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Volume 9 | Issue 1

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April 2019

Bowmanville Older Adult Association **BOAA**
2019 Summer Program Guide
(Pullout Inside)



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:
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THE HISTORY OF “DOCVILLE”



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

appear to be the Munro family. The earliest mention of the family living there is on the 1822 Census which showed Timothy Munro residing on 200 acres.

In 1825, the Census shows 9 Munro family members residing there including Timothy's brother Henry Munro and his wife Mary.

Henry Munro was born in Mallorytown, Ontario on January 13, 1802. In Professor Squair's "The Townships of Darlington and Clarke" Henry is mentioned as one of the shareholders of the Bond Head Harbour Company in 1838. In 1839, he was noted in that book as a "subscriber" of the Methodist Church and that he was made a Justice of the Peace in 1843 as well as a Lieutenant in the local militia.

(copies of Professor Squair's book "The Townships of Darlington and Clarke" are available thru the Village of Newcastle Historical Society, see contact information at the end of this article)

It is believed that Henry Munro constructed a one-storey home there around 1832. Later, the home had two storeys of brick added and the lower level was landscaped into a basement area.

Sometime prior to 1825, Henry married Mary Lo, born 1803 and died in April of 1852. (Note- there is no information on the "Lo" surname and it may be an error). They had 5 known children, Minerva Ann; Margaret Jane; Charles; Mary; and Elizabeth M.

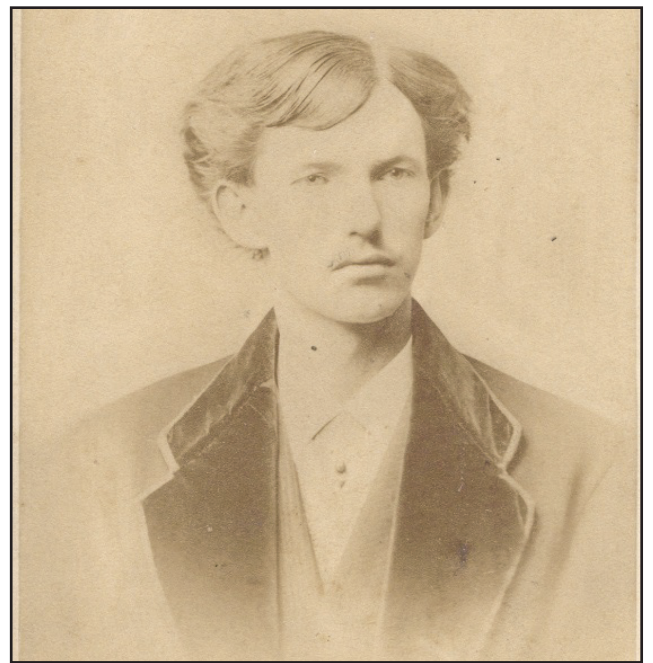
Henry's wife Mary passed away in 1852 and the following year Henry married Elizabeth Bradley Doak. They had 3 children: Elizabeth Gertrude; Henry Clay; Florence who died when she was only 5 weeks old; and Florence S.A.K.

In 1848, Henry Munro was active in the Primitive Methodist Church and he donated land and money to construct a new church called Bethel Chapel. This church was located on the north end of their farm just south of what was then called "Trickey's Corner". Today, this where Hwy 115/35 near McDonalds Restaurant intersects the 3rd Concession.

In 1888, the Bethel "shed" was sold for \$12 and the church sold for \$15. The Bethel Cemetery is still located

The property we now often refer to as "Docville" on Regional Road 17 at the north end of Newcastle, Ontario has a very interesting history. It was originally known as the north half of Lot 29, Concession 2 in Clarke Township.

This land was part of the Crown Grant made to Hon. John McGill on July 22, 1809. The first residents



John Henry "Doc" Holliday's 1872 graduation photo is one of two adult photos of the gunfighting dentist authenticated by the Holliday family.

- Courtesy Robert G. McCubbin Collection -

on the north side of the 3rd Concession just east of the Hwy 115/35. Henry Munro and other members of his family are buried there.

Although Munro called himself a "farmer" he held a number of other positions. He served as the Treasurer for Clarke Township for a number of years.

In 1854, he ran and was elected to what was called, prior to Confederation, the Legislative Assembly of the Province of Canada for West Durham. He was easily re-elected in 1858, 1861 and 1863 and he probably would have been elected again in 1867, the year of Canada's Confederation. However, Henry decided to step aside so that his friend Edward Blake could run for his West Durham seat in the newly formed House of Commons.

Henry Munro also has a middle school named after him in Ottawa, Ontario. On October 24, 1877, a "Plowing Match" was held at Henry Munro's farm. Coincidentally, there was also an interesting connection between the Munro and Massey families. In 1875, daughter Eleanor Gertrude married Matthew Garvin, a machinist at Massey Manufacturing. In 1883, Massey Manufacturing was issued a patent for improving hay rakes and Garvin is listed as one of the "assignees".

Henry Munro passed away on Dec. 20, 1874. The farm was eventually sold to Norman Allin around 1908. Norman passed the farm down to


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Positioning Your Business - Is It Important?



by Peter Hobb

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The concepts and ideas discussed in this article are covered in the book "Positioning for Professionals" by Tim Williams. For anyone who would like to delve into this subject I would recommend reading this excellent book.

Many business owners do not invest the time they should in branding or positioning their businesses in the market. Consequently,

they find themselves looking and feeling like their competition. To compete, they look at what their competition is doing. For example, they look at how the competition is structured and copy it, with virtually the identical business model. They use the same language as their competition in their marketing material. They benchmark themselves against their competition thinking that if their statistics stack up, they are doing things correctly. Managing your business in this manner makes your business look the same as every other business in your category. If every business looks and feels the same, how does the customer determine who to buy from? Customers are more likely to purchase based on the lowest price, squeezing the margins of every business in the category.

Rather than looking at what the competition is doing to drive business, management should be investing their time to define a relevant, differentiating value proposition. There are only two basic business strategies. One is to be a low-cost provider, the other is to differentiate yourself in the market place and innovate. Companies that are success-

ful with a low-cost strategy follow a business model that produces cost efficiencies that competitors cannot match. However, most brands that are competing on price, as discussed above, arrived there by default. This is not a good business model. All brands in the category are saying the same thing and offer the same features.

Many businesses think that being a one stop shop is the way to drive sales and profitability. These businesses try to be all things to all people. However, businesses that think this way do not have the biggest share of the market or are they the most profitable in their category. The problem is that a business cannot be excellent at everything. If they are not known to be excellent at something, they are going to have a difficult time attracting business and charging a premium price. You are not offering anything that makes it worthwhile for a customer to search you out or to pay a premium price. Nobody buys a service or a product because it can do everything, but rather because it can do something.

What is the answer? The answer is to focus!!! This is easier said than done. Consequently, businesses copy each other. Copying is easier than trying to figure out how your business can narrow its focus. A narrow clear focus will differentiate you in the market.

Where do you start to determine what your business should focus on? First, ask yourself, do I know what we do best? What are you known for? What are your strengths and core competencies? What differentiating methods and approaches do you use? Who is your best customer? What do these customers value most about your product or service? Are there attributes of your product or service that are unique when compared to your competition? If not, are there needs of your customers that are not being met by your product or service or the products or services of your competition? Is there an underserved niche in your market

that you could innovate a solution for, differentiating you in the market?

If your business has a narrow specific focus that differentiates it in its market, your business has a significant competitive advantage. You have a clear vision of how to position yourself in your market. You can now create a clear set of criteria identifying prospective clients based on your positioning. Your marketing becomes more strategic and specific because you are not trying to attract every possible customer in your market. You will be able to develop clear hiring standards to attract the people who will best fit your positioning. Your people will have a good understanding of your positioning and what is expected of them. Focus will force you to dig deeper into your focus area creating more expertise and making it more difficult for your competition to copy you. This in-depth knowledge and expertise are invaluable to your prospective customers. You have taken steps to create more value for your customers so you will be able to capture more value through your pricing. Strong brands sell based on perceived value, not costs.

The top brands are very focused. Examples include Starbucks and Apple. Starbucks focuses on premium coffees for which it receives a premium price. Apple charges a premium price because their brand holds an enviable position in the minds of its customers. They are an innovator and leader. Rather than compete in the MP3 player category Apple went out and developed a new category with an online music service and the introduction of the iPod. In the automotive industry manufacturers that try to appeal to every segment of the market are not as profitable as more focused manufacturers (e.g. Porsche). In the professions, specialists command a higher price than do generalists. The evidence is indisputable, focus and differentiation leads to more success and higher profits.



12TH ANNUAL ROTARY RIBS & BREWS JUNE 7TH, 8TH, & 9TH, 2019

Bowmanville Rotary Rockin' Ribs and Brews Is So Much More Than Ribs!

- Bowmanville Rotary Rockin' Ribs and Brews isn't your regular ribfest. It is so much more than just ribs
- We are Local!
- All Durham craft brewers are coming to our incredible Craft Beer Village.
- We have many local food vendors serving delicious food.
- 90% of the money raised goes to support causes right here in Clarington. 10% supports programs across the globe.
- Music! Music! Music! We have 3 stages running a variety of local acts all weekend long.
- Family Stage: Featuring music and talent for all ages.

- The Craft Beer Stage: A more intimate pub-type musical experience.
- The Main Stage: Featuring the big acts.
- Reducing Single Use Plastics.
- In 2018 we introduced a free water filling station. That will return in 2019.
- This year to reduce the use of plastic beer cups, we will be selling refillable souvenir beer mugs for only \$5.
- The 2018 Bowmanville Rockin' Rotary Ribs and Brews the most successful event in our history, raising nearly \$120,000 and drawing 75,000 people!
- We can't do it without you, our Sponsors, our Community Partners, our Vendors, our Volunteers, and most importantly the people of Clarington!

Thinking of Becoming a Volunteer or Sponsor of This Event? Sponsorship inquiries:

JimAbernethy: 905-261-7788 (phone/text) JimAbernethy@RoyalService.ca
Rachel Boyd: 905-213-8310 (phone/text) boydrachelj@gmail.com
Individual & Group Volunteer Inquires: www.RibsandBrews.com

Bowmanville
Rotary
Club



Opinions and Views



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

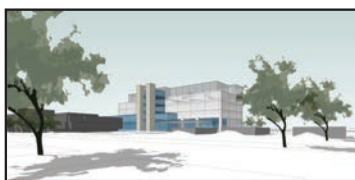
There's nothing more Canadian than freshly harvested Maple Syrup! If you are new to town or have never experienced celebrating the start of spring Clarington style, mark your calendar for Saturday May 4th. The annual tradition of Maple Festival & All That Jazz returns on the first Saturday in May.

The streets are closed and the maple syrup flows! It is a great family day to sample sweet maple products, listen to talented musicians and bump into old and new friends. Don't miss the Lions Club Outdoor/Indoor Pancake Breakfast..... delicious!

UPDATE ON THE BOWMANVILLE HOSPITAL RE-BUILD & EXPANSION.

IN MY BOOKS, Clarington Council gets 4.5 out of 5 stars for ponying up a \$5 million dollar donation, in the February 2019 budget, to The Bowmanville Hospital Foundation.

This donation, along with a few other recent substantial and generous donations made by individuals and corporations, will help kick start the fundraising required to raise the "Community Share" of funds required to re-build and expand our



Note to reader: this photo is a conceptual drawing of Bowmanville Hospital re-development and expansion plan. This image is subject to change based on final completion of the design (see Capital Approval Process chart above).

community hospital.

Go to: claringtonpromoter.ca then click on "Past Issues" to read the full story in the December 2018 edition).

Consult with your accountant or lawyer if you wish to investigate the tax benefits of giving to help build this important pillar of infrastructure that benefits every resident of Clarington at some point in our lives.

Remember, there are a number of Hospital Foundations in Durham. So, to ensure your donation goes specifically towards the re-build & expansion project of the Bowmanville Hospital, you must make your donation to The Bowmanville Hospital Foundation. Here is the contact information:



BowmanvilleHospitalFoundation.com
Frank Cerisano, Chief Executive Officer
905.623.3331 ext. 1882
v.fcerisano@lakeridgehealth.on.ca
Paige Melvin, Major Gifts Coordinator
905.623.3331 ext. 1388
pmelvin@lakeridgehealth.on.ca

BIG BROTHERS & SISTERS

Ball hockey season is upon us, and our local MPP Lindsey Park is back with her Celebrity Team to entertain us at the annual Big Brothers and Sisters of Clarington 3 On 3 Ball Hockey Tournament.



Lindsey Park, MPP Durham

Here is an opportunity to test your skills against Bryan Bickell, raised in Orono, retired professional ice hockey player who played for the Chicago Blackhawks and the Caroli-

na Hurricanes of the National Hockey League (NHL).

Bryan won the Stanley Cup with the Chicago Blackhawks in 2013 and 2015, and played in four early play-off games during the team's run to the 2010 Stanley Cup championship.

You have time to form and register your team, but do it early.



Bryan Bickell #29



Make a BIG difference!



**Saturday
May 11th**
9am-5pm
Cost: \$175 per team
(max 7 players)

**Big Brothers Big Sisters of Clarington's 9th Annual
BIG 3-on-3 Road Hockey Tournament**

- ◆ 3 on 3 Format
- ◆ Great Prizes
- ◆ 3 Games Guaranteed
- ◆ Complimentary BBQ Lunch
- ◆ Adult and Youth Divisions

No need to yell "CAR"! We will be closing down Clarington Blvd in Bowmanville for the ultimate playing experience!

* Open & All Girls Categories *

Register your team TODAY and make a BIG difference!

<https://bigroadhockey2018.eventbrite.ca>
905-623-6646
www.bigbrothersbigsisters.ca/clarington
Registration Deadline: May 1st

PRESS RELEASE

Big 3-On-3 Road Hockey Tournament Big Brothers Big Sisters Of Clarington



MARCH 2019

CLARINGTON – The last goal Bryan Bickell ever scored in the NHL came as a member of the Carolina Hurricanes, in a shootout, closing the books on a memorable career that included two Stanley Cup championships with the Chicago Blackhawks.

But the first goal he ever scored likely didn't come on the ice. No, it probably came with shoes on his feet, not skates, and while playing on a road, not in a rink.

He'll be looking to do the same again on Saturday, May 11 when he returns to play in the Rogers BIG 3-on-3 Road Hockey Tournament in support of Big Brothers Big Sisters of Clarington. For the second year in a row, Bickell will be part of the Lindsey Park Celebrity Team that will play a couple of exhibition games. Park, the Durham MPP who was a scholarship athlete that tended goal for Wayne State University, will also be featured on the Celebrity Team.

Players, spectators and those in attendance will have an opportunity to win a chance to play against Bickell, Park and the rest of the celebrities in a special exhibition game that will highlight the day's activities.

Registration is now open for the 9th annual tournament. 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.

Among the many prizes available through generous dona-

tions are a couple of Oshawa Generals' suites for a regular season game during the 2019-2020 regular season.

Registering a team is easy. Contact Brad Kelly at Big Brothers Big Sisters, 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.eventbrite.com.

The fundraising event helps Big Brothers Big Sisters of Clarington provide mentoring programs to more than 500 children in the community on an annual basis. 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.



The 2018 Lindsey Park Celebrity Team

THE HISTORY OF “DOCVILLE”

Continued from Page 1



Clarence and Muriel
(Hancock) Allin

his son Clarence Allin (d. 1991) who farmed it for many years. Clarence and Muriel (Hancock) had three children; Clare, Norm and Paul.

In 1955, due to construction of the new Hwy 115/35 between Newcastle and Pontypool, the farm was split in half. This left about 40 acres on each side of the highway.

Clarence wanted them to provide an underpass from east to west so his cattle could get water from a

stream on the west side but this was refused. Consequently, in 1956, Clarence planted an apple orchard on the west side.

He also grew tomatoes for Stokely Van Camp company in Whitby. Five building lots were created on the south side of the 3rd Concession and son Paul Allin built a new house there in 1962. This is where Allin's Orchard & Country Market is located today, operated by Paul Allin and family.

In 1966, the property on the east side of Hwy 115/35 was sold to Ken Stubington (b. 1932, d.1978). Stubington was a lawyer who became a local Assistant Crown Attorney working out of Cobourg. Ken and his wife Julia Margaret (Mulveney) had three children, Anne, Martha and Frank. A num-



Ken Stubington
with daughter Martha



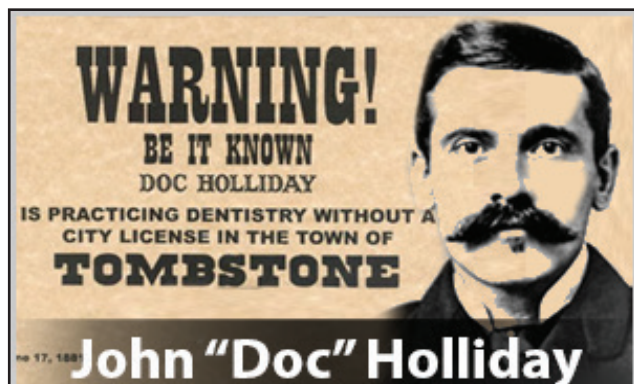
The Stubington House circa 1968

ber of building lots were created on the west side of Regional Road #17, leaving the original Munro house, barns and 7 acres of land.

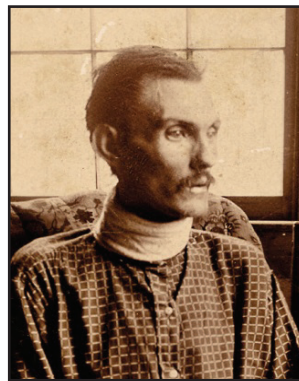
Here is where Clarington's history is connected to the history of American Wild West.

In 1985, after Ken Stubington passed away, the property was sold to Steven Holliday who still resides there today (2019). Holliday, discovered that he is a distant relative of the famous gunslinger, John Henry “Doc” Holliday.

Doc Holliday was a licensed Dentist who became a gambler, gunslinger in the American West. In 1881, he stood be-



side lawman Wyatt Earp and his brothers during the famed “Gunfight at the OK Corral” in Tombstone, Arizona. In 1887, Holliday died in Colorado of tuberculosis.



cerpt from True West Magazine)

Over the years, Steve Holliday procured a large number of antiques, old lumber and artifacts to create an 1880's western town and called it “Docville”. He also added the original looking verandah on the south side of the house. It soon became a very popular “movie shoot” with film studios and the location has been used in a number of movies and television programs.

The property has several old looking store fronts includ-

ing a General Store, post office, Sheriff's office, barns, livery stable and hotel. The movie “Hollywoodland”, released in 2006, starring Ben Affleck, was partly filmed there as well as episodes of “American Law” and “12 Monkeys” (sci-fi television series for 3 years). Many television com-



Docville as it appears today.

mercials for companies like Mercedes Benz and Wal Mart were also filmed there.

There is a section that appears to be an addition on the north side of the house. According to Paul Allin, this was first the “back kitchen” of the farmhouse. Later, his father Clarence, converted it into a small apartment for “the hired man”.

Later still, this apartment was used by Paul Allin and his wife and then later used as a rental unit. In July, 1990 there was a tragic fire in the apartment and the tenant, Robert Dwyer died in the fire.

Presently there is a wonderful quilt store called “Annie's Quilts” in the north part of the house.

The Newcastle Village & District Historical Society has a wonderful old photo, circa 1870, (from the Jack Gordon Collection) that was found hanging in the Parish Hall at St. George's Anglican Church in Newcastle. It clearly shows the front of the house (south side) with what appears to be the Munro family on the porches and in the windows of their beautiful home. Today, the house looks essentially the same.

To learn more about the history of your community, drop by the Newcastle Village & District Historical Society, 20 King Ave. West, Newcastle or go online to: www.newcastle-historical.ca



Gus and Karen Bastas present organizers of Durham Hospice Clarington with proceeds from the “Kitchen Party” they recently hosted at The New Massey House restaurant in Newcastle.

In the fall of 2018, Newcastle resident Lloyd Johnson and native of “The Rock” had the brilliant idea to raise awareness and funds for the soon to be built Durham Hospice facility on lands donated by the Municipality of Clarington.

Last year, Lloyd Johnson approached four restaurants in Newcastle with his idea for each to host a “Kitchen Party” with the funds raised going to Durham Hospice Support programs. They agreed and three very successful events have been held to date.

The participating four venues are, The New Massey House, The Snug, The Old Newcastle House and the Newcastle Griddle!

Each venue offers a different menu celebrating Greek, English and unique Newfoundland flavors and music!

In the Kitchen Party tradition, Lloyd plays his guitar and sings of Big (rubber) Boots while a Greek musician hits all the notes. If you are lucky enough to get a ticket, you will be entertained in true “Newfie” Kitchen Party tradition complete with sing-a-longs too!

The next Kitchen Party will be held on Saturday April 20th at the Newcastle Griddle. Tickets available at the restaurant are selling out fast! Call 905-446-3663.

The first round of Kitchen Parties was so successful that a second round begins on May 4th. Gus and Karen of The New Massey House are opening their doors for “Greek Night for Hospice”!!!!

Oh dear - I fear some plates may be sacrificed and the Ouzo will flow.

For more information please go to the Durham Hospice web site. Great fun for a great cause!

ANNOUNCEMENT: LOCAL DESCENDANTS OF CORNISH UK MEET

Last year, a group of Clarington residents came together to celebrate St. Piran's Day on March 5th with the raising of the Cornish Flag at Clarington Town Hall. Saint Piran is the patron saint of tin miners.

This past August they were the invited guests at the annual summer picnic of the Toronto Cornish Association, and this year they again raised the flag again on at Clarington Town Hall.

The Cornish people or Cornish (Cornish: Kernowyon) are a Celtic ethnic group native to, or associated with Cornwall, England and a recognised national minority in the United Kingdom. Cornish roots can be traced back to the ancient Britons who inhabited southern and central Great Britain before the Roman conquest.

Darlington and Clarke townships, known today as Clarington, were settled by a large number of Cornish folk.

Today, descendants of those immigrants continue to reside in Clarington.

In 2003, Bowmanville hosted the International Gathering of Cornish. Now, this same group is trying to start an official Clarington Cornish Society.

What does a Cornish Society do? Society organizer Sher Leetooze explains "Well, for starters we become proud of our heritage by learning from one another through stories we tell about our trips 'back home'. We also share Cornish magazines and books by Cornish authors, learn about Cornish cuisine, including Cornish pasties!!! " Generally we socialize once a month once we get organized, and enjoy one another's company, perhaps with a special speaker who tells us about something Cornish - like Eden. Don't know about Eden? Join our Cornish group and find out!"

Interested? For more information contact Sher Leetooze: sherleetooze@gmail.com



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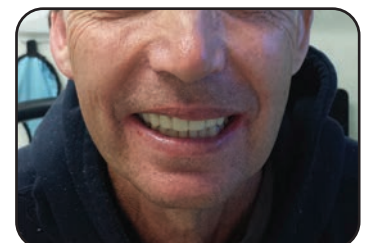
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BEFORE



AFTER



What I love about the Bowmanville Older Adult Association (BOAA)



Pat & Mark Street Contributors, Clarington Promoter

greeting from the caring staff or one of the many dedicated volunteers there to help you.

I became a member five years ago upon retirement, and it never ceases to amaze me how much BOAA does for its members. My husband and I have met good friends through these programs, benefitting from the fitness and social networking. If programming is what you want there is plenty to choose from: Golfing, bowling and Wellness (gentle-Yoga and Meditation to vigorous-Zumba or Bootcamp). Participate in one of the many drop-in activity programs from cards, dancing, walking groups, theatre to table tennis or snooker. Or there are services that assist seniors with healthy living such as: nursing foot care, blood pressure clinics, manicures and pedicures.

The centre is fully accessible with a crew of volunteer drivers (my husband being one) to bring members back and forth for a small fee. An elevator provides access the upper rooms or basement. The luncheons and café are always well attended with a wide variety of home baked foods, and the same experienced chef, with a crew of hard working kitchen volunteers, cater many of the big events.

BOAA is always busy. If programming or services don't interest you there are many computer, technology, art and music programs. I have used the Geek Squad and Digital Café many times to assist me with computer or camera and iPad questions in this fast changing technological world. Many seniors use the services to keep up with grandchildren on Facebook, texting or photo sharing.

There are many partnership programs that BOAA hosts and the Clarington Photography Club is one of them. As an executive member and program director of this club, I have thoroughly enjoyed this joint venture. Our photography club hold meetings twice monthly from October to May with

Have you ever walked into a place and felt at home? At Bowmanville Older Adult Association your first welcoming sign is a cozy sitting & meeting area with a fireplace, and a friendly

speakers, outings and workshops. Currently our framed photographs are decorating the walls of the BOAA with some on display at the Municipality of Clarington Town Hall.

BOAA has developed and maintained strong partnerships with many community organizations over the years hosting a variety of events or fundraisers at the centre from the Lions Club, Rotary, The Firehouse Youth Centre to Big Brothers and Sisters.

The centre is never empty there is always something going on; perhaps a room rental for a private function like we had for our 40th wedding renewal. It was the perfect setting for a special family event.

BOAA is a liaison and leader within the Municipality in community progress and planning with other partners such as Clarington Museum & Archives, Firehouse Youth Centre and Visual Arts Centre. I was privileged to play an active role in the planning, participating and implementation of the BOAA's "Life through the Lens" Grant Project in 2018. Funds were received via the New Horizons for Seniors Funding through the Government of Canada. This program was designed and implemented to engage and support seniors with community partners while learning new educational skills. Seniors were offered the opportunity to participate in many photography workshops and outings. I co-chaired and facilitated a Stories Project at BOAA for this project where we linked seniors with youth. The seniors were invited to share an artefact that was very meaningful to



BOWMANVILLE GOLF & COUNTRY CLUB

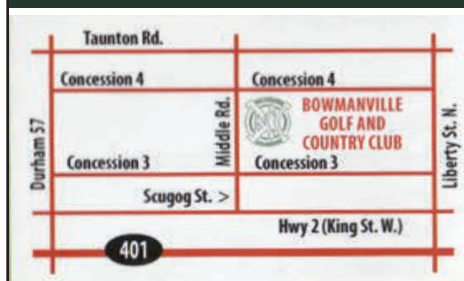
Semi-Private 18 Hole par 72
Championship Golf Course

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3845 Middle Rd. North
Bowmanville, ON

them, meeting with the youth and sharing their stories. This was an invaluable learning experience for both the seniors and the youth.

The Bowmanville Older Adult Association is a great place for younger and older seniors. It is unique in the individualized services and programs that it provides. It is especially supportive of seniors with mobility issues who want to live independently. BOAA is open 7 days a week, providing a place where all older adults can socialize, whether it's a snack in the café, to play bridge or to watch the theatre group, and then receive a lift home where the volunteer driver will often assist with the front door key, walker and make sure the senior is home safe.

Opinions and Views

Troy MEDIA SNC-LAVALIN AFFAIR STRIKES AT THE HEART OF LEGAL INTEGRITY

Democracy can't survive when equality before the law becomes a cynical joke.



By Peter Stockland

SENIOR WRITER
CARDUS

Andrew Scheer contributed significantly to Canadian political life by saying recently that the SNC-Lavalin affair isn't just about choosing between Justin Trudeau and Scheer.

The Conservative leader did further good by making clear that the SNC-Lavalin mess isn't even just about

an abstraction called the rule of law. It is, he spelled out for those at the annual Manning Networking Conference in Ottawa, about protecting the very concrete, very practical division of responsibilities that comprise our legal system.

In our system, the official Opposition leader reminded, we don't tolerate political pressure on the police during the investigative phase of potential wrongdoing. Nor would we ever countenance such intrusion, overt or subtle, on a judge weighing evidence to make a ruling. Crown prosecutors must be fiercely protected from external actors as they decide whether to proceed with charges and trial.

The very need for a key parliamentary figure such as Scheer to go back to basics in front of a crowd of case-hardened political obsessives demonstrates the importance of his contribution. Indeed, it almost makes up for his own misstep earlier this year when he demanded, wildly prematurely, Prime Minister Trudeau's resignation as the scandal gathered steam.

Scheer's early maladroitness risked diverting SNC-Lavalin into yet another humdrum story of opposition parties seeking electoral advantage by whooping about alleged government malfeasance. We've wavered in that direction

Continued on Page 21

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

Trips & Travel

ALASKA CRUISE VANCOUVER, BRITISH COLUMBIA AND SEWARD ALASKA in partnership with KEMP Travel Group

June 2nd to June 9th

Includes: Kemp Travel Host, In-Destination Transfers, 7 Nights onboard. Holland America's Ms. Westerdam and all meals on board.

For information on pricing and registration please contact Erin at KEMP Travel Group 905-623-3182 erin.kemp@kemptravel.ca

"FREE" CASINO RAMA in partnership with Barb Porter

Monday April 29th, May 27th and June 24th

Depart the BOAA at 12:30 pm return around 10:30 pm. Includes: Coach Transportation and Buffet. Pre-registration required at BOAA Front Desk

PARTNERSHIP TRIPS WITH LAKESHORE TOURS & TRAVEL

Niagara Fallsview Casino Wednesday May 29th

\$20 per person

Quebec Getaway June 17th to June 21st

\$1295 Single

\$1095 Double

\$1045 Triple

\$995 Quadruple

Rails to Ridges in Halton Country Tuesday June 25th

\$130 per person

Private Lives in Stratford Tuesday October 1st

\$163 per person

Petrolia Christmas November 30th to

December 1st

\$535 Single

\$465 Double

\$455 Triple

\$445 Quadruple

Watertown Shopping November 30th

\$55 Per person

Niagara Fallsview Casino Saturday December 7th

\$20 per person

For more information on booking please contact Marilyn at 905-623-1511.

MEMBER ONLY CONVENIENCE PASSES FOR SALE

	Single Pass	10 Pass + ONE FREE
Coffee (BOAA mug)	\$0.80	\$8
Coffee (Personal mug)	\$1	\$10
Tea (Mug or tea pot)	\$0.80	\$8
Member Drop-In	\$2	\$20
IN TOWN Van Rides	\$3	\$30
OUT OF TOWN Van Rides	\$5	\$50
Member Tuesday Lunch	\$9	\$90
Soup	\$2.50	\$25

OPEN

BOAA CAFÉ

Monday to Friday 9 am to 3 pm

Saturday and Sunday 10 am to 2 pm

Serving homemade soups, biscuits, sandwiches, muffins, coffee/tea, and a variety of snacks with Daily Hot Lunch Specials

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- Trips & Travel

PG.2 _____

- General Information

PG.3 _____

- Upcoming Events & Fundraisers

PG.4 _____

- Upcoming Events & Fundraisers
- Drop-In Programs

PG.5 _____

- Drop-In Programs
- Art Programs

PG.6 _____

- Art Programs
- Computer & Technology Programs

PG.7 _____

- Technology
- Dance Programs
- Facility Rentals

PG.8 _____

- General Interest Programs

PG.9 _____

- General Interest Programs
- Music Programs
- Partnership Programs

PG.10 _____

- Services
- Wellness Programs

PG.11 _____

- Wellness Programs

PG.12 _____

- Wellness Programs
- Free Workshops

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 & registered programs and courses
- First priority and member rates for special events
- Member pricing for Tuesday Lunches
- 10% Discount on facility rentals at the Bowmanville Older Adult Association
- Keep updated with the latest information via our BOAA Member Newsletter, Emails, Voicemails
- Vote at Annual General Meeting
- Hold Office on the Governing Board of Directors
- Meet lots of friends and new people in your community
- Discover a new hobby, skill or talent

WHY SHOULD I BUY A MEMBERSHIP?

Membership fees help offset the costs involved in 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 member you are assisting to ensure the BOAA will be a long-lasting organization within our 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 to refunds. 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 a 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. Special event refunds will only be issued if your ticket can be sold to someone on a waiting list. There are no immediate refunds, please allow time for a cheque to be processed.

WAITING LIST

If a class is full, your name can be put on a waiting list by completing a registration form at the front desk.

ALWAYS SCAN YOUR CARD & CHECK IN

The BOAA receives some of its program funding based on: member fees, program participation and volunteer hour tracking, so always do your part by swiping in each time you visit.



HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed on April 19th, April 20th, April 21st, April 22nd, May 18th, May 19th, May 20th, June 29th, June 30th, July 1st, August 3rd, August 4th, August 5th, August 31st, September 1st and September 2nd 2019

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 are \$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.

EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Chelsea Wolf:

events@bowmanvilleolderadults.com

Kristin VanDyk:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Simon Bush:

catering@bowmanvilleolderadults.com

Stella Riccio:

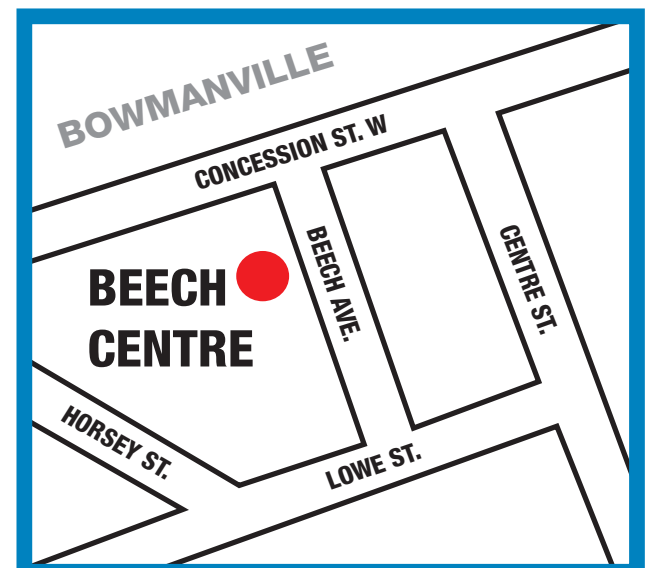
administration@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com



NON-MEMBER & GUEST INFORMATION

If you find a registered program within our guide that is of interest 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 participating.



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



Pinterest: BOAA



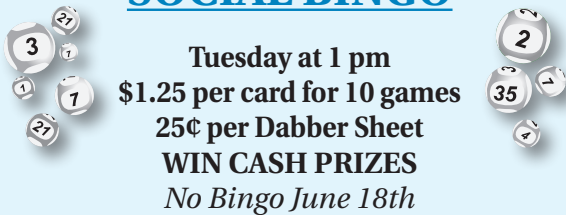
Youtube: Bowmanville Older Adult Association

Upcoming Events & Fundraisers

Tickets for all events
on sale now at BOAA

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

SOCIAL BINGO



Tuesday at 1 pm
\$1.25 per card for 10 games
25¢ per Dabber Sheet
WIN CASH PRIZES
No Bingo June 18th

PROGRESSIVE FUNDRAISING EUCHRE

Seven games of friendly non-competitive Progressive Euchre.

Includes: Share the wealth draws and great company with friends

Tuesday 7 pm to 9 pm

Drop-in fee of \$3 members / \$5 non-members

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

Includes movie, drink and popcorn

Monday 6 pm

April 15th, June 17th, July 15th, August 19th

\$3 members / \$6 non-members

Easter Luncheon

Join us for a traditional Easter luncheon with all the fixings.

Don't forget to wear your best spring outfit to win great prizes!

Please purchase tickets or place your name on the "hold" list at the Front Desk prior to Friday April 12th

Tuesday April 16th

12 pm

\$9 members / \$12.50 non-members

Bonnie's Dress Sale

Adorable, handmade girls dresses sizes toddler to 6 available for purchase with 15% of all sales donated back to BOAA.

Tuesday April 16th

10 am to 3 pm

Lee's Odds & Ends

Handcrafted spring items available for purchase with 15% of all sales donated back to BOAA.

Wednesday April 17th

10 am to 4 pm

Monthly Baking Fundraiser with Josie and the Baking Group Volunteers

Thursday April 18th – Apple Pies \$9 each

Friday June 28th – Small Chicken Pies \$6 each

Friday July 19th – Rhubarb and Apple crisp \$9 each

Limited orders available with pre-orders required.

Please visit the Front Desk for more details.

Karaoke Night in Partnership with Then & Now Sounds

Sing it out loud! Or just come out to cheer on the ones that are willing to take the mic. Cash bar available.

Friday April 26th, May 24th, June 28th, July 26th,

August 23rd and September 27th

7 pm to 10 pm

\$5 members / \$8 non-members

Progressive Euchre Party Last Saturday of Every Month

Prizes for 1st to 5th Place, Lone 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. Purchase tickets or place your

name on the "hold" list at the Front Desk in advance

Saturday April 27th, May 25th, July 27th and

September 28th

6:30 pm

\$8 members / \$10 non-members

L'll Big Band Concert with Dance Floor

Includes: Dance floor with seating, light refreshments, cash bar and door prizes

Wednesday May 1st

7:30 pm to 9:30 pm

\$5 members / \$8 non-members

Bridge Social with CASH PRIZES

Join us for a fun afternoon of social bridge with modified progressive format. Light refreshments with coffee and tea included. No advanced registration required.

Sunday May 5th & June 2nd

1:30 pm to 4:30 pm

\$5 members / \$7 non-members

Tuesday Lunch with BOAA Choir Performance

Join us for delicious lunch along with a performance by our BOAA Choir. Purchase tickets or place your name on the "hold" list at the Front Desk prior to Friday May 3rd.

Tuesday May 7th

12 pm

\$9 members / \$12.50 non-members

Euchre Extravaganza

Includes: 12 games of progressive euchre, buffet dinner, door prizes and share the wealth draw. Purchase tickets or place your name on the "hold" list at the Front Desk.

Saturday May 11th, July 13th and September 14th

3 pm

\$10 members / \$12 non-members

Tuesday Pajama Lunch

Join us for lunch in your pajamas for extra fun and prizes!

Purchase tickets or place your name on the "hold" list at the Front Desk prior to Friday May 10th.

Tuesday May 14th

12 pm

\$9 members / \$12.50 non-members

Bistro Night with Chef Simon Bush

Come! Dine with us for a regional tour and taste some of the world's finest culinary destinations with a 3 course meal.

Wednesday 5 pm

May 15th – Germany

June 26th – Spain

July 31st – Turkey

August 28th – Switzerland

\$20 members per event / \$25 non-members per event

Limited tickets available and pre-registration required.

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 May 17th and June 21st

1 pm to 4 pm

\$3.50 members / \$5.50 non-members

Smile Theatre presents "Spring Fever"

Join us for a live theatre production: A colourful breath of fresh air that will put a bounce in your step and some cheer in your heart!

Refreshments will be provided after the show.

Thursday May 23rd

1:30 pm

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

Open Mic

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

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

Sunday May 26th and September 22nd

1 pm to 4 pm

Bowmanville Rockin' Rotary Ribs & Brews Ribfest in Partnership with the Rotary Club of Bowmanville

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

June 7th, 8th and 9th

Clarington Fields #2375 Baseline Road, Bowmanville
Donations will be collected at the gates in support of the Rotary Club & BOAA.

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

Entertaining concerts where the BOAA will be hosting a concession stand and the 50/50 draw. All proceeds going to the BOAA's 2019 Fundraising Goal.

Thursday 7 pm to 9 pm

June 13th to August 29th

Rotary Park #192 Queen Street, Bowmanville

Bid Euchre Bonanza

Includes 6 games of Progressive Bid Euchre (changing partners), light dinner, tea, coffee, concession stand, prizes & draws. Purchase tickets or place your name on the "hold" list at the Front Desk.

Friday June 14th and October 4th

4:30 pm

\$8 members / \$10 non-members

"FREE" BOAA Membership Picnic

Please join us as we celebrate another fantastic year of success with hamburgers, drinks, dessert and entertainment!

Tuesday June 18th

12 pm

Visual Arts Centre of Clarington – 143 Simpson Avenue, Bowmanville (Rain Location: BOAA)

Sponsored by Seasons Clarington

Steep & Sweets Summer Teas

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

Thursday July 4th & 18th

Thursday August 1st & 15th

12 pm

\$16 members / \$18 non-members / \$5 youth 12 to 16 years / Under 12 FREE (per event)

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

Sponsored by: Durham Medical

Tuesday BBQ Luncheon

Enjoy Tuesday lunch outdoors in the garden at the BOAA. Limited tickets available. Please purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm

July 16th, July 30th and August 13th

RAIN LOCATION: BOAA Auditorium

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 registration for new and returning programs.

Wednesday September 4th

9 am to 2 pm "Seniors Information & Active Living Fair"

9 am to 2 pm "Program Instructor Displays and Demonstrations."

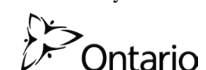
9 am to 6 pm "Fall Program Registration"

In partnership with

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

and sponsored by the Ministry for Seniors & Accessibility



Upcoming Events & Fundraisers

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

BOAA Fundraising Golf Tournament

Join the BOAA members and guests as they hit the course at The Bowmanville Golf and Country Club for 18 holes of best ball golf. Includes: lunch on course, 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 18th
Shot Gun Start 9 am
\$80 members / \$85 non-members
Dinner Only Tickets available for \$18 per person

Harvest Dinner & Dance

As the fall season approaches, don't miss this opportunity for a special dinner with a live band, dancing, and more! Everyone is welcome - no partner required.
Wednesday September 25th
6 pm Social, 6:30 pm Dinner Dance with L'il Big Band
\$20 members / \$25 non-members

Music by Request with DJ Then & Now Sounds
Join us the fourth Friday of the month! Sing along, dance or be part of the audience with the themed music. All requests accepted!
Includes: dancing, music, concession stand and cash bar.
Friday July 26th - Fun in the Sun: Get ready for the Beach Boys, California Dreamin' and more.
2 pm to 4 pm
\$4 members / \$6 non-members

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 23rd, May 21st, June 18th, July 2nd, August 6th, September 3rd

\$9 members / \$12.50 non-members

Drop-In Programs

All drop-in programs are **\$2 members / \$3.25 non-members** unless posted otherwise

Monday		Tuesday		Wednesday		Thursday		Friday	
Snooker	8 am - 6 pm	Social Bridge	9:30 am	Snooker	8 am to 6 pm	Hiking	9 am starts May 2nd	Snooker	8 am to 12 pm
Walking	9 am	Table Tennis	10 am	Nature Walks	9 am starts May 1st	Table Tennis	10 am	Urban Poling	9 am
Book Club once per month	10 am	Snooker	12 pm to 8 pm	Walking	9 am	Wood Carving	10 am ends May 9th	Open Art	9 am
Crocheting / Knitting Group	10 am	Square Dancing	12.45 pm ends June 11th	Choir	10 am ends June 19th	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am ends May 9th	Friendship Group	1 pm ends June 25th	Nature Walks	12:30 pm starts May 1st	Snooker	12 pm to 8 pm	Darts	1 pm ends May 17th
Duplicate Bridge	1 pm	Mahjong	1 pm	Bridge Fun Group	2:15 pm	Bid Euchre	1 pm	500 Cards	1 pm
Cribbage	1 pm	Theatre Group	2:30 pm ends May 14th	Canasta	1 pm	Ukulele	1:15 pm	Jam Session	1 pm
Bid Euchre	7 pm	Acoustic Jam Session	6:30 pm			Tap Practice	3 pm	Saturday	
		Progressive Fundraising Euchre	7 pm			Ballroom Dance	3:30 pm ends June 27th		
Weekly Drop-In Fee Schedule									
						Social Bridge	7 pm	Snooker	10 am to 4 pm
						Texas Hold'em Poker	7 pm ends June 6th	Weekend Card Party	1 pm
								Snooker	10 pm to 4 pm
								Weekend Card Party	1 pm

500 CARDS

Friendly atmosphere, easy to learn if you know Euchre and Bid Euchre.
Friday 1 pm to 4 pm

ACOUSTIC JAM SESSION

Come out for an evening of acoustic playing
Tuesday 6:30 pm to 9 pm

BALLROOM DANCE

Come and learn the basics of night club 2-step, one of the most versatile ballroom dances.
Thursday 3:30 pm to 4:30 pm
Final meeting before summer break on June 27th

BID EUCHRE

Double deck of cards Jacks to Aces, bid high, low or in a suite. A lot of fun.
Monday 7 pm to 9 pm
Thursday 1 pm to 4 pm

"FREE" BLOOD PRESURE CLINIC with Coby Booth

Stop by to have your blood pressure assessed by our Volunteer RN in the Lobby.
Tuesday 11:15 am to 12 pm and 12:45 to 2:30 pm
April 16th, April 30th, May 14th, May 28th, June 11th, June 25th, July 9th, July 23rd, August 13th, August 27th, September 4th at Open House

BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book. Please pick up a list of books and meeting dates at the front desk.
Monday 10 am to 11 am
April 15th, May 13th, June 17th

"FREE" TUESDAY BRAIN WAVES CAFÉ with the Alzheimer Society

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
May 7th, June 4th, July 2nd, August 6th

BRIDGE FUN GROUP

Beginner/ Intermediate just for "fun" social bridge. Basic bridge knowledge is an asset.
Wednesday 1 pm to 3 pm

DUPLICATE BRIDGE

The most competitive form of contract bridge where pairs compete against one another.
Monday and Friday 1 pm to 4 pm
Drop-in fees of **\$3.50 members / \$5 non-members**

Drop-In Programs

All drop-in programs are **\$2 members / \$3.25 non-members** unless posted otherwise

SOCIAL BRIDGE

Social progressive bridge. No partner necessary. Some knowledge of the game is required.

Tuesday 9:30 am to 12 pm

Thursday 7 pm to 9 pm

CANASTA

Play with two decks dealing out 11 cards, try to make books to earn points. Game is over when winner reaches 5000 points.

Wednesday 1 pm to 4 pm

CHOIR with Allannah Coles & Donna Barber

Learn and perform songs and become part of this enthusiastic group who enjoys singing.

Wednesday 10 am to 11:30 am

Final meeting before summer break on June 19th

CRIBBAGE

Played with two or more participants. Card game combining points.

Monday 1 pm to 3 pm

CROCHETING AND KNITTING GROUP

Gather with a group to work on your crocheting or knitting projects in a friendly social setting.

Monday 10 am to 12 pm

DARTS

Game 501. Teams are picked at random and all in good fun.

Friday 1 pm to 3 pm

Final meeting before summer break on May 17th

FRIENDSHIP GROUP

Friendly conversation, sharing, caring and laughing together.

Tuesday 1 pm to 2:30 pm

Final meeting before summer break on June 25th

No drop-in June 18th (Membership picnic)

“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

May 6th, June 3rd, July 8th, August 12th

HIKING

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

Thursday 9 am

May 2nd to August 30th

JAM SESSION

Join BOAA musicians in a fun jam session with any instrument you may play and plug in.

Friday 1 pm to 3 pm

MAHJONG

Friendly game of American Mahjong. Played with 2018 National Mahjong league card.

Tuesday 1 pm to 3 pm

No Drop-in June 18th (membership picnic)

MEXICAN TRAIN DOMINOES

Dominoes with a twist. Set up your train and watch it grow. Lots of fun

Thursday 10 am to 12 pm

NATURE WALKS

Take time to unwind and connect with nature to improve your health.

Trees, birds and wildflowers are waiting for you to enjoy. Different conservation area every week. Schedule and location listing available at the front desk.

Wednesday 9 am to 11 am or 12:30 pm to 3 pm

May 1st to June 26th

Meet at BOAA to car pool 9 am or 12:30 pm

Or meet at the conservation Area on the list 9:30 am or 1 pm

OPEN ART

Open to all artists. Join us to work on art projects in a social environment.

Friday 9 am to 12 pm

SNOOKER

Regulation snooker table and over 20 active players provide an excellent opportunity to enjoy friendly matches.

Monday 8 am to 6 pm

Tuesday and Thursday 12 pm to 8 pm

Wednesday 8 am to 6 pm

Friday 8 am to 12 pm

Saturday 10 am to 4 pm

Sunday 10 am to 4 pm

Please call or visit the front desk to pre-book your table time.

SQUARE DANCING

No experience or partner required. A fun way to get back into or learn square dance

Tuesday 1 pm to 2 pm

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

Final meeting before summer break on June 11th

TABLE TENNIS

Have fun and exercise playing a non-competitive game of table tennis

Tuesday and Thursday 10 am to 12 pm

TAP DANCING

Need extra practice? Drop in to review your steps, combinations and routines.

Thursday 3 pm to 4 pm

TEXAS HOLD'EM POKER

Texas Hold'em is a variation of Poker. This is a non-gambling version where we only play for chips.

Thursday 7 pm to 9 pm

Final meeting before summer break on June 6th

THEATRE GROUP with Judi White and Friends

This is a group of people interested in performing while having fun. No experience required.

Tuesday 2:30 pm to 4 pm

Final meeting before summer break on May 14th

UKULELE DROP-IN

If you play Ukulele and know basic chords, you will enjoy being part of this group.

Thursday 1:15 pm to 3:15 pm

URBAN POLING

Get all the added benefits of walking with poles. Burn more calories, upper body care and toning, reduce stress on knees and hips, improve posture and balance while exploring a variety of local trails. Suitable for everyone. Poles available to borrow through the BOAA. Meet at BOAA for 9 am to carpool. Schedule and location listing available at the front desk.

Friday 9 am to 11 am

No Drop-in May 17th and May 24th

WALKING

Join us for a walk around the neighbourhood.

Monday and Wednesday 9 am

WEEKEND CARD PARTY

Enjoy playing bid euchre or canasta with great company.

Saturday and Sunday 1 pm to 4 pm

WOOD CARVING

Bring your tools and carve functional or ornamental objects

Monday and Thursday 10 am to 11:30 am

Final meeting before summer break on May 9th

Art Programs

A COMPARATIVE EXPLORATION OF 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 10 weeks

April 25th to June 27th

\$93.30 members / \$121.30 non-members

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

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

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

Saturday 10 am to 2 pm

June 22nd

\$20 members / \$25.80 non-members

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

Saturday 10 am to 12 pm 6 weeks

April 27th to June 1st

\$56 members / \$72.80 non-members

Art Programs

“NEW” CERAMICS, PAINT YOUR OWN POTTERY with Judy Metcalf

The participants will choose ceramic objects to be painted. Participants can paint with acrylic paint or use glazes which will be fired. Choose from a wide variety of bisque (pottery ready to paint), ranging in price from \$5.00 to \$40.00. The price includes coloured glazes, brushes, tools and firing. The ceramic you choose to paint can be finished in one class or carry onto the second or third class. The cost of the ceramic is in addition to your registration fee.

Wednesday 10 am to 12 pm 10 weeks

April 24th to June 26th

\$93.30 members / \$121.30 non-members

DRAWING with Paul Livingston

Using common drawing tools like pencils, pens and sketching pads, learn the basic, 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 10 weeks

April 24th to June 26th

\$93.30 members / \$121.30 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. Please pick up a full list of supplies needed from the front desk upon registration.

Chipmunk Enjoying the Spring Weather

Monday 1 pm to 3:30 pm 2 weeks

May 6th and May 13th

\$23.30 members / \$30 non-members

Or

Old Barn Side with Cracked Paint and a Cat

Monday 1 pm to 3:30 pm 3 weeks

June 3rd to June 17th

\$35 members / \$45.50 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. Please ask for a Pen and Ink supply list at the front desk upon registering.

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

April 29th to June 24th

No class May 20th

Or

Friday 12 pm to 2 pm 8 weeks

May 3rd to June 21st

\$74.70 members / \$97 non-members

POURED PAINT TECHNIQUE with Shirley Bankey

If you have seen the abstract artwork created by pouring paint onto a canvas and wondered how it is done? This two part workshop is for you. Will it be a landscape, floral or an abstract? Limited only by your imagination. Be sure to pick up a full list of supplies needed from the front desk upon registering.

Friday 2:30 pm to 4:30 pm and Saturday 1 pm to 3 pm

May 24th and May 25th

\$18.70 members / \$24.30 non-members

REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

Have an idea you have always wanted to paint? Great! Beginner or experienced this is the class for you. You will explore the versatile and exciting world of acrylics. Choose your own subject and reference, 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.

Friday 9:30 am to 11:30 am 6 weeks

May 17th to June 21st

\$56 members / \$72.80 non-members

WATERCOLOUR FOR PEN AND INK SERIES with Dianne Darch

This workshop series will be suitable for beginners or any students wishing to learn how to use watercolour paint to enhance their pen and ink pieces. The classes will be technique rather than project oriented to give you the opportunity to learn how to work with watercolour paint. Relax and learn without the worry of your inked project and gain the confidence to try adding colour to the next card or painting.

How did you get that colour? Learn how to mix your colours using the colour wheel, how to use colour washes to build a background for your ink work and how to use colour glazing to enhance your ink work. Please ask for a supply list at the front desk.

There will be a \$5.00 supply fee payable to the instructor on the day of the class

Saturday 10 am to 2 pm 2 weeks

May 4th and May 11th

\$37.30 members / \$48.50 non-members

WATERCOLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 10 weeks

April 25th to June 27th

\$140 members / \$182 non-members

“NEW” WOOD BURNING WORKSHOP with Paul Livingston

Demonstrations and hands on practice time for the art of Wood burning. Texturing for bird feathers, lettering, picture rendering, decorative work. Participant should have use of burner unit and a few different burner tips.

Saturday 10 am to 12 pm 2 weeks

April 27th and May 4th

\$19 members / \$24.30 non-members

Computer & Technology Programs with Tanya Cochrane

WINDOWS 10 BEGINNER

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, understand Cortana, use Edge to surf the 'Net' and customize your start menu. Lots of time for questions and practice will be provided. Ability to use a mouse is required. Please bring a laptop to class or borrow one from the BOAA.

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

April 25th to May 16th

\$40 members / \$52 non-members

ANDROID CELL PHONE WORKSHOP

Bring your Android phone to this beginner class and learn how to navigate it, send texts, make calls and connect to the Internet. The program will include some handy settings. Lots of time for questions and discussion!

Thursday 12:30 pm to 2:30 pm

April 25th

\$10 members / \$13 non-members

FACEBOOK BEGINNERS 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 12:30 pm to 2:30 pm

May 2nd

\$10 members / \$13 non-members

ANDROID TABLET BEGINNER

Have a tablet but don't know where to start? Want to know what all those buttons do? Hoping to surf the 'net'? This program will explain how to use the tablet while having fun doing it! Bring your ANDROID tablet and your questions.

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

May 9th to May 23rd

\$30 members / \$39 non-members

FILE MANAGEMENT & THE CLOUD

Learn how to keep your files, photos, music and videos organized on your computer. Learn about "The Cloud" and one free service that can be used to back up files.

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

May 23rd to June 6th

\$30 members / \$39 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 tablet and your questions.

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

June 6th to June 20th

\$30 members / \$39 non-members

FACEBOOK FOR SMALL BUSINESS

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

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

June 13th to June 20th

\$20 members / \$26 non-members

GEEK SQUAD

Instructor, Tanya Cochrane. Here to help BOAA members with:

Laptop, desktop & tablet fixes
Internet assistance
Installation of software
Organizing files & desktop
Help with smartphones
Windows 10 installation
Facebook tips
and much more!



30 minute appointments - Thursday May 30th, 12 pm to 2:30 pm
Wednesday June 26th, 10:30 am to 2:30 pm

Please register at the Front Desk! \$5 per appointment.
905-697-2856 • programs@bowmanvilleolderadults.com
www.bowmanvilleolderadults.com



Technology with Brian Greenway

IPAD FUNDAMENTALS with Brian Greenway

All the key "Built-in" apps will be covered and the best new features of Apple's amazing iPad tablet. It's a basic introduction with lots of tips and tricks. Using the App Store, FaceTime, email, games, messaging, and managing your photos will be covered. As much as possible, topics will be covered that meet the needs and interests of class members. Bring an iPad, any model.

Monday 10 am to 12 pm 7 weeks

May 6th to June 24th

No class May 20th

\$70 members / \$91 non-members

"FREE" Computer, Internet & Photography Support at Brians Digital Café

Tuesday 1 pm to 3 pm

May 7th to June 25th

By appointment, Brian Greenway will be volunteering on Wednesday afternoons 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.

Dance Programs

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

BALLROOM DANCING with Peter Gill

Classes will cover social dancing for Waltz and Jive. Those wishing to refresh dance sequences are also welcome. Emphasis will be on social dancing for gentlemen to partner the ladies.

Wednesday 3:15 pm to 4:15 pm 10 weeks

April 24th to June 26th

\$60 members / \$78 non-members

CREATIVE DANCE with Catherine Kourkounakis

Classes are designed to expand and extend individual movement range by drawing inspiration from a range of external stimuli including music, props, emotions and working with other participants. The benefits of creative dancing span across mind, body and spirit. Some of the benefits include:

Enhance physical fitness- including strength, balance and flexibility

Improved wellbeing- reduction of stress/ anxiety and the development of creativity and self-expression.

This style of dance and teaching is an accessible form of dance for almost any age or ability and no experience is required!

"FREE" TRIAL CLASS

Tuesday April 30th 2:30 pm to 3:45 pm

Or

Tuesday 2:30 pm to 3:45 pm 6 weeks

May 21st to June 25th

\$45 members / \$58.50 non-members

LET'S DANCE with Alison Henry Grebenc

This fun dancing class will allow the participants to experience dance styles from the 50's, 60's and 70's, taking some of the popular steps and revamping them for dance class.

Thursday 9 am to 10 am 10 weeks

April 25th to June 27th

\$60 members / \$78 non-members

LINE DANCING with Phyll Marshall

Various steps will be taught in this fun and social program

Monday 4 weeks

Beginner – 12:10 pm to 1:10 pm

Or

Intermediate – 1:15 pm to 2:15 pm

April 29th to May 27th

No class May 20th

\$24 members / \$31.20 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 1 pm to 1:55 pm 10 weeks

April 25th to June 27th

\$60 members / \$78 non-members

STEP DANCING Experienced with Gwen Cadman

Open to students with tap or 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 25th to June 27th

\$60 members / \$78 non-members

STRETCH AND STRENGTH THROUGH DANCE with Alison Henry Grebenc

Enhance mobility and flexibility with static and dynamic stretches. Learn a series of exercises to improve strength, balance and stability, to enhance your daily function.

Thursday 10 am to 11 am 10 weeks

April 25th to June 27th

\$60 members / \$78 non-members

TAP DANCING with Veronica Vargas

Standard combinations put together to music and performed if desired.

Beginner

No experience or shoes required

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

April 29th to June 24th

No class May 20th

\$48 members / \$62.40 non-members

Tap Dancing Level 1

Basic tap experience recommended

Tuesday 10 am to 11 am 10 weeks

April 23rd to June 25th

\$60 members / \$78 non-members

Tap Dancing Level 2

Level 1 Tap or similar experience recommended

Monday 10 am to 10:55 am 8 weeks

April 29th to June 24th

No class May 20th

\$48 members / \$62.40 non-members

Or

Wednesday 9 am to 9:55 am 10 weeks

April 24th to June 26th

\$60 members / \$78 non-members

Tap Dancing Level 3

Strong Level 2 Tap or similar experience recommended.

Monday 9 am to 9:55 am 8 weeks

April 29th to June 24th

No class May 20th

\$48 members / \$62.40 non-members

Or

Wednesday 10 am to 10:55 10 weeks

April 24th to June 26th

\$60 members / \$78 non-members

Facility Rentals

THE BOAA IS AVAILABLE FOR LARGE AND SMALL ROOM RENTALS

Bar Facility provided & licensed by the Bowmanville Lions Club

For rental details or to book an event please contact Angie Darlison at 905-697-2856 or email execdirector@bowmanvilleolderadults.com

We have the perfect venue for weddings, birthdays, anniversary parties, funerals or celebrations of life, meetings, bridal showers and more!

General Interest 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 mirror arrangement, a vase arrangement, a swag and a topiary as well as a round and a contemporary arrangement. This is 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 29th to June 10th

No class May 20th

\$30 members / \$39 non-members

CPR – Level C with Ruth Forrest from 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.

Thursday 11:30 am to 2:30 pm

May 30

\$30 members / \$39 non-members

“NEW” CREATIVE WRITING with Liz Hersey

Everybody has a story waiting to be told. Whether you're new to writing or have tons of experience, this program is perfect for those who want to learn and improve their creative writing skills. We'll cover the basics of what makes a fantastic story, examining character and plot. Please bring a pen, paper, and your ideas.

Wednesday 1 pm to 2 pm 6 weeks

May 1st to June 5th

\$30 members / \$39 non-members

EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS with Matt Hawkins

History of cannabis - how cannabis has been used medicinally across the globe for centuries. Why it was put into an 80 year prohibition.

Endocannabinoid system - How it regulates our health
THC vs CBD - what are these cannabinoids and how do they work with our endocannabinoid system

Cooking with Cannabis and safe dosing. Risks of over consumption of edibles and how to avoid any potential anxiety or paranoia - micro dosing

How to infuse into food - decarboxylation and infusing into cooking oils and butters.

Thursday 1 pm to 2:30 pm 6 weeks

June 13th to July 18th

\$75 members / \$97.50 non-members

EUCHRE LESSONS with Don Welsh & 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 progressive or bi-monthly Euchre Extravaganzas.

Tuesday 1:30 pm to 3 pm 6 weeks

April 30th to June 4th

\$30 members / \$40 non-members

FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft? Join us for a program that will 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 3rd to June 7th

\$48 members / \$62.40 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, colours and numbers. Learn basic situations, key language structure and simple words useful in daily situations.

Tuesday 10 am to 11:30 am 10 weeks

April 23rd to June 25th

\$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 23rd to June 25th

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

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 23rd to June 25th

\$70 members / \$91 non-members

FRANÇAIS AVANCÉ with Maurice Laganière

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 23rd to June 25th

\$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 4:15 pm 10 weeks

April 25th to June 27th

\$70 members / \$91 non-members

“NEW” GROW YOUR OWN MEDICAL CANNABIS 101 with Matt Hawkins

Where to legally obtain seeds and plants, how to germinate seeds, indoor vs outdoor cultivation, organic vs chemical nutrients, where to buy the supplies. Organic pest control. How to harvest, dry, cure and store your cannabis.

Thursday 1 pm to 2 pm 3 weeks

April 25th to May 9th

\$37.50 members / \$49 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 improves creative problem solving. Topics include receiving messages, pendulums, dowsing, psychometry, auras, readings and spiritual healing.

Monday 12 pm to 1:30 pm 8 weeks

April 29th to June 24th

No class May 20th

\$60 members / \$78 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

This course continues to help you 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 include connecting to spirit guides, fairies, angels, orbs, channeled readings, mediumship and crystals

Wednesday 10:30 am to 12 pm 10 weeks

April 24th to June 26th

\$75 members / \$97.50 non-members

KNITTING with Doreen Cripps

Continue learning and developing your knitting skills. You will learn more stitch combinations as well as the meaning of knitting terms and following pattern instructions.

We will continue to work with worsted weight yarn.

Newcomers are welcome and will learn all the basics we have covered.

Tuesday 10 am to 12 pm 10 weeks

April 30th to July 9th

No class May 21st

\$67 members / \$87 non-members

LEARN TO PLAY MAHJONG with Dian Reed

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

Tuesday 1:30 pm to 3 pm 6 weeks

April 23th to May 28th

\$30 members / \$39 non-members

“NEW” MANDARIN FOR BEGINNERS 学中文 with Yanyan Li

This Program is for beginners who are interested in learning Chinese (Mandarin/Official Language in China) from level zero to the most basic communicative level such as: exchanging greetings, introducing yourself, and other common everyday used phrases and sentences. Starting from correct pronunciation, Chinese character writing, we aim to learn 150-200 most often used words. Please bring your pen and paper, we are going to need them.

Tuesday 2:45 pm to 4:45 pm 8 weeks

April 23rd to June 11th

\$74.60 members / \$97 non-members

TAROT 101 BEGINNERS/INTERMEDIATE with Cathy Pearson

Tarot is an excellent tool to broaden your intuitive capabilities. The program will focus on possible outcomes of situations as well as examining influences related to issues at hand. There is a great amount of participation at both levels in this course.

Friday 10:45 am to 12:15 pm 8 weeks

April 26th to June 14th

\$60 members / \$78 non-members

General Interest Programs

“NEW” NUTRITION EDUCATION CLASS with Rhonda Armour

Take part in a very informal nutrition education class where all questions are welcome! Nutrition can be a complicated topic. This class will simplify things so you can feel in control over what you put in your body. Every session will include a nutrition lesson, a live demonstration, a Q&A segment and individual nutrition guidance. It's time to clean up your nutrition and experience the benefits!

Each week a different nutrition topic will be introduced and discussed, including:

- Meal ideas for breakfast, lunch and dinner
- Unique snack ideas
- Breakdown of carbs, proteins and healthy fats
- Creating a healthy relationship with food
- Smart restaurant choices
- Grocery store tactics
- So much more!

Tuesday 11 am to 12 pm 10 weeks

April 23rd to June 25th

\$50 members / \$65 non-members

“NEW” SEWING with Doreen Cripps

Sewers of all skill levels are welcome to join this class. The goal is to learn more about sewing, machines, machine feet and tools. You will be working on a number of projects each of which will build your knowledge and skills. Examples: Kitchen Aids, quilted tote bag, Spring table runner, Pillow Cases, Decorative pillows, Pool Cover-up, Placemats, and more. Supply lists will be at the front desk. Use our machines or bring your own.

Thursday 9 am to 12 pm 8 weeks

May 2nd to June 27th

No class May 30th

\$80 members / \$104 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 lose it. No matter what level of Spanish you have.

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

April 24th to July 3rd

No class May 15th

\$46 members / \$61 non-members

TAROT 101 EXPERT with Cathy Pearson

Pre-requisite is 101 Beginner and Intermediate. Tarot describes your joys, your problems, conflicts and issues. It identifies life patterns and pinpoints areas where change would manifest a better direction for you to achieve successful results. Tarot can be used for self-development, helping family/friends or assisting clients. This is the course you want to become a professional reader.

Friday 9:15 am to 10:45 am 8 weeks

April 26th to June 14th

\$60 members / \$78 non-members

WRITING YOUR MEMOIR THE NEXT STEP 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

April 23rd to June 11th

\$72 members / \$93.60 non-members

Music Programs

BOAA CONCERT BAND with Tracy Marek

Have you always wanted to learn to play an instrument? Did you play one in high school? Do you like to have fun? Say yes! Join the BOAA Concert Band. Your choice: flute, oboe, clarinet, sax, trumpet, French horn, trombone, baritone, tuba, percussion. All are welcome.

Additional fee for band folder and method book applies.

Thursday 4:30 pm to 6 pm 8 weeks

May 2nd to July 4th

No class May 30th and June 6th

\$60 members / \$78 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. You will learn basic technique, 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. Djembe drumming promotes community building and lifts the spirits. Drums are provided or bring your own.

Friday 10 am to 11 am 9 weeks

April 26th to June 21st

\$45 members / \$58.50 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 9 weeks

April 24th to June 19th

\$45 members / \$58.50 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 performances. Drums are provided or bring your own.

Friday 11 am to 12 pm 9 weeks

April 26th to June 21st

\$45 members / \$58.50 non-members

UKULELE with Allanah Coles

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

Thursday 1 pm to 2 pm 9 weeks

April 25th to June 27th

May 16th class will be 2 pm to 3 pm

No class May 23rd

\$45 members / \$58.50 non-members



Partnership Programs

Please contact the Front Desk to book your appointment



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.claringtonphotoclub.ca

1st and 3rd Wednesday of every month from

October to May, 7 pm to 9 pm

\$30 BOAA members / \$35 non-members



LOBBY FIX-IT SESSIONS with Durham Medical™



The best way to ensure that your Personal Mobile Equipment is functioning properly is to have them inspected by a trained professional. Durham Medical will have a technician on site to adjust, inspect and perform minor repairs to your mobility equipment, and the great news is, as a BOAA member, this will be at no-charge to you! So bring in your Rollator Walkers, Wheelchairs and/or Scooters, and have the peace of mind that they are working properly. Quotes can be provided for major repairs or if parts are required. Durham Medical's Service Technicians will also be available to answer any equipment questions you may have.

Thursday 10 am to 12 pm

April 11th, May 9th, June 13th, September 12th,

October 10th

MINDS IN MOTION FITNESS PROGRAM with The Alzheimer Society

Combining physical activity and mental stimulation, Minds in Motion unfolds to laughter and chatter, with new friendships forming and stories being shared. The participants with early to mid-stage signs of dementia* are accompanied by their care partners. Gentle and easy to follow physical activities followed by fun social and recreational activities. Program Benefits: Improved balance, mobility, flexibility, alertness, increased confidence, sharpened mental functioning, and reduced sense of isolation.

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

April 18th to June 13th

No class May 30th


\$ 40 per person

Services


Bowmanville Older Adult Association **BOAA**

NURSING FOOT CARE

WITH NATALIE DOUCET, RPN & AMBER MARLOW, RPN



Sole Renewal
Footcare



Foot Rejuvenation

Foot Rejuvenation Services Provided by Qualified Foot Care Nurse:

- foot care assessments
- management of ingrown nails
- trimming and filling of nails
- moisturizing foot rub
- corn and callous treatment
- and more!

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Mondays & Wednesdays
9 am - 4 pm

Diabetic Foot Care - \$40
Advanced Foot Care - \$40
Basic Foot Care - \$25

26 Beech Ave Bowmanville ON • 905-697-2856
programs@bowmanvilleolderadults.com • www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

Reflexology & Indian Head Massage

with Sharon Benner, Registered Reflexologist

Reflexology is a non-invasive therapy and is generally safe for everyone. That being said, your reflexology therapist will conduct a thorough health consult to determine the best protocol for you. Reflexology aids the body by working pressure points on the feet and hands that correspond to all parts of the body. It helps aid the body to balance itself naturally.

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. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state of relaxation

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Fridays (Starting April 26th)
9:30 am - 3 pm

<p>Reflexology:</p> <p>30 minute relaxation treatment \$25 members / \$30 non-members</p> <p>1 hour relaxation treatment \$45 members / \$50 non-members</p>	<p>Indian Head Massage:</p> <p>30 minute treatment \$30 members / \$40 non-members</p>
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26 Beech Ave Bowmanville ON • 905-697-2856
programs@bowmanvilleolderadults.com
www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

Manicures & Pedicures by Dana

Sit back and relax while you treat yourself to a manicure OR pedicure! Includes: nail soak/shaping, buffing, lotion and polish application. Polish and shellac that are used will be OPI and China Glaze. Please have your nails clean and free of shellac or acrylic polish.

BY APPOINTMENT
PLEASE BOOK AT THE FRONT DESK

Available Every Tuesday:
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MANICURE.....	\$20
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SHELLAC MANICURE.....	\$25
SHELLAC PEDICURE.....	\$35



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Laughs and Locks

Teresa Bush
Hairstylist



905-213-0798
laughsandlocksbyt@gmail.com

Bowmanville Older Adult Association **BOAA**
26 Beech Ave
Bowmanville ON L1C 3A2

Wellness Programs

Fitness Cards for members available only for fitness programs \$60 please verify with BOAA if the class is running to avoid disappointments.

20/20/20 with Rhonda Armour 🏋️❤️➕

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

Wednesday 12:05 pm to 1:05 pm 10 weeks
April 24th to June 26th
\$50 Members / \$65 Non-Members

ABC (Abs, Booty, Cardio) Bootcamp with Rhonda Armour 🏋️❤️➕

Develop core strength, tighten your back end and enhance your endurance, using your own body weight and fitness equipment. Unique workouts each and every class that are empowering, challenging and super charged with fun! Suitable for all fitness levels. We will utilize hand weights, bands, yoga mats, body weight, chairs (if available), medicine balls, agility ladder, etc.

Wednesday 1:10 pm to 2:05 pm 10 weeks
April 24th to June 26th
\$50 Members / \$65 Non-Members

CARDIO WITH PEP ADAPTIVE ACTIVE FUN LIVING with Lydia Vooys-MacLeod 🏋️❤️➕

As we all are getting older, we continue to want to work, travel and play as long as possible. This class will involve a warm up, stretching, balance and techniques to adapt to everyday living. 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 7 weeks
April 29th to June 24th
No class May 20 and May 27th
\$35 members / \$45.50 non-members

Or

Friday 9 am to 9:55 am 9 weeks
April 26th to June 28th
No class May 31st
\$45 members / \$58.50 non-members

Symbol Explanation

In an effort to provide more information in regards to our activities, we have included the following quick reference symbols. to indicate what component is included in each activity:

🏋️ = balance ❤️ = cardio ➕ = strength

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 3 weeks
June 5th to June 19th
\$15 members / \$19.50 non-members

Wellness Programs

Fitness Cards for members available only for fitness programs \$60 please verify with BOAA if the class is running to avoid disappointments.

CHAIR YOGA with Lydia Vooy-MacLeod

This class is a great way to relax from head to toe without the stress of getting out of your chair. Enjoy great company, music and relax while you stretch out to reap the benefits of health and relaxation. Suitable for all levels of fitness.

Monday 10 am to 11 am 7 weeks

April 29th to June 24th

No class May 20th and May 27th

\$35 members / \$45.50 non-members

Or

Thursday 9 am to 10 am 10 weeks

April 25th to June 27th

\$50 members / \$65 non-members

Or

Friday 11 am to 12 pm 9 weeks

April 26th to June 28th

No class May 31st

\$45 members / \$58.50 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 29th to September 25th

\$35 members / \$45 non-members

Includes: 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 18th due to BOAA Golf Tournament

CO-ED HORSESHOES

Meet to play a weekly round robin.

Wednesday 6 pm

June 12th to September 25th

\$15 members / \$20 non-members

Includes: Admission to Year End Sports Banquet & FUN with Friends

No meeting September 4th

FABULOUS MUSCLES

with Lydia Vooy-MacLeod ♡ ++

Includes a 10 minute warm up and then get down to business!

Bring weights & tubing to class.

Friday 10 am to 11 am 9 weeks

April 26th to June 28th

No class May 31st

\$45 members / \$58.50 non-members

“NEW” FUNCTIONAL FITNESS USING URBAN POLES with Allan Chapman

♣ ♡ ++

Delay the process of assisted walking with canes and walkers, learn techniques for a balanced stable walk and a complete gentle workout, short walks around the block as you progress with the indoor program. Urban poles provided

Friday 12:15 pm to 1:15 pm 7 weeks

April 26th to June 28th

No class May 17th, May 24th and June 21st

\$35 members / \$45.50 non-members

For Members Only

Fitness Cards AVAILABLE!

FOR FITNESS PROGRAMS ONLY - \$60 FOR 10 CLASSES

PLEASE VERIFY WITH BOAA TO CONFIRM THE CLASS IS RUNNING TO AVOID DISAPPOINTMENT

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 gradual steps.

Thursday 11 am to 12 pm 10 weeks

April 25th to June 27th

\$50 members / \$65 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 7 weeks

April 29th to June 17th

No class May 20th

\$35 members / \$45.50 non-members

Or

Wednesday 10 am to 11 am 9 weeks

April 24th to June 19th

\$45 members / \$58.50 non-members

GUIDED MEDITATION with Julie Ditta

Do you ever worry, feel up-tight or panicky, get confused, can't sleep or get down in the dumps? Then meditation might be the answer for you. Simply put, meditation equals stress reduction, which equals health promotion. In this class, focus is on deep breathing, body relaxation and guided mental imagery. Guided meditation helps to improve memory, increases energy and improves sleep. It creates a positive perspective and enhances an overall sense of well-being and vitality. The class finishes with time to share experiences. Guided meditation is gentle with no expectations and no pressure to perform.

Wednesday 1 pm to 2 pm 10 weeks

April 24th to June 26th

Or

Friday 1 pm to 2 pm 10 weeks

April 26th to June 28th

\$50 members / \$65 non-members

PILATES with Karen Ross ♣ ++

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

Monday 11 am to 12 pm 7 weeks

May 6th to June 24th

No class May 20th

\$35 members / \$45.50 non-members

Or

Thursday 12 pm to 12:55 pm 9 weeks

May 2nd to June 27th

\$45 members / \$58.50 non-members

QIGONG (CHINESE YOGA)

with Donna Elliott ♣

Simple Energy Medicine techniques that teach your body's energies to 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 8 weeks

April 24th to June 12th

\$60 members / \$78 non-members

“NEW” RESTORATIVE YOGA

with Liz Hersey ♣

Relax both your body and mind. Restorative Yoga is perfect for anyone, from beginner yogis to long-time practitioners. It is a very serene form of yoga, in which relaxed poses are held between five to ten minutes with the aid of various props for maximum support and comfort. We also incorporate guided meditations for extra spiritual nourishment. Please bring a yoga mat and blanket, and get ready to relax

Tuesday 9 am to 10:15 am 4 weeks

April 30th to May 21st

Or

June 4th to June 25th

\$25 members / \$32.50 non-members

SHAPE UP with Lisa Balsdon from Live in Motion ♡ ++

Burn body fat, increase muscle tone and build core strength using modern techniques and equipment. A fun and intense hour with lots of variety. Suitable for all levels of fitness.

Monday 8 am to 9 am 8 weeks

April 29th to June 24th

No class May 20th

\$40 members / \$52 non-members

Or

Wednesday 8 am to 9 am 10 weeks

April 24th to June 26th

\$50 members / \$65 non-members

SHAPE UP with Jason Fenton ♡ ++

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.

Friday 8 am to 9 am 10 weeks

April 26th to June 28th

\$50 members / \$65 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 9 weeks

April 23rd to June 18th

\$45 members / \$58.50 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer ♡ ++

Participants who have completed a session of Sit and Be Fit Level 1 are welcome to 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 9 weeks

April 23rd to June 18th

Or

Friday 10 am to 11 am 9 weeks

April 26th to June 21st

\$45 members / \$58.50 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 9 weeks

April 24th to June 19th

Or

Friday 9 am to 9:45 am 9 weeks

April 26th to June 21st

\$45 members / \$58.50 non-members

TAI CHI with Sandra Jin ♣

The gentle movements of this powerful Chinese exercise have been practised for centuries by people of all ages and fitness levels to improve health, boost energy and reduce stress. Tai Chi is also recommended by health practitioners in treating many diseases such as arthritis, high blood pressure, and osteoporosis to name a few.

General

The General Program is ideal for beginners and low level intermediates

Monday 10 am to 10:55 am 8 weeks

Or

Intermediate

Previous Tai Chi experience required

Monday 11 am to 11:55 am 8 weeks

April 29th to June 24th

No class May 20th

\$40 members / \$52 non-members

Wellness Programs

Fitness Cards for members available only for fitness programs \$60 please verify with BOAA if the class is running to avoid disappointments.

"NEW" YIN YOGA with Michelle Taylor

Yin yoga is a slower paced style of yoga, with postures held for longer periods of time, releasing the connective tissues of the body, increasing circulation and producing collagen in the joints, improving body flexibility.

A more meditative approach to yoga creating awareness and inner silence.

Monday 5 pm to 6 pm 8 weeks

April 29th to June 24th

No class May 20th

\$40 members / \$52 non-members

Or

Thursday 5 pm to 6 pm 10 weeks

April 25th to June 27th

\$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 7 weeks

April 29th to June 17th

No class May 20th

\$35 members / \$45.50 non-members

Or

Wednesday 9 am to 10 am 9 weeks

April 24th to June 19th

\$45 members / \$58.50 non-members

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 7 weeks

April 29th to June 17th

No class May 20th

\$35 members / \$45.50 non-members

Or

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

April 26th to June 21st

\$45 members / \$58.50 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 10 Weeks

April 23rd to June 25th

Or

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

April 25th to June 27th

\$50 members / \$65 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 11:55 am 10 weeks

April 24th to June 26th

\$50 members / \$65 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 26th to June 28th

\$50 members / \$65 non-members

Free Workshops

Please complete a Registration Form at the front desk or email programs@bowmanvilleolderadults.com to preregister for ALL Workshops to allow for pre planning and room allocations.

"FREE" BIOPED WORKSHOP SERIES Post Hip Replacement Workshop

This workshop will debunk the myths surrounding hip replacements. Learn what to watch out for after having hip replacement surgery. Take home exercises to build muscle to support your new joint, how to get your body back in line and back to exercise.

Friday 9:45 am to 10:45 am

May 3rd

Skin and Nail Care for the Lower Limbs

Learn how to identify different nail and skin issues, home remedies and different types of practitioners that can provide more advanced help.

Friday 9:45 am to 10:45 am

May 10th

Heel Pain Treatment Options

Heel pain, also known as plantar fasciitis is the most common foot injury. This presentation will discuss what plantar fasciitis is, why so many people suffer from this ailment and most importantly how we treat and prevent the problem from returning.

Friday 9:45 am to 10:45 am

May 17th

Managing Knee Pain

There are many biomechanical factors that affect the lower limbs. The most common is mal-alignment of the feet, ankle and knees. Excess biomechanical wear and tear causes pain around the knee joint which increases swelling and inflammation. Constant friction and bone on bone movement in the joint causes pain to increase greatly. This session will answer all questions related to knee pain. We will focus on the most common problems in the knee and address how to manage and prevent pain

Friday 9:45 am to 10:45 am

May 24th

"FREE" DIABETES SUPPORT GROUP with Lakeridge Health Keeping an EYE on Your Eye Health

Our community optometrist guest speaker will provide a presentation to help you understand how diabetes affects the health of your eyes and what you can do to help keep your eyes health.

Thursday 1:30 pm to 3:30 pm

May 9th

What's New in Diabetes: Technology, Apps, and New Items

Learn about the newest advancements in technology that can help facilitate the management of diabetes. We will discuss phone applications, blood glucose monitoring devices and other useful tools that have recently emerged on the market.

Thursday 1:30 pm to 3:30 pm

June 13th

For more information please contact

Lynda Dus 905-576-8711 ext. 3158

SENIORS ON THE MOVE SEMINAR with Masood Vatandoust and Bev Sirrs

Should you move or should you stay? This seminar is about helping seniors, and their children, determine what the best next move is and what steps to take to make it a smooth transition for all involved. Join us for an hour filled with information about the different options available, tips on how to get the household organized, and local support services available. Presented by local, certified Seniors Real Estate Specialist. Ideal for those approaching retirement or currently retired, or those advising or caring for an aging parent/grandparent.

Wednesday 1pm to 2 pm

May 8th

SENIOR GEM® with Senior Helpers Part 1 - Sapphire & Diamond Gems

The Senior Gems® is a program developed by Senior Helpers and dementia expert Teepa Snow that focuses on what is precious and unique about all seniors who suffer from Alzheimer's and Dementia. Learn to identify the characteristics of normal aging and early-stage dementia. The Gems help us focus on what people can do and how we can help them to live purposeful lives while they exhibit the brain changes evident from this disease.

Wednesday 1 pm to 2:30 pm

May 22nd

Part 2 Emerald & Amber Gems

Identify the characteristics of seniors who suffer from early-mid and mid-late stage dementia. The Gems help us focus on what strategies we can use when interacting with the various emotions, actions, and conversations of seniors with dementia.

Wednesday 1 pm to 2:30 pm

June 12th

Part 3 Ruby & Pearl Gems

Learn about the difficulties of living with dementia and how you can help enrich the lives of seniors who suffer from the late stages of dementia. Learn about the behaviors to watch, and both strategies to avoid and strategies that work when engaging with seniors who may seem entirely different, but are still precious if treated with respect and are given the right care.

Thursday 1 pm to 2:30 pm

July 11th

"FREE" HEARING HEALTH CARE SEMINAR with Hearing Life Bowmanville

Join us for a FREE Hearing Health Seminar with Samantha Rekker from Hearing Life in Bowmanville. Learn all about how the ear works, early signs of hearing loss, the effects of untreated hearing loss and how hearing aids work. Enjoy free refreshments provided by Hearing Life and a Q&A session after the presentation to answer all of your hearing health questions.

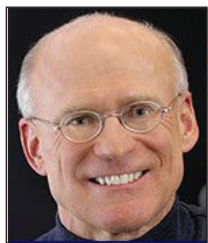
Thursday 11 am

April 25th

Opinions and Views

Troy MEDIA POWERFUL ANTI-OIL GROUPS HAVE REACHED INTO CANADA'S HALLS OF POWER

With Gerald Butts and others at the epicentre of power, it's no wonder the oil industry has plummeted into purgatory



By Gwyn Morgan

CONTRIBUTOR
TROY MEDIA

Canadians watch Robert Mueller's investigation into Russian interference in the 2016 U.S. presidential election comfortable in the belief that such foreign interference couldn't happen here.

Except it did happen here. And while the Russians adamantly deny interference in American political affairs, the perpetrators of interference in the 2015 Canadian federal election not only devised and executed a plan aimed at helping to elect the party friendly to their cause, they publicly trumpeted their success in achieving just that. And then they got a huge bonus when one of their most fervent comrades was appointed to the most powerful non-elected position in the country.

This story has all the elements of a fiction novel. But it's not fiction.

Piece by meticulously researched piece, independent researcher Vivian Krause spent almost 10 years unveiling the information. Every detail has been corroborated by sources, including American and Canadian tax records, together with documents and statements from the perpetrators themselves.

The story begins in 2008, when a group of radical American anti-fossil-fuel environmental organizations created Tar Sands Campaign Strategy 2.1 designed "to landlock the Canadian oilsands by delaying or blocking the expansion or development of key pipelines."

Link - <http://www.offsettingresistance.ca/TarSandsCoalition-StrategyPaper2008.pdf>

A list of key strategic targets included: "educating and organizing First Nations to challenge construction of pipelines across their traditional territories" and bringing "multiple actions in Canadian federal and provincial courts." A "raising the negatives" section includes recruiting celebrity spokespersons such as Leonardo DiCaprio to "lend their brand to opponents of tar sands and generating a high negative media profile for tar sands oil."

Executing such a massive intrusion into Canadian affairs would take years and a large amount of money. Ironically, much of that anti-oil money came from the legacy of the man who founded the U.S. oil industry, John D. Rockefeller. Joining the Rockefeller Foundation were the two legacy foundations of Hewlett-Packard co-founders William Hewlett and David Packard.

These foundations, together with other American anti-fossil-fuel charities, poured hundreds of millions of dollars into the U.S.-based Tides Foundation, a murky organization that serves as a legal money launderer, receiving donations from other foundations and redistributing the funds without revealing sources.

Since American and Canadian tax laws require charities to document receipt and disbursement of funds, Krause was able to gather irrefutable evidence that tens of millions of dollars were transferred from Tides U.S. to its Tides Canada sub-

siary. Moreover, the resourceful Krause obtained 70 covering letters showing recipients and use of the funds.

The largest portion the funds were directed at raising fears of oil spills among First Nations, including seven payments to help build "indigenous solidarity resistance to pipeline routes," maintain "opposition to oil tankers" and to "provide legal support for actions constraining tar sands development."

Funding also went to the Great Bear Initiative to build support for designating the so-called Spirit Bear habitat a nature reserve. Those initiatives resulted in the successful court appeal by First Nations suspending approval by the former government of Stephen Harper of Enbridge's Northern Gateway Pipeline.

Then came Prime Minister Justin Trudeau's lamentable decision to disallow oil pipelines through the Great Bear Rainforest, along with a north-coast tanker ban, driving the final nails into the coffin of Northern Gateway.

Other payments include: the Pembina Institute to "advance ... the narrative that oil sands expansion is problematic;" Greenpeace Canada "for events to show opposition to pipelines and tar sands expansion;" the Living Oceans Society "to build opposition to the Kinder Morgan pipeline" and Forest Ethics "to conduct education and outreach opposing the Kinder Morgan and Northern Gateway pipelines."

The American anti-oilsands funding didn't stop at encouraging opposition to oil pipelines. The Victoria-based Dogwood Initiative, one of the most politically active organizations in the country, received millions of dollars from Tides Canada to run get-the-vote out campaigns in the 2017 B.C. provincial election, including deployment of thousands of campaign workers in Green Party Leader Andrew Weaver's riding. Without his election, the anti-Trans Mountain NDP/Green coalition wouldn't have gained power.

At the federal level, money was funnelled directly to campaign activists working to help the Liberals win the 2015 election. Vancouver based non-profit society Leadnow, directly and through the B.C.-based Sisu Institute, received more than \$1 million from Tides Canada with the express objective of defeating the pro-oil industry Harper Conservatives. The society claims its campaigners helped defeat Conservative candidates in 25 ridings.

Given that no new export pipelines have been built in the 10 years since their anti-oilsands campaign began, one must conclude that the American organizations have been spectacularly successful. But all that funding directed at First Nations and other anti-pipeline activist campaigns wouldn't have been nearly so effective without the election of an ideologically anti-fossil-fuel government in Ottawa.

Until recently, the anti-tar sands website contained the following statement by campaign quarterback Michael Marx:



Vivian Krause,
Independent Researcher

"The controversy from the campaign contributed to political victories at the provincial and national level in 2015 and led to bold climate commitments by Canadian leaders." Realizing the implications of Marx's statement, it was removed following a revealing expose aired in the Jan. 20 edition of CBC's The Weekly hosted by Wendy Mesley. It's very much worth watching.

Election of the anti-fossil fuel Trudeau government would have been ample cause for a victory celebration. But the campaigners received a bonus beyond their wildest dreams when one of their most dedicated eco-warriors was appointed principal secretary to the prime minister, the most powerful post in the prime minister's office. From 2008 to 2012, Gerald Butts was president and CEO of World Wildlife Fund Canada (WWF), an important Tides campaign partner.

Butts used his position in the PMO to bring other former campaigners with him. Mario Reynolds, Environment Minister Catherine McKenna's chief of staff, is past executive director of the Pembina Institute, recipient of substantial Tides funding. Natural Resources Minister Amarjeet Sohi's chief of staff is also a former WWF Canada official and Sarah Goodman, policy adviser to the prime minister, is a former VP of Tides Canada.

With these people at the epicentre of power, it's no wonder the oil industry, and the hundreds of thousands of people it employed, has plummeted into political and policy purgatory.

Now Butts, the mastermind behind that economic, social and national unity disaster, has resigned. But there's more disturbing news. I was startled to learn that Butts received two separate payments from WWF Canada totalling \$361,642 during his first two years at the PMO.

In a May 26, 2016 tweet to a question from Krause, Butts responds: "It was my contract severance."

Over my entire career leading one of Canada's largest companies and serving as a director of four others, I have never heard of severance paid when someone decided to quit their job. But then, given that he was receiving those payments from WWF Canada while at the PMO, one might conclude that he never really changed jobs. He just combined the old and new ones together.

That, fellow Canadians, is the story that never could have been told without the determination of a real Canadian patriot who dedicated 10 years searching for the truth.

Gwyn Morgan is a retired Canadian business leader who has been a director of five global corporations.

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PRESS RELEASE



Hennessey Family Gives Back to Bowmanville Hospital

BOWMANVILLE, Monday, February 25, 2019 – The Hennessey family had a lot to celebrate this Family Day. While watching the Peterborough Petes play the Niagara Ice Dogs, Steve Hennessey announced a \$100,000 gift to the Bowmanville Hospital Foundation. This gift will go to support the redevelopment and expansion of Bowmanville Hospital and is made in honour of Kathleen Hennessey who was fondly remembered.

“This year marks the 10th anniversary of my grandmother’s passing, and, as a family, we thought this was the perfect way to honour her memory while supporting a very important initiative,” said Mr. Hennessey, Realtor and Board Member, Bowmanville Hospital Foundation. “Clarington has been great to our family over the years and we hope that by supporting the redevelopment and expansion of Bowmanville Hospital, it will continue to do the same for families in and around Clarington.”

As descendants of Irish immigrants, Kathleen and Herbert Hennessey raised nine children in Peterborough. In 1964, Kathleen became the family’s sole caretaker when her husband suffered a stroke. The majority of the Hennessey family still resides in and close to Peterborough. Several of Kathleen’s descendants reside throughout the Greater Toronto Area, including Clarington and some have moved as far as Western Canada, primarily in the province of Alberta.

“We are grateful to the Hennessey family and for this generous gift,” said Frank Cerisano, Chief Executive Officer, Bowmanville Hospital Foundation. “Steve has been a valuable member of our Foundation’s Board of Directors for several



The Hennessey family made a donation in honour of Kathleen Hennessey (1923-2009), as a way to give back to the Bowmanville/Clarington community that several of her family members have lived and worked in over the years.



years and we thank him and his family for demonstrating such a deep commitment to the health of our community and for reinforcing the true spirit of philanthropy.”

such a deep commitment to the health of our community and for reinforcing the true spirit of philanthropy.”

For more information:

Andrea Russell
Bowmanville Hospital Foundation
(905) 623-3331 ext. 1884
About Bowmanville Hospital

Bowmanville Hospital is a fully accredited hospital, servicing the Municipality of Clarington. It is run by Lakeridge Health, part of the Central East Local Health Integration Network.

About Bowmanville Hospital Foundation

Bowmanville Hospital Foundation is a charitable organization that raises funds annually to fund equipment needs, facility enhancements, and other high priority needs for Bowmanville Hospital. For more information about Bowmanville Hospital Foundation, please visit www.bowHF.com.

Opinions and Views

Troy MEDIA SNC-LAVALIN AFFAIR STRIKES AT THE HEART OF LEGAL INTEGRITY

Continued from Page 6

numerous times since.

Scheer's recent comments, then, can be taken as recognition that he, too, must be part of the effort to keep rigorous focus on what truly matters in the scandal.

What matters is the profound threat of institutional damage if those who work within the component elements of our legal system begin to feel hot, sour political breath upon their necks.

What matters is that it won't matter one whit who the prime minister is if we lessen by an iota our vigilance in protecting them.

What matters is that democracy can't survive when equality before the law becomes a cynical joke, which is what the SNC-Lavalin affair portended.

It's here that Scheer's weekend comments substantially clarify and edify. Even factoring out partisan rhetoric, Canadians have come to discuss SNC-Lavalin as very much a contest between former attorney general Jody Wilson-Raybould and various players in the prime minister's office, up to and including the PM.

Indeed, a staple of the Liberal defence has been that it was all just an intra-office personality-driven misunderstanding.

Such a way of telling the tale obscures the crucial detail that the initial decision to proceed to trial was not Wilson-Raybould's to make. Further, I haven't heard anything to make credible the idea that she took an activist role in pushing for prosecution of SNC-Lavalin.

What she did, based on her testimony to the justice committee, was support the judgment of the director of federal prosecutions. What she did, from everything I've heard, is affirm that nothing she saw in the discernment process led her to overrule the decision of a highly-qualified Crown prosecutor.

It's a distinction that makes a massive difference to the way we've come to understand and talk about the scandal. It kicks the props, for example, out of the argument that Wilson-Raybould could, under the legislation allowing for deferred prosecution agreements, have intervened. Yes, she could have. But nothing in front of her justified, in her mind, taking the active step of setting aside the judgment of the individual responsible for judging the best way to take the case forward.

Entirely reasonably, she refused to let others interfere with her own best judgment. By so refusing, she precluded

any interference cascading down through the legal system and undermining the best judgment of those who report to her.

Remember, after all, that the whole debate around the prosecution of SNC-Lavalin is whether the criminal charges facing the company should go before a trial judge.

Scheer's significant contribution reminds all of us that the very process of how we arrive at legal judgment must be defended without fail. Such defence must always stand outside politics, regardless of the prime minister's name.

Peter Stockland is a senior writer with the think-tank Cardus and publisher of Convivium.ca.

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HOME COOKING *with Cathy*

Hello there. I'm sure everyone is looking so forward to a beautiful spring! The snow drops are up so it shouldn't be long now. I have the pleasure this month to feature a wonderful recipe from Joanna Bastas, the owner of Buddha Belly Bakery in Newcastle. She has a wonderful assortment of Gluten Free baked goods as well as lots of other healthy food options. You won't be disappointed! Joanna's website is Buddhabellybakery.com

by **Cathy Abernethy**
CLARINGTON PROMOTER
CONTRIBUTOR



This Recipe is: Gluten Free, Dairy Free, & Egg Free!

Coconut Crusted Chicken Strips

What you'll need:

- 4x Organic Chicken Breast, Boneless & Skinless (cut into strips)
 - ¼ cup Coconut Oil (melted)
 - 1 cup Shredded Unsweetened Coconut
 - ¼ cup Coconut Flour
 - ½ tsp of each: salt, pepper, onion powder, garlic powder, & paprika
1. Preheat oven to 375 F
 2. Line a baking sheet with parchment paper.
 3. In a shallow dish, combine shredded coconut, coconut flour, & seasonings.
 4. Take your chicken strips, one at a time, dip them into the melted coconut oil, and then toss them in your shallow dish with coconut & seasonings. Make sure your strips are nicely coated, and place them on your baking sheet.

5. Bake your chicken strips for approximately 20 min, or until fully cooked.
6. These Coconut Crusted Chicken Strips taste great on their own, or with a Honey Mustard Dipping Sauce!
7. * Honey Mustard Dipping Sauce: in a small bowl, mix together 2 tbsp mustard, 1 tbsp raw honey, ¼ tsp onion powder, and a pinch of salt & pepper *
8. Enjoy!
9. Buddhabellybakery.com.



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Check in with me for information about my upcoming Town Hall meeting in the fall.



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PRESS RELEASE

New Funding Available For On-Farm Clean Water Projects!

GANARASKA, April 3, 2019

If you are a farmer or own farmland, the new East Central Farm Stewardship Fund offers you access to additional funding and technical support for your on-farm clean water projects in 2019 and 2020. This funding program is delivered through the East Central Farm

Stewardship Collaborative (ECFSC) which operates in Northumberland, Peterborough and Hastings Counties, the City of Kawartha Lakes and Durham Region.

The ECFSC partners, including the Ganaraska Region Conservation Authority (GRCA), work directly with you to support the agricultural use of your land, while helping you to access funding and technical

assistance to complete your project. Currently, on-farm clean water projects are our funding priority and include the following:

- fencing livestock out of waterways,
- providing alternate watering sources for livestock
- planting vegetative buffers alongside watercourses and ponds
- installing eavestroughs and diversions around barnyards
- planting cover crops
- restoration of wetlands

This grant can also be added to other sources of funding. Contact any member of the Collaborative for details. For local farmers, please contact Pam Lancaster, GRCA's Stewardship Technician at 905.885.8173 or plancaster@gca.on.ca.

This program was undertaken with financial support of the Government of Canada through the federal Department of Environment and Climate Change.



VOLUNTEERS



by Ron Strike
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When I heard of the Hospital rebuild topic of this paper I immediately thought of the many volunteers that are spending countless hours to insure the Hospital project will be a success. Next in line was the critical part all volunteers play in making Clarington the wonderful place it is. At the risk of leaving out most of the great volunteer organizations I decided to focus on a few example and individuals.

There are many working without pay on the Hospital project and many more contributing to the ongoing daily success of the Hospital. For 107 years volunteers have played an important role spending at least 20,000 hours annually. The Association of Hospital Volunteers - Bowmanville direct many of those hours to operating the

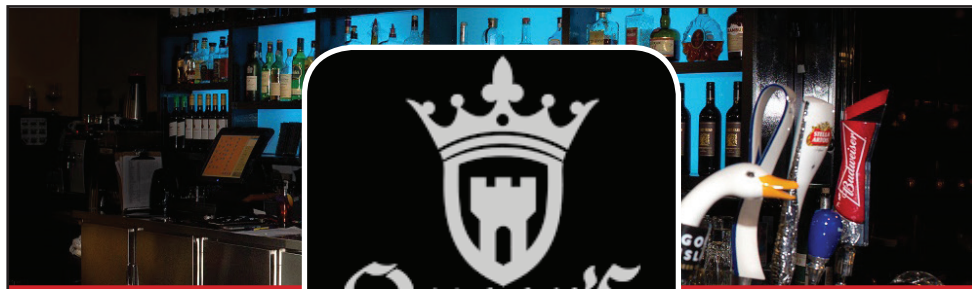
Treats and Treasures Cafe and The Gift Shop off the main lobby in the Hospital, open 7 days a week, and the New to You Shoppe, off-site at 133 Church St., open 6 days a week, selling gently used items. The money generated by these efforts goes directly back to the Hospital and that money is significant. They recently made a \$1 Million pledge to the Hospital Campaign.... Wow !

There are many dedicated volunteers overseeing the fundraising for the Hospital Project. My hat goes off to Kirk Kemp and the many he has recruited, who are taking a great deal of time from their busy lives to lead the Hospital Campaign.

Next we have the many service clubs that have played a vital role in Clarington for generations. I am most familiar with the Lions & Rotary Clubs but there are many others and all make great contributions to the quality of life in Clarington. I expect we will see all play a significant role in the Hospital Project.

Lastly I reflect on the volunteer organizations that are involved in the oversight of the Clarington Greenspace. One that I am involved with, Valleys 2000, has been around since the late 1990s and oversaw the \$500,000 fish by pass that is a great feature of the Bowmanville Creek Valley. Today many volunteers are working on exciting new projects that will greatly enhance the enjoyment of Clarington's trails and water features.

I would like to mention one unsung hero, who has been a very active part of Rotary and Valleys 2000 for more years than he will admit to, Kevin Anyan. If anyone wants to become involved in and make a significant difference to this community, they only need to follow Kevin's lead. I urge anyone with an interest in volunteering to connect with the organization of their choice.



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