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CLARINGTON *Promoter.ca*

Jim Abernethy
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Volume 8 | Issue 1

Delivered by



TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

March 2018

Bowmanville Older Adult Association **BOAA**
2018 Spring & Summer Program Guide
(Pullout Inside)

Royal Service Real Estate Inc., Brokerage

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



No need to yell "CAR"! Clarington Boulevard in Bowmanville will be closing down for the ultimate playing experience on May 12. See Page 3 for details.

The History of Toms IGA in Newcastle



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Toms IGA
 By Myno Van Dyke

Toms IGA in the Village of Newcastle, Ontario was one of the first IGA stores in Canada. During the Second World War, Howard Toms worked at the Munitions Plant in Ajax. In 1945, Howard and his wife Grace (Smith) purchased the "Coulson Block" from Mrs. Cowie in 1946. They also purchased the General Store business next door from Mr. Ward and continued his grocery and dry goods business. (Today, Gilmer's Home Hardware is at this location). Howard and Grace had three daughters;

Mary (Wallace), Marjorie (Pater-son) and Jean (Wagar) who all worked in store. The family lived in a house at the back of the store. The three daughters learned the trade by sorting out produce, making change and selling all of the items in the store. Marj said that she had to weigh the sugar and cookies and was working there when ladies' nylons had to be rationed.



Howard Toms joined IGA (Independent Grocer's Alliance) in 1951, the same year IGA was founded in Canada. It was originally started in 1926 by a Chicago, Illinois accountant, J. Frank Grimes. Guidance from the IGA management came in the form of marketing and access to a consistent supply chain. After a few years, the company began making its own canned food brand. By the end of its first year, the group had expanded to include more than 150 retailers in

Canada using the IGA name. In Canada, Ray Wolfe is considered the "Father of IGA". He was President of the Ontario Produce Company and then in 1949 acquired Oshawa Wholesale Ltd. The larger grocery chains were bypassing wholesalers and Wolfe



Toms IGA outside circa 1961

believed that IGA was the model needed to help Canadian independent grocers compete against the buying power of the large chains. He formed a partnership with the Chicago based IGA. This alliance introduced the then revolutionary idea of "franchising" to Canada.

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WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.

PRICE: To be negotiated

DETAILS: Wanted 10-100+Acre Parcels, With or Without House & Barns, Flexible Closing Date, Leaseback Opportunities, Hay, Pasture & Crop Lands, Scenic & Wooded Lands, Flat or Rolling Lands

FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION - please send an email to: JimAbemethy@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.



by Peter Hobb

COLLINS BARROW DURHAM LLP
www.collinsbarrow.com

Selling Your Business – What Do Buyers Look For

Are you thinking about transferring or selling your business? Do you know who you will sell or transfer your business to? For most private companies a potential buyer will fit into one of three groups: Family; Employees/Co-Owners; and Third Parties. Whatever the category of buyer that may be interested in

your business, you need to understand what a potential buyer is looking for so that you can properly prepare your business for transfer or sale. Even if you are thinking of a family transfer you still need to be prepared in case a family transfer doesn't work out. If you are not prepared you will likely not maximize the price you will receive for your business. What is important to a potential buyer can be broken down into four categories: Develop Your Management Team; Articulate Your Business Strategy; Prepare for a Partner; and Retain Good Advisors. It should be noted that even if you are not interested in transitioning your business, improving the company's sale attractiveness will likely enhance its profitability.

Potential purchasers want to know that your business can run efficiently and profitably once you leave the business. If the business relies on you to be successful this will discourage potential buyers. Even if a buyer wishes to proceed with a purchase, it is likely that the price offered will be significantly discounted. A business that has a strong management team that is able to run the business without you being there is much more attractive to a potential buyer. It will also likely drive up the price you will be able to sell the business for. Potential buyers will be looking for professional management in key functions (e.g. sales, marketing, production, product development,

finance, and personnel). It is also important to ensure that your company has strong systems and processes to ensure protection of assets and timely and accurate financial reporting that provides information to measure profitability and the success of strategies that are being implemented.

Potential buyers want to know that you have clearly articulated your business strategy. How is your product or service differentiated from your competitors' product or service? How do you stay ahead of your competition? How do you make money? Do you analyze gross profit by product line? Who are your most profitable customers? Should you eliminate less profitable accounts or work with them to become more profitable? Do you have a growth plan? Who are your customers and why do they buy from you? What are their needs? Are there opportunities available that the company could pursue? Do you have the resources to implement your growth plan? Have you an implementation plan? Are you making adequate investments in research and development? These are all important questions that need to be addressed regardless of whether you plan to sell your business. It is very common for businesses to receive unsolicited offers. Surveys have shown that in most of these cases money is left on the table. The sellers wished they had been better prepared.

Once a serious purchaser has been identified be ready to take on a partner. The potential buyer is going to want to see financial, marketing and other data to help them make a final decision on whether to proceed with the purchase and to determine the price they will be willing to pay. They will want access to your records so that their advisors can verify that the information provided is reliable. They will also be asking a lot of questions. Before you put your business on the market work with your advisors to put together a complete due diligence package that includes all the information a prospective buyer would

want to know about your business. This will help avoid delays in closing the sale. Any delays will increase the risk that a sale will not be completed. Successful completion of a business sale is normally very difficult. Anything you can do to facilitate the sale process will increase the chances of a successful sale and will help you maximize the sale price.

In putting together your due diligence package make sure contracts, agreements and your corporate record book (e.g. minutes) are up to date. Also, make sure there are no personal expenses going through your books. If non-business personal expenses are being paid through your company it will reflect on your credibility and the accuracy of the information you are providing. It may also negatively affect the price a potential buyer will be willing to pay.

The people outside your business that you utilize to help you run your business is also important to a potential buyer. For example, is the accounting firm and lawyer you work with well recognized and have a strong reputation for doing excellent work. Do you have an advisory board, that includes expertise from outside your business, that can act as a sounding board or help you develop new ideas for driving growth? Are your annual financial statements audited, reviewed or compiled by your external accountants. Financial statements that have been audited are preferred by potential buyers because the level of examination by the external accountants is greater compared to the level of work performed in a review or compilation engagement. The financial statements will have more credibility which will help jump start the due diligence process.

It can take time to get your business ready for sale. As we know from past experience you can never be sure that things will happen in an orderly fashion. Changes in your health could force a sale or you might receive an unexpected offer for your business. You need to be prepared.

MP Erin O'Toole Hosts Youth Focused Constituency Open House With Special Presentations and Unveiling of Seventh Local Artists Series

March 7, 2018- BOWMANVILLE, ON – Today, Erin O'Toole, the Member of Parliament for Durham, hosted an open house at his constituency office to recognize some incredible youth in Durham and unveil his seventh series of local artists featuring original artwork by talented Clarington students for display on the walls of O'Toole's constituency office in the historic Balmoral Building in Bowmanville. MP O'Toole presented Community Service Medallions to Riley Hicks and Alexa Allison in front of family and friends. MP O'Toole created the special Community Service Medallion in 2013 to salute exceptional volunteers and leaders from Durham who make significant contributions to our area, to Canada or the world.

"Riley Hicks and Alexa Allison show that age is not a barrier to helping or inspiring others. I am proud to recognize these young leaders" said MP O'Toole.

This open house also showcased the unveiling of the seventh series of art by local high school students Kaleigh Jefferies, Maggie Loyst, Lindsey Vella, Gabriela Molano, Brandon Duff, and Olivia Mar. Featured original artwork by the students is exhibited on the walls of the constituency office and replaces the former outgoing pieces by Amy Shackleton.



SIGNS OF SPRING - MAPLE SYRUP & ROAD HOCKEY



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

A sign spring is just around the corner is when you hear..... "the sap is running"..... or "Carl!" Clarington's Maple Fest is an annual festival that showcases many local syrup producers who offer up the best of the region. With Maple products abound, you can find treats such as maple donuts, cheese, candy, nuts,

fudge, and so much more along four street blocks in Historic Downtown Bowmanville. So, mark your calendar for Saturday, May 5, 2018. There's nothing more Canadian than freshly harvested Maple Syrup..... except Road Hockey !!

Look who is forming a team!



Lindsay Park Played NCAA Division 1 Women's Ice Hockey for Wayne State University Warriors

www.bigroadhockey2018.eventbrite.com

Lindsay Park, Ontario PC Party Candidate for the Riding of Durham and Right Honourable Peter McKay challenge all on-comers to a game of 3-on-3 Road Hockey on Saturday May 12, 2018. The event is Big Brothers & Big Sisters 8th Annual Road Hockey Tournament.

Lindsay and Peter are forming a team of 7 players. To see who is joining their team monitor



Right Honourable Peter McKay Supporting The Canadian Tire Canal Tournament in Ottawa for Jump Start. Peter will be in Clarington on Saturday, May 12, 2018.

CLARINGTON — It's quite conceivable that some of the most memorable goal scorers in the history of Canadian hockey – Paul Henderson, Wayne Gretzky, Mario Lemieux, Sidney Crosby – didn't score their very first goal on the ice. No, it probably came with shoes on their feet, not skates, and while playing hockey on a road, not in a rink. With that in mind, the next generation of historic goal scorers could be among the players competing in the 8th Annual BIG 3-on-3 Hockey Tournament, hosted by Big

Brothers Big Sisters of Clarington.

This year's tournament will be held on Saturday, May 12 on Clarington Blvd. in Bowmanville. Last year's tournament attracted just over 200 players and just as many spectators, creating an exciting environment for the day.

"This event has really grown since the first year, and it continues to get bigger and better each year," said Big Brothers Big Sisters of Clarington Executive Director, Darlene Brown, who started the tournament back in 2011. "Every year it gets more popular with the teams."

"It really provides a fun day for everyone who registers." To provide the ultimate playing experience, Clarington Blvd., in front of Clarington Central Secondary School in Bowmanville, will be closed to accommodate the tournament. The safety measure guarantees a safe environment and non-stop action, eliminating the interruption of having to yell 'Car' each time one passes by.

Last year's event attracted more than 30 teams, and as the tournament continues to gain in popularity each year, that pattern is expected to continue and those numbers are expected to be on the rise.

Continued on Page 4



Jim Abernethy, Broker



ROYAL SERVICE
REAL ESTATE INC.

Royal Service Real Estate Inc.,
Brokerage
181 Church Street,
Bowmanville

905-261-7788 Cell
905-697-1900 Office

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

LOOKING FOR A PRIVATE BUILDING SITE?

This spectacular property is one of the few remaining privately owned mature forests in the immediate area of the Ganaraska Forest - 12,000 acres of Provincial Forest Reserve.

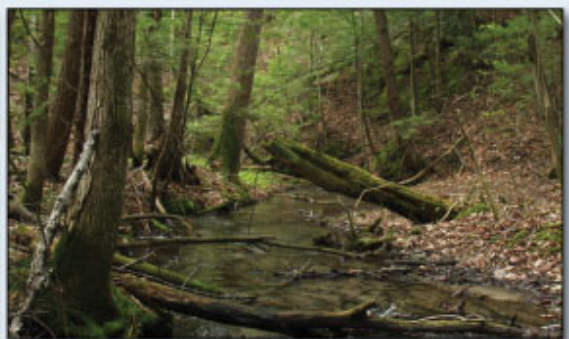
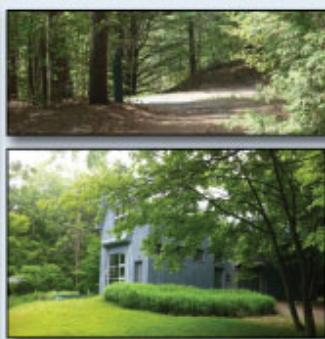
This property has been a family compound serving the recreational needs of 3 generations since 1953. Continual flowing headwaters of two tributaries of the Ganaraska River traverse the rolling mature forest which borders the Ganaraska Forest.

Ideal nature retreat offers summer cabin by the stream, 3-season cottage overlooking a ravine and a substantial barn situated at the end of a winding private drive, complete with 200 amp service and drilled well.

About the Ganaraska Forest - The 12,000 acre Ganaraska Forest is one of the largest blocks of forested land in southern Ontario.

Today the forest is a living example of how the principles of integrated resource management can be used to balance many different uses of forested lands on a sustainable and ecologically sound basis. The Ganaraska Forest is an outstanding outdoor recreation venue. With hundreds of kilometers of trails, the Ganaraska Forest provides opportunities for a variety of activities, including hiking, horseback riding, mountain biking, cross-country skiing, snowshoeing and nature appreciation, and is managed for a sustainable yield of wood products.

\$932,000 - 100 Acres Adjacent to the Ganaraska Forest



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

Opinions and Views

Is Selling Maple Syrup From A Farm Located In The Oak Ridges Moraine a Permitted Land Use ?

You may recall in our last edition (December 2017) that I would keep you posted on the outcome of a matter between the Municipality of Clarington and the Clarington landowners who are processing and selling firewood on their 40 acre property located within the boundaries of Oak Ridges Moraine.

The matter was initiated by a complaint to Clarington By-law Department registered by an individual who operates a similar business located outside the Municipality of Clarington.

The Oak Ridges Moraine is the source of the ground water which feeds all of the streams and rivers running into Lake Ontario. It represents about 20% of the Municipality of Clarington land mass.

Land uses within the Oak Ridges Moraine are very restricted. However agriculture is not one of those restricted uses.

The outcome of this matter is important to every Clarington property owner residing within the Oak Ridges Moraine. Penalties for violating the Oak Ridges Moraine Act can be as high as \$25,000 per day.

Firewood is an agricultural product as are chickens, eggs, mushrooms, goats, honey, herbs, flowers and of course maple syrup. In the event the municipality sets a precedent by preventing these landowners from processing and selling firewood, will maple syrup be next?



The letter Clarington By-law Department sent on November 10, 2017 to the landowners stating they were in violation of Clarington Zoning By-law #2005-109 (Oak Ridges) Section 12.2.1. could have far reaching consequences.

The letter demanded "removal of the firewood and to cease all advertisements for the sale of firewood" further that failure to do so would result in "charges being laid pursuant to the zoning By-law".

Basically, it was a "you are out of business" kind of letter.

(to read the entire article go to www.ClaringtonPromoter.ca click on "Past Issues" then scroll down to the December 2017 | Volume 7, Issue 4 and click on the photo of the Kendal Eagles to open the December edition and scroll to page 21).

The December article brought attention to the fact that the Province of Ontario defines firewood as an agricultural product and the processing and sale of agricultural products within the Oak Ridges Moraine is a permitted land use according to the Oak Ridges Moraine Act.

The Oak Ridges Moraine Act is a provincial statute and clearly states that municipal official plans and zoning by-laws shall not contain provisions that are more restrictive than those of the Act.

Therefore on that basis, the demands in Clarington By-law Department letter are unenforceable in a court of law.

Not surprisingly, I am pleased to report to you that the Municipality of Clarington has reversed its position threatening to take legal action against the Clarington landowners. The matter was finally resolved on January 2, 2018.

In an interview with the Clarington Municipal Clerk, Anne Greentree issued the following statement: "When Clarington's Municipal Law Enforcement Division first received the complaint regarding the sale of firewood on the property, it was interpreted as a commercial operation, which is prohibited under existing zoning provisions for that property. Upon, further investigation and examination of agriculturally permitted uses on the property, Municipal Law Enforcement Staff determined that the sale of the firewood is actually permitted. As a result, staff contacted the property owner to advise him that he is not in violation of zoning regulations. Municipal Law Enforcement Staff conduct a thorough investigation on a case-by-case basis. In this instance, new information came to light that showed the owner was entitled to sell firewood on his property."

So the land use issue has been resolved in favour of the landowners and they are satisfied with the outcome of the process. Fortunately for them they do not have to close their "firewood for sale" business.



For me the larger issue is how the initial complaint escalated to the point Clarington By-law Department was threatening court action to effectively shut down the landowners "firewood for sale" business.

Secondly, why it took more than seven weeks for the Municipality to determine the landowners were not in violation of zoning regulations.

I have a lot of respect for Clarington Municipal Staff and know from first-hand experience that they carry out their duties and conduct themselves in a professional manner, especially our Clarington By-law Officers whose role is to enforce our municipal by-laws.

By-law Officers generally do not act on petty, vexatious or revengeful complaints. Nor do they knowingly assist anyone with eliminating their competition.

Recall from my December 2017 article:

1. The Local Councillor revealed to me (without me asking) the name of the person who filed the complaint.
2. The individual who filed the complaint operates a "firewood for sale" business located outside Clarington in Pontypool, City of Kawartha Lakes.
3. The Councillor acknowledged doing business on a regular basis with the individual who filed the complaint.
4. The Individual identified to the Councillor that the property owner was competing with his business.
5. The Councillor advised that individual to file a complaint with the Municipality of Clarington.

In my opinion, assuming the By-law Officer investigating the complaint was aware of these important details, the file should have been closed soon after it was opened.

Council as a whole generally does not get involved in investigations conducted by By-Law Officers, and there is no suggestion that Council was aware of this situation.

The question that has yet to be answered is how involved was the Local Councillor in directing the investigation before and after the initial complaint was filed.

Up until last spring there was no mechanism in place for the general public to hold accountable our Members of Council for their actions or lack of actions.

In May of last year Bill 68 the Modernizing Ontario's Municipal Legislation Act, 2017 changed all that.

One of the biggest changes introduced by the Bill is the requirement that all municipalities in Ontario have a Code of Conduct specific to Members of Council. Also, to either appoint an Integrity Commissioner, or make arrangements for the Commissioner of another municipality to fulfill the relevant duties.

One of the roles of the newly appointed Clarington Integrity Commissioner is to perform independent investigations with respect to the application of the new Council Code of Conduct.

Section 8 of the new Clarington Council Code of Conduct deals with "Conduct Respecting Staff" and states: "Every member acknowledges that staff operate under the direction of the senior municipal administration, and in accordance with the decision of Council, and are required to serve the Municipality as a whole and not the needs or desires of any individual member."

In this situation, I believe an investigation is warranted.

Road Hockey Tournament

Continued from Page 3 ❄️

Teams are comprised of four to seven players, including a goalie, with open and girls' divisions for ages 6-8, 9-11, 12-14, 15-17, 18+ and even a 40+ division based on registration. Registration is \$175 per team, which includes a participation package for each player, three games guaranteed and a complimentary BBQ lunch. Games are 24 minutes (2 x 12 mins halves) long, with playoff rounds and championship games for teams that advance. Games get underway at 9 a.m., with the day wrapped up by 5 p.m.

"It really does provide great value," noted Brown of everything that's included for the day. "A lot of the teams return to the tournament because they had such a great time the year before."

Among the many prizes available through generous donations, one that is sure to draw a lot of interest for one lucky team will be a suite that can accommodate up to 14 people for an Oshawa Generals' regular season game during the 2018-2019 regular season. How cool is that?

Registering a team is quite easy. Contact Brad Kelly at the Big Brothers Big Sisters office, 905-623-6646. Email

brad.kelly@bigbrothersbigsisters.ca, or stop by the office located at 23 Scugog St. in Bowmanville, Monday to Friday between 9 a.m. and 5 p.m. Registration forms are available at the office, or online at www.bigroadhockey2018.eventbrite.com.

The fundraising event helps Big Brothers Big Sisters of Clarington provide mentoring programs to more than 500 children in the community. In addition to the traditional 'Big' and 'Little' matches, the organization provides a number of individual and group mentoring programs in schools, as well as a seven week summer camp.

Clarington's "Hidden Treasure for Older Adults," Join Today!

Mission Statement

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

Values and Beliefs

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

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Cribbage & Euchre	9:30 am	Walking	9 am	Hiking	9 am	Snooker	9 am to 1 pm
Snooker	9 am to 6 pm	Friendship Group	1 pm ends June 26th	Choir	10 am ends June 13th	Table Tennis	10 am ends June 30th	Open Art	9 am
Book Club once per month	10 am ends June 18th	Social Bridge	9:30 am	Bridge Fun Group	1 pm	Wood Carving	10 am ends May 10th	Duplicate Bridge	1 pm
Crocheting / Knitting Group	10 am	Table Tennis	10 am ends June 30th	Canasta	1 pm	Mexican Train Dominos	10 am	Darts	1 pm ends May 19th
Wood Carving	10 am ends May 10th	Snooker	12 pm to 8 pm	Weekly Drop-In Fee Schedule Duplicate Bridge: \$3.50 members \$5 non-members All other drop-in programs: \$2 members \$3.50 non-members Progressive Fundraising Euchre: \$3 members \$5 non-members Square Dance \$.75 members \$1.25 non-members	Snooker	12 pm to 8 pm	500 Cards	1 pm	
Darts	1 pm ends May 19th	Square Dancing	12:45 pm ends June 12th		Craft Group	1 pm ends May 24th	Jam Session	1 pm	
Duplicate Bridge	1 pm	Mahjong	1 pm		Bid Euchre	1 pm	Meditation	2 pm	
Cribbage	1 pm	Social Bingo	1 pm		Ukulele	2:15 pm	Mental Spring Cleaning	6 pm to 8 pm	
Social Show Time once per month	6 pm	Theatre Group	2:30 pm ends May 15th		Tap Practice	2:45 pm	Saturday		
Bid Euchre	7 pm	Jam Session	6:30 pm		Wii Bowl	3:45 pm	Table Tennis	10 am ends June 30th	
SOCIAL BINGO Tuesday at 1 pm \$1.25 per card for 10 games 25¢ per Dabber Sheet WIN CASH PRIZES		Progressive Fundraising Euchre	7 pm		Social Bridge	7 pm	Snooker	10 pm to 4 pm	
					Texas Hold'em Poker	7 pm end June 14th	Social Bridge	1 pm	
					Cards	1 pm			
Sunday					Snooker	12 pm to 4 pm			
				Bid Euchre	1 pm				

JOIN OUR BUSY BEE VOLUNTEERS AT

Bowmanville Older Adult Association **BOAA** 20 years

Reasons to Give it a Try:

Health BOAA volunteers say that they feel better - physically, mentally and emotionally	Purpose BOAA volunteers feel a deeper connection to their community and to others
Stress Volunteering within BOAA helps people manage and lower their stress levels.	Engagement BOAA volunteers are more informed, engaged & involved in being active with managing their health

We look forward to hearing from you!

Join our 250+ volunteers that make a difference in our community everyday who say:

- 100% Felt good and happy after volunteering
- 50% Felt physically healthier after volunteering
- 75% Felt a need to interest in volunteering again

How to Start:
Contact Volunteer Coordinator, Lee-Lee Bell at
905-697-2856 x44
volunteers@bowmanvilleolderadults.com
www.bowmanvilleolderadults.com
26 Beech Ave Bowmanville ON L1C 3A2

SPRING CLEAN UP at

Bowmanville Older Adult Association **BOAA** 20 years

Saturday

Saturday April 28th - 10 am
26 Beech Ave Bowmanville ON L1C 3A2
Bring your rakes, gardening tools and gloves!
Please sign up to help by contacting
Lee-Lee @ 905-697-2856 ext. 44 or
volunteers@bowmanvilleolderadults.com

General Information

MEMBERSHIP INFORMATION \$30 (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 Angie at 905-697-2856 EXT 25
- Non-members are welcome to participate in all programs, courses and events by paying the non-member fee

Benefits of Membership:

- Lower fees for drop-in and registered programs and courses
- Members-first priority and member rates for all programs and special events
- Member pricing for Tuesday lunches
- 10% Discount on facility rentals
- Keep updated with the latest information via our BOAA Member Newsletter, emails and voicemails
- Vote at our Annual General Meeting
- Hold office on the Governing Board of Directors
- Meet lots of friends
- Discover a new hobby, skill or talent
- Become involved in meaningful volunteer work
- Meet new people in your community

WHY SHOULD I BUY A MEMBERSHIP?

Membership fees help offset some of the costs of running our facility. 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. You must allow time for a cheque to be processed. There are no immediate refunds.

WAITING LIST

If a class is full, your name can be put on a waiting list. Please speak directly to Veronica or leave a completed registration form at the front desk.

WEATHER POLICY

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

ALWAYS SCAN YOUR CARD & CHECK IN

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

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed March 30th, March 31st, April 1st, April 2nd, May 21st, June 30th, July 1st, July 2nd, August 4th, August 5th, August 6th, September 1st, September 2nd, September 3rd.

WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$3 round trip within Bowmanville, \$5 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required. Non-Members and guests \$6 flat rate round trip.

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.



NON-MEMBER & GUEST 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. All registered courses and programs at BOAA now have a non-member rate if space permits. Members have first priority for all BOAA programs, events and courses.

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 BOAA:

- Gift certificates for membership, programs, events and day trips
- Drop-in, luncheon and café passes
- Handmade items created by BOAA Volunteers

EMAIL CONTACT INFORMATION

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

Connect with us and – most importantly – each other. Stay up-to-date and spread the word about the BOAA through our social media accounts.



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



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



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Trips & Travel

"FREE" Tips and Travel Information Luncheon

Information session regarding future trip planning.
Past BOAA travellers FREE
New BOAA travellers members \$5 / non-member travellers \$7
 Includes light lunch. Advance Registration Required.
Tuesday 12 pm
April 3rd

TUESDAY LUNCH

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

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

This helps staff and volunteers with planning and preparation.

No lunch: April 3rd, May 22nd, July 3rd, August 7th & September 4th

\$9 members / \$12.50 non-members

Grand River Cruise – Wednesday June 20th

Travel to Caledonia in the Brantford area for one of the most popular Ontario cruises. Enjoy the foot tapping music of "The Blazing Fiddles", then board and cruise the scenic Grand River with a hot roast beef lunch. **\$107 per person** Includes bus, lunch on board, entertainment and donation to the BOAA. This tour will have very little walking.

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

A Weekend in Lancaster – Thursday September 27 to Sunday September 30

Visit the oldest Amish settlement in America, where they still rely on horse and buggy transportation and refuse public electricity. It's easy to relax here with the beautiful scenery and clip clop sound of horses echoing down back country roads. Our tour includes: 3 night's accommodation, buffet breakfast daily, Outlet shopping, "Jesus" at the Sight and Sound Theatre, an in-home traditional Amish dinner, and a visit to Longwood Gardens. Join us and see the world from a different perspective. A valid Canadian Passport is required for this tour. **\$855 per person double occupancy** This tour will have a lot of walking.

20TH ANNIVERSARY EVENTS:

Sunday September 16th – Open Mic

Monday September 17th – Social Showtime
Featuring "The Bucket List"

Tuesday September 18th – Tuesday Luncheon

Wednesday September 19th – Golf Tournament

Thursday September 20th – Joyful Noise Concert

Friday September 21st – Social Dance

Saturday September 22nd – Classic Gourmet Breakfast with Georg Krohn



MEMBER ONLY CONVENIENCE PASSES FOR SALE

Never worry about having the correct change. To assist our members, we 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!

	New Pricing	10 Pass + ONE FREE
Coffee (BOAA mug)	\$0.80	\$7
Coffee (Personal mug)	\$1	\$10
Tea (Mug or tea pot)	\$0.80	\$7
Member Drop-In	\$2	\$17.50
IN TOWN Van Rides	\$3	\$20
OUT OF TOWN Van Rides	\$5	\$40
Member Tuesday Lunch	\$9	\$80.50

Upcoming Events & Fundraisers

Tickets for all events on sale now at BOAA

For more information please contact Chelsea W at events@bowmanvilleolderadults.com

Monthly Baking Fundraiser with Josie

Friday May 4th Cherry Pies \$9 each
 Limited pies available with pre-orders required.
 Please visit the Front Desk for more details.

Classic Gourmet Breakfast with Chef Georg Krohn

Join us for a specialty gourmet breakfast with BOAA member and volunteer, Chef Georg Krohn, with all proceeds going to the BOAA's 2018 Fundraising Goal. Limited tickets available (purchase tickets in advance at the Front Desk). Along with the Main Feature a variety of breakfast items will be available including: fresh orange juice, tea & coffee, croissants, bagels, toast, baguettes, fresh muffins & scones, smoked salmon, cheeses, local honey & jams, fresh fruit salad and yogurt.
Saturday 9 am to 11 am
April 7th Main Feature: Omelette Station
June 23rd Main Feature: Belgian Waffles
September 22nd Main Feature: Eggs Benedict
\$13 members per event / \$16 non-members per event

Bid Euchre Bonanza

Includes: 10 games of bid euchre, mid-day buffet, door prizes & draws
 Advanced tickets are required (purchase tickets or place your name on the "on hold" list at the front desk)
Saturday 11 am
April 14th
\$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 1 pm to 4 pm
April 20th, May 18th, June 15th, Sept 21st, October 19th, November 16th
\$3.50 members / \$5.50 non-members

Handcrafted Jewelry Sale with BOAA Member, Mary Jackson

Each piece is created using semi-precious stones found during Mary's worldly travels. 15% of all sales will be donated back to BOAA.
Tuesday 10 am to 2 pm
April 24th

Bowmanville's 1st Crime Scene Investigation with Retired Homicide Detective, Sgt Greg Groves

Be the detective on the scene of "A Fiery Crash on the 401" Retired Detective Sergeant Greg Groves of BOAA's "ASK THE DETECTIVE" seminars will present one of his Suspicious Death Investigation cases using actual crime scene photos and video collected during the investigation. YOU get to be the detective and compete with other guests to solve the crime. Includes: 3 course dinner, cash bar, multimedia presentation and prizes.
Thursday 6 pm to 9 pm
April 26th
\$20 members / \$25 non-members

Karaoke Night in Partnership with DJ Then & Now Sounds

Sing it loud! Or simply come out to cheer on the ones that are willing to take the mic. Cash bar available.
Friday 7 pm to 10 pm
April 27th, May 25th, June 22nd, July 27th, August 24th, September 28th, October 26th, November 23rd
\$5 members / \$8 non-members

Progressive Euchre Party - Last Saturday of The Month

Advanced tickets recommended & available at the front desk.
 Prizes for 1st to 5th Place, Loan Hands & Random Draw 50% of Door Ticket Sales will be given in prizes – Guaranteed! Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws (please purchase tickets in advance or place your name on the "on hold" list at the Front Desk)
Saturday 6:30 pm
April 28th, May 26th, July 28th, August 25th, September 29th, November 24th
\$8 members / \$10 non-members

Smile Theatre presents "Sunny Side of the Street"

Refreshments will be provided after the show.
Thursday 1:30 pm
May 3rd
\$5 members / \$7 non-members
 Sponsored by Ontario Power Generation

Upcoming Events & Fundraisers

For more information please contact
Chelsea at events@bowmanvilleolderadults.com

Spring Dance with Country Spice

Dance the night away with a live band, featuring old time rock n' roll and country with a taste of blue grass. Includes: door prizes, cash bar and refreshments.

Saturday 7:30 pm to 11:30 pm
May 5th

\$10 members / \$12 non-members

Sponsored by The Village of Taunton Mills

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, however please arrive prior to 1:15 pm.

Sunday 1:30 pm to 4:30 pm
May 6th, June 3rd, November 4th

\$5 members / \$7 non-members

HOME SAFETY AND EQUIPMENT DEMONSTRATION with Sarah Timleck

Join us for lunch while Sarah Timleck presents an educational talk reviewing equipment and modifications that can be made to your home to prevent falls and review funding options.

Tuesday 12:15 pm to 1:30 pm
May 8th (during luncheon)

Luncheon fees apply **\$9 members / \$12.50 non-members**

Euchre Extravaganza

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

Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Saturday 3 pm
May 12th, July 14th, September 8th, November 10th

\$10 members / \$12 non-members

TOCARA® Sale with Representative, Drina Hill

Fine and forever sterling silver and stainless steel Canadian Jewellery sale with 15% of all sales donated back to BOAA. Browse www.tocaraplus.com/drinahill

Tuesday 10 am to 2 pm

May 15th

Wednesday 10 am to 1 pm & 6 pm to 9 pm

May 16th

Variety Night

Join us as we showcase a great night of local talent along with the BOAA Theatre Group. Includes: door prizes, cash bar and refreshments.

Wednesday 7 pm

May 16th

\$5 members / \$7 non-members

Open Mic

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

Admission by donation & open to ALL with cash bar and refreshments for purchase

Sunday 1 pm to 4 pm

May 27th, September 16th, November 18th

Joyful Noise Fundraising Concerts in support of BOAA

Enjoy a night of 50s, 60s and 70s music with Joyful Noise Choir. Includes: door prizes, cash bar and refreshments.

Thursday 7 pm

June 7th, September 20th

\$5 members / \$8 non-members

Bowmanville Rockin' Rotary Ribs & Brews Ribfest

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 8th, June 9th, June 10th

Donations will be collected at the gates in support of the Rotary Club Summer Respite Program & BOAA!

LOCATION: Clarington Fields - Baseline Road, Bowmanville

"FREE" Bowmanville Concerts in the Park - RAIN OR SHINE

Join us for "FREE" entertaining concerts where the BOAA will be holding a 50/50 draw with all proceeds going to the BOAA's 2018 Fundraising Goal.

Thursday 7 pm to 9 pm

June 14th to August 30th

LOCATION: Rotary Park - Queen Street, Bowmanville

Steep & Sweets Summer Teas

Join us for steeped tea and sweet treats at the BOAA garden themed Tea Parties this summer! Enjoy your choice of hot and cold beverages, finger sandwiches, fresh fruit, salad, assorted sweets, scones, butter, jams and cream cheese. Entertainment and optional tea reading appointments also available.

Thursday 12 pm

June 28th, July 19th, August 30th

\$16 members / \$18 non-members

\$5 youth 12 to 16 years/ under 12 FREE

Advance tickets required with reserved seating option available, prior to 4 pm on the Monday before the selected event.

"FREE" BOAA Membership Picnic

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

Tuesday 12 pm

June 19th

LOCATION: Visual Arts Centre of Clarington - Simpson Avenue, Bowmanville (Rain Location: BOAA)

Sponsored by Seasons Clarington

"FREE" 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 5th

9 am to 2 pm "Health Fair"

9 am to 2 pm "Woodcarving Expo, Painting & Drawing Displays, Instructor Demos, Photography Display"

9 am to 6 pm "Program Registrations"

In partnership with OACAO and sponsored by Ontario Ministry of Seniors Affairs

BOAA 20th Anniversary 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, carts, 18 holes of golf, followed by dinner at the BOAA, draws, prizes and a charitable tax receipt for \$20.

Pre-registration required (purchase tickets at the Front Desk).

Wednesday September 19th

Shot Gun Start 9 am

\$80 members / \$85 non-members

Dinner Only Tickets available for \$18 per person

Comedy Night with "Casey Corbin"

Join us for dinner and a night of Stand-Up Comedy as we laugh our way toward our 2018 Fundraising Goal! This night of laughs is brought to us by Canadian Comedian, Casey Corbin who has been nominated for several awards at the Canadian Comedy Awards, as seen on Just For Laughs, Comedy Now, Comedy Network, CTV, CBC, Comedy at Club 54 along with 2 other professional comics. Includes: 3 course dinner, stand-up comedy show, cash bar and door prizes. Doors open.

Saturday doors open 5 pm, Dinner 6 pm Entertainment 7 pm

October 20th

\$30 members / \$35 non-members

Sponsored by Seasons Clarington, Oshawa Funeral Home

Meet & Greet with Renowned Musical Talent Liona Boyd

After touring the world for over three decades, Liona Boyd, Canada's celebrated "First Lady of the guitar", is releasing a much-anticipated new autobiography and a new album. Both are titled "No Remedy for Love". Liona performed extensively through Canada, USA and 44 other countries. She toured with artists including Gordon Lightfoot and Tracy Chapman while recording with artists such as Eric Clapman, Olivia Newton-John, Chet Atkins, Roger Whittaker, Yo Yo Ma, Georges Zamfir and much more. Join us while we welcome Liona Boyd to the BOAA for a signing of her second autobiography and new album release "No Remedy For Love"

Tuesday 10 am to 12 pm Meet and Greet, 12 pm Luncheon
October 23rd

\$12 members / \$15 non-members

FOOT REJUVENATION- NURSING FOOT CARE SERVICES provided by Amber Marlow

Registered Practical Nurse with training in Basic, Advance and Diabetic Foot Care. Proper foot care is an integral part of leading a healthy and happy life style. If you are unsure of how to care for your feet, Amber will be 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 our everyday lives. 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! Contact the front desk to book your appointment

Wednesdays By Appointment

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$25

CATCH THE ACE

PROGRESSIVE RAFFLE LOTTERY

DRAW NIGHTS: Wednesdays at 6:45 pm

LOCATION: 26 Beech Ave.

Bowmanville, ON L1C 3A2

PRICE: \$5.00

Starting

Wednesday,

May 9th

Tickets on sale

starting April 30th



Workshops and Seminars

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

"FREE" ASK THE DETECTIVE an entertaining and informative series of seminars presented by area resident and recently retired Police Detective Greg Groves.

Detective Greg Groves will present a case study sharing actual crime stories, scene photos and video.

Thursday 1 pm to 3 pm

May 17th

How Police use Social Media in their investigations followed by open forum for questions and advice.

Thursday 1 pm to 2 pm

June 7th

When should you call 911 and how to report non-emergency incidents followed by open forum for questions and advice

Thursday 1 pm to 2 pm

June 28th

"FREE" Blood Pressure Clinic with Coby Booth

Stop by to have your blood pressure assessed by our Volunteer RN in the Lobby.

Tuesday 11:15 pm to 12 pm and 12:45 to 2:30 pm

April 10th, April 24th, May 1st, May 15th, May 29th, June 12th, June 26th, July 10th, July 24th, August 14th, August 28th

Wednesday September 5th at Open House

"FREE" Brain Waves Café with Alzheimer Society Duram Region

A social and informal place for individuals with cognitive (memory) change to meet together socially in the community for stimulating conversation, support and other engaging activities. Friends and family welcome. Light refreshments available.

Tuesday 1 pm to 2:30 pm

April 3rd, May 1st, June 5th, July 3rd, August 7th,

Wednesday September 5th at Open House

CPR – Level C with Ruth Forrest - Lifesaving Society

Learn lifesaving CPR. How to recognize the signs and symptoms of a heart attack and stroke and how to clear an obstructed airway. Adult, Child and Infant instruction will be included in this course.

Wednesday 12:15 to 3:15 pm

May 2nd

Or

August 15th

\$30 members / \$35 non-members

"FREE" CSA PRESENTATION with Karen Huestis

Karen will be speaking of a variety of topics of interest to travelling Canadians; such as number of days out of country, number of days allowed in the USA. Issues with the IRS, the 8840 form, cross border issues, the Canadian Retired Persons Visa for the US., Open question and answer period.

Monday 11 am to 12 pm

May 28th

CULINARY LESSONS with Chef Simon

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

Monday 1 pm to 3 pm

April 16th, May 14th, June 18th

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

"FREE" DIABETES SUPPORT GROUP with Lakeridge Health - Making Complications Not So Complicated

Facts, myths and how to reduce the risk of developing some of the more common complications associated with diabetes.

Thursday 1:30 pm to 3:30 pm

April 12th

Foot Care Conversation Map

How to take care and what to look for when examining your feet to prevent problems with diabetes. Please note that foot examinations and/or foot care are not part of this session.

Thursday 1:30 pm to 3:30 pm

May 10th

Mediterranean Diet

Have you heard lots of good things about Mediterranean diet? Learn what all the hype is about. Learn the benefits

of this lifestyle and how to eat the Mediterranean way.

Thursday 1:30 pm to 3:30 pm

June 14th

DRUM – TAP – BEAT with Julie Ditta & Veronica Vargas

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

Saturday 12 pm to 2 pm

April 21st

\$10 members / \$13 non-members

DRUMS ALIVE TAPPING with Carol Drew & Veronica Vargas

Follow the beat with your sticks and taps.

Tuesday 2:05 pm to 4:05 pm

June 26th

\$10 members / \$13 non-members

ENERGY MEDICINE with Donna Elliott

Get your physical energies humming the way they should to support optimal health. Learn a simple yet effective Energy Medicine routine that takes 10-15 minutes and if done regularly will support your bodies desire to do what it knows how to do...HEAL!

Wednesday 1 pm to 2:30 pm

May 9th

\$7.50 members / \$9.75 non-members

"FREE" HEALTHY EATING FOR OLDER ADULTS with Jessica Corner

Join Jessica for an informative session on healthy eating for older adults. A guided tour through the grocery store to learn about food label reading, healthy food choices and some great food tips!

Thursday 2 pm to 3 pm 2 weeks

May 3rd at BOAA and May 10th at Loblaws

"FREE" HEALTHY LIVING WORKSHOP with Veronica Vargas

This program will show how to get started in a motivated way to be physically, mentally and emotionally healthy and how a healthy lifestyle can impact Chronic Diseases

Wednesday 3 pm to 4:30 pm 6 weeks

April 25th to June 6th

No class May 16th

"FREE" HEARING AID CARE with Bowmanville Hearing Services

Complimentary cleaning and check of hearing aids and hearing screening. No appointment required.

Tuesday 1:30 pm to 4:30 pm

April 17th, May 15th, June 19th, July 17th, August 21st

"FREE" HEARING SCREENING with Hear Clear Canada

Do you ask others to repeat themselves? Do you have to turn up the volume on the television to understand? Do you have problems understanding in groups?

If you answered yes to any of these questions, you might have hearing loss or it might just be earwax? Come by to find out with a free hearing screening and evaluation. No appointment required. Located in the Lobby

Monday 2 pm to 4 pm

April 16th, April 30th, May 14th, May 28th, June 11th, June 25th, July 9th, July 23rd, August 20th, September 10th

"FREE" HEART TO HOME MEAL SERVICES Information Session with Samantha Helm

The presentation will overview on the Heart to Home Meal Delivery Program, Information on the Veterans Affairs Program – Free Meals for Veterans, free menu provided to attendees with over 200 meals and special offer.

Thursday 12:30 pm to 1:30 pm

May 3rd

HOME SAFETY AND EQUIPMENT DEMONSTRATION with Sarah Timleck

Join us for lunch while Sarah Timleck does an educational talking reviewing equipment and modifications that can be made to your home to prevent falls and review funding options.

Tuesday 12:15 pm to 1:30 pm

May 8th (during luncheon)

Luncheon fees apply \$9 members / \$12.50 non-members

"FREE" IS MEDICAL CANNABIS RIGHT FOR YOU? with Melissa Leach

The Clinic Network Medical Cannabis Assessment and Education Centre in Bowmanville will be hosting an information session. Participants will learn about the many ways that medical cannabis in Canada can be used as a complimentary treatment option for many ailments including Cancer, Multiple Sclerosis, Rheumatoid Arthritis, Diabetes, Neuropathic pain, Fibromyalgia, Alzheimer's, palliative Care and more. Existing and proposed regulations regarding access to cannabis for medical purposes will also be discussed and participants will have questions answered by a Medical Cannabis Educator.

Thursday 12:30 pm to 2:30 pm

April 19th

POSITIVE ENERGY IN THOUGHT with Donna Elliott

All thoughts are energy, and making some simple yet effective changes will improve all areas of your life - for the BETTER! Discover why some areas of your life are not working for you and how beginning to take control of your thoughts can create positive change. Learn simple tools and techniques for taking charge of your life to bring in more positive energy.

Wednesday 1 pm to 2:30 pm

May 23rd

\$7.50 members / \$9.75 non-members

"FREE" PROTECT YOUR MONEY with Ontario Securities Commission

Learn how to protect yourself from frauds and scams. Staff from the Ontario Securities Commission will discuss common types of scams, red flags of investment fraud, what questions to ask before you invest and where to find information. The Ontario Securities Commission is the provincial regulator for the securities industry.

Monday 10:30 am

June 4th

Workshops and Seminars

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

"FREE" SELF-DEFENCE & STREET SMARTS with Julie Blake

Come and learn from a former blackbelt instructor, the basics of self-defense and street smarts. You have the choice to get physical either way you will learn.
Thursday 12 pm to 1 pm
June 21st

VITAMIN BOOSTER with Gayle Smith

Time, Space and Action is the winning formula to having a better lifestyle. Learn to draw and map Life Forces or Qi flow that running throughout your space. Learn simple techniques to apply to help you have a healthy, happy and "lucky" 2018 The Year of the Dog.
Tuesday 11:45 am to 1:45 pm
April 24th
\$7 members / \$9.10 non-members



To book an appointment call
Amanda at 905-697-2856

On the 2nd Level of the Clarington Beech Centre
26 Beech Avenue, Bowmanville ON, L1C 3A2
Monday Afternoons, Tuesday, Thursday and
Friday Mornings by Appointment

General Interest & Partnership Programs

BEGINNER FAUX "SILK" FLOWER ARRANGING with Cathy Pearson

Let's draw out your creative side! You will discover just how talented you are. This program covers colour schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a round arrangement, a contemporary arrangement and if time permits a Spring/Summer wreath.
This is a set up for beginners in flower arranging. Materials needed will be discussed at the first class.
Monday 1 pm to 2 pm 6 weeks
April 30th to June 11th
No class May 21st
Or
Monday 1 pm to 2 pm 6 weeks
July 9th to August 20th
No class August 6th
\$30 members / \$39 non-members

BOWMANVILLE BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book.
April 16th, 2018
Discuss - Zoo Keepers Wife by: Diane Ackerman
Pick up - The End of your Life Book Club by: Will Schwalbe
May 28th, 2018
Discuss - The End of your Life Book Club by: Will Schwalbe
Pick up - The Nest by: Cynthia D'Aprix Sweeney
June 18th, 2018
Discuss - The Nest by: Cynthia D'Aprix Sweeney
August 20th, 2018
Please visit the centre after August 20th to pick up the September Book "The Nightingale" by: Kristen Hannah that will be reviewed in September 17th.
Drop-In Fees of \$2 members / \$3.25 non-members

CRAFT GROUP with Judi White

Let your creative side out. Working with many different types of material from plastic canvas, cross stitch and cut and paste projects to fabric painting and seasonal projects. Supplies will be provided.
Thursday 1 pm to 3 pm
April 5th to May 24th
No session May 3rd
Drop-In Fees of \$2 members / \$3.25 non-members

EUCHRE LESSONS 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 by-monthly Euchre Extravaganza events.
Tuesday 1:30 pm to 3 pm 6 weeks
April 17th to May 22nd
Or
Tuesday 1:30 pm to 3 pm 6 weeks
May 29th to July 3rd
\$30 members / \$41 non-members

FRENCH LESSONS with Gaëtan d'Albret

Level 1
Suitable for participants with little or no knowledge of French. Start with the alphabet, the pronunciation, days, months, colors and numbers. Learn basic situations, key language structure and simple words useful in daily situations.
Tuesday 10 am to 11:30 pm 10 weeks
April 17th to June 19th
\$70 members / \$91 non-member

Level 2
Review material from Level 1. Expand your vocabulary and language structures. Learn some verbs in present and past tense. Use topics learned to build sentences.
Tuesday 2:30 pm to 4 pm 10 weeks
April 17th to June 19th
\$70 members / \$91 non-members

FRENCH LESSONS with Maurice Laganère

Level 3
This course is designed for students who have completed Level 2 or who have a basic knowledge of French. The focus of this course will be the development of oral communications with the expansion of vocabulary and language structures related to a variety of topics.
Tuesday 11:30 am to 1 pm 10 weeks
April 17th to June 19th
\$70 members / \$91 non-members

Français Avance with Maurice Laganère

Ce cours s'adresse aux étudiant(e)s qui ont déjà étudié le français et dont le niveau de compréhension et d'expression orale est plus avancé. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.
Tuesday 3 pm to 4:30 pm 10 weeks
April 17th to June 19th
\$70 members / \$91 non-members

FRENCH LANGUAGE ENHANCEMENT with Gaëtan d'Albret

Strengthening French learned in prior courses (level 1, 2 or 3) by conversation. Participants will gain the confidence in sharing a coherent summary of events from oral or written sources. They will improve their ability to express themselves precisely in a spontaneous, fluent way.
Thursday 2:45 pm to 4:45 pm 10 weeks
April 19th to June 21st
\$70 members / \$91 non-members

FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft? 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. All equipment will be provided.
Friday 10:30 am to 12 pm 6 weeks
May 18th to June 22nd
\$48 members / \$62.40 non-members

IMPROVISATION (IMPROV) - Tickle Your Brain! with Julie Ditta

Improvisation improves your laugh life, lifts your spirits and is fun. Improvisation combines improv games, popularized on the TV show "Whose Line is it Anyway?" with a few basic, dramatic technique, resulting in spontaneous and often humorous responses. Improv is a dynamic experience that reduces stress and keeps your mind and imagination sharp. No acting skills are required. Improv increases confidence, improves thinking and lets you connect with others. Laughter never retires!
Monday 10:30 am to 11:30 am 10 weeks
April 16th to June 25th
No class May 21st
\$50 members / \$65 non-members

INDIAN HEAD MASSAGE with Sharon Benner

Indian Head Massage is a traditional Ayurvedic technique that has been practiced in India for thousands of years. Indian Head Massage is a holistic massage applied to the upper back, shoulders, upper arms, neck, scalp and face while in a seated position. The treatment also involves balancing the top 3 chakras or energy centres to help balance and revitalize the body's flow of energy. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state relaxation. Each treatment lasts 30 minutes. Contact the front desk to book your appointment
Monday starting at 9:30 am
No session April 2nd, May 21st, July 2nd, August 6th, September 3rd
30 minute massage treatment
\$30 members / \$40 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 1 with Julie Ditta

This course will help you tap into and trust your intuition, that aspect of yourself that guides you in the right direction. It will help you to identify your psychic strengths, clairvoyance, clairsentience, or clairaudience, enabling you to receive universal messages and connect to the spirit world. Developing your intuitive and psychic abilities will give you greater clarity, awareness, energy and improve creative problem solving. Topics program will include pendulums, psychometry dowsing, auras, aura graphs and spiritual healing.
Wednesday 10:30 am to 12 pm 10 weeks
April 18th to June 20th
\$75 members / \$97.50 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

This course helps you to continue to heighten your innate intuitive and psychic abilities. A variety of tools will be introduced each week that enable you to connect to your intuitive and psychic powers, giving your life greater flow and meaning. Topics will include connecting to spirit guides, fairies, angels, orbs, channeled readings, mediumship and crystals.
Monday 12 pm to 1:30 pm 10 weeks
April 16th to June 25th
No class May 21st
\$75 members / \$97.50 non-members

General Interest & Partnership Programs

LEARN TO PLAY MAHJONG with Dian Reed

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

Tuesday 1:30 pm to 3 pm 6 weeks
May 1st to June 5th

\$30 members / \$39 non-members

"NEW" LIFE FORCE WELLNESS with Gayle Smith

In this 8 week course learn how to read the Qi of everyday life forces that surround you. Life Forces collectively called Qi are both around us and in us. Learn techniques passed down from the Han Dynasty on how to balance these forces to live healthier and happier.

Tuesday 11:45 am to 1:15 pm 8 weeks
May 1st to June 19th

\$42 members / \$54.60 non-members

NAILS 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. Gel manicure will include: nail soak/shaping, buffing and gel polish application. Nails should be clean and free from polish and any other gels/acrylics prior to booking an appointment with Dana as she may not have the tools to remove something she has not applied. Polish and gel that are used will be OPI and China Glaze. Contact the front desk to book your appointment.

Every other Tuesday 9 am to 1 pm
Regular Manicure \$20

Manicure with Gel Top coat \$25

REIKI with Beata Zeranska

Reiki is a healing therapy where a practitioner places their hands over or sometimes lightly on a person's body to rebalance complex energy systems that become out of balance. Reiki works on physical, emotional, mental and spiritual levels. It is proven to reduce stress and bring on relaxation. Please contact the Front Desk to book your appointment.

Thursday: 12:30 pm-1 pm; 1:15 pm-1:45 pm; 2 pm-2:30 pm
No session during April

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

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

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

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 that 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. Treatment is performed in a chair and starts with a brief medical history. Contact the front desk to book your appointment.

Every Monday starting at 9:30 am

No session April 2nd, May 21st, July 2nd August 6th,
September 3rd

30 min treatment \$25 members / \$30 non-members

1 hour full treatment \$45 members / \$50 non-members

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

Third Monday of the month. Includes movie, drink and popcorn

Monday 6 pm

April 16th, June 18th, July 16th, August 20th,

September 17th, October 15th, November 19th,

December 17th

Drop-in Fees of \$3 members / \$6 non-members

SPEAKING SPANISH IS FUN! with Lourdes Marrugat

Join us to practice one of the most spoken languages around the world. If you don't use it you will lose it. No matter what level of Spanish you have. We will get together and practice our oral skills.

Wednesday 6:30 pm to 7:30 pm 10 weeks

April 18th to June 20th

\$45 members / \$58.50 non-members

Or

Wednesday 6:30 pm to 7:30 pm 8 weeks

July 4th to August 22nd

\$36 members / \$46.80 non-members



STROLLING THROUGH THE GARDEN with Beata Zeranska

Learn what to do in the garden during different seasons. When to prune, what to prune and when not to and why. Why some plants thrive and others don't. Moisture and soil requirements for most 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 5:30 pm 8 weeks

May 10th to June 28th

\$42 members / \$54.60 non-members

TAROT 101 with Cathy Pearson

Tarot is a wonderful tool for self-development, clarity and insight; it's a link for accessing inner wisdom, creating a personal transformation and it is a bridge to subconscious mind. This program will cover history, meaning and what Tarot cards do. Loads of participation. A small 3 card reading, performed by the participants will be done in the last class.

Friday 9:45 am to 10:45 am 8 weeks

May 4th to June 22nd

OR

Friday 9:45 am to 10:45 am 8 weeks

July 6th to August 24th

\$40 members / \$52 non-members

THEATRE GROUP with Judi White & Friends

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

April 3rd to May 15th

Drop-in Fees of \$2 members / \$3.25 non-members

WRITING YOUR MEMOIR THE NEXT CHAPTER with Cynthia Reyes

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

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

May 1st to June 19th

\$72 members / \$93.60 non-members

Fitness & Sports

20/20/20 with Cindy Legare

20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and balance for a full body workout.

Monday 1:15 pm to 2:10 pm 10 weeks

April 16th to June 25th

No class May 21st

Or

Wednesday 12:10 pm to 1:05 pm 10 weeks

April 18th to June 20th

\$50 Members / \$65 Non-Members

Or

Monday 1:15 pm to 2:10 pm 5 weeks

July 9th to August 20th

No class July 23rd and August 6th

\$25 Members / \$32.50 Non-Members

Or

Wednesday 12:10 pm to 1:05 pm 7 weeks

July 4th to August 22nd

No class July 25th

\$35 Members / \$45.50 Non-Members

BUILDING BETTER BALANCE with Sharon Wildeboer

Balance is integral to our everyday life. We are constantly using balance when standing and walking. Using a combination of exercises, equipment and games this program will challenge and improve balance skills. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

Wednesday 1 pm to 2 pm 10 weeks

April 18th to June 20th

\$50 members / \$65 non-members

Or

Wednesday 1 pm to 2 pm 7 weeks

July 18th to August 29th

\$35 members / \$45.50 non-members

Fitness Drop-in Cards available for fitness programs ONLY

\$60 for 10 classes. Please verify with BOAA if the class is running to avoid disappointments.

CARDIO WITH PEP with Lydia Vooy's-MacLeod

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

Monday 9 am to 9:55 am 8 weeks

April 23rd to June 25th

No class May 21st and May 28th

\$40 members / \$52 non-members

Or

Friday 9 am to 10 am 9 weeks

April 27th to June 29th

No class June 1st

\$45 members / \$58.50 non-members

Or

Monday 9 am to 9:55 am 6 weeks

July 9th to August 27th

No class August 6th and August 13th

\$30 members / \$39 non-members

Or

Friday 9 am to 10 am 8 weeks

July 6th to August 31st

No class August 10th

\$40 members / \$52 non-members

Fitness & Sports

CHAIRYOGA with Lydia Vooys-MacLeod

Is a gentle form of yoga that is practised sitting on a chair. Sometimes we stand with a chair for support (optional). Suitable for all levels of fitness from sitting to standing. This class is a great way to relax head to toe without the stress of getting out of your chair. Enjoy great company, music and relax while you stretch out and reap the benefits of health and relaxation.

Monday 10 am to 11 am 8 weeks

April 23rd to June 25th

No class May 21st and May 28th

\$40 members / \$52 non-members

Or

Thursday 9 am to 10 am 10 weeks

April 26th to June 28th

Or

Friday 11 am to 12 pm 9 weeks

April 27th to June 29th

No class June 1st

\$45 members / \$58.50 non-members

Or

Monday 10 am to 11 am 6 weeks

July 9th to August 27th

No class August 6th and August 13th

\$30 members / \$39 non-members

Or

Thursday 9 am to 10 am 8 weeks

July 5th to August 30th

No class August 9th

\$40 members / \$52 non-members

Friday 11 am to 12 pm 8 weeks

July 6th to August 31st

No class August 10th

\$40 members / \$52 non-members

CO-ED GOLF LEAGUE at Bowmanville Golf and Country Club

Shot gun start at 8 am for 9 holes of golf
Wednesday 8 am

May 30th to September 26th

\$35 members / \$45 non-members

Includes: Weekly Prize Draw, Admission to Year End Sports Banquet & fun with friends. Weekly Fees to be paid at the course: \$16 Green Fee Walking or \$26 Green Fee with Cart per person *No league play on September 19th due to BOAA Golf Tournament

CO-ED HORSESHOES

Meet to play a weekly round robin.

Wednesday 6 pm

June 13th to September 26th

\$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 6th to August 24th

\$15 members / \$20 non-members

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

DRUMS ALIVE FITNESS with Carol Drew

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

Tuesday 2:05 pm to 3:05 pm 10 weeks

April 17th to June 19th

\$50 members / \$65 non-members

FABULOUS MUSCLES with Lydia Vooys-MacLeod

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

Friday 10 am to 11 am 9 weeks

April 27th to June 29th

No class June 1st

\$45 members / \$58.50 non-members

Or

Friday 10 am to 11 am 8 weeks

July 6th to August 31st

No class August 10th

\$40 members / \$52 non-members

FIT FUSION with Ruth Kolsnyk

A fun energetic workout to improve physical fitness and muscle tone. Variety of exercises, including floor work to challenge your heart, mind and body.

Tuesday 2 pm to 2.55 pm 15 weeks

April 17th to July 24th

Or

Thursday 12 pm to 12.55 pm 15 weeks

April 19th to July 26th

\$75 members / \$98 non-members

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.

Monday 2:15 pm to 3:10 pm 10 weeks

April 16th to June 25th

No class May 21st

Or

Wednesday 1:10 pm to 2:05 pm 10 weeks

April 18th to June 20th

\$50 members / \$65 non-members

Or

Monday 2:15 pm to 3:10 pm 5 weeks

July 9th to August 20th

No class July 23rd and August 6th

\$25 Members / \$32.50 Non-Members

Or

Wednesday 1:15 pm to 2:10 pm 7 weeks

July 4th to August 22nd

No class July 25th

\$35 Members / \$45.50 Non-Members

GENTLE YOGA with Gwen Cadman

For participants new to yoga or wanting a softer, nurturing slow paced, well supported and relaxing practice. The class will be structured to include controlled pressure, gentle stretches and range of motion exercises. Postures will be approached in gradually steps.

Thursday 11 am to 12 pm 10 weeks

April 19th to June 21st

\$50 members / \$65 non-members

Or

Thursday 11 am to 12 pm 8 weeks

July 5th to August 23rd

\$40 members / \$52 non-members

GET MOVING with Ruth Kolsnyk

Functional to low impact exercises that will get you moving to help joint mobility and overall health. Generous portion of floor flexibility positions to stretch and recover.

Tuesday 1 pm to 1.55 pm 15 weeks

April 17th to July 24th

\$75 members / \$98 non-members

"NEW" WII PLAY BOWLING with Veronica Vargas

Practice your Bowling skills

Thursday 3:45 pm to 4:45 pm

May 3rd to June 21st

Drop-in Fees of \$2 members / \$3.25 non-members

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am to 11 am 9 weeks

April 16th to June 18nd

No class May 21st

\$45 members / \$58.50 non-members

Or

Wednesday 10 am to 11 am 10 weeks

April 18th to June 20th

\$50 members / \$65 non-members

Or

Monday 10 am to 11 am 5 weeks

July 16th to August 27th

No class July 30th and August 6th

\$25 members / \$32.50 non-members

Or

Wednesday 10 am to 11 am 7 weeks

July 18th to August 29th

\$35 members / \$45.50 non-members

GUIDED MEDITATION with Julie Ditta

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

Wednesday 1 pm to 2 pm 10 weeks

April 18th to June 20th

\$50 members / \$65 non-members

Or

Wednesday 1 pm to 2 pm 8 weeks

July 4th to August 22nd

\$40 members / \$52 non-members

MEDITATION 101 DROP-IN with Les Lee Bell

Drop in to enjoy mindfulness and meditation

Friday 2:15 pm to 3:15 pm

April 20th to August 31st

Drop-in fee of \$5 members / \$6.5 non-members

MENTAL FITNESS, MINDFULNESS AND MEDITATION with Les-Lee Bell

Come join us for an eight week series on the power of Mindfulness, Mental Health and Meditation. Discover mental fitness for a full mind, spirit and body makeover. Discover these three power houses on how to live your best life.

Wednesday 7 pm to 8:30 pm 8 weeks

May 2nd to June 27th

No class May 16th

\$60 members / \$78 non-members

MENTAL SPRING CLEANING with Les-Lee Bell

Guided meditation and relaxation evenings

Friday 6 pm to 8 pm

April 20th, May 4th and May 18th

Drop-in fee of \$15 members / \$20 non-members

HIKING DROP-IN

Join us weekly as we carpool from the BOAA to enjoy some of the best trails in Durham Region.

9 am on Thursdays

April 19th to August 30th

Drop-in fee of \$2 members / \$3 non-members

Fitness & Sports

QIGONG (CHINESE YOGA) with Donna Elliott

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

Wednesday 9:45 am to 11:15 am 10 weeks
April 18th to June 20th

\$75 members / \$97.50 non-members

Or
Wednesday 11:45 am to 12:45 pm 10 weeks
April 18th to June 20th

\$50 members / \$65 non-members

MINDS IN MOTION FITNESS PROGRAM with Alzheimer Society Durham Region

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 bulking personal skills. The program benefits for the person with dementia: Improved balance, mobility, flexibility, alertness, increased confidence, and comfort with their own circumstance. For the care partners, it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia. Mutual support and learning from other care partners. 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, changes in mood and behavior.

Thursday 1:30 pm to 3:30 pm 8 weeks
April 19th to June 14th

No class May 3rd

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

PILATES with Karen Ross

Focus on strengthening the core postural muscles to help keep the body balanced.

Monday 11 am to 12 pm 10 weeks
April 16th to June 25th

No class May 21st

Or
Thursday 12 pm to 12:55 pm 10 weeks
April 19th to June 21st

\$50 members / \$65 non-members

Or
Monday 11 am to 12 pm 7 weeks
July 9th to August 27th

No class August 6th

\$35 members / \$45.50 non-members

Or
Thursday 12 pm to 1 pm 8 weeks
July 5th to August 23rd

\$40 members / \$52 non-members

"FREE" Walking Group

It's a great way to enjoy the neighbourhood that the BOAA calls home. Meet up 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

The BOAA Geek Squad

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

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

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

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 10 weeks
April 16th to June 25th

No class May 21st

Or
Wednesday 8 am to 9 am 10 weeks
April 18th to June 20th

Or
Friday 8 am to 9 am 10 weeks
April 20th to June 22nd

\$50 members / \$65 non-members

Or
Monday 8 am to 9 am 7 weeks
July 9th to August 27th

No class August 6th

\$35 Members / \$45.50 Non-Members

Or
Wednesday 8 am to 9 am 8 weeks
July 4th to August 22nd

Or
Friday 8 am to 9 am 8 weeks
July 6th to August 24th

\$40 members / \$52 non-members

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

Participants will be led through a series of seated movements and stretches. Bring resistance tubing with handles to class.

Tuesday 10:30 am to 11:30 am 10 weeks
April 17th to June 19th

\$50 members / \$65 non-members

Or
Tuesday 10:30 am to 11:30 am 5 weeks
July 17th to August 28th

No class July 31st and August 7th

\$25 members / \$32.50 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

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

Tuesday 9:30 am to 10:30 am 10 weeks
April 17th to June 19th

Or
Friday 10 am to 11 am 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

Or
Tuesday 9:30 am to 10:30 am 5 weeks
July 17th to August 28th

No class July 31st and August 7th

\$25 members / \$32.50 non-members

Or
Friday 10 am to 11 am 7 weeks
July 20th to August 31st

\$35 members / \$45.50 non-members

STRENGTH TRAINING FOR ALL with Sharon Wildeboer

This class will include resistance exercises to build strength and muscle for both men and women. Bring resistance bands with handles to class.

Wednesday 2 pm to 3 pm 10 weeks
April 18th to June 20th

\$50 members / \$65 non-members

Or
Wednesday 2 pm to 3 pm 7 weeks
July 18th to August 29th

\$35 members / \$45.50 non-members

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

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

Wednesday 11 am to 11:45 am 10 weeks
April 18th to June 20th

Or
Friday 9 am to 9:45 am 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

Or
Wednesday 11 am to 11:45 am 7 weeks

July 18th to August 29th

Or
Friday 9 am to 9:45 am 7 weeks

July 20th to August 31st

\$35 members / \$45.50 non-members

SPECIAL OFFER TO BOAA MEMBERS



Olde Tyme Fish & Chips Voted the best Fish & Chips in town!

Every time a BOAA member buys a meal (eat-in or take-out), they will receive a 5% discount AND an additional 5% will be donated to BOAA.

Located at 136 King St East Bowmanville
(opposite Guardian Drugs)

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. Tai Chi is also recommended by health practitioners in treating many diseases such as arthritis, high blood pressure, and osteoporosis to name a few. Ideal for beginners and low level intermediate.

General

10 am to 10:55 am 10 weeks

Or

Intermediate

Previous Tai Chi experience required

11 am to 11:55 am 10 weeks

April 16th to June 25th

No class May 21st

\$50 members /

\$65 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 9 weeks

April 16th to June 18th

No class May 21st

\$45 members / \$58.50 non-members

Or

Wednesday 9 am to 10 am 10 weeks

April 18th to June 20th

\$50 members / \$65 non-members

Or

Monday 9 am to 10 am 5 weeks

July 16th to August 27th

No class July 30th and August 6

\$25 members / \$32.50 non-members

Or

Wednesday 9 am to 10 am 7 weeks

July 18th to August 29th

\$35 members / \$45.50 non-members

"NEW" YOGA FOR MEN with Karen Wind

This class for men practices traditional yoga strength, stretch and breathing postures to increase balance, mobility, flexibility and focus. An all levels class. You will leave feeling energized and stress free. Please bring a mat.

Tuesday 3 pm to 4 pm 10 weeks

April 17th to June 19th

\$50 members / \$65 non-members

Fitness & Sports

YOGALATES with Sharon Wildeboer

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

Monday 11 am to 12 pm 9 weeks

April 16th to June 18th

No class May 21st

\$45 members / \$58.50 non-members

Or

Friday 11:15 am to 12:15pm 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

Or

Monday 11 am to 12 pm 5 weeks

July 16th to August 27th

No class July 30th and August 6th

\$25 members / \$32.50 non-members

Or

Friday 11:15 am to 12:15pm 7 weeks

July 20th to August 31st

\$35 members / \$45.50 non-members

ZUMBA® with Veronica Vargas

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

Tuesday 9 am to 10 am 11 weeks

April 17th to June 26th

\$55 members / \$71.50 non-members

Or

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

April 19th to June 21st

No class May 17th

\$45 members / \$58.50 non-members

Or

Tuesday 9 am to 10 am 8 weeks

July 10th to August 28th

\$40 members / \$52 non-members

Or

Thursday 10:30 am to 11:30 am 8 weeks

July 12th to August 30th

\$40 members / \$52 non-members

ZUMBA® GOLD 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 9 weeks

April 18th to June 20th

No class May 16th

\$45 members / \$58.50 non-members

Or

Wednesday 11 am to 12 pm 8 weeks

July 11th or August 29th

\$40 members / \$52 non-members

ZUMBA® COMBO with Veronica Vargas

This class includes cardio and respiratory endurance, balance training, muscle strengthening and power training for upper and lower body including abdominal and back extensor muscles and static stretching.

Friday 11:05 am to 12:05 pm 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

Or

Friday 11:05 am to 12:05 pm 8 weeks

July 13th to August 31st

\$40 members / \$52 non-members

Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

Participate in a group demonstration with one-on-one help 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 19th to June 28th

\$102.67 members / \$133.47 non-members

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

This class is for those students that would like to learn how to add watercolor to their completed pen and ink project from the winter session.

Please ask for a supply list at front desk upon registering.

Sunday 10 am to 2 pm

June 16th

\$18 members / \$23.40 non-members

"NEW" BEGINNERS WATERCOLOUR with Julieta Cortes

Learning basic watercolour techniques and colour mixing while painting a step by step project per class. No drawing skills required.

Saturday 10 am to 11:30 am 6 weeks

May 5th to June 23rd

No class May 19th and June 9th

\$42 members / \$54.60 non-members

CHOIR with Allanah Coles & Donna Barber

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

Wednesday 10 am to 11:30 am

April 4th to June 13th

Drop-in Fee of **\$2 members / \$3.25 non-members**

DRAWING with Paul Livingston

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

Wednesday 10 am to 12 pm 11 weeks

April 18th to June 27th

\$102.67 members / \$133.47 non-members

DRUM CIRCLE with Julie Ditta

Participating in a drum circle allows for self-expression, relaxation, healing and fun. No previous drumming or musical experience is required. We embrace the flow of free form drumming and let it take us on a creative, energizing, music-making journey that is never the same twice. Drum circles are an inclusive experience where participants express their intuitive and natural rhythms while contributing to the synchronicity of the group. We drum from the heart, releasing all judgment, allowing trust, compassion, sharing and spontaneity to thrive.

Drumming lifts the spirits and lets us bring balance back into our lives. Rhythm instruments, shakers and rattle sticks are also incorporated in to the music making.

Friday 10:30 to 12 pm 8 weeks

July 6th to August 24th

\$60 members / \$78 non-members

JAMMING GROUP

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

Or

Friday 1 pm to 3 pm

Drop-in Fees of **\$2 members / \$3.25 non-members**

PAINTING WITH ACRYLICS with Shirley Bankey

Looking for a fun and easy paced class to learn to paint? This step by step class is perfect for both the beginner and intermediate artist. You bring the canvas, brushes and other paraphernalia and Shirley will bring the paints, patterns and encouragement. Please pick up a full list of other supplies needed from the front desk upon registration.

Go Loony! This class will focus on painting a family of loons plus realistic water and rocks.

Monday 1 pm to 3:30 pm 3 weeks

May 7th to May 28th

No class May 21.

Or

Barnyard Antics. The focus of this class will be on creating realistic looking barn wood and some playful barnyard animals.

Monday 1 pm to 3:30 pm 3 weeks

June 11th to June 25th

Or

Stormy Weather. A dramatic stormy sky and rough water will be the focus of this class.

Monday 1 pm to 3:30 pm 3 weeks

July 9th to July 23rd

\$33.75 members / \$43.90 non-members

PEN AND INK with Dianne Darch

This class is suitable for a beginner or returning student. You will be guided through the series of dots and lines involved in pen and ink artwork to create texture and contrast. Line drawings will be provided so you can concentrate on the inking process. Be sure to ask for a Pen and Ink supply list at the front desk upon registration.

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

April 30th to June 25th

No class May 21st

Or

Friday 12pm to 2 pm

May 4th to June 22nd

\$72 members / \$93.60 non-members

Art & Music Programs

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. You will learn basic techniques, a variety of lively rhythms and how to improvise with others. You will enjoy the many health benefits associated with drumming such as relaxation, improved cognitive ability and a boost to the immune system. Drums are provided or bring your own.

Friday 10 am to 11 am 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

This course is for experienced students who are proficient with their drumming and want the challenge of learning interesting and complex rhythms and polyrhythms. Students will have the opportunity to participate in community outreach and performance. Drums are provided or bring your own.

Friday 11 am to 12 pm 10 weeks

April 20th to June 22nd

\$50 members / \$65 non-members

RECREATIONAL AFRICAN DRUMMING - TRANSITIONAL with Julie Ditta

This class is for participants who have taken the beginners level several times and now have the confidence and skill level to continue on their drumming journey. 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 18th to June 20th

\$50 members / \$65 non-members

JEWELLERY MAKING with Lynn Morrison

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

Wednesday 10 am to 12 pm 6 weeks

April 18th to May 23rd

\$60 Members / \$78 Non-Members

UKULELE with Allannah 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 12th to June 7th

No class May 3rd

\$24 members / \$31.20 non-members

"NEW" REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

Have an idea you have always wanted to paint? Great! This is the class for you. Working alongside high realism painter Ian Bodnaryk, you will explore the versatile and exciting world of Acrylics. Choose your own subject and photograph, then learn the techniques and principles needed to create a beautifully rendered realistic painting. Due to time constraints, portraits are not realistic expectations for this course.

Wednesday 6 pm to 8 pm 6 weeks

May 9th to June 13th

\$56 members / \$72.80 non-members

UKULELE DROP-IN

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

Thursday 2:15 pm to 3:15 pm

Drop-in Fees of \$2 members / \$3.25 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. Local field trips are planned (weather permitting).

Wednesday 9:30 am to 12:30 pm 8 weeks

July 4th to August 22nd

\$112 members / \$145.60 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 19th to June 21st

\$140 members / \$182 non-members

Dance Programs

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

ALL THAT JAZZ with Allison Henry Grebenc

This fun class is designed to introduce participants to jazz dance. Learning some basic jazz skills will allow the participants to experience dance style while improving their flexibility, sense of rhythm and overall coordination.

Thursday 9 am to 10 am 10 weeks

April 19th to June 21st

\$60 members / \$78 non-members

DIVA DANCING with Julie Ditta

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

Wednesday 12 pm to 1 pm 8 weeks

July 4th to August 22nd

\$48 members / \$62.40 non-members

LINE DANCING with Phyll Marshall

Various steps will be taught in this fun and social program

Monday 9 weeks

Beginner - 12:10 pm to 1:10 pm

OR

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

April 23rd to June 25th

No class May 21st

\$54 members / \$70.20 non-members

MUSICAL THEATRE with Allison Henry Grebenc

This is your chance to do what you've been dreaming of. Trade places with the stars! If you've ever wanted to be under the lights of Broadway this is your opportunity! Learn simple choreography while acting and lip syncing to some of the best known songs of screen and stage.

Thursday 10 am to 11 am 10 weeks

April 19th to June 21st

\$60 members / \$78 non-members

SQUARE DANCING LESSONS with Jane Wilson

A square dance is a dance for four couples (eight dancers) arranged in a square, with one couple on each side, facing the middle of the square. Learn the basic steps and get ready to join our weekly drop-in.

Tuesday 11 am to 11:45 4 weeks

April 24th to May 15th

\$18 members / \$23.40 non members

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 12:45 pm to 1:40 pm 10 weeks

April 19th to June 21st

\$60 members / \$78 non-members

OR

Thursday 12:45 pm to 1:40 pm 8 weeks

July 5th to August 23rd

\$48 members / \$62.40 non-members

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 1:45 pm to 2:40 pm 10 weeks

April 19th to June 21st

\$60 members / \$78 non-members

Or

Thursday 1:45 pm to 2:40 pm 8 weeks

July 5th to August 23rd

\$48 members / \$62.40 non-members

TAP DANCING BEGINNER with Veronica Vargas

Standard combinations put together to music and possibly performed.

Monday 11:05 am to 12:05 am 8 weeks

April 23rd to June 18th

No class May 21st

\$48 members / \$62.40 non-members

Or

Monday 11:05 am to 12:05 am 7 weeks

July 9th to August 27th

No class August 6th

\$42 members / \$54.60 non-members

Tap Dancing Level 1 with Veronica Vargas

Tuesday 10 am to 11 am 11 weeks

April 17th to June 26th

\$66 members / \$85.80 non-members

Or

Tuesday 10 am to 11 am 8 weeks

July 10 to August 28th

\$48 members / \$62.40 non-members

Dance Programs

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

Tap Dancing Level 2 with Veronica Vargas

Monday 10 am to 10:55 am 9 weeks
April 16th to June 18th
No class May 21st
Or
Wednesday 9 am to 9:55 am 9 weeks
April 18th to June 20th
No class May 16th
\$54 members / \$70.20 non-members
Or
Monday 10 am to 10:55 am 7 weeks
July 9th to August 27th
No class August 6th
\$42 members / \$54.60 non-members
Or
Wednesday 9 am to 9:55 am 8 weeks
July 11th to August 29th
\$48 members / \$62.40 non-members

Tap Dancing Level 3 with Veronica Vargas

Monday 9 am to 9:55 am 9 weeks
April 16th to June 18th
No class May 21st
Or
Wednesday 10 am to 10:55 am 9 weeks
April 18th to June 20th
No class May 16th
\$54 members / \$70.20 non-members
Or
Monday 9 am to 9:55 am 7 weeks
July 9th to August 27th
No class August 6th
\$42 members / \$54.60 non-members
Or
Wednesday 10 am to 10:55 am 8 weeks
July 11th to August 29th
\$48 members / \$62.40 non-members

"NEW" TAP DANCING DROP-IN with Pam MacDonald

Practice your tap dance steps or routines at your own pace.
Thursday 2:45 pm to 3:45 pm
Drop-in Fees of **\$2 members / \$3.25 non-members**



CLARINGTON PHOTOGRAPHY CLUB

Provides special group and individual support on an outgoing basis for new members wishing to extend their knowledge and skills. For further information visit www.claringtonphoto.club or leave a message at 905-697-2856.
1st and 3rd Wednesday of every month from October to May
7 pm to 9 pm
\$25 BOAA members / \$30 non-members

Computer & Technology Programs

with
Tanya
Cochrane

INTERNET SAFETY AND SECURITY

Learn about keeping yourself (and your computer) safe when using the Internet. Virus protection, potential threats and scams, avoiding being hacked, social media safety and other topics will be discussed. Lots of opportunity to ask questions and learn about free resources.
Thursday 9:30 am to 11:30 am 2 weeks
April 5th to April 12th
\$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 pm to 2:30 pm 3 weeks
April 5th to April 19th
\$30 members / \$39 non-members

WINDOWS 10 BASICS

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. Please bring laptop to class or borrow one from the BOAA.
Thursday 9:30 am to 11:30 am 4 weeks
April 19th to May 10th
\$40 members / \$52 non-members

FACEBOOK (BEGINNER)

This program will cover how to manage your profile, post 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. Please bring device or borrow one from the BOAA.
Thursday 12:30 pm to 2:30 pm 3 weeks
April 26th to May 10th
\$30 members / \$39 non-members

SMART DEVICES WORKSHOP

Want to learn about home assistants like Google Home or Alexa? Join us for this info session on these smart devices that can control your lights, switches, thermostat and even your tv! It can act as your own personal information station that can tell you the weather, help you set reminders and tell you about your upcoming appointments...plus so much more! No computer necessary for class.
Friday 9:30 am to 11:30 am May 4th
\$10 members / \$13 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 your computer or tablet for this beginner course or use a computer at the Centre.
Friday 9:30 am to 11:30 am May 11th
\$10 members / \$13 non-members

WINDOWS 10 INTERMEDIATE

This is a continuation of Windows 10 Basics. More topics will be talked about with lots of time for review and answering questions! Must bring laptop to class or borrow one from BOAA.
Thursday 9:30 am to 11:30 am 2 weeks
May 17th to May 24th
\$20 members / \$26 non-members

FILE MANAGEMENT & THE CLOUD

Learn how to keep your files, photos, music and videos organized on your computer. We will also learn about "The Cloud" and one free service that you can use to back up your files.
Thursday 12:30 pm to 2:30 pm 2 weeks
May 17th to May 24th
\$20 members / \$26 non-members

WORD (INTERMEDIATE)

We'll continue to work with Microsoft Word, doing review of the beginner class as well as exploring new tips and tricks on how to create a variety of documents. Previous computer experience is required. You can bring any computer with Word pre-installed or use one in the computer lab.
Thursday 9:30 am to 11:30 am 2 weeks
May 31st to June 7th
\$20 members / \$26 non-members

EXPLORING THE INTERNET WITH GOOGLE CHROME

Learn how to effectively search the internet, manage your favourite websites by creating bookmarks, adjusting settings and other tips and tricks. Ideal for those using a computer or Android tablet. Please bring a device to class or borrow one from the BOAA.
Thursday 12:30 pm to 2:30 pm June 7th
\$10 members / \$13 non-members

SELLING ON KIJJI

Learn how to search listings, upload a photo and write an ad for items you'd like to sell online. This site is 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.
Thursday 9:30 to 12 pm June 21st
\$12.50 members / \$16.25 non-members

iPad for Beginners with Brian Greenway

It's a basic introduction with lots of tips and tricks. "Built-in" apps will be covered and ways to get the most out of the iPad device. Bring an iPad any model.
Wednesday 12:30 pm to 2:30 pm 5 weeks
May 2nd to May 30th
\$50 members / \$65 non-members

Free Computer, Internet & Photography Support At Brian's Digital Cafe

Wednesday by Appointment
Brian Greenway will be volunteering at the BOAA to assist you with any of your computer, iPad, phone, windows or digital photography questions. For BOAA members only.
Contact front desk to book an appointment at 905-697-2856.

INTRO TO CELL PHONES

Learn the different types of smartphones and plans available. Topics: talk and text, data plans, sim cards, unlocked phones and plans for snowbirds. Great class for those wishing to purchase a cell phone or want to move up from a flip phone.
Thursday 10 pm to 12 pm 2 weeks
July 26th to August 2nd
\$20 members / \$26 non-members

ANDROID TABLET WORKSHOP

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 1 pm to 3 pm July 26th
\$10 members / \$13 non-members

WINDOWS 10 OVERVIEW

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 1 pm to 3 pm August 2nd
\$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.
Thursday 10 am to 12 pm August 9th
\$10 members / \$13 non-members

TOMS IGA

Continued from Page 1

There were only eight "franchised wholesalers" in Canada and each wholesaler had a group of stores that they supplied with "dry groceries". Wolfe's distribution company, Oshawa Wholesale, franchised fifty-five independent grocery stores to IGA in 1951. One of them was Howard Tom's store in Newcastle.



Ray Wolfe

The agreement insisted that retailers like Toms, purchase all of their dry groceries from Oshawa Wholesale. If the wholesaler did not have "perishables", like strawberries or apples in season, they could be purchased elsewhere. IGA also had a "Meat Program" but wholesalers could also buy meat locally. It had to be "Red or Blue Brand" and only from cattle weighing more than 500 pounds. It appears that the retailer did not have to pay a franchise fee but did have to commit to paying a "Service Management Fee" of 3% to 4.7% of dry grocery purchases. Retailers like Howard Toms would have to mail a "blank cheque" with their Saturday grocery order. Then, the wholesaler's office would fill in the correct amount, wait two days and deposit the cheque. The store was also charged "one-half of 1%" of store sales for advertising. At the time there were 82



newspapers that advertised IGA stores and included a number of National promotions.

Howard's daughter, Marjorie, said she thought that since their store was already purchasing supplies from Oshawa Wholesale, it was an easy transition to move to IGA. In 1951, a loaf of bread was 12 cents, a quart of milk was 20 cents and a dozen eggs cost 72 cents. Hamburger was 68 cents a pound and a pound of apples cost 11 cents. Local farmers brought their produce to Tom's store but after they became part of IGA this was frowned upon, Marj stated. Marj said that Ray Wolfe would visit the store regularly. She said, "He was a very pleasant man, just an ordinary guy".

Marjorie married Murray Paterson in 1952 and soon after, Murray, who worked at CIBC in Newcastle for 6 years, joined the business. They needed to expand and took over Keith Aiken's appliance store next door. Howard looked after the store and his wife Grace, was the bookkeeper. Robert "Bud" Wagar, worked at General Motors in Oshawa and married Howard and Grace's daughter, Jean, in 1955. Bud quit GM and joined Murray to run the store. In 1957, they needed to expand again and they moved the "dry goods" west, taking over Lorne Johnston's drug store. Howard and Grace lived in an apartment at the back of the grocery store with three bedrooms and a bathroom upstairs. Howard passed away in 1960 and the following year Murray and Marjorie took over the clothing stores and Bud looked after the groceries. Grace continued to work at the store. She would be seen every morning around 7 a.m. sweeping off the sidewalk in front of the store. She died suddenly in 1979. She was on her way outside to do some

sweeping.

In 1961, a new cement addition, for meat storage, was added at the back and the windows of the residence were bricked in. By 1965, the decision was made to incorporate a separate ladies' clothing shop, so they purchased the Baskerville's Grocery store at the west end of the building. They made a large opening between the buildings to connect it to the rest of the store. Jean rejoined the company when the children started public school. She had gone to business school and took over the bookkeeping. The store retained the name Toms and Sons Ltd. This was an interesting development since Howard and Grace had no "sons". In 1983, Ron and Judy Hope took over the area where the Ladies Wear was and ran Hope's Video and also the Sears Order Office.

All four worked hard in the business. Murray sold carpets and men's clothing, Marjorie managed the Ladies' Wear, Bud managed the IGA store and Jean was the Business Accountant. The store also sold paint and wallpaper, shoes and boots. All under one roof. Almost like a Wal-Mart today.

By 1983, Murray and Marj and Bud and Jean were ready to retire. Jack Chard took over as Manager. In 1988 the business was sold to Gyaltsan family. Ron and Judy Hope purchased the "Stedman's Store" on King East from Howard and Kay Quinney. They moved their Sears Order Office and Video store there too and took over the Stedman's franchise. Wallace Couch remained in the store with the Gyaltsans and in 1996 retired after working there for 35 years. In 1999, the IGA was moved to a new store on King East, once part of the J. Anderson Smith Property and previously Massey Manufacturing.

The store was now had 25,000 square feet with a full delicatessen and an on-site bakery. Later the IGA stores were taken over by Sobeys and the store name was changed to "Foodland". The old Toms IGA became a hardware store.

In Canada (apart from British Columbia), IGA is now a group of independent grocers supplied by Sobeys, which franchises the name. Acquired by Sobeys as part of its purchase of the Oshawa Group Ltd., it now operates primarily in Quebec. The IGA operations in Atlantic Canada were sold to Loblaw Companies Limited (except for Edmundston, New Brunswick) and were restructured under its existing brands. The company-owned stores west of Quebec now mainly operate under the Sobeys banner. In Ontario, Sobeys forced franchise-owned IGA stores to convert to the Foodland banner, and announced the closure of the IGA program in Ontario. There are, however, many IGA stores still operating in Manitoba, Saskatchewan and Alberta.

Robert "Bud" Wagar, passed away, in his 79th year on November 10, 2011. He was a well-respected volunteer hockey coach and a Past President of the Newcastle & District Chamber of Commerce. His wife, Jean passed away April 11, 2016 in her 80th year. Ross "Murray" Paterson died October 22, 2015 in his 87th year. He served on Newcastle Village Council, local School Board and was active in the Lion's Club and a number of other groups.

Both the Paterson and Wagar families had an ongoing deep involvement in the community. This also helped to foster not only strong relationships but customer loyalty. They had great business sense and recognized the concept of "one-stop shopping" long before stores like Walmart and Giant Tiger appeared in Canada. They also had the Sear's Catalogue office in their store which was really not much



Toms & Sons. Left to Right: Bud, Jean, Marj and Murray

different than the online type of shopping by companies like Amazon today. Sears offered an incredible amount of items, offering mail or store... They also were part of the first "Franchising" efforts in the Canadian grocery business. Now, with the present shift to massive changes like "on-line" shopping and "scan and go" in the stores. I am sure that the Toms family would have had that all organized by now.



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HOME COOKING *with Cathy*

by Cathy Abernethy
CLARINGTON PROMOTER
CONTRIBUTOR

Hello there! I know Easter is right around the corner so I thought a very easy cheesecake would be suitable for a weekend dessert. You could add grated chocolate shavings on top or serve with your choice of fruit sauce. I hope you like it!



Cheesecake

- 350 F. degree oven
- 9 inch springform pan
- 1/3 cup butter, melted
- 1 1/4 cup graham cracker crumbs
- 1/4 cup sugar
- 2-8 oz pkg. cream cheese
- 2 cans Eagle Brand condensed milk - (300 ml.) - you will only use 1 1/2 cans.
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 small container of sour cream (250 ml.)

- CRUST**
Combine melted butter, graham cracker crumbs and 1/4 cup sugar. Pat firmly into the bottom of a 9 inch springform pan.
- CAKE**
In a large bowl, beat the cream cheese until fluffy. Add 1 1/2 tins of condensed milk and beat until smooth. Add eggs and lemon juice and mix well. Pour into springform pan and bake 50-55 minutes. Cool cheesecake and take sides off of springform. Spoon 1 cup of sour cream on top of cake and chill in refrigerator until ready to serve.



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Gay Company Limited Returns as Presenting Sponsor of Their Opportunity's Annual Golf Classic



GAY COMPANY LIMITED
GENERAL CONTRACTORS

Durham Region, ON - Proudly presented by Gay Company Limited, Their Opportunity's Annual Golf Classic will see 144 golfers tee off at Durham's most prestigious golf course, Royal Ashburn Golf Club, on Wednesday June 27, 2018.

The day will include 18 holes of golf, with exciting on-hole contests and prizes! Easthill Outdoors and Zebco Quantum's Hole 5 Fishing Contest is back by popular demand! Players can also opt-in to this year's Tournament Passport featuring a putting contest and an opportunity to win an Annual Membership to Royal Ashburn Golf Club (valued at over \$3100)!

Since its inception, the annual event has raised over \$170,000, helped enroll over 400 children into lo-

cal sports and recreation programs, contributed to over 6,500 hours of social recreation and community involvement. Thanks to Gay Company Limited and its incredible network of supporters, the 2017's tournament was the Classic's banner year, raising almost \$45,000!

With incredible auction items like a Toronto Blue Jays Box Suite + Roberto Alomar Meeting (generously donated by The Bosco Team) and an appearance by renowned trickster Todd Keirstead, this year's tournament aims to raise at least \$50,000 to support our local youth and families.

Early bird pricing of \$195 per golfer is in effect until April 30, 2018 - it's the perfect time to secure your spot! Better yet, grab a few friends and sign-up a foursome for just \$750! Pricing includes a light lunch, access to the driving range, 18 holes of golf, a cart and dinner; additional dinner tickets can be purchased for \$65 per person.

Come join us for a day of networking, contests, prizes, food and of course ...Golf! all in the spirit of supporting children and families across the Region!

About Their Opportunity
Their Opportunity exists to provide low-income families with the means to enroll their children into local sports and recreation programs. We set out to eliminate the financial barriers so children can develop essential life skills such as confidence and

sportsmanship, as well as develop a healthy lifestyle. Their Opportunity hosts a unique Giveback Program where children receiving funding are required to "pay it forward" within their community. Since its inception, Their Opportunity has helped provide opportunities for almost 5,000 children and affected thousands more through its Giveback Program.

To learn more visit www.theiropportunity.com, like us on Facebook at Their Opportunity or follow us on

Twitter @Their_Opp. For sponsorship or ticketing information visit www.theiropportunity.com/golf or contact Claudia Gutierrez at projects@theiropportunity.com or call 905-444-9992 ex 9995.





by Ron Strike
WillDavidson LLP
38 KING STREET
WEST, BOWMANVILLE
RSTRIKE@WILLDAVIDSON.CA

NURSING HOME NEGLECT

Providing care to the elderly can be a demanding and difficult job and there are many fine care providers at Ontario's nursing homes. The residents of nursing homes and long-term care facilities are among Ontario's most vulnerable residents, and as the province's population ages, the size of this demographic is set to grow dramatically. Unfortunately, some residents of Ontario's old-age homes are already subject to neglect and abuse. In my office we have recently seen a significant increase in cases like this including deaths. Nursing home abuse and neglect can take many forms. It can include physical violence, emotional abuse, medical neglect, social isolation, and failing to assist the resident with their basic needs. There are many different examples of these types of abuse and neglect. For example, if a staff member within a nursing home intends to cause harm to the resident, it would certainly constitute abuse. Neglect of a resident can include failing to provide adequate safety measures or failing to properly care for their medical conditions, mobility issues, or cognitive issues. Failing to provide adequate food or water or failing to provide a clean and safe environment for the resident to live will also constitute neglect. Where a resident also does

not have proper assistance with bathing and other types of hygiene care, the nursing home may be found liable for their neglect. A resident being ignored by staff members of the nursing home, or a resident who is left alone without access to socialization is a victim of social and emotional neglect. It is important that friends and family members visit their loved ones to ensure they are being well cared for within the nursing home. Common signs of abuse and neglect that family should watch out for include:

- Weight loss, which could possibly be the result of malnourishment, or illness
- Bruises or other unexplained sores that could have resulted from falls or abuse
- Withdrawn behaviour or a depressed mood
- Changes in personal hygiene
- Exhibiting pain behaviours when sitting or lying down, which may be the result of bed sores

When visiting a loved one, it is also important to look around the common areas of the nursing home. Do other residents seem happy and well cared for? Are there any trip-and-fall or slip-and-fall hazards around the nursing home? It is also important that family members participate in care plan meetings to ensure that all of the emotional and physical needs of their loved one are being addressed. While some family members are not able to visit their loved ones as much as they like, commu-

nication with the nursing home is vital. Ask for frequent updates from staff. If your inquiries go unanswered, it can be a red flag. If you think there may be a problem there are provincial authorities to possibly investigate and personal injury lawyers can help guide you through the process.

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11th Annual Rotary Ribs & Brews - June 8th, 9th, & 10th, 2018



JUNE 8, 9 AND 10TH 2018 WILL BE THE BEST RIBS AND BREWS EVER!

- Thank you for making the 10th Annual Bowmanville Rockin' Rotary Ribs and Brews the most successful event in our history!
- Thank you to our Sponsors, our Community Partners, our Vendors, our Volunteers, and most importantly you, the people of Clarington!
- 2017, our first year at Clarington Fields, was a record setting year! Last year we had 75,000 people attend our event. This record attendance resulted in a record amount of money raised.

- The Bowmanville Rotary Club is thrilled to announce that \$127,950 was raised.
- Over the next 12 months, this money will be directed to support many local causes and a few important international causes.
- If you have an idea of where these funds should be directed, tell us! Go to our club's fundraising site at <https://funditclarington.com> and click on "Ask Rotary for some help".

Thank you!

www.RibsandBrews.com

Thinking of Becoming a Volunteer or Sponsor of This Event ?

Sponsorship inquiries: Jim Abernethy 905-261-7788 (phone or text) JimAbernethy@RoyalService.ca

Individual & Group Volunteer Inquires: Kevin Anyan, Event Chairperson 905-261-1161 (phone or text) kevin@koogourmetcatering.com