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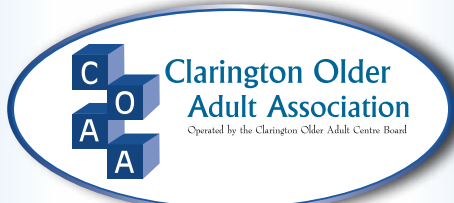
Volume 3 | Issue 7

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

December 2013


Clarington Older Adult Association
 Operated by the Clarington Older Adult Centre Board
Winter Program Information Guide
(Pullout Inside)

LOOKING FOR A BUNGALOW CONDO IN DOWNTOWN BOWMANVILLE? SEE PAGE 5

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Visit: www.claringtonpromoter.ca

From Cereal to Elephants, The History of the Bowmanville Zoo

by Charles Taws
 Research assistance by Doris Falls and Lois Whitfield

CLARINGTON MUSEUMS AND ARCHIVES
www.claringtonmuseums.com

Limba's standing ovation and applause at this year's Bowmanville Santa Claus Parade shows that many people love the Bowmanville Zoo. It has been a popular attraction in Bowmanville for many years. In fact, it is the oldest privately owned zoo in all of Canada and it has an interesting story to tell. Curiously, when you talk about the history of the Bowmanville Zoo you have to start with the Clarington Visual Arts Centre. For it was here where it all began. Old-timers will tell you the Zoo was once known as the Cream of Barley Park and the Visual Arts Centre was once the Cream of Barley Mill.

The current mill building which houses the Art Centre was built in 1905, but there has been a mill on this site since 1805. The Soper family were the first to build here but it was when it came under the ownership of John MacKay in 1884 that our story begins. This enterprising Scottish emigrant developed a popular hot breakfast cereal called Cream of Barley. In its heyday the mill worked day and night to fill orders for all of Canada and throughout the British Empire. By the time he died in 1902 John Mackay had turned his modest mill into a notable commercial em-



pire. Management passed to his son-in-law James Lake Morden who had married his daughter Marjory. Bowmanville has seen few personalities as colourful as Mr. Morden who sometimes styled himself a colonel and actually looked a lot like Colonel Sanders long before Kentucky Fried Chicken became a household word. "Colonel" Morden was an excellent manager, but

as the 1920's approached cold cereals were gaining in favour over hot ones. He decided to take on another project and that was the establishment of the Cream of Barley Tourist Park. Always a forward thinker, the dawn of the automobile age was upon society and Morden realized that few services were available to these travellers who all had money to spend. His park would of-

fer cabins for accommodation, but also recreation facilities for everyone to use. There were tennis courts, a race track, swimming pool, golf course, archery range, a snack bar and even gas pumps and, most importantly for our story, a petting zoo. The "Colonel" never did anything in a small way and at the 1919 opening he said without fear of contra-

Continued on Page 4


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Season's Greetings from all of us.

CHECK OUT OUR NEW WEBSITE: www.jamesprinting.co (yes... that's correct, it's .co!)

 <p>39 King St. W., Bowmanville, ON L1C 1R2</p> <p>PANDORA UNFORGETTABLE MOMENTS</p>	<p>HOOPERS JEWELLERS</p> <p>Your Family Jewellers Since 1945</p> <p>Holiday Hours Mon-Fri 9-8 • Sat. 9-5 • Sundays 11-4 Complimentary gift wrapping</p> <p>905.623.5747 hoopersjewellers.com</p>	 <p>11th Hour Heroics</p> <p>come see us! YOU are brilliant!</p>	<p>Merry Christmas & A Happy New Year from our Management & Staff</p> <p>Thank you again for your support of our Christmas Angels - in support of Association of Hospital Volunteers - Bowmanville</p>
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What Are The Core Values of Your Business?



by Peter Hobb

COLLINS BARROW DURHAM LLP
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Values provide a standard for how we conduct ourselves. They guide our behaviour. In a company context values are important since they provide everyone within the organization a blue print for how they relate to each other, the company's customers, others who they come in contact with and how they go about doing their job. A company's values

will direct how the company is going to achieve its vision.

Values also provide a foundation for how you should respond in any situation. I had a recent experience that highlights this point. It happened while I was on vacation during a lunch with friends. When the meals were served one friend realized, after taking a few bites of his hamburger, that it wasn't properly cooked. In fact, on the inside, it was close to raw. He pointed this out to the server who wasn't sure what to do so she asked the shift manager to deal with it. The shift manager acknowledged that the hamburger wasn't cooked properly and then asked why he had eaten some of it. My friend wasn't

sure how to respond. The issue was that the restaurant was not immediately taking responsibility for the problem and that my friend was, in some way, responsible because he had eaten part of it. Needless to say this is a restaurant that we will not go back to. My guess is the restaurant owners had not provided much guidance to the server and the manager so they were unsure how to respond. The restaurant did not have a set of values to guide the behaviour of its employees or, if it did, they were not adhered to. If, for example, one of the restaurant's values was to focus on the customer and act in their best interests, it is likely that the restaurant manager or even the server would have

acted differently and quickly to resolve the problem to my friend's satisfaction. If this had been done we all would likely have had a more favorable impression of the restaurant. Responding proactively to solve a customer's problem to their satisfaction can actually create a more loyal customer.

All too often the value system of a company is not clearly understood by everyone in the organization. It is important that the values be clearly defined and specific. You will see company value statements that include integrity as one of the values. It is a given that anyone working for you should have integrity. If they don't they shouldn't be there. However what does integrity mean in your organization.

In establishing our values our team developed a list of what integrity means to them. We then incorporated some of these ideas into our value statement. For example, our statement includes the following under integrity "we will be known for keeping our word". This statement is specific and very relevant to our business.

It is important that everyone in your company live its values. No exceptions! If people not living the company's values are tolerated then trust and respect among your people will disappear giving rise to a dysfunctional work environment. People living the company's values should be rewarded. The ones who do not should be punished and possibly shown the door. These actions will reinforce

your company's values and likely make people more committed to living them.

When a company develops its value statement everyone in the organization should be involved. By doing this you will get a lot of great ideas and a higher level of buy in. Extensive debate should be encouraged. You do not want to leave anyone with an out. Value statements should be visible to everyone and reinforced at every opportunity. How we conduct ourselves in our personal lives or in business is driven by our value system. Having everyone in your business living the same values is powerful and will give your company a competitive edge not to mention a great work environment.

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Opinions and Views

Welcome to our special Christmas Edition



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

In this special December edition of the Clarington Promoter we are featuring the Bowmanville Zoo, one of the oldest businesses in our community.

The Bowmanville Zoo has been very supportive of our community in many ways.

For generations it has provided work and learning experience for our youth, entertainment for our families, and world-wide notoriety thru its involvement in feature films and documentaries.

Bowmanville Zoo is a learning centre, a destination point for school events and families who travel from cities, towns and villages beyond the GTA.

We are fortunate to have a world class zoo right here in our backyard.

It is upsetting to see people who are not from our community but are generally from the USA or Europe, who encourage other people (also not from our community) to protest with placards outside the Bowmanville Zoo, or to threaten to disrupt another sacred family institution - the Santa Clause Parade - should certain animals take part.

Hats off to the people of Clarington who have stood your ground in a show of community support for the people and the animals of the Bowmanville Zoo.

Michael Hackenburger is thankful for the overwhelming support our community continues to give the Bowmanville Zoo, especially during the issue of the Bowmanville Santa Clause Parade.

Please take a moment to read the email from Michael (on page 7 this edition) expressing his concerns about that issue.

It's beginning to feel a lot like Christmas !

Christmas is a time of celebration of giving, and our community does that well.

A big Thank You going out to Janice Parish, Broker of Record and all the staff at Royal Service Real Estate for a job well done on Saturday November 16th .

During the Royal Service 5th Annual Fund Raiser for the Clarington East Food Bank \$8,420 plus 336 lbs of food was collected and donated to the East Clarington Food Bank.

Mark your calendars for the countdown to the Christmas Tree-lighting Ceremony at the Bank of Montreal in historic downtown Bowmanville on Friday, December 6 @ 6:30 PM.

Bundle up the family and listen to carollers sing, or have your picture taken with Santa and his Live Reindeer. This is a great time to Christmas shop, as participating downtown stores remain open late and many have sales for the evening.

This festival is enjoyed by many families and remember, you support our community when you purchase a Christmas Tree from the Rotary Club of Bowmanville which continues their tradition of selling real Christmas Trees at Watson Farms on Hwy #2, just west of Green Road in Bowmanville - Open Monday to Fridays 9 AM - 8PM, and Sat & Sun 10 AM - 6 PM.

Shop early and choose from their selection of Fraser or Balsam Fir - Scotch Pine - White, Siberian or Colorado Spruce.

Rotary International is one of many local service clubs which conduct fund raising events to help support local projects and individuals with needs.

I would like to extend my appreciation to the many people who have gone out of their way to express disappointment in learning that we have reduced the frequency of this publication. I was disappointed too!



Rotarian President Don Hutton unloading the first shipment of Christmas Trees

I trust you will enjoy this and future Special Editions of the Clarington Promoter.

We have been keeping up with those industry changes. If you have access to a computer we invite you to go online to read all 25 of our past editions/issues, starting with April 2011.

Simply visit claringtonpromoter.ca where you will find all of our past historical & business articles, as well as Cathy's favourite recipes.

I also invite you to connect with me on LinkedIn - go to linkedin.com and search Jim Abernethy to "connect" or "invite" use this email address: jimabernethy@hotmail.com

Wishing you and your family a wonderful holiday season and a healthy and peaceful New Year..... Jim

Season's Greetings from all of us.

CHECK OUT OUR NEW WEBSITE:

www.jamesprinting.co (yes... that's correct, it's .co!)



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Price applies to our standard t-shirts, in black or white, men's S-XL. Check out our design templates online. Additional charges will apply for custom designs, colours, xxi - xxxl. Taxes not included. Price not valid with any other promotion or coupon. Expires December 31, 2013.



History of the Bowmanville Zoo

Continued from Page 1

diction, that his camp was the finest place of its kind on the continent and he was going to make it still better.

Colonel Morden claimed he got the idea for the park when he saw youngsters playing in the dusty streets of Bowmanville because they had no other place to go. His park was open to all and he never charged admission. On the front of the main zoo building on Highway # 2, which still stands today, he had the motto written "You Live, Let Others Live". There are many stories about Morden, here is one of them. If he saw a car with American licence plates stop he would ask the owners what state they were from. It didn't matter the answer as he always replied "Why, that's my old home State" and engage them in a lengthy conversation. This led to many believing he was an American but he was Canadian having been born in Flesherton, Ontario.

Another unique personality associated with the Mill and Zoo is Alfred Shrubbs. Mr. Shrubbs was born in England in 1879. He broke over a dozen run-

ning records around the turn of the last century. Some of his records held on to the 1950's. While touring Canada in 1918 he stopped in Bowmanville and worked at the mill for a short time. In 1928, with his running career behind him, he came back to Bowmanville to become a business partner with Morden. He became the first manager of the Park and eventually, upon Morden's death in 1945, became owner of the Mill and Park along with long time secretary Beryl Percy. His favourite part of the job was looking after the animals.

A 1927 description mentions the park as covering 20 acres and the zoo as including two opossums (sent from Tennessee by a man who had visited the Camp in the previous year), 2 foxes, a pair of rare pigeons, Muscovy ducks (a gift from the Federal Government), muskrats, guinea pigs, rabbits, skunks, wolves and a wild dog sent from Northern, Ontario. Morden had also established a bird sanctuary around his millpond.

Morden was always adding new attractions to his Park and a year later in 1928, the zoo had added a

monkey, a parrot, two bear cubs and the most dangerous animal of all - a Belgian Police dog. "With that dog," boasted Morden, "we don't need a night watchman around here". In 1930, we see raccoons, golden pheasants, peacocks, turkeys, butterflies, an owl, a golden eagle, two angora goats and a pair of Shetland ponies added. Other parts of the Park were not neglected and new swings, slides, gymnastic equipment and two "ocean waves" kept the kids healthy and active. The Toronto Star wrote in 1931 that "Squire" Morden, "has long been known as the friend of wild fur, feathers and fins."

When Morden died in 1945 the park was still going strong because he had added improvements every year. The mill had become second to the park and in 1949 the owners, Alfred Shrubbs and Beryl Percy, sold that part of the business to two men who moved everything to St. Boniface Manitoba and it is here that the cereal story fades from history.

Morden's nephew Jim Skinner of Lockport Manitoba took over ownership of the park, but he sold it to Don Mitchell. Mr. Mitchell



This building survives today as the entrance for the Zoo. This photo was taken in the 1930's. On the front is the logo of "Colonel" James Lake Morden's personal philosophy, "You Live Let Others Live".

ell sold it in 1950 to Mrs. Shirley Connell who ran the park with her son Keith and his wife Barbara. She also hired Mr. and Mrs. Frank Belbin as park managers. The Connells and Belbins planned to renovate the property and bring in new animals for the zoo. In the end they replaced all the animals except a bear. Nellie, the popular Java monkey, was deemed too old to enjoy the presence of strangers and was sent to a sanctuary. It was thought at the time that she was as old as the Camp itself, but the first mention of a monkey at the zoo was in 1928. That means she was still over 22 years old at the time. The Ontario Department of Lands and Forests agreed to issue a permit to allow them to keep wild animals, but also offered to send them some animals too. In 1954 the Connells became the managers as well as owners of the Zoo.

Shirley Connell was a cousin of Morden's and their tenure here was a long one. It was they who presided over the change of the property from a tourist camp with a zoo to exclusively a zoo. Like Morden they added many improvements over the years. It is hard to attach a firm date as to when the name "Cream of Barley Park" stopped and the "Bowmanville Zoo" began but it does seem to have happened around 1964. A November 1962 reference mentions, "The Cream of Barley Camp, also known as the Bowmanville Zoo."

The Connells increased the number of cabins and modernized them. They put in a new larger pool that was very popular among youngsters in the community. The Bowmanville High School held swimming contests there. Keith added a pair of zebras in 1961. They

were purchased from a zoo in Florida that was closing. Several llamas came in 1964. In February 1965 a dozen gibbon monkeys arrived from Thailand. The trip by plane only took a day and each monkey was wearing a handmade kimono to protect them from the cold. By the 1970's the Connells were raising animals for other zoos. Cooperation with other zoos became important to ensure rare animals could breed. In one case, two black leopard cubs were born from the union of a female from Bowmanville and a male from the Riverdale Zoo in Toronto. Deer, waterfowl, chickens, emus, camels and Sam the talking mynah bird are mentioned. It was about this time admission began to be charged to cover costs.

In the 1980's the Bowmanville Zoo was known for raising camels. Bowmanville bred camels found their way into many zoos in the United States and even as far away as Guatemala and Cuba. In 1987 Keith and his two sons, Tom and Allen, ran the zoo and attracted over 110,000 visitors. By this time two elephants had been added, including the popular Angus. In January 1988 they sold their beloved zoo to a group of four people. Two were animal trainers already working at the zoo, Mike Hackenberger and Leslie Pon Tell. They began a \$600,000 facelift to improve the zoo's facilities for both animals and people alike. A longer season with enhanced educational opportunities, Bengal tigers and more reptiles followed soon after.

Since it began the Bowmanville Zoo has always been a part of Bowmanville. How many special events were made more special by the appearance of an elephant,

llama or camel? There are just too many to count. I remember driving to work one day and seeing Mike Hackenberger leading a parade of an elephant, zebra and other animals to a hospital fund-raiser. I thought, you wouldn't see that in any other town in Ontario. The recent museum exhibit on ice age mammals was enlivened by a visit from Limba. What a treat for a youngster to learn about mammoths and mastodons and then turn around to see their living descendent out on the front lawn. Helen MacDonald, in a 1988 letter, summed up the zoo's special relationship with its community, "The Bowmanville Zoo has always accommodated the keen interest that is unique to children in their joy of meeting the animals 'face-to-face'. That is one of the special attractions of the Zoo."

From cereal to elephants the Bowmanville Zoo is an unparalleled attraction that makes Clarington unique. Its story is truly one of the most interesting in Clarington's 219 year history.

The Santa Claus Parade has happened and so has the Friends of the Museum's Craft and Bake Sale. Don't miss our Annual Edwardian Christmas Open House from 7:00pm to 9:00pm on December 6th 2013. It's the same night as the downtown Tree Lighting Ceremony. Come to the Sarah Jane Williams Heritage Centre at 62 Temperance Street for music and refreshments. From here we will be leading groups on a Christmas tour of the Bowmanville Museum. Period decorations, oil lamps and candles really give you the feel of Christmas in Bowmanville long ago. Admission is by donation and for more information call 905-623-2734 or check out our website at www.claringtonmuseums.com.

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The Animal-Human Bond



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WALK UP ONLY.

DECEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

Present this coupon to the admissions window on arrival to the presentation to receive \$10 off ONE Youth admission to The Animal's Gift. Not to be used in conjunction with any other promotions.

Shows start at 2:30pm on December 7,8,14,15,21,22,28 & 29. Please arrive at least 15 minutes prior to show time to allow for seating. For more information visit www.theanimalsgift.com



Bowmanville Zoo
340 King St. E.
Bowmanville, ON.
L1C 3K5
905.623.5655

Happy Holidays!!

from all of us at

The Bowmanville Zoo



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

Winter Program Information



Mission Statement

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

Values and Beliefs

Accessible

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

Caring

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

Community Focused

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

Fiscally Responsible

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

Member Focused

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

Quality Programs

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

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

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- Computer/Photography Programs

- Fitness

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- Upcoming Events
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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

Winter program registration starts today.

All Registered Programs include HST.

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

METHODS OF PAYMENT

Cash or cheque only.

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

INCLEMENT WEATHER

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

WAITING LIST

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

SATELLITE PROGRAMS

Available to NON-MEMBERS!

- **Courtice Community Complex**
2950 Courtice Rd., Courtice
- **Newcastle & District Recreation Complex**
1780 Rudell Rd., Newcastle
- **South Courtice Arena**
1595 Prestonvale Rd, Courtice
- **Newcastle Public Library**
150 King Ave East, Newcastle
- **Bowmanville Indoor Soccer**
2375 Baseline Road West Bowmanville

Registration information contact: 905-697-2856

REFUND POLICY

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

A \$10 administrative fee will be applied.

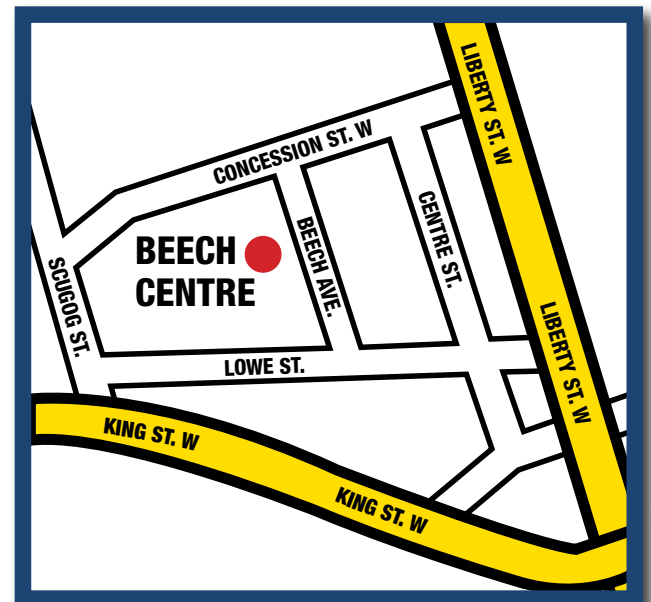
WHEELS IN ACTION

Transportation now available to and from the centre for ALL COAA events and programs.

Contact 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.

Drop-In Programs

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	Pickleball/Badminton (Newcastle)	9:30 am	Bid Euchre	1 pm	Tone & Strengthen with weights	9:20 am
Wood Carving	10 am	Table Tennis	10 am	Open Art	12 pm	Craft Group	1 pm	Pickleball (Newcastle)	12:30 pm
Pickleball (Newcastle)	9:30 am	Billiards	12 pm-6 pm	Canasta	1 pm	Social Bridge	7 pm	Duplicate Bridge	1 pm
Duplicate Bridge	1 pm	Square Dancing	12:45 pm			Texas Hold'em Poker	7 pm	Darts	1 pm
Cribbage	1 pm	Pickleball/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.					
		Drop In Cards (Courtice)	1 pm						
		Bingo	1 pm & 2:15 pm						
		Progressive Euchre	7 pm						
		Shuffleboard	7 pm						

Bowmanville Programs

NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

BRAIN FITNESS FOR LIFE

with Laura Clements

Join this fun and highly interactive class that will optimize your brain power. Learn the best exercises, habits, life skills, games, food, and supplements that will keep your brain and body nimble and active for life. Learn the secrets of those living longest (and healthiest!) from around the world. Beneficial for everyone, from the sharpest dynamo to those who can never find their keys.

Mondays 10:00 am to 11:00 am

7 weeks January 13th to March 3rd

***No Class February 17th**

\$29.75 per person

BRAIN FOOD CLASS

with Laura Clements

Forgetful? Boost your memory by eating brain healthy foods. Research has proven that certain foods contribute to enhanced memory and cognitive function. Learn great, easy to make brain healthy recipes you will want to make over and over again. This is an entertaining and interactive cooking class focused on enhancing brain function. So join us in the kitchen this winter for a cooking class with an extra special intellectual spin!

Thursday 1:00 pm to 3:00 pm 5 weeks

February 6th to March 6th

\$28.00 per person



COAA BIGGEST WINNER CHALLENGE

Here's your chance to work together with some of your biggest fans! Angie Darlison and Tom Shotton will be acting as Team Captains in the first ever edition of the COAA Biggest Winner Challenge. With the support and guidance of our Team Trainers teams will compete to see just who has it in them to work together to lose the highest percentage of weight from January 2013 to March 2013. Meet together Monday and Friday at the Beech Centre and Wednesday at the Indoor Soccer Centre to enjoy motivational chats, meal planning suggestions, exercise routines and most importantly FUN with FRIENDS from the COAA.

- **Monday 9:00 am to 10:00 am with Lydia Vooy**
- **Wednesday 9:00 am to 10:30 am with Laura Clements**
- **Friday 8:00 am to 9:00 am with guest instructors each week**

January 20th to March 7th 6 weeks

\$50 per person

***No Class February 17th**

INDOOR URBAN POLING

with Laura Clements

(Held at Bowmanville Indoor Soccer)

There's always good weather inside the Bowmanville Indoor Soccer Facility! Join us indoors this winter on the cushioned astroturf while we walk and chat using Urban Poles. Enhanced benefits over regular walking are; greater caloric burn, relieves stress off knees and hips, enhanced posture and balance, and upper body toning. Instruction for those new to poling, however experienced polers are welcome to keep up their progress over the winter. Additional strength and balance exercises will be offered to those who wish to challenge themselves.

Fridays 2:00 pm to 3:00 pm 8 weeks

January 17th to March 7th

\$34.00 per person

LEARN TO PLAY EUCHRE with Instructors Don Welsh & Josie Roberts

Tuesdays January 21st to February 25th

6 weeks 1:30pm - 3:00pm

\$10 per person

NEUROBICS with Laura Clements

Come and participate in a wide variety of Neurobics (brain games) to keep your brain (and body) in top form! These games range from brain teasers, selected board games, mind puzzles to much more. Challenge your memory and co-ordination with easy motions that enhance neural synapses and re-growth. For graduates of Brain Fitness (formerly Brain Gym) and those who "Just Wanna Have Fun!"

Mondays 11:00 am to 12:00 pm 7 weeks

January 13th to March 3rd

***No Class February 17th**

\$29.75 per person

PILATES 2 with Nathalie Mackesey

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

Thursdays 11:00 am to 12:00 pm

12 weeks January 9th to March 27th

\$50.50 per person

WINTER WONDERLAND ADVENTURES

with Laura Clements

Enjoy the great outdoors in our winter wonderland by trekking through the snow at Long Sault Conservation Area. Bring along your preferred winter fitness equipment. Depending upon snow conditions you may use snowshoes, walking poles, or just your warm boots. Please note that all equipment needs to be provided by the participants and that nothing is mandatory for joining the class but we do ask that you always dress appropriately for the weather.

Mondays 1:00 pm to 2:00 pm 7 weeks

January 13th to March 3rd

\$29.75 per person

***No Class February 17th**

General Interest

General Interest

General Interest

General Interest

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General Interest

BETTER BRIDGE - with Bill Peel

Lessons 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 1:00 pm - 2:30 pm 10 weeks

January 15th to March 19th

\$45.00 per person

BEACH BOOK CLUB

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

- **January: Mozart's Sister** • **February: Eat Pray Love**
 - **March: The Gathering** • **April: To Be Determined**
- January 20th, February 24th, March 17th, April 28th**

\$1.35 per person

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. Supplies will be provided

Thursdays starting January 9th 1:00 pm - 3:00 pm

\$1.35 per person

General Interest

General Interest

General Interest

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General Interest

FRENCH LESSONS with Cecile Paxton

Beginner

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

Beginners 1:30 pm – 2:30 pm \$28.00

Tuesdays January 7th to February 25th 8 weeks

NEW 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. We can build simple sentences. We will talk about the weather/days of the week and holidays.

Beginner Plus 2:30 pm – 3:30 pm \$28.00

Tuesdays January 7th to February 25th 8 weeks



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 1:00 pm to 3:00 pm

10 weeks January 6th to March 24th

***No Class on February 17th or 24th \$59.50 per person**

Wednesday 7:00 pm to 9:00 pm

10 weeks January 8th to March 26th

***No Class on February 19th or 26th \$59.50 per person**

SPANISH LESSONS LEVEL 2

with Alan Bayliss

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

Wednesdays 10:00 am - 12:00 pm

10 weeks January 8th to March 26th

\$59.50 per person

***No Class on February 19th or 26th**

Tuesdays 7:00 pm – 9:00 pm

10 weeks January 7th to March 25th

\$59.50 per person

***No Class on February 18th or 25th**

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.

Mondays 7:00 pm to 9:00 pm 10 weeks January 6th to March 24th

***No Class on February 17th or 24th**

Wednesdays 1:00 pm - 3:00 pm 10 weeks January 8th to March 26th

***No Class on February 19th or 26th**

\$59.50 per person

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 ayudarle a decidir.

Mondays 10:00 am – 12:00 pm

10 weeks January 6th to March 24th

\$59.50 per person

NO Class February 17th or 24th

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

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Fitness

CARDIO WITH PEP with Lydia Vooyo

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

Mondays 9:00 am - 10:00 am

12 weeks January 6th to March 31st

\$50.50 per person

***NO class Feb 17th**

Fridays 9:00 am - 10:00 am

12 weeks January 10th to March 28th

\$50.50 per person

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 and stomach muscles.

Mondays 11:15 am - 12:15 pm 12 weeks January 6th to April 7th

\$50.50 person

NO Class Monday February 17th or March 10th

COMBO CLASS with Lydia Vooyo

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

Wednesday 5:00 am - 9:00 am 12 weeks

January 8th to March 26th \$50.50 per person

Thursday 5:00 am - 10:00 am

12 weeks January 9th to March 27th \$50.50 per person

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 January 9th to March 27th

\$50.50 per person

FABULOUS MUSCLES

with Lydia Vooyo

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

Fridays 10:00 am - 11:00 am 12 weeks January 10th to March 28th

\$50.50 per person

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 10:00 am – 11:00 am

12 weeks January 6th to March 31st \$50.50 per person

***NO Class Monday February 17th**

Wednesdays 10:00 am – 11:00 am

12 weeks January 8th to March 26th \$50.50 per person

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

January 10th to March 28th 12 weeks

\$50.50 per person

INTRODUCTION TO ENERGY

MEDICINE with Donna Elliott

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

Wednesdays 1:30 pm - 3:00 pm

11 weeks January 22nd to April 2nd

\$68.00 per person

Fitness

Fitness

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Fitness

PILATES with Nathalie Mackesey

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

Mondays 10:00 am - 11:00 am

12 weeks January 6th to March 31st \$50.50 per person

Tuesdays 7:00 pm - 8:00 pm

12 weeks January 7th to March 25th \$50.50 per person

Thursdays 10:00 am - 11:00 am

12 weeks January 9th to March 27th \$50.50 per person

Thursdays 7:10 pm - 8:10 pm

12 weeks January 9th to March 27th \$50.50 per person

NO Class Monday February 17th or March 10th

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 10:00 am - 11:30 am 12 weeks

January 8th to March 26th

\$50.50 per person

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

January 8th to March 26th

\$36.00 per person



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.

Fridays 10:00 am - 11:00 am

January 10th to March 28th 12 weeks

\$50.50 per person

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 11:00 am - 12:00 pm

January 10th to March 28th 12 weeks

\$50.50 per person

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

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

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

January 7th to March 25th \$50.50 per person

Fridays 10:00 am - 11:00 am 12 weeks

January 10th to March 28th \$50.50 per person

***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

January 7th to March 25th \$50.50 per person

Fridays 11:00 am - 12:00 pm 12 weeks

January 10th to March 28th \$50.50 per person

***Bring Resistance Bands with handles to class**

STRENGTH TRAINING

with Lydia Vooy

If you are looking to add muscle and tone up, this is the class for you. Class includes resistant exercises to build strength and muscle.

Thursdays 6:00 pm - 7:00 pm 12 weeks

January 9th to April 3rd \$50.50 per person

***Bring Resistance Bands with handles to class**

NO Class Monday February 27th

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 11:00 am - 11:45 am 12 weeks

January 8th to March 26th \$41.00 per person

Fridays 9:00 am - 9:45 am 12 weeks

January 10th to March 28th \$41.00 per person

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 10:00 am - 11:00 am 10 weeks**

January 6th to March 17th \$42.00 per person

***Intermediate:* Mondays 11:00 am - 12 pm 10 weeks**

January 6th to March 17th \$42.00 per person

***NO Class Monday February 17th**

TAP DANCING BEGINNERS

with Veronica Vargas

Learn the basic steps and if you want to dance with enough time to enjoy your step before switching to another.

Wednesdays 9:00 am - 10:00 am 11 weeks

January 8th to March 19th \$46.25 per person

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 10:00 am - 11:00 am 11 weeks

January 8th to March 19th \$46.25 per person

YOGA with Sharon Wildeboer

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

Mondays 9:00 am - 10:00 am 12 weeks

January 6th to March 31st \$50.50 per person

***NO Class Monday February 17th**

Wednesdays 9:00 am - 10:00 am 12 weeks

January 8th to March 26th \$50.50 per person

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 2:00 pm to 3:30 pm 12 weeks

January 8th to March 26th \$57.00 per person

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 1:00 pm - 3:00 pm 12 weeks

January 6th to March 31st \$75.00 per person

***NO Class Monday February 17th**

YOGA with Laurel Wichman

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

Wednesdays 4:00 pm - 5:30 pm 12 weeks

January 8th to March 26th 57.00 per person

YOGALATES with Sharon Wildeboer

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

Mondays 11:00 am - 12:00 pm 12 weeks

January 6th to March 31st \$50.50 per person

***NO Class Monday February 17th**

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 9:00 am - 10:00 am 11 weeks

January 7th to March 18th \$46.25 per person

Thursdays 10:30 am - 11:30 am 11 weeks

January 9th to March 20th \$46.25 per person

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 11:00 am - 12:00 pm 11 weeks

January 8th to March 19th \$46.25 per person

Dance

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

BALLROOM & LATIN DANCE with Instructor **Barbie Cameron & Assistant Instructor John Pyatt** **Beginner**

Learn the Cha Cha, Jive and some fun Merengue.
Thursdays 11:30 am – 12:30 pm 12 weeks
January 16th to April 3rd
\$64.50 per person

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
January 6th to March 31st \$30.00 per person
*NO Class February 17th

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
January 6th to March 31st 9 \$30.00 per person
*NO Class February 17th

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 11:00 am – 12:00 pm 12 weeks
January 10th to March 28th
\$30.00 per person

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

Join us for an hour of Square and Round Dancing. This is a fun social group and no experience or partner is necessary.
Tuesdays 12:45 pm - 2:00 pm January 14th \$0.55
*No Square Dancing on January 21st, February 18th & March 11th



Art & Music

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ACRYLIC PAINTING / WATER COLOUR **BASICS** with **Paul Livingston**

A variety of painting techniques for creating landscapes, portraits, florals and other common subjects.
Thursdays 1:00 pm – 3:00 pm 12 weeks
January 16th to April 3rd \$72.00 per person

DRAWING with **Paul Livingston**

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals.
Wednesdays 10:00 am – 12:00 pm 12 weeks
January 15th to April 2nd \$72.00 per person

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.
*Back stage volunteers always needed
Tuesdays Starting January 14th 1:00 pm – 3:15 pm \$1.35

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
January 9th to March 27th \$107.00 per person

Computer & Digital Photography Programs

With Brian Greenway

Computer & Digital Camera Programs

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 Windows or Mac operating systems. Learn on our laptops or bring your own.

Tuesday March 18th and March 25th 7:00 pm – 9:00 pm
\$51.00 per person

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.

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.

No Café on Jan 8, 15, 22, 29 Feb 26th

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 March 20th 7 pm – 9 pm \$18.00 per person

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 March 27th 7:00 pm – 9:00 pm \$18.00 per person

“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.

Thursdays February 6th & 13th 7:00 pm - 9:00 pm
\$36.00 per person

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 March 4th & March 11th 7:00 pm - 9:00 pm
\$36.00 per person

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.

Tuesdays February 4th & 11th 7:00 pm - 9:00 pm
\$36.00 per person

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 March 6th 7:00 pm - 9:00 pm \$18.00 per person

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.

Mondays March 3rd & March 10th 9:30 am – 11:30 am
\$36.00 per person

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 March 13th 7:00 pm - 9:00 pm \$18.00 per person

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.

February 3rd 9:30 am – 11:30 am \$18.00 per person

Courtice Satellite Programs & Events



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 the third Wednesday of each month for an engaging discussion about the monthly book. January: Northern Light, February: Rules of Civility, March: The Glass Castle, April: Unbearable Likeness

Wednesdays January 22nd, February 19th, March 19th & April 23rd

11:00 am – 12:00 pm

\$1.35 members/\$1.70 non-members

DROP IN 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. Free Snacks and Coffee/Tea as an added treat!

Mondays Starting January 6th

***No Drop In Feb 17th, Mar 10th, April 21**

Wednesdays Starting January 8th

***No Drop in Mar 12th**

9:00 am – 12:00 pm

\$1.35 members/\$1.70 non-members



NEW Programs

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

ACRYLIC PAINTING / WATER COLOUR BASICS with Paul Livingston

(Held at Courtice Community Complex)

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

Thursdays 9:00 am – 11:00 am 12 weeks

January 16th to April 3rd

\$72.00 members \$75 non members

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

(Held at Courtice Community Complex)

Monday AM By Appointment

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

No Café on Jan 6, 13, 20, 27 Feb 17th, 24th March 3rd

Contact Courtice Community Complex 905-404-1525

To prebook your appointment



“CARD GAMES FOR ALL” GAME INSTRUCTION with Bill Peel

(Held at South Courtice Arena)

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

Thursdays January 9th to February 6th – 5 Weeks

9:30 am to 11:30 am

\$ 45.00 members/\$ 50.65 non-members

DROP IN CARDS

(Held at South Courtice Arena)

Join your friends, family or the friends you haven't met yet for an afternoon of cards.

Free Snacks and Coffee/Tea as an added treat!

Tuesdays Starting January 14th 1:00 pm to 3:00 pm

\$ 1.35 members/\$1.70 non-members

GOLF INSTRUCTION with Local Master Golf Teacher Bill Bath

(Held at Courtice Community Complex)

Everyone can learn how to golf. Whether you are a beginner or experienced golfer, we have created a program for you. We will cover all necessary theoretical aspects of this great game. Each session will also have an open floor for questions.

Thursdays 6:00 pm to 7:00 pm Beginners

Thursdays 7:00 pm to 8:00 pm Advanced

January 23rd to February 20th 5 weeks

\$20 members / \$25 non-members



HEALTHY HEARTS with Celilia Barnes

(Held at South Courtice Arena)

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

***Doctors note required**

Mondays 1:30 pm - 2:30 pm January 6th - April 7th 12 weeks

Wednesdays 1:30 pm - 2:30 pm January 8th - April 2nd 12 weeks

DRAWING with Paul Livingston

(Held at Courtice Community Complex)

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

Wednesdays 1:00 pm – 3:00 pm 12 weeks

January 15th to April 2nd

\$72.00 members \$75 non members

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 10:00 am - 11:00 am

January 8th to April 2nd 12 weeks

\$50.50 members/ \$55.50 non-members

Fridays 10:00 am - 11:00 am

January 10th to April 4th 12 weeks

\$50.50 members/ \$55.50 non-members

*No Class March 12th or March 14th

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

(Held at Courtice Community Complex)

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

*Bring Resistance Bands with handles to class.

Mondays 1:30 pm - 2:30 pm

January 6th to April 7th 12 weeks

\$50.50 members/ \$55.50 non-members

*No Class February 17th or March 10th



STRENGTH TRAINING

with Sharon Wildeboer

(Held at Courtice Community Complex)

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

Mondays 2:30 pm - 3:30 pm

January 6th to April 7th 12 weeks

\$50.50 members/ \$55.50 non-members

*No Class February 17th or March 10th

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.

Fridays 1:30 pm - 2:30 pm

January 10th to April 4th 12 weeks

\$50.50 members/\$55.50 non-members

*NO Class March 14th

Computer & Digital Photography Programs

With Bill Peel

Computer & Digital Camera Programs

APPLE COMPUTING

(Held at Courtice Community Complex)

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 February 7th

9:30 am to 11:30 am

\$12.00 members/ \$17.00 non-members

DIGITAL CAMERA TIPS

(Held at South Courtice Arena)

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

Thursdays February 13th & 20th 2 weeks

7:00 pm - 9:00 pm

\$36.00 members/\$ 41.00 non-members

DIGITAL PHOTO EDITING

(Held at South Courtice Arena)

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

Thursdays January 30th to February 13th 3 weeks

9:30 am - 11:30 am

\$ 36.00 members/\$ 41.00 non-members

DISCOVER THE POWER OF

YOUR IPAD

(Held at Courtice Community Complex)

10 Classes to maximize your iPad and what it can do for you!

Prior to attending any of these courses you must have an iPad, Apple ID and have established an account with Apple through iTunes.

Thursdays from February 13th to April 24th

9:30 am to 11:30 am *No class March 13th

\$ 5 members / \$8 non-members per class

Feb 13th CLASS ONE: This is an introduction to your new iPad. How do you use it? How do I get onto a wireless internet network? What are the settings on my iPad?

Feb 20th CLASS TWO: Basic Apps or applications on your iPad. How do they work? A close and personal look at the apps that Apple gives to you such as: App Store, Face Time, Calendar, Clock, iTunes, Maps, Safari, Camera, iBooks and more ...

Feb 27th CLASS THREE: Email on the iPad. How do I create an account? How do I create an iCloud account? How do I send an email? How do I manage my email accounts?

Mar 6th CLASS FOUR: There are apps that cost & apps that are free. Apps store is the application to download those that you are interested in.

Mar 20th CLASS FIVE: Photos and the iPad. Learn how to download photos, edit them and send them in emails. How can you use the camera in your iPad? How do you get photos onto your iPad?

Mar 27th CLASS SIX: Music and the iPad. Learn how to download music to your iPad and use the Music app on your iPad to its full potential. How do you purchase a song or album?

Apr 3rd CLASS SEVEN: Video and the iPad. Learn how to take videos with your iPad. Learn how to download videos from iTunes and watch videos from Netflix or a TV station. How do I use my iPad with my home TV?

Apr 10th CLASS EIGHT: Books and Magazines on your iPad. Learn how to download and view books and magazines from your iPad.

Apr 17th CLASS NINE: iPad and Games. This class will share some of the world's most popular games on your iPad. How do I download them? What Games are available?

Apr 24th CLASS TEN: iWorks and the iPad. How do I create a document (word processing) or spreadsheet on the iPad. How do I create a powerpoint presentation on my iPad?

IPAD APPS THAT INSPIRE

(Held at South Courtice Arena)

The iPad is an incredible revolutionary electronic device that is light and easy to use. Which of the 475,000 apps can I really use? Come out and experience what new apps to inspire and entertain you might you download. Learn tricks and tips in making this device work better for you. (an iPad is necessary - experienced iPad users only)

Tuesdays February 4th, 11 th & 18th 3 weeks

9:30 am - 11:30 am

\$57.00 members/\$ 62.00 non-members

INTERNET MADE EASY

(Held at South Courtice Arena)

Learn how to effectively use the internet. Complete your banking, email, shop or download files.

Thursdays March 27th & April 3rd 2 weeks

7:00 pm - 9:00 pm

\$ 36.00 members/\$ 41.00 non-members

IPHONE NIGHT

(Held at South Courtice Arena)

Help provide navigation and use of your iPhone.

Thursday March 6th

7:00 pm - 9:00 pm

\$ 15.00 members/ \$20.00 non-members

PHOTO COURSE

(Held at South Courtice Arena)

These classes will help you with super tips on how to take better pictures. Bring your camera and visit a number of locations designed to teach you how to take portraits to landscapes to special scenes. What are the different settings on my camera. Your photos will be loaded and shared. A digital camera is necessary.

Thursdays March 13th & 20th 2 weeks

7:00 pm - 9:00 pm

\$ 36.00 members/\$ 41.00 non-members

Computer & Digital Photography Programs

With Bill Peel

Computer & Digital
Camera Programs

SKYPE

(Held at South Courtice Arena)

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

Monday January 27th

9:30 am – 11:00 am

\$12.00 members/\$17.00 non-members

TRAVEL SERIES - ARM CHAIR

TRAVEL FOR EVERYONE

(Held at South Courtice Arena)

Interested in travel? Join us as we learn from someone who has travelled to over 50 countries? Each evening will begin with a geographical look into each country and what it has to offer. The receive tips on by-passing expensive travel agencies? All of these lectures will provide suggestions to such questions as – what to pack – will I find food I will like to eat – money – language – important background information and most importantly how can I make this experience “mine!” Bill will share pictures from each country and suggest the top ten “things to do”.

China – March 17th 7:00 pm to 9:00 pm

Eastern Europe – March 24th 7:00 pm to 9:00 pm

India & Myanmar – March 31st 7:00 pm to 9:00 pm

\$5 members / \$8 non-members per class

THE MAC COMPUTER

(Held at Courtice Community Complex)

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

Fridays February 28th to March 21st 3 weeks

9:30 am – 11:00 am

\$51.00 members / \$56.00 non-members

***NO Class March 14th**

THE POWER OF THE MAC

(Held at South Courtice Arena)

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

Fridays January 3rd, 10th & 17th 3 weeks

9:30 am – 11:30 am

\$ 51.00 members/\$ 56.00 non-members



WHAT CAN I DO WITH MY DIGITAL IMAGES

(Held at South Courtice Arena)

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

Wednesdays March 19th, 26th and April 2nd 3 weeks

9:30 am – 11:30 am

\$51.00 members/\$ 56.00 non-members

***NO Class March 12th**

WINDOWS 7 HELP!

(Held at South Courtice Arena)

These computer lessons are directed to those people who are having difficulty operating their PC Windows 7 machines. Each 2 hour class will be focused on specific objectives but also on issues that you face... what do you want to learn?

Monday March 17th to April 14th 5 weeks

9:30 am – 11:30 am

\$ 85 members / \$90 non-members per class

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

BETTER BRIDGE - with Bill Peel

(Held at South Courtice Arena)

This series of lessons follows 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, putting it all together as a partnership.

Tuesdays January 28th to April 8th (10 weeks)

10:00 am to 11:30 am

\$ 45.00 members/\$ 50.65 non-members

***No Class March 11th**

BRIDGE - A SOCIAL AND EDUCATIONAL OPPORTUNITY with Bill Peel

(Held at South Courtice Arena)

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

Mondays January 6th to March 17th – 10 Weeks

7:00 pm – 9:00 pm

\$ 45.00 members/\$ 50.65 non-members

***No Feb 17th**

BECOME A “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 what healthy soil is; how to plant and maintain seedlings, plants and cuttings; watering and mulching; weed, insect and disease management; pesticide alternatives and attracting pollinator; see collecting and plant types. This course is hands on complete with a workbook to keep and refer to always. Some seed and potting supplies will be needed by course participants.

Tuesdays February 4th, 11th & 18th 3 weeks

9:30 am to 11:30 am

\$ 22.00 members/\$ 27.00 non-members



Newcastle Satellite Programs & Events



Regular Drop-Ins

Regular Drop-Ins

Regular Drop-Ins

Regular Drop-Ins

Regular Drop-Ins

PICKLEBALL

(Held at Newcastle and District Recreation Centre)

Mondays 9:30 am to 12:30 pm starting January 6th

Tuesdays (BEGINNER ONLY) 12:00 pm to 3:00 pm starting January 7th

Wednesdays 9:30 am to 12:00 pm starting January 8th

Thursdays 12:30 pm – 3:00 pm starting January 9th

Fridays 12:30 pm – 3:00 pm starting January 10th

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

(Pay at reception desk upon arrival)

*No Drop Ins Feb 17th, March 10th to 14th, April 18th to 21st

PICKLEBALL DEMO FOR NEW PLAYERS with Hans Tim

(Held at Newcastle and District Recreation Centre)

January 14th 12:30 pm to 3:00 pm FREE

*Register before Jan 7th

BADMINTON (Drop in)

(Held at Newcastle and District Recreation Centre)

Tuesdays 12:00 pm to 3:00 pm starting January 7th

Wednesdays 9:30 am- 12 pm starting January 8th

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

(Pay at reception desk upon arrival)

*No Drop In Mar 11th or 12th

General Interest Programs

BOWLING LEAGUE

(Held at Newcastle Town Hall)

Join us for a fun social mixed league.

Spots available for the 2:30 Teams.

January 9th to April 3rd \$29.05

2 games will be played each week

Cost is \$5.00 per game

Includes prize and end of season banquet

Dance Programs

Dance Programs

Dance Programs

Dance Programs

Dance Programs

Dance Programs

Dance Programs

Dance Programs

Dance Programs

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

(Held at Newcastle and District Recreation Centre)

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

No partner necessary. Please no rubber soled shoes

Bronze/Silver - Learn the Tango, Samba, Jive & Slowfox

Wednesdays 1:00 pm - 2:00 pm 12 weeks

January 15th to April 9th

*No Class March 12th

\$64.50 members / \$69.50 non-members

Advanced - Learn the Tango, Samba & Jive

Wednesdays 2:00 pm – 3:00 pm 12 weeks

January 15th to April 9th

*No Class March 12th

\$64.50 members / \$69.50 non-members

Intermediate - Learn the Tango, Cha Cha & Merengue

Wednesdays 3:00 pm - 4:00 pm 12 weeks

January 15th to April 9th

*No Class March 12th

\$64.50 members / \$69.50 non-members

Computer & Digital Photography Programs

Computer & Digital Camera Programs

Computer & Digital Camera Programs

DISCOVER THE POWER OF YOUR IPAD with Brian Greenway

(Held at Newcastle and District Recreation Centre or Newcastle Library)

10 Classes to maximize your iPad and what it can do for you! **Prior to attending any of these courses you must have an Apple ID and have established an account with Apple through iTunes.**

Thursdays from February 20th to May 1st

9:30 am to 11:30 am

\$ 5 members / \$8 non-members per class

*No class Feb 27th

Feb 20 CLASS ONE: This is an introduction to your new iPad. How do you use it? How do I get onto a wireless internet network? What are the settings on my iPad?

Mar 6 CLASS TWO: Basic Apps or applications on your iPad. How do they work? A close and personal look at the apps that Apple gives to you such as: App Store, Face Time, Calendar, Clock, iTunes, Maps, Safari, Camera, iBooks and more ...

Mar 13 CLASS THREE: Email on the iPad. How do I create an account? How do I create an iCloud account? How do I send an email? How do I manage my email accounts?

Mar 20 CLASS FOUR: There are apps that cost & apps that are free. Apps store is the application to download those that you are interested in.

Mar 27 CLASS FIVE: Photos and the iPad. Learn how to download photos, edit them and send them in emails. How can you use the camera in your iPad? How do you get photos onto your iPad?

April 3 CLASS SIX: Music and the iPad. Learn how to download music to your iPad and use the Music app on your iPad to its full potential. How do you purchase a song or album?

April 10th CLASS SEVEN: Video and the iPad. Learn how to take video with your iPad. Learn how to download videos from iTunes and watch videos from Netflix or a TV station. How do I use my iPad with my home TV?

April 17th CLASS EIGHT: Books and Magazines on your iPad. Learn how to download and view books and magazines from your iPad.

April 24th CLASS NINE: iPad and Games. This class will share some of the world's most popular games on your iPad. How do I download them? What Games are available?

May 1st CLASS TEN: iWorks and the iPad. How do I create a document (word processing) or spreadsheet on the iPad. How do I create a powerpoint presentation on my iPad?

DISCOVERING WINDOWS 8

(Held at Newcastle and District Recreation Centre or Newcastle Library)

A computer using Windows 8 is a very new experience. Using Touch, keyboard or mouse you can manage and use "apps" with surprising ease. A very different Desktop and programs, however, can be confusing, especially for beginners and not-so-beginners. This course will help you learn the basics and get the most out of Microsoft's new operating system. There are three modules of 2 hour sessions, each with clear objectives and can be taken independently. Some laptops available but please bring your own. No previous experience in Windows required.

Wednesdays 1:00 pm - 3:00 pm 3 weeks

March 5th, 19th & 26th

*No Class March 12th

\$ 51 members / \$56 non-members



Workshops & Seminars

Please register in advance at the front desk

Workshops & Seminars Workshops & Seminars Workshops & Seminars Workshops & Seminars Workshops & Seminars

DECOR THERAPY PLUS with Sue Pitchforth

Join us for lively, fun interactive and informative Decorating seminar that will help you get ready for the Spring season. You will leave with lots of fresh ideas and inspiration. Everything from Dollar Store decorating tips to how to select paint colours to new decorating ideas - even some great recipes for you to try at home! Hope to see you there!

FREE - Tuesday March 25th 1:00 pm to 2:00 pm

DIABETES WORKSHOP

FREE six week workshop, sponsored by the Ministry of Health and Long Term Care and the Central East LNIN. These workshops are directed at people with type 2 diabetes, but people with type 1 diabetes are welcome to join. You will develop skills to manage your diabetes daily and prevent complications. This Stanford University developed program has proven that participants who complete the workshop series demonstrate significant improvements in exercise, symptom management, communication with physicians, self-reported general health, participation in social activities and confidence in knowing how to help themselves.

**FREE - Wednesdays January 8th to February 12th
1:00 pm to 3:30 pm**

HOW TO AVOID PROBATE with Mark Hawkins

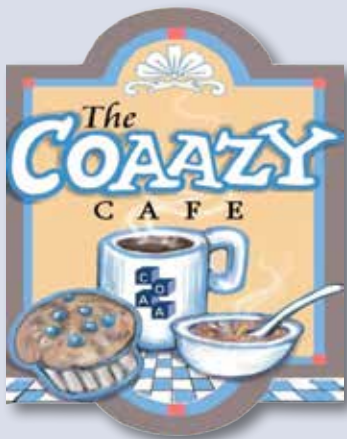
This presentation will focus on how to achieve one's estate planning goals, tax and cost effectively. We begin by briefly explaining the changes to the Probate process and its associated costs and new risks. We will then discuss how Charitable Giving and certain, commonly owned investments can help reduce 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 January 22nd from 2:00 pm to 4:00 pm

NATUROPATHIC MEDICINE

Dr. Carla King, ND will be discussing a number of common complaints including feeling tired, high blood pressure, pain, digestive irregularity and sleep, and how you can make small changes to your diet and lifestyle to improve these symptoms. Her philosophy is focusing on the root cause of these problems, so you can really address why you feel a certain way, instead of masking your concerns. Symptoms such as pain, heartburn or insomnia are your body's way of talking to you - if you listen, you will learn a lot about how you can help!

**FREE - Wednesdays February 5th to 26th 4 weeks
10:30 am to 12:00 pm**



COAAZY CAFÉ

**Open Monday to Friday
9 am to 3 pm**

***Muffins, soup & biscuits
are yummy and affordable!***

**Daily Specials Available
Wednesday & Thursday**



**On the 2nd Level of the Clarington Beech Centre
26 Beech Ave., Bowmanville ON L1C 3A2
Monday - Friday 9:00 am - 5:00 pm**

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



Hair Care

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

Waxing

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

Upcoming Events and Fundraisers



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 with Ed Morton and the Gig Brothers.

Tuesday December 31 8 pm- 12:30 am

\$27 per person

SOCIAL DANCE(S)

with the Clarington Beech Nuts

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

Friday December 20th, January 17th, February 21, March 21

1 pm to 4 pm

\$3.50 members / \$4.60 non-members

EUCHRE EXTRAVAGANZA(S)

Includes 12 games of cards and a delicious dinner along with chances to win great prizes!

Saturday's January 11th and March 15th

3 pm

\$10 per person

Limited number so please contact the centre in advance to purchase your tickets.



RABBIE BURNS LUNCHEON

Join us as we celebrate the history of Rabie Burns with fine Scottish fare. Entertainment and Trivia to follow the service.

Tuesday January 21st at 11:30 am

\$8.05 members / \$11.40 non-members

LADIES NIGHT

Thursday February 13th at 6 pm

\$5 per person

Includes: treatments, refreshments, snacks and entertainment

YOUTH AND COMMUNITY

LEADERS DINNER & AUCTION

Join us as we celebrate our volunteers in partnership with the Rotary Club of Courtice and the Interact Club of Clarington.

Saturday February 15th

\$50.00 per person includes (Dinner, Silent and Live Auction, Entertainment and Keynote Speaker Sandy Hawley)

AGRICULTURAL LUNCHEON

Join us to enjoy a meal prepared and presented by our local farmers – after lunch join us for a Square Dance.

Tuesday February 18th

\$8.05 members / \$11.40 non-members

BARN DANCE

Join us as we celebrate Heritage week with a traditional Barn Dance – Live Country Music.

Friday February 21st

8pm to 12 am

\$10 per person

PUB & TRIVIA NIGHT

Wednesday February 26th 7 pm - 9 pm

\$3.00 per person

Cash bar & refreshments

SMILE THEATRE

Presenting Johnny Belinda

An uplifting & inspiring musical about a small town doctor who helps a deaf-mute farm girl learn to communicate.

Friday Feb 28th

\$5 per person

Sponsored by Ontario Power Generation

ST. PATTY'S LUNCH

Dress up in your favorite Green outfit and enjoy lunch, entertainment and trivia with an Irish twist.

March 11th at 11:30 am

\$8.05 members / \$11.40 non-members

ANNUAL GENERAL MEETING & POTLUCK

Join your fellow members at our annual meeting to review the years financials, program updates and elect new board members to act on the associations behalf.

Friday March 28th

12 pm

FREE

SUNDAY OPEN MIC

Join us for a great afternoon of talent. Sing, Dance ... whatever your interest we would love to showcase it.

April 6th

1 pm to 4 pm

FREE



DURHAM REGION 55+ SENIOR GAMES

The Durham Region 55+ Senior Winter Games will be held at various locations in the region.

Get your partners and teams

ready. Full schedule and registration forms available soon at www.durhamseniorgames.com



FREE - PARTNERSHIP PROGRAM with



**Join us for Social Bridge & Euchre
the 2nd Tuesday of each month
2:30 pm to 3:30 pm
Includes post game refreshments
65 Clarington Blvd, Bowmanville Ontario
697-9992**



© Kristin McCrea

Wishing you the joy of family, the gift of friends
and the best of everything for the New Year.

- The Abernethy Family

LOOKING FOR A BUNGALOW CONDO IN DOWNTOWN BOWMANVILLE?



Artist Rendering

I have been requested by one of my clients to complete a feasibility study to determine the level of interest potential buyers may have in owning one of the Bungalow Condominium units to be built in the Bowmanville Downtown Core, in 2015-16.

My client is considering purchasing a 2.7 acre site located in an area of the Downtown Core west of Clarington Town Hall, for the purpose of building a new 4 storey residential condominium complex.

This site is currently zoned for up to 150 residential units per hectare plus 10,000 s.f. commercial space.

If this new project interests you - please take part in a brief questionnaire which will assist my client to determine the apartment size, price point and amenities that potential buyers would like to see in this new project. All inquiries will be kept in the strictest of confidence.

Interested parties should contact:

Jim Abernethy, Broker

905-261-7788 Cell
email: jimabernethy@royalservice.ca

181 Church Street., Bowmanville
website: www.jimabernethy.ca



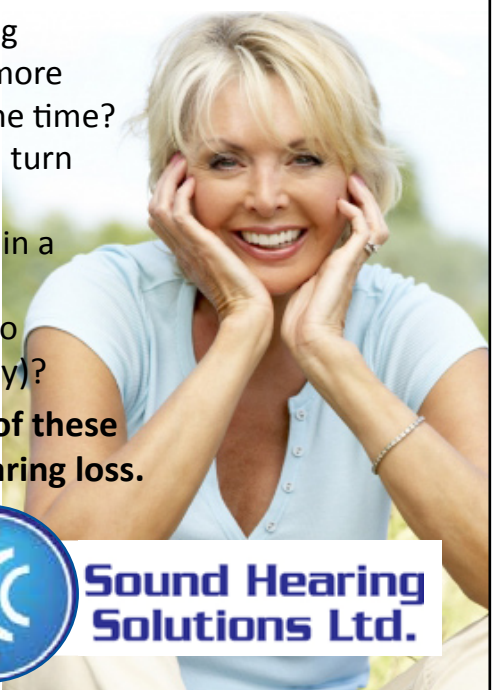
Jim Abernethy, Broker

Hearing Loss? We can Help!

Over three million Canadians have a hearing related disability. Could you be one of them?

- Do you have trouble following conversations when two or more people are talking at the same time?
- Do people complain that you turn the TV volume up too high?
- Do you have trouble hearing in a noisy background?
- Do people you talk to seem to mumble (or not speak clearly)?

If you answered "yes" to any of these questions, you could have hearing loss.



Hear Better, Live Life!



Sound Hearing Solutions Ltd.

CALL TODAY to book your appointment!
905.446.HEAR (4327) 97 King Ave East, Newcastle



HOME COOKING *with Cathy*

Hello Everyone. My recipe this month is truly a very popular cake in our family. It is a very easy cake to bake with basic ingredients but it always looks impressive. I hope everyone has a wonderful Christmas and Holiday Season.

Enjoy!

by Cathy Abernethy
CLARINGTON PROMOTER
CONTRIBUTOR

Blitz Torte



- | | | | |
|---------------|-------------------------------------|----------------|----------------------------|
| Cake | • 1/2 cup unsalted butter, softened | • 5 Tbsp. milk | • 1/2 cup sugar |
| Batter | • 1 cup flour | • 4 egg yolks | • 1 1/2 tsp. baking powder |

1. Cream butter and sugar together until well combined.
2. Add well beaten egg yolks, milk, flour and baking powder.
3. Stir well until ingredients are combined
4. Divide batter in half and spread into 2 round well buttered cake pans (8 inch pans)

- | | | |
|-----------------|----------------|----------------------------------|
| Meringue | • 1 cup sugar | • 1/2 cup thinly sliced almonds. |
| Layer | • 4 egg whites | |

1. Beat egg whites until stiff. Fold in sugar slowly until stiff peaks form.
2. Divide this meringue topping in half and spread over the batter evenly in the 2 pans. Sprinkle the sliced almonds over meringue evenly.
3. Bake at 350f oven for about 25 minutes until meringue is starting to turn a nice golden colour

Assembling The Cake:

1. Loosen cakes from pans and let cool. Place one layer of cake- meringue side down on a cake plate. Spread frozen ice cream or fresh fruit (strawberries or raspberries) or both on first cake.(You can also put custard between the cake layers)
2. Place the other cake layer - meringue side up.
3. If using ice cream- freeze cake immediately.
4. Serves 10 -12 people.

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The Appliance Specialist
Family owned & operated since 1955

FREE DELIVERY!
In the Durham Region!

Whirlpool HOME APPLIANCES

SUITE savings

RECEIVE **FREE**

Matching Microwave-Hood (Value \$499.)
With Purchase of 3 Selected Kitchen Appliances

See Sales Associate for Details.
Limited Time Offer December 1 - 31, 2013

\$899 After \$300. Savings

\$1299 After \$200. Savings

\$699 After \$150. Savings

NEW White Ice COLLECTION

- 6.2 Cu. Ft. Self-clean and Convection Electric Range
 - Aquaplus™ is the most energy-efficient self-cleaning cycle available**
 - 12" 99° Dual radiant element
 - TimeSaver™ Plus True Convection Cooking System
- 30" French Door Refrigerator
 - Full-width pantry with temperature controls
 - Ramp-up LED lights
 - SpillSaver™ glass shelves
- 24 in. Dishwasher with Sensor Cycle
 - 6 Cycles
 - Electronic Control
 - Integrated Console

Wishing You a Safe & Happy Holiday Season!

Paddy's Market

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APPLIANCE WAREHOUSE:
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www.PaddysMarket.ca

Merry Christmas

All of us join in wishing you a happy Holiday Season and a prosperous New Year

THE NEW MASSEY HOUSE RESTAURANT

905.987.3747

27 King Avenue East
Newcastle ON
Catering Available



Fish By-Pass Project Update

Construction is well underway on the new Fish By-Pass Channel around the Goodyear (Veyance) Dam in the Bowmanville Creek.



After many delays, construction started October 8th and finished November 30th. Once started, the project to-date has been completed on schedule and on budget.



The final landscaping, tree planting and education component of the project will be completed in the spring of 2014.

“This Fish By-Pass Channel was long in planning, and is the culmination of efforts of the whole community. Individuals, businesses, Valleys2000 volunteers and various departments and ministries from three levels of government all came together

to make this project a success.

The project will enhance the Bowmanville Creek Valley and will provide an exciting educational experience for all children living in our surrounding communities for years to come.

The Valleys2000 Committees

thank all who believed in the vision of the Valleys2000 and in this project, for if not for their support this project could not have happened.”

Harold Hammond,
Chairman Valleys2000 Committee.

Letter from Michael Hackenburger



Elephants have always captivated humans. Majestic, peaceful and intelligent, Limba is all those things and more.

I have known Limba since 1989, when I flew to northern Quebec following rumors of an emaciated, sick elephant. We rescued her from a terrible fate, though we don't get much credit for it.

Over the last 24 years, she and I have gone swimming in the Atlantic Ocean, climbed mountains, wandered in woods and touched the lives of millions of kids who have come to the Bowmanville Zoo to see her.

And in all that time we provided the very best care for her, and more than that, the best possible environment, filled with fun and love.

Although we have explained many times why Limba is

different, extremists don't seem to listen. They simply repeat the same refrain: “Elephants are social animals and should be with other elephants.”

In most cases, that's true, but not this one. Limba's early years were spent alone—she did not grow up with other elephants. When we first brought her to the zoo, she shied away from the other elephants, she was not used to being with them. And they did not treat her well. They took her food. They pushed her around. Not a crisis, but proof that elephants are individuals. Some fight. Some don't. Some get along with everyone, some don't. Just like people.

In Limba's case, it was – and is – clear that she does not want to be with other elephants. She enjoys being with people. That's what she knew growing up and that's what makes her happy. She especially enjoys being with kids. We're not making it up. If you come to zoo or visit our Facebook page and watch her, you'll see it. It's obvious. She moves towards people, not away.

Sending Limba to a sanctuary or a refuge, or anywhere for that matter, is not in her interests. What is best for most elephants is not best for all elephants. If extremists want to have a serious dialogue about Limba, they have to do their homework.

If you want to protect elephants in general, then by all means have at it. The Bowmanville Zoo will support you in every way we can. But if you are going to take up a cause about a specific elephant – like Limba - get the facts.

Is it too cold for elephants in Canada? No, it is not. There were elephants in Europe until 1,500 years ago.

More important than that, I have been working with elephants in Canada for 38 years, and I have experienced first hand

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how they enjoy the snow, and flourish in our temperate climate. Do we take special steps? Of course, we do. Elephants at the Bowmanville Zoo live in a heated barn in the winter. They go for long walks and get plenty of exercise. They get the best veterinary care in the world.

Have there been horror stories about elephants in captivity? Yes, there have.

But not at the Bowmanville Zoo.

At the end of the day, we do need advocates to stand up for elephants. But Limba doesn't need that kind of help. Shouting “Free Limba!” may feel good, but it's the wrong battle. If people really care about elephants, they need to fight for the elephants that are in trouble. We need to focus our energies on saving elephants in the wild.

The Asian & African elephant are on the brink of extinction. What a tragedy it would be if we lost that battle. Poaching, habitat loss, Human confrontations all threaten elephants and other endangered species.

That's the battle we all need to fight.

How does this all relate to Limba's participation in the Bowmanville Santa Claus Parade?

Simple. Limba inspires. She inspires adults, teachers, and most of all, kids. By connecting with her, they learn to bond with animals, to love animals and to care for animals.

They get closer to a great truth: we are all in this together.

Michael Hackenburger
Bowmanville Zoo
November 5th, 2013



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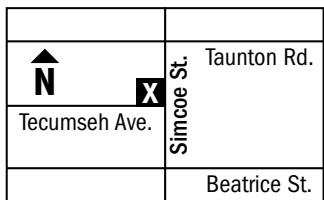


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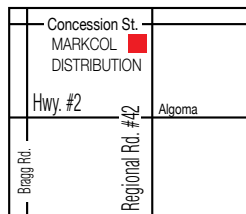
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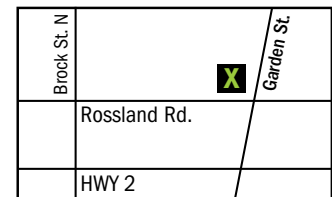
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