

Abe's Auto Recycling

WE PAY TOP DOLLAR FOR YOUR SCRAP CAR OR METAL
905-623-5756

CLARINGTON *Promoter.ca*

Jim Abernethy
 BROKER
 ROYAL SERVICE REAL ESTATE INC. BROKERAGE
"Your friend in real estate"
905-261-7788

 jimabernethy@royalservice.ca

Volume 5 | Issue 4

Delivered by



TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

December 2015

Bowmanville Older Adult Association

Formerly known  Clarington Older Adult Association

2015-2016 Winter Program Guide
(Pullout Inside)

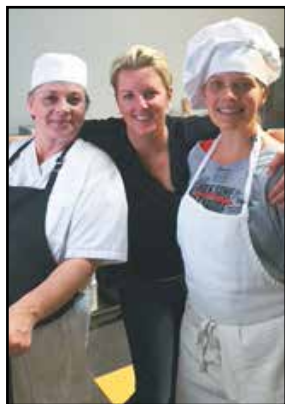
Inside This Issue

- Jim's Editorial Page 2
- COAA Fall Program Insert Page 3-12
- Peter Hobb Page 13
- Myno Van Dyke Page 14
- Home Cooking with Cathy Page 15

Read back issues of the Clarington Promoter online
 Visit: www.claringtonpromoter.ca

ne By ne Breadworks

EVERYTIME YOU BUY THIS BREAD, YOU PROVIDE A BOWMANVILLE CHILD IN NON-PROFIT HOUSING WITH A HEALTHY BREAKFAST OR A PACKABLE LUNCH



Helping Local Kids – One Loaf At A Time!

Three years ago, Kate Craine and Sharon McLean founded Brunchkins – a non-profit organization that provides healthy breakfast and packable lunches for children in non-profit housing in our community.

Brunchkins started small, operating at a single site but quickly expanded into three separate sites in Bowmanville.

Brunchkins is unique because it goes to where the kids live. Unlike other breakfast programs, it operates on-site at community centres located within non-profit housing complexes.

Kate realized that the challenge of operating any non-profit organization is developing a steady revenue stream. "The residents and businesses of Bowmanville have been overwhelmingly generous with financial support for this program. However, it is not unusual for a small community like ours to experience "giving fatigue" which at some point could put the program at risk. We needed the Brunchkins program to be financially self-sufficient." Kate explained.

So, she set out to create a profitable business that would direct profits to support the Brunchkins model.

This is how "One By One Breadworks" was born.

One By One Breadworks is a wholesale bread and baked goods company that uses its profits to support Brunchkins. Kate emphasized that "Our goal is to grow One by One to a point where we can expand the Brunchkins program to other communities and/or support other kid-centric charitable organizations."



The company motto is displayed on the label on each and every one of their products - "Every time you buy this bread, you provide a Bowmanville child in non-profit housing with a healthy breakfast or a packable lunch".

This brand promise resonated instantly with the public resulting in the need to hire a new baking staff member during the first week of operation.

Currently, One by One

offers a variety of delicious products including: Tear & Share Garlic Parmesan Loaf, French Classic Bread, Ya' Ya's Chocolate Chip Cookies, and their signature Sweet Potato Sticky Buns with Maple Glaze..... simply out of this world!

Kate plans to focus on selling their products through local grocery stores, markets, and restaurants. However, in the bakery tradition, if you drop by early in the day you

can purchase smaller orders of their tasty treats.

With your help, One by One Breadworks looks forward to helping local kids - one loaf at a time!

One by One is located in the Historic Downtown Bowmanville at 24 Division Street, just north of King Street.

For more information, visit One by One Breadworks Facebook page or call Kate at 905-925-7068.

JAMES PRINTING & SIGNS

jamesprinting.co
 905.623.8001

HAPPY HOLIDAYS & A HAPPY NEW YEAR

from our family to yours!

Opinions and Views

How Close Are We To Ending Polio?



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

that attacks the nervous system. Children younger than 5 years old are more likely to contract the virus than any other group.

Polio does not discriminate. Franklin Delano Roosevelt (1882-1945), former New York State Senator, Assistant Secretary to the Navy, and future U.S. president, fell ill after his 30th birthday with what most historians think was polio. Roosevelt's illness left his legs paralyzed for life.

Decades past before we discovered the cause and cure for this disease, and it was not until 1960 that a polio vaccine was finally refined and approved.

On August 20, 1994 the Pan American Health Organization declared Polio was eliminated from the Americas. Much of the credit for this achievement must be given to the small town community service club organization known as Rotary.

In 1988, this worldwide organization of community service clubs united under one common goal - to vaccinate every child in the world!

Amazingly, 28 years later that goal is within reach.

I invite you to read the press release updating the progress of this long campaign.

NEW YORK, (Oct. 23, 2015) — On the heels of historic success against polio in Nigeria and across the continent of Africa, the global effort to end polio is receiving an additional US\$40.4 million boost from Rotary to support immunization activities and surveillance spearheaded by the Global Polio Eradication Initiative.

Polio is on track to become the second human disease ever to be eliminated from the world (smallpox is the first).

During the summer of 1894, Canada & USA experienced for the first time a widespread Polio epidemic which killed and/or crippled thousands.

Polio (also known as poliomyelitis) is a highly contagious disease caused by a virus

To date, Rotary has helped 194 countries stop the transmission of polio through the mass immunization of children. Rotary's new funding commitment, announced in advance of the Oct. 24 observance of World Polio Day 2015, targets countries where children remain at risk of contracting this incurable, but vaccine-preventable, disease.

"We are in the final push to end polio, but as long as the disease exists anywhere in the world, all children are at risk," said Rotary's International PolioPlus Committee Chair Michael McGovern. "With just two endemic countries remaining - Pakistan and Afghanistan - we must continue to raise awareness and funds needed to end this paralyzing disease. Our grants show Rotary's commitment to staying the course until we wipe out polio forever."

Rotary provides grant funding to polio eradication initiative partners UNICEF and the World Health Organization, which work with the governments and Rotary members in polio-affected and high-risk countries to plan and carry out immunization activities.

To date, Rotary has contributed more than \$1.5 billion to fight polio. Through 2018, the Bill & Melinda Gates Foundation will match two-to-one every dollar Rotary commits to polio eradication (up to \$35 million a year). Currently, there have been only 51 cases of polio reported in the world in 2015, down from about 350,000 a year when the initiative launched in 1988.

About the Rotary Club of Bowmanville

The men and women of the Rotary Club of Bowmanville have been serving our community for more than 90 years.



Bill Gates expressing how close we are to ending Polio



young girl is immunized with polio vaccine



Rotary connects 1.2 million members of more than 34,000 Rotary clubs in over 200 countries and geographical areas. Their work improves lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world.

Rotary has no religious or political affiliations. Clarington is a growing community with a diversified population. To learn more about Rotary or how you can join a local club visit: www.BowmanvilleRotaryClub.org

We are always looking for new members who have the interest of our community at heart.

**Contact: Jim Abernethy, Director of Membership
Rotary Club of Bowmanville
JimAbernethy@hotmail.com
905-261-7788 cell/text**

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

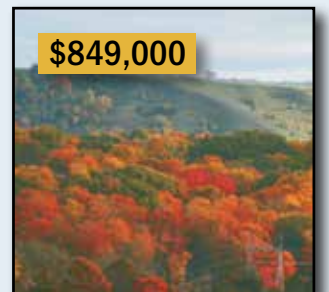
6720 Leskard Rd. - Orono

52 Acre Hobby Farm - water, mature bush, 20 acres workable land. Wilmot Creek famous for glorious salmon & trout runs traverses 30 acres mature forest of Maple (Syrup), Ash, Hemlock, Cedar & Pine. Complete With Renovated Farmhouse, Original Bank Barn (5-Box Stalls/Hydro). South Of Concession 7 Road, less than 5 min. to Hwy 407 Inter-Change (scheduled for 2020 completion).



7465 Thompson Rd - Kendal

Check out this virtual tour site <https://youtu.be/176waQr76e8> SEE spectacular 360 degree views from a drone flying over this 85 acre property which overlooks the Ganaraska Forest, Kendal Valley, Brimacombe Ski Hill and south to the lakeshore communities on Lake Ontario.



NEW & CUSTOM BUILT HOMES - YOUR CHOICE OF 6 LOTS - ALL LOCATED IN THE NORTH END OF BOWMANVILLE

3 BEDROOM,



Elevation 'A' - 2281 sq. ft 2 Storey Home - \$497,900

4 BEDROOM,



Elevation 'A' - 2477 sq. ft. 2 Storey Home - \$517,900



CONTACT JIM ABERNETHY FOR MORE DETAILS.

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

Bowmanville Older Adult Association

Formerly known as



2016 Winter Program Guide

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



Mission Statement

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

Values and Beliefs

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

Letter from the Board of Directors

Well, we made it! Here we are, driving down the same road but in a brand new car and with ambitious plans for the future. We're now called the Bowmanville Older Adult Association. We're an independent, not-for-profit company and our mandate is more geographically focussed than before. This is not to say that we cannot offer programs and services to residents from other parts of the Municipality or that we cannot go outside Bowmanville, it just means that we are no longer responsible for locating programs in other parts of the Municipality such as Orono, Newcastle or Courtice.

So, come and join us as we move forward into this new chapter in our history. We have many new ideas up our sleeves but, you can be assured, our commitment remains unchanged – to be the best provider of older adult recreational, social and wellness programs in the Municipality of Clarington.

– Your Board of Directors

BOWMANVILLE OLDER ADULT ASSOCIATION LOGO DESIGN CONTEST

BOAA is looking for a new visual identity and needs your help. We are seeking anyone who can design a creative, innovative and professional logo design. The logo should be recognizable and help promote our organization's mission, "To promote the health and happiness of older adults by providing opportunities to enhance their quality of life."

Submissions will be accepted until Friday December 4th, 2015.

Entries must be submitted to Angie Darlison at execdirector@bowmanvilleolderadults.com and must be submitted in their original source file or neat drawing that can be recreated digitally.

Contact Angie Darlison at 905-697-2856 or execdirector@bowmanvilleolderadults.com for more contest details.

Inside This Issue

- PG.2 _____
 - General Information
- PG.3 _____
 - Drop-In Programs
- PG.4 _____
 - Upcoming Events & Fundraisers
 - New Programs
- PG.5 _____
 - New Programs
 - General Interest Programs
- PG.6 _____
 - General Interest Programs
 - Fitness Programs
- PG.7 _____
 - Fitness Programs
- PG.8 _____
 - Dance Programs
 - Art & Music Programs
 - Computer & Digital Photography Programs
- PG.9 _____
 - Computer & Digital Photography Programs
 - Workshops & Seminars
- PG.10 _____
 - Events & Information

General Information

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

NEW MEMBERSHIP INFORMATION \$28.25

(Valid for one year from the day you join and available for anyone 55+ as of January 1, 2016)

A membership is required by ALL participants in Drop-In programs at The Clarington Beech Centre.

Your BOAA Membership entitles you to:

- Advanced Registration in all BOAA Registered Programs
- Participation in all BOAA Drop-In Programs
- Keep updated with the latest information via our BOAA Member Newsletters, Emails and Voicemails
- Participation in BOAA Day Trips
- Advanced Discounted Tickets to Special Events and Fundraisers
- Vote at Annual General Meeting
- Hold Office on the Governing Board of Directors
- Meet lots of friends
- Discover a new hobby, skill or talent
- Become involved in meaningful volunteer work
- Meet new people in your community

WHY DO I NEED A CURRENT MEMBERSHIP?

Membership fees help offset some of the costs of running the Clarington Beech Centre. Items such as heat, hydro, snow removal, repairs, equipment, program supplies, general maintenance and staffing are all very expensive. By being a current member, you are assisting to ensure the BOAA will be a long-lasting organization within the community.

REGISTRATION INFORMATION

All program fees include HST. Cash, Cheque, Debit, Visa or Mastercard are accepted. Please make all cheques payable to the Bowmanville Older Adult Association.

Refunds will be granted only for medical reasons with a doctor's note. A \$10 administrative fee will be applied.

Programs will be cancelled when the minimum registration numbers are not met. Being a past participant in a class does not guarantee you a spot in the future session, so please always register in advance to avoid disappointment.

To avoid program cancellation, please sign up well in advance of the program start date. All programs are non-transferable. If you miss a week of your regular class, you are not permitted to drop in to another of the same program on a different day, due to space limitations and room designations.

Please note there are no refunds for membership fees or Special Events unless your ticket can be sold to someone on a waiting list. There is no immediate refund. You must allow time for a cheque to be processed.

WAITING LIST

If a class is full, your name can be put on a waiting list. Please speak to staff or a volunteer at the front desk.

ALWAYS SCAN YOUR CARD AND CHECK IN

The Centre receives some of its program funding based on participation and volunteer hour tracking, so always do your part by swiping in!

WEATHER POLICY

All program cancellations will be announced via the Bowmanville Older Adult Association website at www.bowmanvilleolderadults.com and our Facebook page. A voice automated call from (905)-697-2856 will also be dispatched via our BOAA computer system immediately upon cancellations, to all registered participants, so please ensure we have your updated telephone information on file.

HOLIDAY FACILITY CLOSURE

Please note the Clarington Beech Centre will be closed from December 24th to January 4th.

WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA Events & Programs and 24 hour advanced notice is required.

WI-FI

If you wish to stay connected while at the Beech Centre, we have Wi-Fi. Please visit the front desk for the password.

EMAIL & VOICE DIALING

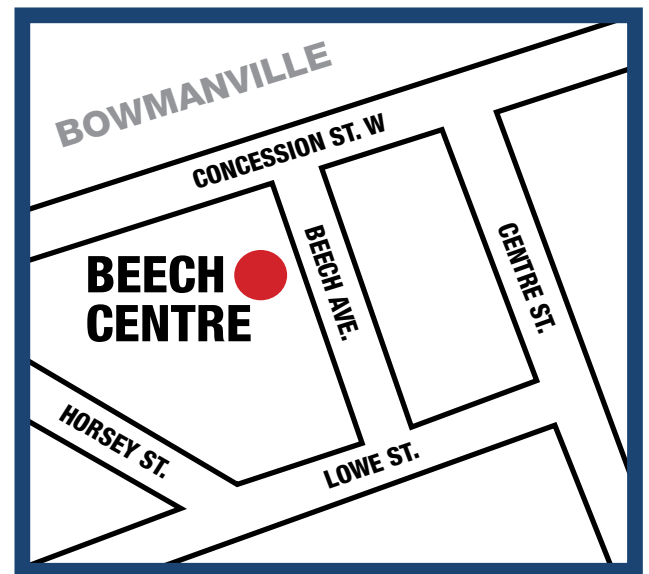
As a member of the BOAA, you are registered to receive emails and voicemails regarding program cancellations, upcoming events or special information. Please note the calls will come from 905-697-2856. If you are not receiving emails and calls, please update your contact details at the front desk.

VOLUNTEERS "ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community by volunteering at the BOAA, please contact us at 905-697-2856, events@bowmanvilleolderadults.com or volunteers@bowmanvilleolderadults.com

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

Kitchen Helpers, Assistants for Events and Fundraisers, Poster Distribution, Reception and Café Attendants, Van Drivers, maintenance and facility helpers, the list goes on and on...



NEW NON-MEMBER INFORMATION

If you find a registered program within our guide that is of interest to you and you would like to participate as a non-member, we can help. Effective January 1, 2016 all pre-registered courses and programs at BOAA will have a non-member rate.

GUEST REGISTRATION

We also invite anyone to participate in three drop-in activities per year prior to joining to ensure they are interested in what we have to offer. Simply stop in at the front desk to sign in first.

COMPLIMENTARY TRIAL FOR PROGRAMS

If you are interested in gaining more knowledge in regards to one of our registered programs or courses, please feel free to join us as a guest prior to committing with a registration. Limit one trial per person per session. Space is limited so please speak to staff prior to participation.

NEW EMAIL CONTACT INFORMATION

- **Angie Darlison:** execdirector@bowmanvilleolderadults.com or programs@bowmanvilleolderadults.com
- **Sharon Mansfield:** events@bowmanvilleolderadults.com
- **Stella Riccio:** administration@bowmanvilleolderadults.com
- **Chelsea Wolf:** volunteers@bowmanvilleolderadults.com
- **Sharon Spooner:** wheels@bowmanvilleolderadults.com
- **Tom Shotton:** maintenance@bowmanvilleolderadults.com
- **Amanda Rutherford:** klipz@bowmanvilleolderadults.com

COME FIND US ON SOCIAL MEDIA at #BOAA • #BowmanvilleOlderAdults

Connect with us and – most importantly – each other. Stay up-to-date and spread the word about the BOAA through Facebook, Twitter, Instagram, Youtube & Pinterest.



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: [bowmanvilleolderadults](https://www.instagram.com/bowmanvilleolderadults)



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Drop-In Programs

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

Monday		Tuesday		Wednesday		Thursday		Friday	
Billiards	9 am-6 pm	Open Art	9 am	Billiards	9 am-6 pm	Billiards	9 am-6 pm	Billiards	9 am-4:30 pm
Book Club	10 am	Cribbage	9:30 am	Choir	10 am	Table Tennis	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Euchre	9:30 am	Open Art	12 pm	Wood Carving	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Scrabble	9:30 am	Canasta	1 pm	Mexican Train Dominoes	10 am	Darts	1 pm
Duplicate Bridge	1 pm	Social Bridge	9:30 am			Craft Group	1 pm	500 Cards	1 pm
Cribbage	1 pm	Table Tennis	10 am			Bid Euchre	1 pm	Jam Session	1 pm
Bid Euchre	7 pm	Billiards	12 pm-6 pm			Mahjonng	1 pm		
		Square Dancing	12:45 pm			Pickleball	7 pm	Drop-In fees will be collected by your volunteer program convenor when you arrive. Please if you need small change stop at the desk on your way by and we will be happy to assist.	
		Social BINGO	1 pm & 2:15 pm	INTERESTED IN JEWELRY MAKING Register at the Front Desk		Social Bridge	7 pm		
INTERESTED IN LEARNING HOW TO PLAY CRIBBAGE? Register at the Front Desk		Friendship Group	1 pm			Texas Hold'em Poker	7 pm		
		Theatre Group	1:15 pm						
		Learn to Play Euchre	1:30 pm						
		Pickleball	2:30 pm	Weekly Drop-In Fee Schedule Duplicate Bridge.....\$3.50 All other drop-in programs.....\$1.35 Square Dancing.....\$0.55 Progressive Euchre.....\$3.00					
		Progressive Euchre	7 pm						

NOW OPEN ON SATURDAY AND SUNDAY 10 AM TO 5 PM STARTING JANUARY 9TH!

Visit the centre to play cards, enjoy a board game, or just hang out to chat with friends. Regular Drop-In Fees will apply. We are opening to serve you better so please let us know what activities, programs and events you would like to see at the BOAA on the weekends. Feedback suggestions and comments should be directed to Angie Darlison at 905-697-2856 or execdirector@bowmanvilleolderadults.com

NOTICE OF MEETING BOWMANVILLE OLDER ADULT ASSOCIATION FORMERLY KNOWN AS THE CLARINGTON OLDER ADULT CENTRE BOARD

Notice is hereby given that the
ANNUAL GENERAL MEETING & MEMBER POTLUCK LUNCH

for the
Bowmanville Older Adult Association
Will be held at the **Clarington Beech Centre**

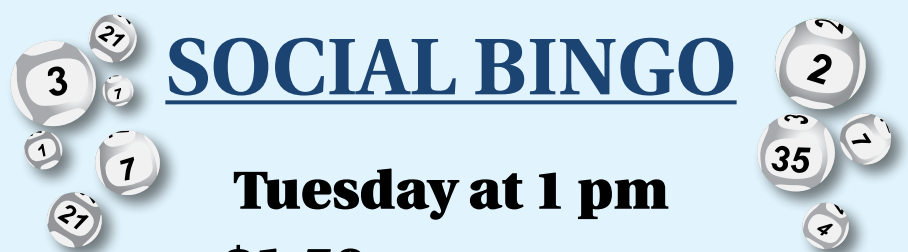
26 Beech Ave, Bowmanville
Friday February 26th at 12 pm

For the purpose of receiving and considering the reports of the Board of Directors and then election of new officers

The Board of Directors extends a cordial invitation to all interested members to attend this meeting.

For more information please contact

Vice President Alan Tibbles
at 905-697-2856 or alantibbles@rogers.com



SOCIAL BINGO

Tuesday at 1 pm
\$1.50 per person
for as many cards as you wish for 6 games
25¢ for dabber for 1 game sheet

Tuesday at 2:15 pm
\$1.25 per card for 10 games
25¢ for dabber for 1 game sheet

Upcoming Events & Fundraisers

Tickets for all events
on sale now at COAA

Upcoming
Events &
Fundraisers

Upcoming
Events &
Fundraisers

THE THEATRE GROUP PRESENTS "CALL ME DAVID"

Back by popular demand.
Tuesday December 8th 1 pm
Admission by donation.

CLARINGTON CONCERT BAND

Enjoy an evening of your favourite Christmas songs to get you into the spirit of the holidays.
Thursday December 10th 7pm
\$6 per person. Includes: light refreshments & cash bar.

SMILE THEATRE "HOME FOR THE HOLIDAYS"

Monday December 14th 1:30pm
\$5 members / \$7 non-members
Includes: performance and refreshments
Sponsored by Ontario Power Generation

CHRISTMAS PROGRAM PAGEANT & LUNCH

Enjoy performances by a variety of programs.
Tuesday December 15th
Pageant at 11 am Lunch 12 pm
\$8.05 members / \$11.40 non-members

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

Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.
Friday 1 pm – 4 pm December 18th 2015, January 15th, February 19th, March 18th, April 15th, 2016
\$3.50 members / \$5.50 non-members

EUCHRE EXTRAVAGANZA

January 9th, March 12th, May 28th 3 pm
\$10 members / \$12 non-members
Includes: 12 games of cards, dinner and prizes
*Advance tickets are required

ACCOUSTIC OPEN MIC

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.
January 17th, March 20th 1 pm – 4 pm
FREE – Open to ALL!

ROBBIE BURNS LUNCHEON

January 26th – 11am
\$8.05 members / \$11.40 non-members

ZUMBATHON with Veronica Vargas

Sunday January 31 2pm – 4 pm
\$20 per person

BRIDGE EXTRAVAGANZA

Saturday February 6th 10 am
\$10.00 members / \$12.00 non-members
Includes: Cards, lunch, prizes & draws.
Pre-Registration required by February 1st

PANCAKE BREAKFAST

Tuesday February 16th 7:30 am – 9 am
Admission by Donation, in support of Epilepsy & BOAA

BARN DANCE with Larry Adams & the Good Tymes Band

Saturday February 20th – 8 pm to 12 am
\$10 members / \$12 non-members
Includes: Dancing, refreshments and cash bar

ST. PADDY'S DAY LUNCHEON

Tuesday March 15th – 12 pm
\$8.05 members / \$11.40 non-members
Includes: lunch with entertainment

SMILE THEATRE "REMEMBER THAT SONG"

Friday April 1 – 1:30 pm
\$5 members / \$7 non-members
Includes: performance and refreshments
Sponsored by Ontario Power Generation

NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

NEW "SOCIAL SHOWTIME" Join Us For A Movie

Monday January 18th
Monday February 29th
Monday March 21st
Monday April 4th
6 pm \$2.00 members / \$4.00 non-members
Includes movie, drink and popcorn

GOLF INSTRUCTION with Local Master Golf Teacher Bill Bath

Everyone can learn how to golf. Whether you are a beginner or an experienced golfer, we have created a program for you. This course will cover all necessary theoretical aspects of this game. Each session will also have an open floor for questions.
Tuesday March 1st – 15th 3 weeks
Beginner 7 pm – 8 pm – Advanced 8 pm – 9 pm
\$15.00 members / \$19.00 non-members

BRAINTASTIC FOOD with Laura Clements

Monday 10 am – 12:30 pm
\$12.00 members / \$15.60 non-members per class
January 11th Braintastic Desserts: Make three outstanding sweets filled with brain healthy ingredients that you and your guests will rave about: chocolate cake, key lime pie, and banana pops.
January 18th Braintastic Soups: One of the best ways to keep your waistline down and your brain power up is a daily dose of these luscious liquids. The best of the bunch: squash, beet and roasted red pepper.
January 25th Braintastic Salads: Roll over Caesar, these salads are REALLY fit for a king: Moroccan quinoa, kale with 'vegan cheese', and orange beet black olive melt-in-your mouth taste explosion!
February 1st Braintastic Snacks: Dips with healthy (but oh so tasty) ingredients, smashing smoothies, gluten-free crackers and more.

BRAIN BOOSTERS with Laura Clements

Boost your brain power and lift your winter spirits while having fun in a class that combines games, mandala, brain teasers, discussion and more. You may arrive with the winter chills, but you will leave with your brain on fire!
Monday 10 am – 12 pm 4 weeks
February 8th – March 7th
\$33.60 members / \$43.70 non-members
*No Class February 15th

BRIDGE FOR BEGINNERS with Alan Tibbles

This course is designed for those that have never played bridge before. It will take the student through the basics of the game to a point where you will be able to play confidently in any social bridge setting. The course will be a combination of presentations, lectures, discussions and play, and will cover the following topics - Basic rules and objectives, game etiquette, format of play, valuing your hand, getting to game, bidding, standard bidding conventions, basic responses, scoring styles – social, rubber, duplicate and playing techniques.
Wednesday 6 pm – 8 pm 6 weeks
January 13th – February 17th
\$40.00 members / \$52.00 non-members

WEIGHT TRAINING with Lisa Balsdon from Live in Motion

Not sure how to get started? Afraid of lifting weights incorrectly and hurting yourself? Then this class is for you! Spend an hour in a small group setting learning how to warm up properly, implementing a weight lifting program.
Wednesday 5:15 pm – 6:15 pm 8 weeks
January 13th – March 16th
\$80.00 members / \$104.00 non-members
* No Class February 3rd & 10th

BEGINNER YOGA with Krista Luxton

No matter the reason you decided to step onto a yoga mat, this beginner's series will provide you with an excellent foundation as we introduce basic yoga poses, breathing techniques and overall personal awareness. We will work step by step to learn the mechanics of many common postures and build toward a sequence that by the end of the session participants will be able to move through with correct alignment, confidence and ease. Expect detailed instruction in a more "workshop" type setting, yet with time built in for relaxation (of course!). This class is also suitable for experienced yogis who are interested in learning mechanics to improve their current practice and/or practise more safely. This is a beginner class, but all levels are welcome.
Monday 1 pm to 2 pm 10 weeks
January 11th – March 21st
\$42.00 members / \$54.60 non-members
*No Class February 15th

CHAIR YOGA with Lydia Vooy's

Is a gentle form of yoga that is practised sitting on a chair. Sometimes we stand with chair for support and this is optional. This is suitable for all levels of fitness from sitting to standing. Yoga stretches can be adaptable to all levels. This class is a great way to relax head to toe without the stress of getting out of your chair. We have great company and great music to relax to. Come join us and stretch out and reap the benefits of health and relaxation.
Thursday 9 am – 10 am 12 weeks
January 14th – March 31st
\$50.50 members / \$65.65 non-members



NEW Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

New Programs

GENEALOGY with Nancy Trimble**1. Genealogy 101: The Basics**

What's in your attic at home? Learn what to look for, how to record it, and who to interview next in your quest for home sources. Learn how libraries, museums, archives and computer programmes can be helpful in your quest.

2. Genealogy 102: Vital Statistics

Learn how the publicly available birth, death & marriage registrations will help to fill out your tree and lead you to cousins you never knew you had. Perhaps the family Bible is in their hands!

3. Genealogy 103: Census

What can the historical censuses tell us? Learn to use the historical census to put family groups together at one place at one particular time. Learn how this information can lead you to other sources.

4. Genealogy 104: Cousin Bait

Researching alone is very lonely. Learn how to track down cousins, use message boards and online mailing lists in order to find more people and documents in your family.

5. Genealogy 105: Online Tools, Tips & Tricks

From genealogy specific programmes to note keeping programmes and educational opportunities, the internet is a boon to today's family historian. You must have basic computer skills to get the most from this course.

Monday 6 pm – 8 pm 5 weeks

January 11th – February 8th

\$42.00 members / \$54.60 non-members

YOGA ON THE BALL with Lisa Balsdon from Live In Motion

Lets get bouncing and breathe!!! Get on the ball and learn some modified variations of yoga postures but still enjoy some of the traditional ones too. We will be exploring breathing and practising meditation and visualization, while still working on strength, flexibility and balance. I will leave time to take you through an opening and a closing for relaxation.

Wednesday 3:45 pm – 5:15 pm 8 weeks

January 13th – March 16th

50.00 members / \$65.00 non-members

***No Class February 3rd & 10th**

HOW TO PLAN A EUROPEAN TRIP BY YOURSELF with Maurice Laganiere

Learn how to plan a trip to Europe all by yourself. Some of the topics covered will be : Purchase of airfare, car rental, alternate transportation, booking of accommodations, passports, GPS and cell phone use in Europe, electrical adaptors, how and where to buy European currencies, how to carry money safely, the best websites for information about trip planning, where to go and what to see, as well as many tips on how to save money, stay safe and have a hassle-free enjoyable trip.

Friday 10 am – 11:30 am 2 weeks

March 11th & 18th

\$10.50 members / \$13.65 non-members

QUILTING WORKSHOPS with Joyce O'Connell**4 Weeks and 4 Projects!**

Come and join me for some "fun" where each week you will leave with something you can use. You will be making a "Snap Happy Bag", an Armchair Caddy, a Placemat and a Pot Holder. All useful things for you or your home, great for gifts too! A kit fee of \$10.00 is required at each class for everything you will need to make the project each week. You just need to bring yourself and a sewing machine.

Wednesday 9 am – 12 pm 4 weeks

January 13th – February 3rd

\$55.00 members / \$71.50 non-members

Table Runner.

Who doesn't have a table waiting to be adorned with a beautiful table runner?

Come and learn a technique that looks complicated, but is very easy to do.

Sewing machine required for this class. Supplies list available upon registration, or a kit, containing everything needed can be provided at a cost of \$20.00.

Wednesday 9 am – 12 pm 4 weeks

February 10th – March 2nd

\$55.00 members / \$71.50 non-members

STRETCH IT OUT with Nathalie Mackesey

Stretch, massage and align your body with form rollers exercises. A 30 minute class on focusing stretching out those muscles for the added benefits of balance & body alignment. Help soothe tightness, improve mobility and boost circulation, as we go through a routine of stretching that you will hold up to 60 sec and repeat 3-5 times with each muscle group. All you will need is a form roller 36" in length and a mat.

Wednesday 5:30 pm – 6 pm 11 weeks

January 13th – March 30th

\$23.15 members / \$30.10 non-members

***No Class February 10th**

SWEET SOUNDS with Sue Geurts

Designed to teach soloists the art of breathing, phrasing and other musical techniques. Students will learn pronunciations as well as vocal diction. This is not a choir. Previous knowledge of music or piano not necessary for beginner class. Men & women both welcome.

Wednesday 1 pm – 2:30 pm 6 weeks

January 13th – February 17th

\$30.00 members / \$39.00 non-members

ONE STROKE PAINTING with Elsa Pogue

If you've never painted before, this is the class for you! Learn the techniques of Donna Dewberry. A list of supplies you will need can be picked up at the front desk or on our website.

Wednesday 1 pm – 3 pm 7 weeks

January 13th – February 24th

\$35.00 members / \$45.50 non-members

(includes 1st set of brushes)

General Interest Programs

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

FLIGHT SIMULATOR

Ever wonder what it would be like to fly a Lancaster bomber or a Spitfire? Join us for a 6 week evening program where we teach you to do just that. No experience is necessary other than a familiarity with a keyboard and mouse. We will provide all required equipment.

Thursday 6 pm – 8 pm 6 weeks

January 14th – February 18th

\$30.00 members / \$39.00 non-members

BOWMANVILLE BOOK CLUB (Drop-In)

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

Monday 10 am – 11 am

December 14th – Discussing – Best Exotic Marigold Hotel

Picking up – Bossypants

January 18th – Discussing – Bossy Pants

Picking Up – Old City Hall

February 22nd – Discussing – Older City Hall

Picking Up – Late Night On Air

March 21st – Discussing – Late Night On Air

Picking Up – Crow Lake

\$1.35 members per month

BOWLING LEAGUE

Join us for a fun, social, mixed league.

Thursday 1 pm

January 14th – April 7th

\$29.05 members / \$37.75 non-members

2 games played each week for \$5

CRAFT GROUP with Judi White (Drop-In)

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

Thursday starting January 21st 1 pm- 3 pm \$1.35

CREATING WITH PEN & INK with Dianne Darch

This class is suitable for a beginner or returning student. Two subjects will be covered over the 6 weeks, cats and a nature scene. You will be guided through the series of dots and lines involved in pen and ink artwork to create your finished project. Drawings will be provided so you can concentrate on the inking process. The last week will involve a watercolour demo and you will be given the opportunity to add watercolour if you so wish.

Monday 3 pm – 5 pm 6 weeks

January 11th – February 22nd

\$40.00 members / \$52.00 non-members

***No Class February 15th**

CULINARY LESSON with Chef Georg

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

Wednesday 1 pm – 3 pm

January 13th - Creative Soups

February 17th - Traditional Tuscan Cuisine

March 16th - Classic Swinging Bistro Foods. Great for men!

April 13th - Super Salads

\$12.00 per lesson member / \$15.60 per lesson non-member

TECHNIQUES 101 with Dianne Darch

By request, this class is a techniques only class with no finished project! We will be covering the basics with watercolour and ink, experimenting, having FUN and letting your creative juices flow. Keep your samples for future reference. A materials cost of \$2.00 will be payable to the instructor.

Monday February 29th 3 pm – 5:30 pm

\$15.00 members / \$19.50 non-members

FRENCH LESSONS with Cecile Paxton

Level 1 – 10 am – 11:30 am

Start with the alphabet, then work your way through some sounds, basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes. Please note these lessons are a continuation from the fall session.

Level 2 – 1:30 pm – 3 pm

Review of sounds learned in beginner class. Verbs: the four irregular verbs and several ER verbs, in the present tense. A few adjectives and prepositions. We can build simple sentences and talk about the weather/days of the week and holidays. Please note these lessons are a continuation from the fall session.

Tuesday 10 weeks January 12th – March 15th

\$52.50 members / \$68.25 non-members



General Interest Programs

General Interest

General Interest

General Interest

General Interest

General Interest

General Interest

FRENCH LEVEL 3 with Maurice Laganière

Designed for students who have completed Level 2 or who have a basic knowledge of French. The focus of the course will be the development of oral communications with the expansion of vocabulary and language structures related to the following topics: My family, food and drinks, menus, hotels rooms, directions, clothing and numbers.

Français niveau 3 avec Maurice Laganière

Le cours Français niveau 3 s'adresse aux étudiant(e)s qui ont déjà complété le niveau 2 ou qui ont une connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux thèmes suivants : Ma famille, les aliments et boissons, les menus, les chambres d'hôtel, les directions, les vêtements et les nombres.

Tuesday 3 pm – 4 pm 8 weeks

January 12th – March 1st

\$28.00 members / \$36.40 non-members

FRANÇAIS NIVEAU 4 avec Maurice Laganière

Le cours Français niveau 4 s'adresse aux étudiant(e)s qui ont déjà complété le niveau 3 ou qui ont une bonne connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

Friday 10 am – 11:30 am 8 weeks

January 15th – March 4th

\$42.00 members / \$54.60 non-members

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, along with other things, including cultural aspects. All course material will be supplied but bring paper and pen to take notes. There is some optional homework involved.

Wednesday 2:15 pm – 4:15 pm 5 weeks

March 2nd – March 30th

\$29.75 members / \$38.70 non-members

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 2:15 pm – 4:15 pm 5 weeks

February 29th – April 4th

\$29.75 members / \$38.70 non-members

***No Class March 28th**

THEATRE GROUP (Drop-In)

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

Tuesday 1:15 pm Starting January 26th \$1.35

Fitness Programs

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

Fitness

20/20/20 with Nathalie Mackesey

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

Wednesday 6 pm – 7 pm 11 weeks

January 13th – March 30th

\$46.20 members / \$60.45 non-members

(NEW) Friday 11 am – 12 pm 10 weeks

January 15th – March 18th

\$42.00 members / \$54.60 non-members

***No Class February 10th**

ARTHRITIS FITNESS

with Nathalie Mackesey

Suited to those with Osteo or Rheumatoid Arthritis and Fibromyalgia. This class helps to increase range of motion, balance and strength, while improving your quality of life by decreasing pain, swelling and stiffness.

Wednesday 10 am – 11 am 12 weeks

January 13th – March 30th

\$50.50 members / \$65.65 non-members

Thursday 11:30 am – 12:30 pm 12 weeks

January 14th – March 31st

\$50.50 members / \$65.65 non-members

Friday 9:30 am – 10:30 am 10 weeks

January 15th – March 18th

\$42.00 members / \$54.60 non-members

BUILDING BETTER BALANCE

with Sharon Wildeboer

Don't leave home without it. Balance is integral to our everyday life. We are constantly using balance when sitting, standing and walking. Using a combination of exercises, equipment and games you will challenge and improve your balance in this class. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

Friday 2 pm – 3 pm 11 weeks

January 15th – April 8th

\$46.20 members / \$60.10 non-members

***No Class March 18th & 25th**

CARDIO WITH PEP

with Lydia Vooyo

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

Monday 9 am – 10 am 12 weeks

January 11th – April 11th

Friday 9 am – 10 am 12 weeks

January 15th – April 8th

\$50.50 members / \$65.65 non-members

***No Class February 15th & March 25th & 28th**

COMBO CLASS with Lydia Vooyo

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

Wednesday 8 am – 9 am 12 weeks

January 13th – March 30th

\$50.50 members / \$65.65 non-members

CHAIR PILATES

with Nathalie Mackesey

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

Monday 11:15 am – 12:15 pm 10 weeks

January 11th – March 21st

\$42.00 members / \$54.60 non-members

***No Class February 15th**

FABULOUS MUSCLES

with Lydia Vooyo

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

Friday 10 am – 11 am 12 weeks

January 15th – April 8th

\$50.50 members / \$65.65 non-members

***No Class March 25th**



GENTLE YOGA

with Sharon Wildeboer

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

Monday 10 am – 11 am 11 weeks

January 11th – April 11th

Wednesday 10 am – 11 am 11 weeks

January 13th – March 30th

\$46.20 members / \$60.10 non-members

***No Class February 15th, March 14th, 16th, 25th & March 28th**

GENTLE YOGA with Krista Luxton

This is a gentle, yet energetic flow based on vinyasa (breath-synchronized movement) style of yoga. It is held at a slower pace and focuses on stretching and strengthening all areas of the body, while releasing stress and tension from joints and muscles. We will also learn about key muscles involved in the postures and how we can engage them to create a deeper and more stable practice. Through this practice we will maintain strength and flexibility, along with dignity and grace. This is a level one class, but all levels are welcome.

Monday 2:15 pm – 3:15 pm 10 weeks

January 11th to March 21st

\$42.00 members / \$54.60 non-members

***No Class February 15th**

GUIDED MEDITATION

with Julie Ditta

Relax your body and let go of stress while energizing 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, sleep and even lower blood pressure.

Friday 12:30 pm – 1:30 pm 12 weeks

January 15th – April 8th

\$50.50 members / \$65.65 non-members

***No Class March 25th**

Fitness Programs

Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness Fitness

NIA with Carol Drew

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

Friday 8:30 am – 9:30 am 12 weeks

January 15th – April 8th

\$46.20 members / \$60.20 non-members

***No Class January 22nd & March 25th**

PICKLEBALL

The fastest growing sport! Join the group for a fun & social game, at the Beech Centre.

Tuesday 2:30 pm – 4:30 pm

Thursday 7 pm – 9 pm

January 12th – April 7th \$1.35 per play

Please call Tom/Robin at 905-697-2856 to book extra court times.

PILATES with Nathalie Mackesey

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

Monday 10 am - 11 am 10 weeks

January 11th – March 21st

\$42.00 members / \$54.60 non-members

Tuesday 7 pm – 8 pm 12 weeks

January 12th – March 29th

\$50.50 members / \$65.65 non-members

Thursday 6:45 pm – 7:45 pm 12 weeks

January 14th – March 31st

\$50.50 members / \$65.65 non-members

***No Class Monday February 15th**

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 am – 11 am 12 weeks

January 14th – March 31st

\$50.50 members / \$65.65 non-members

QIGONG (CHINESE YOGA)

with Donna Elliott

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

Wednesday 9:45 am - 11:15 am 12 weeks

January 13th – March 30th

\$63.00 members / \$81.90 non-members

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

January 13th – March 30th

\$50.50 members / \$65.65 non-members

SHAPE UP (PREVIOUSLY BOOT CAMP) with Jason Fenton & Lisa Balsdon from Live in Motion

Burn body fat, increase muscle tone and build core strength using modern techniques and equipment. A fun and intense hour with lots of variety. Suitable for all levels of fitness.

Monday 8 am – 9 am 8 weeks

January 11th – March 14th

Friday 8 am – 9 am 8 weeks

January 15th – March 18th

\$80.00 members / \$104.00 non-members

***No Class February 5th, 8th, 12th & 15th**

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

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

***Bring resistance tubing with handles to class.**

Tuesday 10:30 am – 11:30 am 11 weeks

January 12th – March 29th

\$46.20 members / \$60.10 non-members

***No Class March 15th**

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

Participants who have completed a session of Sit and Be Fit Level 1 can participate in this class. Come prepared for more standing work, longer cardio sections and challenging resistance training.

***Bring resistance tubing with handles to class.**

Tuesday 9:30 am – 10:30 am 11 weeks

January 12th – March 29th

Friday 10 am - 11 am 11 weeks

January 15th – April 8th

\$46.20 members / \$60.10 non-members

***No Class March 15th, 18th & 25th**

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

This class includes resistance exercises to build strength and muscle. ***Bring resistance bands with handles to class.**

Wednesday 11 am – 11:45 am 11 weeks

January 13th – March 30th

Friday 9 am – 9:45 am – 10 am 11 weeks

January 15th – April 8th

\$37.60 members / \$48.85 non-members

***No Class March 16th, 18th & 25th**

TAI CHI with Sandra Jin

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

Monday January 11th - March 21th 10 weeks

\$42.00 members / \$54.60 non-members

Beginner: 10 am – 11 am Intermediate: 11 am - 12 pm

***No Class February 15th**

YOGA with Sharon Wildeboer

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

Monday 9 am - 10 am 11 weeks

January 11th – April 11th

Wednesday 9 am – 10 am 11 weeks

January 13th – March 30th

\$46.20 members / \$60.10 non-members

***No Class February 15th, March 14th, 16th & 28th**

ADVANCED YOGA with Krista Luxton

For students who are ready to challenge themselves in more complex postures. This class is designed to take you deeper into your practice. Students should already be familiar with basic yoga postures and breathing techniques. Although postures are presented in a more challenging way, modifications will always be available, and students are encouraged to honour their bodies and work at their own pace. Expect high energy, less instruction and more inner focus that requires a certain level of strength and stamina. If you're looking for an opportunity to bring you practice to a deeper level, this is it! This is a level two class, and basic yoga experience is required.

Wednesday 2 pm – 3:30 pm 12 weeks

January 13th – March 30th

\$75.60 member / \$98.30 non-member

YOGA with Lisa Balsdon from Live In Motion

Tuesday 7 pm – 8:15 pm

January 5th – May 31st (21 Classes)

12 sessions \$244.08 (2 post dated cheques of \$122.04)

18 sessions \$344.65 (2 post dated cheques of \$172.34)

Use anytime between the dates stated.

BOAA members receive 10% off all packages.

YOGALATES with Sharon Wildeboer

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

Monday 11 am – 12 pm 11 weeks

January 11th – April 11th

\$46.20 members / \$60.10 non-members

***No Class February 15th, March 14th & 28th**

URBAN POLING MYSTERY TOUR with Laura Clements

Leaving from the Beech Centre, we check out a different surprise destination weekly. Get the mood-elevating benefits of the afternoon sun as you tone your upper body and core, improve balance and posture, and offload weight from your joints, knees and hips through the use of the urban poles. Poles available for rent or purchase from instructor. Suitable for all fitness levels.

Monday 1 pm – 2:30 pm 8 weeks

January 11th - March 7th

\$40.00 members / \$52.00 non-members

***No Class February 15th**

WEIGHT TRAINING with Jason Fenton from Live in Motion

Not sure how to get started? Afraid of lifting weights incorrectly and hurting yourself? Then this class is for you! Spend an hour in a small group setting learning how to warm up properly, implementing a weight lifting program.

Thursday 11:30 am – 12:30 pm 8 weeks

January 14th – March 17th

\$80.00 members / \$104.00 non-members

***No Class February 4th & 11th**

ZUMBA with Veronica Vargas

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

Tuesday 9 am – 10 am 12 weeks

January 12th - April 5th *No Class February 16th

Thursday 10:30 am – 11:30 am 12 weeks

January 14th - March 31st

\$50.50 members / \$65.65 non-members

ZUMBA GOLD (LITE) with Veronica Vargas

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

Wednesday 11 am – 12 pm 12 weeks

January 13th – March 30th

\$50.50 members / \$65.65 non-members

ZUMBA GOLD & CHAIR COMBO with Paulene Hinds

A low impact muscle conditioning and cardiovascular training class for all ages but especially those who may have mobility issues. You have the option to use your upper body only or kick it up a notch and use your lower body too, but all from a seated position. Come join us as we rock through the decades to music from the 1940's through to present day. Zumba gold chair "just grab a seat and get down and boogie."

Monday 1 pm – 2 pm 12 weeks

January 11th – April 11th

\$50.50 members / \$65.65 non-members

***No Class February 15th & March 28th**

Dance Programs

Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance Dance

BALLROOM & LATIN DANCE with Instructor Bob Kerby

Thursday 12 weeks January 14th - March 31st
\$77.40 members / \$100.65 non-members
 Beginner - Tango Cha Cha 1:30 pm - 2:30 pm
 Bronze 1 - Waltz and Tango 2:30 pm - 3:30 pm
 Bronze 2 - Waltz and Quick Step 3:30 pm - 4:30 pm

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

Various steps will be taught in this fun and social program.
 Monday 12 weeks January 11th - April 11th
\$30.00 members / \$39.00 non-members
 Beginner - 12:15 pm - 1:15 pm
 Beginner Plus 1:15 - 2:15 pm
 *No Class February 15th & March 28th

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

Join us for an hour of Square and Round Dancing. This is a fun social group and no experience or partner is necessary.
 Tuesday 12:45 pm - 2 pm starting January 5th \$0.55
 *No dance March 15th



TAP DANCING with Veronica Vargas

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

Level 1 - Thursday 9 am - 10 am 5 weeks
 March 3rd - March 31st
\$21.00 members / \$27.30 non-members
 Level 2 - Wednesday 9 am - 9:55 am 12 weeks
 January 13th - March 30th
\$50.50 members / \$65.65 non-members
 Level 3 - Wednesday 10 am - 10:55 am 12 weeks
 January 13th - March 30th
\$50.50 members / \$65.65 non-members

Art & Music Programs

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. List of what to bring can be picked up at the front desk or downloaded online.
 Thursday 1 pm - 3 pm 12 weeks
 January 14th - March 31st
\$84.00 members / \$109.00 non-members

DRAWING with Paul Livingston

Includes the basic principles and how to apply these toward drawing landscapes, portraits, florals and animals. List of what to bring will be available at the front desk or online.
 Wednesday 10 am - 12 pm 12 weeks
 January 13th - March 30th
\$84.00 members / \$109.00 non-members

CHOIR (Drop-In)

If you enjoy singing, you will enjoy being a part of the BOAA Choir. 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 - 11:30 am January 6th \$1.35

ONE STROKE PAINTING with Elsa Pogue

If you've never painted before, this is the class for you! Learn the techniques of Donna Dewberry.
 *A list of supplies you will need can be picked up at the front desk or on our website.
 Wednesday 1 pm - 3 pm 7 weeks
 January 13th to February 24th
\$35 members / \$45.50 non-members
 (includes 1st set of brushes)

RECREATIONAL AFRICAN DRUMMING 1 with Julie Ditta

This course is an introduction to drumming with the African djembe for beginners. Learn some basic rhythms and how to jam with others. Enjoy the many health benefits associated with drumming. Drums are provided or bring your own.
 Friday 10 am - 11 am 12 weeks
 January 15th - April 8th
\$50.50 members / \$65.65 non-members
 *No Class March 25th

RECREATIONAL AFRICAN DRUMMING 2 with Julie Ditta

This course is for students who wish to add to the basic drumming offered in Drumming 1. Students will gain proficiency with their drumming by learning more complex and challenging rhythms and polyrhythms. Drums are provided or bring your own.
 Friday 11 am - 12 pm 12 weeks
 January 15th - April 8th
\$50.50 members / \$65.65 non-members
 *No Class March 25th

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent, beautiful water colours with an experienced teacher who will accommodate all levels of expertise.
 Thursday 9 am - 12 pm 12 weeks
 January 14th - March 31st
\$107.00 members / \$139.00 non-members

Computer & Digital Photography Programs

Computer & Digital Photography Computer & Digital Photography

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

Wednesday by Appointment
 Brian Greenway will be volunteering on Wednesday afternoons at the Clarington Beech Centre to assist you with any of your computer or digital photography questions. For BOAA members only. Contact front desk to book an appointment at 905-697-2856.
 Starting February 24th

IPAD PART 1 with Brian Greenway

All the key "built-in" apps will be covered and the best new features of Apple's amazing iPad device. It's a basic introduction with lots of tips and tricks. Using the app store, Siri voice commands, email and managing your photos will be covered. As much as possible, topics will be covered that meet the needs and interest of class members. Bring an iPad, any model.
 Thursday 12:30 pm - 2:30 pm 7 weeks
 February 25th - April 7th
\$56.00 members / \$72.80 non-members

IPAD PART 2 with Brian Greenway

Participants who have completed Level 1 can participate in this class. More tips and tricks with settings such as privacy and notifications. Making Apple's iPad more useful with apps that create and manage documents, syncing with iTunes and social media apps will also be covered in this more detailed look at Apple's ISO system.
 Tuesday 6 pm - 8 pm 7 weeks
 February 23rd - April 5th
\$56.00 members / \$72.80 non-members

PHOTO ALBUMS with Brian Greenway

Don't leave your precious images on Facebook or on your computer - bring them into the real world. Use your own images to create professional photo albums on a computer with your own layout design. The software is free and enables you to make commercially printed, hardcover albums that last a lifetime and more. It's fun and creative. (Windows or Apple).
 Monday 10 am - 12 pm 2 weeks
 January 11th - January 18th
\$24.00 members / \$31.20 non-members

DIGITAL CAMERA CONTROLS PART 1 with Brian Greenway

This session will deal solely with the operation controls of your camera in order to take advantage of everything it can do to meet different situations in your picture making. Bring your camera and the manual.
 Wednesday 5 pm - 7 pm January 13th
\$18.00 members / \$23.40 non-members

DIGITAL CAMERA CONTROLS PART 2 with Brian Greenway

This is a follow-up to the introductory session on Camera Settings. Tips on settings for close-ups, action shots, low - light and panorama shots will be included. Bring your camera and manual.
 Wednesday 5 pm - 7 pm January 20th
\$18.00 members / \$23.40 non-members

Computer & Digital Photography Programs

Computer & Digital Photography
Computer & Digital Photography

INTRO TO KIJJI with Tanya Cochrane

Learn how to create an account, upload a photo and write an ad for items you would like to sell online. Safety tips will also be discussed. Come discover an easy alternative to yard sales!

Friday 10 am – 12 pm January 15th
\$10.00 members / \$13.00 non-members

ANDROID TABLETS with Tanya Cochrane

Have a tablet but don't know where to start? Want to take photos with it or play a few games? Hope to surf the net? We can get you on the path to using your tablet while having fun doing it! Bring your tablet and your questions.

Friday 10 am – 12 pm 2 weeks
January 29th – February 5th
\$16.00 members / \$20.80 non-members

WINDOWS 8/8.1 with Tanya Cochrane

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

Friday 10 am – 12 pm 4 weeks
February 19th – March 11th
\$32.00 members / \$41.60 non-members

FACEBOOK with Tanya Cochrane

Explore this fun (and free!) social media tool and find out more about it! We'll cover how to manage your profile, posting updates and photos, understanding the newsfeed and communicating with your friends and family. Lots of time in class to ask questions and practice. Basic internet experience is a pre requisite.

Friday 10 am – 12 pm 2 weeks April 1st – April 8th
\$16.00 members / \$20.80 non-members



Workshops and Seminars

Please register
at the front desk

Workshops and Seminars
Workshops and Seminars
Workshops and Seminars
Workshops and Seminars

PROTECTING YOUR PRIVACY with Brian Greenway

Scams, misdirections, and outright extortion are common daily experiences in our technological lives. Simple strategies can help protect you when using computers, smartphones and regular "old phones". Tips to help you with callers, secure your computer and protect yourself from hackers, scammers and identity thieves.

Monday January 11th 1 pm – 3 pm
\$10.00 members / \$13.00 non-members

BLOOD PRESSURE CLINIC with Coby Booth (FREE)

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

Tuesday 9:30 am – 12 pm January 12th & 26th
February 9th & 23rd March 8th & 22nd

LEVEL C CPR with Tim Marsh

Tuesday January 19th 2 pm – 5 pm
\$25.00 members / \$32.50 non-members

EATING WELL ON A BUDGET with Jessica Corner (FREE)

Join Jessica Corner, Loblaw's In-Store Dietitian for an informative discussion on how to cut your food costs in a nutritious way. Eating well on a budget is possible with the tips you will learn in this 1 hour session. Be sure to bring your nutrition related questions as Jessica will finish the session with a question and answer period.

Thursday January 21st 1:30 pm – 2:30 pm



AGING GRACEFULLY SEMINAR SERIES with Jason Fenton and Lisa Balsdon from Live In Motion

SEMINAR 1 - EXERCISE AND WORKOUTS TO AGE GRACEFULLY

Learn exercises and proper workout techniques to target areas commonly affected by the aging process. This interactive seminar will focus on tips and strategies to lose body fat and strengthen joints and muscles that weaken over time.

Friday January 22nd 1 pm – 2:30 pm

SEMINAR 2 - SUPPLEMENTATION TO AGE GRACEFULLY
Nutrient needs change dramatically as we grow older. Learn what supplements and dosages are most valuable to maintain health and longevity. Bring your favourite supplements to this interactive seminar to discuss quality of various brands and dosages required for maximum benefit.

Friday February 26th 1 pm – 2:30 pm

SEMINAR 3 - NUTRITION FOR AGING GRACEFULLY
Learn how foods affect our hormones and bodies as we age. Discover tricks the food industry uses to "fool" us into buying inferior products. Find out nutrition strategies to increase health and longevity in this interactive seminar.

Friday March 18th 1 – 2:30 pm
\$10.00 members / \$13.00 non-members

GROCERY SHOP with a Dietitian In Store Tour (FREE)

Join Jessica Corner, Loblaw's In-Store Dietitian, for a walk around the grocery store, as she will help you navigate the aisles in a health-focused way. Learn about nutritious food choices, reading food labels and how to fill your plate to meet your nutrition needs.

Thursday January 28th 1:30 pm

FINDING YOUR WAY with Lorella Tanner from The Alzheimer's Society of Durham Region (FREE)

It's not hard to get lost and many of us have experienced the frustration or even panic of this experience. For people with dementia, the risk is particularly great and the danger very serious. Finding Your Way is an awareness initiative--learn why awareness of the problem is increasingly important as the number of older adults in our community increases. Find out how you can help family, friends and neighbours living with dementia to stay safe while keeping active!

Friday February 12th 1 pm – 2:30 pm

HEARING AID/DENTAL/IMPLANT With Ryan Steckley and Dr. Yair Lengua (FREE)

Looking to improve your hearing or your smile? Come join us for an informative information session. Ryan Steckley of Nu-life Hearing Centre and Dr. Yair Lengua of Dentistry in Ajax will be joined by representatives from leading manufacturers and will introduce you to the latest technology and advancements in Hearing and Dental Healthcare.

Wednesday March 2nd 1 pm – 3 pm

TAX CLINIC with Collins Barrow – Peter Hobb

Criteria – Income \$30,000 Individual / \$40,000 Couple. Please bring a copy of your previous years return and Notice of Assessment.

Please call Stella at 905-697-2856 to book your appointment
Wednesday March 16th 7 pm – 9 pm

GLUTEN FREE with Laura Clements

The 5 W's: Why eat gluten free? What is it? Who should follow this lifestyle? When should we switch to gluten free? Where can we get these foods? Please join us for an entertaining (yes we will have fun) and informative conversation on this topic.

Wednesday March 30th 6 pm – 8 pm
\$10.00 members / \$13.00 non-members

BOAA VOLUNTEER TAX CLINIC

Requirements

Individual income less than - \$30,000

Couple income less than - \$40,000

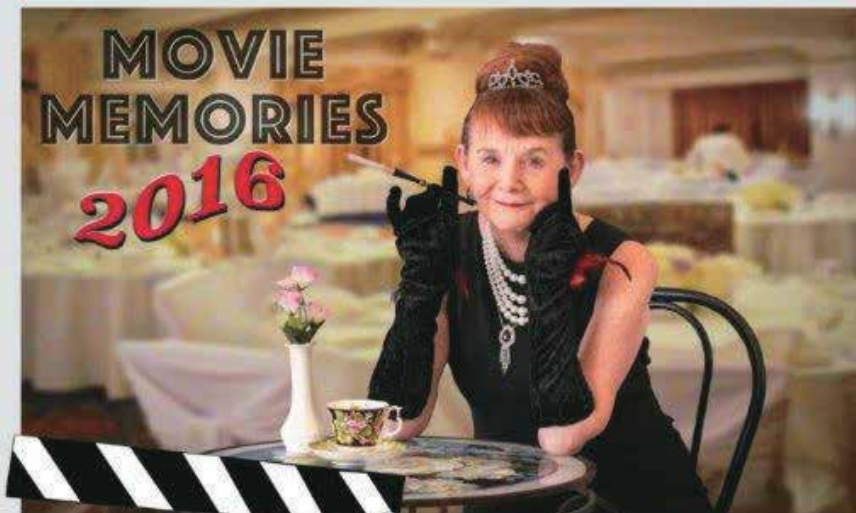
Please bring a copy of your previous year's return along with all receipts, T Forms and Notice of Assessment for 2014.

For more information please contact Stella 905-697-2856



ON SALE NOW

MOVIE MEMORIES 2016



Enter our
Name-the-Movie
Contest for a chance
to win \$100 cash

**BOAA's 2016
FUNDRAISING
CALENDAR**



**14 months
for only \$10**

TUESDAY LUNCH

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

\$8.05 members / \$11.40 non-members

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

This helps staff and volunteers with planning and preparation.

No lunch: December 29th, January 5th, February 16th & March 29th

Josie's Monthly Baking Fundraiser

Christmas Cookies & Squares – Friday December 18th

**Pies: January 22nd, February 12th, March 11th,
April 22nd & May 27th**

Pick up and return order forms at the front desk

VOLUNTEERS

"ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community
by volunteering at the BOAA,
please contact us at 905-697-2856 or email
Chelsea at volunteers@bowmanvilleolderadults.com

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

**Kitchen Helpers, Assistants for Events and Fundraisers,
Poster Distribution, Reception and Café Attendants,
Van Drivers, Maintenance and Facility Helpers.**
The list goes on and on ...



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

On the 2nd Level of the
Clarrington Beech Centre
26 Beech Avenue, Bowmanville ON, L1C 3A2
Monday – Friday 9 am to 5 pm
or by special appointment



CAFÉ

**Open Monday to Friday
9 am – 3 pm**

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

BOWMANVILLE OLDER ADULT ASSOCIATION GRAND OPENING CELEBRATION! COMING SOON WATCH FOR DETAILS

**Businesses & individuals are invited to support this event by donating auction items
such as gift cards, products or services & purchasing tickets to attend.**

For donations and sponsorships please contact Sharon Mansfield at 905-697-2856 or events@bowmanvilleolderadults.com

Leadership – Some Additional Tips



by Peter Hobb

COLLINS BARROW DURHAM LLP
www.collinsbarrow.com

In an earlier article I shared with you some of the qualities that a good leader displays. Keyne Insight, a company that helps its clients execute on their strategies, recently held its annual conference. At this conference the participants shared the leadership lessons they have learned from operating their businesses. I have summarized some of these below. To be a leader you have to lead. Part of this means you have to make decisions that are usually difficult. For example, you may have an employee who has consistently performed below expectations or their attitude has become disruptive. That person's performance or actions is affecting the performance

of others or the performance of an entire department. You or someone responsible for that person's performance has worked with them to help them do their job or spoken to them about the disruptive behaviour but nothing has changed. The only resolution is to terminate that person. The decision to terminate someone is not an easy one, but for the good of the company it is a necessary one. The quicker you make the decision and act on that decision the better it will be for everyone. Your team will likely respect you more for it. In the example above if you tolerate the poor performance or the bad behaviour your team may conclude that you endorse what is going on. Of course this can be disastrous. The perceived endorsement could lead to a loss of respect which will make it impossible to lead. As a leader you need to be decisive and make the decisions when they need to be made. This does not mean every decision you make has to be the correct one. You need to always monitor the effects of

your decisions and if a decision was wrong, admit that it was wrong and move on. Being able to admit that a decision was not the right one and changing course quickly is a trait of a good leader. Your focus is the good of the company which is good for everyone that works there. As a leader you need to take responsibility for the success of the people that report to you. Laying blame does not help anyone. Their lack of success, if this is the case, may be as much to do with your management style as it has to do with their ability to do the job. Everyone is in it together. To be successful you need to be able to work collaboratively with your team. The old boss/employee relationship doesn't work anymore. Everyone needs to be treated as if their on equal footing and their opinion is as important as anyone else's. As a leader it important to foster and support this type of environment. Even though the work environment needs to be collaborative you still need to delegate responsibility for specific tasks. As leader it is

important that you do this in order for everyone to be successful. However, when delegating you have to make your expectations clear. If your team is not clear on what your expectations are they will do what they think you want them to do. It is unlikely this will lead to success. Along with making your expectations clear you need to explain to your team why they are doing what they are doing and how that contributes to the overall success of the company. If they have this level of understanding, you may find that they might have a better way of fulfilling their responsibilities contributing to even greater success for the company. Everyone on your team is important and deserves the highest level of respect. Ensuring that you have open lines of communication with your team is key to being a good leader. Open communication leads to greater clarity by everyone involved. Greater clarity leads to the right actions which will generate better results. Your team cannot feel intimidated to speak up. For exam-

ple, if someone is unsure of the task they should be doing but try to carry on, the result could be much different than what is expected. It may even be necessary for the task to be redone. Not a great result. This will only add to the cost of doing business with little benefit being realized. Strong communication lines can have

significant tangible benefits to your organization. There are no specific rules to follow in becoming a good leader. There are many different leadership styles that can work. Some of it is instinct and some of it is educating yourself on what it takes to be a better leader and working harder at it. We can all be better.



BRAGG'S
WILD BIRD SEED
Est. 1991 *We're For The Birds!*

We're for the birds & we're not bragging!

Hours
Monday - Friday:
8 am to 5 pm
Saturday:
8 am to 3 pm

905 623-9198
or
1-877-623-9198

3048 Concession Rd. 3, RR4 Bowmanville ON, L1C 3K5

info@braggswildbirdseed.com
www.braggswildbirdseed.ca

BLACK OIL
SUNFLOWERS (\$26.98)
LOTS OF NEW TYPES
OF BIRD FEEDERS
BIRD SEED & SUET

INDIVIDUALS NEEDED FOR CLINICAL STUDY



905-697-3838

Nu-Life Hearing Centre is seeking 25 more individuals with hearing loss, who are new to hearing aids, or are dissatisfied with current hearing aids.

Selected candidates will have the opportunity to test a remarkable new advancement in hearing instrument technology.

905-623-9898

Clarington Denture Clinic is seeking people who are currently wearing Complete dentures and Bilateral Free End Partials.

People who wear Complete dentures or have natural dentition and in need of implant supported or implant retained (fixed dentures, ALL-ON-4)



The applicants will be purchasing at reduced costs for hearing aids and dentures for their participation in this clinical study. *Results of clinical research will be published for data research and development and shared with health care professionals.

43 Ontario Street, Bowmanville, ON, L1C 2S4



**ROTARY CLUB OF BOWMANVILLE
Christmas Tree Fundraiser**

Please support the Rotary Club of Bowmanville by purchasing your freshly cut Christmas Tree at

Paul Watson's Farm Ltd. 2287 Regional Highway 2 Bowmanville, ON 905.623.9109

Varieties to Choose From:

**Balsam, Fraser Fir, Serbian Spruce, Scotch Pine,
White Spruce, Blue Spruce**

All proceeds from this fundraiser go to local and international projects, community groups, organizations and our Summer Respite Program for Special Needs Children

For more information contact Fundraising Chair Kevin Anyan 905-261-1161

**Weekdays
Noon to 8 pm**

**Saturday & Sunday
10 am to 6 pm**

Bill Stack/Farmer Boy Stack/ William Stackaruck Courtice's Professional Wrestler



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

The Bowmanville area had amateur wrestling since the 1930's but "professional style wrestling" began here on Tuesday, September 6, 1949. The new Bowmanville Memorial Arena had just been built at the south side of Queen Street at Temperance Street. It was a bit early for the ice to be put in so they decided to host "Wrestling". The ring was set up in the centre of the arena with ring side seats all around it and the rest of the crowd sat in the permanent arena seats. The "Main Bout" featured one of Canada's most famous wrestlers, "Whipper Billy" Watson. His opponent was a farmer from Courtice, local wrestler, "Bill Stack" who was also known as "Farmer Boy Stack". Eight hundred people piled into the new arena and they were not disappointed.



Bill Stack, was not his real name. He was born in Smoky Lake, Alberta, June 24, 1921 as William Stackaruck. He shortened his surname to "Stack" strictly for his wrestling image. The family immigrated to Alberta from the Ukraine in 1903. Pete Stackaruck was 8 years old when they came to Canada. He married and farmed a "half section" near

Smoky Lake. Pete and his wife had 9 children, 3 girls and 6 boys. When his wife passed away suddenly, they left Alberta in 1935. Pete with 8 children (a daughter had passed away) and bought the "Ervin Foster" farm on Bloor Street west of Bowmanville. Here they raised dairy cows, pigs, horses and tomatoes. They shipped cream to the Orono Creamery. Eventually Bill also bought several farms in the Courtice area. Bill's brother Art Stackaruck, became a mechanic and had a used car lot on Church Street in Bowmanville. Bill was best man at Art's wedding and also sold cars with Art at the car lot.

Around 1944, Bill Stackaruck owned a farm on the 6th Concession in Courtice. Bill married Ann in 1951 and they settled in a small house on a 50 acre plot near the Oshawa Townline, primarily raising pigs and some "mixed" farming. He also worked as a Bailiff with Bowmanville auctioneer Cliff Pethick. Stack had a close relationship with

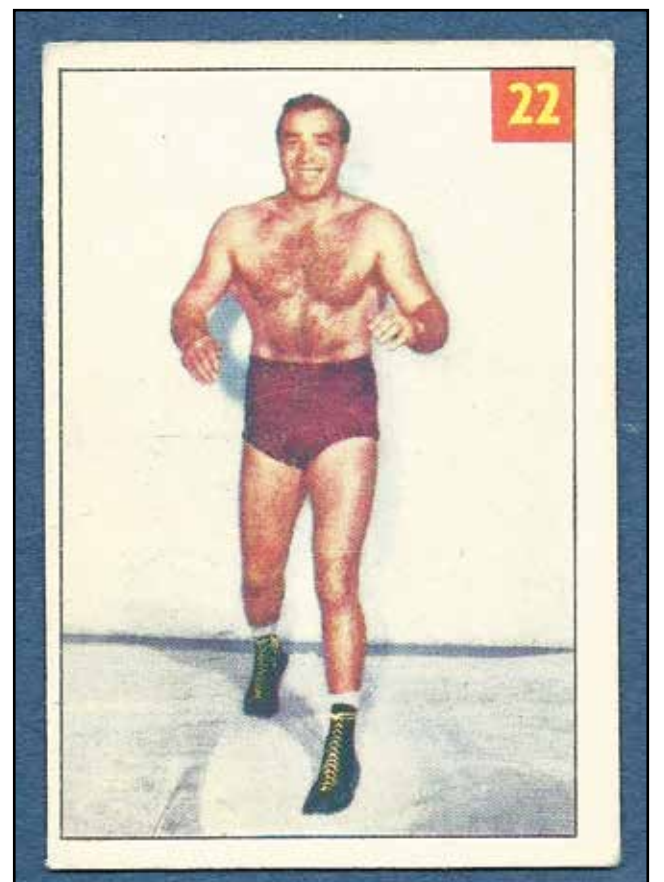
"Whipper Billy" Watson who also owned a beverage company called "Whipper's Beverages". Stack was a distributor for them in the Bowmanville area. The bottles apparently had "wrestling themes" and are quite collectible today.


Stack's first pro wrestling match appears to be on May 17th, 1945 in Toronto. This was likely in Maple Leaf Gardens and it was against John Katan. He wrestled a total of 150 professional matches, mostly in the GTA. However in 1950, he also wrestled in Regina, Saskatchewan, Idaho Falls, Idaho, Calgary and Edmonton, Alberta and Billings, Montana. In 1954, a collectible card featuring his photograph described him as "The Wrestling Farmer", weighing 240 pounds and standing 6 foot four inches tall. All of his fights appear to have been promoted by Oshawa's Pat Milosh.

Getting back to that first match in Bowmanville, as reported by Johnny James of the Canadian Statesman, Stack was known for his "flutter kicks". Apparently he was flying through the air towards "Whipper Billy" Watson and Watson moved suddenly, causing Stack to land on his head. Stack was "unconscious" for about 15 minutes, but eventually got up and tried to continue the match. The referee watched Stack stumble around in a daze but had to stop the match. Since they waited that long for Stack to recover, it was probably pre-determined that the local farmer was supposed to win.

Later in the 1950's Stack continued to wrestle in Southern Ontario, facing well known wrestlers such as "The Masked Marvel", "The Zebra Kid", "Mr. America", "Skull Murphy", "The Hooded Terror", Pat Flanagan, "The Mighty Ursus", Fritz Von Erich, "Hard Boiled Haggerty", "Ski-Hi Lee", "Swede" Anderson, "Sam Steamboat", "The Vachon Brothers", "Killer Kowalski", "The Miller Brothers", Nikita Kalkmikoff, "Bull" Johnson and "Sailer Jim" Clarke. His last professional match appears to be in July of 1966 in St. Catharines against "Bull" Johnson. However, in the mid 1950's he began refereeing local fights and in 1959, began refereeing at Maple Leaf Gardens and continued this until 1969. Remarkably, Stack was a professional wrestler for 20 consecutive years.

Bill and Ann had 5 children and around 1963, they decided to move to Grimsby where Bill worked with his brother-in-law in a heavy equipment rental business. Bill enjoyed going to the local Boy's Club and working with the young boys and sharing his wrestling stories. Later, his health began to deteriorate and he passed away in Grimsby on October 22, 1994. He is buried at Queen's Lawn Cemetery in Grimsby. He is survived by his wife Ann, who still resides in Grimsby. At the time of this article a rare 1954 Bill Stack Wrestling card was for sale on Ebay for \$36.50. For more information on local professional wrestlers see www.oshawawrestlinghistory.com. Credit to writer Andrew Calvert and "Slam! Wrestling for photos and information."



	WRESTLING
	in BOWMANVILLE ARENA
	Tuesday, Sept. 6
	8:45 p.m.
	3 - BOUTS - 3
	Main Bout - 1 hour limit 2 out of 3 falls
	Whipper "Billy" Watson vs. Bill Stack
	Semi-final - 30 minutes 1 fall
	Tug Carlson vs. George O'Malley
	Preliminary, 1 fall - 30 mins. Seelie Somora vs. Abe Zvonkin

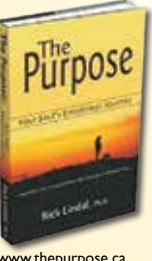
Psychological Services

Are you feeling lost in life?
Do your emotions sometimes overwhelm you?

Take the first step to help and call Dr. Rick Lindal for an appointment.

Individual psychotherapy and Psychological Assessments

Author of:



OFFICE LOCATION:
47 Queen St. Bowmanville
(by appointment only)
Tel. 905-349-2202
or go to
www.dr-ricklindal.com
for further information

www.thepurpose.ca



HOME COOKING *with Cathy*

Hello there. I hope everyone has been enjoying this wonderful fall weather. I chose two recipes that I tried this week and would love to share them with you. The Italian Lemon Cake is a great gluten free choice but also a lovely cake to serve over the Christmas Holidays. I have also included a carrot soup. When I first saw the recipe, I thought the ingredients were a bit different for a carrot soup. Please give it a try! I loved the layers of flavour. It will probably be one of my new favourites. The carrot soup recipe comes from a famous Lodge in the Isle of Skye called the Kinloch Lodge. Enjoy!!

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

Carrot Soup with Ginger and Lemon

Ingredients:

- ¼ cup butter
- 1 ½ cups chopped onion
- 1 Tbsp. finely chopped peeled fresh ginger
- 1 ½ tsp. minced garlic
- 1 ¼ pounds medium carrots, peeled and chopped (about 3 cups)
- 1 1/3 cups canned diced tomatoes
- 1 ½ tsp lemon zest
- 3 cups (or more) low sodium vegetable stock or chicken stock
- 2 Tbsp. fresh lemon juice
- 4 Tbsp. sour cream
- 1 small carrot, peeled and grated for garnish
- Salt and pepper



Preparation:

- Melt butter in heavy large pot over medium-high heat. Add onions and sauté for 4 minutes. Add ginger and garlic and sauté for 2 minutes.
- Add chopped carrots, tomatoes and lemon zest. Sauté for 1 minute. Add 3 cups of stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20-30 minutes. Cool slightly.
- Puree soup in batches with a blender or use an immersion blender. Return soup to pot. Mix in lemon juice and season with salt and pepper. (Can be made one day ahead. Cover and chill).
- Bring soup to simmer, thinning with more stock if desired. Ladle into bowls. Top with sour cream and grated carrot.
- Makes 4 servings.

Italian Lemon Cake (Torta caprese Bianca)

Ingredients:

- 3 cups almond flour
- 1 cup white chocolate chips or white baking chocolate chopped
- 2 Tbsp. cream or milk
- ¾ cup unsalted butter softened
- 1 cup white sugar
- Zest of 4 lemons, about 2 Tbsp.
- 4 large eggs, separated and at room temperature
- 1 tsp. lemon extract
- 2 Tbsp. fresh lemon juice or limoncello liqueur
- 1 Tbsp. powdered sugar for garnish (optional)



Preparation:

- Preheat oven to 350 F. Grease a 10" spring form pan or line it with parchment paper.
- Combine the white chocolate and milk/cream and warm slowly until blended and the chocolate is melted. (cool mixture slightly)
- Beat the softened butter with ¾ cup sugar until fluffy.
- Add the lemon zest, 4 egg yolks and lemon extract and beat until well combined.
- Add the almond flour and the melted chocolate. Add the limoncello or lemon juice and beat until well combined.
- In a separated bowl with spotlessly clean beaters, beat the egg whites until soft peaks form. Gradually add the remaining ¼ cup sugar to the egg white mixture. Fold the egg whites into the almond batter until well combined.
- Spoon the batter into the greased pan and bake for 40-45 minutes. The cake will puff up in the oven, but when cooling, it will fall back down.
- Let the cake cool completely in the pan and then invert the cake onto a plate, and then flip the cake back onto a serving plate (so that it's not upside down).
- Sprinkle some powdered sugar on top of cake if desired, but only before serving.
- Serves 8-10 people.

Merry Christmas!



From my family to yours,
Merry Christmas and warm wishes
for the year ahead.

Please join us for a hot chocolate and a free public skate to welcome in the New Year.

Saturday, January 2nd 2016

1:00pm-3:00pm
Legends Centre - Ice Pad 2
1661 Harmony Rd. N. Oshawa

Sunday, January 3rd 2016

1:30pm-3:15pm
Rickard Complex - Pad B
2440 Hwy 2, Bowmanville

Sunday, January 17th 2016

12:30pm-2:00pm
Scugog Arena
1655 Reach St. Port Perry

An RSVP to
erin.otoole@parl.gc.ca
or 1-866-436-1141 is appreciated.



ERIN O'TOOLE
Member of Parliament for Durham

HAPPY HOLIDAYS

As the Holiday Season draws near, we find ourselves reflecting on the past year and on the generous and significant ways that the Bowmanville Hospital Foundation has received support from people and families in our community.

Because we value our relationship

with you, one of our greatest joys this Holiday Season is the opportunity to say Thank you!

May the gifts of the season... Peace, Hope, Love, Health and Happiness be yours throughout the coming year!



Bowmanville YOUR Foundation
HOSPITAL FOUNDATION YOUR Hospital

Supporting the Vision for Lakeridge Health Bowmanville

47 Liberty Street South | Bowmanville, ON | L1C 2N4
(905) 623-3331 X 1880 | Fax: (905) 623-4001 | www.bowmanvillehospitalfoundation.com

Roses
BISTRO + FLOWER BOUTIQUE

Roses Bistro is closing, however we are relocating our Flower Boutique and Espresso Bar. As of February 1, 2016 we will be at 30 King Street West.

On behalf of me and my team at Roses, thank you from the bottom of my heart for 10 wonderful years!

Home to Over
300 K-CUPS



Shop Local
SHOP CANADIAN

DOUBLE BEAN TEAM POINTS

ON ALL MADE IN CANADA REAL CUP PRODUCTS



8 LOCATIONS TO SERVE YOU
AURORA • BOWMANVILLE • COBOURG • OSHAWA • PETERBOROUGH • PICKERING • WHITBY

MARKCOL.COM

OFFER EXPIRES DECEMBER 31ST 2015.
WHILE SUPPLIES LAST. NO RAIN CHECKS.

1.855.627.5265



Considering selling?

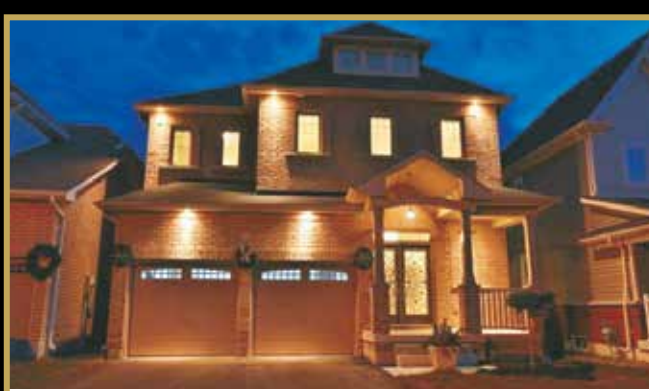
**BOOK A NO OBLIGATION
HOME EVALUATION**

TINA ABERNETHY
Sales Representative

905-697-1900

tina@tinaabernethy.com

tinaabernethy.com



\$579,990

102 Summersford Dr. Bowmanville ~ Almost New With Countless Upgrades!
Almost New 4 Bedroom, 2.5 Bath 2 Storey All Brick Home Built By 2015 Builder Of The Year ~ Jeffery Homes!
Hardwood Throughout Spacious Living, Dining & Great Room.
Absolutely Exquisite Kitchen, Perfect for Entertaining, Boasting Granite Countertops & Backsplash.



\$444,900

7003 Cooney Rd. Rural Clarington ~ Escape To The Country!
Move Into This Spacious 4 Level Side Split, Situated On A Private 3/4 Acre Lot.
Conveniently Located Just East Of The 115 And Minutes To The Future 407! Enjoy Spectacular Views From Your Own Back Yard!
Near Ganaraska Forest With Miles Of Walking/Ski Trails & Minutes To The Brimacombe Ski Hill!

Contact me for more information.