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Volume 6 | Issue 4

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TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

December 2016

Bowmanville Older Adult Association 
2016/17 Winter Program Guide
(Pullout Inside)

Royal Service Real Estate Inc., Brokerage

Wanted – Farm Land & Rural Properties
WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.
PRICE: To be negotiated
DETAILS:
 Wanted 10-100+Acre Parcels • With or Without House & Barns
 Flexible Closing Date • Leaseback Opportunities
 Hay, Pasture & Crop Lands • Scenic & Wooded Lands
 Flat or Rolling Lands
FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION - please send an email to: JimAbernethy@RoyalService.ca with your contact telephone number and name, or call me direct on my cell: **905-261-7788**. *All inquiries are confidential and private.
 Not intended to solicit clients currently under contract with a Brokerage.

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Visit: www.claringtonpromoter.ca



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Bowmanville's hospital has a wonderful past. The determination of its early volunteers, mostly women, have had an incredible impact on its beginnings and growth for over 100 years. The first plan for a hospital in Bowmanville began in 1910. The Town Council, led by Mayor John J. Mason, opened a special account to begin setting aside money for a hospital. Not much happened until 1912, when J.W. Alexander who owned the Dominion Organ and Piano Company in Bowmanville, offered to give them a large brick house and six acres of land on Liberty Street South. He had just purchased the private residence and property from Hector Beith. This property was originally called "South Park" which was built in the mid 1850's by

Bowmanville's Hospital - A Healthy History

Peter Coleman. John McLean, a hardware merchant and Member of the Legislative Assembly lived there from 1868 to 1878. In 1878, the property was put up for auction and sold to Hector Beith who sold it to Alexander around 1912. Mr. Alexander said he would donate the large house and property with only one condition; that the community raise \$5000 to make the hospital operational. Soon, a group of ladies met in the Bowmanville Council Chambers and from that meeting the Ladies Auxiliary was born. The women immediately started a blitz to raise the funds needed for alterations to the building and new equipment. Church bells and factory whistles sounded every half hour to remind Bowmanville residents that the ladies were coming to their doors for contributions. They raised



J.W. Alexander who owned the Dominion Organ and Piano Company in Bowmanville, donated a large brick house and six acres of land on Liberty Street South. This became the first hospital in Clarington.

\$5,200, an incredible sum in those days. The milk, eggs and vegetables fed the patients and staff. Women from the Volunteer Auxiliary were involved in almost every aspect of getting the hospital running. They planted a vegetable garden and kept cows and chickens on the south part of the property. They bought fabric and made all the linens, patient's hospital gowns and doctor's scrubs. There was a flu epidemic (during the First World War) and the women came

Continued on Page 4

THIS HOLIDAY SEASON PLEASE HELP US SUPPORT OUR LOCAL ANIMAL SHELTER

WE WILL BE ACCEPTING DONATIONS FROM NOVEMBER 28TH TO DECEMBER 22ND
 MONDAY - FRIDAY FROM 9AM TO 5PM • 62 KING STREET WEST, BOWMANVILLE



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by Peter Hobb

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Charitable Giving

As the lead story for this edition of the Clarington Promoter is the history of the Bowmanville Hospital and the Bowmanville Hospital Foundation it seemed appropriate to write an article about Charitable Giving. This article is going to focus on a couple of strategies for making a significant gift to a charity.

A charitable gift of significant size is not only about giving a benefit to the charity but it is also about meeting your philanthropic objectives. There are many reasons why people give to a charity. Some of these reasons include giving back to the community, desire to

create a legacy for the future, belief in the cause, loyalty to a charity in which you have been very involved, and showing your appreciation for what the charity has done for you personally or a member of your family. Most charities have programs designed to meet the objectives you want to achieve including offering the appropriate level of recognition you are seeking for your gift.

Another reason for giving is the income tax savings that a charitable gift can generate. Although this is not normally the main reason for giving it is an important consideration. There may be certain strategies that are more effective than others in achieving the desired tax benefit. When making a charitable gift, it is important to get the proper advice to ensure that you will maximize the tax benefit of your gift.

Our income tax system of-

fers very generous incentives to encourage people to donate to registered charities. One such incentive is to eliminate the taxable capital gain on qualifying securities if the securities are donated directly to a registered charity. You not only eliminate the tax on the capital gain, you could also realize an additional income tax saving equal to approximately 50% of the current market value of the shares being donated if the donor is in the top tax bracket (taxable income over \$220,000). If the donor is in a lower tax bracket the saving would approximate 46%. This strategy would be a far better option than using cash on hand to make a donation and then selling some of your investments at a different point in time realizing a capital gain that would be subject to tax. It should be noted to be eligible for these incentives the securities have to be

donated in kind. If you sell the investments and donate cash, you will still have to pay tax on the capital gain. You will receive the tax saving based on the amount of cash donated. Examples of qualifying securities include shares listed on a designated stock exchange, an interest in a segregated (insurance) fund trust and shares of the capital stock of a Canadian public mutual fund corporation. Similar rules also apply to the donation of ecologically sensitive land and cultural property. The income tax benefit of this strategy may be even greater if the securities are donated by a corporation.

If you are looking at selling investments to raise cash, you could donate in kind a portion of the shares to a charity to eliminate the tax you would otherwise have to pay on the portion of the shares used to raise the cash. The amount to donate will

depend on the size of the overall gain on the securities you are selling.

Another effective way to fund a donation is with life insurance. For example, a life insurance policy could be purchased where the face amount is equal to the amount the donor wishes to donate through his or her will. On death, the insurance benefit would be paid to the estate to fund the donation. In this situation, you may wish to name the charity as the beneficiary. If the estate is the beneficiary of the policy, the proceeds from the insurance company will be subject to the claims of creditors of the insured. The donation, which equals the insurance benefit, can be claimed by the estate for tax purposes or by the individual in the year of death or the preceding year. You may also consider, if you are planning to cancel an insurance policy, transferring

ownership of the policy to a charity. The charity would become the beneficiary of the policy. It is likely the charity would look to the donor to continue paying the premiums by donating an equivalent amount to the charity to cover the annual premium. The donor would receive a tax receipt for the donations made. This is an effective strategy for someone wanting to make a significant contribution to a charity.

This article only touches on some of the strategies for making a significant donation. The information contained in this article is of a general nature and is not intended to address the circumstances of any particular individual or entity. No one should act upon such information without appropriate professional advice after a thorough examination of the particular situation.

WHITBY DUNLOPS - WORLD CHAMPIONS! CANADA 4 RUSSIA 2

by Ian Young, President

WHITBY DUNLOPS
WWW.WHITBYDUNLOPS.COM

The morning of March 9, 1958..Oslo, Norway, as a 11 year old I lay in my bed and listened to Foster Hewitt call this classic. A group of amateur hockey players faced off against a powerful Russian squad, attempting to bring the World Hockey Championship to Canada. The score was tied 2-2 late in the third period when Mr. Hewitt called it; "puck is loose in front of the Russian net, Bobby Attersley fires a wrist shothe scores!". This was the description of the winning goal, which helped the Canadians achieve their dream.

In 1963, I was an aspiring NHL goalie, courted by all six NHL teams. I was shown all of their junior cities and arenas (including the old Montreal Forum). The Boston Bruins brought me to Oshawa, via Brock Street in Whitby to encourage me to sign with the Oshawa Generals. On the route up Brock Street, I remember seeing the sign, Welcome to Whitby, Home of the World Champion Whitby Dunlops. Recalling the moment when Attersley scored, and what it meant to me as a Canadian, I immediately signed my contract with the Gens! Bobby Attersley later became the Mayor of Whitby, Wren Blair (Manager of the Dunlops) became the Manager of the Oshawa Generals in the

1963-64 season, Stan Waylett (Dunlop trainer) became the Generals trainer, player Gordon Myles became the trainer of the same Generals, player Ted O'Connor later coached the Generals for one year, player Harry Sinden became the distinguished General Manager of the Boston Bruins . Their legacy endures today! The team was treated to ticker tape parade, which included shutting down the 401 so fans could show their appreciation for this victory. This article represents the past. In the next edition of the Clarington Promoter I will describe the return of the Whitby Dunlops to Durham Region and our efforts to win the Canadian Championship, again!



The legendary Whitby Dunlops won the Allan Cup and the 1958 World Hockey Championship in Oslo.

Opinions and Views



by **Jim Abernethy**, Publisher

jimabernethy@hotmail.com

Bowmanville Memorial Hospital Foundation

During my term as Mayor of Clarington, I was a Member of the Veridian Corporation Board of Directors for which I received a very generous income. In my opinion, being a Board Member was just part of the Mayor's job.

So, I decided to donate my Veridian income to the Bowmanville Hospital Foundation, which is one of three Foundations supporting the Lakeridge Health Organization. The other Foundations are: Lakeridge Health Oshawa & Whitby and Lakeridge Health Port Perry.

My decision was easy because when you make a gift or donation to the Bowmanville Hospital Foundation your donation stays right here in our community, not necessarily so with the other two Foundations.

Early in my mandate as Mayor, the Bowmanville Hospital Foundation lobbied me and Members of Council to have Clarington make a multi-million dollar donation to their Foundation to help fund plans to upgrade the Bowmanville Hospital. This required adding a special levy/charge to every municipal property tax bill. Council voted to reject the request.

I know the Foundation was disappointed to learn I could not support their request for these reasons:

1. Our 2007 Municipal Budget was facing a more than 7 % increase in the property taxes, the result of deferred spending and commitments made by the previous Council.
2. Health Care Services is not a municipal mandate, it is a Provincial responsibility.

Adding the cost of Health Care Services onto the municipal tax bill was not in the cards, notwithstanding it would have been money well spent, if we had it to spend.

At that time, there were no funds in the Provincial budget and our Bowmanville Hospital was in desperate need of upgrades. In fact, you may recall that there was a looming threat by the Province to reduce services offered by the Bowmanville Hospital resulting in a possible closure.

To combat this threat we formed a strong community lobby group, held a public rally and were successful in pressuring both the Lakeridge Health Organization and the Province to back off.

Today, there is no threat of our Bowmanville Hospital closing. Last month, Eric Hoskin, Minister of Health and Long-term Care stated in the Ontario Legislative Assembly "Let me be clear. The Bowmanville Hospital is not closing and they will not experience any reduction in services, or cuts. There are no plans whatsoever to change the programs or the services and certainly not to close that Hospital. In fact, Mr. Speaker, I have received a new proposal for an Emergency Department at the Bowmanville Hospital..."

However some of those upgrades continue to be outstanding, and there still remains the question... how will the Province pay for it?

The Provincial funding formula favours community financial participation in hospital expansions and new builds.

Late in my mandate as Mayor, I proposed to Clarington Council that we dedicate a portion, or all of the \$10 Million that Clarington received from the Federal Government for the Port Granby Host Community Agreement. www.phai.ca My position at that time was that these Federal funds should be spent in such a way as to benefit everyone living within

our community, not just a select few.

Everyone benefits from having a modern hospital within our community, and the donation of those Host Community Agreement funds would avoid adding the donation to the property tax bill of every property owner in Clarington. Unfortunately, Council did not agree.

Making a substantial donation of those Federal Government funds to the Bowmanville Hospital Foundation made perfect sense then. It makes even more sense now because it appears that the Provincial funding formula for hospitals requires community financial participation.

Since that time, Clarington Council received another \$10 Million for a second Host Community Agreement with Ontario Power Generation (OPG).

To the best of my knowledge the majority of these \$20 Million have not been dedicated to any specific project(s) and those funds remain in term deposit accounts generating income to off-set annual budget spending increases.

Perhaps it is time Clarington Council use these funds to generate a better rate of return than bank deposit interest. For me, funding our community hospital thru the Bowmanville Hospital Foundation continues to be our best option.

Visit: www.bowhf.com



Wishing you the joy of family, the gift of friends and the best of everything for the New Year. – *The Abernethy Family*

Bowmanville's Hospital - A Healthy History

Continued from Page 1

in and cleaned the hospital from top to bottom.

On March 26, 1913 the hospital, then called Alexander Hospital, was officially opened with Sir John Gibson, Lt. Governor and Lady Gibson there to officiate. The President of the Hospital Board, Mr. J.H. Jury spoke of recent medical advances such as the introduction of chloroform by Sir John Simpson and the introduction of "antiseptic surgery by Lord Listers.

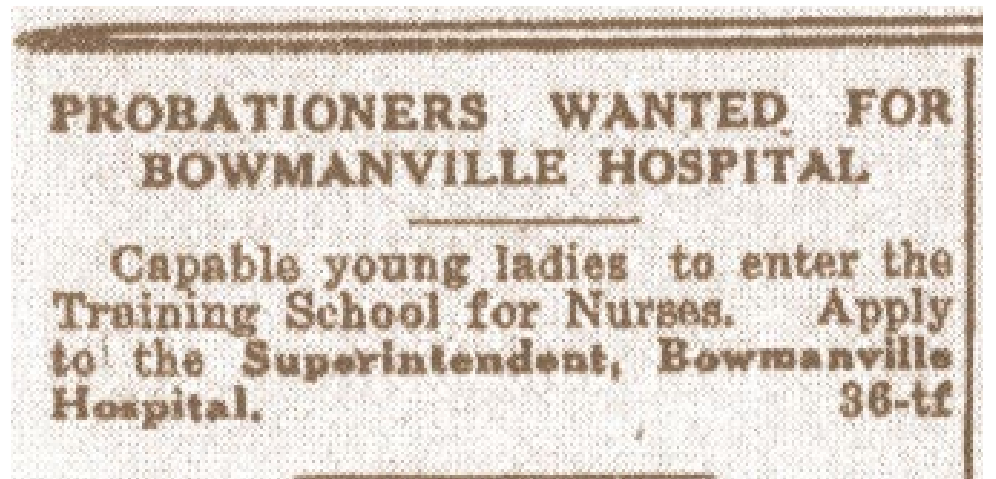
Miss Mable Bruce, a trained nurse, was the first Superintendent. Miss Isabella Moore was the Head Nurse and Miss Olive Troxel was hired as the Night Supervisor. The new hospital had 17 beds and a maternity ward. The surgery room was in the basement and patients were carried on stretchers by attendants from the second floor bedrooms, down the main grand circular staircase and through the foyer to the operating room. Also, in the early years, the hospital utilized the exten-

sive grounds to grow their own food for the hospital staff and patients.

At that time, many hospitals in Canada had their own Nurse Training Schools and Miss Bruce soon established one in 1916 on the same property. Nurses in training first lived in private residences or in the old carriage house behind the hospital. Many of the graduates stayed on as staff. In 1926, Norman James, was President of the Hospital and instrumental in raising money for the new Nurses Residence which was built that year on the same property just north east of the hospital. In 1941, the Ontario Department of Health brought in new regulations pertaining to teaching hospitals. Bowmanville's hospital did not meet the new standards and the Nursing School was discontinued. Later, the Nurses' residence became the Regional Health Unit Office, then an After Hours Health Clinic. Currently it is home to the Bowmanville Hospital Foundation.



In 1951, another fund raising project began in Bowmanville to build a completely new one-storey modern hospital on the same property and it was later expanded into the current hospital building. This building officially opened on July 31, 1951 and was called Bowmanville Memorial Hospital honoring our soldiers who were lost. It had 50 beds and there were now Provincial and Federal grants provided as well as funds from the Town of



Bowmanville and local fund raising. The cost of the hospital was \$400,000. Over 2000 people attended the opening ceremonies with the Hon. Mackinnon Phillips, the Ontario Minister of Health speaking there. Superintendent Gertrude Dewell, wearing her nurse's uniform, cut the ribbon. Branch 178 of the Bowmanville Legion had a special service to honour those who died in WW2. Four veterans participated in the ceremony; Tom Cowan, representing the Navy, Howard Brooking, (Army), Jack Gibbs (Air Force) and

Mrs. George Manion (Women's Division). The staff and nurses all wore red roses that were donated by Dr. Keith Slemon and Dr. Howard Rundle. On January 26, 1962, the new Memorial Hospital Addition was officially added now giving them 129 beds. In 1976, a separate corporation, The Memorial Hospital Foundation-Bowmanville was founded to ensure that contemporary facilities and equipment could be provided on a continuing basis for the hospital. In 1980, there was a significant fire at the hospital, which re-

sulted in building a new east wing. Over the years, more renovations and additions were needed to house the extensive programs and services offered. Each time relying on the volunteers and generosity of the community. In 1998 the hospital, was placed under the administration of the Lakeridge Health Corporation. Memorial Hospital was subsequently renamed Lakeridge Health Bowmanville. Today, Lakeridge Health Bowmanville is a fully accredited hospital servicing the municipality of Clarington.



Continued on Page 23

Report to the Community 2015-16



Message from the Board Chair



2015-16 has been an incredible year! Our donors – YOU – have shown us what your hospital means to you.

One of the outstanding accomplishments this year was the purchase of the CT Scanner for Lakeridge Health Bowmanville. **THANK YOU** for making this possible. **The Government does not fully fund healthcare in our hospital – that's why our Foundation is here and has been for 40 years!**

We fundraise to bridge the gap

between Government funding and the greater needs of our hospital. You make the difference! You can be proud of what you've done for your hospital and your community. We are!

The Foundation Board is committed to working alongside you in the coming months and years to achieve even more for healthcare in our community and to prepare for the redevelopment of Lakeridge Health Bowmanville.

On behalf of the Board of Directors, we wish to express our heartfelt Thank You.

—Chris Kooy



Thank You for our New CT Scanner



The Diagnostic Imaging team at Lakeridge Health Bowmanville also want to say "Thank You" for your wonderful support and, for helping to fulfill their promise of delivering patient-centered care, each and every day.

The new CT Scanner:

- significantly reduces radiation dose
- high speed processing means faster scan times
- more examinations performed daily

- reduces wait times
- improves image quality
- increased scope of procedures such as a CT Colonoscopy

"One of the reasons why we selected this new CT Scanner was because of the ability to upgrade the equipment in the future instead of completely replacing it."

—Lydia Antalfy, Director, Diagnostic Imaging

Your Gifts At Work

With every gift you make to the Bowmanville Hospital Foundation, you help strengthen the health of your community.

The majority of funds were dedicated to helping fund the new CT Scanner, however, because of you, we were also able to purchase the following equipment.

Eye Centre

- Specialized Camera & Recorder **\$30,000**
- Zeiss Microscope **\$40,000**
- Cataract Instruments Sets **\$3,480**
- Patient Recliner **\$1,500**
- Instrument Containers/Baskets **\$5,000**
- Scope Buddy Units **\$4,400**

Medical Surgical Unit

- Sera Steady Lift **\$2,000**
- 2 Blood Pressure Units **\$9,000**



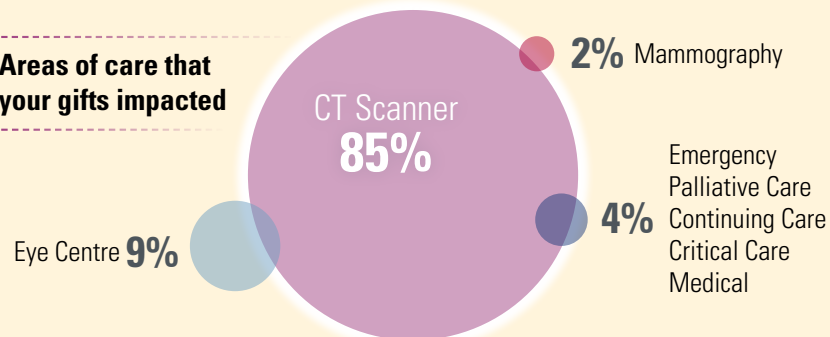
Board of Directors 2016

(Left to right): Fiona Hodgkinson, Jim Storey, Melissa Hannon—Treasurer, Kirk Kemp—Vice Chair, Brenda Miller, Robert Malone, Edmond Vanhaverbeke, Chris Kooy—Chair (Missing at time of photo): Rose Kuipers, Dr. Wil Lottering, Dr. Barry Guppy

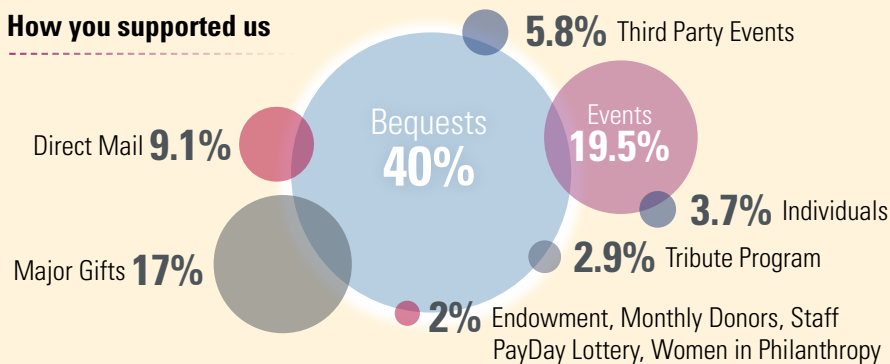
2015-16 Financial Highlights

Great news! A total of \$ 1.1 million was raised in our fiscal year. The majority was dedicated to the new CT Scanner.

Areas of care that your gifts impacted



How you supported us



Building towards our future

The Foundation continues to build on the strength and commitment of a caring community, a dedicated donor base and strong staff and volunteer leadership.



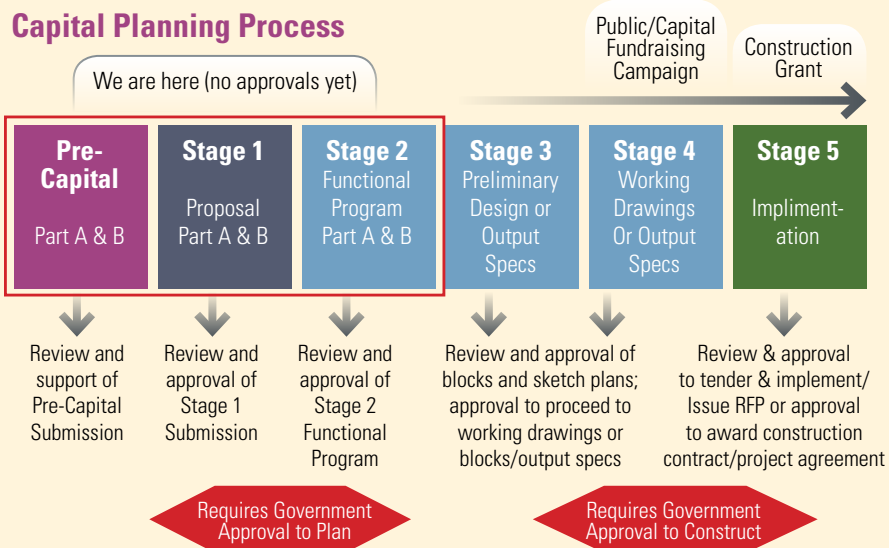
Until No Patient Needs Us
WE NEED YOU!

▲ Preliminary drawing of the future expansion

An expansion project is on the horizon for Bowmanville, however, in the meantime there is still much to be done. Our community's healthcare needs won't wait until we have a new building.

Until we receive a green light on the capital project, the Bowmanville Hospital Foundation will continue to work with you to raise funds to help purchase high priority equipment for Lakeridge Health Bowmanville.

Capital Planning Process



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THE JOY OF GIVING



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**Clarington's
"Hidden Treasure for
55+ Older Adults"
– Visit US 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 Focused • Quality Programs •

GROWING TOGETHER AN INTER-GENERATIONAL APPROACH

Thank you to our friends at Clarington Central Secondary School for partnering with us to host some AMAZING programs combining our older adults and youth. We have truly enjoyed the experience and look forward to continuing to work together in future.

If you or your organization have any interest in partnering with the BOAA to increase inter-generational programs and events please contact Angie Darlison at 905-697-2856
execdirector@bowmanvilleolderadults.com

PROGRAM IDEAS?

Are you interested in Writing a Book? Chess Club? Snooker Lessons? Men's Club? Ladies Club? Global Warming Information Sharing? Ladies Night?

We are always looking for new and exciting programs and events to share with you!

Please contact us if we are missing something you have always been looking for...

WE WANT TO HEAR FROM YOU!

905-697-2856
programs@bowmanvilleolderadults.com

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- Drop-In Programs
- Trips & Travel

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- Upcoming Events & Fundraisers

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- Workshops & Seminars

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- Workshops & Seminars
- Sports & Activities

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- General Interest Programs

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- General Interest Programs
- Partnership Programs

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- Fitness Programs

PG.10

- Fitness Programs
- Art & Music Programs

PG.11

- Art & Music Programs
- Dance Programs

PG.12

- Computer & Digital Photography Programs
- Computer & Technology Programs

VOLUNTEERS *"Always Wanted & 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, Drivers, Maintenance, Welcome Ambassadors and Facility Helpers. The list goes on and on ...

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.

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, Transportation, Luncheon and Café Passes
 - Handmade items created by BOAA volunteers

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 from December 24 to January 2, February 18 to 20, April 14 to 17, and May 20 to 22.

WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact Claire McAllister-Gass 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.

EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com

Sharon Mansfield:

events@bowmanvilleolderadults.com

Stella Riccio:

administration@bowmanvilleolderadults.com

Chelsea Wolf:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

rwthomson@hotmail.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Amanda Rutherford:

klipz@bowmanvilleolderadults.com

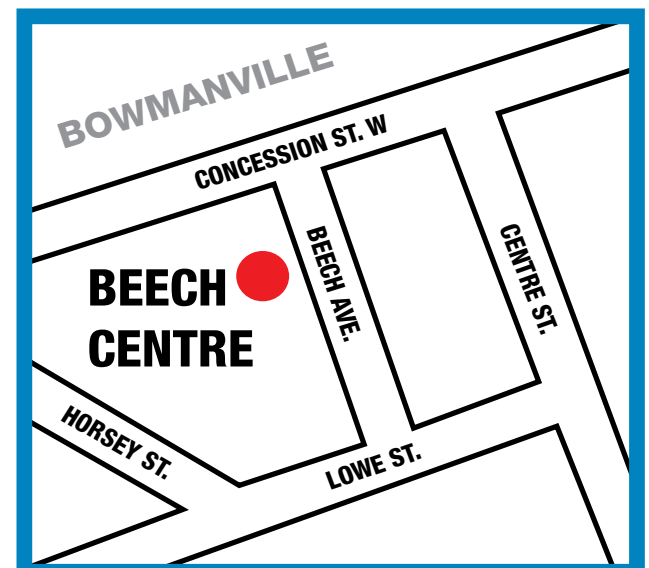
Claire McAllister-Gass

wheels@bowmanvilleolderadults.com

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



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.

COME FIND US ON SOCIAL MEDIA #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](#)



Instagram:

[bowmanvilleolderadults](#)



Youtube:

[Bowmanville Older Adult Association](#)



Twitter:



[@BowmanvilleOA](#)



Pinterest:

[BOAA](#)

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Cribbage & Euchre	9:30 am	Walking	9 am	Table Tennis	10 am	Walking	9 am
Book Club Once Per Month	10 am	Scrabble	9:30 am	Choir	10 am	Wood Carving	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Social Bridge	9:30 am	Beginner Bridge Drop In	1 pm	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Table Tennis	10 am	Canasta	1 pm	Craft Group	1 pm	Darts	1 pm
"NEW" Darts	1 pm	Square Dancing	12:45 pm	Intermediate Yoga	2 pm	Bid Euchre	1 pm	500 Cards	1 pm
Duplicate Bridge	1 pm	Mahjong	1 pm	Weekly Drop-In Fee Schedule Duplicate Bridge: \$3.50 members \$5 non-members Square Dancing: \$0.75 members \$1.25 non-members All other drop-in programs: \$1.75 members \$3 non-members Progressive Fundraising Euchre: \$3 members \$5 non-members	Mahjong	1 pm	Saturday Table Tennis 10 am Social Bridge 1 pm Bid Euchre 1 pm		
Cribbage	1 pm	Social Bingo	1 pm & 2:15 pm		Ukulele	2:15 pm			
Bid Euchre	7 pm	Friendship Group	1 pm		Pickleball	7 pm			
 SOCIAL BINGO Tuesday at 1 pm \$1.50 per person for as many cards as you wish for 6 games 25¢ for dabber for 1 game sheet Tuesday at 2:15 pm \$1.25 per card for 10 games 25¢ for dabber for 1 game sheet		Theatre Group	2:30 pm		Social Bridge	7 pm	Sunday Bid Euchre 1 pm		
		Pickleball	3 pm		Texas Hold'em Poker	7 pm			
		Jam Session	6:30 pm		 BOAA SNOOKER CLUB Open to experienced and less experienced players. The club has 21 time slots per week available for members to play their games, and uses a handicapping process so that good and not-so-good players can compete evenly with one another. For information contact Alan Tibbles via a message at the front desk \$1.75 members / \$3 non-members				
		Progressive Fundraising Euchre	7 pm						

Trips & Travel

Dominican Republic 2017

January 18th to 25th, 2017 (7 nights accommodation)
 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

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

Irish Rovers at Casino Rama

Saturday March 18, 2017
 Come and join us on a day trip to see the 50th Anniversary tour of these international ambassadors of Irish music who have maintained their ability to deliver a rollicking, rousing performance of good cheer.
\$79.00 per person
 Includes: Coach Bus transportation, buffet dinner, show and a small donation to the BOAA
 The bus will leave the Beech Centre at 3:30 pm

A Day in the Country

Wednesday June 28, 2017
 Join the BOAA on a trip to Prince Edward County where we will be having a tour of the beautiful lavender fields. We will enjoy lunch at the Waring House overlooking the fields of lavender. After lunch we will make our way over to County Cider for wine tasting and then off for a visit to Black River Cheese.
\$112.00 per person
 Includes: Coach Bus transportation, lunch, wine tasting, and cheese factory tour and a small donation to the BOAA
 The bus will leave the Beech Centre at 8:30 am

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

January 27th – Meat Pies

February 10th – Cherry Pies

March 24th – Lemon or Coconut Cream Pies

Please visit the centre to pre-order prior to the Wednesday before – Pick Up's start at 1:30 pm on the day of the baking

Bridge Social with CASH PRIZES

Modified progressive format, winners move up and switch partners, losers stay and switch partners. Chicago Scoring. No advanced registration required, however you must arrive and pay prior to 1:15 pm.

Sunday December 4th, January 8th, February 5th,

March 5th, April 2nd

1:30 pm to 4:30 pm

\$8 members / \$10 non-members

Christmas Luncheon with the BOAA Choir

Join us for our regular Tuesday luncheon followed by a mini concert from the BOAA Choir

Tuesday December 6th

12 pm

\$8.05 members / \$11.40 non-members

Christmas with Clarington Concert Band

Includes: Concert, refreshments and cash bar.

Thursday December 8th

7 pm

\$6 members / \$8 non-members

Sponsored by The VanderDium Mortgage Team

Christmas Dinner & Dance

Entertainment followed by DJ Dancing with Then & Now.

Saturday December 10th

5 pm Social 6 pm Dinner

\$30 members / \$35 non-members

Christmas Luncheon

Includes: Lunch, and Christmas Pageant with the BOAA Programs & Courses

Tuesday December 13th

11 am

\$ 8.05 members / \$11.40 non-members

Social Dances with The Clarington Beech Nuts

Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.

Friday December 16th, January 20th, February 17th,

March 17th, April 21st, May 19th

1 pm to 4 pm

\$3.50 members / \$5.50 non-members

Holiday Party and Performance with the BOAA Theatre Group

Join us for our regular Tuesday luncheon followed by a holiday performance from our Tuesday afternoon Theatre Group

Tuesday December 20th

12 pm

\$8.05 members / \$11.40 non-members



Open Mic

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

Sunday January 15th, March 19th, May 28th

1 pm to 4 pm

FREE & Open to ALL with cash bar and refreshments for purchase!

Euchre Extravaganza

Includes: 12 games of Progressive Euchre, Buffet Dinner, Door Prizes and Draws

Saturday January 14th, March 11th, May 13th

3 pm

Preregistration is required to guarantee a spot so please pick up a ticket in advance or call to have one placed on hold prior to Thursday before the event.

\$10 members / \$12 non-members

Robbie Burns Luncheon

Celebrate the life of the famous Robbie Burns, with a service, entertainment and complete meal of haggis, meat pie and all the fixings.

Tuesday January 24

11:30 am

\$8.05 members / \$11.40 non-members

ZUMBATHON with VERONICA VARGAS

Join the party in support of the BOAA with an afternoon of Zumba with our one and only Veronica! Wear blue and white to support the cause. Draws, Door Prizes and Raffles.

Sunday January 29th

1 pm to 3 pm

\$20 members / \$25 non-members

Smile Theatre "Becoming Carol"

"Becoming Carol" written and performed by Laura Caswell. As a young actress attempts to "become" her hero, Carol Burnett, she explores singing her songs, relating Ms. Burnett's wonderful stories and even re-enacts some of her most famous sketches. As she realizes all the wonderful gifts Carol has given audiences, the actress realizes that Ms. Burnett has also paved the way for female feisty comedic performers like herself. Full of laughter, zany characters, music, dance and storytelling, Becoming Carol is a show sure to warm the heart and tickle the funny bone.

Thursday February 2nd

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

Valentine's Day Luncheon

Dress in red and join us for our regular Tuesday luncheon

Tuesday February 14th

12 pm

\$8.05 members / \$11.40 non-members

BARN DANCE with Larry Adams & The Good Tymes Band

Dance the night away with our live band, door prizes, cash bar and refreshments will be served.

Saturday February 18th

8 pm to 12 am

\$10 members / \$12 non-members

Pancake Breakfast in Support of Epilepsy Durham Region

Kick off National Epilepsy Awareness Month with our annual pancake eating competition.

Tuesday February 21st

7:30 am to 9 am

Admission by donation

Sponsored by the Rotary Club of Bowmanville

Bid Euchre Bonanza

Includes: 10 games of Bid Euchre, Mid-Day Buffet, Door Prizes & Draws

Saturday February 25th, April 8th

11 am

Preregistration is required to guarantee a spot so please pick up a ticket in advance or call to have one placed on hold prior to Thursday before the event.

\$10 members / \$12 non-members

Paint Day with Sarah Shaw

Local Artist Sarah Shaw will walk you through the painting process to create your own canvas masterpiece. No experience necessary. Includes: refreshments, desserts and fun with friends.

Monday March 6th

7 pm

\$45 members / \$50 non-members

St. Patrick's Day Luncheon

Get your green on and prepare to party with us - lunch will include Irish Stew, Potatoes, Salad, Dessert and Tea and Coffee, Cash Bar and Entertainment

Tuesday March 14th

12 pm

\$8.05 members / \$11.40 non-members

2nd Annual Taste of Home at The Clarington Beech Centre

Join us as we welcome local food and beverage vendors to feature samplings of their speciality dishes. Includes complimentary tastings with entertainment, door prizes and a silent auction.

Wednesday March 29th

5 pm

\$30 members / \$35 non-members

Annual General Meeting and Member Potluck

Please join us for the election of new board members, review of financials and an overview of plans for the future.

Friday March 31st

12 pm

"FREE" - simply bring a food item to be shared

Smile Theatre "Canada Birthday Show"

Join in the celebration of Canada's 150th Celebration with an afternoon of song, showing the spirit of our Canadian Heritage.

Thursday May 11th

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

Variety Night

Join us as we showcase a great night of local talent.

Wednesday May 17th

7 pm

\$5 members / \$7 non-members

TUESDAY LUNCH

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

\$8.05 members / \$11.40 non-members

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

**This helps staff and volunteers
with planning and preparation.**

No lunch: January 3, February 21, April 18

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.

BOAA VOLUNTEER TAX CLINIC

Requirements:

Individual Income of less than \$30,000

Couple Income less than \$40,000

Please bring a copy of your previous year's return along with all receipts, T Forms and Notice of Assessment for 2015.

For more information please contact Stella
905-697-2856 Ext. 46

“FREE” Blood Pressure Clinic with Coby Booth

Stop by to have your blood pressure checked by our Volunteer RN in the café hallway.

Tuesday

**January 10th & 24th, February 14th & 28th,
March 14th & 28th 9:30 am to 12 pm**

Dream Boards with Jenny McKee from Creating Inspiration

Do you struggle with staying positive? Maybe you're looking for new ways to get inspired and motivated to live your best life! Join Jenny McKee, founder of Creating Inspiration, for this interactive and fun Dream Board 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 be, 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 for this FUN and inspirational CREATIVE activity. You'll take home your own framed Dream Board to keep you motivated and inspired! NO Artistic Skills required!

Wednesday February 8th 1 to 4pm

\$45 members / \$50 non-members

Gratitude Journal with Jenny McKee from Creating Inspiration

Studies have shown that the more we focus on what we are thankful for and appreciate in our lives, the happier, healthier and more grounded we are. Learn more about HOW gratitude works and find out why writing down 3 or 4 things each day that we are grateful for... leads to more abundance in our life! When we learn how to focus our attention to what is GOOD... we get more of it! Join Jenny McKee of Creating Inspiration for this motivational and inspirational workshop. You will CREATE your own one of a kind Gratitude Journal to take home! All materials provided and there are NO Artistic skills required!

Wednesday March 8th, 1pm-4pm

\$45 members / \$50 non-members

“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.

“How to deal with Estate Conflict” with Robert Shiell from IDEAL Mediation Inc.

An in-depth conversation about family conflicts associated with estates. We will review common areas of contention and the methods available to resolve them. This is an interactive session, questions and comments are welcome.

Wednesday January 18th or

Wednesday February 15th

1 pm

“FREE” SPOKEN WORD POETRY WORKSHOP with Andrea O'Farrell

Learn what you don't already know about spoken word poetry. Demo performance and Q&A Session planned.

Friday January 20th

10:30 am to 12 pm

“FREE” Older Adult Workshop Series presented by No Place Like Home Companion Care

WINTER SAFETY TIPS FOR OLDER ADULTS

Hosted by Jessica Johnson, Owner & Founder of No Place Like Home Companion Care.

Baby, It's Cold Out Side! When the temperature drops, Older Adults run a higher risk of health problems and injuries related to the weather. Like most things in life it is better to be prepared. Let us teach you a few precautions everyone should take, especially Older Adults, this time of year. Complementary refreshments included.

Friday January 6th at 1 pm

THE IMPORTANCE OF TAKING THE APPROPRIATE MEDICATION ON TIME

Hosted by Brad Chmarney, Pharmacist/Owner of Pharamsave Bowmanville

Taking your medications regularly includes taking all of your doses, and at the proper intervals during the day. This ensures that you have the effective amount of drug in your body at all times. Learn the extended importance of appropriate administration of medicine and how misuse can be detrimental to one's health. Complementary refreshments included.

Tuesday January 10th at 1 pm

HOW SOCIAL CONNECTIONS KEEP OLDER ADULTS HEALTHY

Hosted by Jessica Johnson, Owner & Founder of No Place Like Home Companion Care.

Research has shown that social interaction offers Older Adults many benefits. Staying socially active and maintaining interpersonal relationships is not only therapeutic to the aging mind, but essential to one's mental, physical, and emotional state. Join us and gain knowledge of how and why social connections are so important to the positive maintenance of one's cognitive and physical health. Complementary refreshments included.

Thursday January 12th at 1 pm

BENEFITS OF YOGA/CHAIR YOGA FOR OLDER ADULTS

Hosted by Emily Day, Experienced Gerontological Yoga Instructor.

Yoga can have a number of benefits for Older Adults, from healthy bones to flexibility to anxiety relief. Chair Yoga can bring lower blood pressure, improved flexibility and increased balance benefits to your life along with top poses for 55+. We want you to live the quality of life you deserve. Join us to learn how Yoga/Chair Yoga can bring balance and positive benefits to your life along with top poses for 55+. Complementary refreshments included.

Tuesday January 17 at 1 pm or 6 pm

FINANCIAL IMPACTS ON YOUR HEALTH AS YOU AGE

Hosted by Douglas J. Ellis, Financial Advisor, Sun Life Financial Bowmanville.

“You have worked hard at planning for the retirement of your dreams. If you are in good health now, it may be difficult to imagine the care you will need as you age. More than 1 in 3 Canadians age 45 or older provide informal, unpaid care to seniors. Supporting an aging family member can take its toll emotionally, physically and financially. So if you have ever provided care for a loved one, you can appreciate why it is so important to plan for your own health care needs in retirement. Our discussion will offer suggestions that may help ensure your future is protected!” Complementary refreshments provided.

Thursday January 16th 1 pm to 6 pm

7 SIGNS YOU OR A LOVED ONE MAY NEED EXTRA HELP

Hosted by Jessica Johnson, Owner & Founder of No Place Like Home Companion Care.

Having the conversation about you or a loved one needing assistance with the activities of daily living is never easy, though very important. Being in a state of denial is all part of the normal process. Learn how to recognize the 7 signs extra care may be in yours or a loved one's best interest. Complementary refreshments included.

Wednesday January 25 at 1 pm or 6 pm

“FREE” DIABETES SUPPORT GROUP with Lakeridge Health

For more information or to register for one of the following Lakeridge Health Seminars please contact Lynda Dus 905-576-8711 Ext. 3158.

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

HEALTHY EATING ON A BUDGET

Healthy eating doesn't have to be expensive. Learn how to make healthy food choices on a budget.

Wednesday February 8th 1:30 pm to 3:30 pm

KIDNEY HEALTH

Keeping your kidneys healthy is an important part of your diabetes management. Learn about ways you can monitor your kidney health and help prevent kidney problems. Our guest speakers are kidney care professionals and volunteers who live with chronic kidney disease.

Wednesday March 8th 1:30 pm to 3:30 pm

DIABETES MEDICATIONS

Learn more about diabetes medications and how they can help you control your diabetes.

Wednesday April 12th 1:30 pm to 3:30 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 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 March 4th

9 am to 12 pm

\$30 members / \$35 non-members

Active BOAA Volunteers only pay \$15

Preregistration is required.

“FREE” CHANGING BEHAVIOUS 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.

Monday March 8th at 1:30 pm

TAX CLINIC with Peter Hobb from Collins Barrow

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

Wednesday March 15th

7 pm to 9 pm

Please contact Stella at 905-697-2856 Ext. 46 to book your appointment in advance. Clinic to be held at 1748 Baseline Rd W, Courtice, ON L1E 2T1

“FREE” Downsizing and Relocating Presentation with Melody Eeuwes

Frustrated at the thought of where to begin? Let us help you find the retirement living that's right for you. Explore some of the options available in the Durham Region and surrounding area. We can work with you from start to finish. “We take the stress, worry and time commitment out of your move”. Complementary refreshments and treats will be provided.

Wednesday January 18th at 11 am

or Wednesday April 5th at 11 am

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.

ENERGY MEDICINE for BEGINNERS 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, January 11th or Wednesday March 8th

1 pm to 2:30 pm

\$5 members / \$7 non-members

POSITIVE ENERGY IN THOUGHT with Donna Elliott

All thoughts are energy, and by making some simple yet effective changes you 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, January 18th or Wednesday March 15th

1 pm to 2:30 pm

\$5 members / \$7 non-members

We-Fix-U Bowmanville presents the following series for FREE!

FREE PHYSIOTHERAPY ASSESSMENT DAY Hosted by Physiotherapist David Evans

Do you have aches or pains? Our physiotherapist is skilled in the assessment and management of a broad range of conditions that affect the musculoskeletal, circulatory, and respiratory and nervous systems. This is a value of \$85.

Wednesday January 18th

By Appointment ONLY starting at 11 am

Limited to the first 8 participants to register

ARE YOU WEARING THE RIGHT FOOTWEAR? HOSTED BY CHIROPDIST CRISTOL SMYTH

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

Wednesday February 15

1 pm to 2 pm

DIABETES AND YOUR FEET HOSTED BY CHIROPDIST PETER GREAVES

Foot problems are very common in people with diabetes and can lead to serious complications. Learn the basic information about how diabetes affects your feet and what you can do to keep our feet healthy.

Monday January 23rd

2 pm to 3 pm

POOL THERAPY HOSTED BY PHYSIOTHERAPIST KERVI BATAK & PTA KANDACE TREMBLAY

Come on in and learn the amazing effects that pool therapy has on the body. Pool therapy uses the physical properties of water to assist in patient healing and exercise performance. We can introduce you to a wonderful, warm, salt water pool therapy program.

Friday March 21st

10 am to 11 am

OSTEOPOROSIS HOSTED BY PHYSIOTHERAPIST DAVID EVANS

Learn how to stay strong. What is a safe/dangerous/high risk exercise for you?

Wednesday April 12th

11:00 am to 12 pm

YOUR BEST YEARS ARE YET TO COME HOSTED BY CHIROPDICTOR ROGER KARAM

Learn about the benefits of Chiropractic care. Ask the expert questions and learn more about our bodies' information highway.

Wednesday April 5th

10 am to 11 am

PHYSIYOGA HOSTED BY YOGA INSTRUCTOR AND PHYSIOTHERAPY ASSISTANT SARAH MICHELLE CROULL

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+.

Wednesday February 8th

1 pm to 2 pm

15 MINUTE CHAIR MASSAGES HOSTED BY REGISTERED MASSAGE THERAPIST STEVE CLYNICK

Everyone deals with aches and pains, but not everyone has the time or cash for a professional massage. This is your opportunity to experience the benefits that massage therapy can give you. Sign up for a complimentary 15 minute professional massage.

Tuesday March 7th

By Appointment ONLY starting at 2 pm

Limited to the first 6 participants to register.

“FREE” Seniors on the Move Seminar presented by Masood Vatandoust, Seniors Real Estate Specialist and Bev Sirrs, Real Estate Sales Representative

Should you move or should you stay? This seminar is about helping you determine what is the next best move and what steps to take to make a smooth transition for all involved. Learn about the different options available, tips on how to get organized and what local support services are available. This is a free seminar but please register at www.realestateindurham.com/seminar or by calling 905-987-1234.

Thursday January 26th at 6 pm or March 30th at 10 am

Sports & Activities



Fly-Tying Course with Chris Krysiak

Tuesday 4:30 pm to 6:30 pm 3 weeks

January 24th, 31st & February 7th

(Includes: all required equipment and supplies)

\$55 members / \$50 non-members

“NEW” FLY-FISHING with Bob McKenzie

Basis of fly-fishing and preliminary casting instruction with demonstrations, including an overview of equipment. Rubber boots and sun wear are recommended all other equipment will be provided. Please dress according to conditions.

INTRO & REVIEW OF FLY-FISHING

Monday March 20th

2:30 pm to 4:30 pm

\$12 members / \$15 non-members

EQUIPMENT & CASTING OF FLY-FISHING

Monday March 27th

2:30 pm to 4:30 pm

\$12 members / \$15 non-members

CASTING & STREAM VISIT

Monday April 3rd

2:30 pm to 4:30 pm

\$12 members / \$15 non-members

CASTING ON THE WATER

Monday April 10th

2:30 pm to 4:30 pm

\$12 members / \$15 non-members

GOLF INSTRUCTION with Local Master Golf Teacher Bill Bath

Everyone can learn how to golf. Whether you are a beginner or more experienced player Bill will have tips and tricks to share with you to improve your game. Each session will be interactive with time for open floor questions.

Wednesday 2 pm to 4 pm 3 weeks

February 22, March 1st & 8th

\$10 members / \$12 non-members

“SOCIAL & FUN” MIXED BOWLING LEAGUE

Held at the Newcastle Town Hall

Join us for a fun afternoon with friends.

Thursdays 1 pm to 3 pm

January 5th – April 28th

\$30 members / \$35 non-members

(Includes: weekly prize draw, admission to year end sports banquet held in November 2017 & fun with friends). \$5 per week is payable each week at the alley

PICKLEBALL

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

Tuesday 3 pm to 5 pm

Thursday 7 pm to 9 pm

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

All participants within pickleball are invited to our year end sports banquet held in November 2017 for \$15 per person. Please call Tom/Robin at 905-697-2856 if you would like to book additional court times when available.

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.

Wednesday 6 pm to 8 pm 7 weeks

March 8th to April 19th

\$46.20 members / \$60.10 non-members

BRIDGE THE NEXT STEPS TO SUCCESS... with Alan Tibbles

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

Lessons will be organized and implemented based on interest, so if you would like to participate in lessons please complete a registration form at the front desk and a program will be set up.

BOWMANVILLE BOOK CLUB

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

Monday 10 am – 11 am

January 16, 2017

Discussing – Wild Girl by Kate Forsyth

Picking up – Call the Mid Wife by Jennifer Worth

February 27, 2017

Discussing – Call the Mid Wife by Jennifer Worth

Picking up – Above all Things by Tanis Rideout

March 20, 2017

Discussing – Above all Things by Tanis Rideout

Picking up – Flee, Fly, Flown by Janet Hepburn

April 24, 2017

Discussing – Flee, Fly, Flown by Janet Hepburn

Picking up – Jade Peony by Wayson Choy

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 and cut and paste projects to fabric painting as well as seasonal projects. This session will concentrate on some easy, fun seasonal projects. Supplies will be provided.

Thursday 1 pm to 3 pm

January 19th to April 27th

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

CULINARY LESSONS

with Chef Simon Bush from Bistro 238

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

January 16th, February 20th, March 20th

Monday 1 pm to 3 pm

\$10 members / \$15 non-members per lesson

KNITTING FOR BEGINNERS

with Sue Geurts

Students will learn basic knitting stitches, measurements, types of yarns etc. Terms and abbreviations will also be taught. Materials required are 4 ply knitting worsted yarn, 4.5 mm needles, measuring tape and scissors.

Monday 10:30 am to 12 pm 6 weeks

February 6 – March 20

\$10 members / \$15 non-members

*No class February 20th

KNITTING FOR ADVANCED

with Sue Geurts

Students will learn advanced techniques including use of double pointed needles, multi colored patterns, adjusting patterns, finishing methods and so much more. Materials required: 4.5 mm needles, 4.5 mm double pointed needles. 4.5 circular needle (80 cm length) 4 ply knitting worsted yarn, measuring tape, scissors, cable needle or single pointed needle.

Monday 1 pm to 2:30 pm 6 weeks

February 6 – March 20

\$10 members / \$15 non-members

*No class February 20th

CROCHET LESSON with Sue Geurts

Lessons will be organized and implemented based on interest, so if you would like to participate in lessons please complete a registration form at the front desk and a program will be set up.

FRENCH LESSONS with Cécile Paxton

LEVEL 1

We will be reviewing the alphabet, your postal code, the sounds a,e,i,o,u,ch,au,on. Then we will continue with new sounds. Please note this winter session IS a continuation of the fall classes.

Tuesday 10 am to 11:30 am 8 weeks

January 24th – March 14th

\$33.60 members / \$43.70 non-members

LEVEL 2

Review of interrogatives QUI, QUE, COMBIEN with the verb manger. Introducing other interrogatives OU, QUAND, COMMENT, A QUELLE HEURE with the verb manger. Please note this winter session is a continuation of the fall classes.

Tuesday 1:30 pm to 3 pm 8 weeks

January 24th – March 14th

\$33.60 members / \$43.70 non-members

FRENCH LESSONS with Maurice Laganière

LEVEL 3

French Level 3 is a course designed for students who have completed level 2 or who have a basic knowledge of French. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to the following topics : My family, food and drinks, menus, hotel rooms, directions, clothing and numbers.

Tuesday 11:30 am to 1 pm 8 weeks

January 24th - March 14th

\$42 members / \$54.60 non-members

FRENCH LEVEL 4 ADVANCED

French Level 4 Advanced is a course designed for students who have completed French Level 4 Intermediate or who have a good basic knowledge of French. The focus of the course will be the development of oral communication with the expansion of vocabulary and language structures related to everyday situations.

Tuesday 3 pm to 4:30 pm 8 weeks

January 24th - March 14th

\$42 members / \$54.60 non-members

FRANÇAIS NIVEAU 4 AVANCÉ avec Maurice Laganière

Le cours Français niveau 4 Avancé s'adresse aux étudiant(e) s qui ont déjà complété le niveau 4 Intermédiaire 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

January 24th - March 14th

\$42 members / \$54.60 non-members

FLIGHT SIMULATOR FOR BEGINNERS

with Bob Kerby

Ever wonder what it would be like to fly an airplane? 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.

Friday 10:30 am to 11:30 am 6 weeks

January 20th – February 24th

\$30 members / \$39 non-members

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.

Friday 11:30 am to 12:30 pm 6 weeks

January 20th – February 24th

\$30 members / \$39 non-members

IMPROVISATION (IMPROV)

- GIVE YOURSELF A BRAIN BOOST!

with Julie Ditta

Did you know Improvisation (improv) reduces stress, improves memory, and boosts your immune system? You'll increase your confidence and connect with others through creative activities in a fun and nurturing environment. You don't have to act or be funny to participate in this course. Improv uses spontaneous group games and situations to keep your mind and imagination sharp. The result is an increased sense of mental, social, and emotional well-being. "Laughter is the best medicine."

Monday 7 pm to 9 pm 6 weeks

February 27th – April 3rd

\$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 8 weeks

March 8th - April 26th

\$47.60 members / \$62.00 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 1:30 pm to 3 pm 8 weeks

March 8th - April 26th

\$35.85 members / \$40.60 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 8 weeks

March 9th - April 27th

\$47.60 members / \$62.00 non-members

General Interest Programs

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 trump, played with four players in teams of two. At the end of the six weeks you should be able to comfortably join into our Tuesday evening progressive and bi-monthly euchre extravaganzas.

Tuesday 1:30 pm to 3 pm 6 weeks

January 17th – February 28th

*No class February 21st

OR

Tuesday 1:30 pm to 3 pm 6 weeks

March 7th – April 11th

\$12 members / \$15 non-members

LEARN TO PLAY MAHJONG with Instructor Diane Reed

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

Tuesday 1:30 pm to 3 pm 6 weeks

March 7th – April 11th

\$12 members / \$15 non-members

REMEMBERING YOUR STORY Creating Your Own Spiritual Autobiography with Rev. 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?"

Monday 11 am to 12:30 pm 12 weeks

January 30th – May 8th

*No classes February 20th

\$20 members / \$26 non-members

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

Third Monday of January and March to enjoy a film on the big screen with popcorn and drinks.

January 16th, March 20th,

\$2 members / \$4 non-members

"NEW" SPOKEN WORD POETRY: YOU HAVE A VOICE; LEARN TO USE IT with Andrea O'Farrell

Learn how to channel your inner thoughts and feelings into Spoken Word Poetry. Gain writing and performance techniques specific to this art form with an award-winning poet, teacher and Spoken Word Artist. This is a step-by-step interactive process leading to a final performance. Do you want to make an impact? Let your voice be heard!

Friday 10:30 am to 12 pm 8 weeks

February 10th - April 7th

\$50 members / \$65 non-members

*no class March 17th

SWEDISH WEAVING with Carol Shepherd

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. Each participant will need to bring a ball of 3 ply knitting worsted wool and a pair of scissors.

Tuesday 1 pm to 3 pm 12 weeks

January 10th - March 28th

\$10 members / \$13 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, collaborative show. No experience required.

Tuesday 2:30 pm to 4 pm

January 17th – May 16th

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

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. You'll have hands-on assistance, feedback and a manuscript that's well underway.

Tuesdays 10:30 am to 12:30 pm 8 weeks

March 21st to May 9th

\$72 members / \$93.60 non-members

WRITING YOUR MEMOIR THE NEXT CHAPTER with Cynthia Reyes

Your memoir is underway; your writing skills have much improved. Now it's time to complete that important first draft of your book. This will continue to be an interactive course, with storytelling and writing including hands-on assistance and feedback.

Tuesdays 10:30 am to 12:30 pm 8 weeks

January 24th to March 14th

\$72 members / \$93.60 non-members

Partnership Programs



CLARINGTON PHOTOGRAPHY CLUB

An important goal of the Clarington Photography Club is to let members come together and extend their knowledge and enjoyment of photography by sharing between ourselves, special guest presenters, workshops, and outings. Creative photography has great rewards but requires a wider range of skills with cameras and software. Our club provides special group and individual support on an ongoing basis for new members wishing to extend their knowledge and skills.

For further information visit www.claringtonphoto.club or leave a message at 905-697-2856.

1st and 3rd Wednesday of every month from

January to May

7 pm to 9 pm

\$25 BOAA members / \$30 non-members

REIKI with Beata Zeranska

Reiki is a healing therapy where practitioner places hands over or sometimes lightly on persons body to re balance complex energy systems that become out of balance. This facilitates the patients process of healing. Reiki works on physical, emotional, mental and spiritual levels. It is proven to reduce stress and bring more on relaxation.

Tuesday: 1 pm-1:30 pm; 1:45 pm-2:15 pm; 2:30 pm-3 pm

Thursday: 12:30 pm-1 pm; 1:15 pm-1:45 pm; 2 pm-2:30 pm

Friday: 9:45 am-10:15 am; 10:30 am-11 am;

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 available upon request please contact the Front Desk to Pre Book.

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.

Every Monday By Appointment

30 minute relaxation treatment

\$30 members / \$40 non-members

1 hour full treatment

\$50 members / \$60 non-members

*No appointments February 20th, March 13th or April 17th

NAILS by Dana Labelle from The Beauty Nook

Sit back and relax while Dana treats you to a manicure. Regular manicures will be \$20 which will include: nail soak/shaping, buffing and polish application; or a gel manicure for \$30 which will include: nail soak/shaping, buffing, gel polish application. It would be best if all nails are clean and free from polish and any other gels/acrylics before they book an appointment with Dana as she may not have the tools to remove something she has not applied. Polish and gel that are used will be OPI and China Glaze.

Contact the front desk to book your appointment.

Every Tuesday

NURSE YOUR FEET with Erica Payne, Registered Practical Nursing with training in Advanced Foot Care

Put a little pep in your step! Are your foot care 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 aid in maintaining your highest level of independence while increasing your quality of life. Contact the front desk to book your appointment.

Every Wednesday

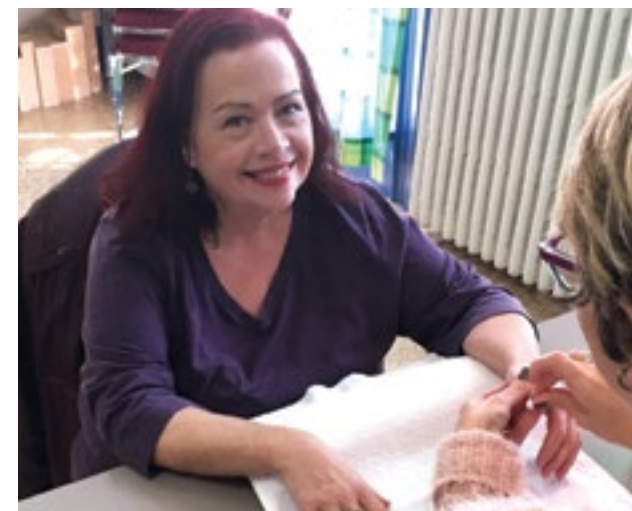
Diabetic Foot Care Treatment - \$40

Advanced Foot Care Treatment - \$40

Basic Foot Care Treatment - \$20

Fingernail Trim - \$5 add-on

Nail Polish* - \$5 add-on *Must bring own nail polish



Fitness Programs

INTERMEDIATE 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

January 11th to April 5th

Drop-In Fees of \$5 members / \$8 non-members apply

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 1 pm to 2 pm 12 weeks

January 13th - April 14th

*No class March 10 or March 17th

\$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

January 16th - April 10th

*No class February 20th

\$50.40 members / \$65.50 non-members

Friday 9 am to 10 am 12 weeks

January 20th - April 7th

\$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 and stretch out and reap the benefits of health and relaxation.

Mondays 10 am to 11 am 12 weeks

January 16th - April 10th

*No class February 20th

\$50.40 members / \$65.50 non-members

Thursdays 9 am to 10 am 12 weeks

January 19th - April 6th

\$50.40 members / \$65.50 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

January 17th - April 18th

\$54.60 members / \$71.00 non-members

*No class January 24th

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

January 20th - April 7th

\$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 10 weeks

January 16th - April 3rd

*No class February 20th, March 13th

\$42.00 members / \$54.60 non-members

Wednesday 10 am to 11 am 12 weeks

January 18 - April 12th

*No class March 15th

\$50.40 members / \$65.50 non-members

GUIDED MEDITATION with Julie Ditta

This class is good for those new to meditation or for those who have some previous experience and want to improve their skills. The intention of guided meditation is to learn how to quiet our minds, stop worrying, and relax using a variety of tools in a peaceful and comfortable atmosphere. Instruction will focus on learning special breathing and deep relaxation techniques combined with guided mental imagery. Guided meditation is as an effective tool for reducing stress and restoring health and vitality. Meditation can improve memory, increase energy and improve sleep. It helps to create a positive perspective and enhance an overall sense of well-being.

Wednesday 1 pm to 2 pm 12 weeks

January 18th - April 5th

\$50.40 members / \$65.50 non-members

"NEW" MEDITATION 101 FOR

BEGINNERS with Les-Lee Bell

Meditation 101 for those that thought they couldn't! For folks that always wanted to try it and those that thought they may not be doing it right. This is the class for you. Throughout the program we will explore deep relaxing states using our breath and guided visualizations, progressing to a 20-minute meditation. There will also be an interactive closing every week, where we can discuss our progress and ask questions, working together to reduce stress and induce deep relaxing states. We will learn together in a safe, inviting atmosphere.

Monday 6 pm to 7 pm 10 weeks

January 16th to March 27th

*No class February 20th

\$42 members / \$47.50 non-members

"NEW" PILATES with Karen Ross

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

Monday 11 am to 12 pm 12 weeks

January 9th to April 3rd

*No class February 20th

\$50.40 members / \$65.50 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, and stimulating reflex, acupressure and lymphatic points create vitality, strength and relaxation.

Wednesday 9:45 am to 11:15 am 10 weeks

January 11th - March 15th

\$52.50 members / \$68.25 non-members

Wednesday 11:30 am to 12:30 pm 10 weeks

January 11th - March 15th

\$35 members / \$45.50 non-members

SHAPE UP with Jason Fenton 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 12 weeks

January 16th - April 10th

*No class February 20th

\$50.40 members / \$65.50 non-members

"NEW" Wednesday 8 am to 9 am 12 weeks

January 18th - April 5th

\$50.40 members / \$65.50 non-members

Friday 8 am to 9 am 12 weeks

January 20th - April 7th

\$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

January 17th - April 11th

*No class March 14th

\$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

January 17th - April 11th 12 weeks

*No class March 14th

\$50.40 members / \$65.50 non-members

Friday 10 am to 11 am 11 weeks

January 13th - April 7th

*No class March 10th or March 17th

\$46.20 members / \$60.10 non-members

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.

Tuesday 8 am to 9 am 12 weeks

January 17th - April 11th

*No class March 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

January 18 - April 12th 12 weeks

*No class March 15th

\$50.40 members / \$65.50 non-members

Friday 9 am to 9:45 am

January 13th - April 14th 12 weeks

*No class March 10 or March 17th

\$50.40 members / \$65.50 non-members

TAI CHI with Sandra Jin

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

Beginner: 10 am to 11 am

Intermediate: 11 am to 12 pm 10 weeks

Monday January 16th - March 27th

*No class February 20th

\$42 members / \$54.60 non-members

Fitness Programs

URBAN POLING with Allan 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 Clarington. Poles available to rent through the BOAA.

Wednesday & Friday

Meet at the Beech Centre at 9:30 am

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

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

January 16th – April 3rd 10 weeks

*No class February 20th, March 13th

\$42.00 members / \$54.60 non-members

Wednesday 9 am to 10 am

January 18 – April 12th 12 weeks

*No class March 15th

\$50.40 members / \$65.50 non-members

YOGA with Lisa Balsdon from Live In Motion

January 10th to May 30th

Tuesday 7 pm to 8:15 pm

Winter pass includes the following:

21 sessions total

Use anytime Tuesday between the dates outlined

BOAA members receive 10% off fall passes

Pass allows flexibility if you need to miss a few classes

Pass Prices:

16 sessions - \$325.44 (2 payments of \$162.72)**

18 sessions - \$344.55 (2 payments of \$172.27)**

Payment plans – ALL postdated cheques MUST be received first day of class

First payment due on the first day. Second payment postdated for February 14th 2016

Drop in \$20.00 cash per class, By appointment only

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

January 16th – April 3rd 10 weeks

*No class February 20th, March 13th

\$42.00 members / \$54.60 non-members

“NEW” Friday 11:15 am to 12:15 pm

January 13th – April 7th 11 weeks

*No class March 10th or March 17th

\$46.20 members / \$60.10 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

January 10th – April 11th 13 Weeks

*No class January 24th

\$54.60 members / \$71 non-members

Thursday 10:30 am to 11:30 am

January 12th – April 13th 13 weeks

*No class January 19th

\$54.60 members / \$71 non-members

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

January 13th – April 7th

\$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

January 11th – April 19th 13 weeks

*No class January 18th or January 25th

\$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 and chair combo, just grab a seat to get down and boogie.

Monday 1 pm to 2 pm

January 9th – April 10th 12 weeks

*No class January 23rd or February 20th

\$50.40 members / \$65.50 non-members

PROGRAMS PREVIOUSLY OFFERED

by Nathalie Mackesey, Gwen Cadman & Krista Luxton at the BOAA will be returning in the SPRING AND SUMMER so please WATCH FOR DETAILS!

Art & Music Programs

A COMPARATIVE EXPLORATION OF WATERCOLOURS & ACRYLICS with Paul Livingston

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

Thursday 1 pm to 3 pm 12 weeks

January 19th to April 6th

\$84 members / \$109 non-members

CHOIR with Allannah 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 January 11th

Drop In Fee of \$1.75 members / \$3 non-members apply

DRAWING with Paul Livingston

Using commonly available drawing tools (pencil, pen and sketching pads), learn the basic and essential principles and how to apply them towards drawing virtually anything that can be seen, remembered or imagined. This course provides a good study foundation for your aspirations to become a painter by learning 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. You will learn to draw landscapes, portraits, florals, animals and buildings in a relaxed, casual and positive atmosphere with demonstrations and personal instruction provided to students.

Wednesday 10 am to 12 pm 12 weeks

January 18th – April 5th

\$84 members / \$109 non-members

“NEW” DECORATIVE PAINTING CLASSES with Shirley Bankey

This class is designed to allow you to have fun, make new friends, learn a variety of different brush strokes/techniques and to complete 6 or 7 art projects using non-expensive items. This fun and affordable class has been designed to include a variety of techniques and brush strokes using acrylic paint, a selection of different brushes plus treasures and tools already available in your own home. All paints will be provided by the instructor.

Tuesday 9:30 am to 12 pm 8 weeks

January 17th – March 7th

\$50 members / 65 non-members

**As an extra bonus join Shirley for a FREE meet and greet on Tuesday January 10th at 9:30 am to discuss supplies, project examples, etc.

JAMMING GROUP with your BOAA Friends & Family

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

Tuesday 6:30 pm to 8:30 pm

Friday 1 pm to 3 pm

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

JEWELLERY MAKING with Lynn Morrison

Learn to make a necklace, bracelet and earrings. Bring your tools and a hand towel to first class. Instructor will supply required materials and tools can be purchased for an additional \$17 if you require them.

Wednesday 10 am to 12 pm 4 weeks

January 11th to February 1st

\$40 members / \$45 non-members

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.

CLASSES will be returning to the BOAA in the Spring/Summer 2017 Program

ONE STROKE PAINTING with Elsa Pogue

If you've never painted before, this is the class for you! Learn the techniques of Donna Dewberry.

CLASSES will be returning to the BOAA in the Spring/Summer 2017 Program



Art & Music Programs

“SEA & SAND” PEN AND INK with Dianne Darch

The topics will be nautical in nature, starting with a Lighthouse and rocks and if time permits we will add a sand scene. You will learn the basics of depicting rocks, water and sand. Line drawings will be provided so that you can concentrate on the ink work, or you can use your own photo.

Monday 2:30 pm to 4:30 pm 8 weeks

January 30th - March 27th

\$56 members / \$72.80 non-members

*No class February 20th

Friday 2:30 pm to 4:30 pm 8 weeks

February 3rd - March 24th

\$56 members / \$72.80 non-members

“NEW” RECREATIONAL AFRICAN DRUMMING - Transitional Class with Julie Ditta

This class is for participants who have taken the beginners level several times and now have the confidence and skill level to continue on their drumming journey toward Part 2. Instruction will prepare students to make the transition and will focus on enhancing technique, tempo and acquiring challenging new rhythms.

Wednesday 12 pm to 1 pm 12 weeks

January 18th - April 5th

\$50.40 members / \$65.50 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS 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. Drumming boosts the immune system, lifts the spirits and is a great workout (brain gym) for the brain because it strengthens memory, improves cognitive ability and builds neural plasticity. Drums are provided or bring your own.

Monday 6 pm to 7 pm 12 weeks

January 16th - April 10th

\$50.40 members / \$65.50 non-members

*No class February 20th

Friday 10 am to 11 am 12 weeks

January 20th - April 7th

\$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 transitional drumming class. 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

January 20th - April 7th

\$50.40 members / \$65.50 non-members

SWEDISH WEAVING with Carol Shepherd

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. Each participant will need to bring a ball of 3 ply knitting worsted wool and a pair of scissors.

Tuesday 1 pm to 3 pm 12 weeks

January 10th - March 28th

\$10 members / \$13 non-members

UKULELE DROP IN

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

Thursday 2:15 pm to 3:15 pm

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

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 9 weeks

February 2nd - March 30th

\$81 members / \$105.30 non-members

WOODCARVING DROP IN

Join our fantastic group of woodcarvers twice a week to work on projects of your choice.

No experience necessary as group volunteers are always willing to assist in getting you started.

Monday and Thursday

10 am to 12 pm

\$1.75 members / \$3 non-members



Dance Programs

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

BALLROOM & LATIN DANCE with Instructor Bob Kerby

Learn to Rumba and Swing – no partner necessary.

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

January 19th - April 6th

\$77.40 members / \$100.65 non-members

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

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

Mondays

Beginner - 12:15 pm to 1:15 pm

Beginner Plus - 1:15 pm to 2:15 pm

January 16th - April 10th 12 weeks

*No class February 20th

\$30 members / \$39 non-members

SQUARE AND ROUND DANCING with Pat Prout, Gregg Hall, John Raaphorst & Ruth Cowle

(Drop-in)

Join us for an hour of Square and Round Dancing.

This is a fun social group and no experience or partner is necessary.

Tuesday 12:45 pm

Join us starting January 10th

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

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 10 weeks

January 10th - March 21st

\$42.00 members / \$54.60 non-members

*No class January 24th

Level 2

Monday 10 am to 11 am 9 weeks

January 9th - March 27th

\$37.80 members / \$49.15 non-members

*No class January 23rd, 30th, February 20th

Wednesday 9 am to 9:55 am 10 weeks

January 11th - March 29th

\$42.00 members / \$54.60 non-members

*No class January 18th or January 25th

Level 3

Monday 9 am to 10 am 9 weeks

January 9th - March 27th

\$37.80 members / \$49.15 non-members

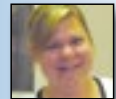
*No class January 23rd, 30th, February 20th

Wednesday 10 am to 10:55 am 10 weeks

January 11th - March 29th

\$42.00 members / \$54.60 non-members

*No class January 18th or January 25th



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



CAFÉ

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Computer & Digital Photography Programs

with
Brian Greenway

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

Wednesday by Appointment Brian Greenway will be volunteering on Wednesday afternoons at the Clarington Beech Centre to assist with trouble shooting your computer or digital photography questions.

For BOAA members only.

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

INTRO TO PHOTOSHOP ELEMENTS

For those wanting an introduction to Adobe's Photoshop with Elements. Basic program operations (Zoom tool, Workspace, pallets). Basic operations of cropping, adjusting levels, sharpening, and colour saturation adjustments. An introduction to using layers and some selection tools. Using the Clone-Stamp tool to remove unwanted elements in an image.

Tuesday 7 pm to 9 pm 3 weeks

January 24th, February 7th & 14th

\$24 members / \$31.20 non-members

IPHONE PHOTOGRAPHY AND EDITING

For many the iPhone or iPad is our camera. There are many programs to help edit and improve your photographs. Explore tips and options with specific apps.

Wednesday 4 pm to 5:30 pm

January 25th

\$11.70 members / \$15.20 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 2:30 pm 7 weeks

February 2nd, 9th, 16th, 23rd, March 2nd, 9th and 16th

\$56 members / \$72.80 non-members

IPAD PART 2

Want to receive more value from you iPad? Look at special apps that increase your productivity and settings that provide more customization to suit your needs. (Numbers, Pages, Keynote, icloud, itunes, Zinio, Music, etc.)

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

February 8th, 15th, 22nd

\$24 members / \$31.20 non-members

LIGHTROOM PHOTO EDITING for BEGINNERS

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.

Tuesday 6:30 pm to 8:30 pm 3 weeks

February 28th, March 7 & 14th

\$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 6:30 pm to 8:30 pm

March 21st

\$16 members / \$20.80 non-members

MAKING YOUR OWN HARD COVERED 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 6:30 pm to 8:30 pm

March 28th & April 4th

\$16 members / \$20.80 non-members

Computer & Technology Programs

with
Tanya Cochrane

WINDOWS 10

This class will get you closer to using your new Windows 10 system more efficiently. Learn about the new features of this operating system and how to adjust settings, use basic apps, 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 - must bring laptop to class.

Friday 12:30 pm to 2:30 pm 4 weeks

January 27th, February 3rd, 10th, 17th

\$32 members / \$41.60 non-members

Or

Friday 9:30 am to 11:30 am 4 weeks

March 24th, 31st, April 7th, 21st

\$32 members / \$41.60 non-members

*No class April 14th

ANDROID TABLET (BEGINNER)

Have a tablet but don't know where to start? Want to know what all those buttons do? Hoping to surf the 'net? We can get you on the path of using your tablet while having fun doing it! Bring your ANDROID tablet and your questions.

Thursday 9:30 am to 11:30 am 3 weeks

January 12th, 19th & 26th

\$24 members / \$31.20 non-members

FILE MANAGEMENT - ON YOUR COMPUTER AND IN THE CLOUD

Learn how to create folders on your computer and organize your documents and photos. The cloud is a convenient way to keep organized and give you easy access to your files from any computer or device - we'll explain how it works and practice using Google Drive (free). Please bring your Windows laptop and Google account username and password to class.

Friday February 10 & 17th 2 weeks

9:30 am to 11:30 am

\$16 members / \$20.80 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 Android tablet and your questions.

Thursday 9:30 am to 11:30 am 3 weeks

February 2nd, 9th 16th

\$24 members / \$31.20 non-members

ANDROID CELL PHONE

Bring your Android phone to this beginner class and learn how to navigate it, send texts, make calls and connect to the Internet. We'll also discuss some settings you might find handy. Lots of time for questions and discussion!

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

February 21st, 28th, March 7th

\$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.

Thursday 9:30 am to 11:30 am 2 weeks

March 23rd, 30th

\$16 members / \$20.80 non-members

EXPLORING THE INTERNET - GOOGLE CHROME

Learn how to effectively search the internet, manage your favourite websites by creating bookmarks, adjust settings and other tips and tricks. Ideal for those using a computer or Android tablet. Please bring your devices to class with you.

Thursday 9:30 am to 11:30 am 2 weeks

February 23rd, March 2nd

\$16 members / \$20.80 non-members

INTERNET SAFETY & SECURITY

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

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

March 23rd, 30th

\$16 members / \$20.80 non-members

TYPING 101

Learn how to use both hands when typing and how to practice your typing at home to gain speed and accuracy. Participants will be introduced to a free online program. Please bring your computer for this beginner level course.

Tuesday 9:30 am to 11:30 am 1 week

March 7th

\$8 members / \$10.40 non-members



IPADS AND LAPTOP COMPUTERS

FREE to use within the Clarington Beech Centre
Feel free to borrow one of our lap tops or computers for a class, just to check email while on site or to practice before purchasing something new!
Speak to staff in the office to pick one up today!



by Ron Strike
WillDavidson LLP

38 KING STREET
WEST, BOWMANVILLE
RSTRIKE@WILLDAVIDSON.CA

The Bowmanville Hospital, Winter Driving & Insurance

This edition of the Clarington Promoter is particularly important to me as my family & my law firm have been strong supporters of the Hospital Foundation for decades and our community has greatly benefitted from the excellent services provided by the doctors and staff. The Foundation holds many fundraising activities and I encourage everyone to participate in those as the money goes directly to significant improvements at the Hospital to the great benefit of all of us. It was difficult to come up with a theme that relates to the Hospital and my expertise as a personal injury

lawyer. I decided that car insurance and some suggestions on winter driving relate to the Hospital.

Car Insurance

If you have the misfortune of an accident related injury, to insure the great work at the Hospital is followed up with proper rehabilitation it is important to have proper insurance. I have said this in this column before but it is worth repeating. The basic car insurance coverage recently changed significantly to your detriment. What was once \$100,000 of rehabilitation benefit is now as little as \$3,500. You can increase this coverage and other important benefits for a few hundred dollars annually. The vast majority of Ontario drivers do not know of these changes and are driving with only the basic coverage in place. I strongly recommend that you meet with your car insurance representative and

have them explain the options available to you.

While you are at it you should absolutely get your insurance liability limits increased to at least \$2 million. Not only does this better protect your assets against a negligent driving claim – it also provides money in that amount for you and your family when you are injured by an uninsured or underinsured driver.

These winter driving tips should help to avoid trips to any hospital:

Winter Tires

I read an interesting statistic that in 2015 only 60% of Ontario drivers used winter tires. From my experience in the injury business I can tell you they do make a significant difference in stopping and control. I highly recommend you get them and have them checked every 5 years for possible replacement as the treads

wear & become ineffective. I have seen many lawsuits where drivers are blamed in accidents where slippery winter conditions are a factor and the driver did not have winter tires or had them and they should have been replaced. As an added incentive many car insurers are offering discounts for vehicles with snow tires installed.

Plan Your Drive

Another interesting statistic is that the number of car accidents actually go down significantly in the winter. The theory is people avoid driving or drive more carefully & slowly when conditions are poor. If you are going on a long drive check the weather and change your travel plans to miss a storm. Also try to avoid allowing a young inexperienced driver to venture into poor winter conditions.

Maintenance Checklist

I recommend the following:

- Vehicle inspection, in order to determine the condition of the brakes, heater, exhaust system, the battery life, the condition of the windshield wipers and lights and any service work needed.
- A top up of fluids to the level recommended in the vehicle manual, especially the windshield washer reservoir.
- A brush, scraper and snow shovel in each of your vehicles for ice and snow removal
- An emergency kit, including a first aid kit, flashlight, booster cables, flares, a tow strap, a few non-perishable food snacks, a hat, gloves and blanket.

Other Safe Driving Practices

- Clear the snow and ice from your vehicle before venturing out on roadways
- Avoid using cruise

- control on slippery or snowy roadways
- Allow for the increased stopping distance needed on slippery road surfaces
- Avoid slamming on your brakes or making sudden steering actions that could cause a loss of vehicle control
- Be mindful of hazardous portions of any roadway, such as wind-chilled underpasses, overpasses, and shady areas where ice can form faster than the surrounding roadway
- Carry a charged cellphone and keep an in-car charger in the vehicle, in case of a collision or need for roadside assistance.

I hope you have a safe winter & avoid trips to our great Hospital.



AT WORK IN OUR COMMUNITY



by Fred Mandryk
BOWMANVILLE ROTARY CLUB

2012 marked the first year Bowmanville Rotary Club successfully completed two Food Packaging Events. The first taking place at CCSS during October on "Apple Fest Saturday". The Bowmanville Rotary Club through their International Committee formed a partnership with Kids Against Hunger Canada becoming the "First Satellite" in the District 7070, (GTA). "Kids Against Hunger Canada" packages highly nutritious, life-saving meals for starving children and malnourished children and their families in developing countries and Canada. The goal of the organization is for its

meals to provide a stable nutritional base from which recipient families can move their families from starvation to self-sufficiency. Kids Against Hunger Canada accomplishes this by mobilizing the energy and caring of Canadian students, teens, and adults on behalf of hungry children around the world. Kids Against Hunger Canada seeks to end the literal hunger of children receiving the meals, but also satisfies a hunger among prosperous Canadians – a hunger for meaning and contribution."

Our success continues to grow as word spreads across the District testifying to the success of accomplishing the goals of the program which are:

- to bring awareness to the critical issue hunger and starvation locally, nationally and globally
- to support local food banks by providing packaged, healthy meals.
- to provide an opportunity for community volunteers

to work with the Bowmanville Club to feed hungry children where the need is great

Thank you to all of the volunteers for your help and support. WE couldn't have done it without you!

Over 700,000 meals have been packaged as of October 2016....not too shabby

www.bowmanvillerotaryclub.org



Here are a couple of groups who packed 125,000 meals in Ajax and 60,000 meals in Toronto. "Doing good in the world and providing hope! Thank you to Rotary and all of your volunteers."



Arthur C. Kilpatrick- The Magnificent Example



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Arthur Clarence Kilpatrick is one of Clarington's most decorated war heroes. He served in three major wars. The South African War (also called the Boer War), World War One and World War Two.

Kilpatrick was born in Dublin Ireland, February 9, 1882. There was always some question about his birth date as it appears that he made a significant error on his original detestation by one year, claiming he was 16 years of age instead of 15.

In his younger years, his family moved to England and Arthur started his military career at the tender age of 13, working at the Royal Arsenal in Woolwich (South-East London). Here is where they manufactured armaments, ammunition and carriages. During WW1, there were almost 80,000 people working there and the grounds covered 1300 acres.

At age 15, (believed to have attested his age at 16) Arthur joined the Royal Engineers and passed the test for telegraph lineman. In November 1899, he was sent to South Africa and fought in the South African War, also known as the "Boer War" (1899-1902). He served here for 2 years and 265

days and was sent home to England "sick" by hospital ship "The City of Vienna". After spending three months in hospital at Southampton, he was discharged and returned to his unit. He received the Queen's South African Medal with 3 bars and the King's South African Medal with 2 bars for his time in South Africa. In April of 1904, he married Minnie Murphy.

In December, 1911, Kilpatrick was dispatched to guard King George V in Delhi, India. This famous incident is called the "Delhi Durbar Incident". King George V and Queen Mary were proclaimed the "Emperor & Empress of India". A large Coronation Celebration was held in Delhi and each Indian ruler was expected to bow three times in front of the King and then back away without turning. Many of the Indian rulers were not happy about the British ruling India and one of them, Maharaja Sayyaj Rao III, apparently bowed improperly, laughed at the King, turned his back and walked away twirling his gold tipped walking stick. This was interpreted as not only a great insult to the British Monarchy but a sign that many of the leaders in India were unhappy with British Rule. Twenty-six thousand eight hundred Delhi Durbar Silver Medals of 1911, called the "King's Coronation Medal" were awarded to the men and officers of the British and Indian Armies who participated in the event. Arthur Kilpatrick was awarded this medal.

In 1913, Arthur was married and resigned from the Brit-



Arthur C. Kilpatrick

ish Army, putting in 14 years of service. He and his family came to Canada. They ended up living in Orono at "Antrock House". Arthur first worked as a "line-man" with the Canadian Pacific Railway and did some odd jobs until World War 1 broke out in 1914. On September 14, 1914, he joined the Canadian Engineers and went overseas on January 9, 1915. In 1915, he ended up going to the Ypres Front and was there until November 10, 1918. He was wounded in battle and taken to an American hospital and stayed there until December 27, 1918. He was then taken to England where he spent another three months recovering from his injuries. The injuries must have been severe as he was then sent by ship to Canada and hospitalized in Kingston, Ontario for further treatment.

For his efforts at Ypres, A.C. Kilpatrick, Sergeant #170, was awarded the Distinguished Conduct Medal, "For conspicuous gallantry and devotion to duty while superintending cable burying. The enemy opened a bombardment on the working party, forcing them to

take cover in a trench some distance away. One man, severely wounded was left in the cable trench and their N.C.O., regardless of the danger, went to him and bandaged his wounds and remained with him till the shelling lessened, when he got stretcher bearers to remove him. His prompt dressing of the wounds undoubtedly saved the man's life. The shelling continued but he, by his steadiness and *magnificent example*, rallied the men, and finished the work which was of utmost importance".

Kilpatrick also received the French War Cross (Croix de Guerre), Mons Star, Victory Medal and Allies Medal. After the War, Kilpatrick returned home to his wife Minnie and their 6 children. He was again working for the railway, this time the Grand Trunk Railway for about 4 years. He also worked for the local apple growers in the Newcastle area and they lived for a while in downtown Newcastle.

In 1927, he started work at Goodyear in Bowmanville. He began his career there in the Receiving Room and worked there in that same po-



Art & Minnie Kilpatrick



Grand Daughter Dorothy Bond of Bowmanville

sition until he retired in 1954. When World War 2 broke out in 1939, Arthur signed up again. He was already a member of the 2nd Midland Reserves with the rank of Sergeant Major. Due to his age, he was discharged after about a month (he had to serve for at least 28 days) but remained with the 2nd Midland Reserves. When Camp 30 was set up in Bowmanville for captured German officers, Kilpatrick was sent there as a guard. He told his family that the German soldiers were fed much better than their guards. Kilpatrick received the War Medal (1939-1945) for his service in WW2.

After this War, Kilpatrick went back to Goodyear and officially retired on October 29, 1954. He received a pension for his 27.5 years of service and his co-workers gave him a "dressing gown and a pair of slippers padded with Goodyear foam". Five of their six children ended up working at Goodyear. After retirement, Arthur kept busy with his activities at the Bowmanville Legion where he was an active member. He was the "Sergeant Major" for the Branch

178 Legion Band and would be often seen leading it with his stick with a large ball on it. He was made a Life Member of Branch 178.

In 1969, Art and Minnie celebrated their 65th Wedding Anniversary at the Centennial Hall on Queen Street in Bowmanville. Art and Minnie lived at 25 Jane Street in Bowmanville. He continued his role in protecting his community by working as a Crossing Guard at Liberty and Jane Street for many years after his retirement.

Arthur Kilpatrick passed away on October 27, 1969 and is buried at Bowmanville Cemetery. On his gravestone it has his proper year of birth, 1882. His wife, Minnie died in 1973 and their son Arthur, who died at age 44 is buried with them. Just recently, a new street off Green Road in Bowmanville was named after him, "Kilpatrick Court". Just across the road from the new Kilpatrick Court are streets honouring some of his Legion buddies, Harvey Jones, Ross Wright and Ted Miller. A great way to honour our heroes. A "Magnificent Example".



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HOME COOKING *with Cathy*

Hello there. I thought I should share a Chocolate Cake Recipe which I think would be lovely over the Holiday Season. The ricotta cheese makes sure that this is a nice moist cake. Please enjoy!

by Cathy Abernethy
CLARINGTON PROMOTER
CONTRIBUTOR



Flourless Chocolate Cake

Ingredients:

- 2 tsp unsalted butter, softened, for greasing pan
- 3 tbsp cocoa powder, divided
- ¼ cup unsalted butter
- 3 oz. (90g) dark chocolate (min. 50% cocoa) good quality is best
- 1 container Ricotta cheese (10oz or 300gm)
- 2 eggs
- ½ cup sugar
- ¾ cup milk
- 2 cups ground almonds
- 1 Tbsp. baking powder
- ¼ cup sliced almonds

Preparation:

1. Preheat oven to 375F. Butter a 9 inch springform pan.
2. Using a fine sieve, dust the pan with half of the cocoa powder
3. Melt butter and chocolate on low heat in a small saucepan. Let cool.
4. In a large bowl, beat the ricotta and eggs and sugar for 2 minutes. Mix in the cooled chocolate mixture and then the milk.
5. In a second bowl, mix ground almonds and baking powder. Gradually add this mixture to the large bowl while stirring.
6. Spread batter into the pan. Sprinkle with sliced almonds and bake in the oven for 50-60 minutes or until cake springs back when you lightly press it with your finger.
7. Let cool in the pan. Unmould and serve warm or cold, sprinkled with remaining cocoa powder.

Serves 8-1



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

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

Friday, January 6th 2017
Scugog Arena
1:00pm - 2:30pm

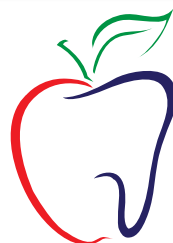
Saturday, January 7th 2017
Oshawa Legends - Ice Pad 2
4:00pm - 5:45pm

Sunday, January 8th 2017
Rickard Complex - Pad B
1:30pm - 3:15pm

Please RSVP to
erin.otoole@parl.gc.ca or
1-866-436-1141.



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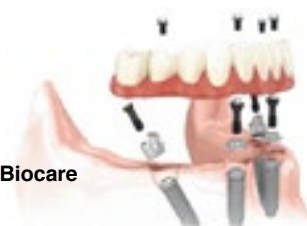
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50 MILL STREET N, NEWCASTLE & 43 ONTARIO STREET, BOWMANVILLE

Know Before You Buy



by Tina Abernethy
Real Estate Salesperson

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If you have been paying any attention to the housing market in the Greater Toronto Area, you've probably noticed that, in the past year, properties in Durham are a hot commodity. In fact, prices are raising quicker than Toronto. As property values continue to rise while interest rates remain low, what we have in Clarington is a definitive seller's market. So if you are looking to sell your home in Clarington, then you couldn't ask for more perfect market conditions. However, those in the market to purchase a home in the area may find themselves running into a bit of competition. Toronto residents are recognizing that buying a home in Durham is the best value in the GTA, creating a lot of demand, which is exceeding the supply of houses.

AVERAGE SELLING PRICE

There were 1,327 new listings in October 2016 compared to 1,273 in October 2015. Homes are selling quickly, in an average of 12 days, with the average selling price reaching \$547,496 earlier this summer. According to the Durham Region Association of Realtors (DRAR), there has been a 27% increase in the average selling price of homes in Durham. The average selling price in Durham reached \$564,989 last month. In comparison, the average selling price was \$444,920 during the same period last year.

NEW MORTGAGE STRESS TEST

In order to protect homebuyers should the interest rates rise, a new mortgage rate stress test was introduced in October to address long-term housing affordability and will be applied to all new mortgages that are insured. Sandra O'Donohue, President of DRAR, states that "A number of factors will determine whether they do, but the important thing is that you can afford your home comfortably.

If you're in the market to buy a home, the new test is there to ensure you can realistically afford your home should an increase arise."

NEWS FOR FIRST-TIME HOMEBUYERS

In its 2016 Fall Economic Statement, the Government of Ontario committed to increasing the land transfer tax (LTT) rebate for first-time home buyers from \$2,000 to \$4,000. The new LTT rebate will help more young families achieve their dreams of home ownership. The idea of this tax break is to reduce a first-time buyer's closing costs and help them save more for their down payment.

CAUSE OF DEMAND

What is causing this demand in the Clarington housing market? Well the Durham region is the ideal location for homebuyers in the GTA. It is one of the last regions outside of Toronto where homes are not exorbitantly priced yet is still close enough to downtown to allow for an easy commute to work. This has recently been made possible by the 407 highway extension and the expansion



of the GO routes. Not to mention that Clarington boasts a peaceful and pleasant way of life, far removed from the hustle and bustle of city living. Also, with job opportunities on the rise, a wide variety of recreational activities to participate in, and a warm and welcoming community, the Durham region has much to offer potential homeowners.

BUYING IN A SELLER'S MARKET

You may be wondering how one obtains their home of choice in a seller's market like the one we find ourselves in today? Well first off, you better ensure that you are finan-

cially prepared and have all your ducks in a row before making an offer. Secondly, be aware that you may have to waive sale conditions and be flexible and open in your negotiations and closing dates. Sellers are receiving multiple offers on their homes and are communicating with many eager buyers. This hot housing market will likely persist into the winter, and depending on interest rates may continue for a few years to come. In the past, home sellers would often be advised to list their homes in the warmer months, with buyers tending to forgo the housing market during the winter. However, this is

currently not the case, and if your house is presented in a favourable light it will likely sell quickly in the fall and winter months. So if you're looking to purchase a home in Clarington but are waiting for the market to cool down, you may be waiting for a while.

Whether you're are looking to buy a new home or sell your existing abode, this is an exciting time to participate in the Durham housing market. With its idyllic location, reasonably priced homes, and proximity to the city, Clarington is quickly becoming one of the most sought after areas in the GTA.

Bowmanville's Hospital - A Healthy History

Continued from Page 4

Presently, Lakeridge Health plans to expand the hospital again with a new ER and new state-of-the-art operating rooms in Bowmanville. This community will be working hard again to ensure that we contin-

ue J.W. Alexander's vision. Darlene Bastianelli, CEO of the Bowmanville Foundation said; "we are incredibly grateful to our community of donors who continue to demonstrate the same com-

mitment to a healthy community that built our Hospital over 100 years ago. Your generosity makes a difference in the lives of everyone who passes through our doors. The Bowmanville Foundation looks

forward to working alongside you to keep our Hospital; our community healthy. So from our family to yours THANK YOU!"

References

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Architectural & Social History by Diana Grandfield published by Municipality of Clarington, May 2000.
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3. Picture the Way We Were. Sam & Lois Adams, Patrick & Lynn Mothersill, 1980.
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ROTARY CLUB OF BOWMANVILLE Christmas Tree Fundraiser

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

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

Varieties to Choose From:

Balsam, Fraser Fir, Serbian Spruce, Scotch Pine,
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All proceeds from this fundraiser go to local and international projects, community groups, organizations and our Summer Respite Program for Special Needs Children

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

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