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Volume 8 | Issue 4

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December 2018

Bowmanville Older Adult Association **BOAA**
2018-2019 Winter Program Guide
(Pullout Inside)



Wanted – Farm Land & Rural Properties

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PRICE: To be negotiated
DETAILS:
 Wanted 10-100+Acre Parcels • With or Without House & Barns
 Flexible Closing Date • Leaseback Opportunities
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Members of the Bowmanville Rotary Club and students gather around for photo shoot after unloading deliver trucks containing hundreds of Christmas trees at Watson Farms Market.

The Christmas Tree Farms



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Historical evidence shows that we started decorating trees at Christmas around the year 1510 in Latvia. The Germans decorated their fir trees with paper roses, apples and pretzels soon after. Martin Luther apparently placed candles on the trees to symbolize the stars he saw on a clear Christmas Eve.

The first Canadian Christmas trees appeared on Christmas Eve in 1781 at Sorel, Quebec at the home of a German commander sent by the Duke of Brunswick to help defend Canada. They hosted a party for German and British officers. A balsam fir was placed in the dining room and decorated with fruits and lit white candles. Later, as more German and British pioneers came to Canada, the custom became much more popular.

The Christmas tree, with the Nativity scene is an important symbol of Christmas all across Canada. The English Royal family decorated trees at Christmas as early as 1800. In 1882, a Christmas tree with electric lights was lit in New York City by the owner of the Edison Electric Company.

The Oak Ridges Moraine was created by the last ice age. From the late 1880's, The Ganaraska Region was essentially stripped of its trees. This was due to overcutting the forest and poor farming practices. This caused the landscape to become barren and unproductive due to the very sandy soil found there. Lack of soil and foliage caused dust storms in small towns like Orono as well as massive flooding on the Ganaraska River at Port Hope. This area became known as "The Sahara of the North".

In 1941, The Ganaraska Watershed Report was released and it outlined how this area was one of the most environmentally damaged places in Ontario. The Conservation Study was completed in 1944 and became one of Canada's greatest environmental achievements.

They established a 20,000 acre forest known as "The Ganaraska Forest". Over two million trees were planted in the Ganaraska Forest over the next 40 years.

Thousands of these trees were Scotch pine and spruce which were sold as Christmas Trees. This also provided hundreds of local jobs for students; mostly young men.

Robert Robinson grew up in Orono, Ontario and remembers his time pruning Christmas trees in the area. In 1957, Robinson started working for Bud Rolph (who also owned a hardware store in Orono). Rolph owned a tree farm on

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Peter Hobb is on holiday, read his regular editorial in our next edition: March/April 2018

Does Change Have to be Painful?



by Peter Spratt, MBA, CHRP

Ever wondered about this? You've probably seen it happen, survived it (or maybe not survived it), but you lived through it. Maybe, just maybe you've resigned yourself to the belief that change has to be painful. But does it really?

Let's use the stretching metaphor. I'll bet that you've been told at least once that: a) it's good to stretch before and after exercise, and b) if it doesn't hurt a little, you aren't working hard enough. Years later, we find-out that: a) yes - stretching is good for us, and b) no - it shouldn't hurt; if it does, then we may be tearing muscle or exceeding our physical capacity. It's our body's way of saying "stop!!!". Return now to our main topic - change.

I have a bias. I happen to like change. For me, change brings newness: new information, new ideas to explore, or challenges me to think about things in a new or different way. I'm relieved to find-out that I'm not alone. Some others like change too; some actually claim that they thrive on change. Lesson: some of us like change!

But not everyone does. I've worked with some people who get very upset by changes made to what they do at work or the way they work, or to their work environment, or to whom they work with or for, etc. Some of these folks

are quite risk adverse. I'll admit that there are times when I find change a little overwhelming - usually when I'm overloaded or find that I can't control the nature of the change I'm experiencing at the time. (I find this to be especially true of changing family and/or personal life events, more so than work events). Lesson: some of us don't like change; and, we all have our limits!


Pain. Why is workplace change sometimes painful? I believe it is painful when we can't control how change is being introduced within our organizations (e.g. changes in legislation, restructuring decisions, external economic conditions, etc.), and also when we haven't been asked to participate in shaping how our organization is planning to transform itself. Lesson: some degree of control helps; and participation may reduce pain!

I believe that effective change is well planned, meaningfully in-

volves and engages the people it affects (customers, suppliers, employees, etc.), and is implemented with appropriate support mechanisms that demonstrate respect for those affected. Is organizational change pain-free? No - not always. Does it have to be painful? No - not always. Is there a formula for reducing the pain associated with change? Yes!

[thoughtful planning + respectful participation + support = effective change]

Peter Spratt, MBA, CHRP is a Principal in the global consulting firm ROCG. www.rocg.com



Life can either be accepted or changed. If it is not accepted, it must be changed. If it cannot be changed, then it must be accepted.

— Winston Churchill —

AZ QUOTES



Happy Holidays



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Opinions and Views



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

Bowmanville Redevelopment & Expansion Plan Moving Forward!

In order to provide you with a progress report on the Bowmanville Hospital Redevelopment and Expansion Plan, I recently contacted our local MPP, Lakeridge Health, and the Bowmanville Hospital Foundation for current information.

I learned that the Provincial funding formula for hospital projects such as ours requires the Ministry of Health to pay 90% of all capital costs, with the balance of funds coming from within the community. In addition, the community is responsible for 100% of the cost of all equipment required to operate the hospital.

So, over the next few years we will all have to work together to raise our share of those funds from within our community.

Lindsey Park, our MPP for Durham commented "The redevelopment and expansion of the Bowmanville Hospital is so important to our community. I will continue to be a strong voice of support as Lakeridge Health works with the Ministry of Health and Long-Term Care to finalize its proposal and as it moves forward in the approval and planning process.

We need to continue to provide excellent health care close to home. I want

Durham to be the envy of the whole province when it comes to its community health care services."



Lindsey Park MPP (Durham)

Tom McHugh, Executive Vice President, Patient Services, Regional Vice President Cancer Services, Lakeridge Health shared his thoughts on the Bowmanville Redevelopment.

Today, Durham Region is one of Ontario's fastest growing communities. Between 2018 and 2031, the population of Clarington is expected to grow to roughly 140,000 people compared to the 95,000 people living in the area today. To keep pace with local health care needs, the Bowmanville Hospital will need to be modernized and expanded.

Meeting the needs of our growing and aging populations with our current buildings is becoming a significant challenge. Currently, Lakeridge Health hospitals combined have among the highest emergency department visits in the province. And with the demand for acute care projected to double between now and 2041, this challenge becomes even more urgent.

Updating Lakeridge Health facilities is also a top priority for local residents. In community consultations across Durham Region earlier this year, the need to improve Lakeridge Health's buildings and infrastructure emerged as one of the key themes from more than 5000 points of feedback from thousands of residents.

Health care needs, the practice of medicine, and technologies have changed dramatically since the Bowmanville Hospital was constructed many years ago. The building was not designed for present-day health care needs, nor for the population growth we are experiencing in Clarington. We now understand how important the physical space – including light-filled and open spaces – are for a patient's recovery process and quality of life.

This is why Lakeridge Health is working closely with the community and the Ontario government to ensure that Clarington residents continue to have timely access to the services they need most in a modern and accessible facility that promotes healing and wellbeing.

Last January, the government gave the green light for the Bowmanville Hospital redevelopment. This was great news for our community. We are now actively working with the Ontario government on a plan that will double the size of the hospital and add new enhancements, including a new emergency department, surgical services and diagnostic imaging.

Redeveloping a hospital is a complex journey. It takes a number of years to get from the approval stage to breaking ground for a new hospital. As seen from the diagram (below), there is a rigorous process to get to construction.

Currently, we are at Stage 1 or the "Proposal Stage." Here we show the overall size and scope of the future hospital as well as the types of services that could be provided.

We are on track to give our Stage 1 submission to the Ontario



Bowmanville Hospital Foundation has been busy!

Bowmanville Hospital Foundation has been busy since the Ontario Government announced funding approval for the redevelopment and expansion of Bowmanville Hospital this past January. The Foundation recruited a Campaign Task Force, made up of a group of dedicated and loyal community leaders, who have been providing invaluable input and feedback on the early stages of the campaign.

The Task Force and Board of Directors are now helping to develop the brand for the campaign as well as working to decide on key leadership who will be tasked with raising the funds needed from the community on top of the support already committed by the provincial government.

MOHLTC Capital Approval Process



*Requires Government Approval to Move to Next Phase

5



Ministry of Health of Long-Term in spring 2019.

Next is Stage 2 – the "Functional Program" phase. This is when we consider how we will staff the new hospital, what kinds of equipment we will need and how much space is required. This phase could take up to two years.

During Stages 3 & 4 we will focus is on architectural planning and design. During these phases, it is common to make changes to adapt to new safety requirements and patient care standards. After Stage 3, we will have a better idea about how long it will take to start construction and open the new spaces.

We hope you are as excited as we are about the next phases of the Bowmanville Hospital redevelopment! We thank the community for its unwavering support as we continue the journey to build a state-of-the-art Bowmanville Hospital for generations to come.



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

The momentum and excitement centred around the redevelopment and expansion is building. This is evident by the extraordinary gift of \$2 million committed by the Kemp Family this past summer. The Foundation's Gala raised approximately \$357,184 gross, which is the most successful in the Foundation's 32 year history of organizing the Gala.

The evening also motivated St. Mary's Cement to make an impromptu \$250,000 gift to the new expansion. And, the Foundation is set to announce yet another leadership gift contribution that is sure to keep the excitement building around the much needed expansion to our hospital.

"The redevelopment and expansion of the Bowmanville Hospital is one of the most exciting projects to hit our community in a long time", says Frank Cerisano, CEO of the Bowmanville Hospital Foundation. "The campaign has from its inception brought in all the elements that make raising money successful, we have the right volunteers, the right project, and the right community to guarantee a successful completion to the campaign. The Clarington community cares about its Hospital, and together we can, and will make the expansion a reality for its residents."

Individuals, corporations and organizations are encouraged to share your fund raising ideas, or to make a donation. To learn more, visit: www.bowhf.com or call the Foundation office at 905-623-3331 ext. 1881.

MEDIA RELEASE

Million Dollar Mark: Association of Hospital Volunteers – Bowmanville Donates \$1M to Bowmanville Hospital

BOWMANVILLE, Thursday, December 6, 2018 – Today, the Association of Hospital Volunteers - Bowmanville announced a \$1,000,000 gift to the Bowmanville Hospital Foundation in support of the redevelopment and expansion of Bowmanville Hospital.

Surrounded by fellow volunteer members of the Association, friends, community leaders and Hospital staff, Past-President, Jocelyn Pierrepoint, stepped forward to show the Association's commitment to Bowmanville Hospital with the announcement of this leadership gift.

The Bowmanville Hospital Foundation has shared a great partnership with the Association for many years, with over \$907,000 donated to date for the purchase of new equipment and to refresh areas of the Hospital such as the Mammography and Emergency departments. The Association also supported the "Back The Cat" campaign for the CT Scanner and most recently, purchased 10 new hospital beds through the Foundation's "Buy A Bed" Fundraiser.

"Bowmanville Hospital Foundation has been a great partner of ours and we enjoy working together towards the same goal of improving the patient care experience at Bowmanville Hospital," said Mrs. Pierrepoint. "As our wonderful volunteers can attest, the Hospital is in need of an expansion and our community deserves to have more modern facilities readily available when they need it. This gift is a reflection of the level of confidence we have in the redevelopment and expansion of Bowmanville Hos-

pital. It is through the commitment of our volunteers and community members who support our various fundraising programs that allows us to give back in such a significant way."

"We are very thankful to be part of such a rich and impactful history with the Association of Hospital Volunteers and are grateful for this incredible gift," said Chris Kooy, Board Chair, Bowmanville Hospital Foundation. "We are incredibly grateful for the relationship we share with the Association of Hospital Volunteers – Bowmanville. It is with great respect and gratitude that I say, on behalf of the Foundation's Board of Directors, staff and community at large, thank you!"

The Association of Hospital Volunteers - Bowmanville welcomes new members who want to contribute their time and effort to help improve the patient care experience at Bowmanville Hospital. For more information on how you can become a member of the Association of Hospital Volunteers - Bowmanville, please contact Vicki Adams, Coordinator of Volunteers for Bowmanville at (905) 623-3331 x 1347 for assistance.

For more information:

Andrea Russell • Bowmanville Hospital Foundation
(905) 623-3331 ext. 1884 • www.bowhf.com

THE CHRISTMAS TREE FARMS

Continued from Page 1



Early Canadian Christmas with Christmas tree and nativity scene.

Wilcox Road at Enterprise Hill. There would be about 3 students working there for about a month or so. In those days students were allowed to be taken out of school a week or so early to prune trees.

Robinson advised that he worked a 40 hour week and made \$1 per hour, which he said was a considerable amount of money for a student then. In 1959, he received what he called "a promotion" working for Fred Lycett at his farm north-west of Mosport. This was a much larger tree farm and Robinson could work all of June and July as well as Saturday mornings,



unless it was raining.

"On Saturday morning, if I heard the rain pelting down on the tin roof of our verandah, I would say, thank God, I can sleep in today", added Robinson.

Fred Lycett was a former teacher and hockey coach and he shared that knowledge when he trained the boys to prune the trees. Lycett told them; "You walk around the gangly Scotch pine, look at the tree and turn it into a work of art".

The tree trimmers had to watch out for small snakes and groundhogs sunning themselves. It was also very easy to get a serious rash from poison ivy. Robinson says that the most effective remedy was to rub Javex on your legs or arms.

Fred Lycett's sons, Don and Doug would drive a pickup truck to the tree farm. It would be loaded with all of the supplies and tools. Since there was no well or water supply at the farm, they would fill a large milk can full of water. This milk can would be wrapped with about 4 burlap bags which provided insulation to keep the water cold. A mutually used tin cup was tied to one of the handles with string. The older boys would drive vehicles and take a car load. Robinson recalled the Lycetts had a 1957 Chevrolet car they used to bring students to the farm.

The main tool used to trim the trees was a pair of garden shears. These were held upside down when cutting the tree into a neat cone shape. Files were readily available to sharpen the blades as needed. A large lunch would be made up by the boy's mother at home. This usually consisted of several sandwiches, fruit cake and a thermos full of a cold drink.. According to Robinson, as the tree trimming season progressed, so did the size of the lunches. When Lycett's farm was done, they would move over to the Van Eyk farm nearby. Robinson said the trees shipped to the United States were sold for \$1 per foot.

Irwin Colwell, who grew up in Bowmanville, worked at the Gale Christmas Tree Farm at Mosport. Colwell said that a school bus would pick up about 20 students in Bowmanville on Church Street near St. Paul's United Church and take them to the Gale farm near Mosport. The owner, Mr. Gale, lived in the United States but had Al Woodlock manage the farm for him. Colwell starting working there in 1960 for the months June and July and pruned trees there for three years. Colwell said his mother would freeze a thermos full of orange "Freshie" the night before to ensure he had an ice cold drink the next day.

Christmas tree production is still a profitable Canadian business. Almost 2 billion trees are still exported each year, mostly to the United States. Today the most popular Christmas trees are Balsam fir and Fraser fir.

In 1967, Pontypool's Sam Manetta invented and received patents for a tree packaging machine. This made the job of preparing trees for shipping much easier. Many of the trees



Robert Robinson demonstrates the technique he used to trim thousands of Christmas trees.

were shipped from the Pontypool train station to all parts of North America.

Today, Christmas trees are decorated with LED lights and glass ornaments replacing the fruits, apples and candles that were found on them years ago. Decorating the tree is an important family tradition but so is actually choosing a tree. Families bundle up in their winter clothing and head to various tree lots or farms to search for the perfect tree.

Each year, the Bowmanville Rotary Club sells locally grown Christmas Trees at Watson Farms Market located on the south side of Highway 2 just east of Maple Grove Road.

Rotarian Ted Watson advised that the Bowmanville Rotary Club has been selling Christmas trees for about 25 years. "We sell between 500 and 600 trees each season and the prices range from \$35 to \$65 depending on size and variety".

Watson indicated that the most popular tree is now the Fraser Fir. "They don't lose their needles", he added.

John Burns, President of the Club added "This Fundraiser has always been a tremendous success for the Club. All of the proceeds go to Rotary's local and international projects, community groups and organization, student bursaries and programs for children with Special Needs".



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A DAY WITH DAVID CROMBIE 2.0



You may recall our Christmas edition last year, an article about spending the day with David Crombie.

The theme for his 2017 visit to our municipality was to help him learn more about how legislation such as the Provincial Greenbelt and Oak Ridges Moraine legislation has impacted our agricultural community.

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

To read the complete article go to: www.ClaringtonPromoter.ca click on Past Issues and scroll down to December 2017.

Elva Reid, a local lifetime resident here in Clarington, is a long-time friend. Once per year they have made a point to meet and tour various areas of Clarington.

Last year I was invited to tag along, and this year I jumped at the offer to be "chauffeur for the day".

For some of us David Crombie needs no introduction..... In the early 1970's David Crombie became a leader in a grassroots 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 also served as a Member of Parliament holding several key cabinet positions.

Later, he chaired a Royal Commission which resulted in establishing 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.

Currently, he is the Chairman of 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.

The theme for his 2018 visit was to learn more about public recreational features of the Oak Ridges Moraine.

Our first stop was Brimacombe Ski & Snowboard facility located on the west side of the Kendal Valley just north of Orono.



Mark Rutherford (L), Elva Reid (C), David Crombie (R)

We met up with the Operations Manager, Mark Rutherford who was installing a new artificial snow making system in preparation for the upcoming winter season.

The History of Brimicombe:

In 1937, a small group of these skiers came together to form the Oshawa Ski Club on a small piece of land in Raglan. Today, this property is known as "Trillium Trails."

The current property in Kirby, was discovered in the 1940's and was originally called Brimacombe's Hill. While most of the activity remained in Raglan, Brimacombe's Hill was often used to hold races. Some of these races included exciting guests such as a team from the army!

In the late forties and early fifties, more and more activity began taking place at the Brimacombe site, with an official move occurring in 1954.

That same year, the first family memberships were offered for only \$10. This price included both parents and all children, up to 18 years of age. To raise money for improvements at the new location, life memberships were also offered for just \$100 each. A \$300 loan was arranged to finance the construction of the first tow.

Our next stop was one of the little known and under-utilized jewels of Clarington..... the Ganaraska Forest.

The 11,000 acre Ganaraska Forest is one of the largest blocks of forested land remaining in southern Ontario.

Perched on the top of the Oak Ridges moraine, it represents a small portion of what was once a majestic forest covering all of Southern Ontario.

In the early 1800's the virgin forests of the southern Great Lakes rapidly developed the North American square timber industry to meet the enormous demand from Britain, which was at war with Napoleonic France

Continued on Page 21



Wanted – Farm Land & Rural Properties

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

PRICE: To be negotiated

DETAILS:

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

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VISUAL ARTS CENTRE OF CLARINGTON – EXHIBITION BY JANE ECCLES

EXHIBITION TITLE: IN THESE THREADS
EXHIBITION DATES: JANUARY 20 - MARCH 17, 2019
OPENING RECEPTION: SUNDAY, JANUARY 20, 2019, 2 - 4 PM

ABOUT:

For over 35 years Bowmanville based artist, Jane Eccles has devoted her artistic practice to painting and performance. **In These Threads** is an exhibition that looks at Eccles practice of painting dresses lent to her by women from all walks of life. As part of her process, Eccles researches their stories, producing archival paintings that explore the narratives of women from Canadian writer, Margaret Atwood to farm woman and civic leader, Helen Liss.



Gallery Address: Visual Arts Centre of Clarington,
143 Simpson Avenue, Bowmanville.

Gallery hours: Tuesday - Thursday 10 - 9pm,
Fri-Sun, 10 - 4pm.

Tel: 905-623-5831
Email: communications@vac.ca
Website: www.vac.ca

Contact the VAC to learn more about a special live performance event taking place on Saturday March 9, 2019 that highlights women's stories from Clarington and beyond - Visit the VAC website or call 905-623-5831.

Image credit: Margaret's Dress, 2009, acrylic on canvas, 36" x 48". This dress directly relates to Margaret Atwood's 1985 book Cat's Eye. The dress coat was purchased by Atwood while writing the novel. Margaret Atwood, Canadian author of best seller book The Handmaid's Tale sold more 8 million copies and inspired the TV series and won 8 Prime Time Emmy Awards in the first season.

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



Mission Statement

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

Values and Beliefs

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

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Snooker	8 am - 6 pm	Social Bridge	9:30 am	Snooker	8 am to 6 pm	Sewing Social	9 am	Snooker	8 am to 12 pm
Walking	8 am to 6 pm	Table Tennis	10 am	Walking	9 am	Table Tennis	10 am	Urban Poling	9 am
Book Club once per month	10 am	Snooker	12 pm to 8 pm	Choir	10 am	Wood Carving	10 am	Open Art	9 am
Crocheting / Knitting Group	10 am	Square Dancing	1 pm	Bridge Fun Group	1 pm	Mexican Train Dominos	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Friendship Group	1 pm	Canasta	1 pm	Snooker	12 pm to 8 pm	Darts	1 pm
Duplicate Bridge	1 pm	Mahjong	1 pm	Get Active One Step at a Time	2:15 pm	Craft Group	1 pm	500 Cards	1 pm
Cribbage	1 pm	Social Bingo	1 pm	Weekly Drop-In Fee Schedule Duplicate Bridge: \$3.50 members \$5 non-members All other drop-in programs: \$2 members \$3.50 non-members Progressive Fundraising Euchre: \$3 members \$5 non-members Square Dance \$.75 members \$1.25 non-members	Bid Euchre	1 pm	Jam Session	1 pm	
Social Show Time once per month	6 pm	Theatre Group	2:30 pm		Ukulele	1:15 pm	Saturday		
Bid Euchre	7 pm	Acoustic Jam Session	6:30 pm		Tap Practice	3 pm	Snooker	10 am to 4 pm	
		Progressive Fundraising Euchre	7 pm		Ballroom Dance	3:30 pm	Weekend Card Party	1 pm	
 SOCIAL BINGO Tuesday at 1 pm \$1.25 per card for 10 games 25¢ per Dabber Sheet WIN CASH PRIZES								Sunday	
								Snooker	12 pm to 4 pm
								Weekend Card Party	1 pm

General Information

MEMBERSHIP INFORMATION \$30 (INCLUDES HST)

(Valid for one year from the day you join)

- Memberships are for those 55 years and older
- Spouses under the age of 55 are welcome to become members if their spouse is 55 and a member in good standing
- If you have a disability (regardless of age) and would like to participate in events, programs and courses at the centre please contact Angie at 905-697-2856 EXT 25
- Non-members are now welcome to participate in all programs, courses and events by paying the non-member fee

Benefits of Membership:

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

WHY SHOULD I BUY A MEMBERSHIP?

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

REGISTRATION INFORMATION

All program fees include HST. Cash, cheque, debit, Visa or Mastercard are accepted. Please make all cheques payable to the Bowmanville Older Adult Association. Refunds will be granted only for medical reasons with a doctor's note. A \$10 administrative fee will be applied to refunds. Programs will be cancelled when the minimum registration numbers are not met. Being a past participant in a class does not guarantee you a spot in a future session, so please always register in advance to avoid disappointment.

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

Please note there are no refunds for membership fees. Special event refunds will only be issued if your ticket can be sold to someone on a waiting list. There are no immediate refunds, please allow time for a cheque to be processed.

WAITING LIST

If a class is full, your name can be put on a waiting list by completing a registration form at the front desk. Any other request requires you to speak to Veronica our Program Coordinator.

WEATHER POLICY

If all school buses within Clarington are cancelled the BOAA will cancel all registered programs only allowing the centre to remain open for drop-ins.

No Wheels in Action Service will be provided.

All program cancellations will be announced via the Bowmanville Older Adult Association website at www.bowmanvilleolderadults.com and via social media platforms.

A voice automated call from (905) 697-2856 will be dispatched via our BOAA computer system immediately upon cancellations to all registered participants, so please ensure we have your updated telephone information on file.

ALWAYS SCAN YOUR CARD & CHECK IN

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

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed from December 21st at 4:30 pm to January 2nd at 8 am, February 16th, February 17th and February 18th.

WHEELS IN ACTION

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

WI-FI

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

EMAIL & VOICE DIALING

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

EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Chelsea Wolf:

events@bowmanvilleolderadults.com

Kristin VanDyk:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Simon Bush:

catering@bowmanvilleolderadults.com

Stella Riccio:

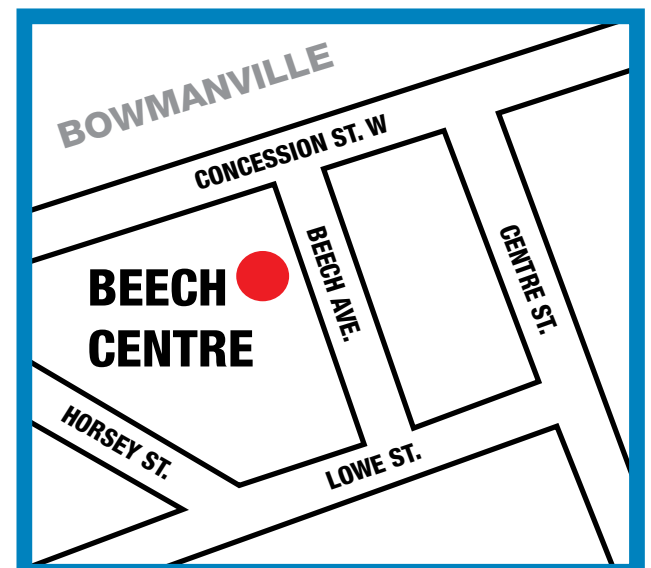
administration@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com



NON-MEMBER & GUEST INFORMATION

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

COMPLIMENTARY TRIAL FOR PROGRAMS

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

BOAA CAFÉ

OPEN

Monday to Friday 9 am to 3 pm
Saturday and Sunday 10 am to 2 pm

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

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

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



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: bowmanvilleolderadults



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Trips & Travel

ALL INCLUSIVE DREAMS VILLAMAGNA – Nuevo Vallarta, Mexico in partnership with KEMP Travel Group

Thursday February 7th to February 14th 2019

Includes: Airport Transportation, Economy Flights, In Destination Transfers, 7 nights all-inclusive accommodations, taxes, BOAA t-shirt, Kemp Travel Host & BOAA Programming onsite. For information on pricing and registration please contact Erin at KEMP Travel Group 905-623-3182 erin.kemp@kemptravel.ca

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

June 2nd to June 9th

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

Pre registration required with Erin at KEMP Travel Group 905-623-3182 erin.kemp@kemptravel.ca

Watch for details on our upcoming 2019 partnership trips with Lakeshore Tours & Travel

May - Niagara Casino Fallsview Casino

June - A Strawberry Social

July - Walter Family Home on the Farm

September - Eastern Townships Magog Quebec Getaway

October - Stratford Festival Theatre

November - Watertown USA Shopping

December - Fallsview Casino & Petrolia at Christmas Tyme
FOR MORE INFORMATION PLEASE ON DATES, FARES AND BOOKING PLEASE CONTACT MARILYN AT 905-623-1511.

“FREE” CASINO RAMA in partnership with Barb Porter

Monday January 28th, February 25th, March 25th

Depart the BOAA at 12:30 pm return around 10:30 pm

Includes: Coach Transportation and Buffet

Pre-registration required at BOAA Front Desk h

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

MEMBER ONLY CONVENIENCE PASSES FOR SALE

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

Upcoming Events & Fundraisers

Tickets for all events on sale now at BOAA

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

Christmas Dinner & Dance

Entertainment followed by DJ Dancing with Then & Now. Limited tickets available.

Saturday December 8th

5 pm Social 6 pm Dinner

\$30 members / \$35 non-members

Title Sponsor: Durham Medical

Associate Sponsor: Seasons Clarington

Bridge Social with CASH PRIZES

Join us for a fun afternoon of social bridge with modified progressive format. Enjoy complimentary refreshments from the café. No advanced registration is required.

Sunday December 9th, January 6th, February 3rd & March 3rd

1:30 pm to 4:30 pm

\$5 members / \$7 non-members

Classic Gourmet Breakfast with Chef Simon Bush

Join us for a specialty gourmet breakfast with all proceeds going to the BOAA's 2018 Fundraising Goal. Limited tickets available and pre-registration is required.

Along with the Main Feature, a variety of breakfast items will be available including: fresh orange juice, tea & coffee, croissants, bagels, toast, baguettes, fresh scones, smoked salmon, cheeses, local honey, jams and fresh fruit salad.

Saturday December 15th
Main Feature: Fresh Farm Eggs & Sausage
9 am Sitting

\$13 members / \$16 non-members

Christmas Luncheon

Includes: Lunch and Christmas Pageant with the BOAA programs and courses.

Tuesday December 11th

11 am

\$9 members / \$12.50 non-members



Christmas Concert with Lakeshore New Horizons Band & BOAA Choir

Enjoy some of your favourite holiday songs to get into the Christmas spirit at the BOAA!

Wednesday December 12th

7 pm to 9 pm

Admission by donation

Luncheon with the BOAA Theatre Group

Join us for our regular Tuesday luncheon followed by a performance by the BOAA Theatre Group.

Tuesday December 18th

12 pm

\$9 members / \$12.50 non-members

Euchre Extravaganza

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

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

Saturday January 12th, March 9th & May 11th

3 pm

\$10 members / \$12 non-members

Trips & Travel Info Session with Kemp Travel

We invite all those interested in travelling with us to join us for this important information session with Kemp Travel.

Meet the other members and guests travelling to Mexico & Alaska, along with discussion on future trip planning and offerings. Please RSVP at the Front Desk prior to Monday January 14th.

Wednesday January 16th

4:30 pm to 5:30 pm

FREE to all!

Social Dances with The Beech Nuts

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

Friday January 18th, February 15th, March 15th, May 17th

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.

Open to ALL with cash bar and refreshments available for purchase!

Sunday January 20th, March 17th & May 26th

1 pm to 4 pm

Admission by donation

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 25th, February 22nd, March 29th,

April 26th & May 24th

7 pm to 10 pm

\$5 members / \$8 non-members

Monthly Baking Fundraiser with Josie

Friday January 25th – Meat Pies \$6 each

Friday February 22nd – Chicken Pies \$6 each

Friday March 29th – Cherry Pies - \$9 each

Limited pies available with pre-orders required.

Please visit the Front Desk for more details.

Progressive Euchre Party - Last Saturday of Every Month

Prizes for 1st to 5th place, Loan Hands & Random Draw.

50% of Door Tickets sales will be given in prizes -

Guaranteed! Includes: Light refreshments, tea & coffee,

concession stand, 10 games, prizes & draws (purchase

tickets or place your name on the "hold" list at the Front Desk)

Saturday January 26th, February 23rd, March 30th,

April 27th & May 25th

6:30 pm

\$8 members / \$10 non-members

Robbie Burns Luncheon

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

Tuesday January 29th

11:30 am

\$9 members / \$12.50 non-members

Bistro Night with Chef Simon Bush

Come, dine with us for a regional tour and taste some of Europe's finest culinary destinations with a 3 course meal.

Wednesday 5 pm

January 30th - Greece

February 27th - Italy

March 27th - England

April 24th - France

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

Limited tickets available and pre-registration is required.

Upcoming Events & Fundraisers

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

Barn Dance with Larry Adams & The Good Tymes Band

Dance the night away with a live country & western band. Includes: door prizes, cash bar and refreshments.

Saturday February 2nd

8 pm to 12 am

\$10 members / \$12 non-members

Entertainment Sponsor: Northcutt Elliott Funeral Home

Variety Trivia Night with Alan Tibbles

Join us on a very different kind of Trivia Night featuring many questions and music from the 50's through to the 80's. Come to compete or simply to enjoy the show! Tea and coffee provided with prizes awarded to winning team.

Wednesday February 6th & May 8th

7 pm

\$5 members / \$8 non-members

Bid Euchre Bonanza

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

Friday February 8th & June 14th

4:30 pm

\$8 members / \$10 non-members

Love is in the Air Dinner & Dance

As Valentine's day approaches, don't miss this opportunity for a special dinner with a live band, dancing, and more! Everyone is welcome - no partner required.

Wednesday February 13th

Social 6 pm Dinner 6:30 pm

Dance with L'll Big Band LIVE!

\$20 members / \$25 non-members

Sponsored: The Villiage of Taunton Mills

Smile Theatre presents "Back to B4 - A Bingo Bonanza"

Part live bingo game, part musical comedy, this world-premiere immersive show is filled with laughs, audience participation and more familiar tunes. Audiences will hit the jackpot with this mysterious enchanted game, certain to invigorate and surprise even the most seasoned bingo pros. Refreshments will be provided after the show.

Thursday February 28th

1:30 pm

\$5 members / \$7 non-members

Sponsored: Ontario Power Generation

CSI Dinner with Retired Homicide Detective Sgt Greg Groves

Be the detective on the scene and unravel this poorly "executed" plan to determine who the killer is. Retired Detective Sergeant, Greg Groves, will present one of his Suspicious Death investigation cases using actual crime scene photos and videos collected during the investigation. YOU get to be the detective and compete with other guests to solve the crime. Includes: 3 course dinner, cash bar, multimedia presentation and prizes.

Thursday March 7th

5 pm to 8 pm

\$20 members / \$25 non-members

St. Patrick's Day Luncheon

Get your green on and prepare to party with us! Lunch will include Irish stew, potatoes, salad, dessert, tea and coffee, cash bar and door prizes.

Tuesday March 12th

12 pm

\$9 members / \$12.50 non-members

IN SUPPORT OF THE BOWMANVILLE OLDER ADULT ASSOCIATION

Bowmanville Older Adult Association **BOAA** 20 years

CATCH the ACE

EVERY WEDNESDAY NIGHT
UNTIL THE ACE OF ♠ IS DRAWN!

For more information visit: www.bowmanvilleolderadults.com

DOORS OPEN 6 PM | DRAW 7:45 PM

TICKETS: \$5 each

Monday, Tuesday & Thursday	8 am - 6 pm
Wednesday	8 am - 7:30 pm
Friday	8 am - 4:30 pm
Saturday & Sunday	10 am - 5 pm

26 Beech Ave Bowmanville ON L1C 3A2
905-697-2856 Bowmanville Older Adult Association
#BOAAWinningWednesday #CatchTheAceBowmanville

Annual General Meeting & Member Potluck

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

Friday March 22nd

12 pm

"FREE" Simply bring a food item to be shared

BOAA's Theatre Group Spring Performance: "A Mad Breakfast"

The BOAA Theatre Group will present "A Mad Breakfast" - a classic farce set in a boarding house. Practical jokers Mr. Jones and Ms. Brown tell each of the roomers that wealthy visitor Mr. Long is especially interested in their individual hobbies however Mr. Long thinks he is observing patients in a lunatic asylum. Hilarity ensues as chaos tops confusion and Mr. Long fears for his life. Be sure not to miss this fast paced, silly bit of fun.

Friday April 5th

5 pm Social 6 pm Dinner 7 pm Show

Includes: 3 course meal, performance, cash bar and door prizes

\$20 members / \$25 non-members

Saturday April 6th

12 pm Lunch

1 pm Show

Includes: performance, light lunch, cash bar and door prizes

\$15 members / \$20 non-members

Easter Luncheon

Celebrate Easter with us with a traditional Easter lunch and hunt for prizes!

Tuesday April 16th

12 pm

\$9 members / \$12.50 non-members

TUESDAY LUNCH

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

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

This helps staff and volunteers with planning and preparation.

No lunch: December 25th, January 1st, February 19th, April 23rd

\$9 members / \$12.50 non-members

Drop-In Programs, Activities And Services

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

500 CARDS

Friendly atmosphere, easy to learn if you know Euchre and Bid Euchre.

Friday 1 pm to 4 pm

March 22nd Drop-in will start at 2 pm to accommodate the BOAA AGM.

ACOUSTIC JAM SESSION

Come out for an evening of acoustic playing

Tuesday 6:30 pm to 9:00 pm

BALLROOM DANCE

Come and learn the basics of night club 2-step, one of the most versatile ballroom dances.

Thursday 3:30 pm to 4:30 pm

BID EUCHRE

Double deck of cards Jacks to Aces, bid high, low or in a suit.

Monday 7 pm to 9 pm

Thursday 1 pm to 4 pm

"FREE" BLOOD PRESSURE CLINIC with Bowmanville Creek Retirement Home

Stop by to have your blood pressure assessed from Bowmanville Creek RN in the Lobby.

Wednesday 11 am to 1 pm

January 9th, January 23rd, February 6th, February 20th, March 6th, March 20th, April 3rd, April 17th.

"FREE" BLOOD PRESURE CLINIC with Coby Booth

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

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

January 15, January 29th, February 12th, February 27th, March 12th, March 27th.

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 tax return along with all receipts, T Forms, and Notice of Assessment from 2017.

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

Drop-In Programs, Activities And Services

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

BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book. Please pick up a list of books and meeting dates at the front desk.

Monday 10 am to 11 am

January 21st, February 25th, March 18th

“FREE” BRAIN WAVES CAFÉ with the Alzheimer Society

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

Tuesday 1 pm to 2:30 pm

January 8th, February 5th, March 5th, April 2nd

BRIDGE FUN GROUP

Beginner/ Intermediate just for “fun” social bridge. Basic bridge knowledge is an asset.

Wednesday 1 pm to 3 pm

DUPLICATE BRIDGE

The most competitive form of contract Bridge for experienced players, where pairs compete against one another.

Monday and Friday 1 pm to 4 pm

Drop-in fees of \$3.50 members \$5 non-members

Friday March 22nd Drop-in will start at 2 pm to accommodate the BOAA AGM.

SOCIAL BRIDGE

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

Tuesday 9:30 am to 12 pm

Thursday 7 pm to 9 pm

CANASTA

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

Wednesday 1 pm to 4 pm

CHOIR with Allanah Coles & Donna Barber

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

Wednesday 10 am to 11:30 am

CRAFT GROUP

Get together to have fun while we work on scrapbooks, card making, jewellery (cross stitch), sewing, quilting seasonal crafts and whatever interest arises. Supplies will be provided.

Thursday 1 pm to 3 pm

No drop-in February 14th and February 28th

CRIBBAGE

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

Monday 1 pm to 3 pm

CROCHETING AND KNITTING GROUP

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

Monday 10 am to 12 pm

DARTS

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

Friday 1 pm to 3 pm

Friday March 22nd Drop-in will start 2 pm to accommodate the BOAA AGM.

FRIENDSHIP GROUP

Friendly conversation, sharing, caring and laughing together.

Tuesday 1 pm to 2:30 pm

GET ACTIVE ONE STEP AT A TIME

The Auditorium is open for you to walk, work out with bands and weights and improve balance skills.

Wednesday 2:15 pm to 3:15 pm

No Drop-in February 13th and February 20th

“FREE” HEARING AID CARE with Bowmanville Hearing Services

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

Tuesday 1:30 pm to 4:30 pm

January 15th, February 19th, March 19th

“FREE” HEARING SCREENING with Hear Clear Canada

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

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

Monday 2 pm to 4 pm

January 21st, February 4th, March 4th, April 1st

JAM SESSION

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

Friday 1 pm to 3 pm

March 22nd Drop-in will start 2 pm to accommodate the BOAA AGM.

MAHJONG

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

Tuesday 1 pm to 3 pm

MEXICAN TRAIN DOMINOS

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

Thursday 10 am to 12 pm

OPEN ART

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

Friday 9 am to 12 pm

PROGRESSIVE FUNDRAISING EUCHRE

Seven games of friendly non-aggressive progressive euchre. Share the wealth & cash prizes.

Tuesday 7 pm to 9 pm

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

SEWING SOCIAL

Welcome to all who sew and would like to share their time, talents and sewing interests. You will need to bring your own machine.

Thursday 9 am to 12 pm

No drop-in February 7th and February 14th

SNOOKER

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

Monday 8 am to 6 pm

Tuesday and Thursday 12 pm to 8 pm

Wednesday 8 am to 6 pm

Friday 8 am to 12:00 pm

Saturday 10 am to 4 pm

Sunday 12 am to 4 pm

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

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

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

Monday 6 pm

December 17th, January 21st, March 18th, April 15th

\$3 members / \$6 non-members

SQUARE DANCING

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

Tuesday 1 pm to 2 pm

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

TABLE TENNIS

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

Tuesday and Thursday 10 am to 12 pm

TAP PRACTICE

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

Thursday 3 pm to 4 pm

TAX CLINIC with Peter Hobb from Collins Barrow

Criteria - Income \$30,000 Individual / \$40,000 Couple. Please bring a copy of your previous year's return and Notice of Assessment from 2017.

Wednesday March 13th

7 pm to 9 pm

Please contact Stella at 905-697-2856 Ext 46 to book your appointment in advance.

Clinic to be held at 1748 Baseline Rd. W., Courtyce, ON

TEXAS HOLD'EM POKER

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

Thursday 7 pm to 9 pm

THEATRE GROUP with Judi White and Friends

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

Tuesday 2:30 pm to 4 pm

UKULELE

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

Thursday 1:30 pm to 3:15 pm

URBAN POLING

Get all the added benefits of walking with poles. Burn more calories, 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. Meet at BOAA for 9 am to carpool. Check schedule for location at the front desk.

Friday 9 am to 11 am

WALKING

Join us for a walk around the neighbourhood.

Monday and Wednesday 9 am

WEEKEND CARD PARTY

Enjoy playing bid euchre or canasta with great company.

Saturday and Sunday 1 pm

WOOD CARVING

Bring your tools and carve functional or ornamental objects.

Monday and Thursday 10 am to 11:30 am

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 10 weeks

January 17th to March 21st

\$93.30 members / \$121.30 non-members

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch

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

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

Saturday 10 am to 2 pm

March 23rd

\$20 members / \$25.80 non-members

BEGINNERS WATERCOLOUR with Julieta Cortes

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

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

Saturday 10 am to 12 pm 6 weeks

February 23rd to March 30th

\$56 members / \$72.80 non-members

BOAA CONCERT BAND with Tracy Marek

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

Additional fee for band folder and method book applies.

Thursday 4:30 pm to 6 pm 10 weeks

January 17th to March 21st

\$75 members / \$97.50 non-members

“NEW” CREATE YOUR OWN UNIQUE CHARACTER with Michael Goldstein

For new artists. By learning new pencilling and inking skills, learn how to create a character (human or not human) and make it come to life: provide it with personality, history, skills, flaws, secrets, clothing, powers, enemies, etc.

Saturday 10 am to 5 pm

March 30th

\$33 members / \$43 non-members

DRAWING with Paul Livingston

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

Wednesday 10 am to 12 pm 10 weeks

January 16th to March 20th

\$93.30 members / \$121.30 non-members

DRUM-TAP-BEAT with Julie Ditta and Veronica Vargas

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

Wednesday 12 pm to 2 pm

April 3rd

\$10 members / \$13 non-members

“NEW” LOOK AT THE SIZE OF THAT NOSE with Michael Goldstein

For new artists. Learn the art of drawing caricatures of friends, family, famous people, celebrities, pets, etc. Find balance between exaggeration and recognition. Also pencilling and inking.

Saturday 10 am to 5 pm

March 23rd

\$33 members / \$43 non-members

“NEW” PAINTING WITH A PALETTE KNIFE with Shirley Bankey

Explore the unique qualities of creating skies, clouds, trees and more with just a couple of palette knives and a few brushes. Will it become a landscape, a floral or an abstract? Limited only by your imagination. Be sure to pick up a full list of supplies needed from the front desk upon registration.

Friday 2:30 pm to 4:30 pm and Saturday 10 am to 12 pm

March 1st and March 2nd

\$18.70 members / \$24.30 non-members

PAINTING WITH ACRYLICS with Shirley Bankey

Looking for a fun and easy paced class to learn to paint? This step by step class is perfect for both the beginner and intermediate artist. Please pick up a full list of supplies needed from the front desk upon registration.

Sunset Landscape

Focus will be glazing techniques

Monday 1 pm to 3:30 pm 3 weeks

January 14th to January 28th

Or

Landscape Featuring a Fox

Monday 1 pm to 3:30 pm 3 weeks

February 11th to March 4th

No class February 18th

Or

Blue Jay

Monday 1 pm to 3:30 pm 3 weeks

March 18th to April 1st

\$33.75 members per project /

\$43.90 non-members per project

PEN AND INK with Dianne Darch

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

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

January 28th to March 25th

No class February 18th

OR

Friday 12pm to 2 pm 8 weeks

January 25th to March 15th

\$74.70 members / \$97 non-members

“NEW” PERSPECTIVE WITHOUT PAIN with Michael Goldstein

For new artists. Learn 1, 2 and 3 point perspective to create a sense of depth, realism or drama for all types of art work, including tips and tricks.

Saturday 10 am to 5 pm

March 9th

\$33 members / \$43 non-members

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 10 weeks

January 24th to March 28th

\$140 members / \$182 non-members

“NEW” POURED PAINT TECHNIQUE with Shirley Bankey

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

Friday 2:30 pm to 4:30 pm and Saturday 10 am to 12 pm

February 1st and February 2nd

\$18.70 members / \$24.30 non-members

REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

Have an idea you have always wanted to paint? Great! Beginner or experienced this is the class for you. You will explore the versatile and exciting world of acrylics. Choose your own subject and reference, then learn the techniques and principles needed to create a beautifully rendered realistic painting. Due to time constraints, portraits are not realistic expectations for this course.

Wednesday 6 pm to 8 pm 6 weeks

March 20th to April 24th

Or

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

March 22nd to May 3rd

No class April 19th

\$56 members / \$72.80 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

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

Friday 10 am to 11 am 11 weeks

January 18th to March 29th

\$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. 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 16th to March 27th

\$55 members / \$71.50 non-members

RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

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

Friday 11 am to 12 pm 11 weeks

January 18th to March 29th

\$55 members / \$71.50 non-members

UKULELE with Allanah Coles

Ukulele lessons will resume in the Spring 2019

Watch for details.

Computer & Technology Programs

with Tanya Cochrane

FACEBOOK BEGINNER

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

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

January 17th to January 31st

\$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, adjusting settings and other tips and tricks. Ideal for those using a computer or Android tablet. Please bring a device to class or borrow one from the BOAA in advance.

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

January 17th to January 24th

\$20 members / \$26 non-members

WINDOWS 10 BEGINNER

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

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

February 7th to February 28th

\$40 members / \$52 non-members

MICROSOFT EXCEL

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

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

February 7th to February 21st

\$30 members / \$39 non-members

PHOTO EDITING FOR WINDOWS 10

Learn cropping, rotating, red eye reduction and so much more using your Windows Photo App. Ability to use a mouse is required. Bring 5-10 photos on a memory stick to practice. Please bring a computer to class or borrow one from the BOAA in advance.

Thursday 9:30 am to 11:30 am

March 28th

\$10 members / \$13 non-members

GEEK SQUAD

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

Laptop, desktop & tablet fixes
Internet assistance

Installation of software

Organizing files and & desktop

Help with smartphones

Windows 10 installation

Facebook tips

and much more!



30 minute appointments - Thursdays - 12 pm to 3 pm
January 31st, February 28th, March 28th

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



Technology

with Brian Greenway

IPAD FUNDAMENTALS with Brian Greenway

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

Monday 10 am to 12 pm 7 weeks

January 28th to March 18th

No class February 18th

\$70 members / \$91 non-members

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

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

Dance Programs

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

"NEW" BALLROOM DANCING with Peter Gill

Classes will cover social dancing for Fox Trot & Rumba. Those wishing to refresh dance sequences are also welcome. Emphasis will be on social dancing for gentlemen to partner the ladies.

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

January 16th to March 27th

No class February 20th

\$60 members / \$78 non-members

LET'S DANCE with Alison Henry Grebenc

This fun dancing class will allow the participants to experience dance styles from the 50's, 60's and 70's.

Thursday 9 am to 10 am 10 weeks

January 17th to March 21st

\$60 members / \$78 non-members

CREATIVE DANCE with Catherine Kourkounakis

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

- Enhance physical fitness- including strength, balance and flexibility
- Improved well being reduction of stress/ anxiety and the development of creativity and self-expression.
- Improved social skills- increased self-esteem and communication by working with others. This style of dance and teaching is an accessible form of dance for almost any age or ability and no experience is required!

Tuesday 2:30

Tuesday 2:30 pm to 3:45 pm 10 weeks

January 15th to March 19th

\$75 members / \$97.50 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 14th to March 25th

No class February 18th

\$60 members / \$78 non-members

STRETCH AND STRENGTH THROUGH DANCE with Alison Henry Grebenc

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

Thursday 10 am to 11 am 10 weeks

January 17th to March 21st

\$60 members / \$78 non-members

Dance Programs

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

SQUARE DANCING LESSONS with Jane Wilson ♫

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

Tuesday 11 am to 11:45 am 4 weeks

March 5th to March 26th

\$18 members / \$23.40 non-members

TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

No experience or shoes required

Monday 11:05 am to 12:05 pm 9 weeks

January 14th to March 25th

No class February 11th and February 18th

\$54 members / \$70.20 non-members

Tap Dancing Level 1

Basic tap experience recommended

Tuesday 10 am to 11 am 10 weeks

January 15th to March 26th

No class February 12th

\$60 members / \$78 non-members

Tap Dancing Level 2

Level 1 Tap or similar experience recommended

Monday 10 am to 10:55 am 9 weeks

January 14th to March 25th

No class February 11th and February 18th

\$54 members / \$70.20 non-members

Or

Wednesday 9 am to 9:55 am 10 weeks

January 16th to March 27th

No class February 13th

\$60 members / \$78 non-members

Tap Dancing Level 3 Continuation from Fall Session

Fall session attendance required.

Monday 9 am to 9:55 am 9 weeks

January 14th to March 25th

No class February 11th and February 18th

\$54 members / \$70.20 non-members

Or

Wednesday 10 am to 10:55 am 10 weeks

January 16th to March 27th

No class February 13th

\$60 members / \$78 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 colour schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a mirror arrangement, a vase arrangement, a swag and a topiary as well as a round and a contemporary arrangement. This is set up for beginners in flower arranging. Materials needed will be discussed at the first class.

Monday 1 pm to 2 pm 6 weeks

January 21st to March 4th

No class February 18th

\$30 members / \$39 non-members

COOKING FOR ONE OR TWO with Chef Simon

Prepare your meals through different stations in the BOAA kitchen

Note: Additional fee for ingredients required.

Thursday 1 pm to 3 pm

January 31st, February 21st, March 7th, March 21st

\$5 members / \$5.65 non-members per day

CPR – Level C with Ruth Forrest

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

Instructed by Ruth Forrest of the Lifesaving Society

Thursday 11:30 am to 2:30 pm

March 14th

\$30 members / \$35 non-members

"NEW" EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS with Matt Hawkins and the Delta9Chefs team

History of cannabis - how cannabis has been used medicinally across the globe for centuries. Why it was put into an 80 year prohibition Cannabis 101

- Endocannabinoid system - How it regulates our health
- THC vs CBD - what are these cannabinoids and how do they work with our endocannabinoid system
- Cooking with Cannabis and safe dosing. Risks of over consumption of edibles and how to avoid any potential anxiety or paranoia - micro dosing

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

Thursday 1 pm to 2:30 pm 3 weeks

February 21st to March 7th

\$40 members / \$52 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 progressive or bi-monthly Euchre Extravaganzas.

Tuesday 1:30 pm to 3 pm 6 weeks

January 15th to February 19th

Or

Tuesday 1:30 pm to 3 pm 6 weeks

March 5th to April 9th

\$30 members / \$41 non-members

FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft? Join us and we will teach you to do just that.

No experience is necessary other than a familiarity with a keyboard and mouse. All equipment will be provided.

Friday 10:30 am to 12 pm 6 weeks

February 22nd to March 29th

\$48 members / \$62.40 non-members

FRENCH LESSONS with Gaëtan d'Albret

Level 1

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

Tuesday 10 am to 11:30 am 10 weeks

January 15th to March 19th

Or

Thursday 1 pm to 2:30 pm 10 weeks

January 17th to March 21st

\$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 15th to March 19th

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

LEVEL 3

This course is designed for students who have completed Level 2 or who have a basic knowledge of French. The focus of this course will be the development of oral communications with the expansion of vocabulary and language structures related to a variety of topics.

Tuesday 11:30 am to 1 pm 10 weeks

January 15th to March 19th

\$70 members / \$91 non-members

FRANÇAIS AVANCÉ with Maurice Laganière

Ce cours s'adresse aux étudiant(e)s qui ont déjà étudié le français et dont le niveau de compréhension et d'expression orale est plus avancé. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

Tuesday 3 pm to 4:30 pm 10 weeks

January 15th to March 19th

\$70 members / \$91 non-members

FRENCH LANGUAGE ENHANCEMENT with Gaëtan d'Albret

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

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

January 17th to March 21st

\$70 members / \$91 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 1 with Julie Ditta

This course will help you tap into and trust your intuition, that aspect of yourself that guides you in the right direction. It will help you to identify your psychic strengths, clairvoyance, clairsentience, or clairaudience, enabling you to receive universal messages and connect to the spirit world. Developing your intuitive and psychic abilities will give you greater clarity, awareness, energy and improves creative problem solving. Topics include receiving messages, pendulums, dowsing, psychometry, auras, readings and spiritual healing.

Monday 12 pm to 1:30 pm 10 weeks

January 14th to March 25th

No class February 18th

\$75 members / \$97.50 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

This course continues to help you heighten your innate intuitive and psychic abilities. A variety of tools will be introduced each week that enable you to connect to your intuitive and psychic powers, giving your life greater flow and meaning. Topics include connecting to spirit guides, fairies, angels, orbs, channeled readings, mediumship and crystals.

Wednesday 10:30 am to 12 pm 10 weeks

January 16th to March 20th

\$75 members / \$97.50 non-members

General Interest Programs

KNITTING with Doreen Cripps

Learn the basics of knitting - cast on, cast off, tension gauge, knit, purl, basic stitches and how to follow a pattern. Please bring knitting needles size 4 or 5 and worsted weight yarn.

Tuesday 10 am to 12 pm 10 weeks

January 15th to April 2nd

No class February 12th and February 19th

\$50 members / \$65 non-members

LATIN AMERICAN SPANISH with Alan Bayliss

Beginners

¡Hola amigos! This program is for anyone with very little or no previous knowledge. We start at the beginning and go on to learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and many other things including cultural aspects. All course material will be supplied but bring paper and pen to take notes. There is about two hours per week of optional homework involved.

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

January 15th to March 19th

or

Intermediate

This intermediate program requires either the completion of Beginners or a good basic understanding. The content will be designed according to the needs of the participants but will continue with the same text. We will start with a review then move on to new material. You will learn more verbs, nouns and adjectives in general conversation. Topics include housework, the kitchen, the family, possession, location and more complex numbers. At least two hours per week of homework will be required.

Tuesday 1 pm to 3 pm 10 weeks

January 15th to March 19th

or

Avanzado

Este programa es para los que ya han completado español intermedio o el equivalente. El contenido se diseñará según las necesidades de los participantes. Continuará con las lecciones como antes, en el supermercado, el restaurante y el hospital. Estudiaremos los pronombres directos, indirectos y reflexivos usados juntos, verbos en el tiempo pasado y mucho más. La comprensión de varios textos estará incluída. Para obtener los beneficios del programa varias horas de tarea por semana se requerirá.

Wednesday 1:30 pm to 3:30 pm 10 weeks

January 16th to March 19th

\$93.30 members / \$121.30 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 Bid Euchre Bonanzas.

Monday 1 pm to 3 pm 4 weeks

March 4th to March 25th

\$24 members / \$31 non-members

LEARN TO PLAY MAHJONG with Dian Reed

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

Tuesday 1:30 pm to 3 pm 6 weeks

February 19th to March 26th

\$30 members / \$39 non-members

MOVIE MAGIC AND FILM APPRECIATION with Tim Westhead

Enjoy finding out what's beyond the silver screen. Discover interesting and innovative film techniques and learn valuable movie terms from a seasoned film buff so you can fully appreciate your favourite flicks. Then connect the director and movie stills with their respective motion picture. Includes interactive segments with audience participation

Thursday 1 pm to 2:15 pm

March 28th

\$3 members / \$3.50 non-members

"NEW" RELIGIONS OF THE WORLD with Alan Bayliss

Everyone, believer or not, who comes with an open mind and willing to listen and learn is welcome to this program. Participants may choose to make presentation on any religion, sect or belief system. Some research will be involved to understand origins, development and current situations around the world. The Qu'ran, the old and new testaments of the Bible and the Torah will be reviewed along with comparisons of different religions will be discussed.

Thursday 9:30 am to 11:00 am 8 weeks

February 7th to March 28th

\$60 members / \$78 non-members

SPEAKING SPANISH IS FUN! with Lourdes Marrugat

Join us to practice one of the most spoken languages around the world. If you don't use it you lose it, no matter what level you have.

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

January 16th to March 20th

\$46 members / \$61 non-members

TAROT 101 BEGINNERS 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. A small 3 card reading, performed by the participants will be done in the last class.

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

January 18th to March 8th

\$60 members / \$78 non-members

TAROT 101 INTERMEDIATE with Cathy Pearson

After taking the beginners program you are ready for more practice. A small 3 card reading, performed by the participants will be done in the last class.

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

January 18th to March 8th

\$60 members / \$78 non-members



Partnership Programs

Please contact the Front Desk to book your appointment



CLARINGTON PHOTOGRAPHY CLUB

Provides special group and individual support on an outgoing basis for new members wishing to extend their knowledge and skills. For further information visit www.claringtonphotoclub.ca

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

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

"FREE" LOBBY FIX-IT SESSIONS with Durham Medical™

The best way to ensure that your Personal Mobile Equipment is functioning properly is to have them inspected by a trained professional. Durham Medical will have a technician on site to adjust, inspect and perform minor repairs to your mobility equipment. Bring in your Rollator Walkers, Wheelchairs and/or Scooters, and have the peace of mind that they are working properly. Quotes can be provided for major repairs or if parts are required. Durham Medical's Service Technicians will also be available to answer any equipment questions you may have.

Thursday 10 am to 12 pm

January 10th, February 14th, March 14th, April 11th

REFLEXOLOGY with Sharon Benner, Registered Reflexologist

Reflexology is a non-invasive therapy and is generally safe for everyone. Our 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 Saturday starting at 10:30 am

30 minute relaxation treatment

\$25 members / \$30 non-members

1 hour full treatment \$45 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 relaxation.

Each treatment lasts 30 minutes. Contact the front desk to book your appointment.

Every Saturday starting at 10:30 am

30 minute massage treatment

\$30 members / \$40 non-members

Partnership Programs

Please contact the Front Desk to book your appointment

NURSING FOOT CARE SERVICES

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. Common foot problems can be treated by a nursing foot care professional. Be good to your feet and they will be good to you! Contact the front desk to book your appointment with our Registered Practical Nurses with training in Basic, Advance and Diabetic Foot Care. Proper foot care is an integral part of leading a healthy and happy life style. They will assist you if you are unsure of how to care for your feet.

Monday and Wednesday

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$25

No appointments February 18th



MANICURES AND PEDICURES

by Dana Labelle from the Beauty Nook

Sit back and relax while you treat yourself to a manicure or pedicure. Will include: nail soak, shaping, buffing lotion and polish application. Nails should be clean and free from polish and any other gels/acrylics prior to booking an appointment. Polish and gel that are used will be OPI and China Glaze. Contact the front desk to book your appointment.

Every Tuesday 9:30 am to 3 pm

Regular Manicure \$20 / Regular

Pedicure \$30 / Regular

Shellac Manicure \$25 / Shellac Pedicure \$35



VOLUNTEERS - "ALWAYS WANTED AND APPRECIATED"

If you are interested in giving back to your community by volunteering at the BOAA, please contact Kristin at 905-697-2856 or email 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 ...

Wellness Programs

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

20/20/20 with Rhonda Armour

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

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

January 16th to March 20th

\$50 Members / \$65 Non-Members

ABC (Abs, Booty, Cardio) Bootcamp with Rhonda Armour

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

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

January 16th to March 20th

\$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 3 weeks

March 27th to April 10th

\$15 members / \$19.50 non-members

CARDIO WITH PEP ADAPTIVE ACTIVE FUN LIVING with Lydia Vooy-MacLeod

♥ ♣ ♠

This class will involve a warm up, stretching, balance and techniques to adapt to everyday living. Not too slow or too fast. Join this cardio class and enjoy core conditioning, relaxation and major muscle group stretching.

Monday 9 am to 9:55 am 10 weeks

January 14th to March 25th

No class February 18th

Or

Friday 9 am to 10 am 10 weeks

January 18th to March 29th

No class February 22nd

\$50 members / \$65 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

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

Monday 10 am to 11 am 10 weeks

January 14th to March 25th

No class February 18th

Or

Thursday 9 am to 10 am 10 weeks

January 17th to March 28th

No class February 21st

Or

Friday 11 am to 12 pm 10 weeks

January 18th to March 29th

No class February 22nd

\$50 members / \$65 non-members

DRUMS ALIVE TAPPING & DANCING with Carol Drew and Veronica Vargas

Unique mind and body cardio class that gets your heart rate up while working on your rhythms. With stability balls & drum stick, you will learn drumming rhythms while doing cardio moves /and tap dance steps if desired. 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 and tap dancing levels.

Tuesday 2:30 pm to 4:30 pm

March 19th

Or

April 9th

\$10 members / \$13 non-members

ENERGY MEDICINE PART I 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 5 - 10 minutes and if done regularly will support your bodies desire to do what it knows how to do...HEAL!

Wednesday 1 pm to 2:30 pm

March 13th

\$7.50 members / \$9.75 non members

Symbol Explanation

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

♠ = balance

♥ = cardio

♣ = strength

Wellness Programs

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

ENERGY MEDICINE PART II 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 techniques and take control of your thoughts and create positive change. Learn simple tools to bring in more positive energy

**Wednesday 1 pm to 2:30 pm
March 20th**

\$7.50 members / \$9.75 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 10 weeks
January 18th to March 29th**

No class February 22nd

\$50 members / \$65 non-members

GENTLE YOGA with Sharon Wildeboer

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

**Monday 10 am to 11 am 10 weeks
January 7th to March 25th**

No class February 18th and March 11th

Or
**Wednesday 10 am to 11 am 10 weeks
January 9th to March 20th**

No class March 13th

\$50 members / \$65 non-members

GENTLE YOGA WITH MEDITATION with Karen Wind

Experience a gentle yoga practice creating ease and opening in your body. Paired with a guided resting meditation to calm and focus the mind.

Bring a mat and a blanket or towel to keep yourself warm during meditation.

**Tuesday 9 am to 10 am 10 weeks
January 15th to March 19th**

\$50 members / \$65 non-members

GUIDED MEDITATION with Julie Ditta

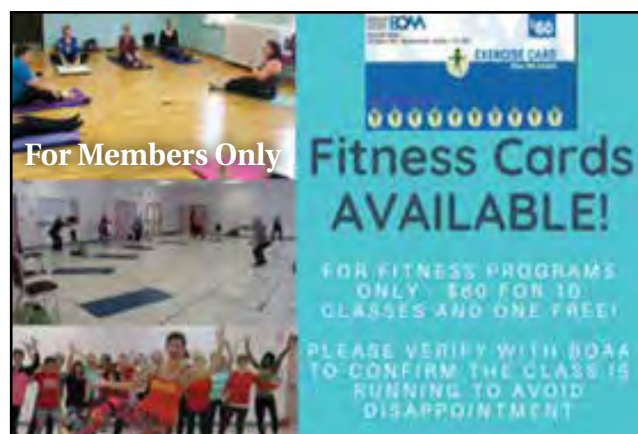
Do you ever worry, feel up-tight or panicky, get confused, can't sleep or get down in the dumps? Then meditation might be the answer for you. Simply put, meditation equals stress reduction, which equals health promotion. In this class, focus is on deep breathing, body relaxation and guided mental imagery.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

**Wednesday 1 pm to 2 pm 10 weeks
January 16th to March 20th**

Or
**Friday 1 pm to 2 pm 10 weeks
January 18th to March 29th**

No class March 22nd

\$50 members / \$65 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 with early to mid-stage signs of dementia* are accompanied by their care partners. Gentle and easy to follow physical activities followed by fun social and recreational activities. **Program Benefits:** Improved balance, mobility, flexibility, alertness, increased confidence, sharpened mental functioning, and reduced sense of isolation. **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. **For their partner:** An opportunity to relax and succeed in an accepting and supportive atmosphere. *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 6 weeks

January 10th to February 14th

No class February 28th

\$15 per person

PILATES with Karen Ross

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

Monday 11 am to 12 pm 10 weeks

January 14th to March 25th

No class February 18th

Or

Thursday 12 pm to 12:55 pm 10 weeks

January 17th to March 21st

\$50 members / \$65 non-members

QIGONG (CHINESE YOGA) with Donna Elliott

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

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

January 16th to March 20th

\$75 members / \$97.50 non-members

Or

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

January 16th to March 20th

\$50 members / \$65 non-members

SHAPE UP with Lisa Balsdon from Live in Motion

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

Monday 8 am to 9 am 10 weeks

January 14th to March 25th

No class February 18th

Or

Wednesday 8 am to 9 am 10 weeks

January 16th to March 20th

\$50 members / \$65 non-members

SHAPE UP with Jason Fenton

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

Friday 8 am to 9 am 10 weeks

January 18th to March 22nd

\$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 10 weeks

January 8th to March 19th

No class March 12th

\$50 members / \$65 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

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

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

January 8th to March 19th

No class March 12th

Or

Friday 10 am to 11 am 10 weeks

January 11th to March 29th

No class March 8th and March 15th

\$50 members / \$65 non-members

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

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

Wednesday 11 am to 11:45 am 10 weeks

January 9th to March 20th

No class March 13th

Or

Friday 9 am to 9:45 am 10 weeks

January 11th to March 29th

No class March 8th and March 15th

\$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.

General

The General Program is ideal for beginners and low level intermediates

Monday 10 am to 10:55 am 10 weeks

Or

Intermediate

Previous Tai Chi experience required

Monday 11 am to 11:55 am 10 weeks

January 14th to March 25th

No class February 18th

\$50 members / \$65 non-members

YOGA with Lisa Balsdon from Live In Motion

Tuesday 7 pm to 8:15 pm 12 weeks

January 8th to May 28th

Winter pass includes the following:

21 sessions 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

First payment due on the first day. Second payment due

on January 29th 2019

Drop in **\$20** cash per class. By appointment only.

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

Wellness Programs

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

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 7th to March 25th

No class February 18th and March 11th

Or

Wednesday 9 am to 10 am 10 weeks

January 9th to March 20th

No class March 13th

\$50 members / \$65 non-members

YOGA FOUNDATIONS with Sharon Wildeboer 🧘

Wondering what heart centre, Savasana, mindful movement, breath initiated and alignment are. Then come out to a workshop on the foundations of flow yoga. Broken into 3 half hour sections. Verbal introduction to concepts and yoga terms with time for Q&A. Actively putting into practice yoga flow sequences, importance of recovery and breath, with another gentle flow sequence concluded by Savasana.

Wednesday 10 am to 12 pm

April 3rd

\$10 members / \$13 non-members



YOGALATES with Sharon Wildeboer 🧘

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

Monday 11 am to 12 pm 10 weeks

January 7th to March 25th

No class February 18th and March 20th

\$50 members / \$65 non-members

Or

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

January 11th to March 29th

No class March 8th, March 15th and March 22nd

\$45 members / \$58.50 non-members

ZUMBA® with Veronica Vargas 🎶

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

Tuesday 9 am to 10 am 10 Weeks

January 15th to March 26th

No class February 12th

\$50 members / \$65 non-members

Or

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

January 17th to March 28th

No class February 7th and February 14th

\$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 11:55 am 10 weeks

January 16th to March 27th

No class February 13th

\$50 members / \$65 non-members

ZUMBA® BASIC STEPS with Veronica Vargas

Learn the basic Zumba ® steps, rhythms and combinations in a slow pace with explanation to get you ready to join Zumba ® or Zumba Gold ®

Wednesday 11 am to 11:55 am

January 9th

\$5 members / \$6.50 non-members

Or

Wednesday 11 am to 11:55 am 2 weeks

April 3rd and April 10th

\$10 members / \$13 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 9 weeks

January 18th to March 29th

No class February 8th and February 15th

\$45 members / \$58.50 non-members



Free Workshops

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

BioPed Knee & Osteoarth Workshop

This session will answer all questions related to osteoarthritis of the knee. We will look at the entire joint, common areas of arthritis and how to decrease both risk and pain. We will demonstrate stretching and strengthening exercises for the knee. Finally we will look at prevention, footwear, braces and orthotics that can help keep you moving pain free.

Wednesday 1 pm to 2 pm

February 13th

BioPed Forefoot Problems Workshop

Many forefoot conditions will be discussed such as bunions, metatarsalgia, Morton's neuroma, joint head pain and interdigital neuroma. We will identify the problems, what foot types are most prone and provide appropriate solutions to fix the problem.

Wednesday 1 pm to 2 pm

February 20th

BioPed Active Living and Healthy Feet Workshop

We will look at the mechanics of the foot through various activities and teach prevention of foot, ankle and knee problems as well as discuss appropriate footwear for everything from walking to standing.

Wednesday 1 pm to 2 pm

February 27th

BioPed Healthy Leg Day Workshop

Do you suffer from tired, achy legs? Do you travel by plane or stand long periods in a day? This healthy leg day session will leave you with a better understanding and caring for your legs and keep you walking as long as possible

Wednesday 1 pm to 2 pm

March 6th

DIABETES SUPPORT GROUP with Lakeridge Health Mental Health and Stress.

In this session we will discuss ways to manage stress which may help people cope with diabetes as well as learn what resources are available in Durham Region.

Thursday 1:30 pm to 3:30 pm

January 10th

Loving your Heart by Eating Well

Eating the right foods can help you to protect your heart. Learn the latest on what dietary strategies can reduce your risk of heart disease.

Thursday 1:30 pm to 3:30 pm

February 14th

Diabetes on Date Night

Diabetes should not prevent you from having a nice meal away from home. A break from cooking can help boost your mood but does not have to boost your blood sugars. Come to this session to learn strategies on how to manage your diabetes on date night.

Thursday 1:30 pm to 3:30 pm

March 14th

Taking Steps Towards Footcare

Foot problems are very common in people who live with diabetes and can lead to serious complications. Our Chiropodist guest speaker will help guide you through the principles of diabetes foot care for your diabetes management.

Thursday 1:30 pm to 3:30 pm

April 11th

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

AGING WELL with Senior Helpers

This presentation will provide tips and strategies on how to keep engaged and healthy as we age. The session will allow participants to learn more about Physical Activity, "Brain Training", Staying Social, Normal Bodily Changes due to aging, and Effective Communication. Learn the Do's and Don't's of how to age well and keep your body and mind active!

Wednesday 1 pm to 2 pm

March 6th

POWERFUL TOOLS FOR CAREGIVERS with Central East LHIN

This self-management workshop provides caregivers with a wealth of self-care tools to keep them well while they take on what can feel like an overwhelming role as caregiver. Learn to utilize community services and resources.

Wednesday 10 am to 12 pm 6 weeks

March 20th to April 24th

New Foundation Gladdens Humanity

Inspired by the need to support great causes, **The Gladstone Foundation** raises private funds for public needs that governments choose not to support. **Gladstone** addresses two essential life concerns: Armed Forces Veterans and the Environment.

Our first great cause is the **Invictus Games**, created by His Royal Highness, Prince Harry, to raise awareness of physical and mental challenges facing military men and women struggling back into civilian life. Gladstone also supports **Wounded Warriors Canada** and the efforts to keep Canada's last operational WW2 **Lancaster** bomber in the air.

Environmentally, **Gladstone** helps heal honey bees back into productivity. The entire global population faces extinction. **Gladstone** works with the **Ontario Beekeepers Association** in this regard.

Our Foundation brings forward an innovative fund raiser to support our life-quality mandate. **Living Tribute to Our Veterans** raises money through sales of wildflower seeds at multiple vendors throughout Canada. Visitors at numerous different locations buy a pack of wild

flower seeds at the suggested retail price of \$2. For each seed packet purchased, our Foundation will plant an equivalent amount of seeds in a **Gladstone Garden**. These gardens will be large-scale, wildflower profusions in such public spaces such as parks, school yards and along highways and byways. We enlist the support of professional gardeners and horticultural societies.

The artistically designed seed pack also contains two self-adhesive stickers boasting a brilliant orange, Cosmos wildflower, designed with a missing petal. This image reflects the loss of a limb or other deformities endured by the courageous **Invictus** Athletes and veterans in general. The empty-flower space also reminds us of the sense of lost well being inflicted by combat-related emotional distress. These heroic men and women sacrificed for our freedom, earning our respect, admiration, and awe.

"Where Have All the Flowers Gone?" implores the song. Gladstone seeds wildflower gardens in the hope we learn the exorbitant price of freedom. The motto of Gladstone Foundation's campaign is **'Your Service, Our Freedom, Thank You'**.

The Foundation focuses its initial launch on Ontario's Niagara and Durham Regions, while planning nationwide planting in 2019. Next, we roll the fund raiser throughout the British Commonwealth. **Gladstone** seeks the endorsement of **HRH, Prince Harry**, the Queen's Youth Ambassador for the British Commonwealth as well as **Invictus Games** patron.



(The Gladstone Foundation was founded in St Catharines, Ontario by **Richard W Stephens**, chairman and **James T. Abernethy**, vice chairman. **Matthew Leask of Lancaster, Brooks and Welch** is general counsel to the foundation.)

www.gladstonefoundation.ca



Gladstone seed packs are available for non-profit organization fundraising opportunities.





Hello, my name is John Burns and I am the current President of the Bowmanville Rotary Club.

If you are considering purchasing a Christmas Tree - please drop by the Watson Farms Market and see the selection of trees our Club has to offer.

Enjoy a free hot chocolate and coffee with the kids while you select the tree that most suits your needs.

We will even deliver that tree to your home, for a small fee of course.

The funds we raise go back 100% to our local and international communities.

These funds help to fund a summer respite program to help families who are dealing with a child having special needs. We also offer financial assistance in the form of bursaries to young people furthering their education, logistical assistance with programs for older adults, and providing a breakfast program in some of our local schools.

Each of our Members take a few shifts selling Christmas trees at the Watson Farms Market. This affords us the opportunity to be out in this wonderful community meeting people, sharing the spirit of the season and selling trees for our cause.

Bowmanville Rotary Club is a service club made up of approximately 50 men and women living in Clarington who have come together to raise funds to support various groups and individuals with needs. The Rotary motto is "Service Above Self".



Please visit our website at:
WWW.BOWMANVILLEROTARYCLUB.ORG



CHRISTMAS TREES



Rotary Club of Bowmanville is selling Christmas Trees at Watson Farms Market (Hwy 2 west of Green Road)

Rotarians are on site to help you with your selection and load your tree into your vehicle
Or for a small fee have your tree delivered!

Hours of Operation:
Monday-Fri 11:30 am – 7:30 pm
Saturday & Sunday 9 am – 6 pm



Enjoy a free cup of hot chocolate or coffee while you shop for your tree!

Compliments of: **Markol**
coffee.tea.simple.

All proceeds fund Bowmanville Rotary Club projects. You pay NO HST!

www.Markcol.com • www.WatsonFarms.ca • www.BowmanvilleRotaryClub.org



Bowmanville Rotary Club



CONCERT TO Feed the need in Durham

Featuring a fabulous line-up of award-winning musicians from across the region!

2 Shows

Sunday Dec 16, 2018
3:00 pm - 5:00 pm
7:00 pm - 9:00 pm

Bowmanville High School - 49 Liberty Street North

FEED THE NEED IN DURHAM

is the only regional distribution hub for emergency food providers in Durham. Their warehouse is located at 371 Marwood Dr, Oshawa.

This non-profit organization collect, stores and distributes fresh, frozen and non-perishable food to 62 member agencies including: food banks, soup kitchens, meal programs, in-school nutritional programs and social service agencies. Four of those food banks are located in Clarington. These organizations (see list below) service the needs of people within our communities.

Here is a suggestion how you can have a great night of entertainment (without driving to Toronto) and support this important organization which provides an important service to our community.

Purchase concert tickets for the sponsored "Concert to Feed the Need in Durham" and enjoy a great afternoon or evening out with friends and family, on Sunday December 16, 2018.



This event features a fabulous line-up of award-winning musicians from across the region. You can reserve or purchase your seats on-line.

<https://www.eventbrite.ca/e/concert-to-feed-the-need-in-durham-tickets-51522515230>

You won't be disappointed, and the best part is for every \$1.00 you spend on a ticket - Feed the Need in Durham can purchase the equivalent of \$7.00 of food.

Grocery chains make their excess food available to this organization at distribution centres enabling them to help marginalized people in Durham benefit from eating a variety of healthy and nourishing foods including fresh vegetables, fruits, eggs, and milk.

If you would like to join us in the fight against hunger, please consider donating food, making a monetary donation, or volunteering your time to help with an assortment of tasks required to operate one of the four food banks serving our communities.



FOOD BANKS IN CLARINGTON:

SALVATION ARMY THRIFT STORE (BOWMANVILLE)

Services: store & food bank
Store location: 35 Division Street (905) 623-3217
Food Bank location: 75 Liberty St. South (905)-623-2185
email: sarmy2185@gmail.com

SAINT VINCENT DE PAUL VALUE STORE

Services: store & food bank
St. Joseph Catholic Church
79 King Street East, Bowmanville
phone: 905-623-7941
email: svdp.bowmanville@rogers.com
website: www.lakeshore.ssvp.on.ca

CLARINGTON EAST FOOD BANK

Services: food bank
123 King Avenue West, Unit 1
Newcastle, Ontario
phone: 905-987-1418
email: claringtoneastfoodbank.ca

SEVENTH DAY ADVENTIST

Services: clothing & food bank
1170 King Street East
Oshawa, ON L1H 1H9
office phone: 905-433-8800
email: oshawaacs@gmail.com
website: www.acscentre.ca

FEED THE NEED SERVICES: FOOD BANK



A DAY WITH DAVID CROMBIE 2.0

Continued from Page 6



and was also undergoing industrialization.

In 1806, in an effort to strangle Britain's economy, Napoleon established the Continental Blockade, closing all European ports to British ships. Because Britain's traditional source of timber, the Baltic, was not accessible during this time, the Blockade further fuelled the industry in British North American.



Today Brimacombe remains one of the best ski and snowboard facilities in the GTA.

The naval mast trade, always limited by its specialized and high quality requirements, shifted to harvest the forests of the southern Great Lakes area.

In the early 20th century, the lands of the Ganaraska Forest were a far cry from what they are now.

Clear-cutting and destructive farming practices had left the land a barren wasteland of rapidly-eroding blow-sands.

To combat this, rows of conifer trees (particularly Red Pine) were planted for their tolerance to the harsh con-



Clearing the forests of southern Great Lakes circa: 1800's

ditions. Over time, these trees have grown into healthy, mature forests; stabilizing the blowing sands, protecting key water sources in the Ganaraska Watershed and allowing for the production of sustainable timber resources.

Today the Ganaraska 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.

This public facility boasts hundreds of kilometers of hiking, mountain biking, cross-country skiing, snowshoeing, off-road vehicle riding and even horseback riding trails. It is little wonder that the Ganaraska Forest Centre is a hub of outdoor recreational activity four seasons round, and a showcase of world class environmental and ecologically friendly design.

The Ganaraska Forest Centre is a multi-use facility, located in the heart of the 11,000-acre Ganaraska Forest.

Amy Griffiths and George Elgear (General Superintendent GFC) provided David with an overview of the facility to better understand the benefits the facility provides to the public.

Research shows that children learn best when they participate in real-life, hands-on activities. Children that play outdoors are more connected to nature and lean toward life-long interest in outdoor physical pursuits, ad-



Snow shoeing in the Ganaraska Forest

four break-out classrooms, a commercial kitchen and expert culinary staff to look after any group's dietary needs.

The certified teachers at the Ganaraska Forest Centre offer over 25 Ontario curriculum-linked outdoor educational opportunities to students in Junior Kindergarten to Grade 12, through day-use programming, or 2, 3, 4 or 5-day residential stays.

All instructors are Ontario-certified teachers, with outdoor education emphasis, and combined, have several years of practical, hands-on teaching experience. The facility is also available for private and corporate events and community and non-profit groups.

The feature of overnight accommodation for 80 people coupled with the outdoor atmosphere and recreational features makes this facility very unique.

The Ganaraska Forest Centre is a fully accessible site, with users having access to an All Terrain Wheelchair, for those with mobility issues.

The area provides abundant recreational opportunities and continues to provide a yield of wood products. The annual timber harvest is an important component of the sustainable management of the Ganaraska Forest.

"The Ganaraska Forest Outdoor Education Centre website is a key tool for us in providing the public with information on the value of outdoor education for healthy child development. The website is easy to navigate and provides information on programs, fees, and accommodations, as well as details on the Ganaraska Forest and the many recreational activities that it has to offer", stated Amy Griffiths.

Day passes or annual permits are required to use the forest. For more details visit the website www.ganaraska-forestcentre.ca or telephone (905) 797-2721.

The Ganaraska Forest Centre is located east of Kendal at 10585 Cold Springs Camp Rd, Campbellcroft.

The entire facility is managed by the Ganaraska Region Conservation Authority (GRCA) with a mandate of "Clean Water, Healthy Land for Healthy Communities" while also serving as a point source of local jobs and sustainable and renewable wood products.

To help prepare for the busy holiday season, the Ganaraska Region Conservation Authority (GRCA) has some unique gift giving ideas to share.

Does your special someone like to hike, ride horseback, mountain bike, cross-country ski or ATV?

Why not give them with an annual membership or day pass to the multi-use 11,000 acre Ganaraska Forest



Learning more about The Ganaraska Forest Centre with Amy Griffiths (centre) Marketing and Communications Officer for the Ganaraska Conservation Authority (GRCA).





HOME COOKING *with Cathy*

I enjoyed this delicious meal at a friends house a few months ago and I thought it would be a good recipe to share. It was so tasty and very easy. I have changed the recipe from the original one and added a few more vegetables. I hope you enjoy!

by Cathy Abernethy
CLARINGTON PROMOTER CONTRIBUTOR

Sheet Pan Honey-Soy Salmon Dinner



Ingredients

- Cooking spray
- 1 1/2 tablespoon lower-sodium soy sauce or tamari
- 3 tablespoons olive oil, divided
- 1 tablespoon honey
- 1 tablespoon fresh lime juice (from 1 lime)
- 2 cloves garlic, minced, divided
- 1/2 teaspoon freshly grated ginger
- 4 (5 oz) skin-on salmon fillets
- 2 1/2 cups butternut squash, peeled and cubed
- 12 ounces Brussels sprouts, trimmed and halved
- 3 medium carrots, peeled and cut into 2 inch pieces
- 1 1/2 cups green beans
- 1/2 teaspoon kosher salt

- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon smoked paprika
- 1 tablespoon sliced green onion
- 1 teaspoon sesame seeds

Directions

1. In a small bowl, combine soy sauce, 1 tablespoon oil, honey, lime juice, 1 clove garlic (minced), and ginger. Pour marinade over salmon. You can have salmon in the marinade for a few hours or overnight in the refrigerator if you like.
2. In another bowl, combine the remaining 2 tablespoons of oil, remaining clove of garlic, butternut squash, brussels sprouts and carrots, paprika and salt and pepper. Toss to coat. Preheat oven to 400 F. Coat a 13 x 18 inch sheet pan with cooking spray and spread vegetables over pan.
3. Place marinated salmon fillets in the open center space of pan. Pour any leftover marinade over salmon. Bake at 400 for 15 minutes.
4. Lightly steam or boil green beans for a few minutes while salmon is cooking.
5. Remove salmon and vegetables from oven and add cooked green beans to other vegetables. Arrange salmon on a platter and place vegetables around salmon. Top salmon with green onions and sesame seeds. (serves 4)

Bake for 12 minutes. Stir vegetables and push to edges of pan, creating an open center.

Festival of Trees



November 16 to December 16, 2018

VIEW and ENTER to WIN a DECORATED CHRISTMAS TREE

All trees on display, during regular hours at the Diane Hamre Recreation Centre Complex, in support of the Newcastle Santa Parade. Purchase tickets for \$1.00 each at the Massey House Restaurant, Newcastle Home Hardware and the Diane Hamre Recreation Complex. Lic. #M805140

WINNER will be drawn on December 16h, 2018 at 2 pm at the Lions Den - 20 King Ave. West, Newcastle



Shayna Canfield, Miss Canada Globe 2017, strikes a poses on Main Street in Orono.

Shayna Canfield was crowned Miss Canada Globe on Aug 26, 2017. She then spent the next 12 months making appearances, working with organizations and preparing for The Miss Globe 2018 Beauty Pageant which took place this past October in the city of Tirana, Albania.

She attends school at Trent University. In preparation for her trip she explained " I practiced my Talent (rhythmic gymnastics), collected gifts to give other delegates and officials, hit the gym and modelled with various Numa Models. I even tried practicing some basic Albanian language "

As a contestant in the Miss Globe 2018 Beauty Pageant, Shayna travelled throughout Albania, participating in activities such as fashion shows, rafting, visiting historic sites, meeting city officials and participated in a number of parades!

She went on to say " I am grateful for the opportunity to represent Canada and see some parts of the world that normally I would not visit. It was exciting to visit Albania and meet people from all over the world, experience their culture and try new foods".

Shayna is available to provide encouragement to ladies between the age of 13-26 who are interested in competing for Miss Canada Globe, Miss Canada Petite, Miss Teen Canada Globe and Miss Teen Canada Petite.

She emphasized " No experience necessary, no height or size restrictions. It's a great opportunity to meet new friends and travel. If I could win and travel to Europe, so could anyone else! "



Mel Elhassani, Associate Member (centre) receives the Royal Canadian Legion Branch 178 Bowmanville "Legionaire of the Year Award" from Steve Oke - Honours & Award Chairman (left) and Gary Switzer - President (right).

From my family to yours,

Merry Christmas and warm wishes for the year ahead.



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

CONTACT ERIN O'TOOLE, MP
54 King Street East, Unit 103
Bowmanville, Ontario L1C 1N3
Telephone: 905-697-1699
Toll free: 1-866-436-1141
Email: Erin.OToole@parl.gc.ca



The Hospital Expansion & Winter Safety



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

As many of you may know Clarington now has the once in a lifetime opportunity to rebuild the Bowmanville hospital at a cost of hundreds of millions of dollars. This will be a huge win for our community not only for the better healthcare facility, but also the ability to attract more and better doctors, employers and jobs. Most of the money for the project is being paid by the

Province of Ontario but to guarantee that commitment, we, the residents of Clarington, need to show our financial support for the hospital. A fundraising campaign will soon be launched and I encourage you to support it.

While on the topic of the hospital I have a couple of observations about how to avoid trips there in the winter based on my 35 years in the personal injury world. Firstly, slip and falls are a source of many serious injuries. A few recommendations for sidewalk / driveway safety:

1. Always use footwear with a winter tread. It is common sense but you would be surprised at the number of falls we see involving summer footwear with no tread.

2. If conditions are slippery don't venture out unless you absolutely have to.
3. Shovel driveways and sidewalks as soon as possible after a snow fall. If you are unable to shovel due to disability arrange for a relative, neighbor, friend or paid service to do it. Clarington will provide a clearing service at no cost but the deadline for applications was November 2 and with limited exceptions everyone in the house needs to be over the age of 65.
4. Keep a good supply of salt or sand and apply it as soon as you can when ice develops.
5. If there is a sidewalk spot that regularly becomes icy advise Clarington in writing.

People are understandably confused about their obligation to maintain sidewalks in the winter. All Ontario municipalities have bylaws that require you to clear the sidewalk and they have the ability to fine you if you do not. It is important to understand the municipality still has the primary obligation to maintain all municipal sidewalks while the private property owner has the obligation to maintain all travelled surfaces on their property. If there is a fall on a municipal property there is a 10 day notice period to notify Clarington in writing. The bottom line is that slip & falls often get quite complicated from a legal perspective and especially in the case of a serious injury an experienced personal injury lawyer should be contacted as soon as possible after the accident.



There is general consensus that the illegal practice of texting while driving has increased the number of traffic accidents.

Secondly, I am amazed at the increase in injured people we have seen coming to our office over the last few years related to distracted driving, particularly high speed rear end collisions. I have written about this before but it is getting worse and the consensus is it is related to cell phone use. It is critical at all times that there be no cell phone use by a driver especially in the winter where stopping distances are reduced. It is my view that even hands free calls are enough of a distraction to pose a safety risk.

Walk & drive safely this winter and have a great Holiday Season.

BEWARE! YOU COULD BE FINED UP TO \$500 PLUS 3 DEMERIT POINTS

As of Jan. 1, 2016 a new law was introduced in Ontario requiring drivers and cyclists to stop and yield the whole pedestrian crossover until the person is completely off the roadway.

This rule also applies at school crossings where there is a crossing guard holding a stop sign.

However, the new law does not apply at crosswalks, unless a school crossing guard is present.

So, what's the difference between a pedestrian crossover and a crosswalk?

Under the new law, drivers and cyclists can be fined \$150 to \$500 and 3 demerit points for offences at pedestrian crossings and school crossings.

The rule changes were made in response to recommendations related to pedestrian safety in the Chief Coroner's Report on Pedestrian Deaths released in 2012 and to numerous requests from municipalities and safety organizations.



"Know the law !" says Eric Rogers, Clarington School Crossing Guard at Longworth & Scugog Road. He is reminding everyone about the law requiring drivers to remain stopped at pedestrian crossovers or school crossings until the person crossing the street and the school crossing guard are off the roadway.



Pedestrian crossovers are identified by specific signs, pavement markings, overhead lights and push buttons. A crosswalk is usually found at intersections with traffic signals, pedestrian signals or stop signs.

*From our Family
to Yours*

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



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