

Abe's Auto Recycling

WE PAY TOP DOLLAR FOR YOUR SCRAP CAR OR METAL
905-623-5756

CLARINGTON Promoter.ca

Jim Abernethy
 BROKER
 ROYAL SERVICE REAL ESTATE INC. BROKERAGE
"Your friend in real estate"
905-261-7788

 jimabernethy@royalservice.ca

Volume 7 | Issue 3

Delivered by



TO OVER 32,000 HOMES AND BUSINESSES IN CLARINGTON

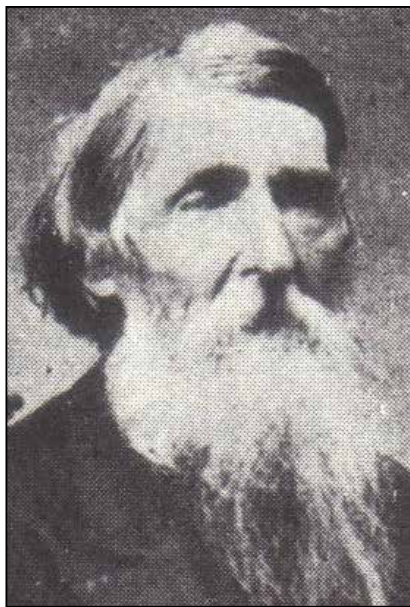
September 2017

Bowmanville Older Adult Association **BOAA**
2017 Fall Program Guide (Pullout Inside)

Royal Service Real Estate Inc., Brokerage

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

The First Settlers in Clarington – Canadian History in the Making



Richard A. Lovekin Sr.



by Myno Van Dyke

NEWCASTLE HISTORICAL SOCIETY

Darlington Township

On October 2, 1794, the first settlers to arrive in Clarington came from the United States. John Burk, John Trull and Roger Conat (also spelled Conant) were the first to arrive at Barber's Creek (now Bowmanville Creek), Port Darlington on the north shore of Lake Ontario. They came because of "free land", offered by Colonel John Greaves Simcoe who was the Lieutenant Governor of Canada. This proclamation stated that all males over 18 years of age could claim two hundred acres of land. They trav-

elled across the Niagara River into Canada and then around Lake Ontario by boat which followed the shoreline and avoided open water. This way they could easily stop, camp, prepare meals and keep an eye on their livestock, two cows and a horse, which followed along the shore. The Lieutenant Governor, Simcoe, must have been looking forward to their arrival as he sent a man to help them lead their livestock as far as Toronto (then called York).

Some of the first settlers were not even certain where they were at first. For example, Mrs. David Burke's ancestors immigrated from Germany in 1794. They were brought to Genesee Valley in New York State by a Mr. Boursey. After living there for two years, they finally discovered that they were not in Canada. They wrote to Governor Simcoe and described their situation and were given a land grant in Markham, Ont. Boursey apparently took them from New York State around Lake Ontario to Markham by ox and sleigh during the winter.

After Burk, Trull and Conat landed at Darlington, they started the job of building some small log huts. The insides were plastered with mud and the roof was made of bark. The nearest neighbours that they knew of were about 30 miles west and about the same distance east in Port Hope (then called Smith's Creek). There were however, a few Indigenous People in the area and for the most part they did not get along well. The Indigenous were not happy that the new settlers were fishing, hunting and trapping what they considered was theirs.

These early settlers were about sixty miles from the closest mill to get their grain and corn ground. Using a canoe, it would take them about two weeks to make the trip. They had ini-

tially brought with them coffee grinders and used them to initially grind their grain. They also hollowed out



Spear Fishing on Wimmot Creek

a stump and fabricated a large wooden "pounder" as a crude method of grinding their grain and corn.

The Lovekin Family

Richard Lovekin and his family are considered the first "settlers" in Clarke Township. They left Ireland, sailing from Cork, on September 21, 1795. They had a terrible trip, strong winds blew them off course and after four months they arrived at St. Bartholemew (Carribbean?). Finally on April 9., 1796, seven weary months later, they arrived in New York. Mr. Lovekin, left his family there and hired two "assistants" to start the long trek around Lake Ontario to find his 200 acres. They landed at the mouth of "Baldwin's Creek", (now Wilmot Creek) south of Newcastle. There was a small hut already built at the creek "for the purpose of trading with the Indigenous Peoples of the area". They constructed a small shack there and cleared some land. They cut logs so that they could later use them to construct a proper home. The Lovekins built the first permanent dwelling in Clarke Township.

One evening, they took their boat into the marsh to cut long grass, which they used for bed-

Continued on Page 17

Inside This Issue

Lead Story	Page 1
Peter Hobb	On Holidays
Ron Strike Editorial	Page 2
Jim's Editorial	Page 3
Globe & Mail Article	Page 4&23
BOAA Fall Guide	5-16
OSPE Press Release	17
Home Cooking with Cathy	Page 22

10% OFF VEHICLE GRAPHICS
WHEN YOU MENTION THIS AD

Expires September 30th.

JAMES PRINTING & SIGNS
jamesprinting.co
 905.623.8001





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

FOR MORE INFORMATION/CONFIDENTIAL DISCUSSION - please send an email to: JimAbernethy@RoyalService.ca with your contact telephone number and name, or call me direct on my cell: **905-261-7788**.

*All inquiries are confidential and private.

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

Ontario Wasted More Than \$1 Billion Worth of Clean Energy in 2016 | June 29th, 2017 / PRESS RELEASE STATEMENT

Following a detailed analysis of year-end data issued by the Independent Electricity System Operator (IESO) and Ontario Power Generation (OPG), the Ontario Society of Professional Engineers (OSPE) is reporting that in 2016, the province wasted a total of 7.6 terawatt-hours (TWh) of clean electricity – an amount equal to powering more than 760,000 homes for one year, or a value in excess of \$1 billion.

“This represents a 58 per cent increase in the amount of clean electricity that Ontario wasted in 2015 – 4.8 TWh – all while the province continues to export more than 2 million homes-worth of electricity to neighbouring jurisdictions for a price less than what it cost to produce,” said Paul Acchione, P.Eng., energy expert and former President and Chair of OSPE. OSPE shared these findings with all three major political par-

ties, and will be at Queen’s Park this morning to speak to media regarding the importance of granting professional engineers more independence in the planning and designing of Ontario’s power system.

So why is Ontario wasting all this energy?

“Curtailed is an industry term that means the power was not needed in Ontario, and could

[Continued on Page 17](#)

ALCOHOL AND INSURANCE



by Ron Strike
WillDavidson LLP

38 KING STREET
WEST, BOWMANVILLE
RSTRIKE@WILLDAVIDSON.CA

ruin that can arise from excessive alcohol consumption. If anyone injures themselves or another as a result of alcohol

It has only been in the last few decades that organizers of social events have become very aware of the serious risks that come with running an event that serves alcohol and the importance of insuring against that risk. Weddings, music festivals and country fairs come to mind.

As the end of summer brings many such gatherings we need to remind ourselves of the tragedy and financial

consumption at any event serving alcohol the organizers run the risk of being financially responsible for it.

A significant insurance premium is often paid to cover that very risk but a serious injury can quickly exceed insurance limits. It is critical that everyone attending any such event be supportive of and cooperate with the actions taken to monitor and prevent excessive alcohol consumption.

Private events even as small as dinner parties have the same alcohol related risk although the standard of monitoring and prevention of impairment is less than that of a function serving alcohol for profit. While a dinner party in the home will have insurance coverage through the home policy a larger event will likely not have home insurance coverage.

If you are running any event serving alcohol or people are bringing their your own alcohol with significant numbers attending it is important to get separate insurance coverage.

Start with an inquiry to your home insurer.

For anyone driving with G1 and G2 licenses the implications of driving with any alcohol in your system are severe as any insurance coverage may be totally denied in the event of an accident in addition to many other serious consequences. It is also important to note that alcohol can stay in your system for up to 12 hours so it is possible to have illegal levels of alcohol the morning after.

Impaired driving remains a serious problem and related police powers and punishment are soon going to get significantly tougher with the pending legalization of marijuana. The presence of marijuana is likely to have the same zero-tolerance treatment and serious insurance implications.

Have fun & be safe at this Fall.

SORRY, PETER HOBBS IS ON HOLIDAY. WATCH FOR HIS EDITORIAL IN THE NEXT (DECEMBER) EDITION OF CLARINGTON PROMOTER.

Liberal - Quebec Hydro Deal Could Mean Fewer Jobs In Durham



By Lindsey Park
Ontario PC Candidate
for Durham

many hardworking people in our community and beyond.

According to the Society of Energy Professionals, this deal “threatens the early closure of Pickering Nuclear Gener-

Recently we learned that the Wynne Liberals are negotiating a secret deal with Hydro Quebec that could cost Ontario thousands of good-paying jobs in our energy sector.

About 30 percent of the electricity generated in Ontario is generated in the Region of Durham. This deal threatens the livelihood of

ating Station and the loss of 4,500 jobs in the Durham Area.” In addition, there are thousands of spin-off jobs in our community supporting the Ontario energy sector. In the past, the Wynne Liberals promised to keep the Pickering power plant open until 2024, but as we all know, they have flip-flopped before when politically convenient.

And, this backroom deal is for power we don’t need. This deal would force Ontario to purchase 8 terawatt hours of electricity per year from Quebec, for the next 20 years. Meanwhile, in June, the Ontario Society of Professional Engineers revealed the Wynne Liberals wasted 7.6 terawatt-hours of clean electricity last year - the equivalent of powering 760,000 homes for a year.

With this large energy surplus in Ontario, no responsible government would ever sign a deal for this much surplus

hydro unless they plan to close an Ontario power facility.

Kathleen Wynne continues to sign contracts for more power that Ontario does not need. This deal with Quebec will put thousands of Ontario jobs on the line, many of those are right here in Durham.

Increasingly, life for Ontario families is harder with Kathleen Wynne and the Liberals. Durham families are paying more and getting less. This deal with Quebec would be bad for hydro customers, and it would seriously impact jobs, families and businesses right here in our community.

It’s time for the Wynne Liberals to be transparent about the costs and benefits of any proposed deal, and be accountable to the hardworking people of Durham. Ontarians deserve to know where the Wynne Liberals stand.

Opinions and Views



by Jim Abernethy, Publisher
jim@claringtonpromoter.ca

“The Best Time To Plant A Tree Was 20 Years Ago. The Second Best Time Is Now.” – Chinese Proverb

History has shown that people have been moving to Clarington for more than 200 years.

The only true “Canadians” are the Indigenous Peoples who lived here thousands of years prior to the arrival of Europeans. Otherwise all of us are immigrants or descendants of immigrants.

What motivated them and us to relocate here remains the same, the opportunity of raising their families in a welcoming community that offers an abundance of amenities combined with “affordable home ownership”.

The price of properties may fluctuate over time. However the true value of home ownership can be measured in other ways and “home ownership” should not be taken for granted.

Here is a press release that I thought appropriate to re-print. Born in Canada or not, Ontarians stand united on the value of home ownership

Press Release dated June 29, 2017: Ontario Real Estate

Association (OREA)

A large majority of Ontarians born outside of Canada say that home ownership is important to them (80%), slightly outweighing those born in Canada by five points (75%), shows new research from Ipsos for the Ontario Home Ownership Index, a semi-annual study commissioned by the Ontario Real Estate Association (OREA). With Canada’s 150th birthday just around the corner, Ontario Realtors are encouraging home owners to show their national pride by accenting their homes with Canadian effects.

“The unity between Ontarians, born here or not, reinforces the notion that home ownership truly is the Canadian Dream,” said Ettore Cardarelli, President of the Ontario Real Estate Association. “When my family and many of their friends immigrated to Canada in the 1960s, home ownership was one of their primary motives. Buying a home to raise a family in was what everyone coming to this country did.

The real estate market may have changed since then, but the dream is still alive.”

The research found that 83% of Ontarians born outside of Canada agree that owning a home gives them a sense of pride, compared to 77% of Ontarians born in Canada. Thinking about real estate as an investment, 84% born outside of Canada say it is a good investment with 81% born in Canada saying so.

In Ontario, the rate of home ownership is 71%, according to the 2011 National Household Survey. At OREA, the Association’s new vision is about keeping the Canadian dream of home ownership within reach for future generations and giving its members the tools they need to help home buyers and sellers through the biggest financial transaction in their lives.

For more information contact: Jamie Hofing, Head of Media & Public Relations jamieh@orea.com

Toronto Real Estate Board

SUMMARY OF EXISTING HOME TRANSACTIONS

ALL HOME TYPES, JULY 2017 ALL TREB AREAS

	Number of Sales	Dollar Volume ¹	Average Price ¹	Median Price ²	New Listings ²	SNLR (Trend) ⁶	Active Listings ³	Mos. Inv. (Trend) ⁹	Avg. SP / LP ⁴	Avg. DOM ⁵
TREB Total	5,921	\$4,418,355,057	748,218	\$828,000	14,171	60.8%	18,751	1.3	98%	21
Halton Region	571	\$478,878,156	834,813	\$725,000	1,218	63.5%	1,745	1.3	98%	22
Burlington	168	\$125,742,162	748,465	\$678,750	301	68.6%	455	1.2	98%	23
Halton Hills	64	\$48,786,250	762,285	\$680,000	114	72.8%	130	1.1	98%	18
Milton	150	\$101,666,116	677,774	\$640,000	309	61.7%	360	1.0	98%	20
Oakville	189	\$200,483,628	1,060,760	\$888,000	492	59.5%	800	1.5	97%	25
Peel Region	1,313	\$901,731,588	688,772	\$825,000	3,327	59.4%	3,978	1.2	98%	21
Brampton	578	\$370,466,503	640,946	\$616,250	1,674	56.6%	1,885	1.2	98%	20
Caledon	65	\$62,665,300	964,082	\$799,900	136	54.9%	272	2.1	97%	25
Mississauga	670	\$468,599,785	699,403	\$625,000	1,517	62.7%	1,821	1.2	97%	21
City of Toronto	2,303	\$1,748,992,472	759,441	\$589,500	4,498	65.1%	5,700	1.2	98%	20
Toronto West	574	\$407,164,653	709,346	\$593,500	1,191	64.9%	1,610	1.3	98%	22
Toronto Central	1,144	\$939,116,329	820,906	\$570,000	2,153	66.4%	2,718	1.3	98%	20
Toronto East	585	\$402,711,490	688,396	\$649,000	1,155	62.7%	1,372	1.1	99%	19
York Region	804	\$765,051,818	951,557	\$845,000	2,661	53.5%	4,175	1.8	98%	22
Aurora	50	\$47,558,364	951,167	\$849,000	157	53.1%	261	1.4	98%	23
E. Gwillimbury	16	\$12,851,500	803,219	\$706,000	91	48.5%	193	2.2	99%	32
Georgina	40	\$21,552,488	538,812	\$540,000	217	52.5%	373	1.8	98%	22
King	15	\$22,946,500	1,529,767	\$1,625,000	67	49.0%	170	2.9	98%	26
Markham	231	\$231,296,168	1,001,292	\$855,000	690	56.0%	982	1.4	99%	20
Newmarket	68	\$53,940,400	793,241	\$797,500	228	52.7%	350	1.4	97%	20
Richmond Hill	139	\$134,695,664	969,034	\$900,000	505	53.1%	740	1.5	98%	24
Vaughan	209	\$206,607,134	988,551	\$890,000	581	53.5%	891	1.5	97%	21
Whitchurch-Stouffville	36	\$33,603,400	933,428	\$780,000	125	50.0%	215	1.8	98%	24
Durham Region	749	\$428,741,481	569,748	\$525,000	1,908	61.6%	2,172	1.0	98%	20
Ajax	108	\$66,974,486	620,134	\$590,000	323	60.1%	333	1.0	99%	18
Brock	15	\$6,267,650	417,843	\$375,000	29	67.1%	64	2.3	95%	31
Clarington	153	\$76,664,599	501,076	\$475,000	319	64.0%	358	1.0	99%	18
Oshawa	220	\$102,752,542	467,057	\$440,000	585	59.7%	644	0.9	99%	20
Pickering	82	\$55,340,516	674,884	\$672,500	234	61.6%	259	1.1	99%	17
Scugog	23	\$15,350,750	667,424	\$525,000	65	62.8%	94	1.6	95%	29
Uxbridge	17	\$13,087,700	769,865	\$660,000	36	67.0%	82	1.8	98%	27
Whitby	131	\$90,303,218	689,338	\$620,000	315	62.4%	338	0.9	99%	20
Dufferin County	48	\$23,184,737	483,015	\$462,000	87	74.4%	106	0.9	98%	18
Orangeville	48	\$23,184,737	483,015	\$462,000	87	74.4%	106	0.9	98%	18
Simcoe County	133	\$75,975,025	571,241	\$519,000	475	58.6%	875	1.7	97%	24
Adjala-Tosorontio	9	\$6,661,000	740,111	\$599,000	25	64.7%	64	2.4	96%	20
Bradford West	23	\$14,571,900	633,561	\$630,000	121	55.3%	195	1.5	98%	27
Essa	17	\$8,174,500	480,853	\$435,000	44	70.0%	102	1.5	97%	28
Innisfil	44	\$25,110,176	570,686	\$480,000	171	48.6%	313	2.2	96%	22
New Tecumseth	40	\$21,457,449	536,436	\$507,625	114	67.9%	201	1.4	98%	26

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

THE GLOBE AND MAIL

Ontarians Paid \$37-Billion Above Market For Electricity Over Eight Years, Auditor-General's Report Says | This article appeared in the Globe & Mail on December 2, 2015



By Adrian Morriw
Globe & Mail Reporter

advice – and even tore up two long-term plans from the Ontario Power Authority for the electricity system – in favour of political decisions that drove up power costs for consumers, the report says.

What's more, Hydro One is in rough shape, with ever-increasing numbers of power outages and aging equipment "at very high risk of failing" that needs \$4.472-billion worth of repairs – even as the province is selling 60 per cent of the company to the private sector.

The revelations about Ontario's expensive and aging electricity system were in Auditor-General Bonnie Lysyk's annual report released on Wednesday.

"We found that the electricity power planning process had essentially broken down over the past decade," Ms. Lysyk said at a Queen's Park news conference. "The [energy] ministry has made a number of decisions about power generation that went against the OPA's technical advice. In addition, these decisions did not fully consider the state of the electricity market or the cost impact on consumers."

Ms. Lysyk's report put 14 different government policy areas un-

der the microscope. Among other things, she reported that the province has doled out piles of corporate welfare behind closed doors, gone \$90-million overbudget on a flawed computer system for managing social assistance benefits that has resulted in \$140-million worth of miscalculated payments, has \$500-billion worth of infrastructure that must be fixed and failed to make sure home-care providers look after their patients properly. But it all paled compared to her criticisms of the government's management of the electricity system.

By law, the Ontario Power Authority (OPA), which has now merged into the Independent Electricity System Operator, was supposed to provide a long-term plan for electricity that independent regulators would vet. But Ms. Lysyk found that in 2007 and 2011, OPA produced such a plan only to have the Liberals overrule it and make ad-hoc decisions on the system by fiat.

As a result, electricity prices for consumers and small businesses jumped by 70 per cent – from 5.32 cents per kilowatt hour to 9.06 cents – between 2006 and 2014, she found. The largest part of the reason for that is an increase to Global Adjustment Fees, which for the past decade have paid power-generating companies more than market price for their power as an incentive to set up in Ontario. Those fees amounted to \$37-billion between 2006 and 2014, and are projected to add \$133-billion from 2015 to 2032.

Energy Minister Bob Chiarelli defended the above-market prices as necessary. Before the Global Adjustment, he said, the government had trouble persuading private-sector generating companies to come to the province. "Wholesale market prices were not sufficient to attract much-needed investment in Ontario's electricity generation sector. In other words, there wasn't enough revenue coming to the generators, so they weren't building gen-

erating capacity," Mr. Chiarelli told reporters. He said the draft long-term plans that the OPA created and the province killed were too "cumbersome" and did not include enough consultation. When he became minister in 2013, Mr. Chiarelli said, he changed the planning process and created a new type of plan that will manage the system in the future. "When I arrived as a minister, there was a consensus that [the OPA's plan] was cumbersome," he said. "We worked aggressively, consulted aggressively and we introduced legislation that provides a good framework for consultation."

Mr. Chiarelli also contended that some of the higher electricity prices were a cost of weaning the province off coal-fired power and onto cleaner sources.

But Ms. Lysyk said Ontario pays more for green power than other jurisdictions. Compared to U.S. prices, the cost of wind power in Ontario is double and solar power is more than triple. The 2010 Green Energy Act, Ms. Lysyk said, failed to take advantage of low electricity prices and instead mandated higher prices for wind and solar power companies than they had received previously. This added up to \$9.2-billion more in renewables costs. In another case, when the government closed a coal-fired power plant in Thunder Bay in 2013, it decided to convert the plant to biomass to keep it going. Energy experts at the OPA told the government the conversion was not cost-effective, but the government went ahead anyway. Power from the plant now costs \$1,600/megawatts per hour, which is 25 times the cost at other Ontario biomass plants, Ms. Lysyk found. Some of the biomass burned at the plant is imported from Europe, which undercuts part of the rationale for keeping it going, which was to help Ontario's forestry industry.

In a third situation, in January, **Continued on Page 23**

CLARINGTON'S HOME CHILDREN

by Sherrell Branton
Leetooze

"Home Children" were children who were placed in founding homes and orphanages for various reasons in England and who were sent to Canada as farm labourers and domestic help between 1869 and 1949. These were children from about the age of five years to about the



Motivated by social and economic forces, churches and philanthropic organizations sent orphaned, abandoned and pauper children to Canada.

age of 18 years.

Most of them had fairly happy homes here.

Clarington had over 600 home children placed here during those years, and many of the people in this area today are their descendants.

Information about many of these children can be found in the new book "Clarington's Home Children" which was three years in the researching and writing.

You are invited to attend the book launched at a special Home Children event at the Sarah Jane Williams Heritage Centre located at 62 Temperance Street in Bowmanville taking place on Thursday October 12th starting at 1:00 p.m.

A special cake, coffee and tea will be served. The admission price of \$20 will include a copy of the book.

Guest speakers will be there from the British Home Children Foundation as well as from the group who maintain the records of the former Hazelbrae (the receiving and distributing home of Barnardo's in Peterborough) through which most of the "home girls" in this area were placed.

Please note there will be room for only 60 people, so get your tickets early.



It is estimated that 12% (over 4 million) of the Canadian population is a descendant of a Home Child.

Tickets are available at the Sarah Jane Williams Heritage Centre located at 62 Temperance Street Bowmanville. Telephone 905-623-2734 or email: info@claringtonmuseums.com I'm looking forward to seeing you all there.

Volunteers Needed in Making a Connection

At Community Care Durham, a group of volunteers is needed to support a special group of seniors.

The COPE Mental Health Program in Clarington is currently recruiting volunteers to assist in its Making Connections Clarington support group. This group was developed 13 years ago to help seniors, who have higher needs with serious and persistent mental health issues, get out and socialize within their community. As this group is typically for seniors, the

usual age is 55 and over.

The COPE Program is looking for new volunteers to engage and support group members in learning, developing, and maintaining skills; while helping improve ways to cope and manage – all while having fun doing it. The key is having fun and enjoying time spent together. The Making Connections Clarington group meets every Tuesday and Thursday in Bowmanville from 10 a.m. to 2 p.m.

Are you interested in having fun while helping seniors?

For more information about this exciting volunteer opportunity, please contact: Mandi Burshaw, COPE Manager: 905-623-0889, mburshaw@communitycaredurham.on.ca or Melissa McCreadie, COPE Asst.: 905-623-1583, mmccreadie@communitycaredurham.on.ca.

Clarington's "Best Kept Secret for 55+ 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 Focussed • Fiscally Responsible • Member Focussed • Quality Programs

Drop-In Programs

Monday		Tuesday		Wednesday		Thursday		Friday	
Walking	9 am	Snooker	9 am	Snooker	9 am to 6 pm	Therapeutic Walk in Nature, Fall Birding	9 am to 11 am	Snooker	9 am
Snooker	9 am to 6 pm	Cribbage & Euchre	9:30 am	Urban Poling	9 am	Social Sewing	9 am to 12:45 pm	Urban Poling	9 am
Book Club once per month	10 am	Social Bridge	9:30 am	Choir	10 am - 11:30 am	Snooker	9 am to 6 pm	Open Art	9 am
Crocheting / Knitting Group	10 am	Scrabble	9:30 am	Bridge Fun Group	1 pm	Table Tennis	10 am	Duplicate Bridge	1 pm
Wood Carving	10 am	Table Tennis	10 am	Canasta	1 pm	Woodcarving	10 am	Darts	1 pm
Darts	1 pm	Square Dancing every other week	12:45 pm	Therapeutic Walk in Nature, Fall Birding	1 pm to 3 pm	Mexican Train Dominoes	10 am	500 Cards	1 pm
Duplicate Bridge	1 pm	Mahjong	1 pm	<h3>Weekly Drop-In Fee Schedule</h3> <p>Duplicate Bridge: \$3.50 members \$5 non-members</p> <p>All other drop-in programs: \$1.75 members \$3 non-members</p> <p>Progressive Fundraising Euchre: \$3 members \$5 non-members</p>	Mahjong	1 pm	Jam Session	1 pm	
Cribbage	1 pm	Social Bingo	1 pm		Bid Euchre	1 pm	Meditation	2 pm	
Social Show times once per month	6 pm	Friendship Group	1 pm		Craft Group	1 pm	Saturday		
Bid Euchre	7 pm	Theatre Group	2:30 pm		Ukulele	2:15 pm	Table Tennis	10 am	
 <p>SOCIAL BINGO</p> <p>Tuesday at 1 pm \$1.50 per person for as many cards as you wish for 6 games 25¢ for dabber for 1 game sheet Tuesday at 2:15 pm \$1.25 per card for 10 games 25¢ for dabber for 1 game sheet</p>	Jam Session	6:30 pm	Musical Development		3 pm	Social Bridge	1 pm		
	Progressive Fundraising Euchre	7 pm	Social Bridge	7 pm	Cards	1 pm			
						Sunday			
						Texas Hold'em Poker	7 pm	Cards	1 pm
								Darts	2 pm

VOLUNTEERS

"ALWAYS WANTED AND APPRECIATED"

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

PG.2 _____

- General Information

PG.3 _____

- Trips & Travel
- Upcoming Events & Fundraisers

PG.4 _____

- Upcoming Events & Fundraisers
- Workshops & Seminars

PG.5 _____

- Workshops & Seminars

PG.6 _____

- Sports & Activities
- General Interest Programs

PG.7 _____

- General Interest Programs

PG.8 _____

- Partnership Programs
- Fitness Programs

PG.9 _____

- Fitness Programs

PG.10 _____

- Fitness Programs
- Art & Music Programs

PG.11 _____

- Art & Music Programs
- Dance Programs

- Computer & Digital Photography Programs

PG.12 _____

- Computer & Digital Photography Programs
- Computer & Technology Programs

General Information

MEMBERSHIP INFORMATION \$28.25 (INCLUDES HST)

(Valid for one year from the day you join)

- Memberships are for those 55 years and older
- Spouses under the age of 55 are welcome to become members if their spouse is 55 and a member in good standing
- If you have a disability (regardless of age) and would like to participate in events, programs and courses at the centre please contact staff at 905-697-2856 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 and registered programs and courses
- Members-first priority and member rates for all programs and special events
- Member pricing for Tuesday lunches
- 10% Discount on facility rentals at the Clarington Beech Centre
- Keep updated with the latest information via our BOAA Member Newsletter, emails and voicemails
- Vote at our Annual General Meeting
- Hold office on the Governing Board of Directors
- Meet lots of friends
- Discover a new hobby, skill or talent
- Become involved in meaningful volunteer work
- Meet new people in your community

WHY SHOULD I BUY A MEMBERSHIP?

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

REGISTRATION INFORMATION

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

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

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

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

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

WAITING LIST

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

WEATHER POLICY

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

ALWAYS SCAN YOUR CARD & CHECK IN

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

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adults will be closed September 4th, October 9th, December 24th to January 1st.

WHEELS IN ACTION

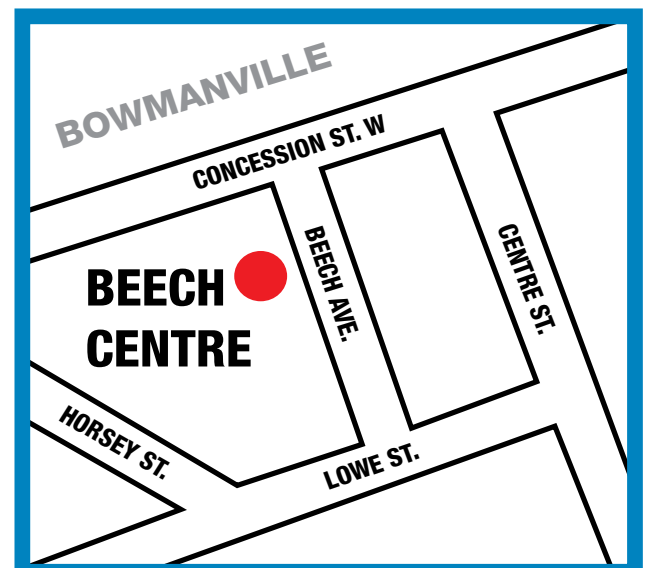
Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required.

WI-FI

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

EMAIL & VOICE DIALING

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



NON-MEMBER INFORMATION

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

GUEST REGISTRATION

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

COMPLIMENTARY TRIAL FOR PROGRAMS

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

EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com

Sharon Mansfield:

events@bowmanvilleolderadults.com

Stella Riccio:

administration@bowmanvilleolderadults.com

Chelsea Wolf:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Amanda Rutherford:

klipz@bowmanvilleolderadults.com

GIFT GIVING IDEAS

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

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

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

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



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



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



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Trips & Travel

A Day to the North - Monday September 25th 2017

Join the BOAA in the north for an amazing lunch in a building that was built in the 1850's for travelers' accommodation and is now known as Mylar & Loretta's restaurant. Travel to The Candy Factory near Collingwood where they have been creating Georgian Bay's finest chocolate and candies since 1972. Later visit the Blue Mountain Village where you will enjoy a gondola ride to see the spectacular 360 degree views. Time for shopping and visiting the village will be included. Includes: coach bus transportation, roast turkey luncheon, factory tour, gondola ride and a small donation to the BOAA. **The bus will leave the BOAA at 8:30 am \$105.00 per person**

Famous People Player: Deck the Halls Wednesday November 29th 2017

Enjoy lunch and theatre at Famous Peoples Players for a stunning musical that will Deck the Halls with fun and laughter. Includes: coach bus transportation, show, dinner and a small donation to the BOAA. **The bus will leave the BOAA at 10 am \$117.00 per person**

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



Upcoming Events & Fundraisers

Fall BOAA Showcase, Health Fair, Open House & Registration

You will not want to miss this fantastic day filled with vendor booths, live demos, draws, complimentary refreshments and registration for new programs!
Wednesday September 6th
9 am to 2 pm "Health Fair"
9 am to 2 pm "Woodcarving Expo, Painting & Drawing Photography Displays, Demos"
9 am to 6 pm "Program Registrations"
 In Partnership with OACAO and sponsored by Ministry of Seniors Affairs.

Monthly Baking Fundrasier with Josie

Friday September 8th - Cherry Pie
Friday October 6th - Apple Pie
Friday November 17th - Pumpkin Pie
Friday December 15th - Christmas Cookies/Squares
 Pre-orders required. Please visit the front desk for more details.

Concert with Dance Floor with L'll Big Band

Includes: Refreshments, cash bar and door prizes.
Wednesday, September 13th, November 22nd
7:30 pm to 9:30 pm
\$5 members / \$7 non-members

Tocara Sale with Representative, Drina Hill

Fantastic jewelry with 15% of all sales will be donated back to BOAA. Browswww.tocaraplus.com/drinahill
Tuesday September 26th, Thursday September 28th, Tuesday December 5th
11 am to 2 pm

Social Dances with The Clarington Beech Nuts

Enjoy an afternoon of waltz, round and line dancing with a live band. Refreshments will be served. No partner necessary.
Friday September 15th, October 20th, November 17th, December 15th
1 pm to 4 pm
\$3.50 members / \$5.50 non-members

Dinner Theatre "Just the Ticket" performed by Marion Reid-Clarke

We promise this one women show will be the highlight of your month. Play written by Peter Quilter and directed by Monique Essegern. Enjoy a fully catered buffet dinner, cash bar and theatre. Limited seating available so please register early to avoid disappointment.
Friday September 15th or Saturday September 16th
Buffet Dinner at 6 pm
Performance at 7:30 pm
\$35 members / \$40 non-members

Open Mic

Join us for a great afternoon of talent. Sing, dance or just come on out to enjoy the entertainment. FREE & Open to ALL with cash bar and refreshments for purchase!
Sunday September 17th and November 19th
1 pm to 4 pm

BOAA Fundraising Golf Tournament

Join BOAA members and guests as they hit the course at The Bowmanville Golf and Country Club for 18 holes of best ball golf. Includes: lunch on course, golf and carts followed by dinner at the BOAA.
Wednesday September 20th
Shot Gun Start at 9 am
\$80 members / \$85 non-members

Karaoke Night

SING it loud or just come out to cheer on the ones that are willing to take the mic.
Friday September 22nd
7 pm
\$5 members / \$8 non-members

Euchre Extravaganza

Includes: 12 games of Progressive Euchre, Buffet Dinner, Door Prizes and Draws
 Advanced tickets recommended
Saturday September 23rd, November 11th
3 pm
\$10 members / \$12 non-members

Smile Theatre presents "Sunshine Sketches"

Refreshments will be provided after the theatre.
Thursday September 28th
1:30 pm
\$5 members / \$7 non-members
 Sponsored by Ontario Power Generation

MEMBER ONLY CONVENIENCE PASSES FOR SALE

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

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

Upcoming Events & Fundraisers

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

Progressive Euchre Party Last Saturday of Every Month

Advance tickets recommended and available at the Bowmanville Older Adult Association
Prizes for 1st to 5th Place, Loan Hands & Skunk
50% of door ticket sales will be given in prizes – guaranteed!
Includes: light refreshments, tea and coffee, concession stand, 10 games, prizes and draws.
**Saturday September 30th, October 28th, November 25th
6:30 pm**
\$8 members / \$10 non-members

Bridge Social with CASH PRIZES

Modified progressive format, winners move up and switch partners, losers stay and switch partners. Chicago Scoring. Complimentary refreshments will be provided in the Café. No advanced registration required, however you must arrive and pay prior to 1:15 pm.
**Sunday October 1st, November 5th, December 3rd
1:30 pm to 4:30 pm**
\$5 members / \$7 non-members

Bid Euchre Bonanza

Includes: 10 games of Bid Euchre, mid-day buffet, door prizes and draws.
**Saturday October 14th
11 am**
\$10 members / \$12 non-members

Luncheon with the BOAA Choir

Join us for our regular Tuesday luncheon followed by a mini concert from the BOAA Choir.
**Tuesday October 17th, December 5th
12 pm**
\$8.05 members / \$11.40 non-members



BOAA Theatre Group presents “A Little Surprise”

A one act comedy for all to enjoy. “See what trouble ‘prankster’ Ron gets into and watch the family dynamics unfold”. “A don’t miss” play written by our own Tom Kelly with improvisations by the cast. Includes: theatre, cash bar and refreshments.
**Friday October 20th
7 pm or
Saturday October 21st
2 pm**
\$10 members / \$12 non-members

Joyfull Noise Fundraising Concert in Support of the BOAA

Enjoy a night of 50’s, 60’s and 70’s music with Joyfull Norice Choir. Refreshment will be served.
Thursday October 26th 7 pm
\$5 members / \$8 non-members

Halloween Luncheon

Includes: lunch, costume contest and prizes
**Tuesday October 31st
12 pm**
\$8.05 members / \$11.40 non-members

Remembrance Luncheon

Includes: lunch and service with Royal Canadian Legion Branch 178.
**Tuesday November 7th
11:30 am**
\$8.05 members / \$11.40 non-members

Zumbathon with Veronica Vargas

Join the party in support of the BOAA with an afternoon of Zumba® with our one and only Veronica! Wear blue and white to support the cause. Includes draws, door prizes and raffles.
**Sunday November 12th
1 pm to 3 pm**
\$20 members / \$25 non-members

Thirty-One Gifts with Rachel Flewelling Vaughan

Thirty-one Gifts representative, Rachel Flewelling Vaughan, who will be selling fantastic ThirtyOne Bags & Accessories where 15% of all sales will be donated back to the BOAA!
Tuesday November 14th 11 am to 3 pm
Browse products at: <http://www.mythirtyone.ca/2605826>

Smile Theatre presents “Gift of the Magi”

Refreshments will be provided after the theatre.
**Thursday November 30th
1:30 pm**
\$5 members / \$7 non-members
Sponsored by Ontario Power Generation

Christmas Dinner & Dance

Entertainment followed by DJ Dancing with Then & Now. Only 200 tickets available and on sale starting November 6th for BOAA members and November 20th for non-members.
**Saturday December 9th
5 pm Social
6 pm Dinner**
\$30 members / \$35 non-members

Christmas Luncheon

Includes: Lunch and Christmas Pageant with the BOAA programs and courses.
**Tuesday December 12th
11 am**
\$8.05 members / \$11.40 non-members

Luncheon with the BOAA Theatre Group

Join us for our regular Tuesday luncheon followed by a presentation from the BOAA Theatre Group.
**Tuesday December 19th
12 pm**
\$8.05 members / \$11.40 non-members

Robbie Burns Luncheon

Celebrate the life of the famous Robbie Burns with a service, entertainment and complete meal of haggis, meat pie and all the fixings.
**Tuesday January 30th
11:30 am**
\$8.05 members / \$11.40 non-members

TUESDAY LUNCH

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

\$8.05 members / \$11.40 non-members

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

This helps staff and volunteers with planning and preparation.

No lunch: September 5th, October 10th, December 26th, January 2nd

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to pre-register for ALL workshops and seminars to allow for pre-planning and room allocations and refreshments.

BEADING ON A T-SHIRT with Elsa Pogue

Create a beaded t-shirt with a unique design. Please pick up your supply list prior to the workshop.
**Wednesday 9:30 am to 3 pm
October 4**
\$8 members / \$10.40 non-members

“FREE” BLOOD PRESSURE CLINIC with Coby Booth

Stop by to have your blood pressure assessed by our Volunteer RN in the lobby.
**Tuesday 9:30 am to 12 pm
September 6th, September 12th, September 26th,
October 10th, October 3rd, October 17th, October 31st**

“FREE” BRAIN WAVES CAFÉ

A social and informal place for individuals with cognitive (memory) change to meet together socially in the community for stimulating conversation, support and other engaging activities. Friends and family welcome. Light refreshments available.
**Tuesday 1 pm to 2:30 pm
October 3rd, November 7th, December 5th**

CPR – Level C with Ruth Forrest

Learn lifesaving CPR. Learn to recognize the signs and symptoms of a heart attack and stroke and clear an obstructed airway; Adult, Child and Infant instruction will be included in this course. Instructed by Ruth Forrest from the Lifesaving Society
**Tuesday 1 pm to 4 pm
November 21st**
\$30 members / \$35 non-members

CULINARY LESSON with Chef Simon Bush from Bistro 238

Come and join us for a fun social afternoon of cooking and taste testing.
**Monday 1 pm to 3 pm
September 18th, October 16th, November 20th**
\$10 members per lesson / \$15 non-members per lesson



CULINARY LESSON with Chef George

Come and join us for a fun social afternoon of cooking and taste testing.
**Wednesday 1 pm to 4 pm
September 13th, October 11th, November 15th,
December 13th**
\$10 members per lesson / \$15 non-members per lesson

“FREE” DIABETES SUPPORT GROUP with Lakeridge Health

Meal Planning

Tips for building healthier meals and snacks
**Thursday 1:30 pm to 3:30 pm
September 14th**

Keeping an EYE on Your Eye Health

Our community optometrist guest speakers will provide a presentation to help you understand how diabetes can affect the health of your eyes and what you can do to help keep your eyes healthy.
**Thursday 1:30 pm to 3:30 pm
October 12th**

Workshops and Seminars

Please contact the front desk or email programs@bowmanvilleolderadults.com to pre-register for ALL workshops and seminars to allow for pre-planning and room allocations and refreshments.

ABCs of Diabetes Management

Discussing self-management of diabetes, problem solving and prevention of complications.

Thursday 1:30 pm to 3:30 pm
November 9th

Diabetes BINGO

Come and enjoy a fun and informative afternoon while we play a game of BINGO through an interactive diabetes management program.

Thursday 1:30 pm to 3:30 pm
December 14th

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

ENERGY MEDICINE with Donna Elliot

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

Wednesday 1 pm to 2:30 pm
September 13th

\$7.50 members / \$9.95 non-members

"FREE" FALL GRASS SEMINAR with Melody Eewes

Discover adding texture and flow, while filling the gaps from those pesky weeds. Bring your garden to life with Fall Grasses. Fall garden advice and tips.

Wednesday 11 am to 12 pm
October 18th

"FREE" HEALTHY EATING FOR OLDER ADULTS with Jessica Corner

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

Thursday 2 pm to 3 pm

October 12th and October 19th at Loblaws

"FREE" HEALTHY LIVING WORKSHOP with Veronica Vargas

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

Friday 12:30 pm to 1:30 pm 6 weeks
November 3rd to December 8th

"FREE" HEARING AID CARE with Bowmanville Hearing Services

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

Tuesday 1:30 pm to 4:30 pm
September 19th, October 17th, November 21st,
December 19th

"FREE" HEARING SCREENING with Hear Clear Canada

Join Hearing Care Professionals for complimentary hearing screenings to find out if you're hearing everything you should. FREE gift with each screening. Hearing well means you're living at your best. No appointment required.

Monday 2 pm to 4 pm

October 2nd, November 6th, December 4th



IRIS FOLDING WORKSHOP with Elsa Pogue

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

Wednesday 9:30 am to 1 pm

November 15th

\$8 members / \$10.40 non-members

"FREE" KEEPING SENIORS SAFE AT HOME. Tips to remain at your home with Sarah Timleck, Occupational Therapy Services

Seminar 1: Overview of Falls Prevention: Risk factors and causes of falls

This educational seminar will discuss the importance of falls prevention and its prevalence in Canada. Participants will learn the risk factors for falls, and strategies to prevent risk of falls will be discussed.

Wednesday 3:30 pm to 4:30 pm

October 18th

Seminar 2: What to do in the event of a fall: Great session for caregivers!

This seminar will outline how to get yourself and others up safely from a fall, with hands-on practice of these strategies. We will also review simple exercises that can be implemented to maintain muscle strength and decrease your falls risk.

Wednesday 3:30 pm to 4:30 pm

October 25th

Seminar 3: Home safety and exercises and equipment demonstration.

This educational seminar will review equipment and modifications that can be made to the home to prevent falls and review funding options.

Wednesday 3:30 pm to 4:30 pm

November 1st

PEN AND INK CHRISTMAS CARDS with Dianne Darch

Let's get a head start on Christmas! Suitable for a beginner or returning student, we will be working with a standard size blank greeting card to create a unique card to give away or keep. Please feel free to bring your own drawing(s) sized for the card or you can use the one provided. Please ask for a supply list when you register

Saturday 10 am to 1 pm

October 21st

\$13.50 members / \$17.60 non-members

POSITIVE ENERGY IN THOUGHT with Donna Elliot

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

Wednesday 1 pm to 2:30 pm

September 20th

\$7.50 members / \$9.75 non-members

"FREE" WINTER GARDEN with Melody Eewes

Don't let your garden fade away because it is winter, enhance it during the growing season. Great ideas and helpful hints on winter gardens.

Wednesday 11 am to 12 pm

November 8th

"FREE" OLDER ADULT WORKSHOP SERIES presented by No Place Like Home Companion Care

The Power to Prevent Elder Abuse Hosted by Jessica Johnson, Owner & Founder of No Place Like Home Companion Care

Elder abuse is an intentional act, knowing, or neglect that causes or creates a risk of harm to an older adult. Please join us and learn all the who, what, where, why, when, and how's surrounding elder abuse. Let's gain some and spread awareness together. The power to prevent elder abuse is in OUR hands. Complimentary refreshments provided.

Wednesday 10 am to 11 am

September 27th

Tax Deductible Benefits of Home Care Hosted by Jessica Johnson of No Place Like Home Companion Care, and Bob MacMillian of Your Bottom Line

You may be eligible to claim attendant care expenses on your tax return. Care expenses you are able to claim as medical expenses include: meal preparation, housekeeping, laundry services, personal care, social care and transportation. Join us to gain some important knowledge on the tax-deductible benefits of claiming home care, as well as an in-depth analysis on how to apply for the Disability Tax Credit. Complimentary refreshments provided.

Wednesday 10 am to 11 am

October 11th

Top 8 Seated Yoga Poses for Seniors Hosted by Emily Day, Experienced Gerontological Yoga Instructor

Seated Yoga may have benefits for older adults, from strengthening bones, to increasing flexibility, relieving stress and anxieties. Yoga has been proven to lower blood pressure, significantly improve one's balance, range of motion and overall quality of life. We want you to live the quality of life you deserve. Join us and learn 8 seated poses for 55+, as well as beneficial deep breathing techniques. Complimentary refreshments provided.

Tuesday 11 am to 12 pm

October 17th

Winter Safety Tips for Older Adults Hosted by Jessica Johnson, Owner and Founder of No Place Like Home Companion Care

Baby, it's Cold Outside! When the temperature drops, seniors run a higher risk of health problems and injuries related to the weather. Like most things in life, it is better to be prepared. Let us teach you a few precautions everyone should take, especially older adults approaching the winter months. Complimentary refreshments provided.

Wednesday 1 pm to 2 pm

November 1st

WILD ROCK PAINTING with Shirley Bankey

Go wild!!! Come out and have some fun painting these cute and quirky wild pet rocks. The only talent needed is the ability to have a messy good time. Please pick up a supply list from the front desk.

Thursday 12 pm to 3 pm

September 21st

\$13.50 members / \$17.60 non-members

Sports & Activities

“NEW” A THERAPEUTIC WALK IN NATURE with Allan Chapman

Experience the benefits of spending time in a forest environment, as we stroll through different conservation areas within the region. No skills required, we will be looking for migrating birds, butterflies, and stopping to identify and smell the wild flowers.

Wednesday 1 pm to 3 pm

September 27th to October 25th

And

Thursday 9 am to 11 am

September 21st to October 26th

Drop-In Fees of \$1.75 members / \$3 non-members

“NEW” FALL BIRDING

Visit Conservation areas for owls, hawks and water birds.

Wednesday 1 pm to 3 pm

November 1st to December 20th

And

Thursday 9 am to 11 am

November 2nd to December 21st

Drop-In Fees of \$1.75 members / \$3 non-members

FLY FISHING with Bob McKenzie

Location The RFarm 3388 3rd concession, Newcastle

www.rfarmfresh.ca All equipment supplied

FLY FISHING BASICS

Theory and Equipment. Intro to casting with demonstration. Previous participants welcome.

Saturday 10 am to 12 pm

September 16th

Assembling equipment and understanding flies. Basic casting instruction outdoors.

Saturday 10 am to 12 pm

October 7th

More casting instruction and practice outdoors on the water.

Saturday 10 am to 12 pm

October 14th

Casting instruction and practice on the water. Fishing Bass and Trout ponds. Flies supplied.

Saturday 10 am to 12 pm

October 21st

\$7 members / \$9 non-members per lesson

“Social & Fun” Mixed Bowling League

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

Includes: weekly prize draw, admission to September's Sports Banquet & fun with friends.

Thursdays 1 pm to 3 pm

September 28th to December 14th continuing through January 11th to April 26th

\$30 members / \$35 non-members

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

TERRY FOX RUN 2017

Sunday 9:30 am | September 17th

Memorial Park, Liberty St Bowmanville.

Join Lydia and the BOAA Team for the 9:30 am

Warm Up then walk the 5 or 10 km routes.

General Interest Programs

“NEW” BEGINNER FAUX “SILK” FLOWER ARRANGING with Cathy Pearson

The program covers color schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a round arrangement, contemporary arrangement and, if time permits, a Christmas wreath.

This is a set up for beginners in flower arranging.

Materials needed will be discussed the first class.

Monday 1 pm to 2 pm 6 weeks

Oct 16th to Nov 20th

\$30 members / \$39 non-members

BRIDGE FOR BEGINNERS with Alan Tibbles

This course is designed for those that have never played bridge before. It will take the student through the basics of the game to a point where they will be able to play confidently in any social bridge setting. The course will be a combination of presentations, lectures, discussions and play, and will cover the following topics – Basic rules and objectives, game etiquette, format of play, valuing your hand, getting to game, bidding, standard bidding conventions, basic responses, scoring styles – social, rubber, duplicate and playing techniques.

Tuesday 6 pm to 8 pm 7 weeks

September 26th to November 7th

\$49.00 members / \$63.70 non-members

BRIDGE THE NEXT STEP TO SUCCESS... with Alan Tibbles

This course is designed for those who have completed a beginner level bridge course and participated in some bridge games. Learn reinforcement of conventions and rules from level 1. Additional conventions and added tips on improving your skills for success. This class will be a combination of presentations, lectures and discussion based on moving you to the next level of bridge play.

Tuesday 6 pm to 8 pm 6 weeks

November 14th to December 19th

\$42.00 members / \$54.60 non-members

BOWMANVILLE BOOK CLUB

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

Monday 10 am to 11 am

September 18th – Discussing – The Light Between Oceans by M.L. Stedman

Picking Up – A Man Called Ove by Fredrik Backman

October 16th – Discussing – A Man Called Ove by Fredrik Backman

Picking Up – The Siege of Bitters by Steve Burrows

November 20st – Discussing – The Siege of Bitters by Steve Burrows

Picking Up – The Evening Chorus by Helen Humphreys

December 18th – Discussing – The Evening Chorus by Helen Humphreys

Picking Up – The Red Notebook by Antonie Laurain

January 15th – Discussing – The Red Notebook by Antonie Laurain

Please visit the centre after August 21nd to pick up the September Book “The Light Between Oceans by M.L. Stedman” that will be reviewed on September 18th 2017

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

CRAFT GROUP with Judi White

Let your creative side out - Working many different types of crafting from plastic canvas, cross stitch and cut and paste projects to fabric painting as well as seasonal projects. This session will concentrate on some easy, fun seasonal projects. Supplies will be provided.

Thursday 1 pm to 3 pm

September 14th to December 7th

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

FAMILY TREE LEGACY SCRAP BOOK with Shirley Bankey

Dig out all your precious pictures, mementos, old sheet music and whatever else comes to mind. Come and spend some enjoyable afternoons putting together a scrapbook about your life. This class is guaranteed to include lots of giggles and laughter and maybe even a tear or two. This is about your family tree, your history, your story to tell with both pictures and words, memories you lovingly put together for your loved ones. This scrapbook would make a wonderful Christmas present. Please pick up a supply list from the front desk.

Thursday 1 pm to 3:30 pm 8 weeks

September 28th to November 23rd

No Class October 12th

\$90 members / \$117 non-members

FENG SHUI with Gayle Smith

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

Tuesday 11:45 am to 1:15 pm 12 weeks

September 19th to December 5th

\$63 members / \$82 non-members

FRENCH LESSONS with Cécile Paxton

Level 1

Start with the alphabet, then work your way through some sounds, basic salutations (perhaps a little skit) and learn to build simple sentences. Mostly aural/oral classes.

Tuesday 10 am to 11:30 am 10 weeks

September 12th to November 21st, No Class September 26th

\$70 members / \$91 non-member

Level 2

Review of sounds learned in beginner class. Verbs: the four irregular verbs and several ER verbs, in the present tense. A few adjectives and prepositions. We can build simple sentences and talk about the weather, days of the week and holidays.

Tuesday 1:30 pm to 3 pm 10 weeks

September 12th to November 21st, No Class September 26th

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

LEVEL 3

This course has been redesigned for students who have completed Level 2 or who have a basic knowledge of French. The focus of the 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 12:55 pm 8 weeks

September 26th to November 14th

\$56 members / \$72.80 non-members

FRANÇAIS AVANCE with Maurice Laganière

Cet cours s'adresse aux étudiant(e)s qui ont déjà complété le niveau 4 avancé ou qui ont une bonne connaissance de base du français. Le développement de la communication orale sera l'objectif principal du cours et se fera par l'acquisition de nouveau vocabulaire et de nouvelles structures reliés aux situations de la vie courante.

Tuesday 3 pm to 4:30 pm 8 weeks

September 26th to November 14th

\$56 members / \$72.80 non-members



General Interest Programs

FLIGHT SIMULATOR with Bob Kerby

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

Friday 10:30 am to 12 pm 6 weeks
September 30th to November 4th
\$48 members / \$62.40 non-members

IMPROVISATION (IMPROV) - Tickle your brain! With Julie Ditta

Improv improves laugh life. It is social and good for your mental health, staying physically active and it is fun. This class combines improv games, popularized on the TV show, "Whose Line is it Anyway?" with a few basic dramatic techniques resulting in creative, spontaneous and often humorous responses. Improv is a dynamic experience that reduces stress and keeps your mind and imagination sharp. No acting skills are required. Improv helps you to think faster, increases confidence and lets you connect with others. Laughter never retires!

Monday 12 pm to 1 pm 10 weeks
September 18th to November 27th
No class October 9th
\$50 members / \$65 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT with Julie Ditta

The program will help you activate your intuition and psychic strengths in order to channel information and receive messages. Each week there will be a new instruction and practice techniques that enhance psychic gifts and develop intuition. The program will cover topics such as spirit guides, penulums, psychometry, orbs, house clearings and psychic readings.

Monday 1 pm to 2 pm 10 weeks
September 18th to November 27th
No class October 9th
\$50 members / \$65 non-members

LATIN-AMERICAN SPANISH with Alan Bayliss

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

LATIN-AMERICAN SPANISH 1

Buenos Días! Going to México or Costa Rica this winter? Learn the basics to converse a little with the locals. No previous knowledge is necessary. Approximately one hour of homework will be assigned every week.

Tuesday 9 am to 11 am 12 weeks
September 19th to December 5th
\$112 members / \$145.60 non-members

LATIN-AMERICAN SPANISH 2

Más Español Spanish 1 or some basic prior knowledge is suggested. Starts with a review then move to new material. Approximately one or two hours of homework will be required each week.

Tuesday 1 pm to 2:55 pm 12 weeks
September 19th to December 5th
\$112 members / \$145.60 non-members

LATIN-AMERICAN SPANISH 3

Aún más Español! Spanish 2 or a good basic knowledge is required. This program is a continuation of Spanish 2 and brings a lot of things together. To get the most from this program more than two hours of homework per week will be required.

Wednesday 1 pm to 3 pm 12 weeks
September 20th to December 6th
\$112 members / \$145.60 non-members

LATIN-AMERICAN SPANISH 4

Este programa es para los que ya completaron Español nivel 3 o el equivalente. Continuará con las lecciones como antes, en el supermercado, el restaurant y el hospital. Se requiere varias horas de tarea por semana para obtener beneficios del programa.

Wednesday 9 am to 11 am 12 weeks
September 20th to December 6th
\$112 members / \$145.60 non-members

LEARN TO KNIT 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 4-5 and worsted weight yarn.

Monday 10 am to 12 pm 10 weeks
September 25th to December 11th
No class October 9th, November 20th
\$50 members / \$65 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
September 25th to October 23rd
No Class October 9th
\$24 members / \$31 non-members

LEARN TO PLAY EUCHRE with Don Welsh and Josie Roberts

Learn all you need to know to play Euchre.

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

Tuesday 1:30 pm to 3 pm 6 weeks
September 19th to October 24th
 OR
November 7th to December 12th
\$30 members / \$41 non-members

LEARN TO PLAY MAH-JONG with Instructor Diane Reed

Learn all you need 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 and has several distinct game mechanics.

Tuesday 1:30 pm to 3 pm 6 weeks
October 10th to November 14th
\$30 members / \$41 non-members

MINDS IN MOTION FITNESS PROGRAM with the Alzheimer Society

Combining physical activity and mental stimulation, Minds in Motion unfolds to laughter and chatter, with new friendships forming and stories being shared. The participants early to mid-stage signs of dementia, and are accompanied by their care partners. For the person with dementia: Improved balance, mobility, flexibility, and alertness, increased confidence, and comfort with their own circumstance. For the care partners, it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia. Other benefits include: Seeing the person they are caring for enjoying themselves. Mutual support and learning from other care partners. Minds in Motion is not a fitness program, a social recreation program or a drop-in program.

Thursday 1:30 pm to 3:30 pm 8 weeks
October 5th to November 23rd
\$40 per couple (caregivers are welcomed and appreciated)

SEW SOCIAL with Doreen Cripps

Gather with other "sewists" for an enjoyable morning at the BOAA sewing, sharing laughter and enjoying time with others. Bring your own sewing machine and tools. BOAA will provide cutting board, iron and tables. Bring a project, machine and tools.

Thursday 9 am to 12:45 pm
September 21st to December 14th
No class November 23rd
Drop in Fees of \$1.75 members / \$3 non-members

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

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

Monday 6 pm
September 18th, October 16th, November 20th,
December 18th
Drop in Fees of \$3 members / \$6 non-members

SPOKEN WORD POETRY with Andrea O'Farrell

Learn how to channel inner thoughts and feelings into spoken word poetry. Gain writing and performance techniques specific to this art form with an award-winning poet, teacher and Spoken Word Artist. This is a step-by-step interactive process leading to a final performance.

Friday 10:30 am to 12 pm 8 weeks
October 6th to November 24th
\$80 members / \$104 non-members

Strolling Through the Garden with Beata Zeranska

Guide of what to do in the garden during different seasons. The program will cover plants, pruning, moisture, soil, etc. and some garden design.

Thursday 3:30 pm to 5:30 pm 10 weeks
October 5th to December 7th
\$90 members / \$117 non-members

"NEW" TAROT 101 with Cathy Pearson

Tarot is a 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 the subconscious mind. The program will cover history, meaning and what Tarot cards do. Loads of participation. A small 3 card reading, performed by the participant will be done in the last class.

Friday 10 am to 11 am 6 weeks
October 13th to November 17th
\$30 members / \$39 non-members

THEATRE GROUP with Judi White

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

Tuesday 2:30 pm
September 5th to December 12th
Drop in Fees of \$1.75 members / \$3 non-members apply

WRITING YOUR MEMOIR with Cynthia Reyes

You've lived your life; you have a story to tell. In our Memoir Writing class, you'll learn how to do just that. It is interactive, with much storytelling and writing. It also includes hands-on assistance and feedback.

Join the author of "A Good Home" and "An Honest House". Cynthia is a writer, editor and trainer with years of experience working within media, television and the arts.
Tuesday 10:30 am to 12:30 pm 8 weeks
October 3rd to November 21st
\$72 members / \$93.60 non-members

Partnership Programs



CLARINGTON PHOTOGRAPHY CLUB

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

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

\$25 members / \$30 non-members

REIKI with Beata Zeranska

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

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

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

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

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



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

On the 2nd Level of the Clarington Beech Centre
26 Beech Avenue, Bowmanville ON, L1C 3A2

Monday – Friday 9 am to 5 pm or by special appointment
CLOSED October 6th to October 14th

REFLEXOLOGY with Sharon Benner, Registered Reflexologist

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

Every Monday starting at 9 am

No session October 9th

30 minute relaxation treatment

\$25 members / \$30 non-members

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

INDIAN HEAD MASSAGE with Sharon Benner

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

Each treatment lasts 30 minutes.

Contact the front desk to book your appointment.

Monday starting at 9 am

No session October 9th

30 minute massage treatment

\$30 members / \$40 non-members

FOOT REJUVENATION- NURSING FOOT CARE SERVICES provided by Amber Marlow

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

Wednesday

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$20

NAILS by Dana Labelle from the Beauty Nook

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

Tuesday starting at 9 am

Regular Manicure \$20 • Gel Manicure \$30

Fitness Programs

20/20/20 with Cindy Legare

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

Monday 1:15 pm to 2:10 pm 11 weeks

September 18th to December 11th

No class October 9th and December 4th

\$55 Members / \$71.50 Non-Members

Or

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

September 20th to December 13th

No class December 6th

\$60 Members / \$78 Non-Members

BUILDING BETTER BALANCE with Sharon Wildeboer

Balance is integral to our everyday life. Using a combination of exercises, equipment and games the program will challenge and improve balance skill in this class. 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 12 weeks

September 20th to December 13th

No class October 4th

\$60 members / \$78 non-members

CARDIO WITH PEP with Lydia Vooy-MacLeod

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

Monday 9 am to 10 am 11 weeks

September 25th to December 11th

No class October 9th

Or

Friday 9 am to 10 am 11 weeks

September 29th to December 8th

\$55 members / \$71.50 non-members

CHAIR PILATES with Karen Ross

Start with the basics and get the most out of your Chair Pilates! Learn the fundamentals and proper technique of Pilates, focusing on body connections, breathing, alignment and awareness. Chair Pilates is mainly performed starting upright in a sitting or standing position, creating a totally new challenge for the core muscles.

Tuesday 9 am to 9:55 am 12 weeks

September 19th to December 5th

\$60 members / \$78 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

ChairYoga is a gentle form of yoga that is practised sitting on a chair. Sometimes we stand with a chair for support and this is optional. This is suitable for all levels of fitness from sitting to standing. This class is a great way to relax head to toe without the stress of getting out of your chair. We have great company and great music to relax to.

Monday 10 am to 11 am 11 weeks

September 25th to December 11th

No class October 9th

Or

Thursday 9 am to 10 am 11 weeks

September 28th to December 7th

\$55 members / \$71.50 non-members

DRUMS ALIVE FITNESS with Carol Drew

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

Tuesday 2 pm to 3 pm 13 weeks

September 19th to December 5th

\$60 members / \$78 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 11 weeks

September 29th to December 8th

\$55 members / \$71.50 non-members

FITNESS FOR ARTHRITIS with Cindy Legare

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

Wednesday 1:20 pm to 2:20 pm 11 weeks

September 27th to December 13th

No class December 6th

\$55 members / \$71.50 non-members

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am to 11 am 12 weeks

September 18th to December 18th

No class October 2nd, October 9th

Wednesday 10 am to 11 am 12 weeks

September 20th to December 13th

No class October 4th

\$60 members / \$78 non-members

Fitness Programs

GUIDED MEDITATION with Julie Ditta

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

Wednesday 1 pm to 2 pm 12 weeks
September 20th to December 6th
\$60 members / \$78 non-members

LAUGHTER YOGA with Annalisa Cara

Add Laughing Yoga to your life and more life into your laughter. Laughter yoga is a natural stress buster with many health benefits. It increases energy, reduces anxiety, boosts the immune system and enhances them. Laughing Yoga is fun!

Friday 1 pm to 1:55 pm 5 weeks
September 22nd to October 27th
No class October 20th
\$25 members / \$32.50 non-members

MEDITATION 101 FOR BEGINNERS with Les Lee Bell

Meditation 101 for those that always wanted to try it and those that thought they might not be doing it right. This is the class for you. Throughout the program we will explore deep relaxation states using our breath and guided visualizations, progressing to 20 minute meditation. There will be also an interactive closing every week, where we can discuss our progress and ask questions, working together to reduce stress and induce deep relaxing states in a safe, inviting atmosphere

Thursday 7 pm to 8 pm 10 weeks
September 21st to December 14th
No class October 12th, October 19th
\$50 members / \$65 non-members
 Drop in to enjoy mindfulness and meditation
Friday 2 pm to 3 pm
September 22nd to December 15th
No class October 13th, October 20th
Drop-in Fees of \$5 members / \$6.50 non-members

OSTEO BONE FIT with Cindy Legare

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

Monday 2:15 pm to 3:10 pm 11 weeks
September 18th to December 11th
No class October 9th, December 4th
\$55 Members / \$71.50 Non-Members

POWER FLOW YOGA with Annalisa Cora

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

Wednesday 11 am to 11:55 am 10 weeks
September 20th to December 13th
No class October 18th, November 1st, December 6th
\$50 members / \$65 non-members
Friday 11:15 am to 12:15 pm 11 weeks
September 22nd to December 15th
No class October 20th, November 3rd
\$55 members / \$71.50 non-members

PILATES with Karen Ross

Focus on strengthening the core postural muscles which help keep the body balanced and are essential in supporting the spine.

Monday 11 am to 12 pm 12 weeks
September 18th to December 11th
No class October 9th
\$60 members / \$78 non-members

QIGONG (CHINESE YOGA) with Donna Elliott

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

Wednesday 9:45 am to 11:15 am 7 weeks
September 13th to October 25th
 Or
November 1st to December 13th
\$52.50 members / \$68.25 non-members
Wednesday 11:30 am to 12:30 pm 7 weeks
September 13th to October 25th
 Or
November 1st to December 13th
\$35 members / \$45.50 non-members

SHAPE UP with Jason Fenton from Live in Motion

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

Monday 8 am to 9 am 12 weeks
September 18th to December 11th
No class October 9th
 Or
Wednesday 8 am or 9 am 12 weeks
September 20th to December 6th
 Or
Friday 8 am to 9 am 12 weeks
September 22nd to December 8th
No class September 26th, October 3rd
\$60 members / \$78 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 12 weeks
No class October 3rd
September 19th to December 5th
\$60 members / \$78 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

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

Tuesday 9:30 am to 10:30 am 12 weeks
September 19th to December 12th
No class October 3rd
\$60 members / \$78 non-members
Friday 10 am to 11 am 11 weeks
September 22nd to December 15th
No class September 29th, October 6th
\$55 members / \$71.50 non-members

STRENGTH TRAINING FOR ALL with Sharon Wildeboer

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

Wednesday 2 pm to 3 pm 12 weeks
September 20th to December 13th
No class October 4th
\$60 members / \$78 non-members

Fitness ONLY DROP-IN Cards Now Available

To be used for classes that have space. First come first serve.
\$60 per class / 10 card pass

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 12 weeks
September 20th to December 13th
No class October 4th
\$60 members / \$78 non-members
 or
Friday 9 am to 9:45 am 11 weeks
September 22nd to December 15th
No class September 29th, October 6th
\$55 members / \$71.50 non-members

TAI CHI with Sandra Jin

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

Beginner: 10 am to 11 am 10 weeks
Intermediate: 11 am to 12 pm 10 weeks
Monday September 18th to November 27th
No class October 9th
\$50 members / \$65 non-members

URBAN POLING with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, improve posture and balance) while exploring a variety of local trails. Trail list will be available at all BOAA locations and on our website, suitable for everyone. Poles available to borrow through the BOAA.

Wednesday 9 am at BOAA or 9:30 am off site
September 27th to November 22nd
 And

Friday 9 am at BOAA or 9:30 am off site
September 29th to November 24th

Meet at the BOAA to car pool at 9 am or meet at Conservation Area listed on the Fall Urban Poling Schedule at 9:30 am
Drop-in Fees of \$1.75 members / \$3 non-members apply

WINTER URBAN POLING with Allan Chapman

Get all the added benefits of walking with poles (burn more calories, core and upper body toning, reduce stress off knees and hips, improve posture and balance) while exploring a variety of local trails. Trail list will be available at all BOAA locations and on our website Suitable for everyone. Poles available to borrow through the BOAA.

Wednesday 9 am at BOAA or 9:30 am off site
December 6th to December 20th
 And

Friday 9 am at BOAA or 9:30 am off site
December 8th to December 22nd

Meet at the BOAA to car pool at 9 am or meet at the Conservation Area listed on the Winter Urban Poling Schedule at 9:30 am.
Drop-in Fees of \$1.75 members / \$3 non-members apply

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 12 weeks
September 18th to December 18th
No class October 2nd, October 9th
Wednesday 9 am to 10 am 12 weeks
September 20th to December 13th
No class October 4th
\$60 members / \$78 non-members



Fitness Programs

YOGA with Lisa Balsdon from Live In Motion

Tuesday 7 pm to 8:15 pm 12 weeks
October 3rd to December 19th

Use anytime Tuesday between the dates outlined
BOAA members receive 10% off fall passes
Pass allows flexibility if you need to miss a few classes

Pass Prices:

8 sessions - \$162.72

10 sessions - \$203.40 – 2 payments of \$101.70 (post dated cheques)

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

First payment due on the first day. Second payment due on October 31st.

Drop in \$20.00 cash per class, by appointment only.



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 12 weeks
September 18th to December 18th

No class October 2nd, October 9th

\$60 members / \$78 non-members

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

September 22nd to December 15th

No class September 29th, October 6th

\$55 members / \$71.50 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 12 Weeks

September 19th to December 12th

No class October 3rd

\$60 members / \$78 non-members

Or

Thursday 10:30 am to 11:30 am 13 weeks

September 21st to December 14th

\$65 members / \$84.50 non-members

ZUMBA® GOLD with Veronica Vargas

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

Wednesday 11 am to 12 pm 13 weeks

September 20th to December 13th

\$65 members / \$84.50 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 13 weeks

September 22nd to December 15th

\$65 members / \$84.50 non-member



Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

Participate in a group demonstration with one-on-one help for 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 be an asset to more successful painting, but not absolutely necessary.

Thursday 1 pm to 3 pm 12 weeks

September 21st to December 7th

\$108 members / \$140.40 non-members

ADDING WATERCOLOR TO PEN AND INK with Dianne Darch

This class is for those students that would like to learn how to add watercolor to their completed pen and ink project from the fall session. Please ask for a supply list on registration.

Sunday 10 am to 2 pm

November 19th

\$18 members / \$23.40 non-members

CHOIR with Allanah Coles & Donna Barber

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

Wednesday 10 am to 11:30 am

September 13th to December 13th

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

DRAWING with Paul Livingston

Using common drawing tools of pencil, pen and sketching pads, learn the basics, yet very essential drawing principles and how to apply these toward drawing virtually anything you can see, remember, or imagine. 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. Relaxed, casual atmosphere with demonstration, personal instruction and positive encouragement.

Wednesday 10 am to 12 pm 12 weeks

September 20th to December 6th

\$108 members / \$140.40 non-members

JAMMING GROUP with your BOAA Friends & Family

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

Tuesday 6:30 pm to 8:30 pm

Friday 1 pm to 3 pm

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

JEWELLERY MAKING with Lynn Morrison

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

Wednesday 10 am to 12 pm 6 weeks

September 20th to October 25th

\$60 Members / \$78 Non-Members

MUSICAL DEVELOPMENT GROUP with Joyfull Noise

Join together and learn to sing the songs of the 50's and 60's while having fun. No experience necessary. Just come out to SING!

Open to both Men and Women Tuesday 2 pm to 3:30 pm

September 19th to December 19th

Men Only Thursday 7 pm to 8 pm

September 21st to December 14th

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

FIRST WEEK FREE FOR ALL NEW SINGERS



PAINTING WITH ACRYLICS with Shirley Bankey

You supply the canvas, brushes and other art paraphernalia and Shirley will supply the paints. Please pick up a full list of other items needed from the front desk.

Autumn Scene

Paint lush and vibrant autumn colours on canvas to enjoy all year long in this enjoyable, easy paced class. This will be a step by step guided class perfect for both the beginner and intermediate painter.

Monday 1 pm to 3:30 pm 3 weeks

September 18th to October 2nd

Or

Humming Bird & Blossoms

There is nothing quite like the joy of watching a beautiful tiny hummingbird flit from blossom to blossom. Come and join us for this enjoyable, easy paced, step by step guided class perfect for both the beginner and intermediate painter.

Monday 1 pm to 3:30 pm 3 weeks

October 23rd to November 6th

Or

Mountains & Waterfalls

Come and join us for this enjoyable, easy paced, step by step guided class. This tranquil mountain and waterfall landscape in calming colours is a perfect project for both the beginner and intermediate artist.

Monday 1 pm to 3:30 pm 3 weeks

November 20th to December 4th

\$33.75 members / \$43.90 non-members

PEN AND INK with Dianne Darch

This class is suitable for a beginner or returning student. Two subjects will be covered in this session – a stone building and by request, a loon. You will be guided through the series of dots and lines involved in pen and ink artwork to create texture and contrast. Line drawings will be provided so you can concentrate on the inking process. Be sure to ask for a Pen and Ink supply list if you are new to my classes.

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

September 25th to November 20th

No class October 9th

Friday 12 pm to 2 pm 8 weeks

September 22nd to November 17th

No class October 13th

\$72 members / \$93.60 non-members

Art & Music Programs

PEN AND INK CHRISTMAS CARDS with Dianne Darch

Let's get a head start on Christmas! Suitable for a beginner or returning student, we will be working with a standard size blank greeting card to create a unique card to give away or keep. Please feel free to bring your own drawing(s) sized for the card or you can use the one provided. Card stock will be available to purchase or you can bring your own. Please ask for a supply list when you register
Saturday 10 am to 1 pm
October 21st
\$13.50 members / \$17.60 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. In this introductory class, you will learn basic technique, a variety of lively rhythms and how to jam with others. Enjoy the many health benefits associated with drumming. Drums are provided or bring your own.
Friday 10 am to 11 am 12 weeks
September 22nd to December 8th
\$60 members / \$78 non-members

RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

This course is for advanced drumming students interested in gaining proficiency with their drumming by learning complex and challenging rhythms and polyrhythms. Students participate in community outreach and performance. Drums are provided or bring your own.
Friday 11 am to 12 pm 12 weeks
September 22nd to December 8th
\$60 members / \$78 non-members

RECREATIONAL AFRICAN DRUMMING - Transitional Class 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 12 weeks
September 20th to December 6th
\$60 members / \$78 non-members

UKULELE with Allanah Coles

It's easy, it's portable and it's fun. By learning the basic ukulele chords, you can sing and play dozens of songs. No experience is necessary, but you will need to bring a ukulele. If you don't have one, check out Hands On Music at 39 Ontario St. Be sure to tell them that you're from the BOAA.
Thursday 1 pm to 2 pm 8 weeks
September 14th to November 9th
No class September 28th
\$24 members / \$31.20 non-members

UKULELE DROP IN

This drop-in is for those who know how to play the ukulele. Join us weekly for a fun session of playing songs we have already learned and adding new ones.
Thursday 2:15 pm to 3:15 pm
September 14th to December 14th
Drop-in Fees of \$1.75 members / \$3.00 non-members apply

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 12 weeks
September 21st to December 7th
\$162 members / \$210.60 non-members

Dance Programs

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

BALLROOM & LATIN DANCE with Instructor Bob Kerby

Learn to Rumba and Swing. No partner necessary.
Thursday 2:45 pm to 3:45 pm 12 weeks
September 21st to December 7th
\$72 members / \$93.60 non-members

LATIN DANCING with Veronica Vargas

Learn the basic Latin steps in a safe way. Put them together and finish with a Zumba® routine. The program is an introduction for Zumba® Gold and Zumba®.
Monday 11:15 am to 12:15 am 10 weeks
September 18th to December 4th
No class October 2nd and October 9th
\$60 members / \$78 non-members

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

Various steps will be taught in this fun and social program.
Monday 12 weeks
Beginner - 12:10 pm to 1:10 pm
Beginner Plus - 1:15 pm to 2:15 pm
September 18th to December 11th
No class October 9th
\$72 members / \$93.60 non-members

STEP DANCING Beginner with Collen Jenish

Learn the basics of Canadian Step Dancing. Fun, energetic, low impact steps. Wear tap shoes or a hard sole shoe to join in the fun and fitness to Celtic music.
Friday 1:15 pm to 2:15 pm 10 weeks
September 22nd to November 24th
\$60 members / \$78 non-members

STEP DANCING Experienced with Colleen Jenish

Open to students with Tap, Clogging or Step experience
Friday 2:15 pm to 3:15 pm 10 weeks
September 22nd to November 24th
\$60 members / \$78 non-members



TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

Tuesday 10 am to 11 am 12 weeks
September 19th to December 12th
No class October 3rd
\$72 members / \$93.60 non-members

Level 2

Monday 10 am to 10:55 am 11 weeks
September 18th to December 11th
No class October 2nd, October 9th
\$66 members / \$85.80 non-members

Or

Wednesday 9 am to 9:55 am 12 weeks
September 20th to December 6th
\$72 members / \$93.60 non-members

Level 3

Monday 9 am to 10 am 11 weeks
September 18th to December 11th
No class October 2nd, October 9th
\$66 members / \$85.80 non-members
 Or
Wednesday 10 am to 10:55 am 12 weeks
September 20th to December 6th
\$72 members / \$93.60 non-members

Computer & Digital Photography Programs

with
Brian Greenway

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

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

TEN TIPS FOR TRAVEL PHOTOGRAPHY

After a trip, are you a little disappointed with your images? Buying a "better" camera is not the answer. It's not your camera, it's how you use it. Learn 10 simple and effective techniques for capturing the moment and making more memorable photographs.
Thursday 12:30 pm to 2:30 pm
September 21st
\$10 members / \$13 non-members

IPAD FUNDAMENTALS PART I.

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
September 25th to November 13th
No class Oct 9th
\$70 members / \$91 non-members

Computer & Digital Photography Programs

with
Brian Greenway

CREATING PHOTO ALBUMS

20 tips to create printed, hard-cover albums of your family photos or special events. Using free software the album is created from your images on your computer, at your own speed. It's fun, creative, and relatively inexpensive when printed for a basic 20-page album.

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

September 28th to October 5th

\$20 members / \$26 non-members

AFFINITY PHOTO BASICS

A lower cost, but still complete editor for your images, is now available as an alternative to Adobe's PhotoShop. Using layers and basic editing tools it is possible to crop, transform and improve the tonal quality of your images. No background or experience with Photoshop is required and a trial version of Affinity is available. Please bring your own laptop either Windows or MacBook.

Sunday 10:00 am to 2 pm

October 1st

\$40 members / \$53 non-members

LIGHTROOM FOR BEGINNERS

Adobe Lightroom is both quicker to master, and easier to use than Adobe's famous "Photoshop", yet gives stunning results to improve your images. Lightroom was specifically designed for photographers of all skills levels. Topics covered will include using the workspace, importing and viewing, organizing and filtering, editing essentials, presets, exporting and publishing. You should be comfortable using the Windows or Mac operating systems and you can learn on our laptops or bring your own. A trial version is available from Adobe.

Sunday 10 am to 2 pm

October 15th

\$40 members / \$53 non-members

SMARTPHONE SNAPS - WORKSHOP

Everyday 85% of the all images created in the world are done with a smartphone or tablet. With in a couple of hours discover ways to have a full thousand words worth in your images with tips on shooting to processing. All phones welcome.

Thursday 12:30 pm to 2:30 pm

October 19th

\$10 members / \$13 non-members

PLUG-INS AND FILTERS

What do Luminar, Topaz, Nik, Photomatrix, Aurora, or ON1 have in common? They are photo software plug-ins or stand alone applications that work with other photo editing software to add amazing creative customizations to your images for colour and even B&W conversions. This session will focus on Nik and Topaz in some detail as they are readily available in free and trial versions. Short Demos will be provided of Luminar, Aurora, Photomatrix and On1.

Sunday 10 am to 2 pm

October 29th

\$40 members / \$53 non-members

IPAD FUNDAMENTALS PART II.

It is required to be familiar with the iPad or have taken iPad fundamentals part I.

Make the iPad more useful with apps that create and manage documents. Using iTunes to sync and back up your iPad, security features, and more advanced settings will be covered. In addition, the newer features of the latest iPad operating system are included.

Monday 10 am to 12 pm 3 weeks

November 27th to December 11th

\$30 members / \$39 non-members

Computer & Technology Programs

with
Tanya Cochrane

ANDROID CELL PHONE

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

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

September 14th to October 5th

\$40 members / \$52 non-members

WINDOWS 10 BASICS

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

Thursday 12:30 pm to 2:30 pm 4 weeks

September 14th to October 5th

\$40 members / \$52 non-members

MICROSOFT WORD BEGINNER

Review beginner topics such as creating a variety of different documents, formatting text, adjusting margins/spacing and inserting tables and images. Previous computer experience is required. Bring any computer with Word pre-installed or use one from BOAA.

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

September 15th to September 29th

\$30 members / \$39 non-members

ENTERTAINING WEBSITES

This is a fun-filled class to explore some websites that will keep you entertained! Pinterest, All recipes and Houzz will be explored. Bring your accounts and laptops or just come to observe!

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

October 4th to October 11th

\$20 members / \$26 non-members

FACEBOOK BEGINNER

The program will cover how to manage your profile, posting updates and photos, understanding the newsfeed and communicating with friends and family. Please register for an account in advance and bring your password to class. You can bring any computer or use one from the BOAA.

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

October 12th to October 26th

\$30 members / \$39 non-members

ANDROID TABLET BEGINNER

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

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

October 12th to October 26th

\$30 members / \$39 non-members

BUYING ONLINE

Learn how to safely and easily shop online and have items delivered to your door. A great way to purchase gifts without fighting crowds at the mall or driving all over town. You can bring any computer or tablet for this beginner course or use one from the BOAA.

Friday 12:30 pm to 2:30 pm

October 13th

\$10 members / \$13 non-members

FACEBOOK INTERMEDIATE

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

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

November 2nd to November 16th

\$30 members / \$39 non-members

ANDROID TABLET INTERMEDIATE

A continuation of the Android Tablet Beginner class. Get more of your questions answered, learn about fun apps for your tablet and how to adjust a variety of settings. Bring your tablet and your questions.

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

November 2nd to November 16th

\$30 members / \$39 non-members

YOUTUBE

Learn how to browse for a variety of videos on YouTube and also how to add your own video! Uploading personal or business videos, privacy settings, sharing and more will be covered. A Google/YouTube account and laptop or tablet is needed to follow along or you can just come and observe!

Friday 9:30 am to 12 pm

November 10th

\$12.50 members / \$16.25 non-members

INTERNET SAFETY & SECURITY

Learn about keeping yourself (and your computer) safe when using the Internet. Virus protection, potential threats and scams, avoiding being hacked, social media safety and other topics will be discussed. Lots of opportunity to ask questions and learn about free resources.

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

November 23rd to November 30th

\$20 members / \$26 non-members

FACEBOOK FOR SMALL BUSINESS

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

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

November 24th to December 1st

\$20 members / \$26 non-members

WINDOWS 10 INTERMEDIATE

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

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

December 7th to December 14th

\$20 members / \$26 non-members

FILE MANAGEMENT & THE CLOUD

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

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

December 7th to December 14th

\$20 members / \$26 non-members



THE FIRST SETTLERS IN CLARINGTON – CANADIAN HISTORY IN THE MAKING

Continued from Page 1

ding. While they were doing this, they heard wolves begin to howl around them and became quite frightened. As they were rowing to shore there were about thirty of forty wolves following them along the shoreline threatening to attack them. Eventually, the frightened group made it to their shack and kept a large fire going all night to keep the wolves at bay.

During that summer, Richard Lovekin cleared some land and built a log house. He decided to return to his family and the following spring would bring them back with him to their new home. Lovekin had about \$150 in silver coins and decided that they were too heavy to take with him so he found a hiding place for the money. He decided to place the bag of coins in a hollow tree. He wrapped them in paper, put it in a stocking, attached some string and hung it in the hollow tree. When he returned with his family the following year, he found that an old bear was living inside the house. The bear eventually jumped out through a window.

He then went out to the hollow tree and he was shocked to find the bag of coins was no longer there. Only the piece of string. He felt that the money was lost. Sometime later he decided to cut down the tree and at the bottom of it he found a mouse nest with pieces of stocking and paper mixed in with grass and leaves. He took a closer look and underneath he found all of his missing coins buried there. Richard Lovekin became a permanent citizen in 1801 and was appointed Chief Magistrate of the District of Newcastle, which at that time was essentially from Cobourg to Toronto. During the War of 1812, he administered the oath to many of the men who defended Canada. Lovekin also insisted that everyone who received Grants of Land should also be required to take the oath to defend their country. Also, those who refused to take the oath should

forfeit their lands.

The Baldwin Family

Robert Baldwin and his family arrived in York (Toronto) in 1798 from Ireland. In the summer of 1799, the family arrived with seven children, (they had 16 children) and traveled by open boat along the shore of Lake Ontario to Clarke Township. They knew the Lovekins and while visiting there they decided to purchase some land nearby. They spent the winter in a small wooden hut with a “bark roof and chimney made of sticks and clay”. This required logs being thrown into a fire every few hours to keep warm. Baldwin went on to hold important offices such as Lieutenant of the County of Durham, Justice of the Peace, Commander of the Militia and Commissioner of Roads.



Hon. Robert Baldwin

Baldwin would occasionally “drill” soldiers at his farm and on one occasion his daughters had to feed two to three hundred men on their annual training day in June. “They had great sugar kettles full of venison soup, roast meat and pies, and all sorts of things, and these boors drank terribly and stayed all night and about twenty of them stayed for breakfast”. (from p.37 The Townships of Darlington and Clarke, Prof. J. Squair)

Their eldest son, Dr. Wil-



Robert Baldwin

liam W. Baldwin, was 27 years of age and had graduated as a Doctor of Medicine in Edinburg, Scotland. He was determined to practice as a doctor but soon realized that there wouldn't be much need for a doctor in Clarke Township at that time. So, in March of 1801, he moved to Toronto and became a lawyer there. Soon after, he became a Judge, Treasurer of the the Law Society of Upper Canada and in 1820 he was elected as a member of Upper Canada's Parliament. In 1844, he became a member of the Legislative Council, or Senate. Unfortunately, he died, just a

few weeks after his appointment. William's son Robert Baldwin Jr. (1804-1858) was also a well-known Canadian politician who established the “Principle of Responsible Government in Canada” and eventually became “Joint Premier” of the Province of Canada for two terms, from 1842 to 1843 and 1848 to 1851.

The Wilmot Family

Samuel Street Wilmot was born in New York State in 1773. He moved with his family to New Brunswick and when he was 21 years old moved to Toronto. He met John Steigman (also spelled Stegman) who was a surveyor. Wilmot worked with Steigman as a

Continued on Page 18

Ontario Wasted More Than \$1 Billion Worth of Clean Energy in 2016 | June 29th, 2017 / PRESS RELEASE STATEMENT

Continued from Page 2



not be exported, so it was dumped. It's when we tell our dams to let the water spill over top, our nuclear generators to release their steam, and our wind turbines not to turn, even when it's windy,” said Acchione.

“These numbers show that Ontario's cleanest source of power is literally going down the drain because we're producing too much. Speaking as an engineer, an environmentalist, and a rate payer, it's an unnecessary waste of beautiful, clean energy, and it's driving up the cost of electricity.”

In addition to curtailment, surplus hydroelectric, wind, and nuclear generation was exported to adjoining power grids in 2014, 2015, and 2016 at prices much lower than the total cost of production. This occurs because Ontario produces more clean electricity than it can use, so it is forced to sell off surplus energy at a discounted rate. Total exports in 2016 were 21.9 TWh compared to 22.6 TWh in 2015, and a significant portion was clean, zero-emission electricity.

“Taken together, those total exports represent nearly enough electricity to power every home in Ontario for an entire year,” said Acchione. “OSPE continues to assert that the government must restore the oversight of professional engineers in the detailed planning and design of Ontario's power grid to prevent missteps like this from happening.”

Engineers have solutions

Because Ontario is contractually obligated to pay for most of

the production costs of curtailed and exported energy, OSPE believes it would be better to find productive uses for the surplus clean electricity to displace fossil fuel consumption in other economic sectors. In the summer of 2016, OSPE submitted an advisory document to the Minister of Energy and all three major political parties detailing 21 actionable recommendations that would deliver efficiencies and savings, including reducing residential and commercial rates by approximately 25 per cent, without the creation of the subsidy and deferral account under the Ontario Fair Hydro Act.

OSPE also recommended the establishment of a voluntary interruptible retail electricity market in order to make productive use of Ontario's excess clean electricity. This market would allow Ontario businesses and residents to access surplus clean power at the wholesale market price of less than two cents per kilowatt-hour (KWh), which could displace the use of fossil fuels by using things like dual fuel (gas and electric) water heaters, and by producing emission-free hydrogen fuel.

Ontario is currently in the process of finalizing its 2017 Long Term Energy Plan (LTEP), a multi-year guiding document that will direct the province's investments and operations related to energy. This presents a key opportunity for the government to reduce Ontarians' hydro bills by making surplus clean electricity available to consumers.

“It is imperative that we depoliticize what should be technical judgments regarding energy mix, generation, distribution, pricing and future investments in Ontario,” said Jonathan Hack, P.Eng., President & Chair of OSPE. “We are very concerned

that the government does not currently have enough engineers in Ministry staff positions to be able to properly assess the balance between environmental commitments and economic welfare when it comes to energy.

Professional Engineers must be given independence in planning and designing integrated power and energy system plans, which will in turn benefit all Ontarians.”

About the Ontario Society of Professional Engineers (OSPE) OSPE is the voice of the engineering profession in Ontario, representing more than 80,000 professional engineers and 250,000 engineering graduates, interns, and students.

OSPE's 2012 report Wind and the Electrical Grid: Mitigating the Rise in Electricity Rates and Greenhouse Gas Emissions detailed the mounting risk of hydraulic spill, nuclear shut-downs, and periods of negative wholesale electricity prices during severe surplus base load generation.

While curtailment will decrease during the nuclear refurbishment program that began in October 2016 and the retirement of the Pickering reactors scheduled to occur from 2022 to 2024, it will rise again when the refurbished reactors return to service, unless the government takes action.

OSPE's Energy Task Force has provided strategic engineering input to Ontario's Ministry of Energy for more than ten years. The majority of OSPE's recommendations have been fully or partially implemented over the past five years, saving consumers hundreds of millions of dollars per year. But more can be done if government engages Ontario's engineers to optimize the use of the province's clean electrical power system.

THE FIRST SETTLERS IN CLARINGTON – CANADIAN HISTORY IN THE MAKING

Continued from Page 17



Samuel S. Wilmot

surveyor and also met and married his daughter, Mary. He and Stegman were hired by the Government of Upper Canada to survey the main road between Kingston and Toronto. It was constructed by Captain Danforth. The first mail was carried by a mule from Kingston to Darlington and if the weather was good, delivery would take one to two weeks. The road was barely passible in spring and fall due to mud and ruts. In winter, sleighs were used. The mail was carried in an open wagon

which also carried passengers.

In 1816, Wilmot purchased 400 acres of land in Clarke Township from John Hartwell. Around 1820, he constructed a home near what is now called “Wilmot Creek” and the home was called “Belmont”. In 1821, he was elected as the member for Durham in the Parliament of

Upper Canada. Samuel was known as “Major Wilmot”. His son, Samuel was born there in 1822. He was also a politician, first elected to Clarke Township Council in 1859 and later becoming Township Clerk, Deputy Reeve and finally Reeve in 1871.



Samuel Wilmot

house, which is still standing, was built in 1897. By 1914, the Fish Hatchery had closed and the location was used

as a picnic area by locals. Samuel’s oldest son, Allan Wilmot (1804-1893) was known as Colonel Wilmot and commanded the militia in Clarke Township. He was also a Justice of the Peace and known as “Squire” Wilmot.

In 1860, Samuel Jr. began experimenting with the artificial breeding of Salmon and by 1866 he had spawned about 15,000 salmon there. This became one of the first known successful fish breeding operations in North America. In 1896, Wilmot utilized the creek to produce the first electric power plant in the area, selling power to the Village of Newcastle. Ironically, that same year, a fire started in the roof of “Belmont” and the house burned down. The new

In the Newcastle area we have plaques to honor these early pioneers. Their contributions are courageous and remarkable. Not just for what they did here in our community but for what they did for Canada. This year, we celebrate 150 years. These families were not only the pioneers but went on to be the builders of our wonderful country.

Ref. The Townships of Darlington and Clarke (Professor J. Squair)

Ref. Out of the Mists (Helen Schmid and Sid Rutherford)



Alan Wilmot



Congratulations to Hoopers Jewellers on their recent “Retailer of the Year (Central Canada Division) Award” presented by the Canadian Jewellery Group, a National Organization of Independent Jewellers at their Annual Meeting held in Toronto.

On receiving this award Ron Hooper stated, **“We are truly humbled to be a recipient of this prestigious award and credit our amazing staff, loyal customers and friends. As we enter our 72nd year of business, we think of the man who started it all. Art Hooper - this one is for you!”**



THANK YOU!



WINNERS



Individual Winners

1. Brenda Kalledat
2. Blaise Harrington
3. Curry Clifford

Corporate Winners

1. Shoppers Drug Mart - Longworth
2. P.I. Tool
3. Strike and Phillips

THE LIONS CLUB OF BOWMANVILLE
20TH ANNUAL RUBBER DUCK DERBY COMMITTEE
2017 CORPORATE SPONSORS

Algoma Orchards Allin Cable Reels BOAA Staff Duck Bowmanville Crematorium Bowmanville Foundry Bowmanville Wood Products Boyle Excavating Braggs Wild Birdseed Cactus Clothing Canada Material Handling Canadian Tire Mosport Clarington Social Committee Clarington Toyota Collins Barrow Durham Cowan Buick GMC Dawn Atkins – Atkins Auto DBP Systems Delton Financial Dr. Bernie Conway Durham Fuels Dytech	Ed Hooper Enniskillen General Store Erin O’Toole Evergreen Farm & Garden Graham Rubber Greeley Containment and Rework Hamilton’s Insurance Hoopers Jewellers James Insurance James Printing and Signs Justin Barry Optical Kevin Anyan Knox Pumpkin Farm Liberty Dental Centre Liberty Metal McGregor Pharmacy Mandy Bonsma Mayor Adrian Foster M.I. Excavating Morris Funeral Home Norm’s Deli	Northcutt Elliott Funeral Home Ohana Dental Clinic P.I. Tool Pineridge Auto Preston Moving Preston Transportation R.A. Campbell Dentistry Sandra Dunbar Shoppers Drugmart – Bowmanville Mall Shoppers Drugmart – Clarington Plaza Shoppers Drugmart– Longworth Skylight Donuts Steve Scatterty Strike and Phillips Sullivan & Co. Terry Price Todd Groves (Brad Found) Walsh’s Snug Welcome Feeds Wendy’s Restaurant Wilmot Orchards
---	---	--

A special Thank You to all those organizations and merchants who sold tickets on behalf of the Lions Club of Bowmanville.



PANDORA®


HOOPERS
JEWELLERS
Your Family Jewellers Since 1945

DOWNTOWN BOWMANVILLE ON
39 King St W
www.hoopersjewellers.com



Is Your Home Ready For The Fall Market?



Port Hope-7821 Decker Hollow Rd
Bright and Open 3 Bedroom Bungalow Nestled Amongst 3.2 Acres, Across From the Ganaraska Forest, Consisting of Woodland Trails, a 24x40 3 Stall Barn with Tack Room, Paddock, and Separate Insulated Work Shop. 7 minutes from new 407 extension, 12 min to 401, 5 minutes to Brimacombe ski hill.



Bowmanville-47 Hetherington Dr.
This Lovely 4+1 Bedroom Sidesplit W/In-Law Suite Potential Consists of Hardwood Floors, Large Bay Window in Living Room & Open Concept Eat-in Kitchen. Walk-out to Deck with Hot Tub & an Amazing Fully Fenced Yard with No Neighbors Behind!



Oshawa-78 Nearco Cres.
New Premium 2 Bedroom Townhouse in Highly Sought After Windfields Neighbourhood in North End. Close to Durham College, Trent University & 407. Open Concept Modern Kitchen, Living Room and Dining Room.



Oshawa-111 Patricia Ave.
Well Maintained, All Brick Bungalow Situated in Desired Neighbourhood. Elegant Living Room & Dining Room Area. Separate Eat-In Kitchen. Exquisite Gardens in Both Front and Back Yard, Gorgeous Patio and Even Your Very Own Fire Pit!



TINA ABERNETHY
Sales Representative
905-697-1900
tina@tinaabernethy.com
tinaabernethy.com



Visit my website tinaabernethy.com to read my latest blog.

Curious To Know The Value Of Your Home? **BOOK A NO OBLIGATION HOME EVALUATION**

DURHAM REGION
Celebrate Agriculture 150

WANTED
Farm Families

Farming Continually Since 1867 in Canada & Still Farming in Durham Region

These families will be recognized at the Celebrate Agriculture 150 Gala on October 26, 2017 Scugog Community Centre, Port Perry

For More Information:
Visit: www.durhamfarmconnections.ca
Contact: Brenda Metcalf
Email: info@durhamfarmconnections.ca or Phone: 905-263-2250

CLARINGTON FARM FAMILIES
Farming 150 Years in Canada and still farming in Clarke/Bowmanville/Darlington

Preliminary List

Deadline for applications is August 31, 2017

With Canada celebrating its 150th birthday this year, Durham Farm Connections is marking the occasion with a special legacy project. The Farm Families Wanted project was established to identify and honour farm families in Durham Region who have been continuously farming in Canada since Confederation. The legacy of these families has influenced Durham's economic and community history for over 150 years. Below is a preliminary list of Clarington families.

To find out more about the Celebrate Agriculture 150 & the Gala Event visit:
durhamfarmconnections.ca/celebrate-agriculture-gala/

Taylor Family :	1830	Cobbledick Family:	1820
Bragg Family:	1843	Souch Family:	1850's
Metcalf Family:	1846	Watson Family:	1826
Carscadden/Berry:	1839	Langmaid/Barrie:	1833
Bowman Family:	1856	Allin Family:	1843
Chapman Family:	1846	McGill Family:	1828
Power/Morton:	1826	Ashton Family:	1840
Tamblyn Family:	1835	Rickard Family:	1847
Caswell Family:	1819	Rutherford Family:	1851
Bradley Family:	1830	Woodley Family:	1840's
Werry Family:	1845	Rosevear/Vaneyk:	1830
Skinner Family:	1860	Brown Family:	1842
Gibson Family:	1834	Sargent Family:	1826
Falls Family:	1861	Knox Family:	1832
Crago Family:	1860	McGill Family:	1828

Not on the List? Contact Marilyn Pearce marilyn.pearce@sympatico.ca

165TH ORONO FAIR

SEPTEMBER 7TH-10TH 2017

CELEBRATING OUR CANADIAN AGRICULTURAL HERITAGE

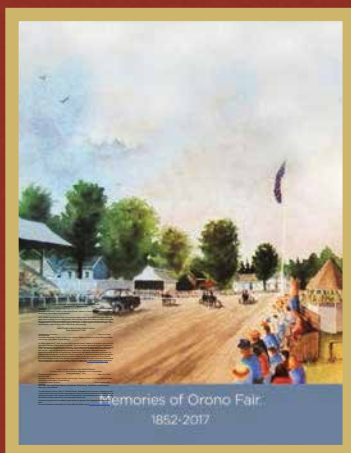


2 FOR 1 ADMISSION FAMILY NIGHT
THURSDAY SEPTEMBER 7TH
 TOONIE RIDES IN THE MIDWAY
 DEMO CROSS
 TEBWORTH BROTHERS ~ BLUEGRASS INSTRUMENTAL
 FAIR AMBASSADOR COMPETITION

SATURDAY SEPTEMBER 8TH
 COW MILKING & SHEEP SHEARING DEMONSTRATIONS
 MAGICIAN- ILLUSIONIST
 BIRDS OF PREY
 BRADHAM BAND
 TRUCK & TRACTOR PULLS

FRIDAY SEPTEMBER 9TH
 PIE & CAKE AUCTION
 FIDDLE COMPETITION
 HORSE PULLS
 4-H SHOWS ~ DAIRY & SHEEP
 GORD BAMFORD CONCERT
SUNDAY SEPTEMBER 10TH
 CHILDREN'S PET SHOW
 KIDS PEDAL PULL
 KIDS POWER WHEELS DEMO DERBY
 IMPACT MOTORS SPORTS DEMO DERBY
 BOOTS & HAZARD

ORONO FAIR ~ BOOK OF MEMORIES



A LOOK BACK AT THE PAST,
 A NOD TO THE PRESENT AND
 A THUMBS UP TO THE FUTURE

PRE- ORDER YOURS TODAY!
\$20
 @FAIRMEMORIES.ORNOfAIR@GMAIL.COM

AVAILABLE FOR PICK UP
 IN THE COUNTRY GENERAL STORE
 AT THE FAIR
 LIMITED NUMBER BEING PRINTED!

FRIDAY NIGHT CONCERT

SEPTEMBER 8TH

PRESENTED BY **KX96**
 New Country FM



TICKETS \$40
 @WWW.ORNOfAIR.COM

LOCALLY CASH ONLY
 ORONO COOP · ORONO GENERAL STORE
 WELCOME FEEDS, BOWMANVILLE
 MARK RAINFORD AUTO CENTRE, BOWMANVILLE

CONCERT OPENER KRIS BARCLAY

FULL SCHEDULE OF EVENTS AVAILABLE ONLINE
 OR AT LOCAL LOCATIONS

WWW.ORNOfAIR.COM · INFO@ORNOfAIR.COM

ADMISSION: THURSDAY 2 FOR 1 FAMILY NIGHT @5PM
 FRIDAY, SATURDAY & SUNDAY FAIR ADMISSION \$10
 FRIDAY NIGHT CONCERT \$30 (UNTIL AUG 18TH) \$40 (AUG 19TH)
 (CONCERT ANY AGE IS \$30 - UNDER 13 ARE NOT FREE)
 UNDER 13 FREE INTO THE FAIR WITH AN ADULT ADMISSION

4 DAY WEEKEND FAIR PASS \$45 INCLUDES FRIDAY CONCERT
 AVAILABLE @ORNOfAIR.COM
 LOCAL PURCHASE CASH ONLY
 DURHAM FARMERS CO-OP • ORONO, ORONO GENERAL STORE
 WELCOME FEEDS • BOWMANVILLE, MARK RAINFORD AUTO CENTER • BOWMANVILLE



FREE OFF SITE PARKING
 FREE SHUTTLE BUS SERVICE
 MAIN ST & TAUNTON RD
 FRIDAY NIGHT CONCERT RAIN OR SHINE





HOME COOKING *with Cathy*

Hello there. I chose a dessert recipe for this month because we have such wonderful fruits right now in Ontario. Two of my favourites are blueberry and peach. This recipe is from a website called twopeasandtheirpod.com. I have used their recipes in the past and they are always very good and reliable. Please enjoy!



by **Cathy Abernethy**
CLARINGTON PROMOTER CONTRIBUTOR

Blueberry Peach Crumble

Filling:

- 2 cups blueberries
- 2 ½ cups peeled and sliced peaches (5-6 peaches)
- 1 Tbsp. fresh lemon juice
- 1 tsp. lemon zest
- ¼ tsp. vanilla extract
- ½ cup granulated sugar
- ¼ cup all-purpose flour

Crumble topping:

- ½ cup all -purpose flour
- ½ cup old-fashioned oats-(not instant oats)
- 1/3 cup brown sugar
- ¼ cup granulated sugar
- ½ tsp. salt
- 1 tsp. cinnamon
- 6 Tbsp. cold unsalted butter, diced

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the blueberries, sliced peaches, lemon juice, lemon zest, vanilla extract, sugar and flour. Gently toss until fruit is well coated. Let the fruit mixture sit while you are preparing the crumble topping.
3. For the crumble topping: in a large bowl, combine the flour, oatmeal, brown sugar, granulated sugar, salt and cinnamon. Stir together with a whisk. Mix in the butter with your fingers until the mixture comes together and you have big crumbles.
4. Place the fruit mixture in a 2 quart ceramic or glass baking dish. You can also use an 8 inch square cake pan. Sprinkle the crumble mixture evenly over the fruit. Place the pan on a baking sheet lined with parchment paper and bake for 40-45 minutes, or until the tops are browned and crisp and the juices are bubbly. Serve warm or room temperature. This dessert could also be served with ice cream or whip cream.
5. Serves 6-8 people



ERIN O'TOOLE
Member of Parliament for Durham



Proudly serving the people of Durham.



Contact Erin

54 King St. E. Bowmanville, Unit #103
Telephone: 905-697-1699
Toll free: 1-866-436-1141
E-mail: Erin.OToole@parl.gc.ca

WWW.ERINOTOOLEMP.CA

VISIT US ONLINE: NULIFEHEARING.COM

VISIT US ONLINE: CLARINGTONDENTURECLINIC.CA



CELEBRATING 8 YEARS!

ANNIVERSARY OFFER

CELEBRATING 10 YEARS!

Thank you Clarington for your support!

Come in to the office today for a complimentary hearing assessment or denture consultation and receive **FREE SUNGLASSES** until September 30, 2017.



Services

- Hearing Assessments
- Rechargeable Hearing Aid
- Service all Manufacturers
- Repairs & Batteries

ALL REFERRED FRIENDS & FAMILY

RECEIVE 5% OFF
HEARING AID AND DENTURE SERVICES

Services

- Implant Supported Dentures
- Full Upper and Lower Dentures
- Same Days Repairs and Relines
- Complimentary Consultations

43 Ontario Street
BOWMANVILLE
905-697-3838

50 Mill Street N
NEWCASTLE
905-987-5393



43 Ontario Street
BOWMANVILLE
905-623-9898

50 Mill Street N
NEWCASTLE
905-987-5393

Ontarians Paid \$37-Billion Above Market For Electricity Over Eight Years, Auditor-General's Report Says

Continued from Page 4

2010, the OPA warned the province that the Lower Mattagami hydroelectric project was \$1-billion over budget, but the government allowed it to proceed. As a result, power from that plant costs \$135/megawatts per hour, compared to an average cost of \$46/megawatts per hour for two other recent hydro projects, Ms. Lysyk found.

The province also produces enough extra electricity to power the province of Manitoba, an excess that costs consumers, Ms. Lysyk found. For instance, the province paid \$3.1-billion to power generators between 2009 and 2014 for power that was not needed, plus another \$339-million not to produce power. The province also paid \$32.6-million to exporters to distribute the excess power to other jurisdictions. Mr. Chiarelli said the government opted for the Thunder Bay biomass plant because of "tremendous economic lobbying" from the mayor and the local mining industry, which wanted a source of power nearby. He said the government is also hoping to create a biomass industry in the area.

"We made a decision to proceed with this particular contract, knowing that it had economic development potential, knowing that it was a reliability issue and a very, very strong comfort level to the mining industry," he said.

Mr. Chiarelli said the government has made

numerous improvements to cut costs out of the electricity system, including a new and more competitive process for handing out green energy contracts. Future projects, he said, would be less expensive than previous ones.

Ms. Lysyk's criticisms come at a crucial time for the government, as it seeks to privatize Hydro One. The province sold 15 per cent of the company on the stock market last month and is planning to sell 60 per cent in total over the next few years.

Progressive Conservative energy critic John Yakabuski said the government must use a lighter touch with the electricity sector.

"The Wynne Liberals often went against the advice of experts, ignoring the long-term impact of Ontario's electricity system on its ratepayers for its own short-term political gain," he said. "Ontario's energy sector should involve limited intervention by government. It should primarily be left to experts in the sector to ensure a cost-efficient, effective electricity system."

NDP Leader Andrea Horwath said: "This government has made a mess of our electricity system and a sell-off to the private sector will only make it worse."

The Globe and Mail, Inc.

Licensed from The Globe and Mail for republication in Clarington Promoter - September edition

A "COOLER" WAY TO DO YOUR SHOPPING!



A FREE HOME DELIVERY MEAL BOX PROGRAM.

It's quite simple, go online, select what you would like to have delivered to your home from our little store and we will deliver it. You can change your order anytime and/or have a delivery every Tuesday, twice a month or monthly. All items are fresh and delivered in a cooler that keeps your food safe until you get home.



For information call 905-623-4277, email Jane@kccgourmetcatering.com or visit our website <https://www.kccgourmetcatering.com/cooler-way-shopping/>

SMALL TOWN FEEL - BIG TIME DEALS

AT COWAN BUICK GMC

- PURCHASE OR LEASE ANY NEW VEHICLE AND RECEIVE \$100 GAS CARD

- BOOK YOUR SERVICE APPOINTMENT & RECEIVE 1 FREE JUG OF WASHER FLUID

Cowan 
BUICK - GMC TRUCKS
BOWMANVILLE

905-623-3396

OPEN 24/7

@ WWW.COWANBUICKGMC

MUST PRESENT THIS COUPON AT TIME OF PURCHASE





Lakebreeze.
LIVE THE DREAM

**REGISTER NOW
FOR PHASE 3**

MYLAKEBREEZE.CA



IMAGINE YOUR LIFE ON THE WATERFRONT

Live just 35 minutes east of Toronto on the shores of beautiful Lake Ontario in Bowmanville. This is Lakebreeze, the largest and last waterfront master planned community in the GTA. Offering beautifully designed detached homes, linked singles, townhomes, semis, and lake houses, all within minutes of modern amenities. The time is now to make your dream of lakeside living a reality.

CONTEMPORARY TOWNS
FROM THE MID
\$300's

LINKED SINGLES & SEMIS
FROM THE LOW
\$700's

DETACHED DOUBLE CAR GARAGE
FROM THE MID
\$900's

WATERFRONT ROOF TOP TOWNS & LAKE HOUSES
FROM THE
\$700's TO \$3M



New Home Sale Centre: 1 Martin Rd. Bowmanville • info@mylakebreeze.ca • Tel: 647.302.2490

COMING THIS FALL!

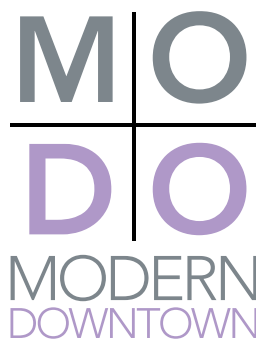
REGISTER
NOW AT
MODOLIFE.CA



MODO Condo 51 Clarington Boulevard

Affordable Condos & Towns in the heart of downtown Bowmanville.

MODO gives you hip and contemporary downtown living for far less than you'd expect. Choose from elegant condominiums or a wide variety of townhomes, in a selection of styles, each one designed and built to suit a different lifestyle.



Condos & Towns From
\$299,990



HARBOURVIEW
GRAND
IN THE PORT OF NEWCASTLE

LIVE
GRAND

Experience Grand luxury on the water.

Live the life of luxury at Harbourview Condominiums' one and two bedroom suites, each boasting superbly appointed interiors and spacious outdoor balconies with panoramic lake and marina views. In this gorgeous village by the lake, you have easy access to the 260 boat slip marina, 1-1/2 mile stretch of natural shoreline, and the fabulous Admiral's Walk Clubhouse.

Presentation Centre
90 Shipway Ave
Newcastle, Ontario L1B 1N4
Tel: 905.987.9871
portsales@kaitlincorp.com
HarbourviewGrand.ca

Starting from
\$299,990

Prices and specifications are subject to change without notice. Illustrations are artist's concept. Lot premiums may apply. E.&O.E.

www.KaitlinCorp.com

