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 jimabernethy@royalservice.ca

Volume 7 | Issue 1

Delivered by



TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

April 2017

**Bowmanville Older Adult Association BOAA**  
**2017 Spring & Summer 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  
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 Flat or Rolling Lands

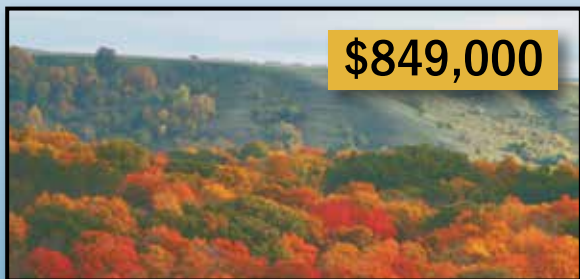
**FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION** - please send an email to: [JimAbernethy@RoyalService.ca](mailto:JimAbernethy@RoyalService.ca) with your contact telephone number and name, or call me direct on my cell: **905-261-7788**. \*All inquiries are confidential and private.

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

**7465 Thompson Rd – Kendal**

SEE spectacular 360 degree views from a drone flying over this 85 acre property which overlooks the Ganaraska Forest, Kendal Valley, Brimacombe Ski Hill and south to the lakeshore communities on Lake Ontario.

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



**BUILD YOUR HOME HERE!**



P.C. Gordon Broughton (OPP) and Bowmanville Chief of Police Sidney Venton standing in front of the 1941 Ford police cruiser used to chase down and apprehend bank robbers in September 1945.

## The Kurve Inn Road Incident



by Myno Van Dyke

**NEWCASTLE HISTORICAL SOCIETY**

It was September 29th, 1945, a Saturday night. Another quiet night in Bowmanville. As was often the case, Chief Sidney Venton was riding shotgun in the O.P.P. cruiser

with P.C. Gordon Broughton. They were driving westbound on King Street when a 1941 Dodge Sedan travelling eastbound came right at them in their lane forcing the cruiser off the road. Broughton turned the police car around and took pursuit. Reaching speeds over 80 m.p.h., the Ford V-8 caught up to the Dodge at the "Kurve Inn Road" (near where the Hwy 115/35 is today) and finally forced the car to pull over. There were three males in the car, two in the

front and one in the back. Broughton went to the driver's side window and Venton to the passenger side. Broughton asked the driver for his licence and the driver did not comply. Venton asked the passenger to step outside and he also refused. Suddenly, the passenger pulled a "Browning" automatic pistol out of his pants and aimed it toward Venton. Venton had no time to reach for his own revolver, so he clutched the barrel of the gun and

wrenched it from the man's hand. While Venton was wrestling with the passenger, the driver reached behind him and grabbed a "Thompson M1" machine gun. Now Broughton grabbed this gun and began wrestling with the driver. The passenger yelled "Shoot the Cop!" encouraging the passenger to shoot Chief Venton. Venton, although 58 years old at the time, possessed amazing strength and pulled the passenger out of the car

Continued on Page 2

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# The Kurve Inn Road Incident

Continued from Page 1

through the window. He then threw him onto the roof holding him there while Broughton finally apprehended the driver. There was no backup, no one else to help them, but both officers managed to subdue the armed trio. They searched the car and seized the Thompson sub-machine gun, fully loaded

with 20 shells, the Browning automatic pointed at Venton, with 14 bullets in the clip and one in the chamber, as well as a loaded "Bulldog" six shooter revolver with all six shells still in it. As well, they found over \$1000 in cash. The car had been stolen from Montreal.

Victor Wazny, the man

who tried to shoot Venton, was from Burlington, Ont. The driver John Liddle, was from Montreal and the passenger, Walter Bischo was from Buffalo, N.Y. Further investigation revealed that the three, along with two others, had staged a violent and brazen bank robbery in Leaside (now part of Toronto) a few days

previous. The story made front page news in the Toronto Telegram, Toronto Star and of course the Canadian Statesman. The Telegram said "Both Venton and Broughton used superior strength and quick action to twist the weapons from the culprits and make the arrests."

Later, the Attorney Gener-

al of Ontario made a special presentation to Venton and Broughton and presented Venton with the automatic pistol as part of a thank you for a job well done. The three men they stopped were eventually found guilty in Toronto Court and sentenced to 10 year terms.

Syd's son, Donald, recalls

seeing his father that evening observing that Syd's hands were scraped and bleeding from the battle. "The Good Lord was with me tonight" was Syd's only explanation.



by Peter Hobb

COLLINS BARROW DURHAM LLP  
www.collinsbarrow.com

It is estimated that 70% of Canadians that should have a valid or current Will do not!

This is a pretty astounding percentage given what is potentially at stake. A person who dies without a Will (intestate) will have their affairs settled by the Public Guardian and Trustee in Ontario. As you can imagine this is not ideal. Family members can wait years for the estate of the deceased to be settled. The eventual beneficiaries will have little or no control over the process.

Some people may feel that they will either leave a small estate or no estate at

## Do You Have an Up To Date Will?

all, and therefore may not be motivated to complete a Will. However, some of these people, if they own a home, could end up with a sizeable estate.

The average weighted home equity of Canadians 65 and over is \$284,000 (net of debt, including the 30% who don't own homes) (Source: Statistics Canada).

Don't take chances. Make sure you have a valid up to date Will. If you sit down and figure it out you may find your net worth is much larger than you might have initially thought.

Preparing a Will is as much about estate planning as it is about documenting your intentions. People's financial affairs are becoming more complex. Where our parents mainly invested in term deposits, we are investing in stocks, rental properties, real estate investment

trusts, mortgages, bonds, options, futures; the list goes on.

At death, the transfer of these assets could trigger a significant income tax liability and probate fees. Probate is a process whereby the courts certify the validity of the decedent's Will and the authority of his or her personal representative to administer the decedent's estate. In Ontario, the court fee charged to probate the will is .5% on the first \$50,000 of net value of the estate and 1.5% of the net value of the estate that exceeds \$50,000.

There are strategies available to minimize income taxes and probate fees. Also, if you are planning to make a significant donation through your estate, strategies are available using life insurance that could make these donations more cost effective.

Estate planning is important. Preparing a Will is part of that process. It is important to ensure that your Will is kept up to date. I recommend that your Will be reviewed every five years or when there is a significant family event.

Family dynamics change (e.g. a marital breakdown), your personal financial position is always changing, and the rules covering the taxation of trusts (created on death) are also changing.

Did you know that marriage automatically revokes prior Wills? In a second marriage, your intent, on your passing, may be to leave your estate to the children of your first marriage. If you do not write a new Will after remarrying, when you die, your second wife will have rights to your estate.

Do not write your Will,

place it in your safety deposit box and forget about it. It could be financially unhealthy and/or it could derail your plan for how your estate should be distributed.

Talk to your family about what is in your Will and what you would like to see happen when you pass away. This will help minimize or eliminate possible conflict when you pass that could arise from expectations of your beneficiaries not being aligned with your intentions.

Provide your family with details of where you keep your Will, which bank you bank with, where your investments are held, where property deeds are kept, details of life insurance policies that you own, details of your debts (e.g. mortgage and line of credit), etc.

Also, provide the firm name, your contact's name,

address, email address, and telephone number for all your key advisors (lawyer, accountant, financial advisor, life insurance agent).

Who is the best person to talk with to assist with winding up the affairs of your estate? Who will prepare the final tax filings? Who will handle the probate process? It is likely to be a very emotional and stressful time when you pass away. You do not want to add to the stress by not providing guidance beforehand leaving your family unprepared.

The above information is invaluable in minimizing the stress and ensuring that your estate can be wound up quickly in accordance with your wishes.

Don't be part of the 70%. Make a Will and keep it up to date!

## Spring, Florida & ATVs



by Ron Strike

WillDavidson LLP

38 KING STREET  
WEST, BOWMANVILLE  
RSTRIKE@WILLDAVIDSON.CA

As I sit here waiting for the last alleged snow storm of the winter to hit, my thoughts turn to those

on March break in Florida and with the approaching spring, the start of ATV season. I thought I would offer a few thoughts on related insurance issues:

### Florida

Like most US states Florida has remarkably low insurance limits of \$25,000 or less as compared to the typical Canadian coverage that should be at least \$2 million (as I recommended in previous articles. This is largely due to the fact that it is much easier in

the US to get significant money for injuries than in Canada. The main impact of this is when you are seriously injured by a negligent Florida driver they usually have very limited insurance money to respond to your claim. We have represented several Canadians seriously injured in Florida car accidents and the good news is your Canadian auto policy steps into the shoes of the "at fault" Florida driver and covers their negli-

gence in the amount that matches the limit of your liability policy. The good news continues as your policy also provides no fault benefits that will cover some medical and rehabilitation expenses as well as some income loss. The international nature of these claims cause them to be quite complex so it is important to hire an experienced lawyer to assist.

### All Terrain Vehicles (ATVs)

The insurance issues re-

lated to injuries from ATV use are also quite complex. In a recent case an Ontario farmer was badly injured while driving his ATV across a public highway when he was struck by a negligent driver. The Court found that as the ATV was uninsured and it breached a law that required it to be insured when on a public road the farmer could not sue the "at fault" driver and could not access his own auto policy for no fault health or income loss benefits.

It does seem unfair that he could have all of those insurance rights if the collision happened on private property.

The lesson to be learned from this case is that if you own an ATV or similar off road vehicle tell your insurance broker about it and get the best available coverage. Despite best intentions and safe driving practices we do see many ATV accidents.

I hope everyone has a safe spring and the warm weather arrives soon.



by Jim Abernethy, Publisher  
jim@claringtonpromoter.ca

On behalf of my father and our family, I want to say thank you to the many people who sent notes, cards and made personal telephone calls expressing condolences for the recent passing of my mother. Your heartfelt expressions of sympathy and prayers were much appreciated. Peggy, as she liked to be called, lived a good long life. She passed peacefully on March 4, 2017 - one day before her 90th birthday. Her life will be celebrated at Northcutt Elliott Funeral Home in Bowmanville on Saturday April 22 at 1 p.m. If you would like to post a condolence or donate to the Alzheimer Society, please visit: northcuttelliott.com

# EarthDay SATURDAY APRIL 22ND

The Firehouse Youth Centre's Operation Clean Sweep is back for its 3rd year. Come on out and join The Firehouse Youth on Saturday April 22nd, 2017 from 10a.m. - 12 p.m. to do your part in cleaning your community. With three cleaning stations across the Municipality you can join the clean-up crews in either Courtice, Bowmanville or Newcastle!

Get there early for a free clean up T-shirt courtesy of the Rotary Club of Bowmanville.

Does your own neighbourhood needsprucing up? Contact the Operations Department at operations@clarington.net to organize your own neighbourhood clean-up.

This event is sponsored by Covanta in partnership with The Firehouse Youth Centre, The Municipality of Clarington,

Clarington Emergency and Fire Services, Durham Regional Police Service, The Rotary Club of Bowmanville, Ontario Power Generation and the John Howard Society of Durham Region.

Have questions about the clean, contact Chris at the Firehouse via email at firehouse@jhsd.ca

## CLARINGTON CONCERT BAND...AND MORE!

Clarington's Official Band invite you to enjoy a Live Concert on the afternoon of Sunday April 23, 2017 at 2 p.m. at the Bowmanville High School Auditorium.

Canadian Singer/Songwriter Danny Bronson and Canadian Guest Conductor Louie Madrid Calleja will be featured in celebration of the Band's Silver Anniversary and Canada's 150th.

The program will pay tribute to Canadian Composers from Howard Cable to

Gordon Lightfoot.

Guest Performers also include the Bowmanville High School Band.

**Advance tickets available at:**

- Bowmanville - Coffee and Cakes 905-623-5558
- Newcastle - Paraphernalia Books N' Stuff 905-987-3939
- Clarington Concert Band 416-566-0398.





# RIBS & BREWS MOVING TO CLARINGTON FIELDS!



### June 9th 10th & 11th 2017 Clarington Fields in Bowmanville

Join the Rotary Club of Bowmanville in celebrating the relocation of **2017 Rockin' Rotary Ribs & Brews** to Clarington Fields (park) on Baseline Road in Bowmanville. This new location offers:

- Parking for 650 vehicles
- Larger site allows continued growth
- Improved public access & security.
- Access to Public Transit

**Rotary Rockin' Ribs & Brews** is a family friendly event with the reputation of being the "must-attend" event of the summer - offering delicious foods and tasty Craft Brews, great concert music venues, interesting vendor booths and midway rides for children.

**ENTER OUR FREE DRAW & WIN VALUABLE PRIZES!**

- Dinner for 12 at Ribs & Brews (retail value \$ 180)
- Revelo folding electric bicycle (retail value \$ 1,800)
- See these and additional Prizes on display at Maple Festival & All That Jazz

Would you like the Rotary Club of Bowmanville to send you updates about Rockin' Rotary Ribs & Brews ?  YES  NO



**HOW CAN YOU ENTER THE FREE DRAW CONTEST ?**  
Simply complete this Free Draw ballot and place it in the Ballot Box located:

- Clarington Toyota - 10 Spicer Square, Bowmanville before May 8, 2017
- Rotary Tent at Maple Festival - Justin Berry Optical on Saturday May 6, 2017
- ENTER THE FREE DRAW ONLINE. Visit: [www.ribsandbrews.com](http://www.ribsandbrews.com) for details

**Note:** The winning ballot will be drawn by President David Penney, Rotary Club of Bowmanville on Tuesday May 9, 2017 during a regular Rotary Club meeting at Trinity United Church in Bowmanville.

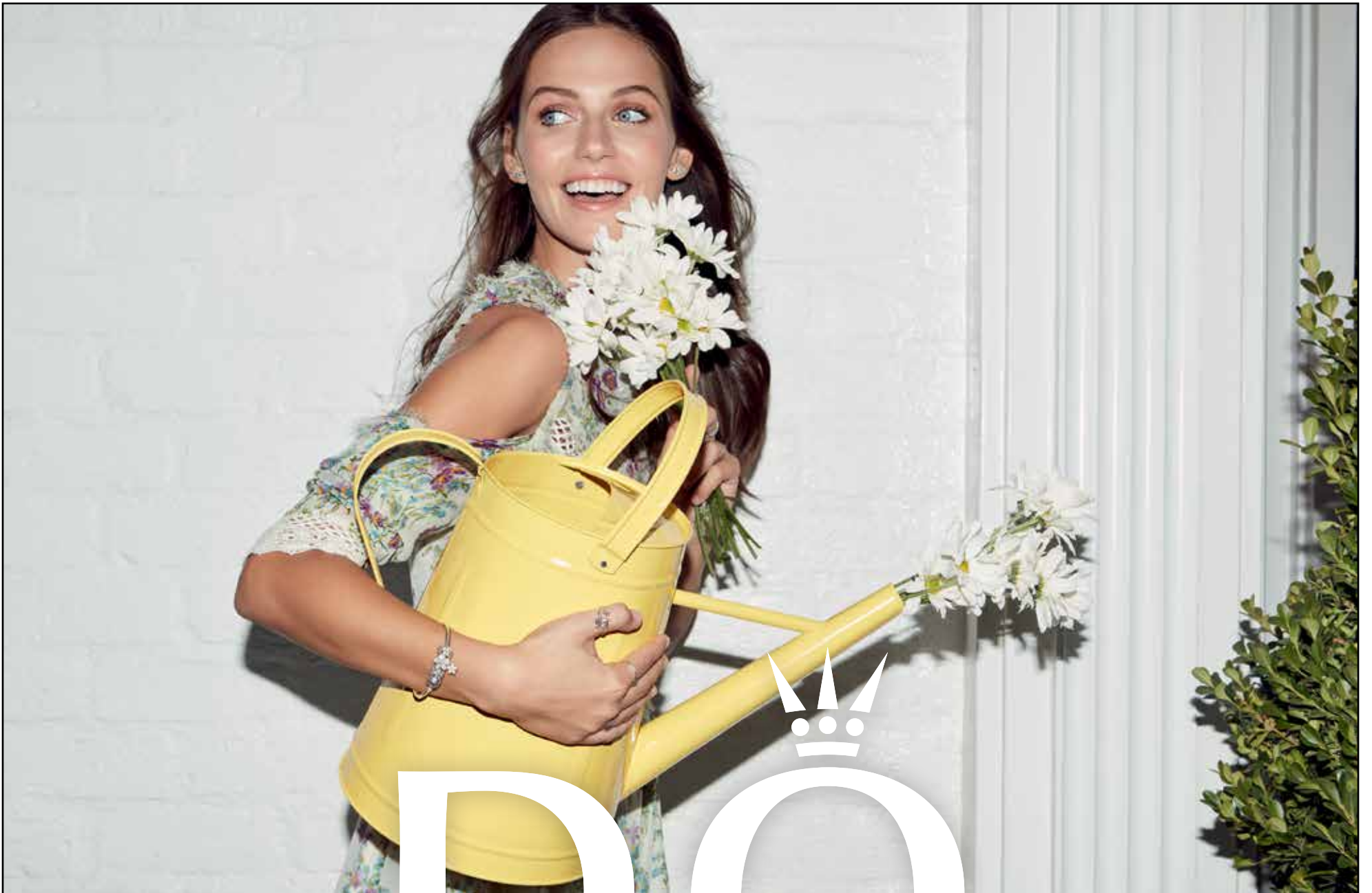


The FLEX is a folding, electric commuting bike designed by Revelo, a Canadian design and technology innovation company focused on clean efficient transportation. This folding electric bicycle, donated by Clarington Toyota as a prize in Free Draw, is on display inside the Showroom at Clarington Toyota until Monday May 8, 2017.

NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE#: \_\_\_\_\_



# D O

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## 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
- Non-members are now welcome to participate in all programs, courses and events by paying the non-member fee

#### Benefits of Membership:

- Lower fees for drop-in & registered programs and courses
- Members-first priority and member rates for special events
- Member pricing for Tuesday Lunches
- 10% Discount on facility rentals at the BOAA
- Keep updated with the latest information via our BOAA Member Newsletter, Emails, Voicemails
- Vote at Annual General Meeting
- Hold Office on the Governing Board of Directors
- Meet lots of friends
- Discover a new hobby, skill or talent
- Become involved in meaningful volunteer work
- Take advantage of Brian's Digital café and the Geek Squad Services
- Meet new people in your community

### WHY SHOULD I BUY A MEMBERSHIP?

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

### REGISTRATION INFORMATION

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

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

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

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

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

### WAITING LIST

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

### ALWAYS SCAN YOUR CARD AND CHECK IN

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

### HOLIDAY FACILITY CLOSURE

The BOAA will be closed April 14th, 15th, 16th, 17th, May 20th, 21st, 22nd, June 30th, July 1st, 2nd, August 5th, 6th, 7th, September 2nd, 3rd, 4th.

### WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at [wheels@bowmanvilleolderadults.com](mailto: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 BOAA, we have Wi-Fi. Please visit the front desk for the password.

### EMAIL & VOICE DIALING

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

### ADVERTISING AND SPONSORSHIP OPPORTUNITIES

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

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

### EMAIL CONTACT INFORMATION

**Angie Darlison:**

[execdirector@bowmanvilleolderadults.com](mailto:execdirector@bowmanvilleolderadults.com)

**Veronica Vargas**

[programs@bowmanvilleolderadults.com](mailto:programs@bowmanvilleolderadults.com)

**Sharon Mansfield:**

[events@bowmanvilleolderadults.com](mailto:events@bowmanvilleolderadults.com)

**Stella Riccio:**

[administration@bowmanvilleolderadults.com](mailto:administration@bowmanvilleolderadults.com)

**Chelsea Wolf:**

[volunteers@bowmanvilleolderadults.com](mailto:volunteers@bowmanvilleolderadults.com)

**Robin Thomson:**

[facilities@bowmanvilleolderadults.com](mailto:facilities@bowmanvilleolderadults.com)

**Sharon Spooner:**

[wheels@bowmanvilleolderadults.com](mailto:wheels@bowmanvilleolderadults.com)

**Tom Shotton:**

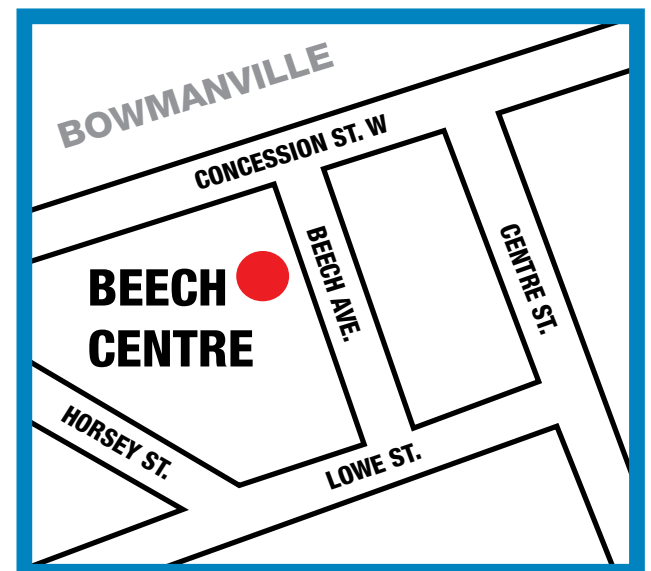
[maintenance@bowmanvilleolderadults.com](mailto:maintenance@bowmanvilleolderadults.com)

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[klipz@bowmanvilleolderadults.com](mailto:klipz@bowmanvilleolderadults.com)

**Claire MG**

[admin@bowmanvilleolderadults.com](mailto:admin@bowmanvilleolderadults.com)



### NON-MEMBER INFORMATION

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

### GUEST REGISTRATION

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

### COMPLIMENTARY TRIAL FOR PROGRAMS

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

### GIFT GIVING IDEAS

**Trying to think of a special gift for a birthday, anniversary or just to make someone smile? There are several options available at the Bowmanville Older Adult Association:**

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

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

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



**Facebook:** Bowmanville Older Adult Association



**Twitter:** @BowmanvilleOA



**Instagram:** bowmanvilleolderadults



**Pinterest:** BOAA



**Youtube:** Bowmanville Older Adult Association

# Upcoming Events & Fundraisers

Tickets for all events  
on sale now at BOAA

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

## Bridge Social with CASH PRIZES

Modified progressive format, winners move up and switch partners, losers stay and switch partners. Chicago Scoring. Complimentary refreshments will be provided in the café. No advanced registration required, please arrive and register prior to 1:15 pm.

**Sunday April 2nd, May 7th, June 4th, Oct 1st, Nov 5th, Dec 3rd**

**1:30 pm until 4:30 pm**

**\$5 members / \$7 non-members**

## Bid Euchre Bonanza

Includes: 10 games of bid euchre, mid-day buffet, door prizes & draws

**Saturday April 8th, June 10th, August 19th  
11 am**

Pre-registration 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.

**\$10 members / \$12 non-members**

## Social Dances with The Beech Nuts

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

**Friday April 21st, May 19th, June 16th, September 15th  
1 pm to 4 pm**

**\$3.50 members / \$5.50 non-members**

## Monthly Baking Group Fundraising With Josie Roberts

**April 28th - Meat Pies**

**May 26th - Apple Pies**

Please visit the Centre to pre-order prior to the Wednesday before. Pick-ups start at 1:30 pm on the Baking day.

## “FREE” Open Mic

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

**Sunday May 28th, September 17th, November 19th  
1 pm to 4 pm**

Open to ALL with cash bar and refreshments for purchase!

## Progressive Euchre Party - Last Saturday of Every Month

**April 29th, May 27th, Jun 24th, Jul 29th, Aug 26th,  
Sept 30th, Oct 28th, Nov 25th**

**6:30 pm**

Prizes for 1st to 5th Place, lone hands & skunk  
50% of Door Ticket Sales will be given in prizes – Guaranteed!  
(Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws)

**\$8 members / \$10 non-members**

Advance tickets recommended.

## Smile Theatre presents “Pride & Joy”

**Thursday May 11th**

**1:30 pm**

Refreshments will be provided after the theatre.

**\$5 members / \$7 non-members**

Sponsored by Ontario Power Generation

## Euchre Extravaganza

Includes: 12 games of progressive Euchre, buffet dinner, door prizes and draws

**Saturday May 13th, July 15th, September 23rd,  
November 11th**

**3 pm**

Pre-registration 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.

**\$10 members / \$12 non-members**

## Variety Night

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

**Wednesday May 17**

**7 pm**

**\$5 members / \$7 non-members**

## Arm Chair Travel Experience Dinners Fundraising Events

Take a trip with us without ever boarding the flight – enjoy appetizers, entrée, dessert and refreshments from the locations we will visit. Each event will include information, demos, entertainment and educational presentations about the countries and villages we will visit.

**May “Mexico” – Thursday May 25th**

**July “Italy” – Thursday July 27th**

**September “Paris” – Thursday September 28th**

**November “Amsterdam” – Thursday November 23rd**

**5 pm**

Complete Passport for all locations

**\$75 members / \$90 non-members**

Per Event **\$25 members / \$30 non-members**

Limited seating available so please register early to avoid disappointment.

## BINGO Extravaganza hosted by Nulife Hearing & Clarington Denture Clinic

Entrance by donation. All funds raised for BOAA.

Please RSVP participation.

**Tuesday May 30th**

**12:30 pm**

## Sneak Peak - Drop-in to the L'Ill Big Band Rehearsal

Entrance by donation will include dance floor and seating area with light refreshments.

**Wednesday June 7th**

**7:30 pm to 9:30 pm**

## Rotary Ribfest in Partnership with the Rotary Club of Bowmanville

Join the BOAA and our Community Partners from the Rotary Club as they host this amazing Community Event. Lots of food, drinks, entertainment, vendors and a midway!

**June 9th, 10th, 11th**

**NEW LOCATION: Clarington Fields, Baseline Road –**

**Bowmanville, Ontario**

Donations will be collected at the gate in support of the Rotary Club & BOAA!

## “FREE” BOAA Membership Picnic

Please join us as we celebrate another fantastic year at the BOAA with hamburgers, drinks, dessert and entertainment!

**Tuesday June 20th**

**12 pm**

Visual Arts Centre of Clarington (Rain Location: BOAA)

## “FREE” Summer Barbecue Party

Hosted by three local healthcare businesses. Precision Denture Care, Foot Rejuvenation and Hear Clear Canada Hearing Centre at the BOAA

Enjoy hotdogs, burgers, and a variety of desserts for an afternoon full of barbecue fun. Random draw for 10 door prizes. A social event you won't want to miss!

**Friday June 23rd, 1 pm to 3 pm**

### TUESDAY LUNCH

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

**\$8.05 members / \$11.40 non-members**

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

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

*No lunch: May 23, June 20, July 4, August 8, 29, Sept 5*

## Joyful Noise Fundraising Concert in Support of BOAA

Enjoy a night of 50s, 60s and 70's music with Joyful Noise Choir

Refreshments will be served.

**Thursday June 29th**

**7 pm**

**\$5 members / \$8 non-members**

## CONCERT with DANCE FLOOR with L'Ill Big Band

Includes: Refreshments, cash bar and door prizes.

**Wednesday July 12th**

**7:30 pm to 9:30 pm**

**\$5 members / \$7 non-members**

## Fall BOAA Showcase, Health Fair, Open House & Registration

You will not want to miss this fantastic day filled with vendor booths, live demos, draws, complimentary refreshments, and program/course registration for new and returning programs!

**Wednesday September 6th**

**9 am to 2 pm “Health Fair”**

**9 am to 2 pm “Woodcarving Expo, Painting & Drawing Displays, Demos, Photography Display”**

**9 am to 6 pm “Program Registrations”**

Sponsored by OACAO and the Ontario Seniors Secretariat

## Dinner Theatre “Just The Ticket”

Written by Peter Quilter, directed by Monique Essegern, performed by Marion Reid-Clarke.

**Friday September 15th & Saturday September 16th**

**Buffet Dinner 6 pm**

**Performance at 7:30 pm**

**\$35 members / \$40 non-members**

## BOAA Fundraising Golf Tournament

Join the BOAA members and guests as they hit the course at The Bowmanville Golf and Country Club for 18 holes of best ball golf. Includes: lunch on course, 18 holes of golf, carts followed by dinner at the BOAA.

**Wednesday September 20th**

**Shot Gun Start 9 am**

**\$80 members / \$85 non-members**

## Karaoke Night

SING it loud! Or just come out to cheer on the ones that are willing to take the mic. Includes: cash bar.

**Friday September 22**

**7 pm**

**\$5 members / \$8 non-members**

## Smile Theatre presents “Sunshine Sketches”

Refreshments will be provided after the theatre.

**Thursday September 28th 1:30 pm**

**\$5 members / \$7 non-members**

Sponsored by Ontario Power Generation

## Theatre Group presents “A Little Surprise”

Written by the BOAA's own Tom Kelly.

**Save the Date**

**Friday October 20th & Saturday October 21st**

Additional information to be announced.

## Sports & Activities

### ARCHERY AT EASTHILL with Amanda Shaughnessy

Price includes equipment and instruction  
**Wednesday 1 pm to 3 pm**  
**April 12th to May 31st**  
**\$20 per week**  
 Registration in advance required.

### “NEW” BIRD-WATCHING OUTINGS with Allan Chapman

Learn how to identify birds in the field with an experienced birder, visiting local areas in Clarington. Please meet at the BOAA to car pool to the offsite location.  
**Wednesday 1 pm to 3 pm & Thursday 9 am to 11 am**  
**April 26th to June 29th**  
**Drop-in Fees of \$1.75 members / \$3 non-members**

### CO-ED GOLF LEAGUE at Bowmanville Golf and Country Club

Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & fun with friends  
 Weekly Fees to be paid at the course:  
 \$15 Green Fee Walking or \$25 Green Fee with Cart per person.  
 Shot gun start at 8 am for 9 holes of golf.  
**Wednesday 8 am**  
**May 31st to September 27th**  
**\$35 members / \$45 non-members**  
 \*No league play on September 20th due to BOAA Golf Tournament

### CO-ED HORSESHOES

Meet to play a weekly round robin.  
**Wednesday 6 pm**  
**June 7th to September 27th**  
**\$15 members / \$20 non-members**  
 Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & FUN with Friends

### CO-ED SOFTBALL PICK-UP GAME

Grab your glove ... and get together for a FUN game of softball. No experience necessary. Just join us each week for a game of pick-up softball like you enjoyed in your youth.  
**Friday 9:15 am to 10:30 am at Memorial Park North**  
**July 7th to August 25th**  
**\$15 members / \$20 non-members**  
 Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & FUN with Friends

### HIKING

Join us weekly, as we car pool from the BOAA to find some of the best trails in the Region of Durham. Don't forget to bring snacks and dogs are welcome, just don't forget your pick-up bags.  
**Thursday 9 am**  
**April 6th to September 28th**  
**Drop-In Fees of \$1.75 members / \$3 non-members**  
 Tickets are available for the Year End Sports Banquet to all hiking participants for \$15

### “NEW” TREETOP TREKKING & ZIP LINING

Fly like a bird and scoot like a monkey at one of Ontario's premier treetop adventure parks "Treetop Eco-Adventure Park". Enjoy 3 hours of trekking through the tree tops on 5 zip lines and 3 progressive courses. "Please bring gloves, (gardening ones work great!) snacks & water. Safety gear will be provided."  
**Thursday June 15th**  
**1 pm**  
**Full trek Zip Line \$45, Zip Line Only \$30**

### “FREE” Walking Group

It's a great way to enjoy the neighbourhood that the BOAA calls home. Meet for a walk with friends that you may not have even met yet. Dogs are welcome, just don't forget your pick-up bags.  
**Monday, Wednesday & Friday**  
**9 am**



## CAFÉ

Open Monday to Friday  
9 am – 3 pm  
Saturday & Sunday 10 am-3 pm

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

## Trips & Travel

### Day Trip To Stratford For Guys And Dolls Thursday May 11 2017

Tour includes matinee show, lunch at Anna Mae's Bakery and Restaurant, highway motorcoach transportation, visit to Picard's Peanuts, a drive through Mennonite Country, taxes, gratuity and tour director.  
**\$157 per person**

### A Day in the Country - Wednesday June 28th 2017

Visit Prince Edward County where we will tour the beautiful lavender fields and enjoy lunch at the Waring House overlooking the fields of lavender, visit County Cider for a wine tasting and stop at Black River Cheese Company.  
 Includes: Coach Bus transportation, lunch, wine tasting, and cheese factory tour and a small donation to the BOAA  
 The bus will leave the BOAA at 8:30 am.  
**\$112 per person**

### A Day to the North - Monday September 25th 2017

Travel north for an amazing lunch in a building that was built in the 1850's for travelers' accommodation and is now known as Mylar & Loretta's restaurant. Then travel to The Candy Factory near Collingwood where they have been creating Georgian Bay's finest chocolate and candies since 1972. We will visit the Blue Mountain Village where you will enjoy a gondola ride, shopping and a visit to the village. Includes: coach bus transportation, roast turkey luncheon, factory tour, gondola ride and a small donation to the BOAA.  
 The bus will leave the BOAA at 8:30 am.  
**\$105 per person**

### Nashville Christmas Bus Trip with Barb Porter Nov. 19th - 24th 2017

Nashville Trip Information Night and Potluck at BOAA.  
**Tuesday April 4th 6 pm**

### Famous Peoples Player: Deck the Halls Wednesday November 29th 2017

Enjoy lunch and theater at Famous Peoples Players for a stunning musical that will Deck the Halls with fun and laughter.  
 Includes: coach bus transportation, show, lunch and a small donation to the BOAA  
 The bus will leave the BOAA at 10 am.  
**\$117 per person**

### Riu Reggae, Montego Bay, Jamaica - January 17th - January 24th 2018

An all-inclusive trip including: airfare, hotel, food and drink for 7 days  
**All prices include tax: double occupancy \$1839/  
 single occupancy \$2319**

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

### MEMBER ONLY CONVENIENCE PASSES FOR SALE

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

	Single Pass	10 Pass + ONE FREE
Coffee (BOAA Mug)	\$0.70	\$7
Coffee (Personal Mug)	\$1	\$10
Tea (Mug or Tea Pot)	\$0.70	\$7
Member Drop-In	\$1.75	\$17.50
IN TOWN Van Rides	\$2	\$20
OUT OF TOWN Van Rides	\$4	\$40
Member Tuesday Lunch	\$8.05	\$80.50
Soup	\$2.50	\$25



## Workshops and Seminars

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

### “FREE” Bird-Watching Workshop with Allan Chapman

Learn the basics of birding using field marks. Learn to see details and the use of field guides, Introduction to bird songs, bird book reviews optics reviews and lots of interesting facts. If you have a bird feeder and want to learn more about birds or want to brush up your birding skills.

**Wednesday April 12th**  
**1 pm to 2:30 pm**

### “FREE” CHANGING BEHAVIOURS 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 May 1st at 11 am**

### 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 May 10th**  
**1 pm to 2:30 pm**

**\$7 members / \$9 non-members**

### “FREE” Hearing Screenings with Hear Clear Canada

Join Hearing Care Professionals for complimentary hearing screenings to find out if you're hearing everything you should. FREE gift with each screening. Don't put it off any longer. Hearing well means you are living at your best. No appointment required

**Monday April 3rd, May 1st, June 5th, July 3rd**  
**2 pm to 4 pm**

### “FREE” Blood Pressure Clinic with Coby Booth

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

**Tuesday 9:30 am to 12 pm**

**April 4th & 25th, May 15th & 29th, June 12th & 26th**

### “NEW” DRUM – TAP – BEAT with Julie Ditta & Veronica Vargas

Drummers and Tappers unite to work together and create different beats.

**Saturday 12 pm to 2 pm**

**April 29th**

**\$10 members / \$13 non-members**

### CULINARY LESSONS with Simon Bush from Bistro 138

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

**Monday 1 pm to 3 pm**

**April 10th to May 15th, June 19th**

**\$10 members / \$15 non-members**

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

Includes movie, drink and popcorn

**April 24th, May 15th, June 19th, July 17th, August 21st**  
**6 pm**

**\$3 members / \$6 non-members**

### “FREE” BRING YOUR PATIO TO LIFE with Melody Eeuwes

Learn decorating tips and garden advice on how to make your patio or garden a beautiful place to entertain and enjoy. Complimentary refreshments provided.

**Wednesday May 10**  
**11 am to 12 pm**

### “FREE” COMMUNITY ENGAGEMENT GROUP ON GRIEF AND LOSS with Michelle Suzanne Scott

Come together to gather information on grief and loss, the Mourner's Bill of Rights, Emotions and Mourning, Self Care, Public and Private Mourning, Continuing Bonds while also completing a Memory Book Project to create a legacy book of your loved one for future generations.

**Wednesday May 10th and 17th 2 weeks**  
**1 pm to 2:30 pm**

### “FREE” GETTING THE MAXIMUM RETURN ON YOUR INVESTMENT with Melody Eeuwes

Professional Staging your property! Is it a good idea? Learn how to bring out your homes best potential. Complimentary refreshments provided.

**Wednesday June 14**  
**11 am to 12 pm**

### IRIS FOLDING WORKSHOP with Elsa Pogue

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

**Wednesday April 26th 1 week**

**9:30 am to 1 pm**

**\$8 members / \$10.40 non-members**

### Workshops with Brian Greenway

#### Ten Tips for Better Travel Photographs

After a trip are you a little disappointed with your images? Buying a “better” camera is not the answer - It's not your camera. It's how you use it. There are things that the pros do that you could do too. Learn ten simple and effective techniques for capturing the moment and making more memorable photographs.

**Tuesday May 9th**

**6:30 pm to 8:30 pm**

**\$10 members / \$13 non-members**

#### Point and Shoot: Smartphone Snaps

“Capturing the moment” has certainly changed with the new smartphone cameras. Spend a couple of hours and discover ways to have a full thousand words worth in your images with tips on shooting to processing. All smart phones welcome.

**Tuesday May 16th**

**3 pm - 5 pm**

**\$10 members / \$13 non-members**

**Additional classes with Brian listed on page 11.**

### 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 May 24th**

**1 pm to 2:30 pm**

**\$7 members / \$9 non-members**

### “FREE” Spring Financial Clean Up Compliments of the BNI Build Your Business Group Members

(Bob, Jason, Phil & Sandy)

Join the guys as they offer you a chance to spruce up your financial affairs. Spring has always been a great time to get that list of outdoor and indoor projects completed before the summer rolls around. A new coat of paint and a fix to the leaky taps makes the house a little bit brighter.

Nick Murray, a well-known financial expert, says there are only two (2) financial questions boomers and retirees need to ask:

**#1 Will I outlive my money? Or....**

**#2 Will my money outlive me?**

In this session we'll answer the above for you:

1. Take a look at your current investment portfolio to ensure it is positioned to take advantage of the “Trump Effect” while also protecting you from the decline in fixed assets we are seeing globally.

2. Ensure that you and your extended family are taking advantage of all the tax deductions available to you.

3. Review the equity you have in your home – extremely important in the Clarington market as home value escalation is outpacing the GTA market – and also showing you how you can access some of the equity for today's wants and wishes.

4. Make sure you've thought about your health care needs down the road. The experts say the one thing that can derail our retirement plans is lack of planning for future health care expense. We'll ensure that this won't happen to BOAA members who attend the session.

**Wednesday April 12th**

**2 pm to 3 pm**

### “FREE” DIABETES SUPPORT GROUP with Lakeridge Health

**Diabetes Medications**

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

**Wednesday April 12th**

**1:30 pm to 3:30 pm**

**Happy Feet – Diabetes Foot Care**

Foot problems are very common in people with diabetes and can lead to serious complications. Our guest speaker, a registered Chiropodist, will provide basic information about how diabetes affects your feet and what you can do to keep your feet healthy.

**Wednesday May 10th**

**1:30 pm to 3:30 pm**

**Snack with a Purpose**

Apples or crackers? Peanut butter or cheese? Join us for some more information on healthy snacks to eat to help manage your diabetes.

**Wednesday June 14th**

**1:30 pm to 3:30 pm**

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

## General Interest Programs

### BOWMANVILLE BOOK CLUB

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

**Monday 10 am to 11 am**

**April 24, 2017**

Discussing – Flee, Fly, Flown by Janet Hepburn

Picking up – Jade Peony by Wayson Choy

**May 15, 2017**

Discussing – Jade Peony by Wayson Choy

Picking up – The Rosie Project by Graeme Simison

**June 19, 2017**

Discussing – The Rosie Project by Graeme Simison

**Monday August 21**

Please pick up The Light Between Oceans by M.L. Stedman

**September 18, 2017**

Discussing – The Light Between Oceans by M.L. Stedman

Picking up – A Man Called Ove by Fredrik Backman

**Drop-in Fees \$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**

**Final week of Drop-in will be May 25th**

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

### FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly an airplane? Join us for a 6 week 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 12 pm 6 weeks**

**April 21st to May 26th**

**\$48 members / \$62.40 non-members**

### 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 spring session is a **continuation of the winter classes.**

**Tuesday 10 am to 11:30 am 8 weeks**

**April 18th to June 6th**

**\$56 members / \$72.80 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 spring session is a **continuation of the winter classes.**

**Tuesday 1:30 pm to 3 pm 8 weeks**

**April 18th to June 6th**

**\$56 members / \$72.80 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**

**April 18th - June 6th**

**\$56 members / \$72.80 non-members**

**FRANÇAIS AVANCÉ avec Maurice Laganière** - Cet cours s'adresse aux étudiant(e)s qui ont déjà complété le niveau 4 Avancé 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 de la vie courante.

**Tuesday 3 pm to 4:30 pm 8 weeks**

**April 18th - June 16th**

**\$56 members / \$72.80 non-members**

### IMPROV with Julie Ditta

Whether you want to improve your laugh life, socialize, stay mentally healthy, physically active or simply wish to have fun, Improv is the answer. Improvisation combines theatre games with a few basic, dramatic techniques resulting in creative, spontaneous and often humorous responses. Improv is a safe, fun and dynamic experience that reduces stress and keeps your mind and imagination sharp. You don't have to act or be funny to participate in this course. Improv helps you think faster on your feet, increases your confidence and allows you to connect with others. Laughter never retires!

**Monday 7 pm to 9 pm 9 weeks**

**April 24th to June 26th**

*No class May 22nd*

**\$56 members / \$58.50 non-members**

### LEARN TO PLAY EUCHRE with 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 our evening progressives or bi-monthly euchre extravaganzas.

**Tuesday 1:30 pm to 3 pm 6 weeks**

**May 2nd to June 6th**

**\$18 members / \$23.40 non-members**

### SEW SOCIAL Drop-in with Doreen Cripps

Gather with other "sewists" for an enjoyable morning at the BOAA sewing, sharing, laughing and enjoying time with others. Whatever your project is, Doreen will help you. You will need to bring your own machine and sewing tools. We will have a cutting board, tables, iron.

**Thursday 9 am to 1 pm**

**April 20th - June 22nd**

**Drop-in fees \$1.75 members / \$3 non members**

### SPOKEN WORD POETRY 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. Excellent for increasing self-confidence and mental health. Do you want to make an impact? Let your voice be heard!

**Friday 10:30 am to 12 pm 7 weeks**

**May 5th to June 23rd**

**\$70 members / \$91 non-members**

*No Class June 16th*

### NEW Strolling Through the Garden with Beata Zeranska

Be guided on what to do in the garden during different seasons. When to prune, what to plant and when. Why some plants thrive and others beside it do not. Light, moisture and soil requirements for popular plants. How to rejuvenate old shrubs. How to take care of spring bulbs and some basic principles of designing your garden

**Thursday 3:30 pm to 5 pm 7 weeks**

**April 20th to June 1st**

**\$35 members / \$45.50 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. Each participant will need to bring a ball of 3 ply knitting worsted wool and a pair of scissors, measuring tape. \$15 starter kit required for new participants

**Tuesday 1 pm to 3 pm 6 weeks**

**May 2nd to June 6th**

**\$18 members / \$23.40 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**

**Final week will be May 30th**

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

## Art & Music Programs

### CHOIR with Allanah Coles & Donna Barber

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

**Wednesday 10 am to 11:30 am**

**Final week will be Wednesday June 14th**

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

### 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 11 weeks**

**April 20th to June 29th**

**\$99 members / \$128.70 non-members**

### DRAWING with Paul Livingston

Using commonly available drawing tools, learn the basic and essential principles and how to apply them towards drawing virtually anything that can be seen, remembered or imagined. Provides a 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 draw landscapes, portraits, florals, animals and buildings in a relaxed, casual and positive atmosphere with demonstrations and personal instruction.

**Wednesday 10 am to 12 pm 11 weeks**

**April 19th to June 28th**

**\$99 members / \$128.70 non-members**

## Art & Music Programs

### “NEW” Decorative Painting Classes with Shirley Bankey

This fun and affordable class will 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. The class has been designed to build on each new technique from week to week until you are ready to put them all together into a more advanced landscape in week 7 and 8. All paints will be provided by Shirley.

As an extra bonus join Shirley for a FREE meet and greet on April 18th at 9:30 to discuss supplies, project examples, shopping in your own home, etc.

**Monday 1 pm to 3:30 pm 8 weeks**

**April 24th to June 19th**

**\$72 members / \$93.60 non-members**

*No class May 22nd*

### Drum Circle with Julie Ditta

Let out your inner drummer! Drumming is a natural way to release stress, lift the spirit, be creative and have fun. Drum circles foster self-expression, healing and community building. You don't need musical ability to be part of this circle. There is no right or wrong way to drum and no pressure to perform. We embrace the natural flow of free form drumming where participants express their own intuitive and natural rhythms. A variety of rhythm instruments are incorporated into this energizing music making experience.

**Friday 10:30 am to 12 pm 6 weeks**

**July 7 to August 11**

**\$30 members / \$39 non-members**

### IRIS FOLDING with Elsa Pogue

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

**Wednesday 9:30 am to 1 pm**

**April 26th**

**\$8 members / \$10.40 non-members**

### JAMMING GROUP DROP-IN

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**

### JEWELLERY MAKING with Lynn Morrison

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

**Wednesday 10 am to 12 pm 4 weeks**

**April 12th to May 3rd**

**\$45 members / \$50 non-members**

### MUSICAL DEVELOPMENT GROUP with Joyfull Noise

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

**Thursday 3 pm to 4 pm 11 weeks**

**April 20th to June 29th**

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

### ONE STROKE PAINTING with Elsa Pogue

If you've never painted before, this is the class for you! Learn the techniques of Donna Dewberry. Please pick up a FULL listing of supplies from the front desk upon registration or visit our website to download your copy today.

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

**Wednesday 1 pm to 3 pm 6 weeks**

**April 12th to May 17th**

**\$18 members / \$23.40 non-members**

### “CELEBRATING 150 YEARS” PEN AND INK with Dianne Darch

This class is suitable for beginners or returning students. You will be guided through the series of dots and lines involved in pen and ink artwork to create your finished project. Drawings will be provided so you can concentrate on the inking process.

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

**April 24th to June 19th**

**\$72 members / \$93.60 non-members**

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

**April 28th to June 16th**

**\$72 members / \$93.60 non-members**

*No class May 22nd*

### RECREATIONAL AFRICAN DRUMMING - Beginners with Julie Ditta

This course is for beginners who are interested in learning to drum with the West African djembe. You will learn basic technique, a variety of lively rhythms and how to jam with others. No previous musical experience is necessary. Drumming lifts the spirits, boosts the immune system and is a great form of brain gym. It strengthens memory, improves cognitive ability and builds neural plasticity. Drums are provided or bring your own.

**Monday 6 pm to 7 pm 9 weeks**

**April 24th to June 26th**

**\$45 members / \$58.50 non-members**

**Friday 10 am to 11 am 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

*No class May 22nd*

### RECREATIONAL AFRICAN DRUMMING - Transitional Class with Julie Ditta

This class is for participants who have taken the beginner's level several times and now have the confidence and skill level to continue on their drumming journey toward Part 2. Instruction will focus on enhancing technique, tempo and acquiring challenging new rhythms. Drums are provided or bring your own.

**Wednesday 12 pm to 1 pm 10 weeks**

**April 26th to June 28th**

**\$50 members / \$65 non-members**

### RECREATIONAL AFRICAN DRUMMING - Part 2 with Julie Ditta

This class is for advanced drummers who wish to gain proficiency with their drumming and learn new complex and challenging rhythms and polyrhythms. Drums are provided or bring your own.

**Friday 11 am to 12 pm 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

### SUMMER ART CAMP with Paul Livingston

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

**Wednesday 9:30 am to 12:30 pm 9 weeks**

**July 5th to August 30th**

**\$81 members / \$105.30 non-members**

### UKULELE LESSONS with Allanah Coles

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

**Thursday 1 pm to 2 pm 8 weeks**

**April 20th to June 15th**

**\$24 members / \$31.20 non-members**

*No classes May 11th*

### 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 we have already learned and adding new ones.

**Thursday 2:15 pm to 3:15 pm**

**Drop In Fees of \$1.75 members / \$3.00 non-members**

### WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

**Thursday 9 am to 12 pm 10 weeks**

**April 13th to June 15th**

**\$110 members / \$143 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.

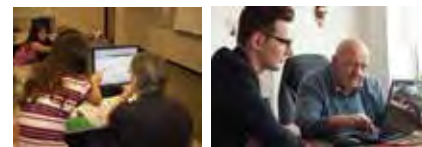
**Monday and Thursday 10 am to 12 pm**

**Final drop-in will be May 4th**

**\$1.75 members / \$3 non-members**

### The BOAA Geek Squad

*presented in partnership with  
Clarington Central Secondary School*



#### ... here to help BOAA members

- Laptop, desktop & tablet fixes
- Internet assistance
- Installation of software
- Organizing files and desktop
- Help with Smartphones
- Windows 10 Installation
- FACEBOOK tips
- And much more!

**Services will be provided during one hour  
appointment at the Beech Centre  
on Mondays & Wednesdays  
3:30 pm – 6:30 pm  
\$6 per appointment**

For more information please contact Amanda at 905-697-2856 x 57

## Partnership Programs



### CLARINGTON PHOTOGRAPHY CLUB

Creative digital photography has great rewards but requires a wider range of skills with cameras and software. Our club provides special group and individual support for members wishing to extend their knowledge and skills in addition to special guest presenters, workshops, and outings. For further information, visit [www.claringtonphoto.club](http://www.claringtonphoto.club).

**1st and 3rd Wednesday of every month from October to May 7 pm to 9 pm**

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

### Joyfull Noise ROCKS

Join the Joyfull Noise Mixed Choir to sing the music of the 50s, 60s and 70s. No experience necessary – no auditions and no need to read music. Lots of fun guaranteed! Directed by David Oshier.

**Thursday 7 pm to 9 pm**

First Visit FREE ... for more information regarding joining please visit [www.joyfull-noise.com](http://www.joyfull-noise.com) or call 1-877-433-4386

### "NEW" Minds In Motion Fitness Program with the Alzheimer Society

Combining physical activity and mental stimulation, Minds In Motion unfolds to laughter and chatter, with new friendships forming and stories being shared. Participants with early to mid-stage signs of dementia are accompanied by their care partners. Gentle and easy to follow physical activities, fun social activities focused on building personal skills. The program benefits for the person with dementia: Improved balance, mobility, flexibility, alertness, increased confidence. It's an opportunity for the care partners to focus on their own health, rather than focusing on the needs of the person with dementia. Other benefits include: seeing the person they are caring for enjoying themselves, mutual support and learning from other care partners. Together, the participating couple can benefit from: Sharpened mental functioning, reduced sense of isolation. \*Dementia is an umbrella term for a variety of brain disorders that include the following symptoms: loss of memory, judgment and reasoning, and changes in mood and behaviour. Minds in Motion is a fitness and social recreation program.

**Thursday 1:30 pm to 3:30 pm 8 weeks**

**April 20th to June 15th**

*No class on May 11th*

**\$40 per couple (caregivers are welcomed and appreciated)**

### REIKI with Beata Zeranska

Reiki is a healing therapy where practitioner places hands over or sometimes lightly on persons body to rebalance 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 on relaxation.

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

**1/2 hour session for 65+ years----\$30**

**1/2 hour session 55-65 years-----\$35**

**1/2 hour session for non-members-\$40**

**\*Trials available for \$10 per session until April 28th**

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 types of treatments are performed in a chair and each treatment starts with a brief medical history. Contact the front desk to book your appointment.


**Every Monday starting at 9 am**


**\*No sessions April 17th, May 22nd, July 3rd, August 7th, September 4th**

**30 minute relaxation treatment**

**\$30 members / \$40 non-members**

**1 hour full treatment \$50 members / \$60 non-members**





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

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

### Foot Rejuvenation - Nursing Foot Care Services provided by Amber Marlow

Registered Practical Nurse with training in Basic, Advanced, and Diabetic Foot Care. Proper foot care is an integral part of leading a healthy and happy lifestyle. If you are unsure of how to care for your feet, Amber is happy to assist you with your foot care needs. Many times, we don't realize that even a small corn, callus, thick toenail, etc. can cause such discomfort that it can interfere with your everyday life. In many cases these common foot problems can be treated by a nursing foot care professional. So, don't let foot problems keep you from doing the things that you enjoy! Be good to your feet and they will be good to you!

**Wednesdays at the BOAA. Contact the front desk to book your appointment**

**Diabetic Foot Care-\$40**

**Advanced Foot Care-\$40**

**Basic Foot Care-\$20**

### MANICURES by Dana Labelle from the Beauty Nook

Sit back and relax while you treat yourself to a manicure. Regular manicures will include: nail soak/ shaping, buffing and polish application; or a gel manicure 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 that she has not applied. Polish and gel that are used will be OPI and China Glaze.

**Every Tuesday starting at 9:30 am - 3 pm**

Contact the front desk to book your appointment.

**Regular Manicure \$20**

**Gel Manicure \$30**

**\*NEW\***

**Fitness ONLY DROP-IN Cards**

**Now available.**

*To be used for classes that have space.*

*First come first serve.*

**\$60 per**

**10 card pass**

## Fitness Programs

### "NEW" 20/20/20 with Cindy Legare

A fitness class that features 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and balance training for a full body workout.

**Wednesday 12:20 pm to 1:20 pm 9 weeks**

**April 19th to June 14th**

**\$45 members / \$58.50 non-members**

**Wednesday 12:20 pm to 1:20 pm 8 weeks**

**July 5th to August 30th**

**\$40 members / \$52 non-members**

*No class August 9th*

### 20/20/20 with Nathalie Mackesey

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

**Tuesday 10 am to 10:55 am 12 weeks**

**April 18th to July 4th**

**\$60 members / \$78 non-members**

### ARTHRITIS FITNESS with Nathalie Mackesey

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

**Tuesday 11 am to 11:55 am 12 weeks**

**April 18th to July 4th**

**\$60 members / \$78 non-members**

## Fitness Programs

### "NEW" BBB with Cindy Legare

Balls will be used to encourage fluidity and rhythm, help modify exercises and postures, and to strengthen muscles. Bands will be used to improve muscular strength and endurance which promotes functional independence. Perform exercises that focus on the core and balance, as well as stabilizing techniques to improve overall strength, balance and flexibility.

**Monday 1 pm to 2 pm 8 weeks**

**April 24th to June 19th**

**\$40 members / \$52 non-members**

**Monday 1 pm to 2 pm 7 weeks**

**July 10th to August 28th**

**\$35 members / \$45.50 non-members**

*No class May 22nd, August 7th,*

### "NEW" BONE FIT with Cindy Legare

Includes cardio respiratory, balance training, muscle strengthening, stretching and relaxation using resistance bands, free weights and small balls. Bone Fit recommended exercises.

**Monday 2:05 pm to 3:05 pm 8 weeks**

**April 24th to June 19th**

**\$40 members / \$52 non-members**

**Monday 2:05 pm to 3:05 pm 7 weeks**

**July 10th to August 28th**

**\$35 members / \$45.50 non-members**

*No class May 22nd, August 7th*

### 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 6 weeks**

**April 21st to June 23rd**

**\$30 members / \$39 non-members**

*No class May 12, 19, 26, June 2*

### Cardio with Pep with Lydia Vooy-MacLeod

This class is a cardio class at a walking pace that is not too slow and not too fast. Join this class and enjoy the company of other members while working heart cardio, core condition and major muscle group stretching.

**Monday 9 am to 10 am 8 weeks**

**May 1st to June 26th**

**\$40 members / \$52 non-members**

**Monday 9 am to 10 am 7 weeks**

**July 3rd to August 28th**

**\$35 members / \$45.50 non-members**

**Friday 9 am to 10 am 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

**Friday 9 am to 10 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class May 22nd, August 7th, 14th, 18th*

### CHAIR PILATES with Nathalie Mackesey

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

**Tuesday 1 pm to 2 pm 12 weeks**

**April 18th to July 4th**

**\$60 members / \$78 non-members**

*No class August 11th*

### Chair Yoga with Lydia Vooy-MacLeod

This class is a gentle form of yoga that is practiced sitting on the chair. Sometimes we stand with the support of the chair 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 the chair. We have great company and soothing music to relax to. Come join us and stretch out and reap the benefits of health and fitness.

**Monday 10 am to 11 am 8 weeks**

**May 1st to June 26**

**\$40 members / \$52 non-members**

**Monday 10 am to 11 am 7 weeks**

**July 3rd to August 28th**

**\$35 members / \$45.50 non-members**

**Thursday 9 am to 10 am 9 weeks**

**April 27 to June 29th**

**\$45 members / \$58.50 non-members**

**Thursday 9 am to 10 am 8 weeks**

**July 6th to August 31st**

**\$40 members / \$52 non-members**

*No class May 22nd, June 8th, August 7th, 14th, 17th*

### Drums Alive 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 9 weeks**

**May 2nd to June 27th**

**\$45 members / \$58.50 non-members**

**Tuesday 2 pm to 3 pm 8 weeks**

**July 11 to August 29th**

**\$40 members / \$52 non-members**

### "NEW" Empowerment Flow Yoga with Krista Luxton

Challenge yourself in a more complex yoga practice. Expect high energy and inner focus that require a certain level of strength and stamina. If you're looking for a relaxing, yet powerful yoga class to help deepen your practice, this is it! (Yoga experience is required.)

**Wednesday 10:45 am to 12 pm 10 weeks**

**April 19th to June 21st**

**\$50 members / \$65 non-members**

**Wednesday 10:45 am to 12 pm 9 weeks**

**July 5th to August 30th**

**\$45 members / \$58.50 non-members**

### Fabulous Muscles with Lydia Vooy-MacLeod

This class includes a ten minute warm up and then we get down to business! Bring weights and tubing to class. This class is ideal for strengthening muscles, bones and also includes core work.

**Fridays 10 am to 11 am 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

**Fridays 10 am to 11 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class August 18th*

### "NEW" Fitness for Arthritis with Cindy Legare

Help increase your range of motion, agility, strength, balance, improve pain/swelling and stiffness for those who have osteoarthritis, rheumatoid arthritis or fibromyalgia.

**Wednesday 1:30 pm to 2:30 pm 9 weeks**

**April 19th to June 14th**

**\$45 members / \$58.50 non-members**

**Wednesday 1:30 pm to 2:30 pm 8 weeks**

**July 5th to August 30th**

**\$40 members / \$52 non-members**

*No class August 9th*

### 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 7 weeks**

**April 24th to June 26th**

**\$35 members / \$45.50 non-members**

**Wednesday 10 am to 11 am 7 weeks**

**April 26th to June 28th**

**\$35 members / \$45.50 non-members**

**Monday 10 am to 11 am 8 weeks**

**July 3rd to August 28th**

**\$40 members / \$52 non-members**

**Wednesday 10 am to 11 am 8 weeks**

**July 5th to August 30th**

**\$40 members / \$52 non-members**

*No class May 15th, 17th, 22nd, 24th, 29th, 31st, August 7th, 9th*

### GUIDED MEDITATION with Julie Ditta

This class is for those new to meditation or who have some previous experience and wish to improve their skills. Learn how to quiet the mind, stop worrying and relax 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 an effective tool for reducing stress, restoring health, improving memory, increasing energy and regulating sleep. Meditation helps to create a positive perspective and enhances an overall sense of well-being.

**Wednesday 1 pm to 2 pm 10 weeks**

**April 26th to June 28th**

**\$50 members / \$65 non-members**

### PILATES with Nathalie Mackesey

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

**Tuesday 9 am to 9:55 am 12 weeks**

**April 18th to July 4th**

**\$60 members / \$78 non-members**

### 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 9 weeks**

**April 24th to June 26th**

**\$45 members / \$58.50 non-members**

**Monday 11 am to 12 pm 8 weeks**

**July 3rd to August 28th**

**\$40 members / \$52 non-members**

*No class May 22nd, August 7th*

### MEDITATION 101 with Les Lee Bell

Drop in to enjoy mindfulness and meditation.

**Thursday 7 pm and Friday 2 pm**

**April 9th to August 31st**

**\$4 members / \$6 non-members**

*No class April 14th, June 30th*

## Fitness Programs

### 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 11:30 am to 12:30 pm 11 weeks**

**April 12th to June 21st**

**\$55 members / \$71.50 non-members**

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

**April 12th to June 21st**

**\$55 members / \$71.50 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 9 weeks**

**April 24th to June 26th**

**\$45 members / \$58.50 non-members**

**Wednesday 8 am to 9 am 10 weeks**

**April 26th to June 28th**

**\$50 members / \$65 non-members**

**Friday 8 am to 9 am 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

**Monday 8 am to 9 am 6 weeks**

**July 10th to August 28th**

**\$30 members / \$39 non-members**

**Wednesday 8 am to 9 am 7 weeks**

**July 5th to August 30th**

**\$35 members / \$45.50 non-members**

**Friday 8 am to 9 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class May 22nd, July 3rd, August 7th, 16th, 18th, 21st, 23rd*

### 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 7 weeks**

**April 25th to June 27th**

**\$35 members / \$45.50 non-members**

**Friday 10 am to 11 am 6 weeks**

**April 21st to June 23rd**

**\$30 members / \$39 non-members**

**Tuesday 10:30 am to 11:30 am 8 weeks**

**July 4th to August 29th**

**\$40 members / \$52 non-members**

**Friday 10 am to 11 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class May 16th, 19th, 23rd, 26th, 30th, June 2nd,*

*August 8th, 11th*

### 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 7 weeks**

**April 25th to June 27th**

**\$35 members / \$45.50 non-members**

**Tuesday 9:30 am to 10:30 am 8 weeks**

**July 4th to August 29th**

**\$40 members / \$52 non-members**

*No class May 16th, 23rd, 30th, August 8th*

### 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 7 weeks**

**April 25th to June 27th**

**\$35 members / \$45.50 non-members**

**Tuesday 8 am to 9 am 8 weeks**

**July 4th to August 29th**

**\$40 members / \$52 non-members**

*No class May 16th, 23rd, 30th, August 8th*

### 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 7 weeks**

**April 26th to June 28th**

**\$35 members / \$45.50 non-members**

**Friday 9 am to 9:45 am 6 weeks**

**April 21st to June 23rd**

**\$30 members / \$39 non-members**

**Wednesday 11 am to 11:45 am 8 weeks**

**July 5th to August 30th**

**\$40 members / \$52 non-members**

**Friday 9 am to 9:45 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class May 12th, 17th, 19th, 24th, 26th, 31st, June 2nd,*

*August 9th, 11th*

### 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**

**Monday April 10th to June 26th 10 weeks**

**\$50 members / \$65 non-members**

*No class April 17th, May 22nd*

### 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 borrow through the BOAA.

**Wednesday & Friday 9 am**

**Starts April 12th and ends June 28th**

Meet at the BOAA to car pool at 9 am or meet on location listed on the Spring/Summer Urban Poling Schedule.

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

### "NEW" YIN YOGA with Gwen Cadman

Yin Yoga has the same goals and objectives as any other yoga; however, it directs the stimulation normally created in the postures of the practice deeper than the superficial or muscular tissues. Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much. Suitable for all levels of students.

**Thursday 9 am to 10 am 10 weeks**

**April 20th to June 22nd**

**\$50 members / \$65 non-members**

**Thursday 9am to 10 am 9 weeks**

**July 6th to August 31st**

**\$45 members / \$58.50 non-members**

### YOGA with Sharon Wildeboer

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

**Monday 9 am to 10 am 7 weeks**

**April 24th to June 26th**

**\$35 members / \$45.50 non-members**

**Wednesday 9 am to 10 am 7 weeks**

**April 26th to June 28th**

**\$35 members / \$45.50 non-members**

**Monday 9 am to 10 am 8 weeks**

**July 3rd to August 28th**

**\$40 members / \$52 non-members**

**Wednesday 9 am to 10 am 8 weeks**

**July 5th to August 30th**

**\$40 members / \$52 non-members**

*No class May 15th, 17th, 22nd, 24th, 29th, 31st, August 7th, 9th*

### 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 7 weeks**

**April 24th to June 26th**

**\$35 members / \$45.50 non-members**

**Friday 11:15 am to 12:15 am 6 weeks**

**April 21st to June 23rd**

**\$30 members / \$39 non-members**

**Monday 11 am to 12 pm 8 weeks**

**July 3rd to August 28th**

**\$40 members / \$52 non-members**

**Friday 11:15 am to 12:15 am 8 weeks**

**July 7th to September 1st**

**\$40 members / \$52 non-members**

*No class May 12th, 15th, 19th, 22nd, 26th, 29th, June 2nd,*

*August 7th, 11th*

### ZUMBA with Veronica Vargas

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

**Tuesday 9 am to 10 am 11 Weeks**

**April 18th to June 27th**

**\$55 members / \$71.50 non-members**

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

**April 20th to June 29th**

**\$55 members / \$71.50 non-members**

**Tuesday 9 am to 10 am 9 Weeks**

**July 4th to August 29th**

**\$45 members / \$58.50 non-members**

**Thursday 10:30 am to 11:30 am 9 weeks**

**July 6th to August 31st**

**\$45 members / \$58.50 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 enjoy static stretching.

**Friday 11:05 am to 12:05 pm 9 weeks**

**April 28th to June 23rd**

**\$45 members / \$58.50 non-members**

**Friday 11:05 am to 12:05 am 9 weeks**

**July 7th to September 1st**

**\$45 members / \$58.50 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 10 weeks**

**April 26th to June 28th**

**\$50 members / \$65 non-members**

**Wednesday 11 am to 12 pm 9 weeks**

**July 5th to August 30th**

**\$50 members / \$65 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 9 weeks

May 4th to June 29th

\$54 members / \$70.20 non-members

Thursday 2:30 pm to 3:30 pm 9 weeks

July 6th to August 31st

\$54 members / \$70.20 non-members

### Diva Dancing with Julie Ditta

Put your body in motion, dance, relax and have fun. Diva Dancing is a workout for body, mind and spirit. Diva Dancing is for those who love to dance without steps to learn or partners required in a safe and non-judgmental atmosphere. Through guided dance, enticing music and playful self-expression, Diva Dancing will lift your spirits, let you release your inhibitions and help you discover the creative dancer within.

Friday 1 pm to 2 pm 6 weeks

July 7th to August 11th

\$36 members / \$46.80 non-members

### “NEW” LATIN DANCING with Veronica Vargas

Learn the basic and safe way to do Latin steps, put them in dancing drills to finish with a Dance Routine. When you finish the session you will be ready to increase speed to participate in Zumba Gold or Zumba

Monday 11:15 am to 12:15 pm 9 weeks

April 24th to June 26th

\$54 members / \$70.20 non-members

Monday 11:15 am to 12:15 pm 8 weeks

July 3rd to August 28th

\$48 members / \$62.40 non-members

No class May 22nd, August 7th

### STEP DANCING Beginner with Gwen Cadman

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

Thursday 12 pm to 1 pm 10 weeks

April 20th to June 22nd

\$60 members / \$78 non-members

Thursday 12 pm to 1 pm 9 weeks

July 6th to August 31st

\$54 members / \$70.20 non-members

### “NEW” STEP DANCING Experienced with Gwen Cadman

Open to students with tap and step dance experience. You will be exposed to Ottawa Valley and Cape Breton styles with low impact options for all.

Thursday 1 pm to 2 pm 10 weeks

April 20th to June 22nd

\$60 members / \$78 non-members

Thursday 1 pm to 2 pm 9 weeks

July 6th to August 31st

\$54 members / \$70.20 non-members

### SQUARE AND ROUND DANCING

A fun social group no experience or partner necessary.

Tuesday 12:45 pm

Final dance will be June 13th

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

No class May 2nd

### LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

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

Mondays

Beginner (Continuation of Winter Session Routines)

12:15 pm to 1:15 pm

Intermediate (Continuation of Winter Session Routines)

1:15 pm to 2:15 pm

May 1st to May 29th 4 weeks

\$24 members / \$31.20 non-members

No class May 22nd

### TAP DANCING with Veronica Vargas

Standard Tap combinations put together to music and possibly performed.

Beginner

Tuesday 10 am to 11 am 11 weeks

April 18th to June 27th

\$66 members / \$85.80 non-members

Tuesday 10 am to 11 am 9 weeks

July 4th to August 29th

\$54 members / \$70.20 non-members

Level 2

Monday 10 am to 11 am 9 weeks Continuation of routines learned in winter session at BOAA

April 24th to June 26th

\$54 members / \$70.20 non-members

\*No class May 22nd

Monday 10 am to 11 am 8 weeks

July 3rd to August 28th

\$48 members / \$62.40 non-members

\*No class August 7th

Wednesday 8:45 am to 9:45 am 11 weeks Continuation of routines learned in winter session at BOAA

April 19th to June 28th

\$66 members / \$85.80 non-members

Wednesday 10 am to 11 am 9 weeks

NEW Combinations for Summer!

9am to 10am

July 5th to August 30th

\$54 members / \$70.20 non-members

Level 3

Monday 9 am to 10 am 9 weeks Continuation of Routines Learned in Winter Session at BOAA

April 24th to June 26th

\$54 members / \$70.20 non-members

Monday 9 am to 10 am 8 weeks NEW Combinations for Summer!

July 3rd to August 28th

\$48 members / \$62.40 non-members

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

April 19th to June 28th

\$66 members / \$85.80 non-members

Wednesday 10 am to 11 am 9 weeks

NEW Combinations for Summer!

July 5th to August 30th

\$54 members / \$70.20 non-members

\*No class May 22nd

## Computer & Digital Photography Programs

with  
Brian Greenway

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

Brian will be volunteering on Wednesday afternoons by appointment at the BOAA to assist you with any of your computer or digital photography questions. Also able to provide advise on buying computers, tablets and photography gear.

For BOAA members only.

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

### Getting Sorted: Managing Your Digital Photos

Organizing all your photos can be a daunting task. Tips and strategies will be demonstrated with useful free software to help you “get sorted”. Options for long-term storage will also be highlighted.

Tuesday 6:30 pm to 8:30 pm 2 weeks

May 30 and June 6th

\$20 members / \$26 non-members

### “NEW” Computers and Photography: Software Survey

Where should I go? Photoshop, Lightroom, Luminar, On1, Topaz, and Affinity provide choices, and expense, in digital photography. Let's look at the cons of the newer software programs.

Tuesday 6:30 pm to 8:30 pm 2 weeks

June 13th and June 20th

\$20 members / \$26 non-members

### Making Your Own Printed Photo Album

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

Tuesday 6:30 pm to 8:30 pm 2 weeks

May 16th to May 23rd

\$20 members / \$26 non-members

For more More Workshops  
with Brian visit Pg 5.

### 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

May 4th to June 15th

\$70 members / \$91 non-members

### iPad Part 2

Look at special apps that increase your productivity and settings that provide more customization to suit your needs.

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

May 17th to May 31st

\$30 members / \$39 non-members

### iPADS AND LAPTOP COMPUTERS

FREE to use within the BOAA. 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!



# Computer & Technology Programs

with  
Tanya Cochrane

## Facebook - Beginner

Join us in learning this social site! We'll cover how to manage your profile, posting updates and photos, understanding the newsfeed and communicating with friends and family. **Please register for an account in advance and bring your password to class.** You can bring any computer or use one from the centre.

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

**April 6th to April 20th**

**\$30 members / \$39 non-members**

## Excel

Review beginner topics such as creating basic spreadsheets, formatting, common calculations and spreadsheet layout. Lots of time to practice and explore types of spreadsheets such as budgets, address list or tracking systems. Previous computer experience is required. You can bring any computer with Excel pre-installed or reserve one in advance at the front desk.

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

**June 15th to June 29th**

**\$30 members / \$39 non-members**

## NEW! Windows 10 Refresher

This intermediate class is ideal for students who have completed the four week Windows 10 class. We will review topics and have time to answer questions. Must bring laptop to class.

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

**June 15th to June 22nd**

**\$20 members / \$26 non-members**

## Online Media

Find legitimate and safe websites to watch movies, TV shows and sports. Learn different ways to listen to music online. Suitable for computer or tablet users. You can bring any computer or tablet for this beginner course or use a computer at the Centre.

**Wednesday 2 pm to 4 pm 1 week**

**July 19th**

**\$20 members / \$26 non-members**

## "NEW" Facebook For Small Businesses

Learn how to create a special Facebook page for your small business. We will cover how to set up the page, post updates and answer inquiries. A business Facebook page is ideal for anyone who sells their own art, does home parties, has a catalog business, provides a service, etc. MUST have a personal Facebook account created and set up. Previous experience with Facebook is required...completion of the Facebook for Beginners class is highly recommended as a minimum pre-requisite.

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

**April 21st to April 28th**

**\$20 members / \$26 non-members**

## 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 12:30 pm to 2:30 pm, 3 weeks**

**April 6th to April 20th**

**\$30 members / \$39 non-members**

## Windows 10 Questions And Answers

An introductory look into your Windows 10 laptop computer. Get a brief tour and learn some tips. Bring your laptop (if possible) and your questions!

**Thursday 10 am to 12 pm 1 week**

**July 20th**

**\$10 members / \$13 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.

**Monday July 31st 10 am to 12 pm and**

**Wednesday August 2nd 10 am to 12 pm**

**\$20 members / \$26 non-members**

## Exploring The Internet With Google Chrome

We will use Google Chrome in this class. Gain an understanding of how to quickly obtain answers and information from the Internet and learn about helpful websites. Prepare to be amazed by what the Internet can do for you!

**Monday July 31st 1 week**

**1 pm to 3 pm**

**\$10 members / \$13 non-members**

## Facebook - Intermediate

Have the basics of Facebook but want to know more? Join us for this intermediate class to learn about groups and events, adjusting settings, understanding trending and managing your friends list. Please bring your sign in info (including password) to class. You can bring any computer or reserve one in advance at the front desk.

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

**April 27th to May 11th**

**\$30 members / \$39 non-members**

## Selling on Kijiji

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

**Friday 12 pm to 2:30 pm 1 week**

**April 7th**

**\$10 members / \$13 non-members**

## Facebook Workshop

This beginner class is ideal for anyone who has recently joined Facebook and would like to learn more about it. We will cover how to post comments and status updates, connect with friends and how to send a private message. We will also have time to answer some questions. Please bring your laptop AND your Facebook username & password.

**Tuesday 1 pm to 3 pm 1 week**

**August 1st**

**\$10 members / \$13 non-members**

## Microsoft Word Overview

Review beginner topics such as creating a new document, formatting text and adjusting spacing. We will have time to talk about various tips and tricks and answer questions. Previous computer experience is required. You can bring any computer with Word pre-installed or use one at the Centre.

**Wednesday 1 pm to 3 pm 1 week**

**August 2nd**

**\$10 members / \$13 non-members**

## 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.

**Thursday 9:30 am to 11:30 am 4 weeks**

**May 18th to June 8th**

**\$40 members / \$52 non-members**

## Photo Editing for Windows 10

Learn cropping, rotating, red eye reduction and so much more using your Windows Photo App. Ability to use a mouse is required. Please bring your Windows 10 laptop and some digital photos saved on it to work with.

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

**May 18th & May 25th**

**\$20 members / \$26 non-members**

## Photo Management for Windows 10

Learn how to download your photos from your digital camera or android smartphone and keep them organized on your computer. Please bring your digital camera (or cellphone), the USB cable and your Windows 10 laptop.

**Friday 9:30 am to 11:30 am, 2 weeks**

**April 21st & April 28th**

**\$20 members / \$26 non-members**

## Android Tablet – Intermediate

A continuation of the Android Tablet Beginner 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 12:30 am to 2:30 pm 3 weeks**

**April 27th to May 11th**

**\$30 members / \$39 non-members**

## Computer & Technology Programs

with  
Richard Jung

Computer & Technology

### So You're Considering Starting Your Own Blog?

An overview of what's involved in running a blog. The background information you need to decide if blogging is for you. Blog Basics: What is a blog anyway? How do you pick your niche Introduction to content marketing? How to Write a Great Blog Post. Example of Great Blogs Tips on analyzing your competitors. Monetizing your Blog. How to make money from your blog.

**Monday 2:15 pm to 4:15 pm 2 weeks**

**May 8th to May 15th**

**\$20 members / \$26 non-members**

### How To Run A Profitable Online Business

Learn to go from a 'no blogger' to a 'pro blogger'. Setting up and running your own blog. Creating Your Blog. Picking your Niche. Creating that all important Content Introduction to content marketing. Keyword research. Lead generation. Content creation vs. content curation. The 80/20 Rule. How to Write a Great Blog Post. Examples of Great Blogs.

**Monday 2:15 pm to 4:15 pm 5 weeks**

**May 29th to June 26th**

**\$50 members / \$65 non-members**





by Myno Van Dyke

**NEWCASTLE HISTORICAL SOCIETY**

# Tower Hill

“Tower Hill” is located in the Ganaraska Forest, north of the Kirby Ski Hill and east of Enterprise Hill. It received its unofficial name because in 1913, the Canadian Government built an 85 foot tower there to carry out a “Geodetic Survey” of the area. This was to create more accurate maps and surveys all across Canada. A light was placed on top of the wooden tower and it was used to connect to a number of other other similar towers in southern Ontario. The elevation at Tower Hill, by far the highest in Clarington, was 1200 feet above sea level.

During WW1, some locals

around Kendal and Enterprise Hill would climb it. According to an article in the Orono Weekly Times, a young man from Kendal named Walter Thertell would climb up to the railing at the top and balance there on his head. The Geodetic Tower was removed around 1920, after the surveys for this area were completed.

Adjacent to Tower Hill was a similar high hill called “Lookout Hill”. There was a wooden lookout tower there with a raised platform on top. People would climb up the steps to see the great vista to the south. This was apparently removed in the early 1990’s.

In the summer of 1948, three deHavilland “Vampire” RCAF jets crashed in Ontario, killing the pilots. Two of the crashes occurred in Clarington.

The de Havilland Vampire



Geodetic coin - tower site locator

metres (30ft. 9 inches) long with a wingspan of 11.58 metres (38 ft.). Its maximum takeoff weight was 12,390 lbs. It had a maximum speed of 548 m.p.h. (882 k. p.h. ) and a range of 1,220 miles (1,960 km ). It was made of molded plywood and had an aluminum fuselage. It had a distinctive tail with twin booms and a small cockpit that would seat only one pilot. It set a number of interesting records in its short life. It was the first RAF fighter plane to go over 500 m.p.h. It was the first jet to take off and land on an aircraft carrier. In 1948, it set an altitude record of 58,446 feet and on July 14th, 1948, it became the first jet to fly across the Atlantic Ocean. In March, 1950, a Vampire jet set a “coast to coast” air speed record flying from Vancouver to Montreal in 4 hours and 55 minutes, beating the previous record by 2 hours.

On June 16th, 1948, farmer

L.J. Brock and his son Reg were outside fixing a manure spreader at their farm fronting on Lake Ontario, just west of Bennett Road and east of Bowmanville. Suddenly they saw a silver plane spinning in a circle over the lake and crashing into the water. They contacted the Bowmanville Detachment of the O.P.P. and Constable Ray Kowal attended. There wasn’t much they could do. The RCAF hired two tugboats to try to find the plane and pilot. They stayed in the area dragging the floor



Flight Lieutenant Leslie Banner

of the lake and looking for the wreck until mid-August. The water there was over 200 feet deep and they were only able to locate one wing and a wheel. The pilot was Squadron Leader Stanley Yendle Broadbent, 38 years old, from St. Thomas, Ontario. The pilot’s body was not found.

On September 19, 1948, a

de Havilland Vampire jet returning from an air show in Niagara Falls, New York, went off course due to foggy conditions and crashed into the sandy Tower Hill.

This second Clarington Vampire crash occurred on September 19th, 1948. It was just after 12 noon, a foggy day in Newcastle. Bill Lake, a student at Newcastle Public School, heard the loud noise, looked up and saw two Vampire jets flying north and quite low over the school with one of the jets flying lower than the other. Shortly after, they heard about the crash at Tower Hill.

After school, a car load went up to see what happened. Bill said that the plane was completely demolished. He said “the engine was about a thousand feet away from where the plane crashed”. Doug Barraball and Bill Tamblyn were students at Orono Public School and they also saw a single jet flying slowly over the school and flying north east.

A few minutes later, north of the Kirby Ski Hill, Farmer Wesley Tebble was walking from his barn over to the house when he heard the noise above him. He also looked up and there was the Vampire jet heading northwest, just clearing the build-

ings, “wings wobbling back and forth and then straight up and down”, he said.

It just cleared a hill near the barn but crashed a half mile north into “Tower Hill”. The plane exploded immediately and Wesley got his brother Bill out of the house and they ran over to the burning plane. It had crashed on an abandoned farm owned by William Curtis which was later owned by the Ganaraska Conservation Authority. The pilot, 30 year old Flight Lieutenant Leslie Banner from Trenton was killed instantly in the fiery crash.

For many years there was a large wooden white cross



Air Cadets placed concrete marker on Tower Hill

erected near the site of the crash. It was placed there and maintained by some local Air Cadets. Today, all that remains of the old tower is a stone marker.



Vampire Jet 074 is similar to the jet which crashed into Tower Hill

thought that the tower was put up by Germans to spy on them. Some of the boys

jet was introduced in April, 1945. It was a small jet, 9.37

# CAN THE WHITBY DUNLOPS WIN THE CANADIAN CHAMPIONSHIP?



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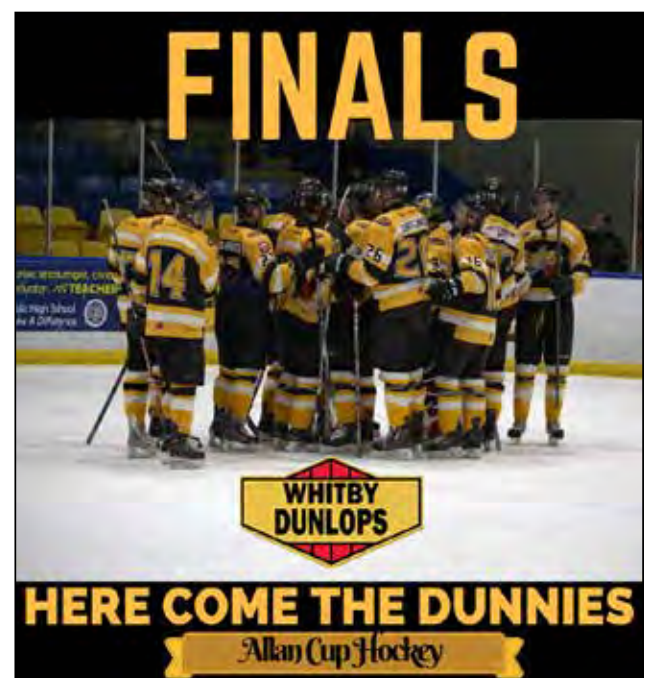
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by Ian Young, President

WHITBY DUNLOPS  
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The Whitby Dunlops recently defeated the Thorold Athletics in the Allan Cup Hockey semifinals and await an opponent from the other semifinals (currently being played). It is anticipated they will take on the Stoney Creek Generals who represented the League in last year’s Allan Cup Championship. The Dunlops have the best, fastest skating team in recent memory and have every reason to believe they can win the League and Canadian

Championship to be held in New Brunswick in the beginning of April. With players from Durham region, the best of seven finals will begin the weekend of March 18th. With 4 victories over the Generals this season (the only team to beat them), there is every reason to believe in the Dummies. Every fan that I’ve talked to comes away with the same comments, namely: “I can’t believe how great the hockey is”. Become a fan and watch the Dunlops strive for their goal. Check out the schedule for games played at the Iroquois Sport Arena and



cheer them on... I know the players will appreciate your support.



# HOME COOKING *with Cathy*

Hello there! This is a great little chicken recipe and wonderful to do this time of year when the fresh herbs are available. This was a recipe I enjoyed at the Wine Country Cooking School in Niagara-on-the-Lake. Enjoy!



by **Cathy Abernethy**

**CLARINGTON PROMOTER CONTRIBUTOR**

## **CHARDONNAY CHICKEN WITH LEEKS AND WILD MUSHROOMS**

### *Ingredients:*

- 2 Tbsp. Flour
- Salt and pepper
- 4 boneless skinless chicken breasts
- 2 leeks
- 2-3 Portobello mushrooms (depending on size)
- 4-5 shiitake mushrooms
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 1 cup Chardonnay wine (divided)
- 1 Tbsp. flour
- 1 Tbsp. chopped fresh thyme
- 1 tsp. chopped fresh rosemary
- ¼ cup chicken or vegetable stock
- ¼ cup light sour cream

### *Preparation:*

In a shallow baking dish, combine 2 Tbsp. flour, salt and pepper. Place chicken breasts in seasoned flour and coat both sides. Remove chicken from flour mixture onto a large plate so that coated breasts are not overlapping.

Cut leeks lengthwise in two and rinse thoroughly under cold water to remove any dirt between the layers. Coarsely chop leeks. Coarsely chop Portobello mushroom caps and stems. Remove stems from shiitake mushrooms and discard. Slice shiitake mushroom caps and combine with chopped Portobello mushrooms.

In large skillet, heat butter and olive oil over medium high heat. Add chicken breasts, leaving room between so that they are not crowded or touching in pan. Cook chicken for about 3-4 minutes and golden brown; turn over and cook another 3 minutes and second side is golden.

Add ¼ cup wine to pan; reduce heat to medium low, cover

and cook for 5 minutes until chicken is no longer pink inside but still moist. Remove chicken from pan; place on warmed plate and cover loosely.

Add chopped leeks to pan; cook, stirring occasionally, over medium heat for about 6 minutes.

Add mushrooms, thyme and rosemary; cook 5 minutes longer.

Add 1 Tbsp. flour, stir to mix well. Add remaining ¾ cup of wine and ¼ cup chicken stock. Increase heat to medium; bring to boil, stirring, and cook just until sauce thickens. Add sour cream; continue cooking until heated through. Season to taste.

Slice chicken breasts into diagonal slices and arrange on serving plates. Spoon leek and mushroom sauce over top.

Makes 4-6 servings.



Hon. **ERIN O'TOOLE**  
Member of Parliament for Durham



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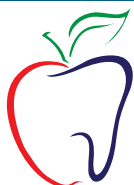
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# REKKERS GARDEN CENTRE - EXPANDING WHOLESALE DIVISION

Rekker's Garden Centre is expanding the production of their wholesale division to include a new second location - a few kilometres west of Orono.

The successful retail outlet on Hwy 2 at Maplegrove Road will continue to sell without interruption, direct from the grower, the highest quality and selection of annuals, planters, hanging baskets and poinsettias, at competitive prices.

"This new second location will allow us to expand our wholesale division to meet the needs of our many wholesale customers across Ontario," stated Gerard Prins, owner. "We thank God for his blessings and our success, and we acknowledge the hard work and commitment of all of our staff who have helped expand our business into what it is today," Gerard added.

Rekker's Garden Centre is a family business started by Mr. Jelle and Jessica Rekker more than 50 years ago.

Jelle dreamed of growing and selling vegetables. In the

early 1960's he fulfilled that dream with the purchase of 35 acres of land owned by the Snowden family of Maplegrove. He began growing and selling vegetables, while holding down a full time job at General Motors.

Thus began what has grown to be one of Clarington's most successful agricultural family businesses, now employing up to 80 people during the busy Spring season.

Rekker's wholesale division grows hundreds of trailer loads of plants and flowers each year, distributing them throughout Ontario to national retailers such as Costco, Metro, Food Basics, Canadian Tire and Home Hardware.

Recently, the current owners Richard & Lucy Rekker, and Gerard & Nancy Prins invited neighbours, friends, and business associates to join with their staff in celebrating this recent expansion, and tour the first of the many state-of-the-art greenhouses they plan to build on the Durham Region Road 42 location, in the years

to come.

Richard spoke of his father's vision and the history of changes the company has undergone over the last 50 years. "Over the course of my lifetime, I have witnessed many changes in the wholesale flower industry," said Richard Rekker, owner. "I remember our first delivery van held 100 flats of flowers. Today we grow and deliver approximately 500,000 flats and baskets of flowers each season, and our greenhouse operations allow us to have two growing seasons per year," he continued.

Rekker's Garden Centre on Hwy 2 at Maplegrove Road is open March to December and is committed to being your one-stop gardening source. They look forward to seeing familiar faces again this season, as well as meeting many of the new residents to this area. Please note the new wholesale division is strictly wholesale and not open to the general public.



Members of Rekker's Garden Centre retail staff Tracy Wood (L) and Lynn Roth(R) tour the new production facility with Gerard Prins(C).



Richard Rekker(L) discussing with guests and staff the many changes he has seen in the company over the last 50+ years, and Gerard Prins(R) acknowledging the high work ethic of staff.



Don & Gail Rickard, two of the many guests in attendance.



Guest mingle with staff members and tour the new state-of-art greenhouse.



Mitch Morawetz (MOC) chatting with Richard Rekker, Bonnie Wright (BOT), Tom Barrie and Henry Zekveld.



Richard and Gerard pose with Jim Abernethy (L), Tina Abernethy (C) and Steve Ritchie (R) Manager Agriculture and Commercial Banking.

# Top 5 Reasons For a Regular Home Evaluation



by Tina Abernethy  
Real Estate Salesperson

ROYAL SERVICE REAL ESTATE  
INC., BROKERAGE

Even if you are not thinking about selling your home in the near future, it is still wise to request a regular home evaluation. A home evaluation can provide you with valuable information that can influence your financial, legal and real estate decisions. Here are my top

reasons to request a regular home evaluation:

### BUYING OR SELLING

If you have been thinking about selling your current home and buying a new one then a home evaluation is the perfect place to start. It will provide you with an estimate of how much you can expect to sell your house and property for and allow you to set a price range to stay

within while looking for your new home.

### INSURANCE

You want to ensure that your home is insured for what it is truly worth, and a home evaluation can help you do that. If your home ever suffers damages, such as a fire or flood, a current home evaluation can help ensure that you have the insurance coverage you need to bring your home back to its market value.

### ESTATE AND LEGAL

It is important to keep your home evaluation up to date for estate and legal purposes. This makes it easier if you ever come into a situation such as a settlement/divorce, want to transfer your home



to a child or loved one, or would like to include your home in your estate.

### COLLATERAL

If you are considering using your home

as collateral, such as in a cash, renovation or business loan, or a home equity loan, then a current home evaluation may give you some idea of market value - before you go to

your bank. It will help give you an idea of how much money you may be eligible to borrow, and whether it is worth using your home as collateral.



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This elegant 4 bedroom century home is set back on almost 3 gorgeous tree lined acres. A country property perfectly located only minutes to town & minutes to the future 407 extension. Geothermal heating & cooling, pine plank floors throughout, master suite with walk-in closet & new ensuite bathroom. Private patio with hot tub. Attached garage & large outbuilding workshop/garage/storage.



Absolutely gorgeous all brick spacious bungalow situated on 2+ acres in the heart of Bowmanville close to all amenities yet still it's own private oasis, on a ravine lot in an exclusive cul de sac with gorgeous in-ground pool & hot tub, 3 car garage. Could be ideal for 2 families with completely finished walk-out basement including 2 additional bedrooms, bath, kitchen/bar, office & living room.

*The perfect home is waiting, let's discover it together. Visit my website tinaabernethy.com to read my latest blog.*

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

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