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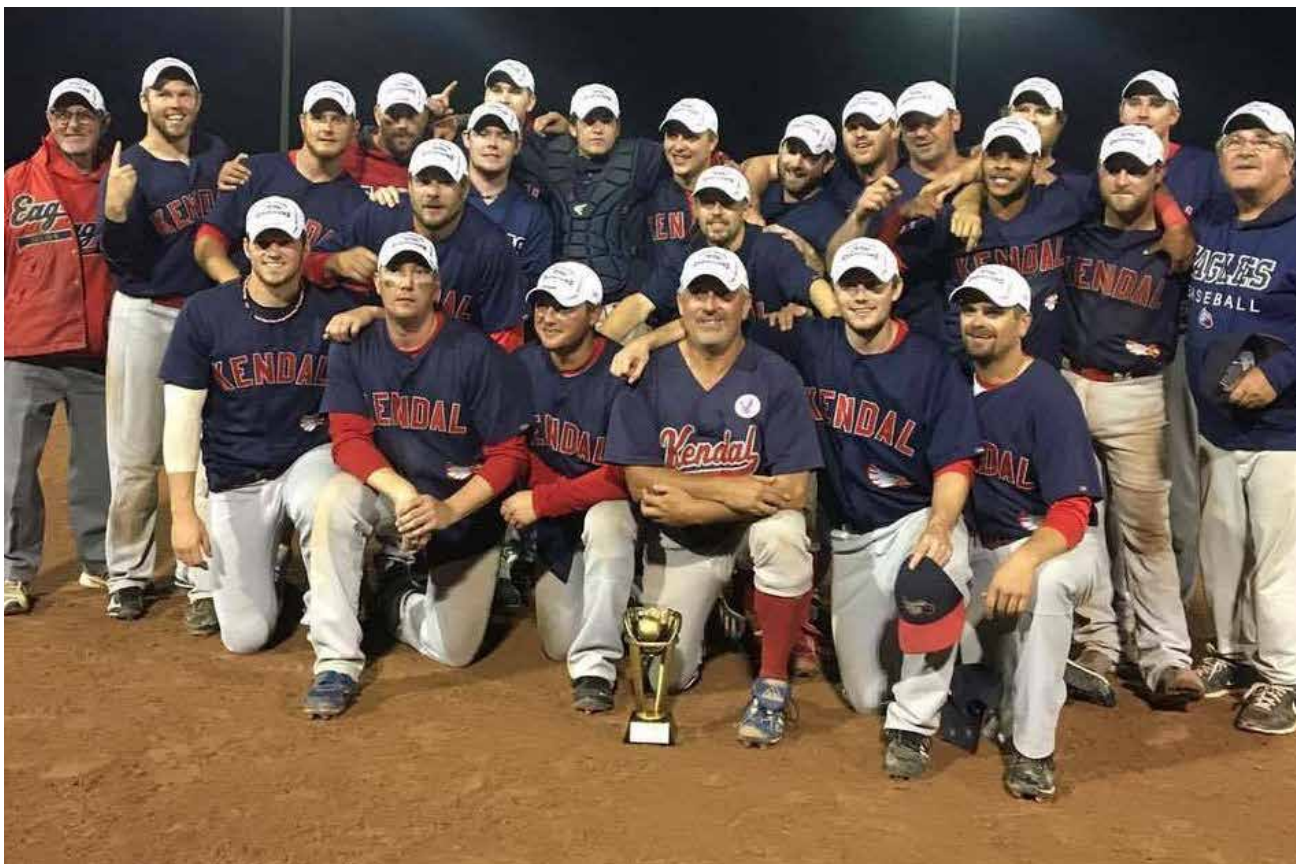
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December 2017

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**2017 Winter Program Guide**  
*(Pullout Inside)*

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## THE KENDAL EAGLES



2017 Kendal Eagles Championship Team: FRONT ROW: Nick Stone, Nick Stacey, Kyle Searle, Troy Foster, Corey Robinson, Chad Foster. SECOND ROW: Tyson Gimblett, Riley Whelan. THIRD ROW: Bert Reid, Dawson Stone, Wes Brough, Chad Maartense, Richard Pammatt, Ryan Norris, Tyson Robinson, Ben DeBoer, Jason Hamilton, Cody Harrison, Mark Foster, James Westington, Ryan Davis, Logan Walters, Owen Sharp, Ronnie Davis. MISSING: Matt MacDonald, Kevin Sharp, Dylan Harkness.

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by Myno Van Dyke

**NEWCASTLE HISTORICAL SOCIETY**

According to Stats Canada, Kendal is not a very large place. In 2016, the enumerated population was only 83 people living in 34 homes. Kendal, located at the north-east corner of the Municipality of Clarington was first settled in 1833. In the early days it was known for producing wooden

shingles and later became a prime tobacco growing area. Today, and since 1970, it is also known for its baseball team, The Kendal Eagles.

The Blue Jays may have had a lousy year but on September 3rd at Harvey Jackson Park in Kendal, the Kendal Eagles won the Senior Men's "AA" Provincial Championship. As baseball great Hank Aaron said; "A baseball game is simply a nervous breakdown divided into nine innings". In the final game, a real nail-biter, Kendal got the winning run in the eighth inning to beat the Peterborough Tigers 11-10. They had to post wins over Clarington, Exeter, Port Hope, Vaughan and Peterborough to get to the final game of the tournament that weekend. This capped off another successful season

with 24 wins and only 5 losses. The Kendal Eagles have an interesting history. In the early spring of 1970, Arnold Wade, his son Grant and Roy Foster came up with the idea to form a men's baseball club in the Eastern Ontario Baseball Association (E.O.B.A.). They found a sponsor who gave them \$1000 to get the club started. Their first President was Grant Wade. At their first Annual Meeting in November of 1970, at the Chuckwagon Restaurant (on the east side of Highway 115/35), Charles Reid was appointed as President with Brian Foster as V.P. The Directors were Bert Reid, Ed Couroux and Peter Maartense. Roy Foster was the General Manager and Roy Winter was the Field Manager. The

Continued on Page 17

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by Peter Hobb

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## Understanding Conflict in the Family Business

Transitioning the family business to the next generation is very difficult. This is borne out in the statistics: 30% of businesses are successfully transferred to the second generation and only 12% are successfully transferred to the third generation.

The reasons for this are probably tied up in how the family

dynamics are managed. Potential family conflict can be one of the biggest reasons why business owners put off planning for their succession. This article analyses a few of the areas where conflict in the family unit can arise creating obstacles to a successful family business transition.

In a number of families with businesses there is no clear distinction between the family unit and the business. Business discussions can dominate family gatherings frustrating family members who are not part of the business. Business meetings need to be separated from family meetings and gatherings. Family relationships within the business are quite different than they are in a family setting. The decision makers can be quite different. Combining the two can lead to a breakdown in family relationships complicating everyone's life and negatively impacting the business.

Sometimes a family member joins the family business because of their blood lines. When this happens, the position they are given may not be a meaningful one. They don't feel

they are making a meaningful contribution to the business. Their ideas are not considered or decisions are made without their input leaving the child frustrated and unhappy. The child loses their personal identity.

This could possibly lead to destructive behaviour resulting in the business and the family suffering. Also, some family members may feel that they are entitled to an important position within the family business and enter the business unprepared. Also, they may not possess the requisite skills. Again, they may become frustrated and disillusioned.

The ground rules for working in the family business must be clearly set out. For example, you may require a family member, who wishes to enter the business, to work outside the business with an unrelated employer for three years.

Family members should also be given a personal development plan when entering the family business based on their objectives. It is also important that they are properly mentored. You want the family member joining the family business for the right reasons. They want to be there and they have a passion for what the business does.

When bringing family members into the business it is important that the family has a clear unified vision for the future of the business. When you were starting out and the business was much smaller the only vision for the business that mattered was your own.

In the early days it was easy to control all facets of the business. However, this changes as the business grows. Running a successful business becomes more complex. You need to rely

on other people to continue to successfully grow the business. It is important that these people understand your vision and buy into it. This is even more important in a growing family business. In a family business, the plan is normally to replace yourself with one or more family members.

The family needs to develop a clear vision for the future of the business and all members must buy into it. It can no longer be solely your responsibility. The vision must resonate with the family and articulate the common interests of the family group. Without doing this the business will lack direction and will not be able to set goals that will move the business forward successfully.

When conflict arises, it needs to be dealt with immediately in a positive manner. It is human nature to try and avoid conflict, rationalizing that it is not that bad. Unfortunately, this approach normally only worsens the situation and may reduce the options for resolving it.

In resolving conflict, it needs to be dealt with in a structured manner that allows for open respectful communication. It should be future focused, built on common interests and deal with the facts.

Far too often conflict arises because of false perceptions. These perceptions are often fueled by poor communication. Conflict does not have to be a bad thing. It is only bad if it is not dealt with effectively. Disagreements are inevitable. We all do not think the same way.

Resolving disagreements or conflict based on what is right for the future is positive for everyone involved and the business.

## ADULTS WITH AUTISM AND THEIR FAMILIES CONNECT IN CLARINGTON

Autism Home Base Durham is building a network of adults with autism and their family-caregivers by providing community-based social and recreational activities.

In 2012 a small group of families began meeting weekly at the Newcastle Recreation Complex to share some gym and pool time. It was an opportunity to get out of the house, do something active, and share conversations.

Autism encompasses a spectrum of abilities and challenges. Some individuals with autism live independently and successfully. Others require lifelong support. They may have limited communication and present challenging behaviours that preclude their involvement in typical com-

munity events, activities and public programs.

"We know there are hundreds of families in Durham Region supporting an adult son or daughter with autism who are living in isolation. We organize activities for the parent or caregiver to participate in, alongside the adult they support," says Judy Mead, Founder and Board President.

"It's not traditional respite. It's social relief," says Mead. "Our families make meaningful connections with others who 'get it', right away, because they live it. Many of our members had simply stopped leaving the house because of the fear of failing or not fitting in, after decades of trying unsuccessfully. The family caregivers want and deserve an

active, well-rounded life for themselves as well as the adult they support."

Last year more than 50 members participated in 13 different sports, culture and social programs on a weekly, monthly or occasional basis. Families each pay an annual fee of \$100 and are encouraged to participate in program ideas development.

Autism Home Base Durham is accepting program proposals from sports, wellness, arts and culture professionals who have time and talents to share.

Interested community members



are invited to visit [www.homebasedurham.com](http://www.homebasedurham.com) or send an email to [info@homebasedurham.com](mailto:info@homebasedurham.com) with questions or to receive more information about membership, programs, volunteer opportunities and donations.

# A MEMORABLE OCTOBER DAY!



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

On a beautifully crisp sunny fall day this past October, I had the privilege of spending the entire day with David Crombie..... you may know him as the Tiny Perfect Mayor.

David and I have a mutual good friendship in Elva Reid who was born and raised here in rural Clarington. For

a long time now these two have made a point of getting together once a year to reminisce their days gone by in the Toronto political scene and discuss current events.

This year I was invited to join them, as the chauffer and tour guide for the day.

David wanted to learn more about how legislation such as the Provincial Greenbelt and Oak Ridges Moraine legislation has impacted our agricultural community.

So we dropped in on a few unsuspecting entrepreneurial farming operations to give David the opportunity to meet them, observe their operations and learn more about the legislative challenges they face on a day to day basis.

David is a truly remarkable person and an inspiration to anyone who thinks life ends at retirement.

In the early 1970's David Crombie became a leader in a grass-roots urban reform movement that favoured curtailing development in favour of improving social services and prioritizing community interests.

Today, Crombie is a respected and accomplished Canadian politician, professor and consultant who served as Mayor of Toronto from 1972 to 1978. He then entered federal politics serving as a Progressive Conservative Member of Parliament from 1978 to 1988 holding several key cabinet positions.

Later, he returned to his first love, urban affairs, as head of the federally appointed Royal Commission on the future of Toronto's waterfront which resulted in Ontario establishing the Waterfront Regeneration Trust to implement recommendations of the Royal Commission report.

The Trust opened the Waterfront Trail, a 350-kilometre virtually continuous trail along the Lake Ontario shoreline, which connects hundreds of parks, historic and cultural sites, wildlife habitats and recreation areas from Stoney Creek to Trenton.

The Trust also mediated the issues concerning Clarington's Westside Marsh and St. Marys Cement quarry expansion resulting in the preservation of 60% of the marsh while allowing the quarry expansion to continue.

More recently, he was appointed by the Ontario Premiere to chair a panel of Commissioners given the task of developing recommendations on how to amend and improve the plans for the Greenbelt Plan, the Oak Ridges Moraine Conservation Plan, the Niagara Escarpment Plan, and the Greater Golden Horseshoe Growth Plan.

Underneath all of these credentials there is a very humble guy with a quick Irish wit and sense of humour, coupled with a desire to learn and share his experiences with others.

I saw evidence of this as we completed our tour of Links Greenhouses..... one of three customers entering the retail outlet grabbed him by the arm and said with a puzzling

look "has anybody ever told you that you look like David Crombie?"

David stopped, locked eyes with the customer and with a straight face he responded "and he'd be right" then David waited for a reaction. Well, they both broke out in laughter and the kibitzing that followed for the next 10 minutes should have been recorded.

Links Greenhouse owner, Lisa Mulder had just given us a tour of their greenhouse operations.

David was very impressed with the Links Greenhouse operation and tried to understand if it could be a use for rejuvenating some of the vacant warehouses in downtown Toronto.

I think we determined it could be done, however those vacant warehouses would need artificial lighting, and with the cost of electricity today it might be more profitable to grow marihuana than tomatoes and cucumbers in those downtown vacant warehouses.

Earlier we had coffee at the Algoma Orchards Café on Hwy 2 in Newcastle with Kirk Kemp and Don Rickard, both are successful prominent and knowledgeable farmers with deep roots in Clarington.

A very casual but robust discussion took place about the direction agriculture in Ontario is going and how legislative changes are impacting farming operations.

They touched on a wide variety of topics such as: the pros and cons of the Seasonal Agricultural Worker Program (SAWP) including minimum wage, health benefits, free living accommodations and length of stay. Changes to the federal tax laws for Small Business in Canada, and of course impacts of the Oak Ridges Moraine and Greenbelt Plans on the family farm all proved to be interesting.

We next travelled north into the Oak Ridges Moraine to visit Fred & Sandy Archibald at their family farm south of Tyrone.



**Fred & Sandy Archibald**

The Oak Ridges Moraine is a geological landform made up of sand and gravel deposits left behind by the retreat of the last Ice Age which occurred 13,000 years ago.

Archibald's Orchard & Estate Winery is a fourth generation family farm. Originally established in 1967 as a wholesale operation, Fred & Sandy have developed their family farm into several components: a winery complete with on-site wine & gift basket retail outlet, an on-line home delivery service of their products, and what started it all - pick your own apple market and play area for the kids.

Of course Fred and David got along famously each having an urban planning background.

Interestingly, in the early 1980's Fred was employed as a planner with the then newly created Municipality of Clarington.

Fred was given the task of amalgamating the Zoning By-laws from the various communities which now form Clarington into Zoning By-law 84-63 which continues to be used to this day.

Our next scheduled stop was



**David and Elva sample Archibald wines**



**Limba, gone but not forgotten**

the Kendal Hills Game Farm. Unfortunately we had to take a rain check due to the shortage of time. My spouse Cathy has featured in her recipe column (turn to page 23) a delicious mushroom soup recipe she received from Dave and Emily Kranenburg at their game farm on Maynard Road. We attended their November open house which saw more than 500 visitors coming from as far away as downtown Toronto. Very promising!

Continuing further on up the road we made a quick stop at the Tyrone Mill to introduce David to Bob Shafer who operates one of Ontario's oldest mills where we pick up some of his famous fresh handmade donuts for David's ride on the Go Train back to Toronto.

Bur first, we stopped at The Snug Pub in Newcastle, recently voted Ontario #1 Irish Pub for a wrap up discussion and a quick bite before heading back to the Oshawa Go Station. There we enjoyed lunch with Marion Manders whose father was Hugh Alexander (Alex) Carruthers MPP who represented Durham in the Ontario Legislature 1959-1975. Alex Carruthers was instrumental in the formation of the Regional Municipality of Durham in 1974 and the inclusion of Durham becoming part of the GTA.

It was a fitting finish for a productive day. I thanked Elva for introducing me to such a fine gentleman and left David with this thought: Clarington is a "Gem"..... well positioned to take on the future.

Clarington provides almost 20% of Ontario's electrical energy and is host to the largest agricultural community between Toronto to the Quebec border.

We have well established communities, some older than Canada itself.

Clarington incorporates vast tracks of beautiful and productive farmlands with an abundance of fresh water streams and Heritage Main Streets with well-defined communities.

Clarington has earned the handle: "Eastern Gateway to the GTA". David agreed.



**November Open House at Kendal Hills Game Farm**



**Lisa Mulder provides tour of Links Greenhouses**

# Ontario Electricity Prices Set To Keep Rising

*The province pays extraordinary rates to solar, wind and biofuel generators. But the wind doesn't always blow and the sun doesn't always shine.*

By Kenneth P. Green, Elmira Aliakbari and Ashley Stedman, The Fraser Institute

The Ontario government's rigorous pursuit of renewables has increased electricity costs far more than necessary.

The government recently released an update to its long-term energy plan, projecting that the cost of electricity for homes and businesses will keep rising over the next 20 years.



**Kenneth P. Green**

For example, the average monthly electricity bills for residents and large industrial customers in northern Ontario will jump 52 per cent.

Ontario's electricity prices are already the highest in Canada and among the highest in North America. But despite the high prices, the government of Premier Kathleen Wynne recently reaffirmed its commitment to costly solar and wind power, which is distorting market prices at the expense of Ontario's current and future ratepayers.

Ontario's electricity market is a stark example of what happens when government picks technology 'winners' and 'losers.' The government chose wind and solar power over cheaper alternatives such as nuclear, hydroelectric or clean coal power. In fact, as documented in our recent study, a report from the Ontario Energy Board in 2016 found that nuclear and hydroelectric generators, despite providing the majority of electricity output

in Ontario, received much lower rates than wind, solar and biofuel generators. Ontarians, then, paid less for nuclear and hydroelectric power than the renewable sources favoured by the government.

Between November 2016 and October 2017, the rate paid to wind generators (\$140 per megawatt hour or MWh, a common unit for measuring power) was more than double that of hydro and nuclear generators. In addition, the rate paid to solar generators (\$480 per MWh) was more than seven times the rate paid to nuclear generators (\$66 per MWh) and more than eight times the rate paid to hydroelectric generators (\$58 per MWh). Clearly, there's a substantial price difference between the rates paid to wind, solar and biofuel generators, and the rates paid to other generators. The high cost for renewable sources is even more glaring when you consider that, in 2016, combined solar, wind and biomass generated less than seven per cent of electricity in Ontario.



**Elmira Aliakbari**

And yet, between 2005 and 2015, the province increased its renewable capacity – solar, wind and bio-energy – by 18 per cent. But because the sun doesn't always shine and the wind doesn't always blow, the government also had to secure more natural gas capacity as a backup to renewable sources, increasing Ontario's gas capacity by nine per cent.

As a result, the province realized a 26 per cent increase in capacity from 2005 to 2015. Meanwhile, the demand for electricity

declined, partly due to rising electricity costs. The increase in capacity coupled with lower electricity demand has resulted in significant oversupply, which must often be exported at prices below cost.

From 2008 to 2016, residential electricity prices in Ontario increased by 71 per cent – more than double the national average. To make matters worse, a recent study shows Ontario's skyrocketing electricity prices cost the province more than 74,000 manufacturing jobs between 2008 and 2015.

The government seems uninterested in meaningful policy reforms that would reduce electricity prices. Instead, with its so-called Fair Hydro Plan, the government hides the true costs of Ontario's energy policies by shifting some of the cost from electric bills onto current (and future) tax bills.

The unfortunate reality is Ontario residents and businesses will continue to see their electricity bills rise due to the government's poor policy decisions.

Kenneth P. Green is a senior director; Elmira Aliakbari and Ashley Stedman are analysts, at the Fraser Institute.

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**Ashley Stedman**



by Jesse Genereaux, CPA, CA

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## LIBERAL GOVERNMENT SMALL BUSINESS TAX CHANGES - EFFECTIVE 2018

The tax changes announced by Finance Minister Bill Morneau on July 18, 2017 were possibly the most con-

troversial rule changes announced in a long time, if not ever. The Finance Minister used a very accusatory tone in the wording of the announcement, such as, small business owners are using tax loop holes to not pay their fair share of taxes. Many feel that this was an attack against small business owners and their advisors for structuring their affairs in a manner that minimized their tax bill.

The issue is these structures have been supported by case law and have been blessed by the Canada Revenue Agency ("CRA") for decades.

The changes include:

1. a tax increase on income paid from private corporations to non-active shareholders,
2. new restrictions on the ability to utilize the Life Time Capital Gains Exemption,
3. restricting the ability to convert distributions from corporations normally taxed as a dividend to lower taxing capital gains (surplus stripping), and
4. the desire to reduce the benefit small business owners receive when making passive investments within a Canadian Controlled Private Corporation ("CCPC").

The changes were significant and, as proposed, were going to cause significant adverse tax effects on small business owners, specifically those that were transferring their company to the

next generation.

After receiving more than 21,000 submissions within the short 75-day consultation period, Finance Minister Morneau retracted the changes related to the Life Time Capital Gains Exemption and surplus stripping rules.

However, he did not retract the change to his proposed increase in tax on distributions to non-active shareholders. This proposed change will tax shareholders that receive income, typically dividends, from CCPC's at the highest marginal tax rate if the CRA deems the income to be unreasonable.

In determining reasonableness, Minister Morneau has announced they will take into consideration labour contributions to the company, capital contributed to the company, and the business risk associated with the investment. Using a reasonableness test for the payments of dividends to shareholders will require special attention on most dividends from the company to ensure the dividends are not taxed at the highest marginal tax rate.

Shareholders that have been planning their retirement using their corporation may now experience a significant increase in the taxation of the dividends from the company. The increase is significant enough that some may need to reconsider their existing retirement plan.

These tax change rules are currently proposed to be effective January 1, 2018 and final legislation has yet to be released.

Taxation of passive income was the only change announced in July that did not include draft legislation.

Ministry of Finance did not appear to have much traction on how they could address the benefits from investing in passive assets within a corporation.

Surprisingly in October, Minister Morneau announced that

his department is proposing changes in this area but will exempt passive income up to \$50,000 within a CCPC and provide grandfathering for existing capital and its associated income. Final details on the proposals are expected in the next federal budget.

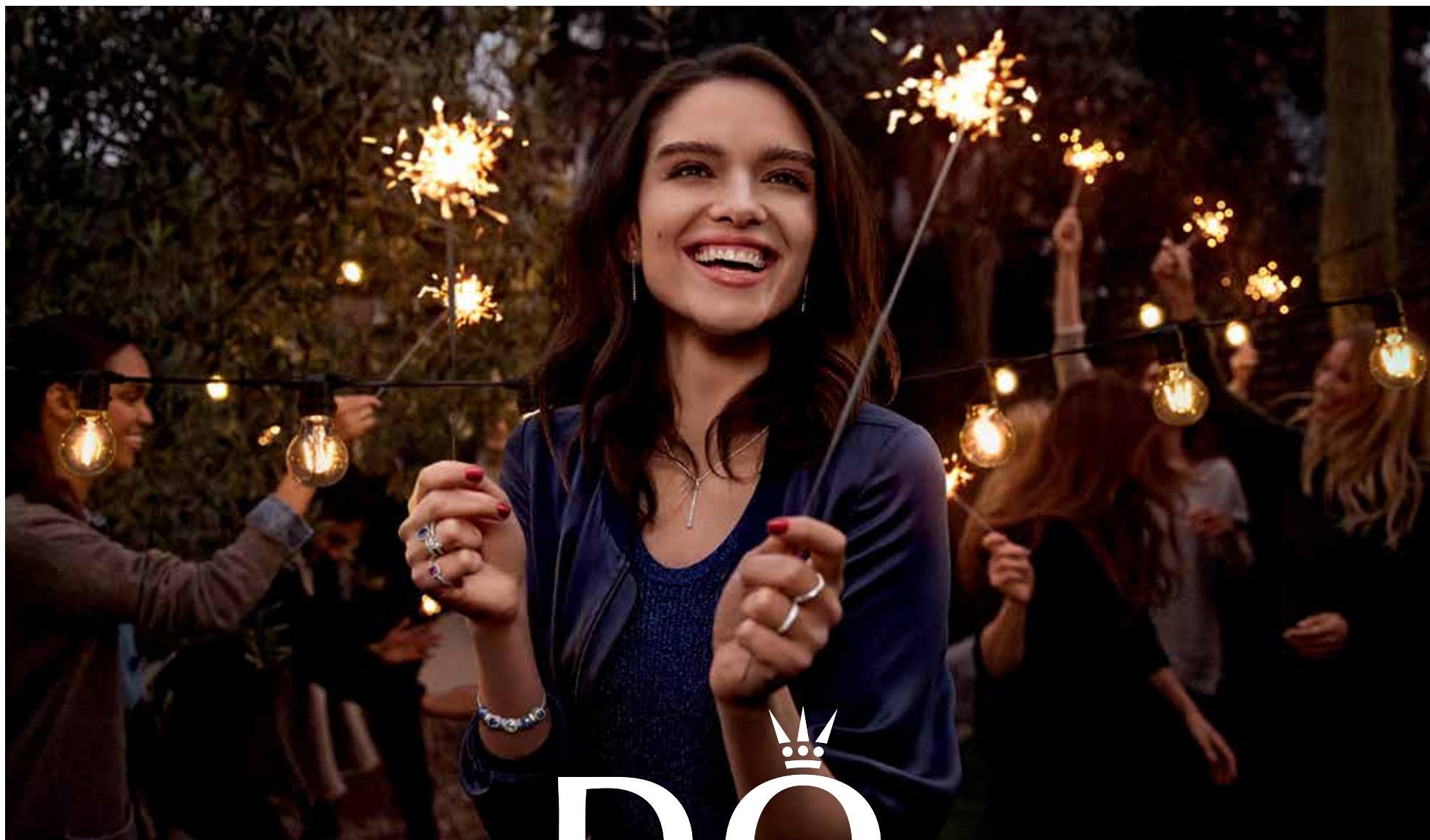
Another unexpected change announced in October was the re-implementation of the reduction in the tax on small business income.

These decreases by the federal government were followed by an announcement by Ontario government that the provincial rate on small businesses will also decrease. The resulting decreases will drop the current tax rate on small business income of 15% to 13.5% in 2018 and further reduction to 12.5% beginning in 2019.

While a decrease in the small business tax rate is good news, there is a corresponding increase in the tax on non-eligible dividends that the both governments failed to highlight in their press releases. This is done to ensure that the income from the corporation is properly integrated going forward. The highest marginal tax rate in 2017 for Ontario is 45.3%, that rate will increase to 46.84% in 2018 and 47.78% in 2019. What should we take from these changes? Prior to December 31, 2017, you may wish to consider paying dividends to shareholders to extract as much from the company using lower rates as you can, while you still can.

Additionally, share structures may need to be revisited and consideration should be given to triggering gains before the new rules kick in.

In any event, we suggest contacting a tax professional to ensure you do not miss out on tax planning that could save you significant taxes this year and in the future.



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# LAY'N RUBBER AT KING & TEMPERANCE



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Back in 1961, the main industry in Bowmanville was Goodyear Rubber. You could purchase a decent tire in those days for about \$15.00. Some of the younger employees at the Goodyear plant felt that it was important to keep the company building rubber products. And, they would

accomplish this by laying as much of the product as they could onto the King Street asphalt.

There was no A&W Drive-in to cruise around on a Saturday night in Bowmanville, just eastbound on King to Liberty, turn around at the A&P lot and head back west across King. Then, through the stop lights at Temperance to Scugog where you started all over again. If you couldn't afford much of the 23 cents per gallon gas at Brock Brother's BP or Don Plain's Shell, you just parked near the pool hall. If there wasn't room, you went across the street to the IGA parking lot and watched the so-called "action".

There were the '57 Chevs, the '56 Fords and as well as young guys like Ross Allread and Merle Shantz driving their Studebaker Hawks. They would all cruise by on a warm summer's night. The farm boys would bring in Dad's old pickup truck and they would all participate in one of Bowmanville's most popular summer social activities, "layin rubber".

They would poke along King Street at about 45 km per hour, shove in the clutch about 30 metres from the pool hall and rev the engine up enough to make those "Thrush" glass pack mufflers bark. Then, with amazing speed and co-ordination, shift that Hurst shifter into second gear, hoping to lay more rubber in front of the pool hall than the last car did. Even if the latest Beach Boys song was playing on CHUM, the radio was turned off so everyone could hear that screeching sound from the nylon 2-ply whitewall tires.

The trick of course, was to accomplish all of this without getting caught by someone like the every watchful Corporal John "No Breaks" Bird. The extremely brave (or incredibly dumb) ones would wait until around 2 a.m. and perform these vehicular feats in front of Chief Bernard Kitney's home on Liberty Street North. The Chief would wake up suddenly from the noise, call the police phone number and bellow out... "What the (#\$%\*) is going on out there".

So, in 1961, Chief Kitney and the other officers felt it was time to replace their massive 1960 Ford with the anemic six cylinder engine with something quicker. Town Council was approached, tenders were taken and Ray Gibbs Garage on King just west of Liberty (where Hanc's chip truck is now) got the low bid. The Town of Bowmanville had purchased a Studebaker.

When the car arrived at Gibbs small dealership, it was a white two door '61 Studebaker Lark sedan with a 289 cubic inch Studebaker V8 motor. Coupled to it was a standard, "three on the tree" three speed transmission. There were a few heavy duty options but it was a basic car built in Hamilton, Ontario. "Council wanted to keep the price down", Ray Gibbs said.



Bowmanville Police Force circa 1960's. Left to right.....Chief Bernard Kitney, Constable Louis Phillips, Constable Ron Parker, Constable Tracey Davis, Constable Les Rickard, Constable Don Anderson, Corporal Kay Freethy, Constable John Bird.

Ron Parker (former Corporal with Bowmanville Police) recalled the first time he took the car out for a drive. "That thing would lay rubber (see, even the police said that!) for two blocks! It was just too powerful for its weight and the rear end would slide easily when you went around a corner too fast. We put two bags of sand in the trunk, one on each corner and that solved the problem", he added.

Ron recalled the first night out with the car. "A call came in on the in-car police phone. It was Annie Darch, who lived over one of the stores on King Street. "You had better get down to the Front Street. They're squealing them tires again!"

Just imagine the "guffaws" when the gang in front of the pool hall caught sight of the little white Studebaker Lark. "Hey look at the Stupidbaker!" one of them probably yelled, loud enough for the officers to hear. Suddenly, a

red and white 1959 Chevrolet Bel Air two door with a continental tire on the back turned westbound onto King Street from Temperance. Yup, you guessed it, layin rubber...

The Studebaker Lark stuck right with the high powered V8 Chev as they rocketed westbound on King. When they reached the Oshawa City limits sign, the Chev gave up and finally pulled over, unable to outrun the Studebaker. When the local lead foot got out of his car, he couldn't believe his eyes, a Studebaker.

What he didn't realize was that the Studebaker Corporation was quite interested in getting into fleet sales. They were marketing special order vehicles, including taxis. The company was flexible enough to custom tailor a car or truck to anyone's needs. They would install any equipment, including sirens, lights and decals. The company proudly boasted their recent

automotive speed achievements, such as; "0-70 miles per hour in nine seconds" and "top speed of 130 miles per hour".

In 1962, the Town of Bowmanville ordered another Studebaker from Ray Gibbs Garage. This time it was a green four door sedan with similar equipment as the 1961 model. Ray advised



that the Town went for the four door model became "some of the Town Councillors thought the two-door looked dumpy". The 1961 two door was traded in and it had about five subsequent owners in the Clarington area. The final owner was Roy Graham, another small Studebaker Dealer in Haydon north of Bowmanville, who parked it behind his garage. Here it was used for parts until it was finally scrapped many years later. The last police cruisers purchased by Bowmanville Police were two 1971 Dodges. They were also purchased locally.

On January 1, 1974, Bowmanville Police Department was amalgamated into Durham Regional Police. The author joined Bowmanville Police in August 1973 and retired from Durham Regional Police as a Sergeant in 2000.



@ Brian Greenway

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## MISSION STATEMENT

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

## VALUES AND BELIEFS

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

Thank you for another great year at the centre. It's hard to believe it's been two full years since the incorporation of the Bowmanville Older Adult Association and thanks to all of our members, volunteers, community partners and sponsors we are excited to celebrate our many successes and welcome the beginning of another great year for 2018.

As you will see the Board of Directors have made a few changes to fee structures in regards to memberships, lunches, wheels in action and drop-in fees. Please know that these decisions were not easy ones to make however the costs associated with operating the BOAA (utilities, snow removal, staffing, vehicle expenses, food, etc.) continue to rise.

Moving into the new year we are excited to announce some changes to our organizations staffing. We will be welcoming Les-Lee Bell as our New Volunteer Coordinator, Amanda Rutherford as our Administrative Assistant and Chelsea Wolf and Sharon Mansfield will be teaming up to focus on all of our Annual Events and Fundraisers. Of course the rest of the BOAA team will also be on board to assist you as needed.

*Mike Moynes, President*

## VOLUNTEERS

**"ALWAYS WANTED AND APPRECIATED"**

If you are interested in giving back to your community by volunteering at the BOAA, please contact

Les-Lee at 905-697-2856

or email

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

Positions are available for all commitment levels and no experience is required.

Training and support are always available.

Kitchen Helpers, Assistants for Events and Fundraisers,  
Poster Distribution, Reception and Café Attendants,  
Van Drivers, Maintenance and Facility Helpers.

The list goes on and on ...

### PG.2 \_\_\_\_\_

- General Information

### PG.3 \_\_\_\_\_

- Drop-In Programs
- Trips & Travel

### PG.4 \_\_\_\_\_

- Upcoming Events & Fundraisers
- Workshops & Seminars

### PG.5 \_\_\_\_\_

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### PG.6 \_\_\_\_\_

- Sports & Activities
- General Interest Programs

### PG.7 \_\_\_\_\_

- General Interest Programs
- Dance Programs

### PG.8 \_\_\_\_\_

- Fitness Programs

### PG.9 \_\_\_\_\_

- Fitness Programs

### PG.10 \_\_\_\_\_

- Fitness Programs
- Art & Music Programs

### PG.11 \_\_\_\_\_

- Art & Music Programs
- Dance Programs

### PG.12 \_\_\_\_\_

- Computer & Technology Programs
- Partnership Programs

# 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 Amanda at 905-697-2856 EXT 57
- Non-members are now welcome to participate in all programs, courses and events by paying the non-member fee

### Benefits of Membership:

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

## WHY SHOULD I BUY A MEMBERSHIP?

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

## REGISTRATION INFORMATION

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

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

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

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

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

## WAITING LIST

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

## WEATHER POLICY

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

## ALWAYS SCAN YOUR CARD & CHECK IN

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

## HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed December 23rd to January 1st, February 17th, 18th and 19th, March 30th and 31st, April 1st, and 2nd, May 19th, 20th and 21st.

## WHEELS IN ACTION

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

## WI-FI

If you wish to stay connected while at the Beech Centre, we have Wi-Fi. Please visit the front desk for the password.

## EMAIL & VOICE DIALING

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

## EMAIL CONTACT INFORMATION

**Angie Darlison:**

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

**Veronica Vargas:**

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

**Chelsea Wolf:**

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

**Stella Riccio:**

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

**Les-Lee Bell:**

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

**Robin Thomson:**

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

**Sharon Spooner:**

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

**Tom Shotton:**

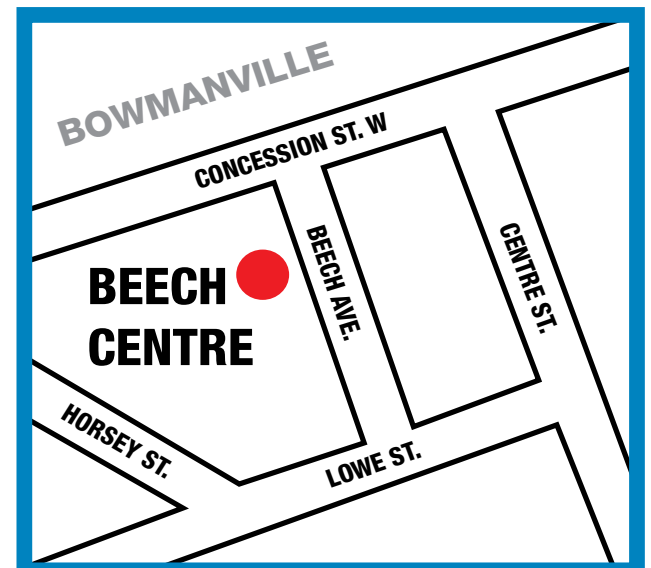
[maintenance@bowmanvilleolderadults.com](mailto:maintenance@bowmanvilleolderadults.com)

**Amanda Rutherford:**

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

**Sharon Mansfield:**

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



## NON-MEMBER INFORMATION

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

## GUEST REGISTRATION

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

## COMPLIMENTARY TRIAL FOR PROGRAMS

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

## GIFT GIVING IDEAS

**Trying to think of a special gift for a birthday, anniversary or just to make someone smile? There are several options available at the Clarington Beech Centre:**

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

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

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



**Facebook:** Bowmanville Older Adult Association



**Twitter:** @BowmanvilleOA



**Instagram:** bowmanvilleolderadults





**Pinterest:** BOAA



**Youtube:** Bowmanville Older Adult Association



# Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Snooker	12 pm to 8 pm	Snooker	8 am to 8 pm	Snooker	12 pm to 8 pm	Snooker	8 am to 1 pm
Snooker	9 am to 6 pm	Cribbage & Euchre	9:30 am	Urban Poling	9 am	Table Tennis	10 am	Urban Poling	9 am
Book Club once per month	10 am	Social Bridge	9:30 am	Choir	10 am to 11:30 am	Woodcarving	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Table Tennis	10 am	Bridge Fun Group	1 pm	Mexican Train Dominoes	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Square Dancing	12:45 pm	Canasta	1 pm	Bid Euchre	1 pm	Darts	1 pm
Darts	1 pm	Mahjong	1 pm	Healthy Living	3:30 pm to 4:30 pm	Craft Group	1 pm to 3 pm	500 Cards	1 pm
Duplicate Bridge	1 pm	Social Bingo	1 pm	<b>Weekly Drop-In Fee Schedule</b>  Duplicate Bridge: \$3.50 members \$5 non-members  All other drop-in programs: \$1.75 members \$3 non-members  Effective February 1st, 2018. All other drop in programs \$2 members, \$3.25 non-members  Progressive Fundraising Euchre: \$3 members \$5 non-members  Square Dance \$.75 members \$1.25 non-members	Ukulele	2:15 pm	Jam Session	1 pm	
Cribbage	1 pm	Friendship Group	1 pm		Social Bridge	7 pm	Meditation	2 pm to 3 pm	
Social Show times once per month	6 pm	Theatre Group	2:30 pm		Texas Hold'em Poker	7 pm	Saturday		
Bid Euchre	7 pm	Jam Session	6:30 pm				Table Tennis	10 am	
 <b>SOCIAL BINGO</b>  Tuesday at 1 pm, \$1.50 per person for as many cards as you wish for 6 games 25¢ for dabber for 1 game sheet  Tuesday at 2:15 pm \$1.25 per card for 10 games 25¢ for dabber for 1 game sheet			Progressive Fundraising Euchre		7 pm			Snooker	10 pm to 4 pm
							Social Bridge	1 pm	
							Cards	1 pm	
							Sunday		
							Snooker	12 pm to 4 pm	
							Bid Euchre	1 pm	
						Darts	2 pm		



# Trips & Travel

## Mirvish Production of Annie April 2018

Set in 1930s New York during The Great Depression, brave young Annie is forced to live a life of misery and torment at Miss Hannigan's orphanage. Her luck changes when she is chosen to spend Christmas at the residence of famous billionaire, Oliver Warbucks. Meanwhile, spiteful Miss Hannigan has other ideas and hatches a plan to spoil Annie's search for her true family. This tour will have very little walking. Tour will include coach bus transportation, lunch at the Hot House Café, play and a small donation to the BOAA. **Dates and Prices to be determined.**

## Grand River Cruise – June 20, 2018

Today we travel to Caledonia in the Brantford area for one of the most popular Ontario cruises. Upon arrival we're greeted by the foot tapping music of "The Blazing Fiddles". We then board and cruise the scenic Grand River and enjoy a hot roast beef lunch. This tour will have very little walking. **\$107.00** Tour will include coach bus transportation, lunch, boat cruise and a small donation to the BOAA.

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

## A Weekend in Lancaster Thursday September 27 to Sunday September 30, 2018

This tour takes us to the oldest Amish settlement in America. Lancaster, where they still rely on horse and buggy transportation and refuse public electricity. It's easy to relax here with the beautiful scenery and clip clop sound of horses echoing down back country roads. Tour includes: 3 nights accommodation, buffet breakfast daily, outlet shopping, "Jesus" at Sight & Sounds theatre, Family Style Dinner, Chalk Talk Presentation, Lititz Town Tour, Dutch Apple Dinner Theatre Lakeshore Tour Director, and \$20.00 per person donation to the BOAA. Prices in Canadian dollars: Single \$1095, Double: \$855.00, Triple: \$835.00, Quad: 815.00 Cancellation & Medical insurance is available **A valid Canadian Passport is required for this tour.** *This tour will include a lot of walking.*

## MEMBER ONLY CONVENIENCE PASSES FOR SALE

Never worry about having the correct change again. To assist our members, we now have ten pass coupons available for drop-in fees, coffee/tea, soup, Tuesday lunches and van rides. Visit the front desk to purchase yours today!

	Single Pass	New Pricing	10 Pass + ONE FREE
Coffee (BOAA mug)	\$0.70	\$0.80	\$7
Coffee (Personal mug)	\$1		\$10
Tea (Mug or tea pot)	\$0.70	\$0.80	\$7
Member Drop-In	\$1.75	\$2 Feb 1st, 2018	\$17.50
IN TOWN Van Rides	\$2	\$3 Feb 1st, 2018	\$20
OUT OF TOWN Van Rides	\$4	\$5 Feb 1st, 2018	\$40
Member Tuesday Lunch	\$8.05	\$9 Feb 1st, 2018	\$80.50
Soup	\$2.50		\$25

Limited Time Only

## Upcoming Events & Fundraisers

Tickets for all events  
on sale now at BOAA

For more information please contact  
Sharon M at [events@bowmanvilleolderadults.com](mailto:events@bowmanvilleolderadults.com)

### Monthly Baking Fundraiser with Josie

Friday, January 5th - Meat Pies  
Friday, February 2nd - Chicken Pies  
Friday, March 2nd - Coconut Cream or Chocolate Pies  
Pre-orders required. Please visit the front desk for more details.

### Bridge Social with CASH PRIZES

Modified progressive format, winners move up and switch partners, losers stay and switch partners. Chicago Scoring. Complimentary Refreshments will be provided in the Café. No advanced registration required, however you must arrive prior to 1:15 pm.

Sunday January 7th, February 4th, March 4th  
1:30 pm to 4:30 pm  
\$5 members / \$7 non-members

### Euchre Extravaganza

Includes: 12 games of Progressive Euchre, Buffet Dinner, Door Prizes and Draws  
Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Saturday January 13th, March 10th  
3 pm  
\$10 members / \$12 non-members

### Social Dances with

#### The Clarington Beech Nuts

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

Friday January 19th, February 16th, March 16th, April 20th  
1 pm to 4 pm  
\$3.50 members / \$5.50 non-members

### 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, January 21st, March 18th  
1 pm to 4 pm

### Arm Chair Travel Experience Dinners Fundraising Events

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

January 25th - The Caribbean  
February 15th - China  
March 15th - Ukraine

5 pm Complete passport for all locations

\$75 members / \$90 non-members  
Per Event \$30 members / \$35 non-members

Limited seating available so please register early to avoid disappointment.

### 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 January 26th, February 23rd, March 23rd  
7 pm  
\$5 members / \$8 non-members

### Progressive Euchre Party - Last Saturday of Every Month

Advance Tickets Recommended & Available at the Bowmanville Older Adult Association

Prizes for 1st to 5th Place, Loan Hands & Random Draw  
50% of Door Ticket Sales will be given in prizes - Guaranteed!  
Advanced tickets are required (purchase tickets or place your name on the "hold" list at the front desk)

Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws

Saturday January 27th, February 24th  
6:30 pm  
\$8 members / \$10 non-members

### Robbie Burns Luncheon

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

Tuesday January 30th  
11:30 am  
\$8.05 members / \$11.40 non-members

### Smile Theatre presents "Suzi + Doug: The Second Time Around"

Includes refreshments will be provided after the theatre.

Thursday February 1st  
1:30 pm  
\$5 members / \$7 non-members  
Sponsored by Ontario Power Generation

### Bid Euchre Bonanza

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

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

Saturday February 10th  
11 am  
\$10 members / \$12 non-members

### Barn Dance with Larry Adams & The Gold Tymes Band

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

Saturday February 17th  
8 pm to 12 am  
\$10 members / \$12 non-members

### Annual General Meeting and Member Potluck

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

Friday March 23rd  
12 pm  
"FREE" Just bring a food item to be shared

### Taste of Home

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

Wednesday March 28th  
5 pm  
\$30 members / \$35 non-members

### Smile Theatre presents "Show title to be determined"

Includes Refreshments will be provided after the theatre.

Thursday May 3rd  
1:30 pm  
\$5 members / \$7 non-members  
Sponsored by Ontario Power Generation

## Workshops and Seminars

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

### "FREE" Ask The Detective An Entertaining And Informative Series of Seminars Presented By Area Resident and Recently Retired Police Detective Greg Georges

The Kennedy Subway Murder  
Detective Greg Georges will present the case and study sharing actual crime stories, scene photos and video.

Thursday 1 pm to 3 pm  
January 25th

#### Recognize, Report and Stop:

Detective Greg Georges will talk about:  
Fraud, Phone Scams, Home Security, Identity Thefts, Door threats and other General Advice.

Thursday 1 pm to 2 pm  
February 1st

Driving tips and GPS innovations and other General Advice.

Thursday 1 pm to 2 pm  
February 15th

Contractors and Services, Landlords, and other General Advice.

Thursday 1 pm to 2 pm  
March 1st

### "FREE" Blood Pressure Clinic with Coby Booth

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

Tuesday 9:30 am to 12 pm  
January 9th, January 23rd, February 6th, February 27th,  
March 13th, March 27th, April 10th, April 24th

### BOAA VOLUNTEER TAX CLINIC

Requirements:

Individual Income of less than \$30,000

Couple income less than \$40,000

Please bring a copy of your previous year's return along with all receipts, T Forms and Notice of Assessments for 2016

For more information please contact Amanda.

### "FREE" Brain Waves Café

A social and informal place for individuals with cognitive (memory) chance 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  
January 9th, February 6th, March 6th, April 3rd

### CULINARY LESSONS with Chef Simon Bush from Bistro 238

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

Monday 1 pm to 3 pm  
January 15th and March 19th  
\$10 members per lesson / \$15 non-members per lesson

## Workshops and Seminars

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

### CULINARY LESSONS with Chef George

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

Wednesday 1 pm to 3 pm

January 17th, February 14th, March 14th, April 11th, May 16th

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

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

**Pulses: A New Super Food? A Diabetes Canada Webinar Series**

An on-line webinar hosted by Diabetes Canada. Join us as certified diabetes educator Sarah Bulden talks about how a diet rich in pulses can help you better manage your diabetes.

Thursday 1:30 pm to 3:30 pm

January 11th

**Exercise Tips with Toni**

Being physically active is important to managing your diabetes. Toni Johnson will return to teach us how we can stay active every day and advise on the benefits of physical activity.

Thursday 1:30 pm to 3:30 pm

February 8th

**Nutrition Myths, Separating Facts from Fiction**

Are you confused by nutrition claims? For nutrition month (March) we will talk about some popular nutrition myths and give you some tips to help separate fact from fiction.

Thursday 1:30 pm to 3:30 pm

March 8th

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

### “FREE” DOWNSIZING 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 - Masood Vatandoust, Broker and Bev Sirrs, Sales Representative Everyone is welcome. Ideal for those approaching retirement or currently retired, or those advising or caring for an aging parent/grandparent.

Please RSVP as limited seating is available.

Tuesday 10 am to 11 am

January 23rd

### ENERGY MEDICINE with Donna Elliott

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

Wednesday 1 pm to 2:30 pm

February 7th

\$7 members / \$9 non-members

### “FREE” HEALTHY EATING FOR OLDER ADULTS with Jessica Corner

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

Thursday 2 pm to 3 pm 2 weeks

February 1st at BOAA February 8th at Loblaws

### “FREE” HEARING AID CARE with Bowmanville Hearing Services

Complimentary clean and checks on hearing aids. No appointment required.

Tuesday 1:30 pm to 4:30 pm

January 16th, February 20th, March 20th

### “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 at Lobby

Monday 2 pm to 4 pm

January 15th, February 5th, February 26th, March 5th

### INTERNATIONAL WOMEN'S DAY 2018

Come out and celebrate International Women's day - BOAA style! We will be drumming, singing, dancing and honoring all women. Join us for an inspiring celebration to recognize women. Entrance by donation in support of BOAA.

Thursday 4 pm

March 8th



## CAFÉ

Open Monday to Friday  
9 am – 3 pm  
Saturday & Sunday 10 am-3 pm  
Muffins, soup & biscuits are  
yummy and affordable!

### POSITIVE ENERGY IN THOUGHT with Donna Elliott

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

Wednesday 1 pm to 2:30 pm

February 21st

\$7 members / \$9 non-members

### “FREE” SELF-DEFENCE & STREET SMARTS with Julie Blake

Come and learn some self-defense moves and some street smarts. You can get physical or not, your choice. Either way you will learn something. Former Black Belt instructor showing you some self-defense moves

Thursday 12 pm to 1 pm

March 22nd

### “FREE” TAX CLINIC with Peter Hobb from Collins Barrow

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

Wednesday March 14th

7 pm to 9 pm

Please contact Front Desk to book your appointment in advance. Clinic to be held at 1748 Baseline RD W, Courtice, ON L1E 2T1

## TUESDAY LUNCH

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

\$8.05 members / \$11.40 non-members

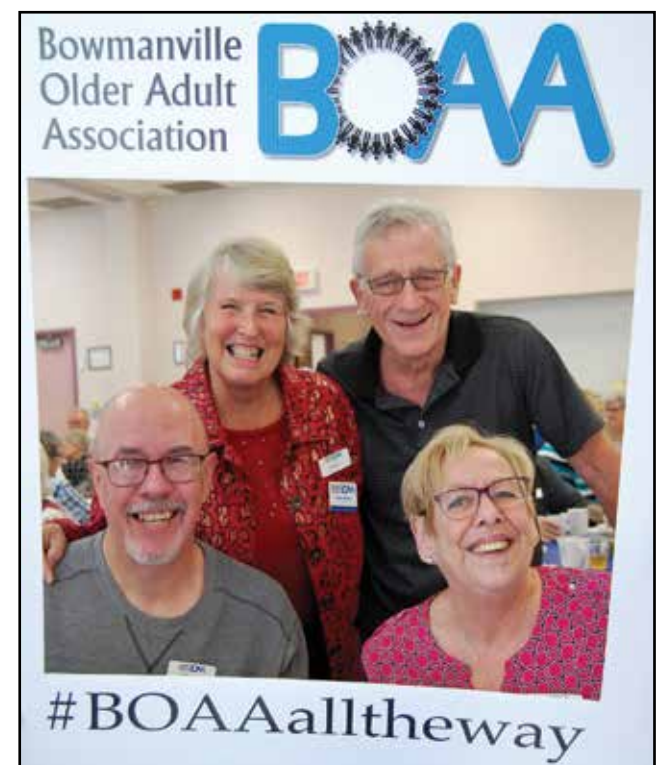
Please purchase your weekly lunch ticket before Friday at 4 pm.

This helps staff and volunteers with planning and preparation.

No lunch: December 26th, January 2nd and February 20th.

Effective February 6th, 2017

\$9 members / \$12.50 non-members



## Sports & Activities

### “Social & Fun” Mixed Bowling League

Join us for a fun afternoon with friends. Held at the Newcastle Town Hall Bowling Alley.

Includes: weekly prize draw & fun with friends

**Thursday 1 pm to 3 pm**

**January 11th to April 26th**

*No bowling February 15th*

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

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

### “Social & Fun” Mixed Dart Drop-In

Grab your darts and join in the fun. No experience needed.

**Monday & Friday at 1 pm**

**Sunday at 2 pm**

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

**February 1st, 2018 \$2 members / \$3.25 non members**

### Urban Poling with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, care and upper body toning, reduce stress of knees and hips, improve posture and balance) while exploring a variety of local trails. Suitable for everyone. Poles available to borrow through the BOAA.

**Wednesday 9 am at the BOAA**

**January 10th to March 28th OR**

**Friday 9 am at the BOAA**

**January 5th to March 23rd**

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

**February 1st, 2018 \$2 members / \$3.25 non members**

## 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 color schemes and the principles of design needed to make a lasting arrangement.

You will discover your artistic side by creating a round arrangement, a contemporary arrangement and, if time permits, a wreath.

This is a set up for beginners in flower arranging.

Materials needed will be discussed at the first class.

**Monday 1 pm to 2 pm 6 weeks**

**February 5th to March 19th**

*No class February 19th*

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

### BOWMANVILLE BOOK CLUB

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

**Monday 10 am to 11 am**

**January 15, 2018**

Discuss – The Red Notebook by: Antonie Laurain

Pick up – The Magic Strings of Frankie by: Mitch Albom

**February 26, 2018**

Discuss – The Magic Strings of Frankie by: Mitch Albom

Pick up – All that We Cannot See by: Anthony Doerr

**March 19, 2018**

Discuss – All that We Cannot See by: Anthony Doerr

Pick up – Zoo Keepers Wife by: Diane Ackerman

**April 16, 2018**

Discuss – Zoo Keepers Wife by: Diane Ackerman

Pick up – The End of your Life Book Club by: Will Schwalbe

**May 21, 2018**

Discuss – The End of your Life Book Club by: Will Schwalbe

**June 18, 2018**

Pick up – The Nest by: Cynthia D'Apris Sweeney

**August 20, 2018**

Discuss – The Nest by: Cynthia D'Apris Sweeney

**August 20, 2018**

Please visit the centre after August 20th to pick up the

September Book “The Nightingale by: Kristen Hannah”

that will be reviewed in September 2018

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

**February 1st, 2018 \$2 members / \$3.25 non-members**

### CRAFT GROUP with Judi White

Let your creative side out - Working many different types of material from plastic canvas, cross stitch and cut and paste projects to fabric painting and seasonal projects.

Supplies will be provided.

**Thursday 1 pm to 3 pm**

**January 18th to end of May**

*No session February 1st and May 3rd*

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

**February 1st, 2018 \$2 members / \$3.25 non-members**

### EUCHRE LESSONS with Don Welsh and Josie Roberts

Learn all you need to know to play Euchre.

Euchre is a trick taking game with trump, played with four players in teams of two. At the end of the six weeks you should be able to comfortably join our evening progressives or by-monthly euchre extravaganzas.

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

**January 16th to February 20th**

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

### FENG SHUI with Gayle Smith

The program includes the history of Feng Shui origins and its fundamental concepts. After taking this course you will be able to perform a house audit. Understand the concepts of Classical Feng Shui and the Art of Placement. Go from beginner to practitioner.

**Tuesday 11:45 am to 1:15 pm 11 weeks**

**January 16th to March 27th**

**\$57.75 members / \$75.10 non-members**

### FRENCH LESSONS with Gaëtan d'Albret

**Level 1**

Suitable for participants with little or no knowledge of French. Start with the alphabet, the pronunciation, days, months, colors and numbers. Learn basic situations, key language structure and simple words useful in daily situations.

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

**January 16th to March 20th**

**\$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**

**January 16th to March 20th**

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

### FRENCH LESSONS with Maurice Laganière

**Level 3**

This course has been redesigned 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**

**January 16th to March 20th**

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

### FRANÇAIS AVANCE with Maurice Laganière

Cet cours s'adresse aux étudiant(e)s qui ont une bonne connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

**Tuesday 3 pm to 4:30 pm 10 weeks**

**January 16th to March 20th**

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

### “NEW” FRENCH ENHANCEMENT COURSE with Gaëtan d'Albret

Strengthening French learned in prior courses (level 1, 2, or 3) by conversation. Participants will get the confidence in sharing a coherent summary of events or arguments from oral to written sources. They will improve the ability to express themselves precisely in a spontaneous, fluent way.

**Thursday 2:45 pm to 4:15 pm 10 weeks**

**January 18th to March 22nd**

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

### FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft? Join us for a 6 week program where we teach you to do just that. No experience is necessary other than a familiarity with a keyboard and mouse. All equipment will be provided.

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

**January 19th to February 23rd**

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

### FUN WITH MATH with Alan Bayliss

This short program is intended for all levels of math fans. The facilitator and each participant may choose to informally present a group-approved topic for discussion. Topics may include the derivation of pi, the radian perfect circle, number system bases, the concept of zero, Fibonacci Numbers, logarithms, prime numbers, the use of sigma, statistics. Perhaps a little story of the contribution of many scholars like Al-Khwarizmi, Euclid, Pythagoras, Archimedes, Aryabhata, Brahmaputra, Al-Buruni, de Fermat, Descartes, Goldbach, Euler, Lagrange, Lemoine, Newton and Leibniz could be included.

**Tuesday 10 am to 11:30 am 4 weeks**

**January 9th to January 30th**

**\$14 members / \$18.20 non-members**

### IMPROVISATION (IMPROV) - Tickle your brain! with Julie Ditta

Improvisation improves your laugh life, lifts your spirits and is fun. Improvisation combines improv games, popularized on the TV show “Whose Line is it Anyway?” with a few basic, dramatic techniques resulting in spontaneous and often humorous responses. Improv is a dynamic experience that reduces stress and keeps your mind and imagination sharp. No acting skills are required. Improv increases confidence, improves thinking and lets you connect with others. Laughter never retires!

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

**January 15th to March 26th**

*No class February 19th*

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

## General Interest Programs

### INTUITIVE AND PSYCHIC DEVELOPMENT PART 1 with Julie Ditta

This course will help you heighten your innate intuitive and psychic abilities and learn to trust your inner voice and feelings. By doing so, you will develop greater clarity, awareness, increase energy and improve problem solving. It will help you to identify your psychic strengths, in order to channel information and messages. 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.

**Wednesday 10:30 am to 12 pm 11 weeks**  
**January 17th to March 28th**  
**\$82.50 members / \$127.25 non-members**

### “NEW” INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

This course will continue to help you heighten your innate intuitive and psychic abilities and learn to trust your inner voice and feelings. It will help you to explore and expand your psychic gifts. 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.

**Monday 12 pm to 1:30 pm 10 weeks**  
**January 15th to March 26th**  
*No class February 19th*  
**\$75 members / \$97.5 non-members**

### LATIN-AMERICAN SPANISH with Alan Bayliss

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

#### LATIN-AMERICAN SPANISH 1

¡Buenos días! Going to México or Costa Rica this winter? Learn the basics to converse a little with the locals. No previous knowledge is necessary. With an easy-going pace, you will learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and more. Approximately one hour of homework will be assigned every week.

**Tuesday 9:15 am to 11:15 am 6 weeks**  
**March 13th to April 17th**  
**\$56 members / \$72.80 non-members**

#### LATIN-AMERICAN SPANISH 2

¡Más Español! Spanish 1 or some basic prior knowledge is suggested. To wake up your Spanish brain we will start with a review then move to new material. This program will cover more verbs, nouns and adjectives in general conversation. Topics include housework, the kitchen, the family, possession, location and more complex numbers. Approximately one or two hours of homework will be assigned each week.

**Tuesday 1 pm to 3 pm 6 weeks**  
**March 13th to April 17th**  
**\$56 members / \$72.80 non-members**

#### LATIN-AMERICAN SPANISH 3

¡Aún más Español! Spanish 2 or a good basic knowledge is required. This program is a continuation of Spanish 2 and brings a lot of things together. Learn more irregular verbs, some past and future verb tenses and more nouns and adjectives in conversation at the restaurant, shopping and weekends. Comparisons, common expressions and pronouns used with verbs will be introduced. To get the most from this program more than two hours of homework per week will be assigned.

**Wednesday 1 pm to 3 pm 6 weeks**  
**March 14th to April 18th**  
**\$56 members / \$72.80 non-members**

#### LATIN-AMERICAN SPANISH 4

Este programa es para los que ya completaron Español nivel 3 o el equivalente. Continuará con las lecciones como antes, en el supermercado, el restaurant y el hospital. Estudiaremos pronombres directos, indirectos y reflexivos, verbos en tiempo pasado y más. Involucraremos comprensión de lectura y oral. Se require varias horas de tarea por semana para obtener los beneficios del programa

**Wednesday 9:30 am to 11:30 am 6 weeks**  
**March 14th to April 18th**  
**\$56 members / \$72.80 non-members**

### LEARN TO PLAY BID EUCHRE with Sharon Vivian and Kay Moore

For those who already play 500 or Euchre, learning Bid Euchre will be easy. Learn how partnerships bid in order to win the contract. By the end you will feel comfortable to join the “drop-in programs” and the Bid Euchre Bonanzas

**Monday 1 pm to 3 pm 4 weeks**  
**March 5th to March 26th**  
**\$20 members / \$26.50 non-members**

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

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

**Monday 6 pm**  
**January 15th, March 19th, April 16th**  
**Drop-in Fees of \$3 members / \$5 non-members apply**

### “NEW” 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. We will get together and practice our oral skills

**Wednesday 6:30 pm to 7:30 pm 10 weeks**  
**January 17th to March 21st**  
**\$45 members / \$58.50 non-members**

### Strolling Through the Garden with Beata Zeranska

Learn what to do in the garden during different seasons. When to prune, what to prune and when not to and why. Some plants thrive and others don't. Moisture and soil requirements for most popular plants, how to rejuvenate old shrubs, how to take care of spring bulbs and some basic principles of designing your garden.

**Thursday 3:30 pm to 5:30 pm 10 weeks**  
**January 18th to March 22nd**  
**\$80 members / \$104 non-members**

### TAROT 101 with Cathy Pearson

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

**Friday 9:45 am to 11:45 am 6 weeks**  
**January 12th to February 16th**  
**\$30 members / \$39 non-members**

### THEATRE GROUP with Judi White and Friends

Calling all Thespians! This is a group for aspiring actors, interested writers, performers and people who are just passionate about theatre. People of all skill levels are welcome to join the weekly group to work towards a culminating, collaborative show. No experience required.

**Tuesday 2:30 pm**  
**January 9th to end of May**  
**Drop-in Fees of \$1.75 members / \$3 non-members apply**  
**February 1st, 2018 \$2 members / \$3.25 non-members**

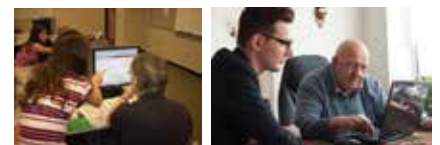
### WRITING YOUR MEMOIR THE NEXT CHAPTER with Cynthia Reyes

Your memoir is underway; your writing skills have much improved. Now it's time for 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**  
**January 16th to March 6th**  
**\$72 members / \$93.60 non-members**

### The BOAA Geek Squad

*presented in partnership with*  
*Clarington Central Secondary School*



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

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

**Services will be provided during one hour**

**appointment at the Beech Centre**

**on Mondays & Thursday**

**3:30 pm – 6:30 pm**

**\$6 per appointment**

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

#### \*SPECIAL OFFER TO BOAA MEMBERS\*



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

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

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



## Fitness Programs

### 20/20/20 with Cindy Legare

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

**Monday 1:15 pm to 2:10 pm 9 weeks**

**January 15th to March 26th**

*No class February 19th and March 12th*

Or

**Wednesday 12:10 pm to 1:05 pm 9 weeks**

**January 17th to March 21st**

*No class March 14th*

**\$45 Members / \$58.50 Non-Members**

### “NEW” BROGA (Yoga for Men) with Annalisa Cara

Broga combines traditional yoga with functional fitness exercises and high-intensity interval training. It works on improving core strength, cardio, muscle-toning, stress reducing, and clarity-building postures. You'll get that pumped-up feeling you get from working out and a deep flexibility and relaxation feeling from “working in.” (No Yoga experience required)

**Tuesday 3 pm to 4 pm 10 weeks**

**January 16th to March 27th**

*No class February 13th*

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

### BUILDING BETTER BALANCE with Sharon Wildeboer

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

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

**January 17th to March 21st**

*No class February 7th, March 14th*

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

### CARDIO WITH PEP with Lydia Vooy-MacLeod

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

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

**January 15th to March 26th**

*No class February 12th and February 19th*

**\$45 Members / \$58.50 Non-Members**

Or

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

**January 12th to March 23rd**

*No class February 16th*

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

### CHAIR PILATES with Karen Ross

Start with the basics and get the most out of your chair Pilates! Learn the fundamentals and proper techniques, focusing on body connections, breathing, balance, alignment and awareness. Learn how to identify your own weaknesses and imbalances and work with them to restore healthier movement. This class is great for newcomers to Pilates, who prefer or cannot get down onto a mat, and for those who want to refine their knowledge, understanding and ability. This group chair class encourages you to move sitting in the chair, creating a totally new challenge for the core muscles.

**Thursday 1 pm to 2 pm 11 weeks**

**January 18th to March 29th**

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

### CHAIR YOGA with Lydia Vooy-MacLeod

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

**Monday 10 am to 11 am 9 weeks**

**January 15th to March 26th**

*No class February 12th and February 19th*

**\$45 Members / \$58.50 Non-Members**

Or

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

**January 18th to March 29th**

*No class February 15th*

Or

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

**January 12th to March 23rd**

*No class February 16th*

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

### DRUMS ALIVE FITNESS with Carol Drew

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

**Tuesday 2:05 pm to 3:05 pm 9 weeks**

**January 30th to March 27th**

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

### FABULOUS MUSCLES with Lydia Vooy-MacLeod

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

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

**January 12th to March 23rd**

*No class February 16th*

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

### “NEW” FIT AND 50+ with Annalisa Cara

Yoga for the active senior. This class is designed to benefit the already fit and active senior who is looking for a yoga class that will help maintain or increase strength, flexibility, balance and a positive well-being. (No Yoga experience required)

**Tuesday 4 pm to 5 pm 10 weeks**

**January 16th to March 27th**

*No class February 13th*

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

### “NEW” FIT FUSION with Ruth Kolisnyk

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

**Tuesday 2 pm to 2:55 pm 11 weeks**

**January 16th to March 27th**

Or

**Thursday 12 pm to 12:55 pm 11 weeks**

**January 18th to March 29th**

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

### FITNESS FOR ARTHRITIS with Cindy Legare

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

**Monday 2:15 pm to 3:10 pm 9 weeks**

**January 15th to March 26th**

*No class February 19th or March 12th*

Or

**Wednesday 1:20 pm to 2:15 pm 9 weeks**

**January 17th to March 21st**

*No class March 14th*

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

### GENTLE YOGA with Sharon Wildeboer

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

**Monday 10 am to 11 am 9 weeks**

**January 15th to March 26th**

*No class February 19th*

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

Or

**Wednesday 10 am to 11 am 9 weeks**

**January 17th to March 28th**

*No class February 7th, March 14th*

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

### “NEW” GET MOVING with Ruth Kolisnyk

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

**Tuesday 1 pm to 1:55 pm 11 weeks**

**January 16th to March 27th**

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

### GUIDED MEDITATION with Julie Ditta

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

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

**January 17th to March 21st**

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

### MEDITATION 101 FOR BEGINNERS with Les Lee Bell

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

**Thursday 7 pm to 8 pm 11 weeks**

**January 18th to March 29th**

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

### MEDITATION 101 DROP IN with Les Lee Bell

Drop in to enjoy mindfulness and meditation.

**Every Friday 2 pm to 3 pm**

**Drop in fee of \$5 members / \$6.50 non-members apply**

#### Fitness ONLY Drop-In Cards Now Available

To be used for classes that have space. First come first serve. Please contact BOAA to confirm class is available to avoid disappointment.

**\$60 per class / 10 card pass**

## Fitness Programs

### "NEW" HEALTH LIVING DROP IN with Veronica Varags

Weather in Canada can be a barrier for us not to stay active, especially in Winter. To help you stay healthy and active this session we will be opening the auditorium for a NEW physical Activity Drop-In. Bring your own equipment or use our weights, balls, mats and bands.

**Wednesday 3:30 am to 4:30 pm**

**January 31st to end of June**

**Drop-in fees of \$1.75 members / \$3 non-members apply February 1st, 2018 \$2 members / \$3.35 non-members**

### 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 early to mid-stage signs of dementia\* are accompanied by their care partners. Gentle and easy to follow physical activities. Fun social activities focused on building personal skills. The program benefits for the person with dementia: Improved balance, mobility, flexibility, alertness, increased confidence, and comfort with their own circumstance. For the care partners, it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia. Other benefits include: Seeing the person they are caring for enjoying themselves. Mutual support and learning from other care partners. The participating couple can benefit from: Sharpened mental functioning, reduced sense of isolation. \*Dementia is an umbrella term for a variety of brain disorders that include the following symptoms: loss of memory, judgment and reasoning, changes in mood and behavior.

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

**January 18th to March 15th**

*No class February 1st*

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

### PILATES with Karen Ross

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

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

**January 15th to March 26th**

*No class February 19th*

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

### POWER FLOW YOGA with Annalisa Cara

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

**Wednesday 11:00 am to 11:55 am 10 weeks**

**January 17th to March 28th**

*No class March 14th*

**\$50 Members / \$65 Non-Members**

### QIGONG (CHINESE YOGA) with Donna Elliott

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

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

**January 17th to March 21st**

**\$75 members / \$97.50 non-members**

**Wednesday 11:45 am to 12:45 pm 10 weeks**

**January 17th to March 21st**

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

### SHAPE UP with Jason Fenton from Live in Motion

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

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

**January 15th to March 19th**

*No class February 19th*

Or

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

**January 10th to March 14th**

**\$45 Members / \$58.50 Non-Members**

Or

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

**January 12th to March 16th**

**\$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 11 weeks**

**January 16th to March 27th**

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

### SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

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

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

**January 16th to March 27th**

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

Or

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

**January 12th to March 9th**

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

### STRENGTH TRAINING FOR ALL with Sharon Wildeboer

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

**Wednesday 2 pm to 3 pm 9 weeks**

**January 17th to March 28th**

*No class February 7th, March 14th*

**\$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**

**January 17th to March 28th**

*No class February 7th, March 14th*

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

Or

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

**January 12th to March 23rd**

*No class March 16th*

**\$50 members / \$65 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. Ideal for beginners and low level intermediate.

**General**

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

Or

**Intermediate**

Previous Tai Chi experience required

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

**January 15th to March 26th**

*No class February 19th*

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

### WINTER URBAN POLING with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, core and upper body 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.

**Wednesday 9 am at BOAA**

**January 10th to March 28th**

Or

**Friday 9 am at BOAA**

**January 5th to March 23rd**

Always meet at the BOAA to car pool at 9 am

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

**February 1, 2018 \$2 members / \$3.25 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 10 weeks**

**January 15th to March 26th**

*No class February 19th*

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

Or

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

**January 17th to March 28th**

*No class February 7th, March 14th*

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

### YOGA with Lisa Balsdon from Live In Motion

**Tuesday 7 pm to 8:15 pm**

**January 9th to May 29th**

Winter pass includes the following:

21 session total

Use anytime Tuesday between the dates outlined

BOAA members receive 10% off winter passes

Pass allows flexibility if you need to miss a few classes

Pass Prices:

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

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

\*\*Payment plans – ALL post dated cheques MUST be received first day of class\*\*

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

Email or text lisa@liveinmotion.ca or 905-706-7862

### 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 10 weeks**

**January 15th to March 26th**

*No class February 19th*

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

Or

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

**January 12th to March 9th**

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

## Fitness Programs

### 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**

**January 16th to March 27th**

*No class January 23rd*

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

Or

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

**January 25th to March 22nd**

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

### ZUMBA® GOLD with Veronica Vargas

A combination of dance and fitness created from the original Zumba ®. For the active older adult or beginner level participants who may need modifications for success.

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

**January 31st to March 21st**

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

### ZUMBA® COMBO with Veronica Vargas

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

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

**January 26th to March 16th**

**\$40 members / \$45.20 non-members**

## Art & Music Programs

### A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

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

**Thursday 1 pm to 3 pm 11 weeks**

**January 18th to March 29nd**

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

### ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

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

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

**Saturday 10 am to 2 pm**

**March 24th**

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

### CHOIR with Allanah Coles & Donna Barber

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

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

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

**February 1, 2018 \$2 members / \$3.25 non-members**

### DRAWING with Paul Livingston

Using common drawing tools like pencils, pens and sketching pads, learn the basics, yet very essential drawing principles and how to apply them toward drawing virtually anything you can see, remember, or imagine. This is also a good foundation study for any aspirations toward painting. Learn to understand light and shadow, shape and form, composition and perspective. A little exposure to these principles opens up a whole new world.

Learn to do, landscapes, portraits, florals, animals and buildings in a relaxed and casual atmosphere with demos, personal instruction and positive encouragement.

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

**January 17th to March 28th**

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

### DRUM CIRCLE FOR WELLNESS with Julie Ditta

Drumming is a natural wellness tool for releasing stress, healing, and having fun. This drum circle offers an increased sense of self-esteem, creativity and community building. Drumming is an inclusive experience where trust, compassion, sharing and spontaneity thrive. No previous drumming or musical experience is required. We drum from the heart, releasing all judgment and discovering our own rhythm. Drumming for wellness brings balance back into our lives and lift our spirits.

**Monday 1:30 pm to 3 pm 10 weeks**

**January 15th to March 26th**

*No class February 19th*

**\$75 members / \$97.50 non-members**

### JAMMING GROUP with your BOAA Friends & Family

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

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

OR

**Friday 1 pm to 3 pm**

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

**February 1, 2018 \$2 members / \$3.25 non-members**

### JEWELRY MAKING with Lynn Morrison

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

**Wednesday 10 am to 12 pm 6 weeks**

**February 14th to March 21st**

**\$60 Members / \$78 Non-Members**

### PAINTING WITH ACRYLICS with Shirley Bankey

You supply the canvas, brushes and other paraphernalia and Shirley will supply the paints. Please pick up a full list of other items needed from the front desk upon registration. All classes are a guided step by step learning experience perfect for both the beginner and intermediate painter.

**Chickadee/Winter Scene**

Paint the black capped chickadee as this bold songbird looks out over the crisp clean serenity of a beautiful winter landscape

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

**January 15th to January 29nd**

Or

**Snowy Owl**

With her beautiful ghostlike plumage the snowy owl is the perfect subject for a cold February painting project.

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

**February 12th to March 5th**

*No class February 19th*

Or

**Robin/Spring Scene**

When we begin to see more robins we know spring is finally here. Come paint these red breasted beauties as they look out over the fresh new growth in a spring scene.

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

**March 19th to April 9th**

*No class April 2nd*

**\$33.75 members / \$43.90 non-members**

### PEN AND INK with Dianne Darch

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

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

**January 29th to March 26th**

*No class February 19th*

OR

**Friday 12pm to 2 pm**

**February 2nd to March 23rd**

**\$72 members / \$93.60 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 techniques, a variety of lively rhythms and how to jam 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 11 weeks**

**January 12th to March 23rd**

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





## Art & Music Programs

### RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

This course is for advanced drumming students interested in gaining proficiency with their drumming by learning complex and challenging rhythms and polyrhythms. Students participate in community outreach activities. Drums are provided or bring your own.

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

**January 12th to March 23rd**

**\$55 members / \$71.50 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 toward Part 2. Instruction will focus on enhancing technique, tempo and acquiring challenging new rhythms. Drums are provided or bring your own.

**Wednesday 12 pm to 1 pm 11 weeks**

**January 17th to March 28th**

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



### UKULELE with Allannah Coles

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

**Thursday 1 pm to 2 pm**

Classes will resume in Spring 2018

### UKULELE DROP IN

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

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

**January 11th to End of June**

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

**February 1, 2018 \$2 members / \$3.25 non-members**



### WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

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

**January 18th to March 29th**

**\$148.50 members / \$193.05 non-members**

## Dance Programs

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

### “NEW” ALL THAT JAZZ with Alison Henry Grebenc

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

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

**January 18th to March 29th**

*No class March 15th*

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

### BALLROOM & LATIN DANCE with Bob Kerby

Learn to Foxtrot and Waltz. No partner necessary

**Thursday 2:45 pm to 3:45 pm 10 weeks**

**January 18th to March 22nd**

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

### LATIN DANCING with Veronica Vargas

Learn the basic Latin steps in a safe way. Put them together and finish with a Zumba® routine. The program is an introduction for Zumba Gold® and Zumba®

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

**January 15th to March 19th**

*No class January 22nd and February 19th*

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

### LINE DANCING with Phyll Marshall

Various steps will be taught in this fun and social program

**Monday 10 weeks**

**Beginner – 12:10 pm to 1:10 pm**

OR

**Beginner Plus – 1:15 pm to 2:15 pm**

**January 15th to March 26th**

*No class February 19th*

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

### “NEW” MUSICAL THEATRE with Alison Henry Grebenc

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

**Thursday 10 am to 11 am 10 weeks**

**January 18th to March 29th**

*No class March 15th*

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

### “NEW” Square Dancing Lessons with Jane Wilson

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

**Tuesday 11 am to 11:45 am 4 weeks**

**January 16th to February 13th**

*No class January 30th*

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

### TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

**Beginner**

**Tuesday 10 am to 11 am 10 weeks**

**January 16th to March 27th**

*No class January 23rd*

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

**Level 2**

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

**January 15th to March 19th**

*No class January 22nd and February 19th*

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

Or

**Wednesday 9 am to 9:55 am 8 weeks**

**January 31st to March 21st**

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

**Level 3**

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

**January 15th to March 19th**

*No class January 22nd and February 19th*

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

Or

**Wednesday 10 am to 10:55 am 8 weeks**

**January 31st to March 21st**

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

# Computer & Technology Programs

with  
Tanya Cochrane

## WINDOWS 10 BASICS

This class will get you closer to using your new Windows 10 system more efficiently. Learn about the new features of this operating system and how to adjust settings, use basic apps, understand Cortana and Edge to customize your start menu. Lots of time for questions and practice will be provided. Ability to use a mouse is required – please bring laptop to class or borrow one from the BOAA.

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

**January 11th to February 1st**

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

## FACEBOOK (BEGINNER)

This program will cover how to manage your profile, post updates and photos, understanding the newsfeed and communicating with friends and family. Please register for an account in advance and bring your password to class. Please bring device or borrow one from the BOAA.

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

**January 11th to January 25th**

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

## FACEBOOK (INTERMEDIATE)

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

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

**February 1st to February 15th**

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

## EXPLORING THE INTERNET WITH GOOGLE CHROME

Learn how to effectively search the internet, manage your favourite websites by creating bookmarks, adjust settings and other tips and tricks. Ideal for those using a computer or Android tablet – please bring a device to class or borrow one from the BOAA.

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

**February 8th to February 15th**

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

## ANDROID TABLET (BEGINNER)

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

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

**February 22nd to March 8th**

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

## BEGINNER EXCEL

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

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

**February 22nd to March 8th**

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

## WINDOWS 10 INTERMEDIATE

This is a continuation of Windows 10 Basics. More topics will be talked about with lots of time for review and answering questions! Must bring laptop to class or borrow one from BOAA.

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

**March 22nd to March 29th**

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

## INTRO TO CELL PHONES

Learn the different types of smartphones and plans available. Topics: talk and text, data plans, sim cards, unlocked phones and plans for snowbirds. Great class for those wishing to purchase a cell phone or want to move up from a flip phone.

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

**March 22nd to March 29th**

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

## FREE COMPUTER, INTERNET & PHOTOGRAPHY SUPPORT AT BRIAN'S DIGITAL CAFE

Wednesday by Appointment Brian Greenway will be volunteering on Wednesday afternoons at the BOAA to assist you with any of your computer or digital photography questions.

For BOAA members only.

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

## Partnership Programs



### CLARINGTON PHOTOGRAPHY CLUB

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

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

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

### REIKI with Beata Zeranska

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

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

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

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

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

### REFLEXOLOGY with Sharon Benner, Registered Reflexologist

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

**Every Monday starting at 9 am**

*No session February 19th and April 2nd*

30 minute relaxation treatment

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

1 hour full treatment \$54 members / \$50 non-members

### INDIAN HEAD MASSAGE with Sharon Benner

Indian Head Massage is a traditional Ayurvedic technique that has been practiced in India for thousands of years. Indian Head Massage is a holistic massage applied to the upper back, shoulders, upper arms, neck, scalp and face while in a seated position. The treatment also involves balancing the top 3 chakras or energy centres to help balance and revitalize the body's flow of energy. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state of relaxation.

Each treatment lasts 30 minutes.

Contact the front desk to book your appointment

**Monday starting at 9 am**

*No session February 19th and April 2nd*

30 minute massage treatment

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

### FOOT REJUVENATION-NURSING FOOT CARE SERVICES provided by Amber Marlow

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

**Wednesdays**

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$20

### NAILS by Dana Labelle from the Beauty Nook

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

**Tuesday starting at 9 am**

Regular Manicure \$20

Gel Manicure \$30



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

**On the 2nd Level of the Clarington Beech Centre**

26 Beech Avenue, Bowmanville ON, L1C 3A2

Monday Afternoons

Tuesday, Thursday and

Friday Mornings by Appointment

# THE KENDAL EAGLES

Continued from Page 1

groundskeeper was Roy Sleep and at the Annual Meeting Charles Reid presented him with a “lighter” for doing a great job maintaining the ball field.

One of the reasons for the continued success of this team is the excellent ball field, Harvey Jackson Memorial Park, located at the south end of Kendal. This beautiful park was donated to the community in 1925 by Mr. and Mrs. Abraham Jackson in memory of their son Harvey who was killed in action in November of 1918. Harvey was a member of the Princess Patricia Regiment.

That first year, 1970, the Eagles lost their first three games but finally notched their first win in a tense game against Locke Electrons at Soper Creek Park in Bowmanville. Paul Jones was the pitcher and Fraser Wallace, Grant Yeo and Ralph Hodgson all provided offence but it was Pete Maartense who hit a home run in the 9th inning to seal the first win. The Bowmanville Statesman called the team “The Heavy Thumping Eagles”.

The next year was much more successful as they picked up a new pitcher, Ralph Kennedy. Ralph, considered one of the best pitchers in the area at the time, had been playing for Bowmanville (Locke’s Electrons) but lived in the Kendal area.

The Kendal area has had some great ball players over the last 47 years but their most impressive is Major Baseball League pitcher Paul Quantrill. Growing up in the Kendal area, he started his baseball career playing as a youngster at Harvey Jackson Memorial Park. His grandfather, Howard Quantrill was apparently a fantastic pitcher who played in Kendal and Paul’s father John Quantrill pitched for the Kendal Eagles. Later, the Quantrill’s sponsored the Kendal Eagles for many years.

Paul, after moving to Michigan with his family, continued playing ball there until he was drafted by the L.A. Dodgers in 1986. He wasn’t signed though until 1989, when he

was drafted in the Amateur Draft by the Boston Red Sox. He had an incredible professional career spanning almost 20 years. He was used primarily as a relief pitcher with the New York Yankees, Philadelphia Phillies, San Diego Padres, Florida Marlins and Toronto Blue Jays. He was inducted into the Canadian Baseball Hall of Fame in 2010. Quantrill still holds the New York Yankees record for most games pitched in a season, 86. Quantrill rarely walked a batter and had a career .383 average. He was known as having a “rubber arm” and could throw endless pitches. He retired in 2006 after playing in the World Baseball Classic. He still lives in Port Hope and now works with the Toronto Blue Jays as a Special Assistant.

The Kendal Eagles have won an unbelievable nine Provincial Championships. They won in 1976, 1983, 1997, 1999, 2002, 2007, 2009, 2014 and now 2017. No other teams in the Ontario Baseball Association have done this and Kendal is likely considered by far the smallest community. The players, their families and friends have consistently maintained their dedication of amateur baseball to keep this team strong. This team



1976 Kendal Eagles Championship Team: FRONT ROW- Left to Right- Doug Taylor, Fraser Wallace, Jerry Thompson, John Robinson (Bat Boy), Scott Robinson, Bruce Aldred, Peter Henderson, Dan Norton? BACK ROW- Left to Right- Peter Maartense, Bill Robinson, Eric Moore, Ralph Kennedy, Bill McCullough, Jamie Wright, Mike Carman, Doug Rickard, Steve West, John Mather.

has made a significant impact on the community. It is certainly not about the money as the players are not paid. The Kendal Eagles do it for the love of the game and for their community.

Kendal’s first industry was lumbering, cutting down trees in the Ganaraska Forest and turning them into shingles and other wood products. Today, the Kendal Eagles are still utilizing the Forestry industry. Just like in 1970, they only use wooden bats. The “crack of the bat”, the wooden one, can still be heard in Kendal.



Paul Quantrill was inducted into the Canadian Baseball Hall of Fame in 2010. He started his baseball career playing ball as a youngster in Kendal.

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# THE NEW THREAT ON THE ROAD - DISTRACTED AND DROWSY DRIVING

The winter driving conditions we've already seen this year are hazardous enough without adding dangerous driving behavior. Most Canadians would never consider driving while

under the influence of drugs or alcohol.

Unfortunately, two new menaces on the road have become far too common- distracted and drowsy driving. In August of last year, 38 people were killed in accidents caused by distracted driving in Ontario, compared to 19 people killed in impaired driving accidents. This scenario is becoming more and more common across Canada, as rates of drunk driving steadily fall and distracted driving becomes a more serious issue.

In response to this growing crisis, road safety advocates, governments and personal injury lawyers have serious questions to address: What can police do to prevent distracted driving and who bears liability for injuries caused by distracted driving?

## Raising Awareness

What is the cause of this steady rise, and how can advocacy groups and police officers reverse it?

According to the Ontario Provincial Police, awareness is vitally important. Police note that while people won't get into a vehicle with an impaired driver they often will still get in a vehicle with a driver who is watching their phone while driving.

Police officers throughout Ontario agree there is a very serious problem with distracted driving right now and they are employing the same techniques and same enforcement they use with impaired driving. Police officers and road safety groups across Canada have launched awareness blitzes to publicize the dangers of texting while driving and similar distractions.

## Who is to blame?

The obvious choice is the distracted driver. Next in line is the vehicle owner as they are automatically responsible for the negligence of the driver of their car. If you suspect that a family member is driving and texting or otherwise distracted by their phone you should take steps to make sure it does not happen.

There are recent law suits brought against phone manufacturers and telecommunication companies alleging that there is technology to prevent drivers from texting while driving but they have failed to deploy it. One wonders if car manufacturers have some responsibility for creating the easy car/ phone connection.

## Drowsy Driving

While distracted driving has been getting some attention there is little public awareness of the dangers of drowsy driving.

Chronic fatigue is a fact of life for many Canadians who struggle to find a balance between work, family, and recreation. Data from Australia, England, Finland, and several other European countries suggests that between 10 and 30 per cent of all automotive accidents are caused by drowsy driving.

In the United States, the National Highway Traffic Safety Administration has estimated that driver fatigue causes 100,000 crashes, 71,000 injuries, 1,550 deaths, and \$12.5-billion in monetary damages each year.

As a personal injury lawyer I see many serious accidents caused by drowsy driving and the results are no less severe than those caused by drunk or distracted driving, yet no wide-spread publicity campaign against drowsy driving exists.

With that in mind, what can be done to prevent drowsy driving accidents on an individual level?

The most critical and effectual way to avoid drowsy driving accidents is also the most obvious: get enough rest. Skip a social activity, take a personal day from work, start an effective bedtime routine, and generally take whatever steps are necessary to catch up on rest when you're feeling overly fatigued.

It's also important for fatigued individuals not to rely too heavily on caffeine to get them through their morning or afternoon commute. While a strong coffee or energy drink may give you a temporary boost, the effects will not last.

If you're on the road and find yourself feeling particularly fatigued, don't be afraid to pull over to a safe location and close your eyes for a few minutes. As with impaired and distracted driving if you suspect someone is at risk of drowsy driving don't let it happen.

With a small dose of common sense and awareness we will all have a much safer and happier winter.

Have a great Holiday Season!

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**HAVE A SAFE & HAPPY HOLIDAY SEASON**

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# Is Selling Firewood From a Farm Located In The Oak Ridges Moraine a Permitted Land Use?



by Jim Abernethy, Publisher  
jim@claringtonpromoter.ca

According to Clarington's By-law Enforcement Department selling firewood is not a permitted land use. Recently, a land owner operating a 40 acre farm (OFA) north of Kendal received a letter from the Clarington By-law Department stating he was in violation of Clarington Zoning By-law #2005-109 (Oak Ridges) Section 12.2.1.

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

It is bizarre to think that our municipality would demand stoppage of an agricultural use in that area of the municipality, let alone to cease advertising the sale of an agricultural product. Farming is part of the fabric of our community. Members of Council regularly point out that Agriculture continues to be one of the most important economic drivers of our local economy, and has been for the last 200 years.

For rural people the farm is not only where they live, it is where they earn a living.

Yes, this particular farm is located within the boundaries of the Oak Ridges Moraine.

However the Land Use Designations outlined in the Oak Ridges Moraine Conservation Plan permits both agriculture and forest management uses within that portion of the moraine (where this farm is located).

Clarington municipal tax records indicate the property owner has a Province of Ontario Managed Forest Plan registered on

the 40 acre farm in question. Which requires the harvesting of trees.

The Guidelines on Permitted Uses in Ontario's Prime Agricultural Areas defines: biomass, bio-products, trees for harvest/ agro-forestry, and firewood as agricultural crops/uses.

Based on these Ontario Provincial Statutes the processing and selling of firewood from this property is a permitted use. Provincial Statutes over-ride municipal by-laws.

I found the letter from By-law to be very unusual. During my tenure at Town Hall, I have always found Clarington Municipal Staff carried out their duties in a professional manner.

Knowing this I decided to question the Local Councillor about the validity and motives of the letter.

I was disappointed to learn directly from the Councillor that:

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

By-laws and By-law Officers do serve a purpose, however stopping competition is not one of them. This investigation is a waste of taxpayer's money. By-law Officers have better things to do.

We should expect better from a seasoned Councillor who should by now know the rules. This is not the first time we have seen this type of behaviour from this Councillor.

Encouraging a business associate to use our municipal by-laws in such a vindictive revenge-



ful manner is not what we expect from our Councillors - especially from a Councillor who regularly goes out of the way to project their support for small business and the farming community.

This landowner just can't stop earning a living and, in light of the Provincial Statutes permitting that specific land use, the demands outlined in the letter from the Municipality are unwarranted, unrealistic and unjustified.

The property owners responded to the Municipality with a letter detailing the reasons why they are not in violation of the By-law # 2005-109 (Oak Ridges).

At the time of deadline for printing this December edition, the Municipality of Clarington had not responded to the property owner's letter, or given any indication if they intend to withdraw or proceed.

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

I will keep you posted.

## CHRISTMAS AT ST. JOE'S

featuring

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# HOME COOKING *with Cathy*

Hello there! This past month I was fortunate enough to visit the Kendal Hills Game Farm during their first open house to feature all of the many agricultural products they grow and sell right from their farm. I wanted to share with you a wonderful recipe for their Mushroom Soup. The artisan mushrooms featured in this recipe are available for sale at their beautiful farm. Visit their website located at the end of the recipe. Enjoy!

by Cathy Abernethy

CLARINGTON PROMOTER CONTRIBUTOR

## Kendal Hills Mushroom & Vegetable Soup (Vegan)

This soup highlights the flavours and textures of our gourmet mushrooms. All the mushrooms we included in this recipe were either cultivated or wild harvested on the Kendal Hills Game Farm. Prep time: 30 minutes, Cook time: 1 hour, Serves: 6

### Ingredients

- 4 cups homemade or make a high-quality vegetable stock (\*see instructions below)
- 2 large onions
- 4 large carrots
- 4 ribs celery
- 2 cloves garlic
- 1 large leek, white & pale green parts only
- 1 large sweet potato
- 1 ½-2 pounds fresh Kendal Hills mushrooms
- 4 cups of boiling water for soaking fresh mushrooms (mushroom varieties: Cinnamon Cap, Shiitake, Abalone and also Blue, Brown, White & Golden Oyster)
- 1 ½-2 cups dried mushrooms (mushroom varieties: Porcini (Bolete), Shiitake, Oyster)
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary (crushed in a mortar)
- 1 tablespoon herbs de Provence
- Salt & Pepper

### Directions

1. Place the dried mushrooms in a large glass bowl and pour 4 cups of boiling water from a kettle over top of them. Allow to sit for at least 30 minutes in the hot water while you prepare the soup.
2. Heat a large soup pot on medium heat; add oil of your choice.
3. Chop onions, celery & carrots to a medium dice; add 1 tsp salt & ½ tsp pepper. Stir to soften, about 5 minutes
4. Finely mince the garlic and add to the aromatics, stirring
5. Slice the leeks in half lengthwise and rinse under cold water to clean off any dirt or grit, then slice crosswise, about ¼ inch thick. Add to the pot, stir to soften, about 5-7 more minutes.
6. When the aromatics are soft and starting to release liquid, add dried herbs and stir to combine.
7. Peel and chop the sweet potato into 1-inch cubes, add to the pot & stir to combine. Cook on medium-low heat for about 5-10 minutes while you prepare the mushrooms.
8. Trim and chop the fresh mushrooms, including the stems. Large shiitakes can be chopped into cubes, aim for 1-inch pieces. Oysters can be roughly chopped or torn by hand. Cinnamon Caps can be cut in half or left as whole caps, but their woody stems should be chopped up in ½-inch pieces. Don't discard the stems - they add so much flavour to the soup!
9. Add fresh mushrooms to the pot and stir to combine. Allow to cook 2-3 minutes.
10. Add the dried mushrooms and the soaking liquid to the pot.
11. Add the vegetable stock and stir to combine.
12. Bring to a boil and reduce heat to low. Simmer for 1 hour or longer until veggies are tender. Taste the broth and season with salt & pepper to taste.
13. Serve and enjoy!

Instructions/recipe for homemade vegetable stock recipe - go to website: kendalhillsgamefarm.ca



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

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

Friday, January 5<sup>th</sup> 2018  
Rickard Complex – Pad B  
11:00am – 1:00pm

Friday, January 5<sup>th</sup> 2018  
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2:00pm – 4:00pm

Saturday, January 6<sup>th</sup> 2018  
Oshawa Legends – Ice Pad 2  
4:00pm – 5:45pm

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

Honourable  
**ERIN O'TOOLE**  
Member of Parliament for Durham

54 King Street East, Unit 103  
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47 Hetherington sold for \$515,000

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78 Nearco Cres sold for \$425,000

2265 Regional Rd 57 sold for \$1,130,000



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*Sold*

*Sold*

*Sold*

*Happy Holidays From My Home To Yours*

**Jim Abernethy, Broker**



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

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

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

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*From our Family  
to Yours*

**All the best this Holiday Season  
and wishing you a safe and Happy New Year!**



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