LESSONS LEVEL 3

with Alan Bayliss

¡Aún más español! Spanish 2 or a good basic knowledge is required. Learn more verbs tenses, nouns and adjectives in conversation at the bank, post office and shopping. Topics include talking about the family, having a party, clothing, comparisons and common expressions. About one hour per week of homework will be required.

NEW **Mondays 7 pm to 9 pm 10 weeks**

September 16 to November 25 \$59.50

NO Class Monday October 14

Wednesdays 1 pm - 3 pm 10 weeks

September 18 to November 20 \$59.50

NEW SPANISH LESSONS LEVEL 4 with Alan Bayliss

Este programa es para los que ya completaron español nivel 3 o el equivalente. Continuará con las lecciones como antes, en el supermercado, el restaurante y el hospital. Estudiaremos pronombres directos, indirectos y reflexivos usados juntos, verbos en el tiempo pasado y mucho más. Para obtener los beneficios del programa se requiere un mínimo de una hora de tarea por semana se requerirá. Si usted no está seguro que este es el nivel conveniente para usted, hay una auto evaluación breve disponible para ayudarlo a decidir.

Mondays 10 am – 12 pm 10 weeks

September 16 to November 25 \$59.50

NO Class Monday October 14

Fitness

Fitness 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 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.

Wednesdays 10 am - 11 am 12 weeks

September 18 to December 4

\$50.50 members/ \$55.50 non-members

Fridays 10 am - 11 am 12 weeks

September 20 to December 6

\$50.50 members/ \$55.50 non-members

BADMINTON (Drop in)

(Held at Newcastle and District Recreation Centre) 

NEW Tuesdays 12 pm - 3 pm

September 10 to December 17

Wednesdays 9:30 am - 12 pm

September 11 to December 18

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

(Pay at reception desk upon arrival)

BOWLING LEAGUE

(Held at Newcastle Town Hall) 

Join us for a fun social mixed league.

Thursdays 1 pm or 2:30 pm

September 12 to April 3 \$29.05

2 games will be played each week - cost of games \$5.00

Includes prize and end of the season banquet

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.

Mondays 9 am - 10 am 12 weeks

September 16 to December 9 \$50.50

NO Class Monday October 14

Fridays 9 am - 10 am 12 weeks

September 20 to December 6 \$50.50

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!

Thursdays 1:15 pm - 2:15 pm 12 weeks

September 19 to December 5 \$50.50

FABULOUS MUSCLES

with Lydia Vooyo

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

Fridays 10 am - 11 am 12 weeks

September 20 to December 6 \$50.50

PICKLEBALL (Drop In)

(Held at Newcastle and District Recreation Centre) 

Mondays 9:30 am - 12:30 pm September 9 to December 30

NDRC closed Monday October 14

Thursdays 12:30 pm - 3 pm September 12 to December 19

Fridays 12:30 pm - 3 pm September 13 to December 27

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

(Pay at reception desk upon arrival)

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 12 weeks

September 16 to December 9 \$50.50

NO Class Monday October 14

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 - 11 am 12 weeks

NO Class Monday October 14

September 16 to December 9 \$50.50

Tuesdays 7 pm - 8 pm 12 weeks

September 17 to December 3 \$50.50

Thursdays 10 am - 11 am 12 weeks

September 19 to December 5 \$50.50

NEW Thursdays 7:10 pm - 8:10 pm 12 weeks

September 19 to December 5 \$50.50

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 12 weeks

September 18 to December 4 \$41.00

Fridays 9 am - 9:45 am 12 weeks

September 20 to December 6 \$41.00

Bring Resistance Bands with handles to class

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.

Mondays 2:30 pm - 3:30 pm 12 weeks

September 16 to December 9

NO Class Monday October 14

\$50.50 members/ \$55.50 non-members

(Held at Courtice Community Complex) 

Thursdays 6 pm - 7 pm

12 weeks September 19 to December 5 \$50.50

(Held at Beech Centre)

Bring Resistance Bands with handles to class

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 12 weeks

September 18 to December 4 \$63.00

Wednesdays 12 pm - 1 pm 12 weeks

September 18 to December 4 \$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.

Mondays 1:30 pm - 2:30 pm 12 weeks

September 16 to December 9

NO Class Monday October 14

\$50.50 members/ \$55.50 non-members

(Held at Courtice Community Complex) 

Tuesdays 10:30 am - 11:30 am 12 weeks

September 17 to December 3 \$50.50

Fridays 10 am - 11 am 12 weeks

September 20 to December 6 \$50.50

(Held at Beech Centre)

Bring Resistance Bands with handles to class

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 12 weeks

September 17 to December 3 \$50.50

NEW Fridays 11 am - 12 pm 12 weeks

September 20 to December 6 \$50.50

Bring Resistance Bands with handles to class

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, osteoporosis).

Beginner: Mondays 10 am - 11 am 10 weeks

September 16 to November 25 \$42.00

NO Class Monday October 14

Intermediate: Mondays 11 am - 12 pm 10 weeks

September 16 to November 25 \$42.00

NEW URBAN POLE FALL FOLIAGE WALK with Laura Clements

Get all the added benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, improve posture and balance) while exploring a variety of local trails. While you feast your senses on the wonderful fall colours. Trail list will be available at the Beech Centre. Suitable for everyone. Urban Poles (the strapless fitness poles) will be available for purchase or rent.

Mondays 10 am - 11:30 am 10 weeks

September 16 to November 25 \$45.00

NO Class Monday October 14

Wednesdays 10 am - 11:30 am 10 weeks

September 18 to November 20 \$45.00

Fitness

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

NEW URBAN POLE WALKING with Laura Clements

(Departing from Courtice Community Complex) CC

Boost your walk by using Urban Poles. Burn more calories, tone core and upper body, reduce stress on knees and hips, and improve posture. Each participant will get one on one instruction to ensure they are getting the most benefit from the poles. A variety of fitness moves incorporating the poles will be taught. Suitable for all fitness levels, and both new and experienced Urban Polers. Poles may be purchased from instructor, or borrowed from CCC.

Tuesdays 6:30 pm – 7:30 pm 6 weeks

September 17 to October 22

\$25.50 members/ \$30.50 non-members

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 12 weeks

September 16 to December 9 \$50.50

NO Class Monday October 14

Wednesdays 9 am – 10 am 12 weeks

September 18 to December 11 \$50.50

NO Class Wednesday September 25

(Held at Beech Centre)

Fridays 1:30 pm – 2:30 pm 12 weeks

September 20 to December 6

\$50.50 members/\$55.50 non-members

(Held at Courtice Community Complex) CC

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.

Mondays 10 am – 11 am 12 weeks

September 16 to December 9 \$50.50

NO Class Monday October 14

Wednesdays 10 am – 11 am 12 weeks

September 18 to December 11 \$50.50

NO Class Wednesday September 25

NEW 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.

Wednesdays 2 pm to 3:30 pm 12 weeks

September 18 to December 4 \$57.00

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.

Mondays 1 pm – 3 pm 12 weeks

September 16 to December 9 \$75.00

NO Class Monday October 14

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.

Wednesdays 4 pm – 5:30 pm 12 weeks

September 18 to December 4 \$57.00

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 12 weeks

September 16 to December 9 \$50.50

NO Class Monday October 14

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 12 weeks

September 17 to December 10 \$50.50

Thursdays 10:30 am – 11:30 am 12 weeks

September 19 to December 12 \$50.50

NO class October 24 & 29

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 11 weeks

September 18 to December 11 \$46.50

NO class September 25 & October 30

COMBO CLASS with Lydia Vooy

All the benefits of Cardio with Pep and Fabulous Muscles in the same class!

Wednesdays 8 am to 9 am 12 weeks

September 18th to December 11th

***No class September 25th**

Or Thursdays 10 am to 11 am 12 weeks

September 19th to December 5th

\$50.50

Dance

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

BALLROOM & LATIN DANCE with Instructor Barbie Cameron Assistant John Pyatt

(Held at Newcastle and District Recreation Centre) NC

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory. No partner necessary.

Please no rubber soled shoes

International Bronze: Learn the Waltz, Rumba and some Viennese W. & Mambo.

Wednesdays 1 pm - 2 pm 12 weeks

September 18 to December 4

\$64.50 members / \$69.50 non-members

Advanced: Learn the Waltz, Rumba and some Viennese W. & Mambo.

Wednesdays – 2 pm – 3 pm 12 weeks

September 18 to December 4

\$64.50 members / \$69.50 non-members

Intermediate: Learn the Waltz, Rumba and some Mambo.

Wednesdays 3 pm - 4 pm 12 weeks

September 18 to December 4

\$64.50 members / \$69.50 non-members

Beginner: Learn the Waltz, Cha-Cha & some Polka.

(Held at Beech Centre)

Thursdays 11:30 am – 12:30 pm 12 weeks

September 19 to December 5 \$64.50

LINE DANCING BEGINNERS with Phyll Marshall

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

Mondays 12:15 pm – 1:15 pm 12 weeks

September 16 to December 9 \$30.00

NO Class Monday October 14

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 12 weeks

September 16 to December 9 \$30.00

NO Class Monday October 14

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 12 weeks

September 20 to December 6 \$30.00

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.

Tuesdays 12:45 pm - 2 pm

September 10 to December 17 \$0.55

***No square dancing on September 24, October 8,**

November 26 & December 3*

TAP DANCING BEGINNERS with Veronica Vargas

If you know the basic steps and you want to dance with enough time to enjoy your step before switching to another; this is your class.

Wednesdays 9 am – 10 am 12 weeks

September 18 to December 11 \$50.50

No class Wednesday October 30

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.

Wednesdays 10 am – 11 am 12 weeks

September 18 to December 11 \$50.50

No class Wednesday October 30

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.

Thursdays 1 pm – 3 pm 12 weeks

September 19 to December 5 \$72.00

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 12 weeks

September 18 to December 4 \$72.00

RECREATIONAL AFRICAN DRUMMING

Level 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.

Fridays 10 am – 11 am 12 weeks

September 20 to December 6 \$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.

Fridays 11 am – 12 pm 12 weeks

September 20 to December 6 \$50.50

THEATRE GROUP (Drop In)

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

Tuesdays Starting September 17 at 1 pm – \$1.35

UKULELE LESSONS

with Allanah Coles

Have fun learning the basic chords.

Thursdays 1 pm – 2 pm 8 weeks

September 19 to November 14 \$12.00

No class Thursday October 24

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 12 weeks

September 19 to December 5 \$107.00

Computer Programs

With Brian Greenway
or Bill Peel

Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs Computer Programs

LEARN THE INTERNET

Topics will mostly come from the needs and interests of the members of the class. Security is always a big concern and will be covered with lots of other tips on searching information, web-based email, shopping, and social network sites using your favourite internet browser.

Tuesday October 22 & 29 – 7 pm - 9 pm \$36.00

NEW WORD PROCESSING BASICS

Completely necessary, but rarely used properly, word-processing is key to a better experience on any device from smartphones, tablets, to laptops. Learn some key concepts and skills for more efficient editing. Lots of tips and tricks for editing and making the most of your software.

Monday October 28 – 9:30 am – 11:30 am \$18.00

“GETTING SORTED”: ORGANIZING YOUR DIGITAL PICTURES

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

Thursday November 7 & 14 – 7 pm - 9 pm \$36.00

NEW SPREADSHEETS I

Why is the most useful software available hardly used and understood? Excel, Numbers, OpenOffice Calc, and MS Works provide ways to store tables of data to do sorting and calculations that are extremely powerful in the way they can predict. This will be a hands-on, basic Introduction with practical examples.

Monday October 28 – 9:30 am – 11:30 am \$18.00

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 November 26 & December 3 – 7 pm - 9 pm \$36.00

COMING SOON!

- Advanced PC
- Macintosh Applications
- Follow Up & Additional help in rthe Apple/PC World
- Internet Made Easy

Contact the front desk or registration information.

Photography Programs

With Brian Greenway
or Bill Peel

Photography Programs Photography Programs Photography Programs Photography Programs Photography Programs

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. We will visit different Clarington locations and explore different styles of photography such as landscape, architecture, nature, macro, panorama and portrait. The group will be kept small to maximize one-to-one help from the instructor.

Fridays 9 am – 11:30 am 4 weeks

October 11 – November 1 \$63.50

TAKING BETTER TRAVEL PICTURES- LEARN TEN WAYS TO SUCCESS

After a trip are you a little disappointed with your images? Learn ten simple, yet effective techniques, for capturing the moment and making more memorable photographs.

Thursday October 17 – 7 pm -9 pm \$18.00

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 October 24 – 7 pm – 9 pm \$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 October 31 – 7 pm – 9 pm \$18.00

ADOBE LIGHTROOM FOR PHOTOGRAPHERS

Lightroom is organized into modules making Lightroom both quicker to master, and faster in performance than Photoshop. 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.

Tuesdays 7 pm – 9 pm 3 weeks

November 5 to 19 \$51.00

Note: Courses in Adobe Photoshop can be arranged if there are a sufficient number of requests. Photographers should consider learning Adobe Lightroom before moving to the more complex features of Photoshop. Lightroom has been developed specially for photographers by Adobe.

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.

Thursday November 28 – 7 pm- 9 pm \$18.00

BRIAN'S DIGITAL CAFÉ

Free Computer, Internet & Photography Support.

Wednesdays starting October 9 from 2 pm – 4 pm

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. Contact front desk to book an appointment.

COMING SOON!

- How to take Better Photos
- Digital Camera Tips
- Digital Photographic Editing
- Lightroom

Contact the front desk or registration information.

Computer Workshops

With Bill Peel

BASIC Basic entry level of skill**MEDIUM** Medium level of skill**ADVANCED** Advanced level of skill**GENERAL INTEREST** NO skill needed

BASIC COMPUTER SKILLS FOR PC

This course will focus on the use of the mouse, keyboard, and on-screen commands. Basic editing skills and simple file management will be covered. Bring your own laptop if you would like to learn on your own computer.

Monday October 21 to November 4, 3 weeks

9:30 am - 11:30 am \$51.00

APPLE COMPUTING

This demonstration will share the Apple collection of products designed to excite you about the ease of use and inter connected nature of the devices. Why buy any of these products? Are they complicated? How do they work? Which product suits your needs and interests?

Friday October 11

9:30 am to 11:30 am

\$12.00 members/ \$17.00 non-members

INTRO TO IPAD TABLET

(Held at Courtyce Community Complex)

Join us for a demonstration of how to use the iPad and all the functions that it has to offer. What is a tablet? How are they different? What can I use an iPad for? Before I buy one, what should I know? (no iPad necessary)

Friday October 18

9:30 am - 11:00 am

\$12.00 members/ \$17.00 non-members

IPAD IN DETAIL

(Held at Courtyce Community Complex)

This class will share in detail exactly how to operate an iPad and will explore not only the basic apps that are offered and the system settings, but will explore the many applications that can enhance your learning and joy of owning an iPad.

Friday October 25

9:30 am - 11:30 am

\$18.00 members/\$22.00 non-members

THE MACINTOSH COMPUTER

(Held at Courtyce Community Complex)

These classes are designed to help understand how the Apple Macintosh computer works. Learn about iPhoto, iTunes and the ease of the operating system.

Friday November 8 to 22, 3 weeks

9:30 am - 11:00 am

\$51.00 members/\$56 non-members

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; desktop publish (create a document that has a picture and text); Skype; simple picture editing; emailing documents and USB device opportunities.

Monday November 18 to December 2, 3 weeks

9:30 am - 11:30 am \$51.00

Workshops & Seminars

Please register in advance
at the front desk

FREE - CHRONIC PAIN & SELF-MANAGEMENT WORKSHOP

Helps people who are experiencing a wide range of chronic pain conditions such as musculoskeletal pain, Whiplash injury, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, neuropathic pain and others. 2 ½ hours one day a week for six weeks.

Tuesday October 1 to November 5, 6 weeks

6 pm to 8:30 pm

Sponsored by Central East Community Care Access Centre-Whitby

DENTURE IMPLANT SEMINAR

An implant-supported denture is the only solution that will securely hold your loose dentures in place. This seminar will educate you on the health benefits of dental implants and describe the different options available.

Guest speaker: Matt Johnson from Noble Bio care.

Thursday October 3 at 10 am

Sponsored by Clarington Denture Clinic

HOW TO AVOID PROBATE

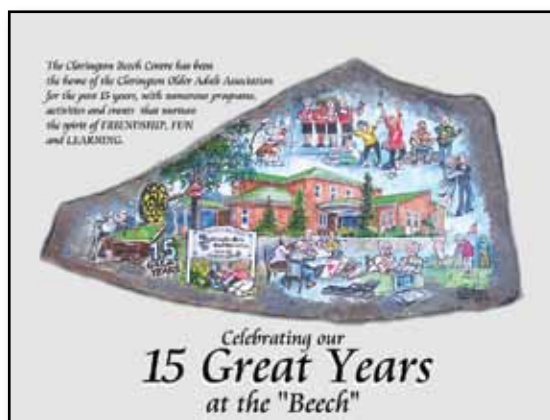
with Mark Hawkins

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 and its associated costs and new risks. We will then discuss how Charitable Giving and certain, commonly owned investments can help reduce probate taxes and overall costs to one's Estate. Finally, a Chartered Accountant will briefly explain the process of preparing a Terminal Tax Return and how to avoid some common pitfalls.

Wednesday October 9 from 2 pm to 4 pm

Celebrating 15 Great Years

Please sign up now for this
weeks events at the front desk



FUNDRAISING GOLF TOURNAMENT AT BOWMANVILLE GOLF AND COUNTRY CLUB

Wednesday September 11

9 am Shot Gun Start

\$80 per person (Includes: 18 Holes of Golf, cart, lunch, dinner, prize and charitable Tax Receipt for \$20)

ANNIVERSARY CELEBRATION IN THE COAAZY CAFÉ

Thursday September 19 10 am to 1 pm

Complimentary Cake & Refreshments

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 September 20, October 18,

November 15 and December 20 1 pm - 4 pm

\$3.50 members / \$4.60 non-members

FREE - ANNIVERSARY OPEN HOUSE

Complimentary refreshments. Welcome Announcements at 1:30 pm, 2 pm entertainment by the Newmarket Citizen Band.

Sunday September 22 1 pm to 4 pm

DINNER THEATRE "COUNTRY JUKEBOX THE BEST OF COUNTRY DUETS"

Monday September 23

Dinner at 6 pm with Show at 7 pm

\$25.00 per person

(Includes buffet dinner and show, cash bar and door prizes)

LUNCH WITH AFTERNOON ENTERTAINMENT by Janette Desouza

Tuesday September 24 at 12 pm

\$8.05 members/ \$11.40 Non-members

(Includes three course meal with entertainment)

PANCAKE BREAKFAST

Wednesday September 25 - 8 am to 11 am

\$3 per person (Includes pancakes, sausages, juice, coffee or tea & Live Entertainment with COAAZY Crooners)

Sponsored by the Tower of Port Hope Retirement & Bowmanville Lions Club

VARIETY NIGHT

Join us for a great night of local entertainment.

Thursday September 26 at 7 pm \$5 per person

GAMES OLYMPICS

Get together with other members and guests to enjoy all of our regular drop in programs Free of charge.

Friday September 27

Games 10 am to 12 pm & 1 pm to 3 pm

Awards 12 pm and 3 pm

BBQ lunch at 12 pm \$3.00

(Includes hot dog, salad and drink)

Organized in partnership with the Clarington Interact Club

EUCHRE EXTRAVAGANZA

Includes 12 games of cards & a delicious dinner. Win great prizes!

Saturday September 28 at 3 pm

\$10 per person

Limited seating

Upcoming Events & Fundraisers

OPEN HOUSE, REGISTRATION & HEALTH EXPO

Join us for a full day of fun. Renew your membership, register for courses, visit our vendor booths/displays and enter to WIN great prizes! Complimentary refreshments ALL DAY!

Wednesday September 4 – 9 am to 4 pm

Registration hours 9 am - 6 pm

OPEN MIC

Calling all musicians, singers & songwriters to participate in our open mic.

Sunday September 29 1 pm - 4 pm

Cash bar refreshments available for purchase

LUNCH AND TRIVIA

Join us for our regular Tuesday lunch and stay for an interactive trivia game.

Tuesday October 8, lunch: 12 pm trivia: 12:45 pm

\$8.05 members/ \$11.40 non-members

Trivia ONLY \$1.35



PUB NIGHT & TRIVIA

Wednesday October 23, 7 pm – 9pm

\$3.00 per person, cash bar and refreshments served

HALLOWEEN LUNCH

Join us for lunch and our annual costume contest.

Tuesday October 29 at 12 pm

\$8.05 Members/ \$11.40 Non-Members

SMILE THEATRE “SWEET MARIE”

Wednesday October 30 at 1:30 pm \$5.00 per person

Sponsored by Ontario Power Generation

REMEMBRANCE DAY LUNCHEON

Join the Branch #178 Colour Party for our Annual Service and luncheon.

Tuesday November 5 at 11 am

\$8.05 Members/\$11.40 Non-Members

EUCHRE EXTRAVAGANZA

Includes 12 games of cards & a delicious dinner.

Win great prizes! No partner required.

Saturday November 9 at 3pm

\$10 *limited seating*

SMILE THEATRE “MAGI”

Friday November 22 1:30 pm \$5.00 per person

Sponsored by Ontario Power Generation

SCOTT WOODS CONCERT “COUNTRY CHRISTMAS TOUR”

(Held at Newcastle Town Hall) 

Sunday November 24 at 2 pm

Tickets: \$20 adult & \$10 child, Free for children under 5

LUNCH AND PLAY

A Christmas Carole performed by the COAA theatre group.

Tuesday November 26 at 12 pm

\$8.05 members/ \$11.40 Non-members

SHOWCASE OF THE ARTS

An evening to showcase the arts of the COAA. Performances by the COAAZY Crooners, COAA Jammers and ending the evening with a performance by the COAA theatre group. Work by the COAA artists and woodcarvers will be on display. Refreshments will be served.

Thursday November 28 at 7 pm, Free will offering

COAA PROGRAM PAGEANT & LUNCH

Enjoy performances by a variety of COAA programs.

Tuesday December 3

Lunch at 12 pm, Pageant at 12:45 pm

\$8.05 Members/ \$11.40 Non-Members

CHRISTMAS DINNER AND DANCE

An elegant evening to socialize with friends and family. Includes dinner, entertainment and dancing.

Saturday December 14

Social at 5 pm Dinner at 6 pm

\$25.00 Members/ \$30.00 Non-Members

CLARINGTON CONCERT BAND

CHRISTMAS CONCERT

Enjoy an evening of your favourite Christmas songs to get you into the spirit of the holidays.

Thursday December 19 at 7 pm \$6.00 per person



NEW YEAR'S EVE DANCE

Ring in the New Year at the Beech Centre.

Tuesday December 31 8 pm- 12:30 am \$27 per person

DURHAM REGION 55+ SENIOR GAMES

The Durham Region 55+ Senior Winter Games will be held in October and November 2012 at various locations in the region. Get your partners and teams ready. Full schedule and registration forms available soon at www.durhamseniorgames.com



NOW OPEN!

On the 2nd Level of the Clarington Beech Centre
26 Beech Ave., Bowmanville ON L1C 3A2
Monday – 9-5 / Wednesday – 9-5
Every Other Friday 9-2:30

To book an appointment call

Amanda

at 905-697-2856

walk ins welcome



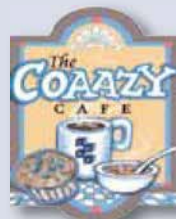
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- Root Color touch up - \$29

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

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Jim Abernethy



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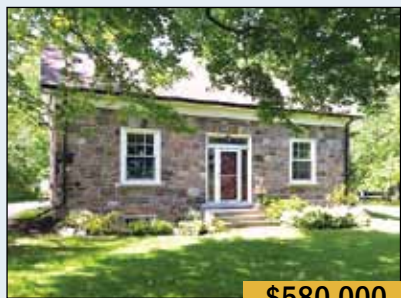


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Picturesque setting amongst mature maples with 2 ponds, extensive perennial gardens & outbuildings, including the original Kendal Blacksmith Shop and two well-built 40' x 150' barns each having an upper level. Less than 10 minutes to Highway 401 & Newtonville Road.

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\$475,000

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TUESDAYS ON THE TRAIL

Join us!



at OPG Darlington Nuclear

We've got fun for the whole family this summer! Join us in July and August for free, educational activities on the Darlington Waterfront Trail. All activities take place at 10 a.m. or 1 p.m. **All programs require pre-registration.** To register, please visit www.opg.com/community.

JULY

9

Microscopy - More Than Meets the Eye

Join **Scientists in School** and discover some interesting creatures using hand magnifiers and microscopes.

JULY

16

Go Outdoors and Explore

Explore the outdoors with **Clarington Public Library**, and books, games and adventure.

JULY

23

Art in the Park

Join art experts from Newcastle's **A Gift of Art** to connect with nature, create art and celebrate the environment.

AUGUST

13

Acting Up

Experience live, outdoor theatre with a unique blend of kid-friendly workshops and performances presented by **Driftwood Theatre**.

AUGUST

20

What Goes Around Comes Around

Learn about our natural world with Kim Wheatley from **Shawanaga First Nation Reserve**. Participants will make a clay sculpture to take home.

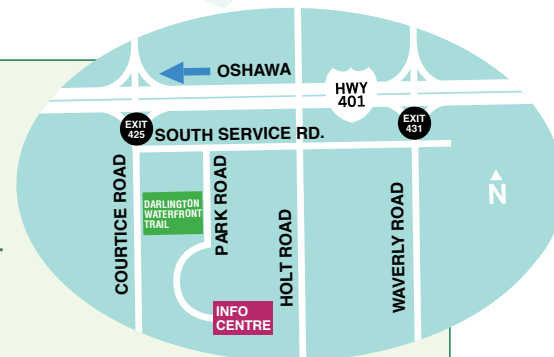
AUGUST

27

Marvelous Monarchs and Other Insects Too

Take a hike and explore nature through a bug's eyes with experts from the **Central Lake Ontario Conservation Authority**.

- All activities take place on OPG's Darlington Waterfront Trail.
- Children must be accompanied by an adult.
- Programs are suitable for ages 5 to 12.
- Due to program activities, day care groups and day camps cannot be accommodated.



Darlington Nuclear
Information Centre: 905-623-7122

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opg.com



HOME COOKING *with Cathy*

by **Cathy Abernethy**
CLARINGTON PROMOTER
CONTRIBUTOR

Hello there. I hope everyone is having a wonderful summer. It's such a great time of year in Ontario to enjoy all the wonderful produce that our area has to offer. I have made this blueberry cake a few times because it is so easy and very tasty. Enjoy!!



Blueberry Cake

- 2/3 cup butter (room temperature)
- 1 1/2 cups sugar
- 2 eggs
- 1 cup milk
- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 cup fresh or frozen blueberries

Topping

- 1/4 cup sugar
- 1/2 tsp. cinnamon

- Preheat oven to 350 F. Butter and flour a 9x13 inch baking pan
- In a large bowl, beat butter and sugar until fluffy. Add eggs and beat again until light and fluffy. Beat in milk, flour, baking powder and salt. Spread the batter evenly in prepared pan. Arrange blueberries on top.
- To make the topping, combine sugar and cinnamon and sprinkle over berries.
- Bake for 40 minutes or until centre of cake springs back when pressed.
- Serve warm with vanilla ice cream or fresh whipped cream.
- Serves 10



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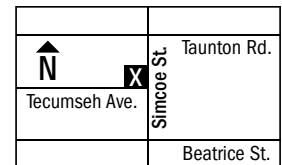


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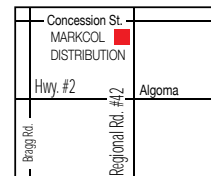
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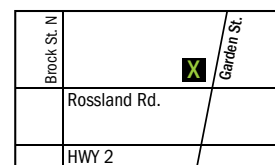
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RE-PRINT OF ARTICLE:
This article appeared in the
Globe and Mail on June 17, 2013.

Eastern promise

Clarington, the GTA's eastern gateway, offers affordability and mix of rural and urban amenities

With the average price of a detached home in the 905 region now at \$588,784, the eastern Greater Toronto Area is becoming the land of opportunity for home buyers looking for affordability and a pace of life slower than the big city.

Clarington, the eastern gateway to the GTA may have been largely undiscovered to this point, but real estate broker Jim Abernethy sees that changing soon. The spring market has been brisk in most of Durham Region, including Oshawa, Courtice and Clarington which offer bargain prices compared to the rest of the GTA. The average price of a detached home in Durham is \$357,386; Clarington's average is \$349,330 for a single home and \$223,930 for a townhome.

Clarington (which is made up of 35 different communities including towns, villages and hamlets) is just under an hour from downtown Toronto, either via Highway 401 or from the Oshawa GO Station, a short drive away. Bowmanville is the municipality's largest municipality and offers a heritage downtown as well as big-city amenities such as big box stores, movie theatres, community centres and a variety of restaurants and cafes.

One of Clarington's appeals is its blend of urban services and amenities and pastoral countryside. Housing options include beautiful rural properties with spectacular views of rolling countryside, heritage homes, new homes and condominiums.

"We have a lot of diversity in housing and more and more higher-end homes are being built here," says Mr. Abernethy of Royal Service Real Estate. "Clarington's landscape is very diverse. To the north, you have the Oak Ridges Moraine and its topography is very similar to King Township and Caledon, which are very popular and expensive communities, yet the price per acre in Clarington is lower by half."

Another plus is that property taxes are very low compared to other GTA municipalities, says Mr. Abernethy.

While the supply of developable land is becoming an issue in other GTA municipalities, including other Durham Region centres such as Pickering and Ajax, that's not the case in Clarington, says Mr. Abernethy. "We still have years of growth in commercial, residential and industrial sectors."

Successful farming operations. It's a good strong heritage we like to build on. Clarington is not a new community, it's an older community and we're famous for a lot of things."

Attractions include sites such as the historic Tyrone Mill (where mouth-watering homemade baked goods can be bought as well as fresh apple cider), Archibald Orchards and Estate Winery, Canadian Tire

in the long term," says Mr. Abernethy, a former mayor of Clarington. "There are a lot of good things scheduled to happen and when that happens, we won't know what hit us. A lot of people have been resisting coming out to live in the area, as we didn't have the infrastructure that they have on the west side of Toronto, but as that gets developed, the eastern area is more attractive from an investment point of view and a shrewd investor will try to invest ahead of that infrastructure to take advantage of prices rising."

That coming infrastructure includes an extension of GO train service to Clarington (although the municipality is currently served by GO bus which takes commuters to the Oshawa GO station), the widening of Highway 401 and the extension of Highway 407 to Oshawa, which lies 10 minutes west.

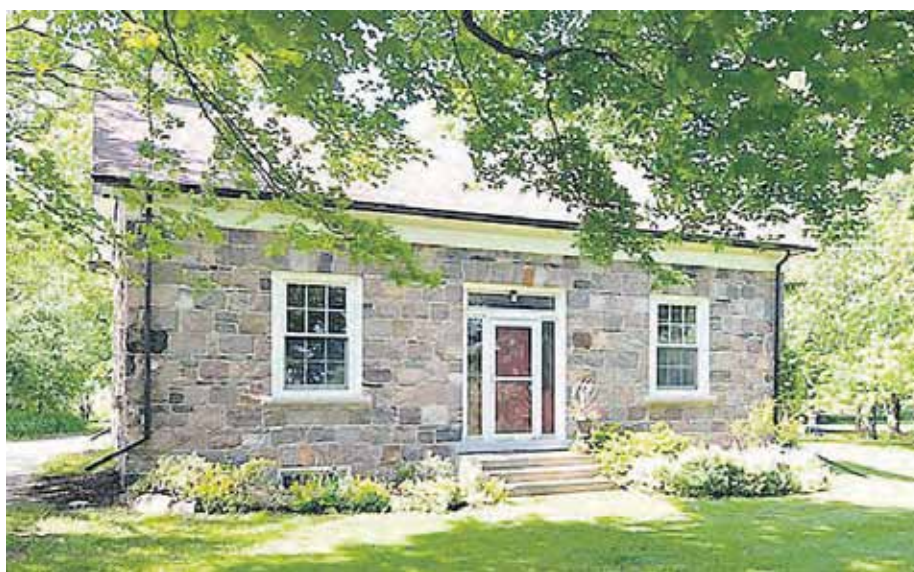
"There's been a bit of bump in prices as a result of the 407 coming through," says Mr. Abernethy. "It helps make the area more accessible to downtown Toronto, though not everybody commutes to jobs in Toronto. Durham Region is really diversified with a lot of companies and businesses here."

He estimates about 25 per cent of Clarington's workforce commutes to the big city, while the rest work in the region, which counts OPG, General Motors, the University of Ontario Institute of Technology and Durham College and Lakeridge Health as major employers.

Mr. Abernethy says what's going to be a economic driver is the \$2 billion refurbishment of four reactors at OPG's Darlington nuclear plant that will add 2,500 employees over a period of four to six years and more if the Pickering plant's decommissioning happens as expected within a decade and new reactors are built at Darlington.

As well as a high quality of life and good value, Clarington offers potential for a good return on real estate investment, says Mr. Abernethy.

"The smart investor will be looking at getting in while the getting is good and prices still much less than north and west of Toronto," he says. ■



■ Clarington's rural topography to the north is very similar to Caledon and King Township, yet real estate prices are about half of those popular GTA north communities.



"Size-wise, Clarington is equivalent to the size of City of Toronto proper or you could take Ajax, Oshawa, Whitby and Pickering and put them in Clarington. Ontario Power Generation is our biggest industry, but Number Two is agriculture. We've got some very suc-

cessful farming operations. It's a good strong heritage we like to build on. Clarington is not a new community, it's an older community and we're famous for a lot of things."

"I think there is great opportunity here

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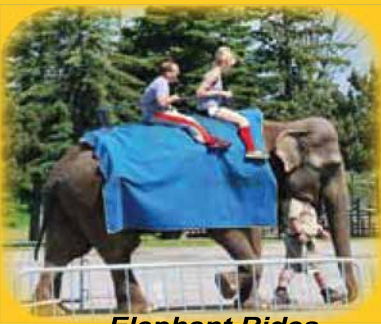
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