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Volume 6 | Issue 1

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

March 2016

Bowmanville Older Adult Association 
2016 Spring & Summer Program Guide
(Pullout Inside)



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FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION - please send an email to: JimAbernethy@RoyalService.ca with your contact telephone number and name, or call me direct on my cell: **905-261-7788**. *All inquiries are confidential and private.
 Not intended to solicit clients currently under contract with a Brokerage.



58 years after the Canadian Government scrapped the Avro Arrow Project, Clarington Museums celebrates the achievements of the Arrow and revisits the controversy surrounding the decision for Canada to exit the aerospace industry.

The Avro Arrow takes flight at Clarington Museums

Heather Ridge (Curator)
Dennis Jeffery
 (Education Coordinator)

CLARINGTON MUSEUM

On March 25, 1958, the infamous Canadian-made supersonic interceptor named the Avro Arrow took its first flight, right here in Ontario, a short drive from Clarington. Many local Clarington residents made the drive, every day, to work on this ground breaking project. Clarington Museums will be celebrating its newest exhibition, "Avro Arrow: A Dream Denied" March 24th 2016, at 6pm with the Exhibit Launch Party, NIGHT AT THE MUSEUM. We recre-

ate the 1958 Launch Party of the Avro Arrow! Beginning with cocktails and continuing with a Gourmet Dinner, Interactive Play and Evening Celebrations, this is a unique experience to enjoy and remember. Tickets \$45, contact 905-623-2734 or on-line at www.ClaringtonMuseums.com.

Clarington Museums will tell the story of the Avro Arrow from its conception to its sudden and mysterious cancellation; celebrating and commemorating the achievements of those men and women who made the Arrow dream a reality. There are many significant dates in The Arrow's controversial history. March 25,

1958 is one of the most important dates in Canadian aerospace innovation. This day would see the First Flight of the Avro Arrow. Soaring through the skies over Malton, Ontario (now the Toronto Pearson International Airport), history was recorded by the Malton control tower: "with terrific acceleration, the Arrow was quickly airborne, less than half way along the runway. The Avro 201 off at 9:51 a.m. and cleared to company tower." 1

Pre-dating the epic first flight was another major milestone in the Arrow's development. On October 4, 1957, the Avro Company would reveal to the country the feat of engineering they

had been secretly creating. On this day in Malton, Ontario, Avro "rolled out" the Arrow in a spectacular unveiling to crowds of work-



Source: Aerospace Heritage Foundation of Canada

ers, dignitaries, members of the press and politicians. Witnesses reported that "the huge north and south parking lots were full. The enormous crowd of spectators,

Continued on Page 4

Inside This Issue

Lead Story Page 1
 Ron Strike Editorial Page 2
 Jim's Feature Properties Page 3 & 20
 COAA Spring/Summer Guide 5-16
 Home Cooking with Cathy Page 17
 Rotary Club of Bowmanville . . Page 18-19

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For Your Family's Sake - Don't Ignore Auto Insurance Changes



by Ron Strike

WillDavidson LLP

38 KING STREET
WEST, BOWMANVILLE
RSTRIKE@WILLDAVIDSON.CA

Everyone knows someone who has been seriously injured in a car accident and had difficulties with the car insurance system. Pay close attention as the complicated Ontario car insurance sys-

tem is about to change again to your family's detriment. You will have received or will soon receive a letter from your car insurer or insurance broker advising that effective June 1, 2016 there are significant changes to your car insurance. The letter also tells you that they will be in touch with you about these changes. These changes and many others have drastically changed car insurance over the past 20 years, making it more important than ever that you take the time to understand and respond to these changes. It is quite common for us to ignore our car insurance and only obtain the cheapest benefits. However, you may not be acting in the best in-

terests of your family to do so.

The pending and past changes have drastically reduced the benefits available to anyone injured in a car accident allowing the Ontario government to meet its goal of keeping car insurance premiums as low as possible.

Ontario has a hybrid type of car insurance in that there are fault and no fault components. In the fault part, that being the claim against the driver that caused the accident, there are two very significant challenges to an injured person. The first is the deductible of over \$36,000. This means that if your claim for pain and suffering is valued at \$50,000

you only get \$14,000. The second is a threshold whereby you do not get any money for your pain and suffering unless you can establish by medical evidence that you have sustained a serious and permanent injury.

In the no fault part you are allowed to claim against your own car insurer for rehabilitation benefits and some income loss. This is the most important part of the pending insurance changes as at a cost you can choose optional benefits to lessen the impact. For example, recent changes to the no-fault insurance have reduced the amount of money available for rehabilitation benefits from \$100,000 to as little as \$3500. A relatively

inexpensive option can be purchased to significantly increase the amount of rehabilitation money available. There are many other changes that have reduced the available benefits and there are options available to counter those reductions. You should now contact your car insurance representative and do two things:

1. Obtain information from them and discuss with them the changes to car insurance so you can make an informed decision on buying the options.
2. Direct them to increase your third party liability insurance limit to at least \$2 million.

You will be surprised at how little step 2 costs and this

\$2 million is the amount that is potentially available for you or any dependent family member hurt by an underinsured at fault driver anywhere in Canada or the United States. There are many vehicles being driven with little or no insurance and you owe it to yourself and your family to have this protection in place.

Ron Strike is a litigation lawyer with more than 32 years of experience, who recently merged his practice with the legal firm Will Davidson LLP. They provide litigation services from offices in Toronto, Oakville, Collingwood, Owen Sound, Orillia, Huntsville, Midland, Barrie, Lindsay, Whitby and now Clarington.

WILL DAVIDSON LLP

HISTORIC LAW FIRMS CONNECT IN CLARINGTON

There are not many businesses that can trace their historical roots back 90 years.

One of the oldest law firms in the Region of Durham can be found right here in Clarington.

Since 1926, three Generations of the Strike family have provided our community with a variety of legal services, including: real estate, personal injury, corporate law, wills & estate planning and family law.

The Strike family of lawyers have offered those services from their location at 38 King Street West, Bowmanville for 90 years - a rare accomplishment indeed. (see photo insert - The Jury's Jubilee Building).

Law is a tradition in the Strike family

This tradition began in 1926 when W. Ross Strike started his law practice in Clarington. Ross was born in 1895 and as a young man was a Medic on the French battlefields of WWI.



He served as Director of the Bowmanville Public Utilities Commission for 27 years, was Mayor of Bowmanville (twice), Chairman of Ontario Hydro, and a distinguished Member of the Rotary Club of Bowmanville.

There is an old saying "the apple doesn't fall far from the tree". This holds true for his son Alan who gained the reputation of being a great community builder. In addition to running the family law firm, Alan found time to be

a Durham School Board Trustee, one of the founders of Durham College and major fundraiser for the building of UOIT. He was actively involved in fundraising for Garnet Rickard Arena and Splash Pool Complex (now named Alan Strike Aquatic & Squash Centre), was a founding member of the Valleys 2000 Board of Directors and a distinguished member of the Rotary Club of Bowmanville.

Alan retired from his practice in 2000 after he and his two sons, Ron and Dan, built on the foundation established by W. Ross Strike. Sadly, Alan passed away in 2013.

Ron specializes in Personal Injury Law/Litigation while Dan focusses on Real Estate, Wills and Estates and Corporate Law matters.

Ron Strike and Will Davidson LLP

Ron has recently merged his personal injury practice with another law firm with deep historical roots in Ontario, Will Davidson LLP. Ron and all his staff will continue their excellent personal injury business under the Will Davidson name and work alongside Strike Furlong Ford in their existing office at 38 King Street West in downtown Bowmanville.

"By joining Will Davidson we have taken our strong personal injury team to the elite level as they have many great resources including top ranked lawyers and an excellent support staff. They also allow us to offer litigation expertise in many other areas including insurance, commercial and estate disputes" explained Ron Strike.

Strike Business as Usual

"The Strike family law firm will continue to operate as usual" said Dan Strike and will continue to provide the same high level of legal services in Real Estate Real Estate, Wills and Estates (Planning and Administration) and Corporate Law together with partner, Bradley Phillips who joined the firm in 2012.

He continued by saying "The legal industry is changing. Business models are changing. We are diversifying to meet the needs of our clients. Our goal is to provide the best legal services available to our clients and working closely with a litigation firm of Will Davidson LLP's pedigree achieves that goal."

Will Davidson LLP

Will Davidson LLP also has a strong history, tracing their legal experiences and successes back more than 90 years. During that time they have built a proud history of acting as counsel to other lawyers throughout Canada. They have had nine of their lawyers become judges. The lawyers at Will Davidson LLP have been recognized repeatedly for inclusion in the Best Lawyers in Canada, accredited by Lexpert and have received notable decisions on cases which have impacted the lives of many in Ontario.



GARY WILL



DAVID MORIN

The approach to every case is unique, as the legal team of Will Davidson LLP have experience of both sides of the law. The legal professionals consists of both personal injury and insurance defence lawyers. This allows Will Davidson LLP to cover every angle of a case giving a unique perspective that other law firms can't.

Gary Will is the managing partner and leads the personal injury group. He is well known for a ground breaking Supreme Court of Canada decision regarding punitive damages. Jim Davidson leads the insurance defence group. David Morin will be active in the Bowmanville office. All three individuals are certified specialists in Civil Litigation and are highly respected amongst the legal and insurance industry.

Gary Will recently commented, "We are very excited about coming to Clarington as it is one of the most vibrant communities in Ontario and Ron & his firm have a great reputation. We plan to follow the Strike tradition and play an active role in this community."

Now, with Ron Strike joining with Will Davidson LLP there are 21 lawyers providing a wealth of litigation knowledge from their offices in Toronto, Oakville, Burlington, Orillia, Huntsville, Midland, Lindsay, Markham, Whitby and now Clarington.

To learn more about Will Davidson LLP visit willdavidson.ca.



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



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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.



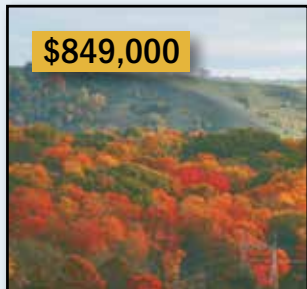
\$749,000

SOLD

House, 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

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.



\$849,000

Check out this virtual tour site <https://youtu.be/176waQr76e8>

New & Custom Built Homes - your choice of 6 lots - all located in the north end of Bowmanville



"A" 2281 sq. ft. Starting from \$497,900

Not exactly as shown.



CONTACT JIM ABERNETHY FOR MORE DETAILS.

Charles Taws moves to the Peace River Country

by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Charles Taws was born in Montreal and his keen interest in history started at an early age. His grandmother had a very unique old "Revolutionary" house in the United States and she gave him a large old key from one of the doors. He was so proud of it that he took it to "Show & Tell" in kindergarten.

In 1972, young Charles along with his twin brother and parents moved to Lakehurst, Ontario. On the way there, they stopped for the night at the Flying Dutchman Motor Inn at Liberty Street and the 401. Charles said he

remembers that his parents were told that no dogs were allowed in the room, but they ended up sneaking their dog in and found this quite exciting. At Lakehurst, his family operated a General Store selling groceries, hardware and gasoline. Charles advised that it was here that he developed a keen interest in history.

"All of the old-timers would come into the store and tell great stories. Soon I was collecting photographs and articles and filled up several scrap books full of information. I became the President of the local Historical Society at a very young age." After High School, Charles attended Trent University and graduated in 1986 with

an Honors BA in History and Archaeology. He started his career at Hutchison House Museum in Peterborough, then Perth Museum in Oshawa and moved onto the Marine Museum of the Great Lakes. After that he came to Bowmanville and was Curator, first for Bowmanville Museum and then later called Clarington Museums and Archives. For a few years, Clarington Museums loaned Charles to our Newcastle Village & District Historical Society as a part-time Curator. He did a wonderful job of reorganizing all of our cabinets and creating a number of "themes" for our collection.

He stayed with Clarington Museums for 26 years be-

fore leaving in December for a new position in Grand Prairie Alberta. "It was time for a change" he said.

When asked what he feels was his greatest accomplishment at Bowmanville, he said; "number one was raising the profile of local history through newsletters and newspaper articles, especially in the Clarington Promoter. There were always so many positive comments and people continually coming into the Museum to ask for information about the stories or providing new ones. Number two was finding the Bowman painting, that I had been searching for since 1990. "It was because of the article in the Clarington Promoter, someone saw

it on the internet and knew where the painting was in Montreal", he said.

He is excited about his new job in Grand Prairie. He indicated they even have a number of antique cars and trucks in their collection there. He has already found an interesting connection from a Newcastle native, Dr. Annie Higbee who came to Grand Prairie in 1912.

Annie, whose maiden name was Carveth, travelled by ox cart to a spot near the Smoky River, with her husband Professor Charles Higbee, their 13 year old son Jack and her brother Arthur Carveth with his wife and children to settle in that area. She was the first woman doctor in the Peace River area. The



Higbees returned to Newcastle in 1928, purchasing the historic "Boate" house at 261 Mill St. South. Charles intends to write a story about her further cementing the relationship between Clarington and Grand Prairie.

Charles advised he is having no problem adjusting to the climate there. He said, "so far we are having an El Nino winter- instead of minus 40 its minus 20".

The Avro Arrow takes flight at Clarington Museums

Continued from Page 1

estimated at over 15,000, spilled from the parking lot and congregated at Hangar 1. This was an occasion that none of the employees from Avro Aircraft and Avro Orenda Engine divisions at Malton Ontario, wanted to miss. Sitting by itself in Hangar Bay 1 was the sole

completed Avro Arrow"2.

The Arrow's roll-out on October 4, 1957 would change the landscape of Canadian aviation for years to come, but sadly, would be overshadowed in international news by the launch of the Russian "Sputnik", the earth's first artificial satellite.

The roll-out would become one of Avro's proudest moments as not only did they unveil the Arrow itself, but they unveiled Canada as an aviation leader. This message was conveyed to the crowd in a speech given by Fred T. Smye, the President

1 Avro Aircraft by Arrow heads 51
2 The Avro Arrow Story Bill Zuk 13

and General Manager Avro Aircraft Limited, "We feel that this aeroplane represents a substantial technical achievement, that demonstrates the capability of Canadian technology, and represents a substantial Canadian contribution to the western world."3 Clarington Museums will also be celebrating the roll out anniversary in October with a special event commemorating innovation within our community.

February 20th, 1959, a date thereafter known as 'Black Friday', would see the official end of all work on the Arrow projects, as Prime Minister Diefenbaker cancelled the creation of the Arrow and all associated projects. These projects would include the Iroquois engines, designed and manufactured by the Orenda Company, that were installed on the sixth version of the Arrow, called '206' in early February 1959. The Iroquois engines themselves are another example of how technologically advanced the Arrow was for its time. The Iroquois engines would have allowed the 206 to fly at optimal speed at 50,000 feet which would have allowed the aircraft to reach Mach 2, a speed not previously reached by any other aircraft. The cancellation order from Diefenbaker also included an order to have all the designs, and existing aircraft destroyed and scrapped. Not only did the cancellation of these projects set back the Canadian aerospace industry but it

also had a great affect on the workers of Avro and Orenda. Some of the workers were reluctant to leave their work behind to be trashed and so they "stuffed blueprints into their lunch boxes and walked out of the factory, right under the noses of the security staff."4

Even though Clarington is approximately 100kms east of Malton, there were Clarington residents that commuted along the old Highway 2, to work at Avro. The exhibit at Clarington Museums will feature the personal stories of local community members who worked on the Avro Arrow before its cancellation. Many of the workers at Avro would find jobs elsewhere in the aviation community. Some would move south to work with NASA on its space program while others would stay closer to home. Alan Cornish was born in Orono, Ontario and worked for Avro as the Chief Engineer of hydraulics. After the cancellation of the Arrow project, Alan moved his family down to Ohio to continue his career. Bill Carver from Newcastle is a past Avro employee who stayed in Ontario. Bill's career with Avro would begin after he finished with the Navy in 1958. Bill was involved with the Arrow's final assembly and test flight division while he worked for Avro from August of 1958 to February 20, 1959, Black Friday. Bill has relayed to us that he really enjoyed his time working for Avro and especially remembers the long commute along Highway 2 making stops to pick

up co-workers on the way to Malton. The hour and a half drive would allow the workers to build relationships that would last longer than the Arrow itself. These community stories are what bring the story of the Avro Arrow to life in Clarington.

3 Arrow Rollout pg 71

4 the Avro Arrow Story pg 107



Source: Canada Aviation Museum of Ottawa

The Avro Arrow itself represents many things to many people. For Clarington Museums it means a chance to celebrate all aspects of the story from innovation to mystery and everything in between. Don't miss the significant dates of our Exhibit and Dinner Event: exhibit opening March 23, 2016, and Our Launch Party event, March 24, 2016. Clarington Museums strives to illuminate the stories of Clarington community members and their involvement with the captivating story of Canada's innovative aircraft, the Avro Arrow.

AVRO ARROW: Night At The Museum



First Flight: The Launch Party
March 24, 2016 6pm
Sarah Jane Williams Heritage Centre, 62 Temperance St., Bowmanville, ON

**Gourmet Dinner
Interactive Play
Celebrations
Cash Bar**

\$ 45

TICKETS: 905-623-2734

www.ClaringtonMuseums.com

Sponsored by:





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

Here we are, a bright and shiny new company. From an operational standpoint, the only real difference between COAA and BOAA is that our Municipal council has mandated that the BOAA may only offer programs at facilities within geographical Bowmanville. The major difference, however, is that we're no longer aligned in any way with the Municipality. So, in some ways, our wings have been clipped a little bit but in many others, we're now free to chart our course.

Being an independent organization creates many new challenges. But here's the good news; there are many ambitious and exciting plans in store. You will have already seen some of the changes that have happened since we gained our independence. Our doors are now open 7 days per week and we're offering additional evening programs and drop-ins ... but it won't stop there. You'll begin to see a lot more special events, new programs and of course fantastic fundraisers.

A special thank you to our members, the final COAA Board of Directors led by President Muriel Moynes and the staff that all went through a tough year in 2015. We appreciate how dedicated everyone was to ensure the older adults would have an independent organization to move into the future.

So, there's lots of good things in store and we're totally confident that we're going to thrive and become bigger and even better than the COAA!

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 ...

Inside This Issue

- PG.2 _____
 - General Information
- PG.3 _____
 - Drop-In Programs
 - Trips & Travel
- PG.4 _____
 - Upcoming Events & Fundraisers
 - Workshops & Seminars
- PG.5 _____
 - Workshops & Seminars
 - Sports & Activities
- PG.6 _____
 - Sports & Activities
 - General Interest Programs
- PG.7 _____
 - General Interest Programs
 - Fitness Programs
- PG.8 _____
 - Fitness Programs
- PG.9 _____
 - Fitness Programs
 - Art & Music Programs
- PG.10 _____
 - Art & Music Programs
- PG.11 _____
 - Dance Programs
 - Computer/Digital Photography
- PG.12 _____
 - Computer & Digital Photography Programs

General Information

MEMBERSHIP INFORMATION

\$28.25 (INCLUDES HST)

(Valid for one year from the day you join)

- Memberships are for those 55 years and older
- Spouses under the age of 55 are welcome to become members if their spouse is 55 and a member in good standing
- If you have a disability (regardless of age) and would like to participate in events, programs and courses at the centre please contact staff at 905-697-2856 EXT 25
- Non-members are now welcome to participate in all programs, courses and events by paying the non-member fee

Benefits of Membership:

- Lower fees for drop-in & registered programs and courses
- Members-first priority and member rates for special events
- Member pricing for Tuesday Lunches
- 10% Discount on facility rentals at the Clarington Beech Centre
- Keep updated with the latest information via our BOAA Member Newsletter, Emails, & Voicemails
- Vote at our 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 SHOULD I BUY A 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!

HOLIDAY FACILITY CLOSURE

Please note the Clarington Beech Centre will be closed on March 25th, 27th & 28th, May 23rd, July 1st, August 1st, September 5th.

WHEELS IN ACTION

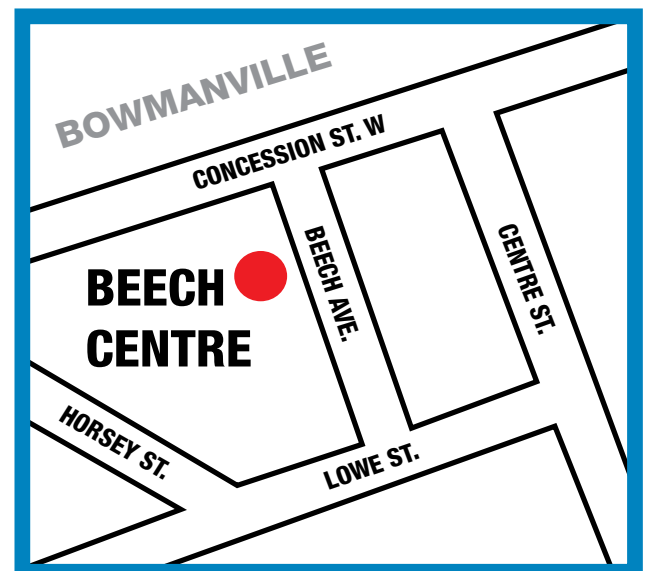
Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington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



ADVERTISING AND SPONSORSHIP OPPORTUNITIES

Are you interested in advertising within our centre or sponsoring an event, workshop or program at the BOAA? It's a great way to reach out to the older adults in our community.

For more information on opportunities please contact staff at 905-697-2856

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

Robin Thomson:

rwthomson@hotmail.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Amanda Rutherford:

klipz@bowmanvilleolderadults.com

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. All pre-registered courses and programs at BOAA now have a non-member rate.

GUEST REGISTRATION

We now invite non-members to participate in all of our activities and programs. Simply stop by the front desk to register your attendance and pay the non-member rate to your drop-in program convenor.

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.

GIFT GIVING IDEAS

Trying to think of a special gift for a birthday, anniversary or just to make someone smile? There are several options available at the Clarington Beech Centre:

- Gift certificates for membership, programs, events and day trips
- Drop-In, Luncheon and Café Passes
- Handmade items created by BOAA volunteers

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

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Cribbage & Euchre	9:30 am	Walking	9 am	Billiards	9 am-6 pm	Walking	9 am
Billiards	9 am-6 pm	Scrabble	9:30 am	Billiards	9 am-6 pm	Hiking	9 am	Billiards	9 am-4:30 pm
Book Club	10 am <small>ENDS JUNE 20</small>	Social Bridge	9:30 am	Choir	10 am <small>ENDS JUNE 15</small>	Table Tennis	10 am <small>ENDS JUNE 30</small>	Open Art	9 am
Crocheting / Knitting Group	10 am	Table Tennis	10 am <small>ENDS JUNE 28</small>	Canasta	1 pm	Wood Carving	10 am <small>ENDS MAY 12</small>	Duplicate Bridge	1 pm
Wood Carving	1 pm <small>ENDS MAY 9</small>	Mahjonng	1 pm	Indoor Ringette	2 pm	Mexican Train Dominoes	10 am	Darts	1 pm <small>ENDS MAY 27</small>
Duplicate Bridge	1 pm	Social Bingo	1 pm & 2:15 pm <small>ENDS JUNE 14</small>	<p>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.</p> <p>NEW Weekly Drop-In Fee Schedule NEW <i>Effective Friday April 1st, 2016</i></p> <p>Duplicate Bridge: \$3.50 member / \$5.00 non-member Square Dancing: \$0.75 member / \$1.25 non-member All other drop-in programs: \$1.75 member / \$3.00 non-member Progressive Fundraising Euchre: \$3.00 member / \$5.00 non-member</p>	Craft Group	1 pm <small>ENDS JUNE 2</small>	500 Cards	1 pm	
Cribbage	1 pm	Summer Bingo	2:15 pm <small>STARTS JUNE 28</small>		Bid Euchre	1 pm	Jam Session	1 pm	
Bid Euchre	7 pm	Square Dancing	12:45 pm		Mahjonng	1 pm	Saturday		
<p>In 2015, Community Services Department hosted a workshop at COAA where our members were invited to express their views about the sort of things they want in an older adult facility. Almost at the top of the list was the need for the centre to be open in the evenings and at the weekends. Well, BOAA is now open Saturdays and Sundays as well as weekday evenings. If you are an instructor or coordinator and you think there's an opportunity to run your sessions on the weekend or during the evenings, please let us know because we want our centre fully optimized, 7 days per week.</p>	Friendship Group	1 pm	Table Tennis		10 am				
	Theatre Group	2:30 pm	Social Bridge		1 pm				
	Pickleball	2:30 pm	Bid Euchre		1 pm				
	Jam Session	6:30 pm	Table Tennis		10 am				
	Progressive Fundraising Euchre	7 pm	Social Bridge		1 pm				
					Bid Euchre	1 pm	Sunday		
					Texas Hold'em Poker	7 pm <small>ENDS JUNE 2</small>	Cards	1 pm	
						Darts	2 pm		

Trips & Travel

Ripley's Aquarium of Canada

Wednesday March 30th
Departing at 10:30 am from the Clarington Beech Centre \$93 per person (Includes: aquarium admission, lunch at the Old Spaghetti Factory, transportation, and small donation to the BOAA)

The Toronto Blue Jays vs Arizona Diamondbacks

Wednesday June 22nd – First Pitch 4 pm
\$100 per person (Includes: field level seats behind 3rd base, transportation and small donation to the BOAA) Departing at 2 pm from the Beech Centre.

Credit Valley Explorer Journey

Wednesday September 28th
Departing at 8:15 am from the Clarington Beech Centre \$122 per person (Includes: tour, lunch, transportation and small donation to the BOAA)

Branson Missouri with Barb Porter from Marigold Travel

November 6th to 13th 2016 (8 days)
\$1599 Double Occupancy with Two Twin Beds
Includes: Motor coach transportation, 4 nights in Branson, 3 evening dinners, 1 lunch and 7 breakfasts, 5 shows and attractions
For more information, please contact Barb Porter at Barbara.porter@rogers.com or join us for an Information Sharing Potluck on Tuesday April 5th at 6 pm



Dominican Republic 2017

January 18th to 25th 2017
Riu Palace Macao in Punta Cana Dominican Republic (Adult Only Resort)
\$1749 per person (Includes: All-inclusive air fare, hotel, food, drinks for 7 days for double occupancy)
\$200 deposit required at time of booking with final payment due October 14th 2016
An INFORMATION NIGHT for this trip will be held on Wednesday April 6th at 4 pm at the Clarington Beech Centre so please feel free to attend for more information and to ask questions.

For information on all trips and travel, please contact Amanda Rutherford at 905-697-2856 or email klipz@bowmanvilleolderadults.com

"NEW" CONVENIENCE PASSES FOR SALE	Single Pass	10 Pass + ONE FREE
	Coffee (BOAA Mug)	\$0.70
Coffee (Personal Mug)	\$1	\$10
Tea (Mug or Tea Pot)	\$0.70	\$7
Member Drop-In	\$1.75	\$17.50
IN TOWN Van Rides	\$2	\$20
OUT OF TOWN Van Rides	\$4	\$40
Member Tuesday Lunch	\$8.05	\$80.50

Never worry about having the correct change again. To assist our members, we now have ten pass coupons available for Drop-In Fees, Coffee/Tea, Lunches and Van Rides. Visit the front desk to purchase yours today!

SOCIAL BINGO

Tuesday at 1 pm
Until June 14 (No Bingo June 21)

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

SUMMER BINGO

Tuesday at 2:15 pm
June 28 to August 30

\$4 for up to 5 cards
\$1.25 per card after for 12 games
25¢ for dabber for 1 game sheet

Upcoming Events & Fundraisers

Tickets for all events
on sale now at BOAA

For more information please contact
Sharon M at events@bowmanvilleolders.com

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 March 18th, April 15th, May 20th, June 17th, September 16th
1 pm to 4 pm
\$3.50 members / \$5.50 non-members

Euchre Extravaganza

Includes: 12 games of progressive euchre, buffet dinner, door prizes and draws
Saturday March 12th, May 28th, July 9th, September 24th
\$10 members / \$12 non-members

Open Mic

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.
Sunday March 20th, May 15th, September 18th
1 pm to 4 pm
FREE & Open to ALL with cash bar and refreshments for purchase!

Smile Theatre "Remember That Song"

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

Josie's Baking Fundraiser "\$9 BERRY PIES"

Place your order before May 23rd at the front desk and pick up your pie on Friday May 27th from 1 pm to 4 pm.

Spring "Country Dance"

Back by popular demand...Larry Adams, Ginny McIlmoyle & The Good Tymes Band

Saturday April 9th
8 pm to 12 am
\$10 members / \$12 non-members
(Includes: cash bar, refreshments for purchase & snack foods)

Bid Euchre Bonanza

Includes: 10 games of bid euchre, mid-session buffet, door prizes & draws
Saturday April 30th, June 18th & October 22nd
1 pm
\$10 members / \$12 non-members

Smile Theatre "Canada in Love"

Includes: performance and refreshments
Friday May 13th
1:30 pm
\$5 members / \$7 non-members
Sponsored by Ontario Power Generations

Variety Night

Join us for a great night of local talent and the BOAA theatre group's spring performance.
Wednesday May 18th
7 pm
\$5 members / \$7 non-members

Walk in HER SHOES with the BOAA Team

Saturday June 4th at 11 am
King Street in Bowmanville
Join Tom and the team as they raise awareness for violence against women with our community partners from Bethesda House. Donations from Sponsors will be collected to support this special group of men who step up in RED HIGH HEELS.

Lunch, Laugh & Learn to Paint at Tetra Kitchen & Vines

Saturday June 4th
1 pm to 5 pm
Local Artist Sarah Shaw will walk you through the painting process to create your own canvas masterpiece.
\$60 per person (Includes: 3 course meal, full art instruction, all materials and a small donation to the BOAA)

"FREE" BOAA Membership Picnic

Tuesday June 21st
12 pm
Join us for a BBQ, entertainment, horse drawn wagon rides & draws.
Held at the Visual Arts Centre. In case of rain, it will be held at the Clarington Beech Centre

Bridge Extravaganza

Includes: cards, lunch, prizes and draws
Saturday August 27th
10 am
\$10 members / \$12 non-members
Preregistration is required by August 22nd 2016

Health Fair & Open House

Wednesday September 7th
9 am to 2 pm (Tradeshow Hours)
9:30 am to 6 pm (Registration Hours)

Fundraising Golf Tournament at Bowmanville Golf & Country Club

Wednesday September 21st
Shot Gun Start at 9 am
\$85 members / \$90 non-members
Includes: 18 holes of golf, cart, lunch, dinner, draws and prizes

Smile Theatre "Anne of Green Gables"

Friday September 30th
1:30 pm
\$5 members / \$7 non-members
Sponsored by Ontario Power Generation
Includes: performances and refreshments

Spa Retreat Day in Partnership with Clarington Wellness Path

Saturday November 19th
WATCH FOR DETAILS IN OUR FALL PROGRAM GUIDE OR STOP BY THE CENTRE AND SPEAK TO AMANDA AND PREPARE TO BE PAMPERED.

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL workshops and seminars to allow for pre-planning and room allocations and refreshments.

"FREE" Blood Pressure Clinic with Coby Booth

Stop by to have your blood pressure checked by our Volunteer RN in the café hallway.
Tuesday 9:30 am to 12 pm
March 8th & 22nd, April 12th & 26th, May 10th & 24th, June 14th & 28th, July 12th & 26th, August 9th & 23rd

"FREE" CHIP Reverse Mortgage Review with The VanderDuum Mortgage Team

Join your local CHIP (Reverse Mortgage) certified experts to learn how to access the value in your homes without having to sell or move. The money you receive is tax-free and yours to use as you wish; e.g., pay off debts, improve your home, handle unexpected expenses, help your children or grandchildren, improve your day-to-day standard of living, take a special trip.
Wednesday April 6th
7 pm to 8 pm

"FREE" DIABETES SUPPORT GROUP with Lakeridge Health

"On the Move" 10 Tips for adding more physical activity into your everyday life
Wednesday April 6th 1:30 pm to 3:30 pm
"Amazing Omegas"
Wednesday May 4th 1:30 pm to 3:30 pm
"Tips When Traveling with Diabetes"
Wednesday June 8th 1:30 pm to 3:30 pm
For more information please contact 905-576-8711 ext. 3158

CPR - Level C with Tim Mash

Learn how to recognize the signs and symptoms of a heart attack and stroke and how to clear an obstructed airway. Adult, child and infant instruction will be included in this course.
Instructed by retired paramedic Tim Mash. Approved and recognized by WSIB and The Heart and Stroke Foundation
Saturday April 23rd
9:30 am to 12:30 pm
\$25 members / \$32.50 non-members



Morris Funeral
Chapel Ltd:
905-623-5480



Newcastle
Funeral Home Ltd:
905-987-3964

OWNER: TREVOR CHARBONNEAU



Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL Workshops and Seminars to allow for pre planning or room allocations and refreshments.

“FREE” Seminar Series on How to Prevent Estate Conflict

PART 1: “LEARN FROM THE MISTAKES OF OTHERS” PRESENTED BY ROBERT SHIELL FROM IDEAL MEDIATION INC.

A discussion and review on common areas of conflict associated with: Power of Attorneys, Bank Account Ownerships, Credit Cards, Real Estate Property, Wills and Investments.

**April 5th at 3 pm or April 6th at 6:30 pm
June 7th at 3 pm or June 8th at 6:30 pm**

PART 2: “UNDERSTANDING YOUR WILL” PRESENTED BY LAWYER CRAIG MACK & ROBERT SHIELL FROM IDEAL MEDIATION INC.

An in-depth conversation regarding probate, common-law partners, second marriages, the hierarchy of beneficiaries and changes made to wills.

**April 12th at 3 pm or April 13th at 6:30 pm
June 14th at 3 pm or June 15th at 6:30 pm**

PART 3: “UNDERSTANDING THE TRANSFER OF INVESTMENTS AND INSURANCE” WITH CHRIS SIMPSON FROM MANULIFE SECURITIES & ROBERT SHIELL FROM IDEAL MEDIATION INC.

Dealing with money and how it is transferred from registered investments (RRSP, RIF, TFSA & Pensions), non registered investments (Stocks, Bonds, GIC's, etc) and Insurance Products to your family.

**April 19th at 3 pm or April 20th at 6:30 pm
June 21st at 3 pm or June 22nd at 6:30 pm**

PART 4: “PLANNING AHEAD” WITH ROBERT SHIELL FROM IDEAL MEDIATION INC.

Now it is time to walk through a simple estate planning process to establish your intentions and learn how to communicate these intentions to your family.

**June 7th at 3 pm or June 8th 6:30 pm
June 28th at 3 pm or June 29th at 6:30 pm**

Please invite friends and family to participate along with you! Day and evening options available. Refreshments will be provided.

“FREE” Move Management with Melody Eeuwes from Seniors Lifestyle Transitions

The steps required in order to downsize can be physical, emotional and stressful for seniors and their family members. Avoid getting overwhelmed by learning tips on where to begin, and working with family to make decisions on what to keep and what to give away.

Wednesday May 11th 11:00 am

“FREE” May is Hearing Awareness Month

Nu-Life Hearing Centre will be on site conducting complimentary hearing assessments.

Saturday May 7th & May 28th

By appointment from 10 am to 3 pm

Please contact Heather at 905-697-3838 to book your appointment today!

“FREE” WOMEN IN INVESTING with Royal Bank Canada Bowmanville Branch

“This is not your mother’s investment strategy.” The role of women in society has changed drastically over the past few decades. Women play a much bigger role in the Wealth Management process and have different concerns than their male counterparts. What do women need to prepare for?

Tuesday May 17th 2:30 pm

“FREE” INVESTING 101 with Royal Bank Canada Bowmanville Branch

RRSP, TFSA, RESP, CPP, OAS, GIS, KYC. The world of investing can be confusing and intimidating to most. Investing 101 takes you through the basics of investing, what the common terms stand for, what your options are, understanding market volatility and how it can benefit you, how much do you need to get started and what savings “vehicle” is best for you. Are you using your TFSA in the best way possible? Is a RRSP the best place to put your money right now? When is the best time to start saving for retirement? At the end of this seminar, you will have the confidence to jump into the world of investing with ease.

Wednesday June 1st 2:30 pm

we-fix-u Bowmanville presents ... the following series for FREE!

“FREE” FOOT HEALTH 101 WITH CHIROPODIST & FOOT HEALTH SPECIALIST PETER GREAVES

Learn to maximize your mobility, independence and wellbeing by learning about foot care. What can be done about heel spurs, bunions, sore spots, Achilles tendon problems, the cause of stress fractures in feet, and foot and gait problems? Tips on when to seek medical advice from a Chiropractor.

Monday April 11th at 2 pm

“FREE” FALLS PREVENTION

with Physiotherapist Caoimhe O’Donnell

Learn the top exercises to prevent falls in a fun, interactive workshop that will keep you moving and keep you as independent as possible.

Friday April 22nd at 1 pm

“FREE” PHYSIOYOGA WITH CERTIFIED YOGA INSTRUCTOR & PHYSIO ASSISTANT SARAH CROLL

A combination of physiotherapy and yoga. The best of both worlds. Learn the top yoga poses for 55+.

Wednesday May 11th at 2 pm

“FREE” OH MY ACHING BODY

with Physiotherapist Caoimhe O’Donnell

Work on the best stretches and strengthening exercises to soothe aches and pains caused by arthritis and inactivity.

Friday May 27th at 1 pm

“FREE” ARE YOU WEARING THE RIGHT FOOTWEAR?

with Chiropractor & Foot Health Specialist Peter Greaves

Learn how to choose the correct footwear for your individualized needs. You will walk away with valuable knowledge that you can use when choosing your next pair of footwear.

Monday June 20th at 2 pm

“FREE” IS CHIROPRACTIC CARE FOR ME?

with Chiropractor Roger Karam

Learn about the benefits of chiropractic care. Ask the expert questions, and learn more about your body’s information highway.

Friday July 8th or Friday August 12th at 11 am

“FREE” Changing Behaviour to Prevent Falls with Philips Home Monitoring

Every year one out of three seniors fall. Most of these falls occur in the home. The good news is that most falls are preventable. We’ll review the six major risk factors that can contribute to a fall and provide home and safety tips to manage your risks.

Tuesday August 16 at 1:30 pm

BOAA Volunteer Tax Clinic

Open to all individuals with an income of \$30,000 or less and couples with incomes 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. All information is required prior to April 30th 2016.

For more information please contact Stella 905-697-2856 or email administration@bowmanvilleolderadults.com



Sports & Activities

CO-ED GOLF LEAGUE

Wednesday shotgun start at 8 am for 9 holes of golf at Bowmanville Golf & Country Club

May 25th to September 28th

\$30 members / \$40 non-members

(Includes: weekly prize draw, admission to year end sports banquet & fun with friends)

Weekly fees to be paid at the course: \$15 Green Fee Walking or \$25 Green Fee with Cart per person

*No league play on September 21st due to BOAA Golf Tournament

CO-ED HORSESHOES

Meet to play a weekly round robin.

April 13th to September 28th

Wednesday 6 pm

\$15 members / \$20 non-members

(Includes: weekly prize draw, admission to year end sports banquet & fun with friends)

“NEW” CO-ED SOFTBALL PICK-UP GAME

Grab your glove and get together for a FUN game of softball. No experience necessary just join us each week for a game of pick-up softball like you enjoyed in your youth.

Friday 8 am to 10 am

Clarington Fields

June 3rd to September 30th

\$15 members / \$20 non-members

(Includes: weekly prize draw, admission to year end sports banquet & fun with friends) *No game on July 1st

HIKING

Join us weekly, as we car pool from the Clarington Beech Centre to find some of the best trails in the Region of Durham. Don’t forget to bring your water, and snacks. Dogs are welcome with pick-up bags.

Thursday 9 am

Drop-in fees of \$1.75 members / \$3 non-members apply

Tickets are available for the year-end sports banquet to all Hiking participants for \$15

INDOOR RINGETTE

It’s new and it’s fun ... no experience necessary and we will provide all of the equipment.

Wednesday 2 pm

Drop-in fees of \$1.75 members/\$3.00 non-members apply

Tickets are available for the year-end sports banquet to all Indoor Ringette participants for \$15

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

Drop-in Fees of \$1.75 members/\$3.00 non-members apply

Please call Tom/Robin at 905-697-2856 if you would like to book additional court times when available.

Tickets are available for the year-end sports banquet to all pickleball participants for \$15

Sports & Activities

“NEW” TREETOP TREKKING & ZIP LINING

Fly like a bird and scoot like a monkey at one of Ontario's premier treetop adventure parks “Treetop Eco-Adventure Park”. Enjoy 3 hours of trekking through the tree tops on 5 zip lines and 3 progressive courses. “Please bring gloves, (gardening ones work great!) snacks & water. Safety gear will be provided.

Thursday May 19th

1 pm to 4 pm

\$45 members / \$50 non-members

“FREE” BECOME A CERTIFIED URBAN POLING INSTRUCTOR with Laura Clements

Receive your training to be a certified Urban Poling Instructor through the centre this spring, and have the opportunity to lead a walking group in pairs at your preferred location and time.

All training on Urban Poling, its tremendous benefits, and how to lead and organize your group will be provided, and we will help you fully along the way.

Laura will confirm a start date based on interest level shown so please register your name at the front desk and we will contact you with additional information.



General Interest Programs

BRIDGE FOR BEGINNERS with Alan Tibbles

This course is designed for those that are new to bridge. It will take the student through the basics of the game to a point where they 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 to 8 pm 7 weeks

April 20th to June 1st

\$46.20 members / \$60.10 non-members

“NEW” BRIDGE THE NEXT STEP TO SUCCESS with Alan Tibbles

This course is designed for those who have completed a beginner level bridge course and participated in some bridge games. Learn reinforcement of conventions and rules from level 1. Additional conventions and added tips on improving your skills for success. This class will be a combination of presentations, lectures and discussion based on moving you to the next level of bridge play.

A program instructor and start date will be determined based on interest level shown, so please register your name at the front desk and we will contact you with additional information.

BOOK CLUB

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

Monday 10 am – 11 am

April 18th – Discussing – Crow Lake

Picking Up – Somewhere In France

May 16th – Discussing – Somewhere in France

Picking Up – They Left Us Everything

June 20th – Discussing – They Left Us Everything

Please visit the centre after August 22nd to pick up the September Book “The Lost Child of Philomena Lee” that will be reviewed on September 19th 2016

Drop in Fees of \$1.75 members/\$3.00 non-members per month

CRAFT GROUP with Judi White

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 1 pm- 3 pm Final meeting for Spring/

Summer will be June 2nd.

Restarts again September 15th

Drop in Fees of \$1.75 members / \$3.00 non-members

CULINARY LESSON with Chef Georg

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

Wednesday 1 pm – 3 pm

April 13th Super Salads

May 18th Fine Cooking with Fresh Garden Herbs

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

FRENCH LESSONS with Cecile Paxton

LEVEL 1

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 winter session.

Tuesday 10 am – 11:30 am 8 weeks

April 12 to May 31

\$33.60 members / \$43.70 non-members

LEVEL 2

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 winter session.

Tuesday 1:30 pm – 3 pm 10 weeks

April 12 to June 14th

\$42.00 members / \$54.60 non-members

FRENCH LESSONS with Maurice Laganière

LEVEL 3

This course has been redesigned 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 a variety of topics.

Tuesday 3 pm to 4:30 pm 8 weeks

April 12th – May 31st

\$33.60 members / \$43.70 non-members

LEVEL 4

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.

Tuesday 11:30 am to 1 pm 8 weeks

April 12th – May 31st

\$33.60 members / \$43.70 non-members

GOOGLE® for Genealogy with Nancy Trimble

Google is an excellent search engine, but it can be so much more! There are many aspects to Google that will help you with your family history search. In this 2-hour workshop, we will explore Google Search, Google Cache, Google Alerts, Google Books, Google Images, Google Drive, Google Mail, Google Plus, Google Translate and Google Maps. Come and see what Google can add to your genealogy search toolbox! This is a general course and participants are welcome to bring their own laptops and follow along. Nancy currently volunteers as the chairman of the Durham Region Branch of the Ontario Genealogical Society.

Monday April 11th 7 pm to 9 pm or Sunday August 14th 1 pm to 3 pm

***Both sessions will be the SAME so please only register for ONE DATE**

\$12.50 members / \$16.25 non-members

FLIGHT SIMULATOR FOR BEGINNERS with Bob Kerby

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 5 pm to 7 pm 6 weeks

April 14th to May 19th

\$30.00 members / \$39.00 non-members

“NEW” FLIGHT SIMULATOR FOR INTERMEDIATES with Bob Kerby

Now that you have graduated from the beginners course it's time for you to really spread your wings and fly.

Thursday 7 pm to 9 pm 6 weeks

April 14th to May 19th

\$30.00 members / \$39.00 non-members

“NEW” IMPROV with Julie Ditta

“Improve Your Laugh Life!” If you are looking for something new, creative and fun, this course is for you. Improv does not require you to know how to act and is not about trying to be funny. Improvisation is the activity of responding to prescribed situations using a few basic techniques. Improv is fun, builds confidence, and improves brain health and communication skills. Improv keeps you in the moment and helps you to “think on your feet” (No previous experience required) A start date will be determined based on interest level shown, so please register your name at the front desk and we will contact you with additional information.

“NEW” KNITTING FOR BEGINNERS with Sue Geurts

Designed to teach new knitters the basics of yarn, tension, casting on and off, purl and knit stitches and ribbing techniques. Over the 6-week course students will complete a scarf featuring the stitch of choice. Knitting terms and reading of patterns will ensure student's success. Materials Required: 1 set of 4.5 mm needles and two balls of 4-ply knitting worsted yarn such as Patons Canadiana, Bernat Super Saver Yarn.

Tuesday 10 am to 11:30 am 6 weeks

April 12th to May 24th *No class May 3rd

\$10 members / \$15 non-members

“NEW” KNITTING FOR INTERMEDIATES with Sue Geurts

This course is designed for participants that have completed the knitting for beginners course or individuals who have basic skills with stitches, increasing, decreasing, colour changes, etc. Over this course you will learn the art of colour change, using various degrees of yarn in one pattern, knitting in the round, finishing projects, working with fur and other intricate yarns as well as cable and other patterns. Materials Required: 4.3 mm and 5.5 mm needles and yarn such as Bernat Super Saver, Patons Canadiana.

Tuesday 10 am to 11:30 am 6 weeks

May 31st to July 19th

\$10 members / \$15 non-members

***No class June 14th or June 21st**

General Interest Programs

“NEW” REIKI with Beata Zeranska

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of laying of hands activating natural healing processes of the patient's body and restoring physical and emotional well-being. It comes to us from Dr. Usui, a minister of a Christian School in Japan in the late 1800's, but Reiki is not affiliated with any particular religion.

Tuesday: 9 am-9:30 am; 12:30 pm-1 pm; 1:15 pm-1:45 pm; 2 pm-2:30 pm

Thursday: 9 am-9:30 am; 9:40 am-10:15 am; 12:30 pm-1 pm; 1:15 pm-1:45 pm; 2 pm-2:30 pm

Friday: 9 am-9:30 am; 9:45 am-10:15 am; 10:30 am-11 am; 1 pm-1:30 pm; 1:45 pm-2:15 pm

1/2 hour session for 65+ years----\$ 30.00

1/2 hour session 55-65 years-----\$ 35.00

1/2 hour session for non-members-\$ 40.00

*Trials available for \$10 per session

Other days and times upon request. Please contact the front desk to pre book.

SOCIAL SHOWTIMES... Join us for a movie on the BIG SCREEN

1st Monday of every month
April 4th, May 2nd, June 6th, August 8th
Includes movie, drink and popcorn
\$2.00 members / \$4.00 non-members
No movies July 4th or September 5th

THEATRE GROUP with Judi White

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 2:30 pm

Final meeting for Spring/Summer Break will be May 24th (Restarts again September 13th)

Drop-in fees of \$1.75 members / \$3.00 non-members

“NEW” “COMING SOON” WRITING YOUR MEMOIR with Cynthia Reyes

Join the author of “A Good Home,” a writer, editor and trainer with years of experience working within media, television and the arts. Classes in short and book form memoir writing.

A start date will be determined based on interest level shown, so please register your name at the front desk and we will contact you with additional information.

EUCHRE LESSONS with Josie Roberts & Don Welsh

Tuesday 1:30 pm 8 weeks

April 12th to May 31st

\$15.00 members / \$20.00 non-members

Fitness Programs

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 10 weeks

April 20th to June 22nd

\$42.00 members / \$ 54.60 non-members

Friday 11 am – 12 pm 10 weeks

April 22nd to June 24th

\$42.00 members / \$54.60 non-members

ARTHRITIS FITNESS with Nathalie Mackesey

Suited for 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 10 weeks

April 20th to June 22

\$42.00 members / \$54.60 non-members

Thursday 11:30 am – 12:30 pm 10 weeks

April 21st to June 23rd

\$42.00 members / \$54.60 non-members

Friday 9:30 am – 10:30 am 10 weeks

April 22nd to June 24th

\$42.00 members / \$54.60 non-members

“NEW” BEGINNER YOGA with Gwen Cadman

No matter the reason you decided to step on a yoga mat, this beginner series will provide you with an excellent foundation as we introduce basic yoga poses, breathing techniques and overall personal awareness.

Monday 1 pm to 2 pm 11 weeks

(Spring) April 18th to July 4th

*No class May 23rd

\$46.20 members / \$60.10 non-members

(Summer) July 11th to August 29th 7 weeks

*No class August 1

\$29.40 members / \$38.25 non-members

“NEW” ADVANCED YOGA with Karen Budel

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 your 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

April 13th to June 29th

Drop-in fee \$5.00 members / \$8.00 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

(Spring) April 22th to June 3rd 7 weeks

*No Class May 13th

\$29.40 members / \$38.25 non-members

(Summer) July 8th to August 19th 7 weeks

\$29.40 members / \$38.25 non-members

CARDIO WITH PEP with Lydia Vooy-MacLeod

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

(Spring) April 11th to June 20th 9 weeks

\$37.80 members / \$49.15 non-members

(Summer) June 27th to August 22nd 8 weeks

\$33.60 members / \$43.70 non-members

Friday 9 am - 10 am

(Spring) April 15th to June 24th 11 weeks

\$46.20 members / \$60.10 non-members

(Summer) July 8th to August 26th 8 weeks

\$33.60 members / \$43.70 non-members

*No Class May 23rd, 30th or August 1st

“NEW” CIRCUIT TRAINING with Lydia Vooy-MacLeod

Start your weekend off right with a workout. Class will be a warm-up with cardio, with 5 min cardio, with 5 minutes of light weights/5 minutes of cardio with a good stretch at the end.

Saturday 9:30 am to 10:15 am 9 weeks

April 16th to June 25th

*No classes May 21st or May 28th

\$37.80 members / \$49.15 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

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.

“NEW” Monday 10 am - 11 am

(Spring) April 11th to June 20th 9 weeks

\$37.80 members / \$49.15 non-members

(Summer) June 27th to August 22nd 8 weeks

\$33.60 members / \$43.70 non-members

Thursday 9 am – 10 am 12 weeks

(Spring) April 14th to June 30th

\$50.40 members / \$65.55 non-members

Thursday 9 am – 10 am 8 weeks

(Summer) July 7th to August 25th

\$33.60 members / \$43.70 non-members

*No Class May 23rd, 30th or August 1st

COMBO CLASS with Lydia Vooy-MacLeod

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

Wednesday 8 am - 9 am

(Spring) April 13th to June 29th 12 weeks

\$50.40 members / \$65.55 non-members

(Summer) July 6th to August 31st 9 weeks

\$37.80 members / \$49.15 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 9 weeks

April 18 to June 20

\$37.80 members / \$49.15 non-members

*No Class May 23rd



Fitness Programs

FABULOUS MUSCLES with Lydia Vooy-MacLeod

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

Friday 10 am - 11 am 11 weeks
(Spring) April 15th to June 24th
\$37.80 members / \$49.15 non-members
Friday 10 am - 11 am 8 weeks
(Summer) July 8th to August 26th
\$33.60 members / \$43.70 non-members

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 9 weeks
(Spring) April 18th to June 27th
\$37.80 members / \$49.14 non-members
*No class May 23rd, June 13th
(Summer) July 4th to August 15th 6 weeks
*No class August 1st
Wednesday 10 am - 11 am 10 weeks
(Spring) April 13th to June 29th
*No class May 11th June 15th
\$46.20 members / \$54.60 non-members
(Summer) July 6th to August 17th 7 weeks
\$29.40 members / \$38.25 non-members

GENTLE YOGA with Gwen Cadman

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.

Monday 2:15 pm to 3:15 pm
(Spring) April 18th to July 4th 11 weeks
*No class May 23rd
\$46.20 members / \$60.10 non-members
(Summer) July 11th to August 29th 7 weeks
*No class August 1st
\$29.40 members / \$38.25 non-members

GUIDED MEDITATION with Julie Ditta

The intention of meditation is to focus on one thing at a time in order to quiet the mind, stop worrying, and relax. Using mental imagery, combined with special breathing techniques, is an effective tool for reducing stress and restoring health and vitality. Meditation creates feelings of inner peace and calm. Meditation can improve memory, creativity, increase energy and improve sleep. It helps to create a positive perspective and enhance an overall sense of well-being.

Friday 12:30 pm to 1:30 pm 11 weeks
April 15th to June 24th
\$46.20 members / \$60.10 non-members



“NEW” LEARN TO RUN with Lydia Vooy McLeod

Join Lydia as she guides beginner runners who thought they could never run so they never tried. Begin with the ABC's of how to begin, and slowly progress to a nine-minute run with one-minute walk. This session will also emphasize the importance of stretching using both static and dynamic techniques. Be ready to join the Terry Fox 5 km in September.

Wednesday 6 pm to 7 pm 11 weeks
April 13th to June 22nd
\$46.20 members / \$60.10 non-members

“NEW” 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 9:30 am to 10:30 am
(Spring) April 15th to June 24th 11 weeks
\$46.20 members / \$60.10 non-members
(Summer) July 8th to August 26th 8 weeks
\$33.60 members / \$43.70 non-members

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 9 weeks
April 18th to June 20th
\$37.80 members / \$49.15 non-members
Tuesday 7 pm - 8 pm 10 weeks
April 19th to June 21st
\$42.00 members / \$54.60 non-members
Thursday 6:45 pm - 7:45 pm 10 weeks
April 21st to June 23rd
\$42.00 members / \$54.60 non-members
*No Class Monday May 23rd

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 10 weeks
April 21st to June 23rd
\$42.00 members / \$54.60 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 10 weeks
April 20th to June 22nd
\$52.50 members / \$68.25 non-members
Wednesday 11:30 am - 12:30 pm 10 weeks
April 20th to June 22nd
\$50.50 members / \$68.25 non-members

SHAPE UP 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
(Spring) April 11th to June 27th 11 weeks
\$46.20 members / \$60.10 non-members
(Summer) July 4th to August 29th 8 weeks
\$33.60 members / \$43.70 non-members
*No Class May 23rd, August 1st
Friday 8 am - 9 am
(Spring) April 15th to June 24th 11 weeks
\$46.20 members / \$60.10 non-members
(Summer) July 8th to August 26th 8 weeks
\$33.60 members / \$43.70 non-members

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
(Spring) April 12th to June 28th 11 weeks
\$46.20 members / \$60.10 non-members
*No class June 14th
(Summer) July 5th to August 16th 7 weeks
\$29.40 members / \$38.25 non-members
Friday 11 am to 12 pm
(Spring) April 15th to June 24th 8 weeks
\$33.60 members / \$43.70 non-members
*No Class May 13th, June 10th, June 17th
(Summer) July 8th to August 19th 7 weeks
\$29.40 members / \$38.25 non-members

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
(Spring) April 12th to June 28th 11 weeks
\$46.20 members / \$60.10 non-members
*No class June 14th
(Summer) July 5th to August 16th 7 weeks
\$29.40 members / \$38.25 non-members

SIT AND BE FIT LEVEL 1 & 2 with Sharon Wildeboer

Participants who are looking to stay fit and flexible throughout the summer with a combo of Level 1 and 2. Come prepared for more standing work, longer cardio sections and challenging resistance training. *Bring resistance tubing with handles to class.

Friday 10 am to 11 am
July 8th to August 18th 7 weeks
\$29.40 members / \$38.25 non-members

STRETCH IT OUT with Nathalie Mackesey

Stretch, massage and align your body with foam rollers exercises. A 30-minute class on focusing on 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 foam roller 36" in length and a mat.

Wednesday 5:30 pm - 6 pm
April 20th to June 29th 11 weeks
\$23.15 members / \$30.10 non-members

Fitness Programs

STRENGTH TRAINING FOR ALL with Sharon Wildeboer

Looking to add muscle and tone up? This class will include resistance exercises to build strength and muscle for both men and women. *Bring resistance bands with handles to class.

Friday 1 pm – 2 pm

(Spring) April 15th to June 24th 8 weeks

*No Class May 13th, June 10th, June 17th

\$33.60 members / \$43.70 non-members

(Summer) July 8th to August 19th 7 weeks

\$29.40 members / \$38.22 non-members

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

(Spring) April 13th to June 29th 10 weeks

*No class May 11th June 15th

\$42.00 members / \$54.60 non-members

(Summer) July 6th to August 17th 7 weeks

\$29.40 members / \$38.25 non-members

Friday 9 am – 9:45 am – 10 am

(Spring) April 15th to June 24th 8 weeks

*No Class May 13th, June 10th, June 17th

\$33.60 members / \$43.70 non-members

(Summer) July 8th to August 19th 7 weeks

\$29.40 members / \$38.25 non-members

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 April 11th to June 20th 10 weeks

\$42.00 members / \$54.60 non-members

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

*No Class May 23rd

TAI CHI SUMMER PRACTICE DROP-IN

The auditorium will be made available to all past participants in our Tai Chi program to practice during the summer months. No registration is required. Please just stop at reception to sign in with the volunteers.

Monday July 4th to August 29th

10 am to 11 am

\$1.75 members / \$3.00 non-members

*No class Aug 1st

URBAN POLING SPRING TRAILS

Burn far more calories, tone your shoulders and core, improve posture, take stress off joints, knees and hips, and have way more fun walking using the top rated Urban Poles! Explore a DIFFERENT local trail each week, while enjoying the stress-busting, cortisol-lowering benefits of walking in greenery. Poles available to rent through the BOAA or purchase a set of your own from Laura.

Monday 9:30 am to 11 am 8 weeks

April 25th to June 20th *No Class May 23rd

Drop-in fee of \$3.00 members / \$5.00 non-members per day

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

(Spring) April 18th to June 27th 9 weeks

\$37.80 members / \$49.15 non-members

*No Class May 23rd and June 13th

(Summer) July 4th to August 15th 6 weeks

\$25.20 members / \$32.80 non-members

*No Class August 1st

Wednesday 9 am – 10 am

(Spring) April 13th to June 29th 10 weeks

\$42.00 members / \$54.60 non-members

*No class May 11th, June 15th

(Summer) July 6th to August 17th 7 weeks

\$29.40 members / \$38.25 non-members

YOGA with Lisa Balsdon from “Live In Motion”

Tuesday 7 pm – 8:15 pm

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

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

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 to 12 pm

(Spring) April 18th to June 27th 9 weeks

\$37.80 members / \$49.15 non-members

*No Class May 23rd and June 13th

(Summer) July 4th to August 15th 6 weeks

\$25.20 members / \$32.80 non-members

*No Class August 1st

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

(Spring) April 12th to June 14th 10 Weeks

\$42.00 members / \$54.60 non-members

Tuesday 9 am – 10 am

(Summer) June 28th to August 30th 9 Weeks

\$37.80 members / \$49.15 non-members

Thursday 10:30 am – 11:30 am

(Spring) April 14th to June 23rd 10 weeks

\$42.00 members / \$54.60 non-members

Thursday 9 am – 10 am

(Summer) July 7th to September 1st 8 weeks

\$33.60 members / \$43.70 non-members

*No Class May 5th, July 19th or 21st

“NEW” DROP-IN ZUMBA with Diego Varela

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Saturday April 16th & 30th, June 4th, 11th, 18th, 25th,

July 9th, 16th, 23rd, August 6th, 13th, 20th and 27th

11 am - 12 pm

Drop-in fee of \$3.00 members / \$5.00 non-members per day

“NEW” ZUMBA NIGHTS with Diego Varela

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Tuesday 6 pm – 7 pm

April 12th to June 28th 12 weeks

\$50.40 members / \$65.55 non-members

July 26th to August 30th 6 weeks

\$25.20 members / \$32.80 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

(Spring) April 13th to June 15th 10 weeks

\$42.00 members / \$54.60 non-members

Wednesday 11 am – 12 pm

(Summer) July 6th to August 31st 8 weeks

\$33.60 members / \$43.70 non-members

*No Class July 20th

ZUMBA GOLD & CHAIR COMBO with Ceilia Choy

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

(Spring) April 18th to June 27th 10 weeks

\$42.00 members / \$54.60 non-members

No class May 23rd

(Summer) July 4th to August 29th 8 weeks

\$33.60 members / \$43.70 non-members

No class August 1st

Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOUR & ACRYLICS

with Paul Livingston

Participate in a group demonstration with one-on-one help for projects of your choice. Learn a variety of painting techniques for creating landscapes, portraits, florals, sky, water, trees and other common subjects and colour mixing. Some understanding of drawing principles would certainly be an asset to more successful painting, although not absolutely necessary.

Thursday 1 pm – 3 pm 12 weeks

April 14th to June 30th

\$84.00 members / \$109.00 non-members

BASICS OF PEN AND INK with Dianne Darch

This class is designed for beginners or for those wanting a good understanding of pen and ink artwork. Students will be guided through the 7 basic strokes used to create texture and form using black ink. A series of small drawings will be used to show how and when these strokes are used. Keep these as reference material to create future projects. Line drawings will be provided so that you can concentrate on your work.

Monday 3 pm – 5 pm 3 weeks

April 11th to April 25th

\$21.00 members / \$26.00 non members

“NEW” CALLIGRAPHY with Paul Livingston

Calligraphy is the art of beautiful handwriting. For a few hours commitment you will learn some of the basic styles and techniques of this classic art form. See some examples demonstrated and perhaps try your hand at a few words or a short passage. If you have pens and nibs, bring them to practice and get guidance using them. With a little planning and a steady hand, calligraphy is a wonderful way to create a special look for cards and special gifts.

Saturday 1 pm – 3 pm 3 weeks

April 23rd to May 7th

\$ 21.00 members / \$26.00 non-members

Art & Music Programs

CHOIR with Allanah Coles & Sharon Mansfield

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

Final Meeting will be June 15th for Summer Break
Join us again starting September 14th

Drop-in fee of \$1.75 members / \$3.00 non-members

CREATING IN PEN & INK with Dianne Darch

This is an intermediate level course designed to build on the basics. The first 2 weeks, pen and ink will be used to create the texture and form in a landscape scene. Weeks 3 and 4 will be used to add watercolour to finish the painting. Line drawings will be provided so that you can concentrate on the ink work. Previous experience with watercolour paint and basics of pen and ink class is recommended.

Monday 2:30 pm to 5 pm 4 weeks

May 9th to June 6th

\$28 members / \$35 non-members

*No class on May 23rd

DRAWING with Paul Livingston

Using common drawing tools of pencil, pen and sketching pads, learn the basic, yet very essential drawing principles and how to apply these toward drawing virtually anything you can see, remember, or imagine. This is also good foundation study for any aspirations toward painting. Learn to understand light and shadow, shape and form, composition and perspective. A little exposure to these principles opens up a whole new world to your eyes. Learn to do landscapes, portraits, florals, animals and buildings. Relaxed, casual atmosphere with demonstration and personal instruction and positive encouragement.

Wednesday 10 am – 12 pm 12 weeks

April 20th to July 6th

\$84.00 members / \$109.00 non-members

“NEW” IRIS FOLDING WORKSHOP with Elsa Pogue

Iris folding is a fun way to make beautiful greeting cards. Using strips of paper layered upon each other to give a pattern similar to the iris of a camera. It's easy to do and the results look magnificent!

A start date will be determined based on interest level shown, so please register your name at the front desk and we will contact you with additional information.

JAMMING GROUP with Your BOAA Friends & Family

Join us for our weekly jam. Meet up at this casual drop-in with other musicians. Bring all of your required equipment and enjoy the time to share your talents.

Tuesday 6:30 pm to 8:30 pm

Friday 1 pm to 3 pm

Drop-in fees of \$1.75 members / \$3.00 non-member

JEWELLERY MAKING with Lynn Morrison

Learn to make costume jewellery. In this 4-week course you will learn to make a necklace, a bracelet and earrings. Jewellery-making tools are required at a cost of \$17. Bring the tools and a hand towel to work on. All other supplies will be provided by the instructor.

Thursday 10 am to 12 pm 4 weeks

April 14th to May 5th

\$45 members / \$58.50 non-members

“NEW” MUSICAL DEVELOPMENT GROUP with Cheryl Thrasher

Join together and learn to sing the songs of the 50's and 60's, while having fun. No experience necessary and open to both men and women who are just looking to come out and SING. You will learn four part harmonies, and work towards singing as a group to share your love of music.

Thursday 5 pm to 7 pm 12 weeks

April 14th to June 30th

\$112.50 members / \$146.25 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. Your first set of brushes will be provided 'but' you will be required to pick up a listing of required paints and supplies prior to the first class. Please pick up a FULL listing of supplies from the front desk upon registration or visit our website to download your copy today!

Wednesday 1 pm to 3:30 pm 8 weeks

April 6th to May 25th

\$40.00 members / \$47.00 non-members

RECREATIONAL AFRICAN DRUMMING 1 with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. In this introductory class, you will learn basic technique, a variety of lively 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 to 11 am 11 weeks

April 15th to June 24th

\$46.20 members / \$60.10 non-members

RECREATIONAL AFRICAN DRUMMING 2 with Julie Ditta

This course is for participants ready to advance from the basic drumming offered in level one. 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 to 12 pm 11 weeks

April 15th to June 24th

\$46.20 members / \$60.10 non-members

UKULELE with Allanah Coles

It's easy, it's portable and it's fun. By learning the basic ukulele chords, you can sing and play dozens of songs. No experience is necessary, but you will need to bring a ukulele. If you don't have one, check out Hands On Music at 39 Ontario St. Be sure to tell them that you're from the BOAA.

Thursday 1 pm - 2 pm 8 weeks

April 14 to June 2nd

\$18.00 members / \$23.40 non-members

SUMMER ART with Paul Livingston

Keep your art skills in practice through the summer. Get involved with an art class featuring watercolours, acrylic painting and drawing. Techniques, instructions and demonstrations of summer scenes. Local field trips are planned (weather permitting).

Thursday 9 am – 12 pm 8 weeks • July 7th to August 25th

\$56.00 members / \$72.80 non-members

SUMMER DRUM CIRCLE with Julie Ditta

Let out your inner drummer! Participating in a drum circle is about self-expression, relaxation and well-being. It is about drumming from the heart to create a creative, energizing, music-making experience. You don't have to know how to drum or have previous musical experience to participate in this circle. Drum Circles support healing, creativity and play, resulting in an increased sense of self-esteem and vitality.

Friday 10:30 am to 12 pm 8 weeks

July 8th to August 26th

\$33.60 members / \$43.70 non-members

A PICTURE OF YOU with Paul Livingston

Over the many years that our centre has been in operation, we have been blessed with the volunteer talents of Paul as he has created some FANTASTIC drawings depicting the many different courses, volunteers and programs. On this evening we are inviting you to sit with Paul and come away with a small portrait of YOU! Trust us, your family will be begging for copies. Pre-Booking required.

By Appointment Saturday May 28th from 10 am to 3 pm
\$20.00 members / \$30.00 non-members

WATERCOLOUR 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 watercolours with an experienced teacher who will accommodate all levels of expertise.

Thursday 9 am – 12 pm 10 weeks

April 21st to June 23rd

\$90.00 members / \$116.00 non-members

WOODBURNING or PYROGRAPHY with Paul Livingston

This is a classic art form with a long history. Today, using a modern, electric, hot tipped, pen-like stylus, one can create beautiful designs, pictures, textures and words on any wood surface. Join us for a casual workshop to observe demonstrations of some simple woodburning techniques and try your hand on a sampler.

Saturday 1 pm to 3 pm 3 weeks

May 13th to May 27th

\$21.00 members / \$26.00 non members

“NEW” ZENTANGLE® SERIES with Kim Mather

“INTRODUCTION TO ZENTANGLE”

Anything is possible one stroke at a time. Learn about the elemental strokes, history, and process behind drawing with the Zentangle method. All materials included (your kit will contain five luxurious Italian paper tiles, two Sakura micron pens, pencil, tortillion, all enclosed in a handy travel pouch)

Sunday April 10th 1 pm to 4 pm

\$35.00 members / \$45.50 non-members

“EXPLORING THE ZENTANGLE METHOD”

For participants that have participated in Kim's Intro course. Add to your tangle library, while learning to tangle using white marking tools on black tiles. Please bring your kit from class one to class as you will be receiving additional materials (five black paper tiles, Sakura jelly roll pen, zenstone, Fabrico dual marker, white charcoal pencil, tortillion) to add to your pouch.

Sunday May 15th 1 pm to 4 pm

\$35.00 members / \$45.50 non-members

“TRAVERSE THE ZENTANGLE METHOD”

For participants that have participated in Kim's Intro course. Travel the romanticism of the Renaissance through the technique of chiaroscuro. In this class you will explore light and dark transitions on tan Renaissance tiles while actively highlighting your whites and shading your darks. Please bring your kit from class one and two as you will be receiving additional materials (five tan tiles, two Zendala tiles, brown Sakura micron pen and tortillion)

****If you have not participated in class two as well you will require additional supplies at an extra cost**

Sunday June 12th 1 pm to 4 pm

\$35.00 members / \$45.50 non-members

Dance Programs

For all dance programs please remember to wear indoor shoes only!

“NEW” DIVA DANCING with Julie Ditta

Put your body in motion, dance, relax and have fun. Diva Dancing is a workout for body, mind and spirit and for those who love to dance. There are no steps to remember or partner required. Tap into your imagination and release your inhibitions in a safe and non-judgmental atmosphere. Through guided dance, enticing music and playful self-expression, lift your spirits, get great exercise and discover the creative dancer within.

Friday 12:30 pm to 1:30 pm 8 weeks

July 8th to August 26th

\$ 33.60 members / \$43.70 non-members

BALLROOM & LATIN DANCE with Bob Kerby

Thursday 12 weeks

April 14th to June 30th

\$77.40 members / \$100.65 non-members

RUMBA & TANGO 2:30 pm – 3:30 pm

“NEW” HIP HOP DEMO DROP-IN WORKOUTS with Diego Varela

A style of dance associated with popping and locking. The class mainly consists on learning new moves and applying them to a choreography.

Saturday April 16th & 30th, June 4th, 11th, 18th, 25th, July 9th, 16th, 23rd, August 6th, 13th, 20th and 27th
10:15 am to 11 am

Drop-in fee of \$3.00 members / \$5.00 non-members

LINE DANCING BEGINNERS & INTERMEDIATE with Phyll Marshall

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

Monday 10 weeks

April 11th to June 20th

\$25.00 members / \$32.50 non-members

Beginner 12:15 pm – 1:15 pm

Intermediate 1:15 pm – 2:15 pm

*No Class May 23rd

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

Final meeting for Summer Break will be June 28th

(Restarts again September 13th)

Drop-in fees of \$.75 members / \$1.25 non-members

*No Dancing Tuesday June 21st

TAP DANCING with Veronica Vargas

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

Beginner - Friday 10 am - 11 am 8 weeks

(Summer) July 8 to September 2

* No Class July 22

Level 2 - Wednesday 9 am – 9:55 am 10 weeks

(Spring) April 13th to June 15th

\$42.00 members / \$54.60 non-members

Level 2 - Wednesday 9 am – 9:55 am 8 weeks

(Summer) July 6 to August 31

\$33.60 members / \$43.70 non-members

Level 3- Wednesday 10 am – 10:55 10 weeks

(Spring) April 13th to June 15th

\$42.00 members / \$54.60 non-members

Level 3 -Wednesday 10 am – 10:55 am 8 weeks

(Summer) July 6 to August 31

\$33.60 members / \$43.70 non-members

*No class July 20th



Computer & Digital Photography Programs

“NEW” SATURDAY & TUESDAY NIGHT COMPUTER TUTORING with Diego Varela

Book an appointment on Saturdays at the BOAA to work through items one-on-one with your computer. Meet to get answers related to any technical and software questions about a computer, Mac & PC. Computer-shopping advice and Photoshop, Illustrator, and Flash tutoring.

By appointment ONLY \$5.00 members / \$6.50 non-members per ½ hour



Computer & Digital Photography Programs

with
Brian Greenway

BRIAN'S DIGITAL CAFÉ: “FREE” COMPUTER, INTERNET & CAMERA 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 camera questions.

For BOAA members only.

Contact front desk to book an appointment at 905-697-2856.

iPAD FOR BEGINNERS

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, most of the key “built-in” apps will be covered and ways to get the most out of Apple's amazing iPad device. Bring an iPad, any model.

Thursday 12:30 pm – 2:30 pm 7 weeks

May 5th to June 16th

\$56.00 members / \$72.80 non-members

COMPUTER SECURITY, PRIVACY AND FRAUD PREVENTION (POLICE GUEST, BANK OFFICER)

Scams, misdirection's 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.

May 5th 10:00 am – 12:00 pm

\$10.00 members / \$13.00 non-members

LEARN YOUR LAPTOP: MAC OS

So your new Apple laptop didn't come with a manual and what are all those icons, buttons, and ports for anyway? This will be an opportunity to learn more about Apple's built-in software and ways to get the most out of your laptop. Bring your laptop to class.

Tuesday May 10th to 24th 3 weeks

7 pm to 9 pm

\$24.00 members / \$ 31.20 non-members

“GETTING SORTED”: ORGANIZING YOUR DIGITAL PICTURES

This class will help you organize, edit, and share photos using free software. The session will cover all the features of the program from importing images to basic editing. Some tips for good scanning techniques will also be covered for your old photographs and documents. Bring your laptop.

Thursday April 12th to 19th 2 weeks

7 pm to 9 pm

\$16.00 members / \$20.80 non-members

SATURDAY PHOTO WALKS: MAKING SUCCESSFUL IMAGES

Two Saturdays a month, learn more about taking images with more impact with your camera. Weather permitting we will meet at the centre and plan a visit to a different location. Bring anything that takes a photo, from smartphones to DSLR's. All types of photography to meet individual interests.

Saturday 10 am

April 16th, May 14th & 28th, June 11th & 25th

Drop-in fees of \$1.75 members/\$3.00 non-members

Computer & Digital Photography Programs

with
Brian Greenway

LIGHTROOM PHOTO EDITING

Adobe Lightroom is quicker to master and easier to use than Adobe's more famous "Photoshop", yet gives stunning results to improve your images. Lightroom was specifically designed for photographers of all skill levels as an organizer and editor. You should be comfortable using the Windows or Mac operating systems and you can learn on our laptops or use your own by installing a trial version.

Tuesday May 31 to June 14th 3 weeks

7 pm to 9 pm

\$24.00 members / \$31.20 non-members

TEN TIPS FOR BETTER TRAVEL PHOTOGRAPHS

After a trip are you a little disappointed with your images? No, buying a "better" camera is not the answer - it's not your camera - you have the best camera now - it's how you use it. Are there things that the pros do that I could do too? Learn ten simple, yet effective techniques, for capturing the moment and making more memorable photographs.

May 12th 5 pm to 7 pm

\$10.00 members / \$13.00 non-members

MAKING YOUR OWN PRINTED PHOTO ALBUM

Don't leave your precious images in cyber space - bring them into the real world. Learn to have fun using your digital images to create photo albums on a computer with your own layout design. The software is free and enables you to make commercially printed hard-cover albums that last a lifetime.

June 6 & 13th 2 Weeks

5 pm to 7 pm

\$16.00 members / \$20.80 non-members

Computer & Digital Photography Programs

with
Tanya Cochrane

PHOTO MANAGEMENT

Learn how to download your photos from your digital camera and keep them organized on your computer. Please bring your digital camera, your camera's USB cable and make sure your battery is charged. Please bring laptop, camera and all cords to class.

Friday April 15 & April 22 2 weeks

10 am to 12 pm

\$16.00 members / \$20.80 non-members

ONLINE MEDIA 101

Find legitimate and safe websites to watch movies, TV shows and sports. Learn different ways to listen to music online. Suitable for computer or tablet users.

Thursday April 28th

6:30 pm to 8:30 pm

\$10.00 members / \$13.00 non-members

INTERNET SAFETY & SECURITY

Learn about keeping yourself (and your computer) safe when using the Internet. Virus protection, potential threats and scams, avoiding being hacked, back-ups and other topics will be discussed. Lots of opportunity to ask questions and learn about free resources.

Friday May 6th & May 13th

10 am to 12 pm

\$16.00 members / \$20.80 non-members

ANDROID TABLET LEVEL 2

A continuation of the Android Tablet Level 1 Class. Get more of your questions answered, learn about fun apps for your tablet and how to adjust a variety of settings. Bring your tablet and your questions.

Saturday May 7th & May 14th

9 am to 12 pm

\$24.00 members / \$31.20 non-members

SELLING ON KIJJI

Learn how to search listings, upload a photo and write an ad for items you'd like to sell online. This site is a great alternative to yard sales, it's free and you don't have to make an account! Safety tips will also be discussed. Suitable for computer or tablet users.

Thursday May 26th

6:00 pm to 8:30 pm

\$10.00 members / \$13.00 non-members

WINDOWS 10 OVERVIEW

Get a tour of the new Windows 10 operating system! Have you recently upgraded to Windows 10? Trying to decide whether to upgrade or not? Come take a look at the new start menu, find out the low-down on Cortana, Edge, the Action Centre and so much more! Bring your laptop or just come and watch what all the fuss is about!

Friday May 27th 10 am to 12 pm

Or Wednesday August 17th 9:30 am to 11:30 am

\$10.00 members / \$13.00 non-members

WORKING WITH PHOTOS

We'll learn what to do with all your digital photos that you've taken or that were sent to you by friends/family. Topics include: saving photos from your email, organizing photos, printing and sending pictures to others, as well as some basic photo editing.

Thursday June 2nd to June 16th 3 weeks

12:30 pm to 2:30 pm

\$24.00 members / \$31.20 non-members

INTRO TO CELL PHONES

Learn about the different types of smartphones and plans available. Topics: talk and text, data plans, sim cards, unlocked phones and plans for snowbirds. Great class for those wishing to purchase a cell phone or move up from a flip phone.

Thursday June 9th & June 16th 2 weeks

6:30 pm to 8:30 pm

\$16.00 members / \$20.80 non-members

MICROSOFT EXCEL

Review beginner topics such as creating basic spreadsheets, formatting, common calculations and spreadsheet layout. Lots of time to practice and explore types of spreadsheets, such as budgets, address lists or tracking systems. Previous computer experience is required.

Friday June 10th to 24th 3 weeks

10 am to 12 pm

\$24.00 members / \$31.20 non-members

WORD

Join us to learn about the basics of Microsoft Word in a fun and supportive environment! You will find out how to create basic documents such as letters and posters and create fancier items using templates. Formatting and saving/printing will also be covered. Bring your questions!

Wednesday July 13th

9:30 am to 11:30 am

\$10.00 members / \$13.00 non-members

FACEBOOK

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 prerequisite and you should bring your tablet, ipad or laptop to class.

Wednesday July 20th

9:30 am to 11:30 am

\$10.00 members / \$13.00 non-members

ANDROID TABLET

Have a tablet but don't know where to start? This is the class for you! We can get you on the path to using your tablet while having fun doing it! Bring your tablet and your questions.

Wednesday August 10th

9:30 am to 11:30 am

\$10.00 members / \$13.00 non-members

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: May 24, June 21, August 2nd



To book an
appointment call

Amanda
at 905-697-2856

(walk-ins always welcome)

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

Open Monday to Friday
9 am – 3 pm
Saturday & Sunday 10-3
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yummy and affordable!



HOME COOKING *with Cathy*

The recipe this month is a very easy and delicious cookie recipe from Ste. Anne's Spa in Grafton. I have made them numerous times and always with excellent results!



by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

Sesame and Flax Seed Snaps

Ingredients:

- ¼ cup butter
- ½ cup brown sugar-packed
- 1 egg
- ½ tsp. vanilla extract
- 1/3 cup spelt flour
- 1/8 tsp. baking powder
- ¼ cup sesame seeds
- ½ cup flax seeds- ground
- 1 tsp. grated fresh ginger

Preparation:

Note: I have also substituted gluten free flour or all purpose flour instead of spelt flour. You can also add 1 tsp. grated orange zest to batter for a nice flavour.

1. Preheat oven to 350F.
2. Cream together butter, sugar, egg and vanilla. Mix in flour and baking powder.
3. Slowly stir in sesame seeds and ground flax seeds and grated ginger.
4. Drop teaspoons of batter on parchment -paper-lined baking sheet leaving space between cookies.
5. Flatten before baking.
6. Bake for 7-9 minutes or until light brown in colour. Cool before storing.
7. Yield- 2 dozen snaps



We re-open Thursday March 24th 12pm-9pm
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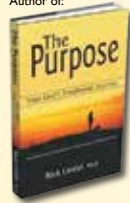
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Get Involved!

Who?

The people of Clarington and the Rotary Club of Bowmanville.

What?

9th Annual - 2016 Ribs & Brews - one of Clarington's Premier Summer Family Events - attended by more than 75,000 people last year.

When?

Friday June 10th, 11th & 12th, 2016.

Where?

Garnet B. Rickard Centre, Bowmanville

Why?

- Celebrate Family & Your Community!
- Meet Old Friends!
- Make New Friends!
- Enjoy fabulous Ribs & delicious Craft Brews!
- Support the Rotary Club of Bowmanville!



How Can You Get Involved?

Mark your calendar - bring your friends and family to enjoy good food, great entertainment & beverage selections from more than 15 Ontario Craft Brewers.

Volunteer your time - yes, we can use all the help we can get to set-up & breakdown the event, grounds personnel, smart servers, beverage sales & general duties.

(Contact Kevin Anyan 905-261-1161 or info@ribsandbrews.com)

Rent a Booth - expose your products & services to more than 75,000 people.

(Contact Kevin Anyan 905-261-1161 or info@ribsandbrews.com)

Become a Sponsor - be part of the Premier Clarington Summer event.

(Contact Jim Abernethy 905-261-7788 or JimAbernethy@RoyalService.ca)

Become a Rotarian - experience first-hand the goodwill and fellowship enjoyed by our Community and Members of the Rotary Club of Bowmanville.

(Contact Jim Abernethy 905-261-7788 or JimAbernethy@RoyalService.ca)

What's New This Year?


We changed our Logo! To reflect the addition of 15 Craft Brewers offering an assortment of their delicious Craft Brews - all within earshot of live performers of Folk, Blues and Bluegrass music on the Acoustic Stage. (see Site Plan Map)

What is the Rotary Club of Bowmanville?

- Rotary is a non-profit community service organization located in thousands of communities around the world.
- Rotary Motto is "Service Above Self"
- Members of the Rotary Club of Bowmanville have been working hard in our community since 1928.
- Ribs & Brews is the largest fund raiser for the Rotary Club of Bowmanville, and enables us to meet many of our local and international initiatives like: Rotary Park and eradicating Polio - worldwide.
- The support of you and our Community is key to the success of this annual event. Thank You!

www.ribsandbrews.com

www.bowmanvillerotaryclub.org



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