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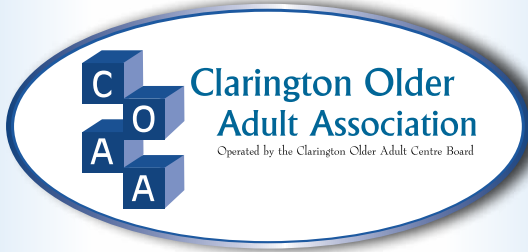
Volume 4 | Issue 3

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

August 2014



Clarington Older Adult Association
 Operated by the Clarington Older Adult Centre Board

2014 Fall Program Guide
 (Pullout Inside)

NOTICE

Concerts In The Park
The Lincolnaires
 Thursday August 21st, 2014 at 7:00 p.m.
 Rotary Park, Bowmanville



Inside This Issue

Wiggers Custom Yachts Page 1 & 4
 Peter Hobb Page 2
 Jim's Editorial Page 3
 COAA Fall Program Insert Page 5-14
 Bowmanville Lions Club Page 15
 Feature Properties Page 16
 Haydon History Page 17
 Home Cooking with Cathy Page 18
 Orono Fair Page 19

Visit: www.claringtonpromoter.ca



STEADFAST is a high-tech custom yacht, built by Wiggers Custom Yachts - Bowmanville. Shown here with her crew representing Canada in the 1988 Canada Cup Challenge, which is in itself a story for another day.

Wiggers Custom Yachts Award

Charles Taws

CLARINGTON MUSEUMS AND ARCHIVES
www.claringtonmuseums.com

Wiggers Custom Yachts of Port Darlington is being featured in a brand new exhibit at the Marine Museum of the Great Lakes at Kingston. Interest in Canada's sailboat industry is becoming popular and the Marine Museum's new exhibition, entitled "New Age of Sail: The Story of Canada's Sailing Boom", recalls the excit-

ing developments in design, construction and marketing that popularized the sport of sailing in Canada from the 1950's onwards. The transition from wood to fibreglass, changes in sails and rigging, improvements to navigation and information on the purchase, restoration and care of a sailboat are all covered. Marine Museum director, Robert Mazza, says "Wiggers Custom Yachts is very much a part of that story." They are one of the longest running and best recognized businesses of their kind in Ontario.

Andy Wiggers opened Wiggers Custom Yachts in 1976. They build, restore and store yachts and from the beginning the company distinguished itself for its high quality workmanship. Andy Wiggers was born in Holland in 1950. There his father managed a local furniture and wooden shoe factory and it is here that Andy was first introduced to wood working. In 1960 the family moved to Canada and settled in Oshawa. Andy found employment with Whitby Boat Works, but also tried his hand at house

building for a short time. However, his enthusiasm for boat building couldn't be ignored, a passion he pursues, as a craftsman extraordinaire, to this day.

Andy began his business in Oshawa. From its humble beginnings providing a mobile service in woodworking repairs and replacements for boats of all sizes, he now heads a successful business with a talented team of long-time employees who represent all

Continued on Page 4



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What Price Should I Charge?



by Peter Hobb

COLLINS BARROW DURHAM LLP
www.collinsbarrow.com

Why do many small businesses consider that price is the primary element driving the buying decision of their customers? When making pricing decisions the tendency is to consider that the price we charge is the most important element when selling our goods or services. Not only do we attribute an inordinate

amount of importance to price when we set prices, we focus our customer or client's attention on price when we are selling our goods or services. This is despite studies showing that only 15% of the buying public consider price the most important consideration when deciding whether to make a purchase. That means 85% of the buying public base their buying decisions on some other criteria.

Walmart competes on price. This is how they attract customers to their stores. They sell a large percentage of their products on low margins and high volumes. For this strategy to be successful they must have a cost advantage over their competition. Walmart would

not survive if they were unable to control costs and their volumes were not large enough to ensure that they were able to cover their fixed costs. People who shop at Walmart expect to get the lowest price possible. Do you create this expectation in your business? If your marketing efforts, advertising and sales presentations focus on price your prospects will be left with no other option but to compare you to the competition based on price. They will make their buying decision accordingly. If you create a low price expectation ask yourself whether this is necessary? You may discover you are leaving money on the table.

Elastic demand exists in markets with many competi-

tors and many substitutes. An example is bargain clothing. In an elastic market when there is a price increase demand will drop. Overall, revenue will likely decline. The market is very sensitive to price. In an inelastic market an increase in price will lead to a decline in demand, but the drop in demand will not likely be enough to lower overall revenues. A great example is gasoline. When oil companies increase the price of gasoline, demand falls but not enough to negatively impact the effect on revenue that the price increase creates. Profits will likely increase. This is because there are very few substitutes for gasoline and people rely on their vehicles as their primary mode of transportation. It is important to understand how price increases affect the demand for your product or service to assist you in setting the optimal price.

It is also important to understand your customer. Why are they buying from you? Price is a consideration but as mentioned above it is likely not the main reason. There are many reasons someone may purchase from you including loca-

tion, quality of your product or service, before and after sale service, delivery, the relationship they have with you, etc. For one or more of these reasons your customer may place a high value on your product or service and may be willing to pay more than the price you are asking. When setting price review what your customer values in purchasing your product or service. Is the value you create unique to your business? If it is you may be able to charge more than the competition.

When you do increase prices don't be alarmed that some customers stop buying from you. Remember 15% of the buying public is price sensitive. However, don't focus on these customers. They are not your best customers and they won't drive profitability. Focus on the other 85% and watch profits increase. The studies cited above also show that 68% of people who stop dealing with a business or choose to leave a business and go to a competitor do so because of "perceived indifference". These customers were given the impression that you couldn't care less if they pur-

chased from you. The price of the product or service did not drive them away.

The value that you are bringing to your customers has to be the main theme of your advertising and sales discussions, not the price. You want to focus the customer's attention on the benefits of purchasing your product or service. What will your product do for them? What the product does for your customer is what you are really selling. In his book "How to Win Customers and Keep Them for Life" Michael LeBoeuf gave the following example: "Don't sell me insurance. Sell me peace of mind and a great future for my family and me." His book provides other examples.

If you do not have to compete the way Walmart or Costco does, focus on your customer. Understand why your customers buy from you. Provide exceptional service. This strategy is more costly than simply trying to compete on price but you should be able to charge higher prices and, in the end, be more profitable.



Public Notice 2014 Municipal Election Nominations and Candidate Campaigns

The *Municipal Elections Act, 1996*, as amended, provides that every person who proposes to be a candidate for the Office of Regional Chair in the 2014 Municipal Election to be held on Monday, October 27, 2014 shall file a Nomination Paper with the Regional Clerk.

The *Municipal Elections Act* further provides that a candidate's election campaign period for the Office of Regional Chair begins on the day he/she files a nomination for the office. No contributions shall be made to or accepted by or on behalf of the candidate and no expenses may be incurred by or on behalf of a candidate prior to filing the prescribed Nomination Paper with the Regional Clerk. Money, goods and services given to and accepted by or on behalf of a person for his/her election campaign are contributions.

Nominations for the **Office of Regional Chair of the Regional Municipality of Durham** must be filed in the Office of the Regional Clerk, 605 Rossland Road East, Whitby, Ontario L1N 6A3.

Nomination Procedure:

- The prescribed Nomination Paper may be obtained and filed in the Office of the Regional Clerk:
 - on any day from January 2, 2014 to September 11, 2014 when the Regional Clerk's Office is open (8:30 AM to 4:30 PM)
 - no later than Nomination Day, Friday, September 12, 2014 during the hours 9:00 AM to 2:00 PM
- The Nomination Paper shall be accompanied by a filing fee in the amount of \$200.00 in cash, certified cheque or money order, payable to The Regional Municipality of Durham, or by Debit, Visa or Mastercard.
- The onus is on the candidate for election to an office to file a bona fide Nomination Paper.**

For further information, please contact:

Deb Bowen
Regional Clerk / Director of Legislative Services
clerks@durham.ca
Regional Municipality of Durham
605 Rossland Road East, PO Box 623
Whitby, Ontario L1N 6A3
Phone Number: 905-668-7711, extension 2100

Dated this 11th day of August, 2014.

If you require this information in an **accessible format** please contact the Regional Clerk / Director of Legislative Services via email at clerks@durham.ca or by telephone at 905-668-7711, extension 2100.

ROTARY RIBFEST UPDATE



The 7th Annual Bowmanville Rotary Ribfest was a huge success. The event gathered the largest crowd we have ever had making this our most successful event.

Bringing our community together for great food and great music is a fun way to support the work Rotary does in our own back yard and across the globe.

All the money raised goes to projects like school playgrounds, people who need a hand, parks and through Rotary International, we know that our community event is bringing water to impoverished areas of the world and working to eradicate polio.

So a huge thank you to our community for making Ribfest a continued success.

-Kevin Anyan, Past President & Fundraising Chair

Opinions and Views



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

The Challenge of Choosing a Candidate

Municipal elections are perhaps even more important than Federal or Provincial elections because decisions made at the Municipal level tend to have a greater impact on our day to day life..... and our pocket books.

If you have ever thought about playing a role in the governance of our community, this may be your opportunity.

It was an honour for me to serve as your Mayor 2006-2010, and I can honestly say that it was often a challenging, but personally rewarding experience.

On October 27 we will be asked to decide who will form the next Clarington Council, and who will represent us at the Region of Durham Council.

You have until 2 PM on Friday, September 12, 2014 - to register yourself as a candidate in the upcoming Municipal Election.

To learn more, go online to clarington.net and click on Clarington Votes Matter!

So, what characteristics should you be looking for in the candidates ?

First off, make note that elections should not be a popularity contests. Being popular does not necessarily mean a person will be an effective Member of Council.

Secondly, understand the role and duties of each Member of Council, before you cast your vote.

Finally, match the skills of the candidates to the job description of the various positions.

Consider that the primary role of this next Clarington Council is to give direction to municipal staff and to oversee the spending of your property tax dollars..... over the next four years.

Clarington is our lower tier government and the Region of Durham is our upper-tier government.

Over these next four years, based on the 2014 Capital & Operating Budgets, this amounts to more than \$ 325 million at the lower level - Clarington and a whopping \$ 6 Billion at the upper level - Region of Durham.

Surprised at these amounts? This is one reason why it is important for you to participate in our municipal election process, and to know your candidates.

Also, understand where your property tax dollars are being spent.

For example the Region of Durham is responsible for the cost of providing Regional services which are different that the services provided by Clarington.

Clarington is responsible for the cost of providing services such as: parks & recreation; emergency (fire); engineering &

maintenance of local roads, sidewalks, bridges, issuance of building permits, enforcement of local by-laws and various permits; library & museums, local planning issues and of course tax collection for the Region of Durham, Clarington and our School Boards.

Region of Durham provides: police services, emergency medical (ambulance), transit, waste processing (garbage), municipal water & sewage services, social housing, social assistance, public health, children's & family services, emergency & 911 phone services, regional roads & bridges, regional planning and long-term care facilities for seniors and the physically challenged.

Now, let's look at the makeup of each Council, and the role of each of these Members.

Clarington Council is made up of a Mayor(1), Regional Councillors(2), and Local Councillors(4).

Our Mayor and (2) Regional Councillors join with other Regional Councillors from the Municipalities of Pickering, Ajax, Whitby, Oshawa, Scugog, Brock and Uxbridge to form the Region of Durham Council.

The Ontario Municipal Act 2001, Sections 224 & 225 define the role of Council, Mayor and Chairman. (to review these complete sections of the Act - go online to <http://www.e-laws.gov.on.ca>)

Basically, the role of each Council is to:

1. Maintain the financial integrity of the municipality.
2. Determine which services the municipality will provide.
3. Give direction to municipal staff to ensure that the decisions of Council are carried out.

Here are some questions you might ask yourself as you consider the candidates.

- Can they read a budget?
- Would you trust this person to manage the spending of your millions or billions of tax dollars?
- Will they respect the taxpayers of our community, and practice the concept of living within our means rather than spending more than we earn.
- Do they have a general understanding of the administrative process?
- Can they delegate?
- What is their experience, their track record?
- Do they make promises that they did not, or cannot keep?
- What is their ethical standard?
- Do they understand the concept of 'good governance'?
- Do they understand the meaning of a Conflict of Interest?
- Will they make decisions for the good of all taxpayers, or will they buckle to the pressures of special interest groups?
- What is their vision for Clarington and the Region, for

the next 20-50 years?

Whereas, the role of the Mayor or Chairman is:

1. To provide leadership to the Council.
2. To remind and advise Council with respect to the role of Council.
3. To preside over Council Meetings, and to set the tone for the way in which business is conducted during Council Meetings.
4. To act as chief executive officer (CEO) of the Municipality, and to represent the municipality at official functions.

It is important to know that the Mayor does not have special veto powers over decisions made by Council. Nor can the Mayor make decisions on behalf of Council.

The Mayor has one vote, and once a decision of Council has been made, the Mayor is required to represent the will of Council.

The Mayor is the Chief Executive Officer (CEO) of the Municipality. He or she is the face that defines the personality of the Municipality.

We need only look to the City of Toronto to understand why the reputation and credibility of the Mayor is an important asset for any community.

Our next Clarington Council needs strong leadership to find consensus for the challenges we will encounter on the road ahead.

There are a number of issues on the horizon which will require all Members of Council to come together to work with the Federal, Provincial and Regional Governments to ensure Clarington receives our proportionate (and long overdue) share of infrastructure investments.

The rising cost of electricity, expanded transit routes, continual delays in completing Hwy 407 thru Clarington; and the cost efficiencies that can be found in consolidating similar Region wide services are all issues that should be of concern to the residents of Clarington.

Choose wisely on October 27, 2014. Our next Clarington Council will be dealing with these and other issues, in the next four years.

This just in..... there has been a last minute change of performers for the upcoming Concert in the Park - held at Rotary Park on Queen Street in Bowmanville.

On Thursday August 21 at 7 pm - bring your lawn chairs, relax and enjoy the extremely talented Lincolnaires who play a wide variety of favourites from the 50's, 60's & 70's.

Don't miss the final concert of the summer on Thursday August 28 at 7 pm featuring the big brassy sounds of the award winning Swing Shift Big Band.

125 Years of Back to School at Central Bowmanville P.S.

As kids around Clarington return to school next month following summer holidays, the students at Central Public School in Bowmanville will be encouraged to spend some time remembering that each September over the last 125 years kids of this community have returned to Central, to be educated and find community in this historic building in the heart of town.

The character of Central Public School has always reflected its rich history and central location. Many current students have parents or grandparents who attended Central and ongoing relationships with partners in the community continually turn up Central grads, former staff and all sorts

of connections and stories of days gone by at Central.

The current School Council, made up of parents, staff and community members, wanted to recognize the significance that this history plays still today. Two anniversary projects were planned to mark this special year.

The first of these projects was the decision to begin work on redeveloping the school's outdoor space into a sustainable playscape and community green space that reflects the history of our community. This project is well underway, thanks to the generous support of many community donors and a ribbon cutting is planned for October 3rd, as part of anniversary celebrations.

The second project was the planning of a community open house to be held on Friday October 3rd between 4-8 pm at the school. With assistance from Clarington Museums there will be historic tours, slide shows and memorabilia displays, as well as period crafts and games for the children. Live entertainment and refreshments will add to the fun. Formal presentations will be at 7pm.

All community members and former staff and students are welcome to join us as we celebrate and share our stories of 125 years of back to school at Central.

More information is available at central125.com.

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Publisher - Jim Abernethy jim@claringtonpromoter.ca

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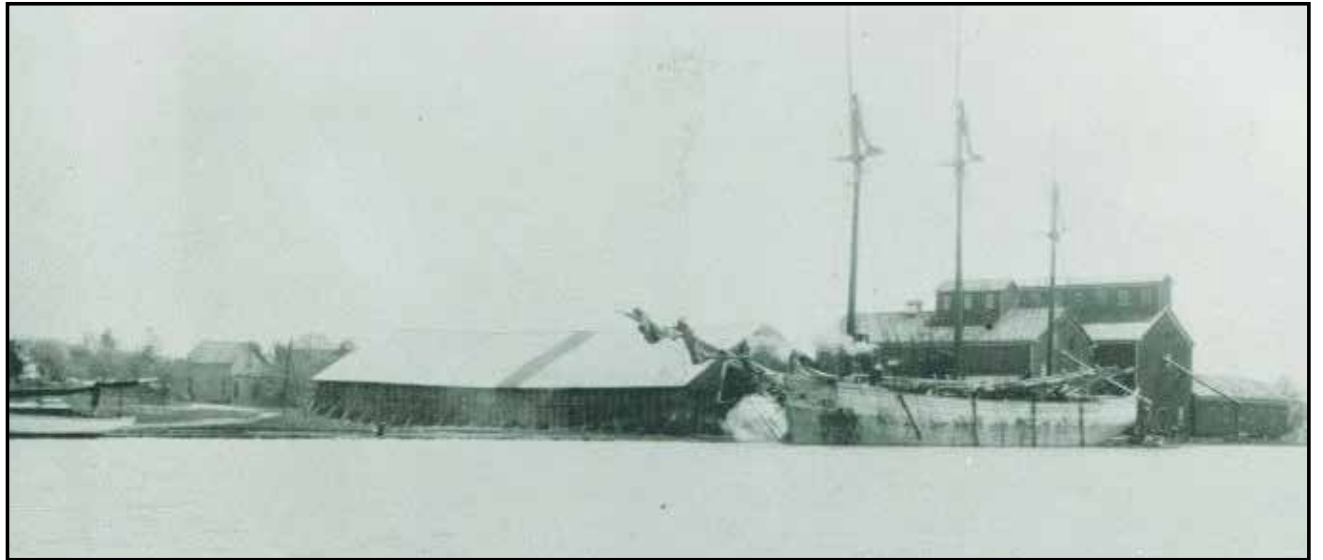
Wiggers Custom Yachts Award

Continued from Page 1

the specialized fields that make a boat building and repair business viable. As Andy's reputation grew so did his need for more work space. In 1983 he came to Port Darlington and built a 10,000 square foot plant. Andy explained at the time that he liked the land in the area and he needed access to the water to launch his boats. Some of the larger boats need to be launched in deeper water. Andy would employ up to 20 people and build as many as 13 vessels a year. Yacht sizes ranged from 37 to 46 feet. One ship built here, for Irv Gill of the Port Darlington Marina, was called "Northern Dancer". It could travel 80 kilometres an hour and had living quarters for six and a crew of two. Its cost was 1.3 million.

The "Coug", a Wiggers built racing yacht was the winner of the 1981 Canada Cup. This ship was on display at Port Darlington for the sod turning of Andy's new facility. The 1984 Canada Cup winner, called the "Coug II", was also built by Andy. Sailors watching the race "marvelled at Coug II's unassailable boat speed and performance." This 42.6 foot racing yacht was eventually sold to American owners. She commanded a high price not only because of her speed, but also for her beautiful design. A half model (used in the construction of the ship) of the original "Coug" is featured in the Marine Museum's exhibit.

In 1987 when harbour re-development was being discussed local Councillor Ann Cowman said she, "would like to see more publicity about the boat building taking place at Wiggers Custom Yacht Ltd., next door to the marina. We



The schooner Oliver Mowat in Port Darlington. The grain elevators behind her were used to store barley before transport. To the left is the coal shed where the coal was stored that the ships brought in from the American side. All the factories ran on coal in those days and people heated their houses with coal. This area is the approximate place where Wiggers Custom yachts is today.

need more emphasis on the exclusive boat building. We want people to know that the boats come from Bowmanville and to put Bowmanville Marina on the map." It is safe to say that Andy has accomplished that and by 1988 newspapers described him as, "the best boat builder in Canada."

Port Darlington has had a long history of wooden sailing ships. In the old days it wasn't custom yachts but working ships that came to port. Large schooners such as the "Flora Carveth" or "William Jamieson" would come in with coal from the American shore and leave laden with barley or other crops from the Canadian side. The largest was the "Oliver Mowat", a scarce three master that was owned by the Port Darlington Harbour Company itself. She was built in Mill Haven Ontario in 1875 and sailed until cut in two in a collision with the steamer Keywest in 1921. In 1863 a 180 ton schooner was actually built in Port Darlington. It was called the "David Fisher", after the local custom's collector (and builder of the house that is now the Bowmanville Museum). William Norton (1826-1906), a long time resident of Port Darlington helped with her construction, but the actual builder's name is listed as Bellingsby. Not too much is known of this vessel, but she was built "north of the inner end of the east pier" and the ways used to launch her were used for years afterwards to take out scows and barges for repair. The "David Fisher" was the only sailing ship of note

built in Port Darlington until Wiggers Custom Yachts began operations here. It's interesting to note that the description of where the "David Fisher" was built is not too far from the location of Wiggers Custom Yachts today. To tie this history together even more, in 1990, Wiggers Custom Yachts became the owners of the Port Darlington Harbour Company (whose history goes back to 1837).

Wiggers Custom Yachts and Port Darlington have be-

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Feel free to call 905.623.3097 or email me at ron.hooper@sympatico.ca with your questions, concerns or to request a lawn sign. Please contact me if you require transportation to the polling station.



A 1930's view showing a sailing boat moored in Port Darlington. After 1890 Port Darlington was subject to a long slow decline. It wasn't until the 1980's that its fortunes began to turn around. Wiggers Custom Yachts helped spur on the revitalization.



An 1895 view of the harbour showing a rare visitor. A steam launch (or possibly an early motor ship).

come synonymous to the general public. You can't think of one without the other. Wiggers Custom Yachts continues to meet the demands of today's boaters while preserving a heritage of boat building in Port Darlington that goes back to 1863. Congratulations to Andy Wiggers and the staff of Wiggers Custom Yachts on their induction to the Marine Museum of the Great Lakes in Kingston.

Afternoon Tea: A Bowmanville Museum Tradition

Afternoon tea, sponsored by the Toasted Walnut, is again available every Wednesday until September 3rd. Reservations can be made at 905-623-2734. The teas are from 12:00 noon to 3:00pm. Come for a refreshing afternoon treat or lunch on the Bowmanville Museum's spacious veranda. Enjoy the scenery and the beautifully manicured lawns. The museum is also open for guided tours.



Clarington Older Adult Association

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

2014 Fall Program Guide

Values and Beliefs

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

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

Mission Statement

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

General Information

MEMBERSHIP FEE \$25 + HST

(Valid for one year from the day you join)

Benefits of membership:

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

REGISTRATION INFORMATION

All Registered Programs include HST.

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

Cash, Cheque, Debit, Visa or Mastercard accepted.

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

REFUND POLICY

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

A \$10 administrative fee will be applied.

WHEELS IN ACTION

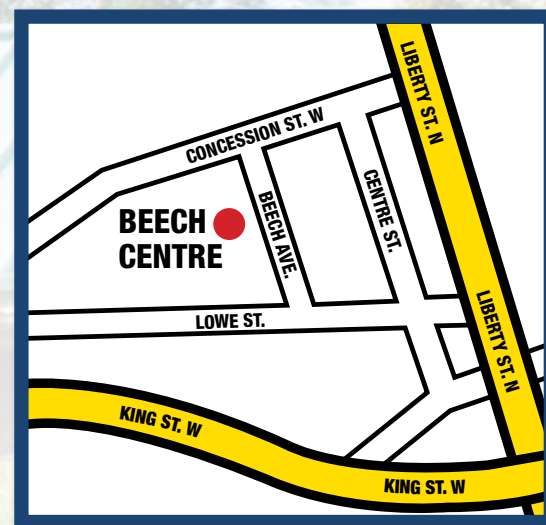
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Contact Sharon Spooner to book your ride at

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



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	Social Euchre/Cards (Courtice)	9 am - 12 pm	Walking*	9 am	Mexican Train Dominoes	10 am	Walking*	9 am		
Drop-In Time (Courtice)	9 am - 12 pm	Cribbage	9:30 am	Drop-In Time (Courtice)	9 am - 12 pm	Table Tennis	10 am	Open Art	9 am-12 pm		
Tone & Strengthen with weights (DVD)	9:20 am	Euchre	9:30 am	Pickleball (Newcastle)	9:30 am	Pickleball (Newcastle)	12 pm	Tone & Strengthen with weights	9:20 am		
Book Club	10 am	Scrabble	9:30 am	Choir	10 am	Bid Euchre	1 pm	Pickleball (Newcastle)	12 pm		
Wood Carving	10 am	Social Bridge	9:30 am	Courtice Book Club (Courtice)	11 am	Craft Group	1 pm	Duplicate Bridge	1 pm		
Pickleball (Newcastle)	9:30 am	Table Tennis	10 am	Open Art	12 pm	Drop-In Time (Newcastle Library)	2 pm	Darts	1 pm		
Duplicate Bridge	1 pm	Billiards	12 pm-6 pm	Canasta	1 pm	Social Bridge	7 pm	500 Cards	1 pm		
Cribbage	1 pm	Square Dancing	12:45 pm	Soccer	3 pm	Texas Hold'em Poker	7 pm	Jam Session	1 pm		
Knitting/Crocheting Group	1 pm	Pickleball (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 3rd							
Bid Euchre	7 pm	Friendship Group	1 pm								
		Theatre Group	1 pm								
		Learn to Play Euchre	1:30 pm								
		Drop-In Time (Newcastle Library)	2 pm								
		Progressive Euchre	7 pm								
		Shuffleboard	7 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.

Inside This Issue

Front Page

- Drop-In Programs Calendar

PG.2

- Upcoming Events & Fundraisers

PG.3 (Newcastle Programs)

- Satellite Program Update
- Programs & Events

PG.4 (Courtice Programs)

- New Programs
- Regular Drop-Ins
- Arts & General Interest

PG.5 (Courtice Programs)

- Macintosh Computer & iPad
- Fitness

PG.6 (Bowmanville Programs)

- New Programs
- Fitness / Workshop

PG.7 (Bowmanville Programs)

- Fitness

PG.8 (Bowmanville Programs)

- Dance
- General Interest

PG.9 (Bowmanville Programs)

- Art & Music
- Free Workshops

PG.10 (Bowmanville Programs)

- Computer & Digital Photography

TUESDAY LUNCH

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

Includes: Juice, Salad, Main Course, Bread, Dessert, Tea or Coffee

\$8.05 members / \$11.40 non-members

Please purchase your weekly lunch ticket before Friday at 4 pm.

This helps staff and volunteers with planning and preparation.

No lunch Sept 2nd, Oct 14th, Dec 23rd & Dec 30th

Upcoming Events & Fundraisers

Upcoming Events & Fundraisers

Upcoming Events & Fundraisers

Upcoming Events & Fundraisers

HEALTH FAIR, OPEN HOUSE & REGISTRATION

Tour our facility, visit our many tradeshow booths and enjoy the fitness, dance and music demos while enjoying complimentary refreshments all day. Sponsored by OACAO and the Ontario Seniors' Secretariat.

Wednesday September 3rd, 9 am to 6 pm

YOU GIVE ME FEVER: A TRIBUTE TO PEGGY LEE – with Leisa Way

Monday September 8th, 7 pm

\$10 members and \$15 non-members

Includes: Refreshments and Cash Bar

EUCHRE EXTRAVAGANZA(S)

Saturday September 13th & November 22nd

3 pm \$10 per person

Includes: 12 games of cards, dinner and prizes

*Advance tickets are required

OPEN MIC

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

Sunday September 14th & November 9th

1 pm to 4 pm, FREE – Open to ALL!

'FUN'DRAISING GOLF TOURNAMENT

\$80 per person includes 18 holes of golf at Bowmanville Golf and Country Club, lunch on the course, dinner at the Beech Centre, Prize and Charitable Receipt for \$20.

Tuesday September 16th, Shot Gun Start at 9 am

Dinner Only Tickets available for \$18 per person

SOCIAL DANCE (S) with Pat Prout and the Clarington Beech Nuts

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

September 19th, October 17th and November 14th

1 pm to 4 pm, \$3.50 members / \$4.60 non-members

BBQ & TRIVIA NIGHT with Alan Tibbles

Wednesday October 8th

BBQ 6 pm with Trivia 7 pm

\$5 members / \$7 non-members

Includes: burger, salad, dessert, refreshments & trivia with prizes. Trivia Only \$3 per person

Advanced Ticket Required by October 1st by 4 pm

DINNER THEATRE Presented by Smile Theatre

"In Flanders Fields"

Saturday October 25th

Doors Open 5 pm with Dinner 6 pm

Live Theatre at 7 pm

\$25 members / \$30 non-members

Sponsored by Ontario Power Generation

HALLOWEEN COSTUME PARTY LUNCHEON

Tuesday October 28th, 12 pm

Prizes for all who dress up

\$8.05 members / \$11.40 non-members

SMILE THEATRE

"A CHRISTMAS CAROL"

Back by popular demand, this classic Christmas story is a musical version featuring three versatile performers and puppets.

Friday November 21st, 1:30 pm \$5 per person



SHOWCASE OF THE ARTS

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

Thursday December 4th, 7 pm to 9 pm

Free will offering at the door in support of the COAA

CLARINGTON CONCERT BAND – CHRISTMAS CONCERT

Thursday December 11th, 7 pm

\$6 per person includes light refreshments & cash bar

COAA CHRISTMAS DINNER AND DANCE

Saturday December 13th

\$30 members / \$35 non-members

Doors open at 5 pm, Dinner at 6 pm

Includes: Dinner, Entertainment, DJ Dancing, Door Prizes and Cash Bar

Member ONLY tickets on sale November 3rd at 9 am

Non-member tickets on sale November 17th at 9 am

*Each member is able to purchase ONE non-member ticket for this event as of November 3rd as well.

NEW YEAR'S EVE DANCE UPDATE –

This year the COAA will be taking a break from hosting a New Year's Dance. So please join your fellow COAA friends at one of the following events:

ST. JOSEPH'S PARISH NEW YEAR'S EVE DINNER & DANCE

St. Joseph's Church - 127 Liberty Street South Bowmanville

Includes: Cocktails, Dinner includes Table Wine, DJ

Dancing, Champagne Toast, Cash Bar and Party Favours.

Ticket information to be posted at the centre

ELVIS – A TRIBUTE TO THE KING featuring Bruce Andrew Stewart

The Orono Town Hall – 5315 Main Street Orono

December 31st, 8 pm

\$30 per person includes: late night refreshments, snacks, party favours, door prizes, 50/60's dance music and cash bar

Tickets available at Orono Times Office or by calling

905-983-9617

Satellite Programs Update

Satellite Programs Satellite Programs Satellite Programs Satellite Programs

Here we "GROW" ... Clarington's best kept secret is excited to be opening a permanent satellite location of the Clarington Older Adult Association within the 1600 Square Foot Facility located at 2950 Courtice Road North, Courtice in September 2015.

This facility will be open to members of the Clarington Older Adult Association and governed by the Clarington Older Adult Centre Board of Directors in the same way that our flagship location the Clarington Beech Centre has been since its opening in September of 1998.

In preparation for this expansion of programs the COAA Board and Staff are actively working with the Municipality of Clarington to ensure that we have a formal plan for programs, events and activities that will interest the COAA members within this area. Please contact us with your ideas and suggestions.

Not a Member? Please don't miss out on being a part of a fantastic organization that has been "promoting the health and happiness of older adults by providing opportunities to enhance their quality of life" for over 16 years.

Membership is \$25 + HST and valid for one year from the day you join.

Benefits of membership include:

- Reduced cost and enrolment in courses/programs
- Advanced tickets for special events
- Participation in drop-in programs
- Use of amenities during business hours

Newcastle Satellite Programs & Events

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

20/20/20 with Nathalie Mackesey

(Held at the Newcastle Recreation Complex)

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

Wednesday 4 pm to 5 pm

10 weeks September 17th – November 19th

\$42.00 members / \$47.00 non-members

ARTHRITIS FITNESS

with Nathalie Mackesey

(Held at the Newcastle Recreation Complex)

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

Tuesday 11:15 am to 12:15 pm

10 weeks September 16th – November 18th

\$42.00 members / \$47.00 non-members

BADMINTON (Drop-In)

(Held at the Newcastle Recreation Complex)

Tuesdays 12 pm to 3 pm

September 16th – Tuesday December 16th

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

(Pay at reception desk upon arrival)



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

(Held at the Newcastle Recreation Complex)

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

Wednesdays 12 weeks September 17th – December 3rd
\$77.40 members / \$82.40 non-members

• International Silver

Tango, Jive with some Samba and Slowfox 1pm to 2pm

• Advanced

Tango, Jive with some Samba and Slowfox 2 pm to 3pm

• Intermediate

Learn Tango, Rumba and some Merengue 3 pm to 4pm

*Please no rubber soled shoes

BOWLING LEAGUE

(Held at Newcastle Town Hall)

Join us for a fun social mixed league. Includes prize and banquet.

Thursday 1 pm or 2:30 pm September 18th – April 2nd
\$29.05

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

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

(Held at Newcastle Library)

Brian Greenway will be volunteering on Monday afternoons at the Newcastle Library to assist you with any of your computer or digital photography questions.

For COAA members only, appointments required 905-697-2856

Monday afternoon appointments

Starting September 15th

*No Café October 27th

DROP-IN CARDS, BOARD GAMES

(Held at Newcastle Library)

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

Coffee/Tea is available for 55 cents.

Tuesday & Thursday September 16th - December 18th
2 pm to 4 pm \$1.35 members / \$1.70 non-members

* No drop-in Thursday October 9th, 23rd, November 20th

iPAD BASICS: GETTING THE MOST OUT OF YOUR TOUCH DEVICE with Brian Greenway

(Held at the Newcastle Recreation Complex)

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

Thursday 9:30 am to 11:30 am

7 weeks September 18th – October 30th

\$56.00 members / \$61.00 non-members

PICKLEBALL (Drop-In)

(Held at the Newcastle Recreation Complex)

Monday & Wednesday 9:30 am to 12:30 pm
starting September 15th, 17th

Tuesday, Thursday & Friday 12 pm to 3 pm

starting September 16th, 18th, 19th

\$1.35 members / \$1.70 non-members per play
ending December 19th

(Pay at reception desk upon arrival)

*No drop-in October 13th

WINDOWS 8.1 – BASIC INTRO with Brian Greenway

(Held at the Newcastle Recreation Complex)

A computer using Windows 8 is a very new experience. Using touch, keyboard or mouse you can manage and use "apps" with surprising ease. "Tiles" and "Apps" on the new desktop, however, can be very confusing, especially for new and not-so-new users. There will be an emphasis on email, computer security, and photos. This course will help you learn the basics and get the most out of Microsoft's new operating system. No previous computer experience necessary.

Wednesday 3 pm to 5 pm

3 weeks September 17th – October 1st

\$51.00 members / \$56.00 non-members

Courtice Satellite Programs & Events

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

NEW Programs

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

CAKE DECORATING FOR BEGINNERS with Mary Espeut

(Held at Courtice Community Complex)

Mary has 25 years experience teaching and decorating. You will develop your piping skills while creating various borders, writing, rosettes, bows and flowers. You will then make a variety of flowers, character cake, curious figures, learn sugar molding, decorate a fall cake and create a Christmas holiday cake with pine branches and butter crème poinsettias.

Tuesday 1 pm to 3 pm

6 weeks September 16th – October 21st

\$60.00 members/\$65.00 non-members

CALLIGRAPHY with Mary Espeut

(Held at Courtice Community Complex)

Learn to enhance your creativity with the beautiful, ancient art form of Calligraphy. You will be introduced to and guided through, the basic letters and numerals and learn how to incorporate decorative writing in a basic water colour design and create a greeting card.

Tuesday 1 pm to 3 pm

3 weeks November 11th – November 25th

\$30.00 members/\$35.00 non-members

ZUMBA with Veronica Vargas

(Held at Courtice Community Complex)

Interval training combines fast and slow rhythms with resistance training to tone and sculpt your body while burning fat.

Friday 11:30 am to 12:15 pm

11 weeks September 19th – December 19th

\$40.80 members/\$45.80 non-members

***No class November 7th, 14th & 21st**



Photo credit to Brian Greenway

Workshops

WORKING WITH ROLLED FONDANT with Mary Espeut

(Held at Courtice Community Complex)

Multi Award-Winning Sugar Artist will teach you the fine art of covering a cake with rolled fondant to achieve a satiny-smooth, elegant finish. You will be introduced to brush embroidery, simple frills and ribbon insertion.

Tuesday October 28th 10 am to 2 pm

\$25.00 members/\$30.00 non-members

PEN & INK with Dianne Darch

(Held at Courtice Community Complex)

Come and try your hand at pen and ink, no drawing experience required! All materials will be supplied and you can take home a greeting card to keep or give to a special friend.

Friday September 26th 11 am to 1:30 pm

\$10.00 members/ \$15.00 non-members

Regular Drop-Ins

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

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 new friends ... or join in on a board game or card match. Coffee and Tea is available for 55 cents.

Monday 9 am to 12 pm September 15th – December 8th

Wednesday 9 am to 12 pm September 17th – December 10th

\$1.35 members/\$1.70 non-members

***No drop-in October 13th, 22nd & 27th**

SOCIAL EUCHRE AND CARDS

(Held at Courtice Community Complex)

Join your friends for a fun morning of social euchre. All skill levels welcome. Coffee and Tea is available for 55 cents.

Tuesday 9 am to 12 pm September 16th – December 9th

\$1.35 members/\$1.70 non-members

***No cards September 30th**

BOOK CLUB

(Held at Courtice Community Complex)

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

**The Secret Daughter will be available for pick up at the front desk on Thursday August 11th*

• Wednesday September 17th 11 am to 12 pm

Discussing: The Secret Daughter, Picking Up: Purple Hibiscus

• Wednesday October 15th 11 am to 12 pm

Discussing: Purple Hibiscus, Picking Up: The Paris Wife

• Wednesday November 19th 11 am to 12 pm

Discussing: The Paris Wife

\$1.35 members/\$1.70 non-members

Arts & General Interest

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

BRAIN FITNESS FOR LIFE with Laura Clements

(Held at Courtice Community Complex)

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

Monday 1 pm to 2:30 pm

9 weeks September 15th – November 24th

\$38.25 members/\$43.25 non-members

***No class October 13th & 27th**

PUTTING YOUR GARDEN TO BED with Elaine Davidson

(Held at Courtice Community Complex)

Don't let Old Man Winter tuck your garden in...Master Gardener Elaine Davidson will teach you how to put your indoor and outdoor GARDENS to BED this winter. Learn what to plant, what to bring inside and when it needs to be done.

Tuesday 9:30 am to 11:30 am

3 weeks September 9th – September 23rd

\$22.00 members/\$27.00 non-members

DRAWING with Paul Livingston

(Held at Courtice Community Complex)

Includes the basic principles and how to apply these towards drawing, landscapes, portraits, florals and animals. *A list of supplies you will need may be picked up at the front desk.

Wednesday 1 pm to 3 pm

12 weeks September 17th – December 10th

\$72.00 members/\$75.00 non-members

***No class October 22nd**

Arts & General Interest

Arts & General Interest

Arts & General Interest

Arts & General Interest

Arts & General Interest

Arts & General Interest

BRIDGE with Bill Peel

(Held at Courtice Community Complex)

Interested in learning a little more about this great card game and an opportunity to play with others? Then these are the classes for you. We will start with a short lesson in a relaxed learning environment, where you will pick up tips and tricks to improve your game and then enjoy a chance to play socially.

Tuesday 7 pm to 9 pm

7 weeks October 21st – December 2nd

\$31.50 members/\$36.50 non-members

DISCOVER NEW CARD GAMES with Bill Peel

(Held at Courtice Community Complex)

Interested in learning how to play some new card games that will allow for more interaction with your grandchildren and friends? Come and enjoy tips for playing card games with one, two or four players in simple to understand language. Euchre / Solitaire / Cribbage / Rummy / Old Maid / Hearts and many more.

Monday 1:30 pm to 3:30 pm

4 weeks November 10th – December 1st

\$22.50 members/\$27.50 non-members



Macintosh Computer & iPad

with Bill Peel

Macintosh Computer & iPad

Macintosh Computer & iPad

Macintosh Computer & iPad

iPAD ESSENTIALS: UNDERSTANDING & MAXIMIZING YOUR iPAD

(Held at Courtice Community Complex)

For all 7 classes you must have an iPad, an Apple ID and an established account with Apple through iTunes.

*Pre-registration required for each class.

Monday 9 am to 11 am September 15th – November 3rd

\$8.00 members/\$13.00 non-members per class

*No class October 13th

• **Class One: September 15th**

WELCOME TO YOUR NEW iPAD

Learn how to use it, get on the internet, understand the settings and get a detailed look at the basic apps.

*We will also have a visit from the Bowmanville Library

• **Class Two: September 22nd**

MAIL AND THE INTERNET ON THE iPAD

Why do I have an iCloud account? How do I create a gmail account, send email, manage my email accounts, access and manage bookmarks from the internet. Why should I use Google Chrome? YouTube and Facebook access will be explained and you will learn how to use Facebook.

• **Class Three: September 29th**
THE APPS STORE

What apps are available for me to learn from, play with and share? With tens of thousands available how do I find the ones "right" for me. The instructor will share new apps, the top apps in the world and guide you through the process of selecting and loading the ones that are best for you onto your iPad.

• **Class Four: October 6th**

PHOTOS AND THE iPAD

Learn how to download, edit and send photos in emails. Learn how you can use the camera in your iPad and get photos onto your iPad? If you are interested you will learn how to post your photos on Facebook.

• **Class Five: October 20th**

MUSIC AND THE iPAD

Learn how to download music to your iPad, use the music app on your iPad to its full potential and listen to thousands of radio stations around the world through your iPad.

• **Class Six: October 27th**

VIDEO AND THE iPAD **(Held at The Beech Centre)**

Learn how to take videos with your iPad, download videos from iTunes, watch videos from Netflix or a TV station and use your iPad with your home TV.

• **Class Seven: November 3rd**

BOOKS AND MAGAZINES

Learn how to download and view books and magazines from your iPad. Learn how to borrow and download books from your local library. The local library app will be demonstrated.

THE MACINTOSH COMPUTER PART ONE

(Held at Courtice Community Complex)

These classes are designed both to introduce you to the Macintosh computing system AND to help those who own a Macintosh computer or laptop by addressing problems and questions about your Mac. Participants will learn how to manage their files and folders as classes focus on and explore: System Preferences / iTunes / iPhoto / Calendar / Internet / Banking / Messages / Skype/ Facebook / and FaceTime.

Tuesday 9:30 am to 11:30 am

3 weeks October 7th – October 21st

\$51.00 members/ \$56.00 non-members

SPECIAL iPAD COURSE iWORKS DISCOVERED

(Held at Courtice Community Complex)

Microsoft offers excel, word and PowerPoint for the PC, while Apple offers a powerful response application called **iWORKS**. Come and learn how to productively use **Numbers, Pages,** and **Keynote** on your iPad with a spreadsheet, word processor and a brilliant piece of presentation software.

Monday 9:30 am to 11:30 am

3 weeks November 10th – November 24th

\$51.00 members/\$56.00 non-members

Fitness

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ARTHRITIS FITNESS

with Nathalie Mackesey

(Held at Courtice Community Complex)

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

Wednesday 10 am to 11 am

13 weeks September 17th – December 10th

\$54.70 members/ \$59.70 non-members

Friday 10 am to 11 am

13 weeks September 19th – December 12th

\$54.70 members/ \$59.70 non-members



Photo credit to Cathy Booth Smith

GENTLE YOGA

with Sharon Wildeboer

(Held at Courtice Community Complex)

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

Friday 1:30 pm to 2:30 pm

13 weeks September 19th – December 12th

\$54.70 members/ \$59.70 non-members

STRENGTH TRAINING

with Sharon Wildeboer

(Held at Courtice Community Complex)

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

*Bring resistance tubing with handles to class.

Friday 12:30 pm to 1:30 pm

13 weeks September 19th – December 12th

\$54.70 members/ \$59.70 non-members

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

(Held at Courtice Community Complex)

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

*Bring Resistance Bands with handles to class.

Tuesday 2:45 pm to 3:45 pm

13 weeks September 16th – December 9th

\$54.70 members/\$59.70 non-members

URBAN POLING FALL FOLIAGE

with Laura Clements

(Held at Courtice Community Complex)

Get the benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, and improve posture and balance) while feasting your senses on the wonderful fall colours. Leave from Courtice Complex. Suitable for everyone. Urban poles available to purchase or rent.

Schedule available for pick up at front desk or online.

Monday 3 pm to 4:30 pm

10 weeks September 15th – November 24th

\$42.50 members/ \$47.50 non-members

*No class October 13th

Bowmanville Programs

NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

25 CONVENTIONS THAT YOU SHOULD KNOW IN BRIDGE with Bill Peel

The key to being a successful bridge player is to become completely familiar with a variety of conventions that will help you maximize your partnership and help you score points. It is far better to play a few conventions well than a great many conventions erratically. Come and learn some exciting conventions that can improve your game.

Monday 1 pm to 2:30 pm

7 weeks September 15th – November 3rd \$30.00

***No class October 13th**

ARTHRITIS FITNESS with Nathalie Mackesey

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

Thursday 11:30 am to 12:30 pm

13 weeks September 18th – December 11th \$54.70



EXCITING AND UNIQUE iPad APPS FOR YOUR iPad with Bill Peel

Come out and learn what applications can inspire and entertain you. With hundreds of thousands of “apps” this device is rapidly replacing the personal computer. The instructor will teach you tricks and tips in making this device work for you. iPad is necessary.

Tuesday 9:30 am to 11:30 am

2 weeks October 28th – November 4th \$30.00

INDOOR SOCCER (Drop In)

Join us at the indoor soccer fields on Baseline Road for a fun social afternoon of soccer. No experience necessary.

Wednesday 3 pm to 4:30 pm

October 1st – December 17th

\$1.35 members / \$1.70 non-members

SIT AND BE FIT LEVEL 1 with Karen Ross (New Instructor)

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

Bring Resistance Tubing with handles to class.

Friday 9 am to 10 am

13 weeks September 19th – December 12th \$54.70

WRITING FAMILY MEMOIRS PART 2 with Heather Beveridge

Keep your memories alive to pass along to family members and friends. Join us as we bring your memories to life on paper. All you will need is a pen and paper. “It is recommended that you have completed Family Memoirs Part 1 before joining this group.”

Tuesday 6:30 pm to 8:30 pm

10 Weeks September 23rd – November 25th \$30.00

YOGA with Lisa Balsdon provided by Live In Motion

Men, and pre and post natal mom's welcome, beginner and advance modifications given in class. Our yoga classes include mindful meditation/visualization and breathing techniques, postures (asana's) and corrections, strengthening and flexibility work.

Tuesday 7 pm to 8:15 pm

6 weeks September 16th – October 21st

Tuesday 7 pm to 8:15 pm

6 weeks November 11th – December 16th

Cost \$110.20, Drop-In \$18.00 cash

Thursday 7 pm to 8:30 pm

6 weeks September 18th – October 23rd

Thursday 7 pm to 8:30 pm

6 weeks November 13th – December 18th

Cost \$125.43, Drop-In \$20.00 cash

Email to book your drop in

****Buy both rounds up front and receive a 10% discount.**

Email Lisa@LiveInMotion.ca to book your drop in or call/text 905-706-7862

Fitness

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

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

Friday 8 am to 9 am

10 weeks September 19th – November 21st \$100.00

CARDIO WITH PEP with Lydia Vooy

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

Monday 9 am to 10 am

13 weeks September 15th – December 15th \$54.70

Friday 9 am to 10 am

13 weeks September 19th – December 12th \$54.70

***No Class October 13th**

COAA BIGGEST WINNER CHALLENGE – TAKE TWO

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 second 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 September 2014 – November 2014. Meet together three times per week to enjoy motivational chats, meal planning suggestions, exercise routines and most importantly FUN with FRIENDS from the COAA!

• **Monday 9:30 am to 11:45 am**

with Laura Clements Urban Poling

• **Wednesday 11 am to 12 pm**

with Veronica Vargas Zumba Gold

• **Friday 8 am to 9 am**

with Jason Fenton from Live In Motion Boot Camp

September 15th – November 24th 10 weeks \$72.00

***No class October 13th**

CHAIR PILATES with Nathalie Mackesey

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

Monday 11:15 am to 12:15 pm

13 weeks September 15th - December 15th \$54.70

***No class October 13th**

COMBO CLASS with Lydia Vooy

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

Wednesday 8 am to 9 am

13 weeks September 17th – December 10th \$54.70

Thursday 9 am to 10 am

13 weeks September 18th – December 11th \$54.70

Fitness

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

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 leave with two left feet!

Thursday 11:30 am to 12:30 pm

13 weeks September 18th – December 11th \$54.70

FABULOUS MUSCLES

with Lydia Vooyo

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

Friday 10 am to 11 am

13 weeks September 19th – December 12th \$54.70

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am to 11 am

13 weeks September 15th - December 15th \$54.70

Wednesday 10 am to 11 am

13 weeks September 17th – December 10th \$54.70

***No class October 13th**

GUIDED MEDITATION

with Julie Ditta

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

Friday 12:30 pm to 1:30 pm

13 weeks September 19th - December 12th \$54.70

PILATES with Nathalie Mackesey

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

Monday 10 am to 11 am

13 weeks September 15th- December 15th \$54.70

Tuesday 7 pm to 8 pm

13 weeks September 16th – December 9th \$54.70

Thursday 7:10 pm to 8:10 pm

13 weeks September 18th – December 11th \$54.70

***No class October 13th**

PILATES 2 with Nathalie Mackesey

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

Thursday 10:15 am to 11:15 am

13 weeks September 18th – December 11th \$54.70

QIGONG (CHINESE YOGA)

with Donna Elliott (New Time)

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

Wednesday 9:45 am to 11:15 am

13 weeks September 17th - December 10th \$68.25

Wednesday 11:30 pm to 12:30 pm

13 weeks September 17th - December 10th \$54.70

SIT AND BE FIT LEVEL 1

with Sharon Wildeboer

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

Bring Resistance Tubing with handles to class.

Tuesday 10:30 am to 11:30 am

13 weeks September 16th – December 9th \$54.70

SIT AND BE FIT LEVEL 2

with Sharon Wildeboer

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

Bring Resistance Tubing with handles to class.

Tuesday 9:30 am to 10:30 am

13 weeks September 16th – December 9th \$54.70

Friday 10 am to 11 am

13 weeks September 19th – December 12th \$54.70

STRENGTH TRAINING FOR MEN

with Sharon Wildeboer

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

Bring Resistance tubing with handles to class.

Wednesday 11 am to 11:45 am

13 weeks September 17th – December 10th \$44.40

Friday 9 am to 9:45 am

13 weeks September 19th – December 12th \$44.40

STRENGTH TRAINING

with Lydia Vooyo

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

Bring Resistance tubing with handles to class.

Thursday 6 pm to 7 pm

13 weeks September 18th – December 11th \$54.70

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 and is recommended by health practitioners in treating diseases such as, arthritis, high blood pressure, osteoporosis.

Beginner: Monday 10 am to 11 am

10 weeks September 15th - November 24th \$45.00

Intermediate: Monday 11 am to 12 pm

10 weeks September 15th - November 24th \$45.00

***No class October 13th**

URBAN POLING FALL FOLIAGE

with Laura Clements

Get the benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, and improve posture and balance) while exploring a variety of local trails. Feast your senses on the wonderful fall colours. Suitable for everyone. Urban Poles available for purchase or rent.

Schedule available for pick up at front desk or online.

Monday 9:30 am to 11 am

10 weeks September 15th - November 24th \$42.00

***No class October 13th**

YOGA with Sharon Wildeboer

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

Monday 9 am to 10 am

13 weeks September 15th - December 15th \$54.70

Wednesday 9 am to 10 am

13 weeks September 17th – December 10th \$54.70

***No class October 13th**

YOGA ON THE BALL

with Laurel Wichman

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

Monday 3 pm to 4:30 pm

13 weeks September 15th – December 15th \$61.75

Wednesday 2 pm to 3:30 pm

13 weeks September 17th -December 10th \$61.75

***No class October 13th**

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 postures that help to build strength and stamina. Breath work is integrated throughout the class.

Monday 1 pm to 3 pm

13 weeks September 15th - December 15th \$81.25

*** No class October 13th**

Restorative Yoga -This class offers a nice balance of restorative yoga and an opportunity to work on stability and balance. Postures will be held for longer periods allowing for the muscles and connective tissues to relax, lengthen and strengthen. We will also explore balancing postures allowing us to strengthen our core stability.

Wednesday 3:30 pm to 5 pm

13 weeks September 17th - December 10th \$61.75

YOGALATES with Sharon Wildeboer

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

Monday 11 am to 12 pm

13 weeks September 15th - December 15th \$54.70

***No class October 13th**

ZUMBA with Veronica Vargas

Interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Tuesday 9 am to 10 am

13 weeks September 16th - December 16th \$54.70

Thursday 10:30 am to 11:30 am

12 weeks September 18th - December 18th \$50.50

***No class November 13th, 18th & 20th**

ZUMBA GOLD (LITE)

with Veronica Vargas

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

Wednesday 11 am to 12 pm

13 weeks September 17th - December 17th \$54.70

*** No class November 19th**

“5 MINUTES OF FAME”
COAA Demo-Exercise Warm-Up
Terry Fox Warm-Up
with Lydia Vooyo

Sunday September 14th 10 am
 Volunteers Wanted! Sign up on the volunteer board

Dance

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

BALLROOM DANCE BEGINNER with Barbie Cameron

Learn the Rumba & Jive with some Merengue.

Thursday 1:15 pm to 2:15 pm

12 weeks September 18th – December 4th \$77.40

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

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

Some experience necessary for beginner plus.

Monday 13 weeks September 15th – December 15th \$32.50

Beginner 12:15 pm to 1:15 pm

Beginner Plus 1:15 pm to 2:15 pm

***No class October 13th**

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 where no experience or partner is required.

Tuesday 12:45 pm to 2 pm

September 9th - December 16th \$0.55 per visit



TAP DANCING BEGINNERS & BEGINNERS PLUS with Veronica Vargas

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

Wednesday 10 weeks September 17th – December 17th \$54.70

Beginners 9 am to 10 am, Beginners plus 10 am to 11 am

***No class November 19th**

General Interest

General Interest General Interest General Interest General Interest General Interest General Interest General Interest General Interest

BEECH CENTRE BOOK CLUB (Drop In)

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

September 15th: Discussing – *Purple Hibiscus*,

Picking up – *Irma Voth* By: *Miriam Toews*

October 20th: Discussing – *Irma Voth*

Picking up – *Rush Home Road* By: *Lori Lansens*

November 17th: Discussing – *Rush Home Road*

Picking up – *Island Walker*

\$1.35 per visit

BOWLING LEAGUE

(Held at Newcastle Town Hall)

Join us for a fun social mixed league. Includes prize and banquet.

Thursday 1 pm or 2:30 pm September 18th – April 2nd \$29.05

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

CRAFT GROUP with Judi White (Drop In)

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

Thursday 1 pm to 3 pm

starting September 18th

\$1.35 per visit

CULINARY LESSON with Chef Georg

Come join us for a fun social afternoon of cooking and taste testing!

Wednesday 1 pm to 3 pm \$10.00

• **September 17th – Mexican Cuisine**

• **October 15th – Holiday in Jamaica**

• **November 19th – Greek Goodness**

• **December 17th – Fantastic foods of Spain**

LEARN TO PLAY EUCHRE with In- structor Don Welsh & Josie Roberts (Drop-In)

Tuesday 1:30 pm to 3 pm

7 weeks November 4th - December 16th

\$1.35 per visit

THEATER GROUP (Drop In)

If you are interested in acting this is the group for you –meet new friends and perform at our winter Showcase of arts.

Tuesday 1 pm Starting September 16th

\$1.35 per visit

FRENCH LESSONS with Cecile Paxton

Tuesday 10 weeks September 23rd – November 25th

\$52.50

Beginner French 10 am to 11:30 am

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.

Beginner Plus 1:30 pm to 3 pm

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

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. Some optional homework will be involved.

Wednesday 10 am to 12 pm

10 weeks September 17th – November 19th \$59.50

SPANISH LESSONS LEVEL 2 with Alan Bayliss

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

Monday 1 pm to 3 pm

10 weeks September 15th - November 24th \$59.50

***No class October 13th**

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.

Wednesday 1 pm to 3 pm

10 weeks September 17th – November 19th \$59.50

SPANISH LESSONS LEVEL 4 with Alan Bayliss

Este programa es para los que ya han completado español nivel 3 o el equivalente. Continuaremos 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 un mínimo de una hora de tarea por semana se requerirá.

Monday 10 am to 12 pm

10 weeks September 15th - November 24th \$59.50

***No class October 13th**



Photo credit to Brian Greenway

Art & Music

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

ACRYLIC PAINTING / WATER

COLOUR BASICS with Paul Livingston

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

**A list of supplies you will need can be picked up at the front desk.*

Thursday 1 pm to 3 pm

12 weeks September 18th - December 4th \$72.00

DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals. *A list of supplies you will need can be picked up at the front desk.

Wednesday 10 am to 12 pm

12 weeks September 17th - December 3rd \$72.00

CHOIR (Drop In)

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

Wednesday 10 am to 11:30 am Starting September 10th

\$1.35 per visit

RECREATIONAL AFRICAN

DRUMMING 1 with Julie Ditta

Learn basic technique, handling and a variety of rhythms. Explore the fun of improvised drumming in a group. No previous experience necessary. Drums will be provided or bring your own.

Friday 10 am to 11 am

13 weeks September 19th - December 12th \$54.70

RECREATIONAL AFRICAN

DRUMMING PROFICIENCY

with Julie Ditta

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

Friday 11 am to 12 pm

13 weeks September 19th - December 12th \$54.70

UKULELE with Allanah Coles

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

Thursday 1 pm to 2 pm

8 weeks October 2nd - November 20th \$16.00

WATER COLOUR INTERMEDIATE

with Hi-Sook Barker

Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent, beautiful water colour with an experienced teacher who will accommodate all levels of expertise.

Thursday 9 am to 12 pm

12 weeks September 18th - December 4th \$107.00



Photo credit to
Cathy Booth Smith

Free Workshops

Registration Required
at Front Desk

Workshops Workshops Workshops Workshops Workshops Workshops Workshops Workshops Workshops

SHOULD I BUY AN iPad?

With Bill Peel

This class will provide you with the information necessary to make the decision to buy an iPad or not. Is this new technology for you? How does it work? What "apps" or applications are available for you to enhance your life? What can I do with an iPad? Can an iPad take pictures; share e-mails; surf the web; make movies? Come out and watch a demonstration of the iPad.

Wednesday September 17th 9:30 am to 11:30 am

DR. CARLA KING

Dr. Carla King, Naturopathic Doctor is returning for a seminar focusing on mental health and the root cause of anxiety, insomnia and irritability. Learning to understand your body, mentally and physically is crucial to staying healthy. Bring your questions!

Monday September 22nd - October 6th and

November 10th - 24th 10:30 am to 12 pm 3 weeks

LIVING A HEALTHY LIFE WITH

CHRONIC PAIN WORKSHOP

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

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

Monday 1 pm to 3:30 pm

6 weeks September 22nd - November 3rd

***No class October 13th**

GETTING THE MOST OUT OF LIFE WITH DIABETES WORKSHOP

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

Better managing your diabetes, your emotions, and your daily activities.

Wednesday 1 pm to 3:30 pm

6 weeks September 24th - October 29th

SECURING YOUR FUTURE: AN INTRODUCTION TO INVESTING FOR WOMEN

Brought to you by BMO Nesbitt Burns Durham

This practical and information packed seminar covers investing basics including investment goals, asset classes, the importance of asset allocation and diversification, mutual and segregated fund basics, the risk versus return tradeoff, and handling market volatility. Michelle Miles, BMO Nesbitt Burns Investment Advisor and author will be leading the presentation.

Friday October 17th 11 am to 12 pm

HEARING & SEEING

Jessica Waller, owner and Optician at Specto Optical, is going to be speaking about a few things about your eyes.

How cataracts grow, and what happens visually. The process of having your cataracts removed, and what to expect. Different types of progressive lenses, how they can make your life easier. What Blue Light is, and what it does to your eyes, and a few more topics!

Wednesday October 22nd 2 pm to 3 pm

John Thistle, Hearing Instrument Specialist at Sound Hearing Solutions.

Learn about hearing loss its causes, prevention and treatment options. He will cover the points which are often not discussed but crucial facts people should know about their own hearing as well as the hearing of people they love.

Wednesday October 22nd 3 pm to 4 pm



FREE EBOOKS & EMAGAZINES ON YOUR IPAD WITH CLARINGTON PUBLIC LIBRARY

Discover how your Clarington Public Library card and an iPad can get you access to thousands of free eBooks, audiobooks, and over 65 popular magazine titles! Also, learn how CPL's new app can make it easier than ever to manage your library account, search for books and access our resources!

Advanced registration required. Participants must have a valid CPL card, iPad, and email address.

Monday October 27th 1:30 pm to 3 pm

DIABETES (Drop-In)

Sponsored by Lakeridge Health

Come and meet healthcare professionals along with local community organizations to discover more about programs offered in your area! Enjoy two short presentation covering topics, such as diabetes self-management led by diabetes educators. Have your diabetes related questions answered by a registered nurse or dietitian, and learn how to live a healthy, active lifestyle while living with diabetes.

Thursday November 6th 3 pm to 5 pm

WILLS AND ESTATES: GETTING IT RIGHT THE FIRST TIME

Brought to you by BMO Nesbitt Burns Durham

Brandon McBride, estate Lawyer with Mason/Bennett/Johncox leads this straight forward presentation on the basics around building a will and estate planning. The seminar covers will basics, the importance of having a will, making changes to a will, powers of attorney, and estate administration ("probate"). A Q and A session follows the presentation portion of the seminar.

Tuesday November 18th 7 pm to 8:30 pm

Computer & Digital Photography

With
Brian Greenway

Computer & Digital Photography
Computer & Digital Photography

SPREADSHEETS

Why is the most useful software available hardly used and understood? Excel, Numbers, OpenOffice Calc, Google Docs, 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. For example, If inflation increases at 1.8% per year what happens to my personal budget in 4 years? Can I afford that trip next year? Or, how do I sort 100 names and addresses by postal code? This will be a hands on experience with real examples and detailed instructions.

Monday 10 am to 12 pm

2 weeks September 22nd – 29th \$18.00

PHOTO ALBUM CLASS

Learn to have fun using your own digital images to create colourful printed, hard-cover photo albums. Create the album on your own computer and receive it in the mail within a week.

Monday November 10th 7 pm to 9 pm \$18.00

DIGITAL CAMERA CONTROLS PART 1

Confused with all those buttons on your digital camera? In this class you will have practical experience in starting to take advantage of the controls in creating more interesting pictures. Bring your camera and the manual.

Monday October 20th 5 pm to 7 pm \$18.00

MAKING BETTER PICTURES (DIGITAL CAMERA CONTROLS PART 2)

Want better pictures in low-light or at the picnic? Need some tips on using some more of your camera's special functions? As a follow up to Camera Controls Pt1, Pt 2 will explore more options and ways of making images. How to download images to a computer, controlling exposure for low light, and more scene modes and manual options will be practiced.

Monday October 27th 5 pm to 7 pm \$18.00

GETTING SORTED

Picasa is free simple 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, sorting, adjusting, to sharing and printing your picture collection.

Wednesday October 1st 7 pm to 9 pm \$18.00

BRIAN'S DIGITAL CAFÉ FREE COMPUTER & PHOTOGRAPHY SUPPORT

Wednesday afternoon by appointment only

Brian Greenway will be volunteering to assist you with any of your computer or digital photography questions.

For COAA members only, appointments required.

Starting September 17th

*No café October 1st, November 5th

DOMINICAN REPUBLIC 2015

Come and join the COAA in the Dominican Republic
January 18th – January 25th, 2015

Resort:	Riu Palace Macao in Punta Cana Dominican Republic <i>(this is an adult only resort)</i> www.riu.com/PalaceMacao
Price:	\$1659, Double OCC (taxes included) This is an all-inclusive trip so the price includes: air fare, hotel, food and drinks for the 7 days of travel

To book the Dominican Republic trip please contact Louise or Linda at:
Destinations To Go
19 King St. W., Bowmanville ON L1C 1R2
905-623-9533 • www.destinationstogo.ca

ALL ARE WELCOME!!!

OLDER ADULT STRATEGY UPDATE

Currently the COAA and the Municipality of Clarington are working together with Monteith Brown Planning Consultants & Tucker-Reid Associates to put together a strategy that will address three key issues as they relate to older adults and older adult recreation programming in Clarington.

- Facilities
- Staffing/Volunteer Resources
- Older Adult Programming

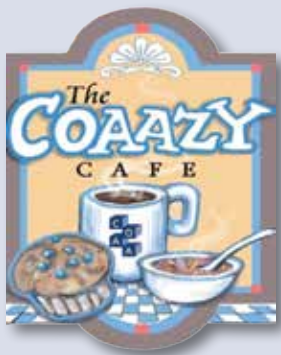
The research, consultations and assessments for this plan will include public information meetings, older adult questionnaires and increased communication.

Please watch for additional information on this project throughout the fall and winter at

www.claringtonolderadults.ca

or by contacting Angie Darlison at

phone: 905-697-2856 • email: exec-director@bellnet.ca



COAAZY CAFÉ

Open Monday to Friday 9 am to 3 pm

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

Specials Available Wednesday & Thursday



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

Monday – Friday
9 am to 5 pm

To book an appointment call

Amanda

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



Hair Care

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

Waxing

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

Celebrating 80 years of Lions in Bowmanville

In 1917, Melvin Jones, a 38-year-old Chicago business leader, told members of his local business club they should reach beyond business issues and address the betterment of their communities and the world. Jones' group, the Business Circle of Chicago, agreed.

After contacting similar groups around the United States, an organizational meeting was held on June 7, 1917, in Chicago, Illinois, USA. The new group took the name of one of the invited groups, the "Association of Lions Clubs," and a national convention was held in Dallas, Texas, USA in October of that year. A constitution, by-laws, objects and a code of ethics were approved. Today, Lions Clubs International is the world's largest service club organization with 46,000 clubs in 208 countries with 1.35 million members. Members do whatever is needed to help their local communities.

The Lions Mission Statement is - To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

On April 26, 1935 the Lions Club of Bowmanville was chartered by sponsoring Clubs from Port Hope and Toronto Central.

Familiar names among those original 25 members include Roy Nichols (car dealer), Stu James (insurance), Percy Cowling and Alex McGregor (druggists), Maurice Breslin (ladies' wear), Dr. Birks (physician), Dr. Dinniwel (dentist), and Aubrey Smith (mortician). Early fund raising activities included boxing and wrestling shows, annual summer carnivals in the park continued until the early 1990's.

Raffle tickets have always been an important form of fund raising for the Club. Grand draw prizes have included a refrigerator, furniture and even a cottage. For many years the prize included a new car for the winner and a new car for the seller of the winning ticket.

The Lions Club of Bowmanville Raffle became very popular. Raffle tickets sold for 25c and were distributed from Nova Scotia to British Columbia, and as far south as Florida. The draw in 1951 culminated in a profit of \$23,000.

However, shortly thereafter the Postal Authorities put a stop to mailing of tickets the following year. Apparently it was illegal to send raffle tickets through the postal service.

In 1945, the Lions Club purchased what was then known as the Senkler property, located at 26 Beech Avenue in Bowmanville. Originally built in 1842 by Dr. Lowe and called Rathskamory, this building became a Community Centre and home to the Lions Club of Bowmanville.

In 1953, the building was expanded to provide a banquet auditorium and Boy Scout hall in the basement. It was a bee-hive of activity for the entire community – blood donor clinics, teen town dances, nursery school, senior citizen meetings, even the Municipal Recreation Department operated from two small rooms for a period of time. The nursery school operated for more than 60 years.

In 1980 the banquet hall was expanded allowing for capacity to over 400 people. The Lions and (at that time) Lioness members catered to numerous events and weddings for more than 15 years providing a reasonable low cost facility for all community groups.

Then, in 1997 the building was sold to the Municipality for conversion into what is now the home of the Clarington Older Adults Association, and where the Lions Club of Bowmanville

continue to meet on a regular basis.

The Lions Club of Bowmanville has been a strong supporter of the Bowmanville Hospital Foundation. Over the years the Club has made contributions to help the Foundation improve the quality of health care available to our community. Here are just a few examples.

In the early 1980's the Club purchased and installed over 100 "Life Line" emergency response systems into the homes of seniors allowing the hospital to monitor emergency calls. The system is now monitored by a private company.

In 2010 the Lions Club donated \$250,000 to the Bowmanville Hospital Foundation to help improve the services provided by their Mammography Department.

More recently, they have committed \$25,000 to the Hospital's Eye Clinic, and provided a transportation van for cancer patients for over 15 years.

Youth Programs go back many years with sponsorship of various age groups of Scouts, sports teams and more recently the Clarington 172 Air Cadets.

Vision screening is completed by Club members in 11 local schools for children age 5-6. Last year, 20 % of the 320 children tested were identified as experiencing eye problems.

As a tribute to a very active Lions member, a large donation was given to Big Brothers and Big Sisters to initiate in our local schools the "Jack Munday Mentoring Program." Presently there are over 200 students involved in this worthwhile project. As further support our local Lions have partnered with the Air Canada's "Dreams take Flight" Program, each year sending 4 boys or 4 girls from our local Big Brothers and Big Sisters organization to Disney World.

The Club also supports funding for breakfast programs at two of our local schools, assists the Clarington Project with annual donations, and each Christmas provides financial assistance to the Salvation Army Food Bank.

You support our community when you support the Lions Special Events trailer at Downtown events, or when you buy raffle tickets for the Annual Duck Derby in June. It all adds up.

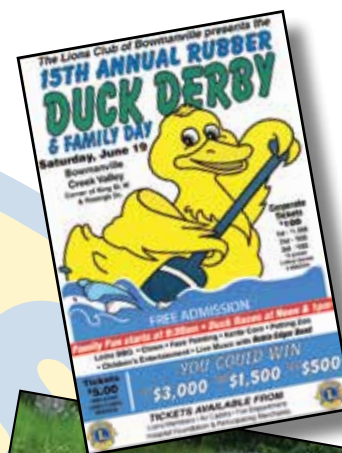
Like most community Service Clubs, membership to Lions Club International was exclusive to men. In 1958, spouses of Lions formed their own organization in calling themselves Lionettes, later changing their name to Lioness in 1976.

Over the decades, the organization adapted with our changing society. Today women, as Lion members, play an important role in the strength of the organization.

Here in Clarington we are fortunate to have five active Lions Clubs in our community. Bowmanville (1935) Newcastle (1947), Blackstock (1976), Courtice (1997) and Kendal (2004). Russell "Bud" Oke from Bowmanville is 99 years young. He is recognized as one of the oldest serving Lions in Canada. Bud has volunteered his services to our community for the past 68 years and continues to attend Lions dinner meetings and special events.

Congratulations to Russell "Bud" Oke for your dedication to help the less fortunate and setting an example for everyone to follow!

To learn more about how to become a member of the Lions Club of Bowmanville, Newcastle, Blackstock, Courtice or Kendal contact Secretary Steve Coles at 905-623-2136 or e-mail: bowmanvillelions@gmail.com or visit www.lionsclubs.org



Historic Bowmanville



Great family home - 4 bedroom Century Home with generous sized rooms, 3 baths, detached double garage and supersized treed & fenced yard. Easy access to schools, transit, shopping.

Rural Setting



5 Bedroom home with walkout basement & double attached garage on 22 Acres with a view to the southeast. Small horse barn, pond & tributary of Graham Creek. House needs to be finished/remodelled in some areas. Sold as is. Poured concrete foundation, basement has high ceilings & walkout to ravine. Property is private with clear view.



Jim Abernethy, Broker

Royal Service Real Estate Inc., Brokerage
181 Church Street, Bowmanville

905-261-7788 Cell
905-697-1900 Office

email: jimabernethy@royalservice.ca
visit my website: www.jimabernethy.ca



NOT INTENDED TO SOLICIT Buyers or Sellers currently under contract with a brokerage.

2 - Major Outbuildings



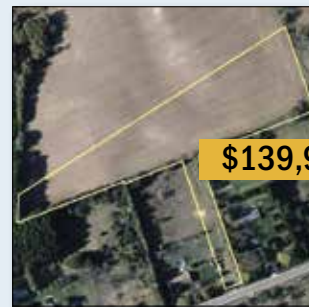
40 rolling acres of well fenced pasture land complete with 100 year old farmhouse in a nice setting of 2 ponds, mature maples and perennial gardens. Two well maintained outbuildings each 7,500 s.f. are insulated with concrete floors and 200 amp service.
For more info visit: www.jimabernethy.ca

For Lease - Commercial Building



2400 S.F. free standing professional building located in the heart of Historic Downtown Bowmanville. High traffic area with private & on-street parking. This is a well built and maintained building with mature trees and great curb appeal.
For more info visit: www.jimabernethy.ca

Vacant Building Lot



Rare to find a rural vacant building lot in Clarington. Beautiful rolling farmland offering options of where to build your new home. Easy access to future Hwy 407. Call for details and appointment to view.
For more info visit: www.jimabernethy.ca

Hobby Farm



52 Acre Hobby Farm - on outskirts of Orono (South of Conc. 7 Road). Complete with renovated farmhouse, original bank barn (5-Box Stalls), 20 Ac. workable land. Wilmot Creek - famous for glorious Salmon & Trout runs traverses additional 30 Acres Of mature forest (Maple, Ash, Hemlock, Cedar & Pine).
For more info visit: www.jimabernethy.ca



I believe the perfect home is waiting for you. Let's discover it together.



TINA ABERNETHY
Sales Representative

Royal Service Real Estate INC., Brokerage
181 Church Street,
Bowmanville L1C 1T8
Direct: 905-243-4311
Office: 905-697-1900
tina@tinaabernethy.com

tinaabernethy.com



SOLD IN 8 DAYS

\$679,900



6346 Regional Rd 18 Rd, Clarington

Amazing views of the countryside & creek flowing through 5 acres of mature forest. 5 bdrm raised bungalow in a private setting on over 20 acres. Updated kitchen. Main floor office, California shutters & w/o to deck in DR. Addition main flr. Family rm with pot lights & w/o to deck, plus two bdrms.

\$659,900



322 Cove Road, Clarington

Custom built "Veenstra" home on 1.46 Acres in lakeside community, minutes from 401. Open concept living area, 18ft ceilings, 2 fp, home office, master w/ walk-in closet & ensuite. Corner shower & jacuzzi o/l forest. 4 bdrm up/1 or 2 down formal living & dining, basement rec/room w/ wo & more, home & cottage in one.

Haydon History

Charles Taws

CLARINGTON MUSEUMS
AND ARCHIVES
www.claringtonmuseums.com

Besides the larger communities such as Bowmanville, Newcastle, Orono, Hampton and Newtonville, Clarington is made up of many smaller villages and hamlets. Each of these has its own interesting past, but unfortunately some are not well recorded. Such is the situation with the Village of Haydon. Like many communities it was much larger and more active in days gone-by. Its history is fragmentary but there is enough to make an interesting story and one gets the feeling that with some time and some digging much more information would come to light.

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George Creeper in front of Blacksmith Shop in Haydon c. 1900.

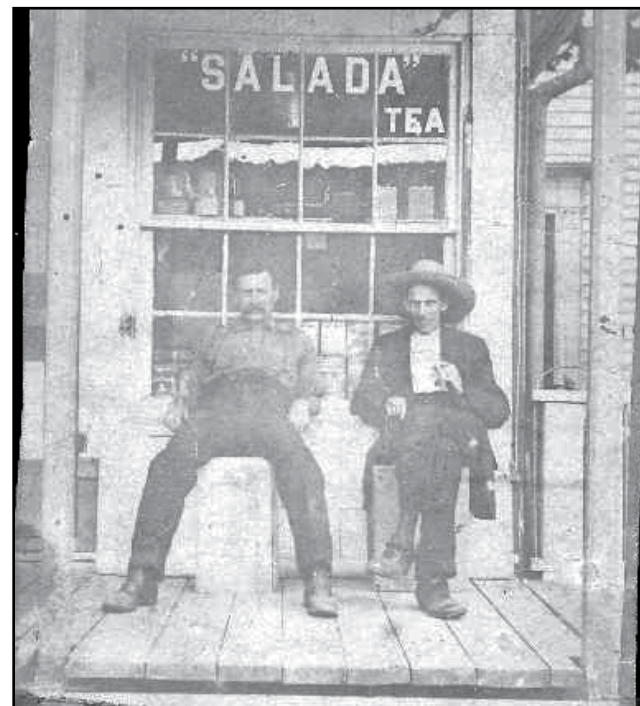
Haydon was a mill town. It was built around a mill erected by Charles Somers Bates in 1847. We know little about this Mr. Bates except that he was a Lieutenant in the local militia and must have been a man of some means. No doubt he was related to the Bates who were early settlers of Bowmanville and Newcastle. Mr. Bates built a wooden grist mill three stories high. In later years it also had a cider press. Later owners of the mill were John Rowse in the 1860's and Robert and Arthur Reid from 1924 to 1935. The mill may have operated as late as 1940, but was torn down in 1973. It has been mentioned that parts of the Tooley Mill which once stood near Highway # 2 in Courtice came from the Haydon Mill in the 1870's. Perhaps the Haydon Mill had an equipment up-grade at that time and sold off the old machinery to Jacob Salter who built the mill in Courtice.

Mr. Bates called his mill the "Haydon Mill" perhaps after an ancestral place in the old country. However, two years before, in 1845, he laid out the plans for a village which he called "Charlesville". This name shows up on the old maps and from them we know it was Charlesville in 1861 but Haydon in 1878. I doubt anyone knew the exact year the name change took place. However, old deeds donated by the Ash-

ton family answer the question. Documents from 1863 and 1873 clearly states "Charlesville", but another document dated a year later (1874) mentions "Village of Charlesville now called Haydon" and in 1876 another document shows "Village of Haydon (formerly Charlesville)". Thus the date of the change is easily seen as 1874. But, nothing in history is so clear cut. Other documents from the 1890's revert back to the "Charlesville" name although the maps by this time clearly show "Haydon" as the proper name. As an aside, the Ashton documents show another place name that is long forgotten. It is "Darlington Centre". This was the north of Hampton where the Scugog Road meets the 6th Concession. Some old timers still call it Ashton Corners. Perhaps the best source of Haydon information available to the general reader is from the book "The First 200 Years: A Brief History of Darlington Township" by Sher Leetooze. In it she describes some amusing incidents of life in the village. Some were told to her by former resident Fred Ashton. Mr. Ashton grew up in Haydon and only recently passed away in 2012 at the grand age of 104. He shared some of the same stories with me on a visit to the museum and my favourite involves an episode at the general store run by Thomas Creeper. Here it is as told by Mr. Ashton and recorded by Sher Leetooze, "In the early days there wasn't much money around and folks could trade for whatever they needed with eggs from their chickens or butter they'd made. One day, Mrs. Gilder, who lived out at the north end of town, came in and asked to exchange a pound of butter she had made. She wanted another pound of butter. When Mr. Creeper asked her why, she said 'The mouse got into my churn and I just don't think I fancy this butter. But what other folks don't know won't hurt them.' Mr. Creeper agreed, [took the butter and] went to the other room and came back with a pound of butter for her. The next time she was in the store, Mr. Creeper asked how she liked the butter. 'It was lovely. In fact it was so good I could have made it myself' she said. 'You did' said Mr. Creeper. 'What you don't know won't hurt you!'".



This school still stands as a community centre and is the oldest school structure standing in Clarington. The date on the slate reads, "Oct. 12th 1898".



This rare faded old photograph shows William Creeper (left) and Jim Watson (right) in front of Creeper's General Store in Haydon. Site of the infamous butter incident.

When Mr. Bates' mill began the village sat in the middle of the primeval forest and lumbering also contributed greatly to the local economy. Haydon had the mill, stores, tavern and was quite a busy place for a while. A list of trades and services for the village included: flour, saw and flax mills; hotel; cobbler; tavern, carriage shop; weaver; cooper; tobacconist; blacksmith; general store; school house and; two churches. There are still a few physical reminders of Haydon's past days. The Haydon Church dates back to 1868 but services ceased in 1969. In 1972 its shed gained new fame as Cliff Pethick's Auction Hall. His auctions were very popular events. The School, SS #. 21, was built in 1876 and is the oldest school structure still standing in Clarington. It has been well preserved and is today a local community centre. The Doors Open event in 2013 highlighted two sites in Haydon. One was the schoolhouse and the other was the large Slemon Family house which is owned by the Gordon family today. Many of Haydon's citizens are aware of their history and I'm sure more facts will be uncovered as they research their properties.

Tractor Time

Tractor Time is a brand new event being held at the Bowmanville Museum on Saturday August 23rd from 12:00 to 4:00pm. We are celebrating Clarington's agricultural past with displays of antique tractors and new equipment, games, crafts, BBQ and delicious local food. For more information please call the Museum at 905-623-2734.

Bonnie SETO

CLARINGTON LOCAL WARD 3

"From the start, I helped run the Coronation Restaurant, our family business, which for decades was the focal point for community leaders, business people and volunteers to meet, to discuss and plan. That's the environment I grew up in, and is a major reason for my lifelong involvement in Clarington. I love this community, the people and all that it represents. I understand this community and the direction that it is headed. Change is good and it is necessary, but it needs to be grounded in the roots, culture and history of our community, to ensure that growth occurs in a coherent, beneficial and sustainable manner. My background, my business experience and abundant volunteer work, including my recent tenure as Vice Chair of Clarington Museum and Archives, member of the Clarington Heritage Committee and Rotary Community Services, is the foundation from which I can provide Ward 3 with the solid and respectful council representation that you deserve."

- Bonnie Seto

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HOME COOKING *with Cathy*

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

Hello there. I hope everyone is having a wonderful summer. I chose 2 seasonal recipes to share this month. I picked ingredients that are readily available in our gardens or local markets. I hope you enjoy them!

Greek Village Salad

Ingredients:

- 3 medium tomatoes, cut into wedges
- 1 large green pepper, cored and sliced into rounds
- 1 cucumber peeled and sliced into rounds
- 1 small red onion, thinly sliced
- 1 cup Kalamata olives
- ½ pound feta cheese crumbled or sliced
- Salt and pepper to taste
- 1/3 cup good quality olive oil
- 2 tbsp. red wine vinegar
- 2 tsps. dried oregano



Preparation:

- Place the tomatoes wedges in a serving bowl.
- Add the peppers, cucumbers, onions and olives.
- Sprinkle with salt and pepper.
- Whisk the red wine vinegar into the olive oil and add oregano.
- Pour the olive oil and vinegar mixture over the vegetables.
- Crumble the feta cheese over the top of salad.
- Lightly toss and serve at room temperature so flavours can be enhanced.
- Serves 4-6.

Peach Crumble

Ingredients:

- 6 cups sliced peeled ripe peaches
- ¼ cup packed brown sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. lemon juice
- ½ tsp. grated lemon zest
- ½ tsp. ground cinnamon



Topping:

- 1 cup all-purpose flour
- 1 cup sugar
- 1 tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. ground nutmeg
- 1 egg, lightly beaten
- ½ cup butter, melted and cooled

Preparation:

- Preheat oven to 375F. Place peaches in a buttered shallow 9x11 inch baking dish. In a small bowl, combine the brown sugar, flour, lemon juice, lemon zest and cinnamon. Sprinkle over the peaches.
- Combine the flour, sugar, baking powder, salt, and nutmeg. Stir in egg until the mixture resembles coarse crumbs. Sprinkle over the peaches. Pour the butter evenly over the topping.
- Bake for 35-40 minutes.
- Serve with ice cream if desired.
- Serves 10-12.

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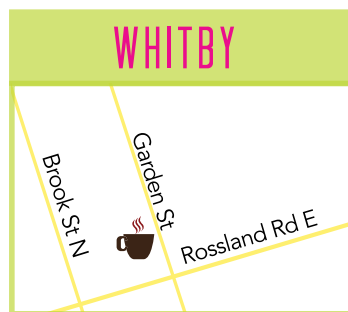
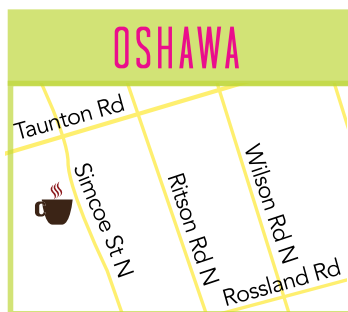
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