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Volume 6 | Issue 3

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September 2016

Bowmanville Older Adult Association **BOAA**

2016 Fall Program Guide
(Pullout Inside)



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 Not intended to solicit clients currently under contract with a Brokerage.

The McLaughlins—Sleighs, Buggys, Cars and Ginger Ale



In 2008, General Motors celebrated the 100th Anniversary of the McLaughlin car by restoring a 1908 McLaughlin Buick. GM employee Boyd Wood from Orono was in charge of the project

by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

John McLaughlin arrived in this area from County Tyrone Ireland in 1832. He came with 140 other Irish settlers to the Peterborough area. In 1840, John and his wife Eliza ended up north of Bowmanville on the west side of Tyrone. That same year there was apparently an important cricket match in the village. The west end of the village was inhabited by people like the McLaughlins from County Tyrone and the east end by folks from Devon and Cornwall in England whose area of the village was called Mount Hope. It was decided that the east would play the west and the winner would name the village. The west side

won and it has been called Tyrone ever since. McLaughlin purchased two tracts of land. One at Lot 11 Concession 7 (100 acres) and the other beside it at Lot 12 (48 acres). The McLaughlins began clearing some forest and built a log cabin first and later a much larger home on the property. They raised five children

there; Robert, James, John, William and Mary. Robert, born in 1836, enjoyed woodworking much more than farming. As a youngster he was carving out axe handles and whiffle trees. His axe handles were considered very high quality and they would bring them to Bowmanville to sell and supplement the farm income. In 1864, Robert met Mary Smith at the Presbyterian Church in Enniskillen and they were married. Robert's father gave him a 48 acre woodlot as a wedding gift and the newly married couple began building a log home on the property. Robert utilized the woodlot well, also building a barn and using it as a workshop. In 1867, using a catalogue as a guide, he built a "cutter" (horse drawn sleigh). One of his neighbours saw it and asked if Robert could build him one as well. Robert was also a very good artist and the neighbour asked if he could also paint a depiction of "King Billy Crossing the Boyne" on the back of the cutter. Soon after, more

orders for cutters came from the community and Robert decided that he would turn this into a full time business. By 1869, he realized that he needed a much larger location and moved the business to his wife's home village of Enniskillen. By this time he was also building carriages and the business was now called McLaughlin Carriage Works. In 1870 he entered his "Phaeton" carriage in the Bowmanville Fair and won First Prize. In 1871 their son Robert Samuel (Sam) was born. When Sam was very young he was accidentally hit by a wheel in his father's carriage shop and was said "to have wheels in his head" after that. Robert and Mary's other children were John James, George W., Elizabeth and Mary. Robert's wife Mary died suddenly in 1877 and he remarried Sarah Parr. By 1877, the Enniskillen shop was too small for business. They needed to be closer to a work force and railway line. They moved to south Oshawa and built a new building near Lake Ontario and the Grand Trunk Railway. The business was now called Oshawa Carriage Works. In 1880, Robert patented the "McLaughlin Gear" which enabled carriages to turn much easier. This gear was sold to other companies but they had to agree to mention the "McLaughlin Gear" in their advertising. Consequently, McLaughlin received free advertising from his com-



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by Peter Hobb

COLLINS BARROW DURHAM LLP
www.collinsbarrow.com

For many companies their most important asset is their employees. Employees, especially key employees, are critical to the value of a business. If a key employee, who is a member of the executive, sales, or operational teams, decides to leave, it could significantly impact the value of your business. This article explores compensation strategies for these employees. Your first step is to identify the key employees in your business. Who in your com-

Your Key Employees

pany has access to confidential product information, important strategic information, or key customers. Who makes a significant contribution to sales and profitability or has developed the loyalty of other employees. To reduce the risk that you might lose these employees you need to ensure they are compensated appropriately. There are many compensation strategies that can be used to appropriately compensate your key employees. A common strategy is to pay, in addition to a reasonable salary, a bonus. A problem with paying a bonus is, if you do it every year, the employee starts to consider it as part of their normal compensation package. Companies pay bonuses without tying them into performance so they

lose the motivational aspect that they desired to achieve in paying the bonuses. Bonuses are more effective if they are tied into performance. Individual and company targets should be set at the beginning of the fiscal year so the employee knows what is expected of him or her and what the additional compensation that will be received if targets are met or exceeded. Setting the targets at the beginning of the year should be done with input from the employee. This will ensure that the targets are reasonable, the employee can influence the outcomes they are responsible for and he or she is buying in. By structuring the bonus based on both individual and overall company results it helps to align the employee's performance

with the overall goals of the company. A second problem with bonuses is that they will be heavily taxed in the hands of the employee. An alternative to or in addition to paying a bonus you could put money into a pension vehicle on behalf of the employee. One pension vehicle is to establish a company pension plan. These plans however are losing favour in the private sector due to government regulations and annual costs. Companies are turning to other pension vehicles such as group registered retirement savings plans, individual pension plans and registered compensation agreements. The advantage of these pension vehicles is that the contributions the company makes on behalf of

the employee are tax deductible to the company in the period contributed but not taxable to the employee until the funds are withdrawn. The funds will normally be withdrawn during retirement when the employee is likely in a lower tax bracket. This is a very attractive benefit since it will help ensure the employee will be financially secure in retirement. Other options available to compensate your key employees is to offer a family medical/dental plan, life insurance coverage, use of a company vehicle, employee discounts, dependent care services, gym or golf memberships and scholarships for their children. This list is not exhaustive. When developing an appropriate compensation package you should

consult with your professional advisors to ensure that all related effects, tax or otherwise, are considered. It is important to treat your key employees as key employees. The above compensation strategies will help you do this. They need to know that you appreciate what they are doing for your company. Most employees leave, especially the good ones, because they feel their efforts are not appreciated. Appreciation and recognition actually ranks ahead of compensation when ranking what employees value most from their employer. Even if you get the compensation package right, always take time to tell employees how much you appreciate their contributions to the company.



by Ron Strike

WillDavidson LLP

38 KING STREET
WEST, BOWMANVILLE
RSTRIKE@WILLDAVIDSON.CA

From 33 years experience as a personal injury lawyer I have learned that chronic pain cases are very common. I have also learned that they are often difficult cases as there is no objective test such as an x-ray to confirm the injury. The defending insurer often takes advantage of this with a defense that tries to paint the injured person as a malingerer. Good news for the chronic pain sufferer exists in the 2003 Martin decision of the Supreme Court of Canada where in the opening paragraph it states: "There is no authoritative definition of chronic pain. It is, however, generally

Chronic Pain Is Real

considered to be pain that persists beyond the normal healing time for the underlying injury or is disproportionate to such injury, and whose existence is not supported by objective findings at the site of the injury under current medical techniques. **Despite this lack of objective findings, there is no doubt that chronic pain patients are suffering and in distress, and that the disability they experience is real.** While there is at this time no clear explanation for chronic pain, recent work on the nervous system suggests that it may result from pathological changes in the nervous mechanisms that result in pain continuing and non-painful stimuli being perceived as painful. These changes, it is believed, may be precipitated by peripheral events, such as an accident, but may persist well beyond the normal recovery time for the precipitating event. Despite this reality, since chronic

pain sufferers are impaired by a condition that cannot be supported by objective findings, they have been subjected to persistent suspicions of malingering on the part of employers, compensation officials and even physicians."

\$1,632,000 jury verdict in chronic pain case

Although juries have often been hard on chronic pain cases partly as a result of the lack of objective medical evidence, the Martin case and many other advocacy tools have been used to successfully obtain fair compensation for chronic pain sufferers. The economic damage of chronic pain can be devastating. At a recent trial involving a 25 year old woman suffering chronic pain from a car accident our firm obtained a \$1,632,000 jury chronic pain valuation calculated as follows:

- Pain & Suffering: \$100,000
- Past & future Income Loss: \$817,000

- Medical/Rehabilitation expenses (Future): \$290,000
- Attendant Care (Future): \$300,000
- Housekeeping: \$100,000
- Family Law Act Claim for impact on family members: \$25,000

Treatment for Chronic Pain Victims

There have been significant advances in the development of diagnostic techniques & treatment for chronic pain. We may not be too far away from seeing an objective test that confirms chronic pain. The medical world has become far more receptive to the reality of chronic pain and there are many treatment options including acupuncture, nerve block injections, massage therapy and medication. Multi-discipline chronic pain clinics exist that offer physical & psychological treatment that many of our clients have benefitted from. The emotional impact of chronic

pain is a very important aspect that cannot be ignored. Competent personal injury lawyers and their staff are very familiar with chronic pain injuries. There are several good personal injury lawyers in Durham Region

and they and their staff provide excellent representation comparable to any. Consider hiring lawyers and their staff that live in, work in and support your community.

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Mark Your Calendar !

Terry Fox Run Day is Sunday, September 18, 2016

Newcastles of the World 2016 Conference is coming to Newcastle, Ontario on September 19-23, 2016.

Roast on the Tuesday evening September 20th

Local businesses are sponsoring and partnering with the Local Steering Committee to make this Newcastles of the World 2016 Conference a success. Current Sponsors include: Municipality of Clarington, Newcastle Lions Club, Veridian, Covanta, OPG, Royal Services Real Estate, Newcastle Home Décor and Design, Central Counties Tourism, Newcastle Home Hardware, The Vatandoust Team, Syvan Developments Ltd and St. Marys Cement.

To get involved or help sponsor this event contact: Jill Richardson jilldrichardson@rogers.com.

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

In 2016, the Terry Fox Run Steering Committee is hoping that new Teams, families, and individuals will come on board. To register a



2016 Conference organizers are excited to show off Clarington's Newcastle to the rest of the world.

Representatives from many of these places called "Newcastle" will be in our community September 19-23 to attend the Bi-annual Conference.

Seventy-two delegates are schedule to attend from 10 different countries including: Japan, Australia, South Africa, Germany to name a few. Delegates will be discussing many issues that arise in their respective Newcastle.

The Newcastle Community Hall will be the central hub of the 2016 Conference, and the delegates will have an opportunity to get to know our Newcastle and the surrounding area.

There are many excursions planned: evening reception at Kaitlin Corp. Admiral's Walk Clubhouse, tour and lunch at Algoma Orchards Gourmet Market, golf and dinner at Newcastle Golf and Country Club, historical walking tour of Newcastle, just to name a few.

The Committee would like to encourage the individuals, businesses and stores to get involved by displaying international flags to help make the Delegates feel welcome in our community. "We need the community to be ambassadors and talk up our Newcastle when they have the opportunity to interact with delegates" says Jeany Barrett, our Local Steering Committee Chair.

Newcastle residents will have an opportunity to meet the Delegates attending the Conference at the Community Corn

Team, please visit the website www.terryfox.org/ Pledge sheets will be available in banks and stores around Clarington towards the end of August.

The run starts at Memorial Park, Liberty St. S. Bowmanville. Registration opens at 8:00am with Opening Ceremonies at 9:30am and the Official Start at 10:00am. Contact: Mary Tillcock, Run Day Organizer - Clarington Terry Fox Run 905-623-4326



On July 8, 1980, Terry ran through Bowmanville and stayed overnight at the Flying Dutchman Motor Hotel (now the Best Western). Our mayor at the time, Garnet Rickard, presented Terry with a framed Certificate of Achievement, a medallion, and a cheque from the town towards the Marathon of Hope. (photo from The Canadian Statesman taken at that time.)

Support Big Brothers & Sisters of Clarington !



Make plans now to purchase your tickets for the Black & White Gala taking place

on Saturday November 5, 2016. It is a great night. Cathy and I have attended many times to help support the local chapter of Big Brothers & Sisters organization.

The event takes place at the Beech Centre on Beech Avenue in Bowmanville.

Tickets are \$90 p.p. Reception is at 6 pm, Dinner at 7:15 pm, followed by Auction & Dance .

If you cannot attend but would like to help - think about donating auction Items or become an Event Sponsorships. \$150 buys you the recognition of being a Little Friend Sponsor, \$250 for Big Friend Sponsor, or you can go as high as \$5000 for the designation of Presenting Sponsor.

Contact: Mary- Jane Nettle at 905-623-6646 or visit www.bigbrothersbigsisters.ca/Clarington

Jim Abernethy, Broker

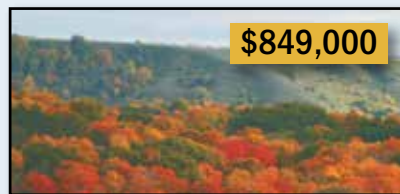


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7465 Thompson Rd – Kendal

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.

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



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New & Custom Built Homes - ONLY 1 LOT LEFT! located in the north end of Bowmanville

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CIRCA 1853 FIELDSTONE FARMHOUSE ON 28 ACRES.

Original house built in 1853 with additions in the 1860's.

Features:

- 28 acres of land - includes 5 acres bush, balance workable
- 2 acres mature productive vineyard
- On paved road northwest of Orono
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- 12 minutes to Bowmanville
- See link to drone video:
<https://youtu.be/Tz0-5sfmU0k>

Convenient location less than 5 minutes to future Interchange of Hwy 407 Phase 2B Extension thru Clarington.

The Simpson Farm

by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Lorne and Mary Jane (Mamie) Simpson settled on a farm, previously owned by John Barton, west of Enniskillen in 1919. They came from the Renfrew Valley, settling here because Lorne's two brothers lived nearby. Lorne wanted a farm fairly close to Oshawa. Lorne planned to sell his farm products there, hauling them by horse and buggy to Oshawa. Soon he was selling eggs, chickens, milk, cream and butter door to door. He would head out early in the morning and it would take Lorne about an hour to get

there. On the trip home, he would often fall asleep in the buggy and the horses, without his direction, would still take him home.

The farm, sitting on the south slope of the Oak Ridges Moraine, has 150 acres, with about 100 acres workable. The view behind the house is spectacular, with the Enniskillen Conservation Area just to the east. The Simpson farm was first settled in 1835 by a man named Evans. The original house still stands, although it looks substantially different today.

In 1931, a new upper floor was added and the bricks were covered with stucco. Much later, an addition was built on the north side. The present green hip-roofed barn

was built in 1916. All of the lumber used to build the barn came from their own bush.

Rod Simpson was born on the farm in 1925. He enjoyed farming and worked with his father. In 1951, he married Aleta Cosette. Aleta was visiting her sister who was a teacher in Oshawa. Aleta found a job at Oshawa Wood Products and stayed.

Rod and Aleta met at a dance at Geneva Park, north of Oshawa. His father bought a 50 acre farm, just east of the family farm, and moved there allowing Rod and Aleta to move into the home farm. Rod decided to not only farm but also work at General Motors in Oshawa. He worked there for 30 years. During World War 2, Rod initially got



a "farm exemption" but still wanted to be prepared for the war effort. He had an interest in flying so he got his pilot's licence. At the end of the war he was "called up" but did not have to go. His two older brothers both served.

Rod had as many as 70 beef cattle, 30 pigs and milked 8 cows. They had some mixed grain crops on the farm as well and often took a load

of grain to John Morrey who turned the grain into rolled oats. Initially this was done with a "water wheel" but later he had a 1 cylinder diesel engine to power the grinder. On Saturdays, Rod would do the deliveries to Oshawa, this time by truck.

They had 4 children, Geoffrey, Mark, Malcolm and Kelly. In 2011, Aleta passed away. Rod recently sold the

farm and the new owners told him that he could stay there as long as he wanted to.

Rod told me that he has been cutting wood, getting ready for the winter. Based on the size of the woodpile on the south side of the barn, he plans to stay there for a while.

The McLaughlins-Sleighs, Buggys, Cars and Ginger Ale

Continued from Page 1

petitors. In 1887, Sam McLaughlin began working for the company as an upholsterer. He received \$3.00 for a 59 hour week. His father deducted \$2.50 per week for room and board.

In 1892, Sam and George became "Junior Partners" in the business which was now called McLaughlin Carriage Works. Robert gave Sam back the \$2.50 he had deducted per week. In 1898, Sam married Adelaide Lou-

ise Mowbray from Kinsale.

In 1899, the factory was destroyed by fire. The City of Oshawa loaned the company \$50,000 to help rebuild the factory and by 1901 it was completed. In 1907 they started producing automobiles and changed the name to the McLaughlin Motor Car Company. Their Chief Engineer became quite ill and they had no engines ready for the cars. William Durant offered a contract

to supply them with Buick engines and they accepted the offer. In 1909, the cars were called "McLaughlin Buicks" and soon after Sam sold the carriage business to Tudhope in Orillia, Ontario. McLaughlin Buick cars were built in Oshawa until 1942.

In 1910, Sam became the Director of General Motors Corporation and by 1915 they were selling Chevrolet cars in Oshawa. When the contract for Buick engines expired in 1918, William Durant became a partner and Sam McLaughlin was named as President of the company and brother George the Vice President...

In 1917, Sam and Adelaide

built one of the largest homes in Canada on Simcoe Street North. It was called "Parkwood" and had 55 rooms. It was later designated as a National Historic Site.

John "Jack" McLaughlin was born in Enniskillen in 1865. He wasn't interested in the transportation business and went to the Ontario College of Pharmacy. He moved to Brooklin, New York, working as a Chemist for a soda company. He experimented with ginger soda for almost ten years and eventually patented a product he called "Canada Dry Ginger Ale". He came back to Canada and eventually this became a very large company with head office in Toronto and plants in Edmonton and Winnipeg. He also patented bottle washing machines and sold soda fountains. He died unexpectedly of a heart attack in 1914 at age 49.

His brothers Sam and George took over the business and sold it very quickly for one million dollars. Ginger ale was very popular during Prohibition as it masked the taste of homemade liquor. Today, Canada Dry is owned by Dr. Pepper/ Snapple Group and they sell about fifty different beverages.

Adelaide and Sam McLaughlin had five daughters. Adelaide led fundraising for the new Oshawa General Hospital in 1910 and continued to be the President of their Ladies Auxiliary until she passed away in 1958. The street on the south side of their home, Adelaide Avenue, was named after her as well as Adelaide House

at the YMCA and Adelaide McLaughlin Public School on Stevenson Road. She was President of the Canadian Women's Senior Golf Association from 1937 until 1956, as well as being a life member of the Toronto Ladies Golf and Tennis Club. It would be difficult to find a more generous family than the McLaughlin's. They not only provided wonderful and thoughtful gifts to the City of Oshawa but also to numerous educational institutions throughout Ontario.

In 1920, they donated Lakeview Park and as well as the Parkwood property, in 1947 they donated the YMCA and Adelaide House; in 1947, they donated Camp Samac (named after Sam McLaughlin). In 1951, he established the McLaughlin Foundation which donated nearly \$200 million to the University of Toronto and other causes, including the McLaughlin Planetarium at the Royal Ontario Museum. McLaughlin was a major contributor to Queen's University and their Mechanical Engineering Department is housed in McLaughlin Hall, which was his donation in 1948. In 1957, Adelaide McLaughlin, was honored by Queen's, which named the women's residence Adelaide Hall after her.

Sam McLaughlin donated \$1 million to the 1968 library building at the University of Guelph, which bears his name.[3] He provided partial funding to build a college at York University in Toronto. Opened in 1968, it was named McLaughlin College in his honor. McLaughlin Hall, at St. Andrew's Col-

lege in Aurora, Ontario, was named after him in 1971 in recognition of his contributions to the school.

He supported the Regimental Foundation of The Ontario Regiment (RCAC) and quietly paid the salaries of some of the regiment's soldiers during times of severely curtailed government funding. McLaughlin was appointed honorary lieutenant-colonel of the 34th Ontario Regiment in 1921 and held this position until 1931, at which time he was appointed honorary colonel of same unit, later designated as The Ontario Regiment (RCAC), a reserve armored regiment based in Oshawa. Affectionately known as "Colonel Sam", McLaughlin served as honorary colonel until 1967, thereby becoming the longest continuously-serving colonel in the history of the Canadian Forces. He continued to sit on the Board at General Motors until the late 1960's.

In 1967, McLaughlin was appointed a Companion of the Order of Canada. Upon his death, at age 100, January 6, 1972, he gave "Parkwood" to the Oshawa General Hospital.

In 2008, General Motors celebrated the 100th Anniversary of the McLaughlin car by restoring a 1908 McLaughlin Buick. GM employee Boyd Wood from Orono was in charge of the project (as shown on front page of this edition). One of Canada's greatest industrialists and philanthropists got his start right here in Clarington.



Clarington's "Best Kept Secret for 55+ 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

Growing Together at the Bomanville Older Adult Association

The Bomanville Older Adult Association (BOAA) has launched a brand new program called, "Growing Together – An Intergenerational Approach." With generous funding from the "New Horizons for Seniors Program," the BOAA will provide opportunities for local older adults and youth to engage in social interactions while making a positive impact in the community.

Over the course of this project, members from the BOAA are looking forward to partnering with a variety of local youth agencies to implement a strong older adult and youth partnership. Through various activities and events, each demographic will have the chance to learn from one another, in areas where they might not have strong knowledge.

Watch for details on upcoming events, programs and courses including:

Theatre, Sports, Art, Music, Social Events and more

If you are interested in working with us on this project, please contact us for additional information 905-697-2856 execdirector@bowmanvilleolderadults.com

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 ...

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- Trips & Travel

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- Upcoming Events & Fundraisers
- Workshops & Seminars

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- Workshops & Seminars

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- Fitness Programs

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- Fitness Programs
- Art & Music Programs

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- Art & Music Programs
- Dance Programs

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- Computer & Digital Photography Programs
- Computer & Technology 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 all programs and 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.

WEATHER POLICY

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

ALWAYS SCAN YOUR CARD & 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 September 3rd, 4th, 5th, October 8th, 9th 10th and December 24th – January 2nd.

WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner or Fiona Guernsey 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 & 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:

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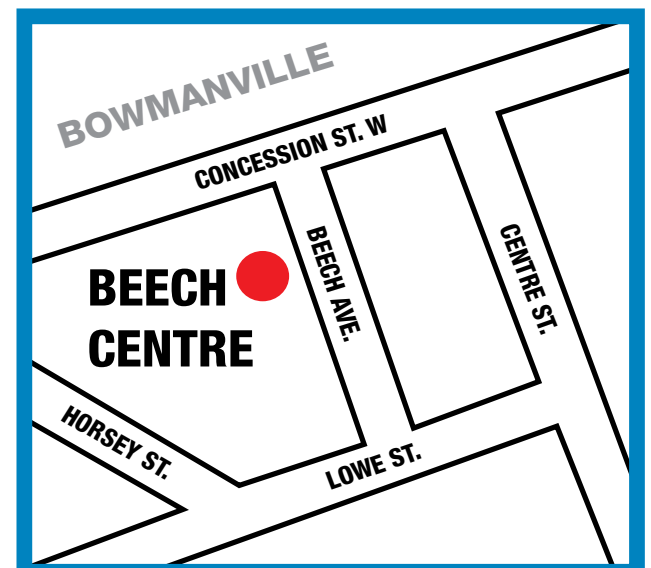
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NON-MEMBER INFORMATION

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 if space permits. Members have first priority for all BOAA programs, events and courses

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 our social media accounts.



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 Ends Oct 27	9 am	Billiards	9 am-4:30 pm				
Book Club	10 am	Social Bridge	9:30 am	Choir	10 am	Table Tennis	10 am	Open Art	9 am				
Crocheting / Knitting Group	10 am	Table Tennis	10 am	"NEW" Beginner Bridge - Drop In	1 pm	Wood Carving	10 am	Duplicate Bridge	1 pm				
Wood Carving	10 am	Square Dancing	12:45 pm	Canasta	1 pm	Mexican Train Dominoes	10 am	Darts	1 pm				
Duplicate Bridge	1 pm	Mahjong	1 pm	Indoor Ringette	6 pm	Craft Group	1 pm	500 Cards	1 pm				
Cribbage	1 pm	Social Bingo	1 pm & 2:15 pm	<div style="border: 1px solid black; padding: 5px;"> <h3 style="text-align: center;">Weekly Drop-In Fee Schedule</h3> <p>Duplicate Bridge: \$3.50 members \$5 non-members</p> <p>Square Dancing: \$0.75 members \$1.25 non-members</p> <p>All other drop-in programs: \$1.75 members \$3 non-members</p> <p>Progressive Fundraising Euchre: \$3 members \$5 non-members</p> </div>				Jam Session	1 pm				
Bid Euchre	7 pm	Friendship Group	1 pm					Bid Euchre	1 pm	Mahjong	1 pm	Saturday	
<div style="border: 1px solid black; padding: 5px;">  <p>SOCIAL BINGO</p> <p>Tuesday at 1 pm \$1.50 per person for as many cards as you wish for 6 games 25¢ for dabber for 1 game sheet</p> <p>Tuesday at 2:15 pm \$1.25 per card for 10 games 25¢ for dabber for 1 game sheet</p> </div>		Theatre Group	2:30 pm					"NEW" Ukulele	2:15 pm	Pickleball	7 pm		
		Pickleball	2:30 pm					Social Bridge	7 pm	Social Bridge	7 pm	Social Bridge	1 pm
		Jam Session	6:30 pm					Bid Euchre	1 pm	Texas Hold'em Poker	7 pm	Bid Euchre	1 pm
		Progressive Fundraising Euchre	7 pm					Sunday				Bid Euchre	1 pm

Trips & Travel

Cranberry Colours Cruise

Wednesday, October 5th 2016
 Departing at 8 am from the Bowmanville Mall
 Includes: Tour, lunch, transportation and small donation to the BOAA
\$130 per person

Branson Missouri with Barb Porter from Marigold Travel

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

'Oh Canada Eh' Christmas show and dinner

Wednesday, November 23rd 2016
 Departing the Beech Centre at 8:30 am
 Includes: Show, 5 course meal, transportation and small donation to the BOAA.
\$105 per person
 To book a spot on this bus trip, please contact Lakeshore Tours & Travel at 905-623-1511



Dominican Republic 2017

January 18th to 25th 2017 (7 nights accommodations)
 Riu Palace Macao in Punta Cana Dominican Republic (Adult Only Resort)
 Includes: All-inclusive air fare, hotel, food and drink for 7 days for double occupancy
\$1749 per person
 \$200 deposit required at time of booking with final payment due October 14th, 2016

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

MEMBER ONLY CONVENIENCE PASSES FOR SALE

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, Soup Tuesday Lunches and Van Rides. Visit the front desk to purchase yours today!

	Single Pass	10 Pass + ONE FREE
Coffee (BOAA Mug)	\$0.70	\$7
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
Soup	\$2.50	\$25

Upcoming Events & Fundraisers

Tickets for all events
on sale now at BOAA

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

Monthly Baking Group Fundraising with Josie Roberts

October 14th – Apple Pie
November 18th – Chicken Pot Pie
December 16th – Christmas Squares & Cookies
Pre-orders required. Please visit the front desk for more details.



Bridge Social

Sunday, October 2nd, November 6th,
December 4th

1:30 pm
Includes: Cards, dessert, prizes and draws
\$10 members / \$12 non-members

Health Fair & Open House

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

Social Dances with The Clarington Beech Nuts

Friday, September 16th, October 21st, November 18th,
December 16th

1 pm to 4 pm
Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.
\$3.50 members / \$5.50 non-members

Open Mic

Sunday, September 18th, November 20th
1 pm to 4 pm

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment.
FREE & Open to ALL with cash bar and refreshments for purchase!

Golf Tournament

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

Euchre Extravaganza

Saturday, September 24th, November 12th
3 pm
Includes: 12 games of progressive euchre, buffet dinner, door prizes and draws
\$10 members / \$12 non-members

Smile Theatre “Anne of Green Gables”

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

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

Saturday, October 1st
1 pm to 5 pm
Local Artist, Sarah Shaw, will walk you through the painting process to create your own canvas masterpiece.
Includes: 3 course meal, full art instruction, all materials and a small donation to the BOAA
\$60 members / \$65 non-members

Art and Artisans Fundraising Event

Saturday, October 15th
1 pm to 4 pm
Includes: Wine, cheese, appetizers and the opportunity to take home a one-of-a-kind piece of art that has been created for the BOAA.
\$100 per person or \$125 per couple

Bid Euchre Bonanza

Saturday, October 22nd
1 pm
Includes: 10 games of bid euchre, mid-day buffet, door prizes & draws
\$10 members / \$12 non-members

Halloween Luncheon

Tuesday, October 25th
12 pm
Includes: Lunch, costume contest & prizes
\$8.05 members / \$11.40 non-members

Remembrance Luncheon

Tuesday, November 8th
11:30 am
Includes: Lunch and service with Branch 178 Royal Canadian Legion
\$8.05 members / \$11.40 non-members



Spa Retreat Day in Partnership with Clarington Wellness Path

Saturday, November 19th
Join us for a full day of pampering, relaxation and fun with friends. This all day retreat will include: fitness classes, spa treatments, lunch, and so much more.
\$75 members / \$80 non-members
Advance registration is required prior to November 7th - Limited spaces available.

Smile Theatre “Tis the Season”

Thursday, November 24th
1:30 pm
Includes: Theatre and refreshments
\$5 members / \$7 non-members
Sponsored by Ontario Power Generation

Christmas Concert with the Clarington Concert Band

Thursday, December 8th
7 pm
Includes: Concert, refreshments and cash bar
\$6 members / \$8 non-members

Christmas Dinner & Dance

Saturday, December 10th
5 pm Social; 6 pm Dinner
Entertainment followed by DJ Dancing with Then & Now
Only 200 Tickets available and on sale starting November 7th for BOAA members and November 21st for non-members.
\$30 members / \$35 non-members

Christmas Pageant Luncheon

Tuesday, December 13th
11 am
Includes: Lunch and Christmas Pageant with the BOAA Programs & Courses
\$8.05 members / \$11.40 non-members

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to pre-register 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
September 13th and 27th, October 11th & 25th,
November 8th & 22nd, December 13th

“FREE” HEARING AID CARE with Bowmanville Hearing Services

Complimentary hearing aid clean and check.
3rd Tuesday of each month 1:30 pm to 4:30 pm
No appointment required.



“FREE” ELDER CARE ADVISOR with Help For Mom

ElderCare Advisors are happy to help you navigate the local options and weigh the best solution between aging at home compared to relocating to seniors housing. They are a free resource that will not only help you save time, but give you piece of mind that you are making informed decisions.
30 minute sessions
September 14th 1 pm to 5:30 pm
September 15th 11 am to 1:30 pm
September 19th 11 am to 1:30 pm
Please contact the front desk to pre-book your session

“FREE” HEALTHY EATING FOR OLDER ADULTS with Olivia Wolter, Registered Dietitian from Loblaws Bowmanville

Join Olivia, your in-store registered dietitian from Loblaws Bowmanville for an informative session on healthy eating for older adults. Olivia will guide you through the grocery store to learn about food label reading, healthy food choices and some great food tips!
Tuesday, September 13th at 10 am

“FREE” HOME SAFETY & SECURITY with Marten Wind, DRPS

Join Constable Marten Wind from Durham Regional Police Service for an information session on the subject of security and safety within the home. Topics to be discussed include home safety and security systems, such as locks and alarm monitoring systems, interactions with unknown persons who attend your home unscheduled, and so much more!
Tuesday, September 27th
12:45 pm

ESSENTIAL OILS BASICS WORKSHOP with Ewana Gallo

The smell of honeysuckle and grasses or the soothing fragrance that wafts from the needles and bark of cedar, juniper, spruce and fir.....all these aromas come from Essential Oils. A Brief Look into the World of Essential Oils – What they are; Where they come from; How they are extracted; a little history of essential oils, methods of use; properties; benefits; safety in the use of.... a few of the topics that will be covered. There will be handout(s) after each class. A Tranquil Blend of exquisite essential oils and organic jojoba oil will be available to purchase at \$15 on completion of workshop.
Tuesday 1 pm to 2:30 pm 3 weeks
September 27th to October 11th
\$25 members / \$32.50 non-members

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” DIABETES SUPPORT GROUP with Lakeridge Health

BEST CARBS IN TOWN

What are carbohydrates (carbs)? Why aren't all carbs the same for blood glucose control? Includes information on the Glycemic Index.
Wednesday, September 14th 1:30 pm to 3:30 pm

KEEP ON MOVING – PHYSICAL ACTIVITY

Regular exercise has special advantages if you have diabetes! Exercise can improve your body's sensitivity to insulin and can help you to manage your blood glucose levels. Our guest speaker will provide helpful tips to “Keep on Moving”.
Wednesday, October 12th 1:30 pm to 3:30 pm

TOP 10 DO'S & DON'TS & DRIVING GUIDELINES

Discussing the do's and don'ts in diabetes self-management and a review of guidelines from the Ministry of Transportation for driving safely with diabetes.
Wednesday, November 9th 1:30 pm to 3:30 pm

LIVING WELL WITH DIABETES & MANAGING STRESS

Diabetes management is an ongoing challenge that may be complicated by the impact of stress. Managing stress effectively may help improve your blood sugar.
Wednesday, December 14th 1:30 pm to 3:30 pm

WHAT'S IN IT FOR ME – TAX CREDITS

Diabetes can be expensive to live with. Find out from our guest speaker about programs that may help cover diabetes supplies, eligibility for tax credits and medical expenses to claim on your tax return.
Wednesday, January 11th 1:30 pm to 3:30 pm

For more information please contact Lynda Dus 905-576-8711 ext. 3158

“FREE” INTERNET & IDENTITY THEFT with Marten Wind DRPS

Join Constable Marten Wind from Durham Regional Police Service for an information session on the subject of internet and identity theft. Topics to be discussed include online banking, use of personal information online, avoiding and deciphering email, door-to-door and telephone scams, and so much more!
Wednesday, October 26th at 12:45 pm

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, October 29th 10 am to 1 pm
\$25 members / \$32.50 non-members

“FREE” Seminar Series on “How to Prevent Estate Conflict” Series presented by Robert Shiel from IDEAL Mediation Inc.

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

PART 1: “LEARN FROM THE MISTAKES OF OTHERS”

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.
Tuesday, November 1st at 1 pm

PART 2: “WILLS, PROBATE AND RESPONSIBILITIES OF EXECUTORS”

An in-depth conversation regarding probate, common-law partners, second marriages, the hierarchy of beneficiaries and changes made to wills.
Tuesday, November 8th at 1 pm

PART 3: “HOW MONEY TRANSFERS TO BENEFICIARIES”

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.
Tuesday, November 15th at 1 pm

PART 4: “TAXES AND YOUR OPTIONS”

Now is the time to walk through a simple estate planning process to establish your intentions and learn how to communicate these intentions to your family.
Tuesday, November 22nd at 1 pm

“FREE” DOWNSIZING & ORGANIZING with Melody Euwes from Seniors Lifestyle Transitions

Frustrated on the thought of where to begin? Having trouble locating items you need? Can't decide on what items to keep or give away? 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, September 14th at 11 am

We-fix-u Bowmanville presents the following series for FREE!

PHYSIYOGA

Hosted by Sarah Michelle, Yoga Instructor and Physiotherapy Assistant

A combination of physiotherapy and yoga. The best of both worlds. This workshop is designed for people of all different levels. If you have an injury or a condition, we can modify the poses for you. Learn the top yoga poses for 55+.
Monday, September 12th at 2 pm

MEET YOUR FEET

Hosted by Peter Greaves, Chiroprapist

You only have one set of feet. If you would like to learn how to take the best care of your feet, this presentation is for you. You will learn who Chiroprapists are, what they treat and how they can help you.
Monday, September 26th at 2 pm

GIRLS JUST WANNA HAVE FUN!

Hosted by Sherry Heenan, Pelvic Health Physiotherapist
This workshop is directed at the ladies. 1 in 4 women suffer from urinary incontinence and have never talked to their doctor about care, management or treatment. Take care of the half you have been avoiding with the pelvic health workshop. Ask the expert or learn the dos and don'ts in this private, confidential seminar.
Thursday, October 13th at 10:30 am

SELF MASSAGE

Hosted by Caroline Mead, Registered Massage Therapist
Everyone deals with aches and pains, but not everyone has the time or cash for a professional massage. In this workshop you will learn the top 10 massages that you can do to yourself that will leave you feeling so good. There is also an opportunity to have a complimentary 5+ minute professional massage to test the benefits of massage. Please note: Complimentary massages depend on time and attendance.
Tuesday, October 18th at 1 pm

DO YOU GET DIZZY OR FEEL LIKE YOU'RE SPINNING?

Hosted by Tamara Nailor, Physiotherapist

Around and around and around and around... Do you remember spinning yourself around as a child, purposefully trying to create that feeling of a spinning room? Many people, however, feel this type of dizziness chronically. Without any known triggers, this dizziness can occur spontaneously and last for hours, or even days. Learn what you can do to avoid and treat this debilitating condition.
Friday, November 4th at 1 pm

HASTY HEADACHES?

Hosted by Roger Karam, Chiropractor

There are many kinds of headaches. From a dull ache to a full blown migraine. Migraines and headaches have increased in Canada due to stress, poor diet, workload, busy lifestyles and lack of sleep. We educate you about how to reduce headaches without the use of medication which can cause numerous side effects.
Wednesday, November 9th at 1 pm

THE AGING ATHLETE

Hosted by Mark McFadden, Physiotherapist

Keeping active as you enter the golden years is more important than ever before. Injuries are more common as we get older. This workshop will discuss common ailments, how to recognize early signs and symptoms of injuries, and ways to prevent injury as you age. We want you to keep playing your favourite sport as long as possible.
Thursday, December 8th at 2 pm

COMMON AND NOT-SO-COMMON TOENAIL DISORDERS Hosted by Peter Greaves, Chiroprapist

Do you wear socks with sandals? Are you embarrassed of those unsightly toes? Learn the most common and not so common toenail disorders and what you can do about it.
Monday, December 12th at 2 pm

“FREE” CHIP REVERSE MORTGAGE REVIEW with the VanderDuijn 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, or take a special trip.
Tuesday, September 27th at 2 pm

OR

Wednesday, September 28th at 6:30 pm

“FREE” COOKING FOR ONE OR TWO with Olivia Woller, Registered Dietitian from Loblaws Bowmanville

Join Olivia your in-store registered dietitian at Loblaws Bowmanville for an interactive grocery store tour. Learn about healthy recipe ideas, menu planning and cooking on a budget for one or two people.
Tuesday, November 15th at 1 pm

“FREE” CHANGING BEHAVIOUR TO PREVENT FALLS with Philips Lifeline

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, November 15th at 1:30 pm

ENERGY MEDICINE with Donna Elliott

Get your physical energies humming the way they should to support optimal health. Learn a simple yet effective Energy Medicine routine that takes 10-15 minutes, and if done regularly, will support your body's desire to do what it knows how to do...HEAL!
Wednesday, September 14th 10 am to 11 am
\$5 members / \$7 non-members

POSITIVE ENERGY IN THOUGHT with Donna Elliott

All thoughts are energy, and by making some simple yet effective changes will improve all areas of your life - for the BETTER! Discover why some areas of your life are not working for you and how beginning to take control of your thoughts can create positive change. Learn simple tools and techniques for taking charge of your life to bring in more positive energy.
Wednesday, September 14th
OR
Wednesday, October 12th
11:30 am to 12:30 pm
\$5 members / \$7 non-members

“FREE” GETTING SORTED with Delores Berendt from Your Move Made Easy

Learn how to 'get sorted' and plan for a move, while picking up tips and tricks for storage solutions.
Wednesday, November 16th 7 pm to 9 pm



Sports & Activities



“NEW” ARCHERY at East Hill Outdoors

Price includes equipment and instruction.
Saturday 9 am to 11 am 10 weeks

September 17th to November 26th

*No class October 8th

\$20 members / \$26 non-members per week

CO-ED GOLF LEAGUE

Shot gun start at 8 am for 9 holes of golf at Bowmanville Golf & Country Club

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

Wednesday 8 am

Running until September 28th

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

\$30 members / \$40 non-members

CO-ED HORSESHOES

Meet to play a weekly round robin.

Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & FUN with Friends

Wednesday 6 pm

Running until September 28th

\$15 members / \$20 non-members

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.

Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & FUN with Friends

Friday 9:15 am to 10:30 am at Memorial Park North

Running until September 30th

\$15 members / \$20 non-members

“NEW” FLY-FISHING with Bob McKenzie

INTRO TO FLY-FISHING

Basis of fly-fishing and preliminary casting instruction and demonstration, including an overview of equipment. Rubber boots and sun wear are recommended.

Friday October 7th 2 pm to 4 pm

\$10 members / \$13 non-members

BASIC FLY-FISHING AND CASTING LESSONS

Casting demonstration and lessons. All equipment supplied. Rubber boots and sun wear are recommended.

Friday October 14th 2 pm to 4 pm

\$10 members / \$13 non-members

FLY-FISHING – ADVANCED CASTING & STREAM STRATEGY

Bringing it all together—make use of your newly acquired fly-fishing skills and knowledge during a fishing adventure at Bowmanville Creek. All equipment supplied. Please dress according to conditions. Rubber boots and sun wear are recommended.

Friday October 21st 2 pm to 4 pm

\$10 members / \$13 non-members

“SOCIAL & FUN” MIXED BOWLING LEAGUE

Held at the Newcastle Town Hall

Join us for a fun afternoon with friends.

Thursday 1 pm to 3 pm

September 29th – December 15th / January 5th – April 28th

Includes: Weekly prize draw, Admission to Year End Sports Banquet & fun with Friends

\$30 members / \$35 non-members

\$5 per week is payable each week at the alley

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 snacks and dogs are welcome, just don't forget your pick-up bags.

Thursday 9 am

Running until October 27th

Drop-In Fees of \$1.75 members / \$3 non-members

Tickets are available for the Year End Sports Banquet to all hiking participants for \$15

“NEW” INDOOR RINGETTE

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

Wednesday 6 pm to 8 pm

Drop-In Fees of \$1.75 members / \$3 non-members

Tickets are available for Year End Sports Banquet to all 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 to 4:30 pm

Thursday 7 pm to 9 pm

Drop-In Fees of \$1.75 members / \$3 non-members

Tickets are available for the Year End Sports Banquet to all Pickleball participants for \$15.

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

TERRY FOX RUN 2016

Sunday, September 18th at 9:30 am

Memorial Park, Liberty St. Bowmanville

Join Lydia and the BOAA Team for the 9:30 Warm Up then walk the 5 or 10 km routes.

Donations accepted onsite.

General Interest Programs

BRIDGE FOR BEGINNERS with Alan Tibbles

This course is designed for those that have never played bridge before. It will take the student through the basics of the game to a point where 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.

Tuesday 6 pm to 8 pm 7 weeks

October 25th – December 6th

\$46.20 members / \$60.10 non-members

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, play, lectures and discussions based on moving you to the next level of bridge play.

Tuesday 6 pm to 8 pm 6 weeks

September 13th – October 18th

\$39.60 members/\$51.50 non-members



BOWMANVILLE BOOK CLUB

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

Monday 10 am to 11 am

September 19th

Discussing – The Lost Child of Philomena Lee

by Martin Sixsmith

Picking Up – Crow Lake by Mary Lawson

October 17th

Discussing – Crow Lake by Mary Lawson

Picking Up – The Massey Murder by Charlotte Gray

November 21st:

Discussing – The Massey Murder by Charlotte Gray

Picking Up – The Unlikely Pilgrimage of Harold Fry

by Rachel Joyce

December 19th:

Discussing – The Unlikely Pilgrimage of Harold Fry

by Rachel Joyce

Picking Up – Wild Girl by Kate Forsyth

January 16th:

Discussing – Wild Girl by Kate Forsyth

Picking Up – Call the Midwife by Jennifer Worth

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

Drop-In Fees of \$1.75 members / \$3 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, 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 to 3 pm

September 15th – December 8th

Drop-In Fees of \$1.75 members / \$3 non-members

CROCHET FOR BEGINNERS with Sue Geurts

The following course is designed for students to learn basic stitches which all patterns are derived from. Students will complete a project of their choice. Materials needed for first class: 1 ball “Astra” weight 4 ply yarn, 4.5mm crochet hook. Written lesson materials will be provided.

Monday 10 am to 11:30 am 6 weeks

September 19th – October 31st

*No class October 10th

\$10 members / \$15 non-members

CULINARY LESSONS

with Chef Simon Bush from Bistro 238

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

Monday 1 pm to 3 pm

September 12th and October 17th

\$12 members / \$15.60 non-members per lesson

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: September 6, October 11, December 27

General Interest Programs

DREAM BOARD with Jenny McKee from Creating Inspiration

How do you want to feel each day? Have a dream that you haven't realized yet? Looking to get inspired and motivated to live your best life? Join Jenny McKee, founder of Creating Inspiration, for this interactive and fun "Table Top Dream Boards" workshop. Dream Boards are a powerful tool in creating and attracting the life that you desire. Think of it as your Visual GPS, or your North Star... it's something to keep you on track and motivated to do, do and have anything you want in your life. Learn about the Law of Attraction and how small shifts in our mindset and language can change our life and help us feel more hopeful, joyful and creative. All materials provided, you will go home with a framed Dream Board to help you manifest the life you desire. For more information on Dream Boards, visit Jenny's website: <http://creatinginspiration.ca/dream-board-workshops/>

Wednesday, October 12th from 1 pm to 4 pm
\$45 members / \$50 non-members

FRENCH LESSONS with Cécile Paxton

LEVEL 1

We will begin with the alphabet, then work our way through sounds such as; on, in, en etc. With these sounds we will build words and perhaps simple sentences always focusing on the development of oral/aural communication.

Tuesday 10 am to 11:30 am 10 weeks
September 20th – November 22nd
\$42 members / \$67.70 non-members

LEVEL 2

Review of all sounds learned in beginner (Level 1) class. Our main focus this fall session will be on interrogatives: où, quand, comment, pourquoi, combien à quelle heure, qui, que. Together we will choose a verb and build sentences adding vocabulary and prepositions. We will put these sentences in the past, present and future tenses.

Tuesday 1:30 pm to 3 pm 10 weeks
September 20th – November 22nd
\$42 members / \$54.60 non-members

FRENCH LESSONS with Maurice Laganière

LEVEL 3

This course has been redesigned for students who have completed Level 1 & 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 11:30 am to 1 pm 8 weeks
September 20th – November 8th
\$33.60 members / \$43.70 non-members

INTERMEDIATE #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 3 pm to 4:30 pm 8 weeks
September 20th – November 8th
\$33.60 members / \$43.70 non-members

GENEALOGY with Nancy Trimble

Nancy Trimble is an avid genealogist and lecturer. She also volunteers as the Chair of the Durham Region Branch of the Ontario Genealogical Society.

MAXIMIZE GOOGLE® FOR YOUR GENEALOGY

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 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. You must know how to log on to the BOAA's internet connection.

Wednesday, October 19th 1 pm to 3 pm
\$12.50 members / \$16.25 non-members

RESEARCHING YOUR MILITARY ANCESTORS GENEALOGY

Ever wonder how you can find information about your ancestor's military career? Join us for a 1 hour lecture on searching in military records. Emphasis will be on the Canadian Expeditionary Force records for World War 1, but mention will also be made of some British resources, including the National Archives website. Basic computer knowledge is required.

Wednesday, November 23rd 1 pm to 2 pm
\$6.25 members / \$8.15 non-members

FLIGHT SIMULATOR FOR BEGINNERS with Bob Kerby

Ever wonder what it would be like to fly a vintage WWII aircraft. 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
September 15th – October 20th
\$30 members / \$39 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
September 15th – October 20th
\$30 members / \$39 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 to “think on your feet.” No previous experience required.

Monday 6:30 pm to 8:30 pm 6 weeks
September 19th - October 31st
\$25.20 members / \$32.75 non-members

LATIN-AMERICAN SPANISH with Alan Bayliss

Latin-American Spanish is slightly different than Spanish in Spain. All programs will follow the same Canadian university text. Course material will be supplied but bring paper and pen for note taking. All programs include some aspects of Spanish/Latin-American history and culture.

LATIN-AMERICAN SPANISH 1

Hola! No previous knowledge is required. Let's go south and have fun learning the basics of Latin-American Spanish. With an easy going pace you will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months, and many other things, including some history and culture. About one hour per week of homework will be required.

Wednesday 9 am to 11 am 12 weeks
September 21st – December 7th
\$71.40 members / \$92.80 non-members

LATIN-AMERICAN SPANISH 2

¡Más español! Spanish 1 or some basic prior knowledge is required. To wake up your Spanish brain, we will start with a review followed by new material. You will learn more verbs, nouns and adjectives in general conversation. Topics include housework, the kitchen, the family, possession, location and more complex numbers. About one hour of homework per week will be required.

Wednesday 1 pm to 3 pm 12 weeks
September 21st – December 7th
\$71.40 members / \$92.80 non-members

LATIN-AMERICAN SPANISH 3

¡Más aun español! Spanish 2 or a good basic knowledge is required. This program continues from Spanish 2 and brings a lot of things together. Learn more regular verbs, some past and future verb tenses and more nouns and adjectives in conversation at the restaurant, shopping and weekends. Comparisons, common expressions and pronouns used with verbs will be introduced. To get the most from this program, more than one hour of homework per week will be required.

Thursday 9 am to 11 am 12 weeks
September 22nd – December 8th
\$71.40 members / \$92.80 non-members

LEARN TO PLAY EUCHRE with Instructors Don Welsh and Josie Roberts

Learn all you need to know to play Euchre. Euchre is a trick taking game with a trump, played with four players in teams of two.

Tuesday 1:30 pm to 3 pm 6 weeks
September 27th – November 1st
OR
November 8th - December 13th
\$12 members / \$15 non-members

LEARN TO PLAY AMERICAN MAHJONG with Instructor Diane Reed

Learn all you need to know to play American mahjong. This game is unique from Asian mahjong in several ways. American mahjong utilizes racks, jokers, “Hands and Rules” score cards and has several distinct gameplay mechanics.

Tuesday 1:30 pm to 3 pm 6 weeks
September 27th – November 1st
OR
November 8th – December 13th
\$12 members / \$15 non-members

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

Third Monday of every month 6 pm
September 19th, October 17th, November 21st,
December 19th
Includes: Movie, drink and popcorn
\$2 members / \$4 non-members



General Interest Programs

REMEMBERING YOUR STORY Creating Your Own Spiritual Autobiography with Elizabeth Jobb

Every life is a unique individual story. This course is a spiritual interdenominational Christian journey which uses story telling in order to come to an understanding of questions such as, "Did and does my life really matter? Was my time well spent and where did God meet me in my life's journey? What will I do with my remaining years?"

Thursday 11 am to 12:30 pm 12 weeks
September 22nd – December 8th
\$20 members / \$26 non-members

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 and collaborative show. No experience required.

Tuesday 2:30 pm to 4 pm
September 13th – December 13th
Drop-In Fees of \$1.75 members / \$3 non-members

WRITING YOUR MEMOIR with Cynthia Reyes

Join the author of "A Good Home" and "An Honest House", a writer, editor and trainer with years of experience working within media, television and the arts. You've lived your life; you have a story to tell. In our Memoir Writing class, you'll learn how. Interactive, with much storytelling and writing. This will include hands-on assistance and feedback.

Tuesdays 10:30 am to 12:30 pm 8 weeks
October 11th – November 29th
OR
Wednesday 1:30 pm to 3:30 pm 8 weeks
October 12th – November 30th
\$72 members / \$93.60 non-members

Partnership Programs



CLARINGTON PHOTOGRAPHY CLUB

Meetings held bi-monthly at the Bowmanville Older Adult Association. Sharing, individual feedback and emphasis are the main goals of the club. For further information visit www.claringtonphoto.club or leave a message at 905-697-2856.

Inaugural meeting on Wednesday, October 19th from 7 pm to 9 pm
\$25 BOAA members / \$30 non-members

MINDS IN MOTION presented by Alzheimer Society Durham Region

Minds in Motion is a physical activity and brain stimulation program that runs for 8 weeks. It incorporates 45-60 minutes of physical exercise and 45-60 minutes of mentally stimulating activities for individuals living with dementia and their care partner. It is geared for individuals with mild to moderate dementia.

Thursday 1 pm to 3 pm 8 weeks
September 15th – November 3rd
OR

November 24th – January 26th
*No class December 29th and January 5th
\$40 per couple

REFLEXOLOGY with Sharon Benner, Registered Reflexologist

Reflexology is a non-invasive therapy and is generally safe for everyone. That being said, your reflexology therapist will conduct a thorough health consult to determine the best protocol for you. Reflexology does not treat, cure, diagnose or prescribe. It is a natural modality that aids the body by working pressure points on the feet and hands that correspond to all parts of the body. It helps to aid the body to balance itself naturally. Both hand and foot treatments are performed in a chair and each treatment starts with a brief medical history. Contact the front desk to book your appointment. Some benefit companies cover Reflexology. Please check with your plan administrator for details. Receipts will be issued.

"Free" treatments available for BOAA members September ONLY

Every Monday by appointment
30 minute relaxation treatment
\$30 members / \$40 non-members
1 hour full treatment
\$50 members / \$60 non-members

*No sessions September 5th and October 10th

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 on hands, to activate natural healing processes of the patient's body and restore 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; 12:30 pm - 1 pm

1/2 hour session for 65+ years----\$30
1/2 hour session 55-65 years----\$35
1/2 hour session for non-members-\$40

*Trials available for \$10 per session

Other days and times upon request. Please contact the Front Desk to pre-book.

NURSING YOUR FEET with Erica Payne, Registered Practical Nurse with training in Advanced Foot Care

Put a little pep in your step! Are your foot troubles caused by calluses or corns? Overgrown or ingrown toenails? Thick and discoloured toenails? Athletes or diabetic foot? Foot care is an essential part of preventative health care. It can aide in maintaining your highest level of independence while increasing your quality of life. Contact the front desk to book your appointment. All ages and non-members welcome.

Every Wednesday by appointment
Diabetic Foot Care Treatment - \$40
Advanced Foot Care Treatment - \$40
Basic Foot Care Treatment - \$20
Fingernail Trim - \$5 add-on



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.

Monday 2:30 pm to 3:30 pm 10 weeks
September 19th – November 28th

*No class October 10th
\$42 members / \$54.60 non-members

Wednesday 1 pm to 2 pm 10 weeks

OR

Wednesday 4 pm to 5 pm 10 weeks
September 21st – November 23rd

\$42 members / \$54.60 non-members

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 to 3:30 pm 13 weeks

September 21st – December 14th

Drop-In Fees of \$5 members / \$8 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.

Monday 9:30 am to 10:30 am 10 weeks
September 19th - November 28th

*No class October 10th

\$50.40 members / \$65.50 non-members

Wednesday 9:30 am to 10:30 am 10 weeks

September 21st – November 23rd

\$50.40 members / \$65.50 non-members

Fitness Programs

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 5 weeks
September 12th – October 17th

*No class October 10th

\$21 members / \$27.30 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 to 3 pm 12 weeks
September 23rd – December 16th

*No class October 14th

\$50.40 members / \$65.50 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 to 10 am 12 weeks
September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

Friday 9 am to 10 am 12 weeks
September 23rd – December 16th

*No class September 30th

\$50.40 members / \$65.50 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 a 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, stretch out and reap the benefits of health and relaxation.

Mondays 10 am to 11 am 12 weeks
September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

Thursday 9 am to 10 am 12 weeks
September 22nd – December 15th

*No class September 29th

\$50.40 members / \$65.50 non-members

COMBO CLASS with Lydia Vooy-MacLeod

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

Wednesday 8 am to 9 am 12 weeks
September 21st – December 7th

\$50.40 members / \$65.55 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 1 pm to 2 pm 10 weeks
September 19th – November 28th

*No class October 10th

\$42 members / \$54.60 non-members

DRUMS ALIVE FITNESS with Carol Drew

Drums Alive is a unique mind/body cardio class that gets your heart rate up while working on your rhythms. Working with stability balls that are held on step risers, and using drum sticks, you will learn drumming rhythms while doing cardio/dance moves. The music is upbeat and engaging, the energy is high and you'll have so much fun you will forget you are exercising! This class is low impact and great for all fitness levels.

Tuesday 2 pm to 3 pm 13 weeks
September 20th – December 13th

\$54.60 members / \$71.00 non-members

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 to 11 am 12 weeks
September 23rd – December 16th

*No class September 30th

\$50.40 members / \$65.50 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 to 11 am 12 weeks
September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

Wednesday 10 am to 11 am 12 weeks
September 21st – December 14th

*No class October 12th

\$50.40 members / \$65.50 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 5 weeks
September 12th – October 17th

*No class October 10th

\$21 members / \$27.30 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, it 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 12 weeks
September 23rd – December 9th

\$50.40 members / \$65.50 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 10:45 am to 11:45 am 10 weeks

Monday 4 pm to 5 pm 10 weeks

September 19th – November 28th

*No class October 10th

\$42 members / \$54.60 non-members

Wednesday 2:30 pm to 3:30 pm 10 weeks
September 21st – November 23rd

\$42 members / \$54.60 non-members

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.

Wednesday 10:45 am to 11:45 am 10 weeks
September 21st – November 23rd

\$42 members / \$54.60 non-members

QIGONG (CHINESE YOGA) with Donna Elliott

Simple Energy Medicine techniques that teach your body's energies the flow for optimal health. Coordinated breathing with muscle movements, stretches, stimulating reflex, acupressure and lymphatic points create vitality, strength and relaxation.

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

September 21st – December 7th

\$63 members / \$81.90 non-members

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

September 21st – December 7th

\$42 members / \$54.60 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 to 9 am 11 weeks

September 26th – December 12th

*No class October 10th

\$46.20 members / \$60.05 non-members

Friday 8 am to 9 am 12 weeks

September 30th – December 16th

\$50.40 members / \$65.50 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 to 11:30 am 12 weeks

September 20th – December 13th

*No class October 11th

\$50.40 members / \$65.50 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 to 10:30 am 12 weeks

September 20th – December 13th

*No class October 11th

\$50.40 members / \$65.50 non-members

Friday 10 am to 11 am 12 weeks

September 23rd – December 16th

*No class October 14th

\$50.40 members / \$65.50 non-members

STRETCH IT OUT with Nathalie Mackesey

Stretch, massage and align your body with foam rollers exercises. A 30 minute class focusing on stretching out those muscles for the added benefits of balance and 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 seconds and repeat 3-5 times with each muscle group. All you will need is a foam roller 36" in length and a mat.

Monday 3:30 pm to 4 pm 10 weeks

September 19th – November 28th

\$21 members / \$27.30 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 to 2 pm 12 weeks

September 23rd – December 16th

*No class October 14th

\$50.40 members / \$65.50 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 to 11:45 am 12 weeks

September 21st – December 14th

*No class October 12th

\$50.40 members / \$65.50 non-members

Friday 9 am to 9:45 am 12 weeks

September 23rd – December 16th

*No class October 14th

\$50.40 members / \$65.50 non-members

TAI CHI with Sandra Jin

The gentle movements of this powerful Chinese exercise is practiced by people of all ages and fitness levels to improve health. It works on flexibility, blood pressure, arthritis, stress and much more. It can also be done in a chair.

Monday September 19th – November 28th

Beginner: 10 am to 11 am 10 weeks

Intermediate: 11 am to 12 pm 10 weeks

*No class October 10th

\$42 members / \$54.60 non-members

URBAN POLING Touring the Neighbourhood with Amanda Rutherford

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 while touring our local neighbourhood around the Beech Centre. Poles available to rent through the BOAA.

Monday 9:30 am to 11 am 8 weeks

September 26th – November 24th

*No class October 10th

Drop-in Fees of \$1.75 members / \$3 non-members

URBAN POLING Fall Foliage with Alan Chapman

Get all the added benefits of walking with poles (burn far more calories, tone your shoulders and core, improve posture, take stress off joints, knees and hips) while we explore a wide variety of local foliage trails. You will feast your eyes on all of the wonderful fall colours. 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.

Wednesdays & Fridays 9:30 am to 11 am 11 weeks

September 28th – December 9th

Drop-in Fees of \$1.75 members / \$3 non-members

YOGA with Sharon Wildeboer

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

Monday 9 am to 10 am 12 weeks

September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

Wednesday 9 am to 10 am 12 weeks

September 21st – December 14th

*No class October 12th

\$50.40 members / \$65.50 non-members

YOGA with Lisa Balsdon from Live In Motion

Tuesday 7 pm to 8:15 pm

September 13th – December 20th

10 sessions \$203.40 (2 post dated cheques of 101.70)

12 sessions \$229.71 (2 post dated cheques of 114.90)

Use anytime between the dates stated.

BOAA members receive 10% off all packages.

YOGALATES with Sharon Wildeboer

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

Monday 11 am to 12 pm 12 weeks

September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

ZUMBA with Veronica Vargas

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

Tuesday 9 am to 10 am 13 Weeks

September 13th – December 6th

\$54.60 members / \$71 non-members

Thursday 10:30 am to 11:30 am 13 weeks

September 15th – December 8th

\$54.60 members / \$71 non-members

Saturday 11:45 am to 12:45 pm 13 weeks

September 17th – December 17th

\$54.60 members / \$71 non-members

*no class October 8th



“NEW” ZUMBA COMBO with Veronica Vargas

This zumba® class includes cardio and respiratory endurance, balance training, muscle strengthening and power training for upper and lower body. You will also work abdominal and back extensor muscles and static stretching.

Friday 11:30 am to 12:30 pm 13 weeks

September 16th – December 9th

\$54.60 members / \$71 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 to 12 pm 13 weeks

September 14th – December 7th

\$54.60 members / \$71 non-members

ZUMBA GOLD & CHAIR COMBO with Veronica Vargas

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 to 2 pm 12 weeks

September 19th – December 12th

*No class October 10th

\$50.40 members / \$65.50 non-members

Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

Participate in a group demonstration with one-on-one help 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. Bring any materials, paints, brushes, paper or canvas you may already have. Materials will be discussed in more detail during the first class.

Thursday 1 pm to 3 pm 12 weeks

September 15th – December 1st

\$84 members / \$109 non-members

CHOIR with Allanah Coles & Donna Barber

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 to 11:30 am

Join us starting September 14th

Drop-In Fees of \$1.75 members / \$3 non-members

DRAWING with Paul Livingston

Using common drawing tools of pencil, pen and sketching pads, learn the basics, 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 draw landscapes, portraits, florals, animals and buildings in a relaxed and casual atmosphere with demonstration, personal instruction and positive encouragement.

Wednesday 10 am to 12 pm 12 weeks

September 14th – November 30th

\$84 members / \$109 non-members

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!

Wednesday November 16th 9:30 am to 1 pm

\$3 members / \$5 non-members

JAMMING GROUP with your BOAA Friends & Family

Join us for our weekly jam. Meet up at this casual drop-in with other musicians. Bring any or all of your instruments of choice 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 non-members

JEWELLERY MAKING with Lynn Morrison

Learn to make costume jewellery. In this 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.

Wednesday 10 am to 12 pm 4 weeks

October 12th – November 2nd

\$45 members / \$58.50 non-members

Art & Music Programs

“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 simply 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 1 pm to 2 pm 12 weeks
September 15th – December 1st
Drop-In Fees of \$5 members / \$8 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. 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 pm 8 weeks
September 21st – November 9th

First-time participants will need to purchase brushes from the instructor for \$23 at the first class.
\$10 members / \$13 non-members

PEN AND INK with Dianne Darch

SESSION 1: BIRDS

This session will be an introduction to birds. Learn the basics of depicting feathers using black ink. We will then work on a meadowlark and flowers. Line drawings will be provided so that you can concentrate on the ink work.

Monday 2:30 pm to 5 pm 4 weeks
September 19th – October 17th

*No class October 10th

\$28 members / \$35 non members

SESSION 2: WINTER SCENE

This session we will be putting pen to paper to create a winter scene. Line drawings will be provided so that you can concentrate on the ink work.

Monday 2:30 pm to 5 pm 5 weeks
October 24th – November 21st

\$35 members / \$43.75 non-members

SESSION 3: CHRISTMAS CARDS

Come and create a beautiful Christmas card in pen and ink to share or save for yourself. Line drawings will be provided so that you can concentrate on the ink work. Suggestions for adding colour will be provided.

Monday 2:30 pm to 5 pm
December 5th

\$7 members / \$8.75 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNER 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 12 weeks
September 23rd – December 9th
\$50.40 members / \$65.50 non-members

RECREATIONAL AFRICAN DRUMMING PART 2 with Julie Ditta

This course is for participants ready to advance from the basic drumming offered in the beginner course. 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 12 weeks
September 23rd – December 9th
\$50.40 members / \$65.50 non-members

SWEDISH WEAVING with Carol Shepherd & Phyllis Dougherty

Swedish weaving is a form of embroidery that differs from traditional forms. It is a very simple and straightforward form of needle work where the design is worked completely on top of the fabric. Unlike regular weaving, Swedish weaving does not require the use of a loom.

Includes: Monks cloth, needles, pins and refreshments.

Tuesday, October 11th 10am to 2 pm

*Each participant will need to bring a ball of 3 ply knitting worsted wool
\$10 members / \$13 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 to 2 pm 8 weeks
September 22nd – November 10th
\$18 members / \$23.40 non-members

“NEW” DROP-IN UKULELE with Allanah Coles

This drop-in is for those who know how to play the ukulele. Join us weekly for a fun session of playing songs we have already learned and adding new ones.

Thursday 2:15 pm to 3:15 pm
September 22nd – December 8th
Drop-in Fees of \$1.75 members / \$3 non-members

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 12 weeks
September 22nd – December 8th
\$108 members / \$140.40 non-members

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, September 18th 1 pm to 4 pm
\$35 members / \$45.50 non-members

“ZENTANGLE® INSPIRED ART”

Tangle three autumn ZIA'S – Zentangle inspired art projects and expand your tangle library. Perfect for decorating or gifting. Please bring all your introduction to Zentangle kit supplies. Class will include all additional supplies required to complete your ZIA masterpiece.

Sunday, October 16th 1 pm to 4 pm
\$35 members / \$45.50 non-members

“ZENTANGLE® INSPIRED ART”

Tangle three holiday ZIA'S – Zentangle inspired art projects and expand your tangle library. Perfect for decorating or gifting. Please bring all your introduction to Zentangle kit supplies. Class will include all additional supplies required to complete your ZIA masterpiece.

Sunday, November 13th 1 pm to 4 pm
\$35 members / \$45.50 non-members

Dance Programs

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

BALLROOM & LATIN DANCE with Instructor Bob Kerby

Foxtrot & Bolero

Thursday 2:30 pm to 3:30 pm 12 weeks

OR

Thursday 3:30 pm to 4:30 pm 12 weeks

September 15th – December 8th

*No class November 24th

\$77.40 members / \$100.65 non-members

LINE DANCING BEGINNER & INTERMEDIATE with Phyll Marshall

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

Monday 12 weeks

Beginner – 12:15 pm to 1:15 pm 12 weeks

Intermediate – 1:15 pm to 2:15 pm 12 weeks

September 19th – December 12th

*No class October 10th

\$30 members / \$39 non-members

“NEW” BEGINNER STEP DANCING with Gwen Cadman

Learn the basics of Canadian Step Dancing. Fun, energetic, low impact steps. Wear tap shoes or a hard sole shoe to join in the fun and fitness to Celtic music.

Monday 3:30 pm to 4:30 pm 5 weeks

September 12th – October 17th

*No class October 10

\$21 members / \$27.30 non-members

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

Join us starting September 13th

Drop-in Fees of \$0.75 members / \$1.25 non-members

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

Tuesday 10 am to 11 am 12 weeks

September 13th – November 29th

\$50.40 members / \$65.50 non-members

Level 2

Monday 9:45 am to 10:45 am 13 weeks

September 12th – December 12th

\$54.60 members / \$71 non-members

*no class October 10th

Wednesday 9 am to 9:55 am 13 weeks

September 14th – December 7th

\$54.60 members / \$71 non-members

Level 3

Monday 8:45 am to 9:45 am 13 weeks

September 12th – December 12th

\$54.60 members / \$71 non-members

*no class October 10th

Wednesday 10 am to 10:55 13 weeks

September 14th – December 7th

\$54.60 members / \$71 non-members

Computer & Digital Photography Programs

with
Brian Greenway

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

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

DESKTOP PUBLISHING ON YOUR iPad – INTRODUCTION

Apple's iPad offers ways to create documents from simple Invitations or Thank-you cards to the the Great Canadian novel. "Pages" is the last word in word processing giving you everything you need including templates to get you started writing and adding the pictures right from your device. Slide presentations (Keynote) and spreadsheets (Numbers), like Excel are available too. Some iPad experience is necessary.

Tuesday 4 pm to 6 pm 2 weeks
September 13th & September 20th
\$16 members / \$20.80 non-members

iPAD BY THE NUMBERS

Apple's iPad can be used to create Excel-like Spreadsheets for many data uses. The Numbers app has many templates available for your home budget, checklist or anything you need to calculate like a bank loan or mortgage. You can also sort lists and create inventories. Some iPad experience is required.

Thursday 1 pm to 3 pm 2 weeks
September 15th & September 22nd
\$16 members / \$20.80 non-members

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. 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 to 3:30 pm 7 weeks
October 20th – December 1st
\$56 members / \$72.80 non-members

"GETTING SORTED": ORGANIZING YOUR DIGITAL PICTURES

Tips and tricks to organizing, managing and simple editing of your digital images using excellent free software on a computer. Review important ways to store your images. Scanning techniques will also be covered for your old photos and documents. Bring a laptop is optional but some computer experience would be useful.

Wednesday 7 pm to 9 pm 2 weeks
November 16th
\$16 members / \$20.80 non-members

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 bring your own by installing a trial version.

Tuesday 7 pm to 9 pm 3 weeks
November 1st, 8th & 15th
\$24 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 you could do too? Learn ten simple, yet effective techniques, for capturing the moment and making more memorable photographs.

Tuesday, November 22nd 5 pm to 7 pm
\$10 members / \$13 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.

Tuesday 5 pm to 7 pm 2 weeks
November 29th and December 6th
\$16 members / \$20.80 non-members



CLARINGTON PHOTOGRAPHY CLUB

Meetings held bi-monthly at the Bowmanville Older Adult Association. Sharing, individual feedback and emphasis are the main goals of the club. For further information visit www.claringtonphoto.club or leave a message at 905-697-2856.

Inaugural meeting on Wednesday, October 19th from 7 pm to 9 pm
\$25 BOAA members / \$30 non-members

Computer & Technology Programs

with
Tanya Cochrane

BEGINNER LAPTOP

New to computers and don't know where to start? Come to this non-intimidating class to learn about your laptop. Connecting to the Internet, navigating your desktop and accessing programs on your computer will be covered. Please bring your Windows laptop and power cable to class.

Thursday 9:30 am to 11:30 am 3 weeks
September 15th, 22nd and 29th
\$24 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.

Wednesday, September 28th 6:00 pm to 8:30 pm
\$10 members / \$13 non-members

FACEBOOK (BEGINNER)

Join us in learning this social site! We'll cover how to manage your profile, posting updates and photos, understanding the newsfeed and communicating with friends and family. Please register for an account in advance and bring your password to class.

Friday 9:30 am to 11:30 am 3 weeks
September 16th, 23rd and 30th
\$24 members / \$31.20 non-members

FACEBOOK (INTERMEDIATE)

Have the basics of Facebook but want to know more? Join us for this intermediate class to learn about groups and events, adjusting settings, understanding trending and managing your friends list. Please bring your sign-in info (including password) to class.

Friday 9:30 am to 11:30 am 3 weeks
October 14th, 21st and 28th
\$24 members / \$31.20 non-members

WINDOWS 10 BASICS

This class will get you closer to using your new Windows 10 more efficiently. Learn about the new features of this operating system and how to adjust settings, use File Explorer, understand Cortana and Edge and customize your start menu. Lots of time for questions and practice will be provided. Ability to use a mouse is required.

Thursday 9:30 am to 11:30 am 4 weeks
October 13th, 20th, 27th and November 3rd
\$32 members / \$41.60 non-members

ANDROID TABLET (BEGINNER)

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.

Thursday 12:30 pm to 2:30 pm 3 weeks
October 20th, 27th and November 3rd
\$24 members / \$31.20 non-members

ANDROID TABLET (INTERMEDIATE)

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.

Thursday 12:30 pm to 2:30 pm 3 weeks
November 10th, 17th and 24th
\$24 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 want to move up from a flip phone.

Friday 9:30 am to 11:30 am 2 weeks
November 4th & 11th
\$16 members / \$20.80 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, saving and printing will also be covered. Bring your questions!

Wednesday 6:30 pm to 8:30 pm 2 weeks
October 26th & November 2nd
\$16 members / \$20.80 non-members



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

On the 2nd Level of the Clarington Beech Centre
26 Beech Avenue, Bowmanville ON, L1C 3A2
Monday – Friday 9 am to 5 pm or by special appointment
CLOSED October 6th to October 14th



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 Demo Cross
 Tebworth Brothers
 Fair Ambassador Competition

SATURDAY SEPTEMBER 10th

Children's Mystic Drumz Farm Show
 The Puppet Tamer
 Strongman Competition
 Kris Barclay
 Truck & Tractor Pulls

SUNDAY SEPTEMBER 11th

Children's Pet Show
 Kids Pedal Pull
 Kids Power Wheels Demo Derby
IMPACT MOTORS SPORTS DEMO DERBY

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Visit our website for a complete schedule of events



ADMISSION:
 Thursday 2 for 1 FAMILY NIGHT @5pm
 Friday Fair Admission \$10
 Friday Concert Admission \$15 (until Aug 20th) \$20 (Aug 21st)
 Saturday 9am & Sunday 8:30am \$10
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HOME COOKING *with Cathy*

This is a recipe which I tried at a friend's house last week. I thought it would work well as most of the ingredients are ready available at our local markets or in our gardens. I hope you enjoy it! The original recipe comes from a website called www.vegetablegardener.com.



by **Cathy Abernethy**

CLARINGTON PROMOTER CONTRIBUTOR

Versatile Green Bean Salad

Ingredients:

- 2 lbs. fresh green beans (I like to use the thin French beans)
- 1 Tbsp. good quality extra- virgin olive oil
- 2 cups of grilled or boiled corn (cut from the cob)
- 1 cup sundried tomatoes drained & diced
- 2 cups cherry tomatoes cut in half
- ½ cup diced red or sweet onion
- 1 tsp. sea salt to taste
- Minced herbs of your choice- eg. Basil, parsley, mint, thyme (optional)

Preparation:

1. Trim the ends from the beans, and boil until tender, about 6-8 minutes until tender-crisp.
2. Drain beans immediately and immerse in a bowl of ice water to stop cooking process
3. Drain beans and dry slightly with paper towel. Place in refrigerator until needed.
4. Cut the corn from the cob and sauté slightly in some olive oil - about 10 minutes.
5. When ready to assemble your salad, mix the above ingredients together with two serving forks and toss gently with the olive oil and salt.

Note: This recipe also mentions that you can add other ingredients as well. Here are some suggestions- toasted nuts of any kind, toasted sesame seeds, roasted pepper strips, sliced scallions, currants, diced dried apricots.

Serves 8-10 people



ERIN O'TOOLE
Member of Parliament for Durham



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Contact Erin

54 King St. E. Bowmanville, Unit #103
Telephone: 905-697-1699
Toll free: 1-866-436-1141
E-mail: Erin.OTOole@parl.gc.ca

WWW.ERINOTOOLEMP.CA



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by Doug Park
Rotarian

Rotary Youth Services Committee

Have you ever wondered what service clubs like Rotary International really do within our community?

I have been a member of the Rotary Club of Bowmanville for many years now.

Personally, this membership has been very rewarding to me. We have influenced the lives of many people in our community and communities around the world, and over the years I have made a lot of friends met some interesting people.

I would like to briefly share with you how our Club is organized and some of the recent work our Youth Services Committee has done this past year.

(insert new Rotary Logo somewhere in the story – was attached to email)

Our organization is structured similar to most other service clubs, in that we have a President, a Board of Directors and (in

our case) approximately 50 active members. We are part of a worldwide organization with more than 1.2 million members in more than 35,000 Clubs around the world.

Our Club meets every Tuesday morning, and each member participates in one of the following Standing Committees with-in: Club Service, Vocational Service, Community Service, International Service and New Generations Service.

The funds we raise within our membership and our community provides mentoring and financial assistance where it is most needed. For example last year we provided about \$40,000 in financial assistance to:

1. Big Brothers & Sisters
2. Picasso Kids Art Festival
3. Dr. Ross Tilley P.S Habitat Gardens
4. Atom Toro Junior Hockey Team
5. Matawa (Northern Ontario) Education Bursary
6. Courtice Rotary Exchange Student
7. Clarington Brunch-kins Children Breakfast Program
8. Durham Boys & Girls Club

9. Darlington Soccer Club Solina-Hampton Juniors
10. Durham College Hospitality Student – Bursary Contribution
11. Special Children Summer Gymnastic Camp
12. Firehouse Youth Centre
13. Five Elementary School Breakfast Programs
14. Children's Wish Foundation
15. Grandview Children's Centre
16. Rotar-Act student sponsorship for Rotary Adventure in Citizenship Program, Ottawa
17. Clarington Museum Children's Summer Camp

Rotary has developed what is known as The Four-Way Test. This test, which guides all Rotarians and Rotary activities, has been translated into more than 100 languages and asks the following four questions - of the things we think, say, or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

To learn more about Rotary – go to: www.bowmanville.rotaryclub.org

Thanks for reading. I trust you have a better understanding of Rotary..... Doug.

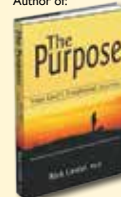
Bowmanville Rotary Club



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Author of:



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CARTER VETERINARY HOSPITAL IS OPENING IN BOWMANVILLE!

Dr. Linda Carter is beyond thrilled to announce the opening of her new Veterinary Hospital in West Bowmanville on the south side of Hwy 2 just west of the Green Road in West Bowmanville.

Linda is ecstatic that her dream is finally becoming a reality. "I have been planning this day since I was 6 years old," she exclaimed, and added "Our goal is for our patients to feel like they are at home, loved and safe".

The Carter Clinic features an amazing sun-lit waiting room with coffee and tea for her clients' parents, and a fantastic store to visit.

It offers a play area for the furless children, large exam rooms with kitty perches and climbers, comfortable floor areas for the larger dogs and counters & chairs for the medium to small visitors. It even has a comfortable living room setting with cozy fireplace for when we have to say goodbye.

Carter Veterinary Hospital will be open for patients and visiting mid September. All are welcome to stop by for a tour and free cuddles (for the furry children).

Grooming services are also be available. Linda and her staff look forward to meeting everyone!



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