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Volume 8 | Issue 3

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September 2018

Bowmanville Older Adult Association 
2018 Fall Program Guide
(Pullout Inside)



Wanted – Farm Land & Rural Properties

WHERE: I have qualified buyers looking to buy vacant land, operating farms & hobby farms in all areas of Durham, primarily Clarington.
PRICE: To be negotiated
DETAILS:
 Wanted 10-100+Acre Parcels • With or Without House & Barns
 Flexible Closing Date • Leaseback Opportunities
 Hay, Pasture & Crop Lands • Scenic & Wooded Lands
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 Not intended to solicit clients currently under contract with a Brokerage.

Councillor Wendy Partner Found Guilty by Integrity Commissioner



Councillor Wendy Partner

In his report the Commissioner states: “After carefully considering the evidence obtained during the course of my investigation and the detailed submissions of the parties, I find that the Respondent (Councillor Wendy Partner) contravened section 8.3 of the Code (of Conduct) by interfering with the independence of a by-law enforcement investigation.”

Section 8.3 of the Code states:

8.3 No member shall,

(c) use or attempt to further his or her authority or influence by intimidating, threatening, coercing, commanding or influencing improperly any staff member or interfering with that staff person’s duties, including the duty to disclose improper activity.

In his decision the Commissioner commented “Politicians must respect the independence of law enforcement officers. A Council Member must not try to influence the disposition of a specific by-law enforcement case.”

Documents obtained by the Editor of this publication from the Municipal Clerk through the Freedom of Information Act (FOIA) revealed:

Note: the names of individuals contained in those documents are blocked out (redacted) by Municipal Clerk, as per Federal privacy laws.

1. On June 29, 2017 zoning by-law complaint is made against the saw mill and firewood for sale business property owners.
2. On August 14, September 7 and October 11 the property was inspected and the property was determined to be compliant with the zoning by-law.
3. On October 25, the zoning by-law investigation file was closed because no violation had been found.
4. November 2 – 6, 2017 Councillor Wendy Partner made inquiries to Municipal Staff about this now closed by-law investigation file.
5. On November 6, 2017 - Councillor Wendy Partner received an email from the Manager of Municipal Enforcement stating “I have reviewed our files and discussed thoroughly with staff. The two items raised were a saw mill owned by (name redacted) in EP zoned area and a coffee shop on Concession 3. An Officer has investigated the saw mill and determined that no operations are contrary to our Oak Ridge’s Moraine Zoning By-law..... In regards to the operation of a coffee shop operating on the 3rd Concession we have

Continued on Page 4



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

Local Councillor Wendy Partner has been found guilty of interfering with a Municipal Enforcement Officer investigation by Clarington Integrity Commissioner.

In the December 2017 and March 2018 editions of this publication, the Editor called for an investigation into the behaviour of the Ward 4 Councillor with respect to her involvement in Clarington By-law Department’s attempt to close down a legally operating agricultural business.

On February 1, 2018, a complaint was registered with Guy Giorno, Clarington’s Integrity Commissioner resulting in the Commissioner opening an investigation into the behaviour of the Councillor.

The Integrity Commissioner delivered his conclusions in a 16 page report to Clarington Council on July 3, 2018.

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Mr & Mrs  **CUSTOM EVENT ACCESSORIES**

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Leadership – Some Additional Tips



by Peter Hobb

COLLINS BARROW DURHAM LLP
www.collinsbarrow.com

In an earlier article I shared with you some of the qualities that a good leader displays. Keyne Insight, a company that helps its clients execute on their strategies, recently held its annual conference. At this conference the participants shared the leadership lessons they have learned from operating their businesses. I have summarized

The quicker you make the decision and act on that decision the better it will be for everyone. Your team will likely respect you more for it.

In the example above if you tolerate the poor performance or the bad behaviour your team may conclude that you endorse what is going on. Of course this can be disastrous. The perceived endorsement could lead to a loss of respect which will make it impossible to lead. As a leader you need to be decisive and make the decisions when they need to be made. This does not mean every decision you make has to be the correct one. You need to always monitor the effects of your decisions and if a decision was wrong, admit that it was wrong and move on. Being able to admit that a decision was not the right one and changing course quickly is a trait of a good leader. Your focus is the good of the company which is good for everyone that works there.

As a leader you need to take responsibility for the success of the people that report to you. Laying blame does not help anyone. Their lack of success, if this is the case, may be as much to do with your management style as it has to do with their ability to do the job. Everyone is in it together. To be successful you need to be able to work collaboratively with your team. The old boss/employee relationship doesn't work anymore. Everyone needs to be treated as if their on equal footing and their opinion is as important as anyone

else's. As a leader it important to foster and support this type of environment.

Even though the work environment needs to be collaborative you still need to delegate responsibility for specific tasks. As leader it is important that you do this in order for everyone to be successful. However, when delegating you have to make your expectations clear. If your team is not clear on what your expectations are they will do what they think you want them to do. It is unlikely this will lead to success. Along with making your expectations clear you need to explain to your team why they are doing what they are doing and how that contributes to the overall success of the company. If they have this level of understanding, you may find that they might have a better way of fulfilling their responsibilities contributing to even greater success for the company. Everyone on your team is important and deserves the highest level of respect.

Ensuring that you have open lines of communication with your team is key to being a good leader. Open communication leads to greater clarity by everyone involved. Greater clarity leads to the right actions which will generate better results. Your team cannot feel intimidated to speak up. For example, if someone is unsure of the task they should be doing but try to carry on, the result could be much different than what is expected. It may even be necessary for the task to be redone. Not a great result. This will only add to the cost of doing business with little benefit being realized. Strong communication lines can have significant tangible benefits to your organization.

There are no specific rules to follow in becoming a good leader. There are many different leadership styles that can work. Some of it is instinct and some of it is educating yourself on what it takes to be a better leader and working harder at it. We can all be better.

Note: This article also appeared in our December 2015 edition. Go online to read the more than 40 articles written by Peter Hobb. visit ClaringtonPromoter.ca

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ON OCTOBER 22 ELECT
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WARD 4 LOCAL COUNCILLOR

- Broadband Internet Access for All in Clarington
- Keeping Taxes Low
- Economically Sustainable Planning
- A Balanced Mix of Housing in Developments
- Accountability, Transparency and Effective Council Meetings

Correction:
We apologize for the incorrect spelling of a family name in The article The History of Toms IGA in Newcastle appeared in our March 2018 edition. It was Lorne Johnson who operated the drug store.

Opinions and Views



Golf is a game of ego, but it is also a game of integrity: the most important thing is you do what is right when no one is looking.

-Tom Watson

by Jim Abernethy, Publisher

jim@claringtonpromoter.ca

The same can be said about politics.

Integrity is something we expect and deserve from our politicians.

Perhaps Local Ward 4 Councillor Wendy Partner thought nobody was looking when she targeted two property owners with two bogus zoning by-law investigations, each of whom were operating legally agricultural based businesses, on their respective properties.

One business was located in Ward 4, and the other in Ward 3. Fortunately for my two sons, someone was watching.

Both of my sons live with their families in Ward 4. One has a business in Ward 4, and the other a business in Ward 3.

I respected the wishes of my sons to not reveal their names in articles published in previous editions regarding this issue. This is their right under our Federal privacy laws.

Now that the Integrity Commissioner Report 2018-01 is public they are fine with people knowing they are the property owners who were targeted.

The moment I read the letter my son received from the Clarington Law Enforcement Officer I knew something just did not smell right. As it turned out, my hunch was right.

These two businesses collectively provide jobs for 30 people, and they have always operated legally in accordance with zoning by-laws.

Ever notice how Councillors will make every effort to appear in photos that have a hint of job creation. Nothing wrong with that, it helps promote a positive economic environment.

However in this case, the Ward 4 Local Councillor appeared to be directing her efforts towards taking down two businesses operating legally, resulting in 30 people out of work.

The Councillor did so without the knowledge or direction of other Members of Clarington Council.

Yes, I am the person who filed the complaint with the Clarington Integrity Commissioner against Ward 4 Local Councillor Wendy Partner on February 2, 2018.

The documentation I received from the Municipal Clerk clearly shows Councillor Wendy Partner was acting on her own when she initiated and pursued complaints simultaneously against my sons without the knowledge of other Members of Council.

The Councillor interfered with the independence of a by-law enforcement investigation, and for this she was publicly reprimanded by the Clarington Integrity Commissioner in his report to Clarington Council.

In his decision the Integrity Commissioner commented "Politicians must respect the independence of law enforcement officers. A Council Member must not try to influence the disposition of a specific by-law enforcement case."

I am sure you will agree it is a slippery slope when any Member of Council misuses the authority that the public has granted to them.

Municipal Law Enforcement Officers are peace officers acting under the authority of the Ontario Police Services Act.

As your former Mayor, I know local government policy clearly articulates that individual Members of Council are not to be involved in day-to-day bylaw enforcement decisions.

Day-to-day enforcement decisions are delegated to qualified staff and enforcement decisions should be made by those same delegated Law Enforcement Officers.

The separation of Council and Law Enforcement Officers is essential to ensure a fair administrative by-law enforce-



ment system. This is more than a protocol, it is a requirement.

The duty of Council is to set policy and provide general direction on enforcement priorities.

Individual Members of Council should

not become directly involved by directing law enforcement against a specific resident.

Moreover, Members of Council should not advocate either publicly or privately for a particular result in a specific case. Doing so shows bias.

Any action by an individual Member of Council that is motivated by bias towards an individual is abuse of power.

Each member of council should remain uninvolved in a specific bylaw enforcement decision unless and until the matter is put on the agenda for the entire Council to consider.

Why target these two businesses both of which are owned by my sons?

Well, we have yet to hear an answer to that question.

By the way "sorry I was just doing my job" doesn't cut it.

Integrity means following your moral or ethical convictions and doing the right thing in all circumstances, even if no one is watching you.

Having integrity means you are true to yourself and would do nothing that demeans or dishonors you.

Did Councillor Wendy Partner think no one was looking?

I wonder..... what would Tom Watson say?

ROTARY THANKS YOU!



We met Kristi Wilkins yesterday to present her with her 50/50 draw winnings from the Rockin' Rotary Ribs & Brews! Congratulations again Kristi! And thank you to everyone who purchased tickets, with your help, we raised over \$5,000 for the NICU at Lakeridge Health Oshawa! #liveheregivehere



Thank you, Clarington! The Bowmanville Rotary Club would like to thank its hundreds of volunteers, the many generous sponsors, our vendors, the performers, Durham Regional Police Service, Clarington Emergency Services, and the Municipality of Clarington, for making 2018 Bowmanville Rockin' Rotary Ribs and Brews the best one yet! Ribs and Brews is a community event, and the Rotary Club couldn't do it without the support of these many groups.

To say the event was a success is an understatement. The club is still finalizing the numbers, but it looks like together with the people of Clarington, Bowmanville Rotary was able to raise more than \$120,000. Every penny of that money will go to support important local causes and vital international projects. This money is already being put to work through grants to local groups. If you know of a group or cause in need of support, please go to Bowmanville Rotary's fundraising page at <https://funditclarington.com/>

In 2018, our second year at Clarington Fields saw the addition of our new Family Area. The Family Stage was a showcase of the deep talent of the young people in Clarington. Each one of the performers amazed the crowds. Bowmanville Rotary looks forward to building on the success of this area in 2019 and beyond.

The Craft Beer Village has become a staple of Ribs and Brews. The combination of over 15 craft brewers and great music makes this area one of the must-visit areas at Ribs and Brews.

Bowmanville Rockin' Rotary Ribs and Brews is the biggest and best Ribfest east of Toronto. That is in large part due to the overwhelming support of the people of Clarington. As the Bowmanville Rotary Club begins planning to make 2019 even better, they want to thank you all for supporting this amazing event. See you June 7, 8, and 9 2019!

COUNCILLOR WENDY PARTNER FOUND GUILTY BY INTEGRITY COMMISSIONER

Continued from Page 1

no records indicating concerns. If you would like to provide additional information staff will follow up."

Note to Reader: Property use violations within the Oak Ridges Moraine can result in fines up to \$25,000 per day.

6. On November 6, 2017, Councillor Wendy Partner responded to the Manager's email:

"Thank you Duncan I appreciate being added to this file The saw mill is operating in the farm is a huge concern as it is a commercial use that should not be taking place Please have (name redacted) let you know when this operation gets the next 15 tractor trailer loads of wood dropped off for milling. I can't believe we allow this As far as the 'coffee shop' this is Coffee distribution centre of coffee 'pods' not coffee shop. This is the old cold storage property I would like to be in the loop as to what we are doing or if it is within Planning by laws Wendy"

7. On November 7 & 8, 2017 the property was re-inspected and for the first time determined to be non-compliant.

8. On November 10, 2017 the By-law Department issued a letter to the property owners notifying them their use of the property did not conform to the permitted uses of the zoning by-law.

9. On November 22, 2017 the property owners responded by demonstrating to the Law Enforcement Department how their use of the property actually

conformed to the permitted uses outlined within both the municipal zoning by-law and the Oak Ridges Moraine Act. The property owners also informed the Municipality they would not comply with the demands outlined in the letter and were prepared to defend any legal action taken by the Municipality.

10. On January 2, 2018 the investigating Law Enforcement Officer retracted their letter dated November 10, 2017 and confirmed the property owners were always in compliance with all relevant zoning by-laws.

11. On February 1, 2018 the Integrity Commissioner received a formal complaint against Councillor Wendy Partner.

12. On July 3, 2018, the Integrity Commissioner concluded his investigation and delivered his 16 page public report to Clarington Council on July 3, 2018 with conclusions and recommendations.

In his report, the Integrity Commissioner determined that Councillor Wendy Partner interfered with the independence of a by-law enforcement investigation.

The Commissioner explained: "A fair and reasonable interpretation of the Respondent's (Councillor Wendy Partner's) words suggests that there was an attempt to influence a zoning by-law investigation. According to the email, she was unsure of the planning implications, but in respect of

zoning, which was the matter under investigation – what was supposed to be an independent investigation – she said the current use should not be taking place and she could not believe it was allowed. I find that this portion of the Respondent's reply was an inappropriate attempt to influence the by-law enforcement process."

The Commissioner also found "There is evidence that the Respondent (Councillor Wendy Partner) sought out a third person and cajoled and pestered that person to file the zoning by-law complaint on the Respondent's (Councillor Wendy Partner's) behalf."

The Commissioner reported he "interviewed the third person twice and, each time, the person described, in clear and forceful language, that the Respondent's (Councillor Wendy Partner's) insistence on filing a zoning by-law complaint was harassing and unwanted."

The saw mill property is located in Ward 4. Councillor Wendy Partner represents Ward 4. The coffee distribution centre property is located in Ward 3.

In an interview last week Ward 3 Local Councillor

Corinna Traill responded "No, I had no knowledge." when asked if she had any knowledge Ward 4 Councillor Wendy Partner initiated a zoning by-law investigation against the property owner of the coffee distribution centre in Ward 3."

Documents received from the Municipal Clerk show no other Councillors or members of staff were copied on any of the email exchanges between Councillor Partner and the Manager of Law Enforcement.

The owners of these two properties are brothers and claim they were targeted by Councillor Wendy Partner with investigations into non-existing zoning by-law infractions.

Last week they issued this joint statement to the Clarington Promoter: "We are satisfied with the Commissioner's findings. However it would be nice if Councillor Partner came clean on why she seemed so intent on closing down our businesses.

We have operated our businesses for more than 10 years. Collectively our businesses provide 30 jobs.

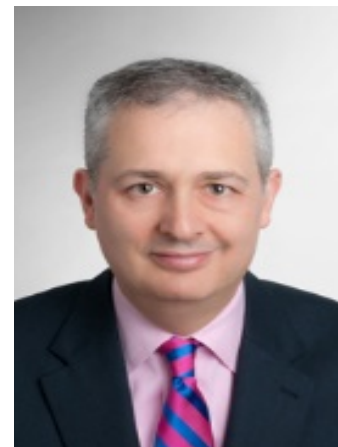
Agriculture is the number one industry in Clarington. The distribution of agricultural products and services create jobs and is good for our local economy. The Councillor should be helping small business owners expand their operations not hinder them.

Why Councillor Partner would initiate bogus zoning by-law investigations into our properties is beyond us. We feel we were targeted by the Councillor, and that is just not right."

In his report, the Clarington Integrity Commissioner ruled Local Councillor Wendy Partner was guilty of interfering with the independence of a By-law investigation.

No penalty was imposed. Council followed the recommendations of the Integrity Commissioner who stated in his report: "In all the circumstances, I believe that adoption of the finding of a contravention would be sufficient consequences."

To read the complete Integrity Commissioner Report - File 2018-01 go online to:



Guy Giorno, Clarington Integrity Commissioner

1. the link below takes you to the Municipality of Clarington Council Agenda – July 3, 2018. Once in the Agenda, scroll down to page 112: <https://webblink.clarington.net/webblink/0/edoc/136962/07-03-2018.pdf>

2. ClaringtonPromoter.ca and click on Integrity Commissioner Report - File 2018-01.

To learn more about the Clarington Integrity Commissioner go online to: Fasken.com

Guy Giorno, is a Partner in the law firm Fasken Martineau. He is an active, non-partisan advocate for government transparency, lobbying ethics and electoral reform, Guy has been appointed as the integrity commissioner (responsible for administering government ethics rules) in the 28 Ontario municipalities.

Every
Wednesday Night!



CATCH *the* ACE

IN SUPPORT OF THE BOWMANVILLE OLDER ADULT ASSOCIATION

JACKPOT & WEEKLY PRIZE!

20% of each weeks tickets will be awarded to the winning ticket of DRAW

30% will be allocated to the JACKPOT

TICKETS ON SALE WEEKLY AT THE BOAA

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- Random ticket draw takes place at 7:45 pm & winner gets 20% of ticket sales from that week.
- Winning ticket holder does not have to be present to win.
- Draw winner gets a chance to select an envelope for a chance to draw the Ace of Spades to win the jackpot.
- If the Ace is not drawn, 30% of the weeknights sales is added to the prize pot for the next week's draw and the card drawn is eliminated.
- Once the Ace of Spades is drawn, the Catch the Ace Raffle is over.
- Players must be minimum age of 18 yrs. Proof of age will be requested where required.

TICKETS: \$5 EACH

Bowmanville Older Adult Association

#BOAAWINNINGWEDNESDAY



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



Mission Statement

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

Values and Beliefs

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

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- General Information
- Trips & Travel
- Upcoming Events & Fundraisers

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- Upcoming Events & Fundraisers

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- Upcoming Events & Fundraisers
- Art & Music Programs

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- Art & Music Programs
- Computer & Technology Programs

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- Dance Programs
- Drop-in Activities & Services

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- Drop-In Activities & Services
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- General Interest Programs

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- Life Through the Lens

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- Wellness Programs

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- Workshops
- Free Workshops

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- Free Workshops

JOIN OUR BUSY BEE VOLUNTEERS AT

Bowmanville
Older Adult
Association



Reasons to Give it a Try:

Health

BOAA volunteers say that they feel better - physically, mentally and emotionally

Purpose

BOAA volunteers feel a deeper connection to their community and to others

Stress

Volunteering within BOAA helps people manage and lower their stress levels

Engagement

BOAA volunteers are more informed, engaged & involved in being active with managing their health



We look forward to hearing from you!



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

100%

Felt good and happy after volunteering

50%

Felt physically healthier after volunteering

75%

Felt a need & interest in volunteering again

How to Start:

Contact Volunteer Coordinator,
Les-Lee Bell at

905-697-2856 x44

volunteers@bowmanvilleolderadults.com
www.bowmanvilleolderadults.com

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FALL CLEAN UP at

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Saturday

November 3rd at 9 am
26 Beech Ave Bowmanville ON L1C 3A2

Bring your rakes, gardening tools and gloves!

Please sign up to help by contacting
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volunteers@bowmanvilleolderadults.com

General Information

MEMBERSHIP INFORMATION \$30 (INCLUDES HST)

(Valid for one year from the day you join)

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

Benefits of Membership:

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

WHY SHOULD I BUY A MEMBERSHIP?

Membership fees help to offset some of the costs involved in running our facility. Items such as heat, hydro, snow removal, repairs, equipment, program supplies, general maintenance and staffing are all very expensive. By being a current member you are assisting to ensure the BOAA will be a long-lasting organization within 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 to refunds. Programs will be cancelled when the minimum registration numbers are not met. Being a past participant in a class does not guarantee you a spot in a future session, so please always register in advance to avoid disappointment.

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

Please note there are no refunds for membership fees or special events unless your ticket can be sold to someone on a waiting list. There are no immediate refunds, 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 by completing a registration form at the front desk. Any other request requires you to speak to Veronica our Program Coordinator.

WEATHER POLICY

If all school buses within Clarington are cancelled the BOAA will cancel all registered programs only allowing the centre to remain open for drop-ins. No Wheels in Action Service will be provided. All program cancellations will be announced via the Bowmanville Older Adult Association website at www.bowmanvilleolderadults.com and via social media platforms. A voice automated call from (905) 697-2856 will be dispatched via our BOAA computer system immediately upon cancellations to all registered participants, so please ensure we have your updated telephone information on file.

ALWAYS SCAN YOUR CARD & CHECK IN

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

HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed September 1st, 2nd, 3rd, October 6th, 7th, 8th, 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. \$3 round trip within Bowmanville, \$5 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required. Non-Members and guests \$6 flat rate round trip.

WI-FI

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

EMAIL & VOICE DIALING

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

EMAIL CONTACT INFORMATION

Amanda Rutherford:

admin@bowmanvilleolderadults.com

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Chelsea Wolf:

events@bowmanvilleolderadults.com

Les-Lee Bell:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Simon Bush:

catering@bowmanvilleolderadults.com

Stella Riccio:

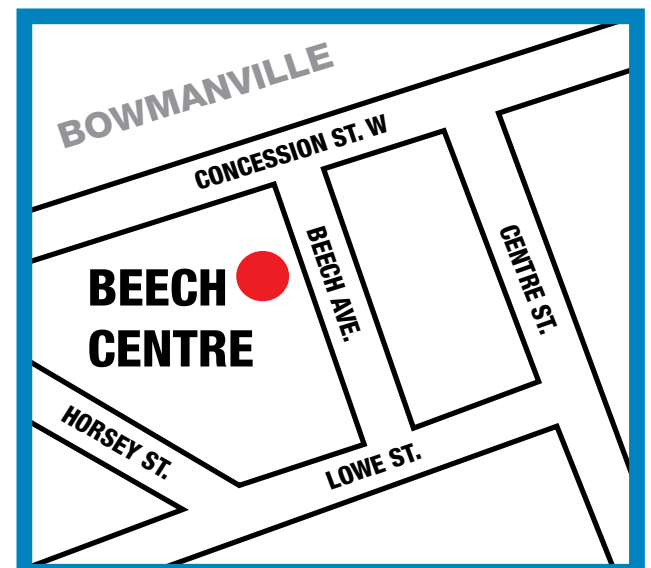
administration@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com



NON-MEMBER & GUEST INFORMATION

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

COMPLIMENTARY TRIAL FOR PROGRAMS

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

GIFT GIVING IDEAS

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

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

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

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



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: bowmanvilleolderadults



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Upcoming Events & Fundraisers

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

Monthly Baking Fundraiser with Josie Roberts

Friday September 14th Blueberry Pies **\$9 each**
Friday November 30th Meat Pies **\$5 each**
Friday December 14th Christmas Cookies and Squares **\$10 per platter**
Pre-order forms are available at the Front Desk.
Quantities are limited.

Open Mic

Join us for a great afternoon of talent. Sing, dance or simply come out to enjoy the entertainment.
Admission by donation & open to ALL. Cash bar and refreshments will be available for purchase
Sunday 1 pm to 4 pm
September 16th and November 18th

Fundraising Golf Tournament

Join the BOAA members and guests as they hit the course at The Bowmanville Golf and Country Club for 18 holes of best ball golf. Includes: lunch on course, carts, 18 holes of golf, followed by dinner at the BOAA, draws, prizes and a charitable tax receipt for \$20.
Pre-registration required at the Front Desk.
Wednesday September 19th
Shot Gun Start 9 am
\$80 members / \$85 non-members
Dinner Only Tickets available for \$18 per person

Joyfull Noise Fundraising Concert in support of BOAA

Enjoy a night of 50's, 60's and 70's music with Joyfull Noise Choir. Includes: door prizes, cash bar and refreshments will be served.
Thursday 7 pm
September 20th
\$5 members / \$8 non-members

Social Dances with The Beech Nuts

Enjoy an afternoon of waltz, round & line dancing with a live band. Refreshments will be served. No partner necessary.
Friday 1 pm to 4 pm
September 21st, October 19th and November 16th
\$3.50 members / \$5.50 non-members

Classic Gourmet Breakfast with Chef Georg Krohn

Join us for a specialty gourmet breakfast with all proceeds going to the BOAA's 2018 Fundraising Goal. Limited tickets available pre-registartion required. Along with the Main Feature a variety of breakfast items will be available including: fresh orange juice, tea & coffee, croissants, bagels, toast, baguettes, fresh muffins, scones, smoked salmon, cheeses, local honey, jams, fresh fruit salad and yogurt.
Saturday 9 am to 11 am
September 22nd Main Feature: Eggs Benedict
November 17th Main Feature: Fresh Crepes
December 15th Main Feature: Fresh Farm Eggs and Sausage
\$13 members / \$16 non-members

Karaoke Night in partnership with DJ Then & Now Sounds

Sing it loud! Or simply come out to cheer on the ones that are willing to take the mic. Cash bar available.
Friday 7 pm to 10 pm
September 28th, October 26th and November 23rd
\$5 members / \$8 non-members

Progressive Euchre Parties

Prizes for 1st to 5th Place, Lone Hands & Random Draw. 50% of door ticket sales will be awarded – Guaranteed!
Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws
Saturday 6:30 pm
September 29th, October 27th and November 24th
\$8 members / \$10 non-members
Advanced tickets recommended & available at the front desk.

Variety Trivia Night with Alan Tibbles

Join us on a very different kind of Trivia Night featuring many questions and music from the 50's through to the 80's. Come to compete or simply to enjoy the show. Tea and coffee provided and prizes awarded to winning team
Wednesday 7 pm to 9 pm
October 3rd and November 28th
\$5 members / \$8 non-members



Comedy Night with "Casey Corbin"

Join us for dinner and a night of Stand-Up Comedy as we laugh our way toward our 2018 Fundraising Goal! This night of laughs is brought to us by Canadian comedian, Casey Corbin along with two professional guest comics who have been nominated for several awards at the Canadian Comedy Awards. As seen on Just For Laughs, Comedy Now, Comedy Network, CTV, CBC, Comedy at Club 54.
Includes: 3 course dinner, stand-up comedy show and door prizes.
Saturday Social 5 pm, Dinner 6 pm, Stand Up 7 pm
October 20th
\$30 members / \$35 non-members
Title Sponsor: Durham Medical
Associate Sponsor: Seasons Clarington

Meet & Greet with Renowned Musical Talent Liona Boyd

After touring the world for over three decades, Liona Boyd, Canada's celebrated "First Lady of the guitar", is releasing a much-anticipated new autobiography and a new album. Liona Boyd has performed extensively through Canada, the USA and 44 other countries. She toured with artists including Gordon Lightfoot and Tracy Chapman while recording with artists such as Eric Clapton, Olivia Newton-John, Chet Atkins, Roger Whittaker, Yo Yo Ma, Georges Zamfir and much more. Join us while we welcome Liona Boyd to the BOAA for a signing of her second autobiography and new album release No Remedy for Love.
Tuesday 10 am to 12 pm Meet & Greet, 12 pm Luncheon
October 23rd
\$12 members / \$15 non-members

TOCARA® Sale with Representative, Drina Hill

Fantastic jewellery sale 15% of all sales will be donated back to BOAA. Browse www.tocaraplus.com/drinahill
Tuesday 10 am to 2 pm
October 23rd
Wednesday 10 am to 2 pm
October 24th

Halloween Luncheon

Includes lunch, costume contest and prizes
Tuesday 12 pm
October 30th
\$9 members / \$12.50 non-members

Sports Banquet

Join us for good company and great food in celebration of our BOAA Teams and Leagues.
Please register at the Front Desk by Monday October 22nd
Wednesday 5 pm
November 14th

Mind, Body & Soul ESCAPE

Let's Escape! Presenting Mind, Body & Soul - an event unlike anything you've ever experienced. For the past 3 years, the BOAA has hosted dance cardio and Zumbathon events - rise to the next level this year as we incorporate movements that empower your mind, body and soul. Join us as we fuse the freedom of dancing, empowering drumming and improv, spirituality of yoga, the centreing force of meditation and of course, Zumba. This Holistic escape will also include: Tarot card reading, Indian Head Massage, light refreshments and more.
Sunday 12 pm to 5 pm
November 4th
\$20 members / \$25 non-members
In partnership with Crossfit Bowmanville.



Remembrance Service Luncheon

Includes lunch and service with Royal Canadian Legion Branch 178 Colour Party.
Tuesday 11:15 am
November 6th
\$9 members / \$12.50 non-members
Sponsored by: Living Well Home Medical Equipment

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 advance registration required, however you must arrive prior to 1:15 pm.
Sunday 1:30 pm to 4:30 pm
November 11th and December 9th
\$5 members / \$7 non-members

Smile Theatre presents "The Frankie Andrews Holiday Special"

A mysterious drifter arrives in town just in time to help crooner Frankie Andrews feel the true spirit of the holidays and perhaps, even find love again. This original circa 1970 Network Holiday Special is performed live by three stars, complete with vintage commercials and classic songs that will have you feeling the spirit of the holidays in no time. Refreshments will be provided after the show.
Thursday 1:30 pm
November 22nd
\$5 members / \$7 non-members
Sponsored by Ontario Power Generation

Handcrafted Jewelry Sale with BOAA Member, Mary Jackson

Each piece is created using semi-precious stones found during Mary's worldly travels. 15% of all sales will be donated back to BOAA.
Tuesday 10 am to 2 pm
November 27th

IN SUPPORT OF THE BOWMANVILLE OLDER ADULT ASSOCIATION

Bowmanville Older Adult Association **BOAA** 20 years

CATCH the ACE

EVERY WEDNESDAY NIGHT

For more information visit: www.bowmanvilleolderadults.com

DOORS OPEN 6 PM | DRAW 7:45 PM

TICKETS: \$5 each

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

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

Upcoming Events & Fundraisers

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

Luncheon Performance by the BOAA Choir

Includes lunch and choir performance
Tuesday 12 pm
December 4th
\$9 members / \$12.50 non-members



Christmas Dinner & Dance

Entertainment followed by DJ Dancing with Then & Now. Only 200 tickets available and on sale starting November 5th at 9 am for BOAA members and November 19th for non-members.
Saturday 5 pm Social, 6 pm Dinner
December 8th
\$30 members / \$35 non-members
 Title Sponsor: Durham Medical
 Associate Sponsor: Seasons Clarington

Christmas Luncheon

Join us for our regular Tuesday luncheon followed by a Christmas Pageant presented by our BOAA programs.
Tuesday 11 am
December 11th
\$9 members / \$12.50 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 12 pm
December 18th
\$9 members / \$12.50 non-members

Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

Participate in a group demonstration with one-on-one help with projects of your choice. Learn a variety of painting techniques for creating landscapes, portraits, florals, sky, water, trees and other common subjects and colour mixing. Some understanding of drawing principles would certainly be an asset to more successful painting, although not absolutely necessary.
Thursday 1 pm to 3 pm 12 weeks
September 20th to December 6th
\$112 members / \$145.60 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 at front desk upon registering.
Saturday 10 am to 2 pm
November 17th
\$20 members / \$25.80 non-members

BEGINNERS WATERCOLOUR with Julieta Cortes

Learning basic watercolour techniques and colour mixing while painting a step by step project per class. No drawing skills required.
Saturday 10 am to 12 pm 6 weeks
October 13th to November 17th
\$56 members / \$72.80 non-members

“NEW” BOAA CONCERT BAND with Tracy Marek

Have you always wanted to learn to play an instrument? Did you play one in High School? Do you like to have fun? Say yes! Join the BOAA Concert Band. Your choice: flute, oboe, clarinet, sax, trumpet, French horn, trombone, baritone, tuba, percussion. All are welcome
 Additional fee for band folder and method book applies.
Thursday 4:30 pm to 6 pm 12 weeks
September 27th to December 13th
\$90 members / \$117 non-members

DRAWING with Paul Livingston

Using common drawing tools like pencils, pens and sketching pads, learn basics, yet very essential drawing principles and how to apply them toward drawing virtually anything you can see, remember, or imagine. This is also a good foundation study for any aspirations toward painting. Learn to understand light and shadow, shape and form, composition and perspective. A little exposure to these principles opens up a whole new world.
 Learn to do landscapes, portraits, florals, animals and buildings in a relaxed and casual atmosphere with demos, personal instruction and positive encouragement.
Wednesday 10 am to 12 pm 12 weeks
September 19th to December 5th
\$112 members / \$145.60 non-members

PAINTING WITH ACRYLICS with Shirley Bankey

Looking for a fun and easy paced class to learn to paint? This step by step class is perfect for both the beginner and intermediate artist. You bring the canvas, brushes and other paraphernalia and Shirley will bring the paints, patterns and encouragement. Please pick up a full list of supplies needed from the front desk upon registration.
Monarchs and Hollyhocks
Monday 1 pm to 3:30 pm 3 weeks
September 17th to October 1st
 Or
Stormy Weather – Dramatic sky and rough water
Monday 1 pm to 3:30 pm 3 weeks
October 22nd to November 5th
 Or
Little Rascals – Raccoons in the moonlight
Monday 1 pm to 3:30 pm 3 weeks
November 19th to December 3rd
\$33.75 members / \$43.90 non-members per project

PEN AND INK with Dianne Darch

This class is suitable for a beginner or returning student. You will be guided through the series of dots and lines involved in pen and ink artwork to create texture and contrast. Line drawings will be provided so you can concentrate on the inking process. Be sure to ask for a Pen and Ink supply list at the front desk upon registration.
Monday 2:30 pm to 4:30 pm 8 weeks
September 24th to November 19th
No class October 8th
 OR
Friday 12pm to 2 pm 8 weeks
September 28th to December 7th
No class October 12th, October 26th and November 23rd
\$74.70 members / \$97 non-members

REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

Have an idea you have always wanted to paint? Great! Beginner or experienced this is the class for you. Working alongside award winning, high realism painter Ian Bodnaryk, you will explore the versatile and exciting world of Acrylics. Choose your own subject and reference, then learn the techniques and principles needed to create a beautifully rendered realistic painting. Due to time constraints, portraits are not realistic expectations for his course.
Wednesday 6 pm to 8 pm 6 weeks
November 7th to December 12
 Or
“NEW” Friday 9 am to 11 am 6 weeks
November 2nd to December 7th
\$56 members / \$72.80 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. You will learn basic technique, a variety of lively rhythms and how to improvise with others. You will enjoy the many health benefits associated with drumming such as relaxation, improved cognitive ability and a boost to the immune system. Djembe drumming promotes community building and lifts the spirits. Drums are provided or bring your own.
Friday 10 am to 11 am 13 weeks
September 21st to December 14th
\$65 members / \$84.50 non-members



MEMBER ONLY CONVENIENCE PASSES FOR SALE

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

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

Art & Music Programs

RECREATIONAL AFRICAN DRUMMING TRANSITIONAL with Julie Ditta

This class is for participants who have taken the beginner 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 13 weeks
September 19th to December 12th
\$65 members / \$84.50 non-members



RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

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

Friday 11 am to 12 pm 13 weeks
September 21st to December 14th
\$65 members / \$84.50 non-members

UKULELE with Allannah Coles

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

Thursday 1 pm to 2 pm 9 weeks
September 20th to November 15th
\$24 members / \$31.20 non-members

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 10 weeks
September 20th to November 22nd
\$140 members / \$182 non-members



Computer & Technology Programs with Tanya Cochrane

WINDOWS 10 BEGINNER

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

Thursday 9:30 am to 11:30 am 4 weeks
September 13th to October 4th
\$40 members / \$52 non-members

SELLING ON KIJJI

Learn how to search listings, upload a photo and write an ad for items you would like to sell online. This site is a great alternative to yard sales, it's free and it is easy to make an account! Safety tips will also be discussed.

Suitable for computer or tablet users. Please bring to class or request to borrow one from BOAA in advance.

Thursday 12:15 pm to 2:45 pm
September 13th
\$12.50 members / \$16.25 non-members

FILE MANAGEMENT & THE CLOUD

Learn how to keep your files, photos, music and videos organized on your computer. We will also be learning about "the Cloud" and one free service that you can use to back up your files.

Thursday 12:30 pm to 2:30 pm 2 weeks
September 20th to September 27th
\$20 members / \$26 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 request to borrow one from BOAA in advance.

Thursday 12:30 pm to 2:30 pm
October 4th
\$10 members / \$13 non-members



FACEBOOK BEGINNER

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

Thursday 9:30 am to 11:30 am 3 weeks
October 11th to October 25th
\$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 to class.

Thursday 12:30 pm to 2:30 pm 3 weeks
October 11th to October 25th
\$30 members / \$39 non-members

"NEW" INTRO TO CHROMEBOOK

Get a tour of your Chromebook, while you learn how they are different from laptops and find out some things that they can and can't do! Have questions about your new Chromebook? Bring them along! You may bring your Chromebook to class if you have one.

Friday 12:30 pm to 2:30 pm 2 weeks
October 26th and November 2nd
\$20 members / \$26 non-members

MICROSOFT WORD

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 request to borrow one from BOAA in advance.

Thursday 9:30 am to 11:30 am 3 weeks
November 1st to November 15th
\$30 members / \$39 non-members

INTRO TO CELL PHONES

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

Thursday 12:30 pm to 2:30 pm 2 weeks
November 1st to November 8th
\$20 members / \$26 non-members

ANDROID TABLET INTERMEDIATE

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

Thursday 12:30 pm to 2:30 pm 3 weeks
November 15th to November 29th
\$30 members / \$39 non-members

WINDOWS 10 INTERMEDIATE

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

Thursday 9:30 am to 11:30 am 2 weeks
November 22nd to November 29th
\$20 members / \$26 non-members

ONLINE MEDIA

Find legitimate and safe websites to watch movies, TV shows and sports. Learn different ways to listen to music online. Suitable for computer or tablet users. You can bring your computer or tablet for this beginner course or request to borrow one from BOAA in advance.

Thursday 9:30 am to 11:30 am 2 weeks
December 6th to December 13th
\$20 members / \$26 non-members

INTERNET SAFETY AND SECURITY

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

Thursday 12:30 pm to 2:30 pm 2 weeks
December 6th to December 13th
\$20 members / \$26 non-members



Dance Programs

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

“NEW” CREATIVE DANCE with Catherine Kourkounakis

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

- Enhance physical fitness - including strength, balance and flexibility.
- Improved wellbeing - reduction of stress/anxiety and the development of creativity and self expression.
- Improved social skills - increased self esteem and communication by working with others.

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

Tuesday 2:30 pm to 3:45 pm 10 weeks
September 18th to November 20th
\$75 members / \$97.50 non-members

“NEW” LET’S DANCE with Alison Henry Grebenc

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

Thursday 9 am to 10 am 10 weeks
September 20th to November 22nd
\$60 members / \$78 non-members

LINE DANCING 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
OR
Beginner Plus – 1:15 pm to 2:15 pm
September 17th to December 17th
No class October 8th and October 22nd
\$72 members / \$93.60 non-members

“NEW” STRETCH AND STRENGTH THROUGH DANCE with Alison Henry Grebenc

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

Thursday 10 am to 11 am 10 weeks
September 20th to November 22nd
\$60 members / \$78 non-members

SQUARE DANCING LESSONS with Jane Wilson

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

Tuesday 11 am to 11:45 am 4 weeks
November 13th to December 4rd
\$18 members / \$23.40 non-members

TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

Monday 11:05 am to 12:05 pm 11 weeks
September 17th to December 17th
No class October 8th, November 5th and December 3rd
\$66 members / \$85.80 non-members

Tap Dancing Level 1

Tuesday 10 am to 11 am 12 weeks
September 18th to December 18th
No class December 4th and December 11th
\$72 members / \$93.60 non-members

Tap Dancing Level 2

Monday 10 am to 10:55 am 11 weeks
September 17th to December 17th
No class October 8th, November 5th and December 3rd
\$66 members / \$85.80 non-members

Or

Wednesday 9 am to 9:55 am 12 weeks
September 19th to December 12th
No class December 5th
\$72 members / \$93.60 non-members

Tap Dancing Level 3

Monday 9 am to 9:55 am 11 weeks
September 17th to December 17th
No class October 8th, November 5th and December 3rd
\$66 members / \$85.80 non-members

Or

Wednesday 10 am to 10:55 am 12 weeks
September 19th to December 12th
No class December 5th
\$72 members / \$93.60 non-members

Drop-In Programs, Activities And Services

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

500 CARDS

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

Friday 1 pm to 4 pm

ACOUSTIC JAM SESSION

Come out for an evening of acoustic playing

Tuesday 6:30 pm to 9:00 pm

BALLROOM DANCE

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

Thursday 3:30 pm to 4:30 pm

BID EUCHRE

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

Monday 7 pm to 9 pm
Thursday 1 pm to 4 pm

“FREE” BLOOD PRESSURE CLINIC with Bowmanville Creek Retirement Home

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

Wednesday 11 am to 1pm
Starting September 26th

“FREE” BLOOD PRESURE CLINIC with Coby Booth

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

Tuesday 11:15 pm to 12 pm and 12:45 pm to 2:30 pm
“Special date September 5th at Open House”,
October 2nd, November 13th, November 20th,
December 4th, December 18th

“NEW” BOARD GAMES

Come out for some friendly participation of classic board games such as Monopoly, Scrabble and more.

Friday 1 pm to 3 pm

BOOK CLUB

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

Third Monday of the month 10 am to 11 am

“FREE” BRAIN WAVES CAFE with The Alzheimer Society

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

Tuesday 1 pm to 2:30 pm
“Special date September 5 at Open House”,
October 2nd, November 6th, December 4th

BEGINNER BRIDGE PRACTICE

For those that have attended BOAA's Bridge for Beginners course. Come out and practice your bridge skills with other beginners.

Wednesday 6 pm to 8 pm

BRIDGE FUN GROUP

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

Wednesday 1 pm to 3 pm

DUPLICATE BRIDGE

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

Monday & Friday 1 pm to 4 pm
\$3.50 members / \$5 non-members

SOCIAL BRIDGE

Social progressive bridge.

No partner necessary. Some experience is required.

Tuesday 9:30 am to 12 pm
Thursday 7 pm to 9 pm

CANASTA

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

Wednesday 1 pm to 4 pm

CHOIR with Allanah Coles & Donna Barber

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

Wednesday 10 am to 11:30 am
September 12th to December 19th

CRAFT GROUP

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

Thursday 1 pm to 3 pm
September 20th to December 13th

No drop-in September 13th and November 22nd

Drop-In Programs, Activities And Services

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

CRIBBAGE

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

Monday 1 pm to 3 pm

CROCHETING AND KNITTING GROUP

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

Monday 10 am to 12 pm

DARTS

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

Friday 1 pm to 3 pm

EUCHRE

Enjoy playing Euchre with great company.

Tuesday 9:30 am to 11:30 am

FRIENDSHIP GROUP

Friendly conversation, sharing, caring and laughing together.

Tuesday 1 pm to 2:30 pm

September 11th to December 18th

GET ACTIVE ONE STEP AT A TIME

BOAA opens the Auditorium for you to walk, workout with weights and bands and improve your balance skills.

Wednesday 3 pm to 4 pm

No session September 19th and October 17th

“FREE” HEARING AID CARE with Bowmanville Hearing Services

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

Tuesday 1:30 pm to 4:30 pm

September 18th, October 16th, November 20th, December 18th

“FREE” HEARING SCREENING with Hear Clear Canada

Do you ask others to repeat themselves? Do you have to turn up the volume on the television to understand? Do you have problems understanding in groups? If you answered yes to any of these questions, you might have hearing loss or it might just be earwax? Come by to find out with a free hearing screening and evaluation.

No appointment required. Located in the Lobby.

Monday 2 pm to 4 pm

“Special date September 5th at Open House”, September 17th, October 1st, November 12th, December 10th

JAM SESSION

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

Friday 1 pm to 3 pm

MAHJONG

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

Tuesday 1 pm to 3 pm

MEDITATION 101 DROP-IN with Les Lee Bell

Drop in to enjoy mindfulness and meditation

Friday 2:15 pm to 3:15 pm

September 21st to December 14th

No drop-in on the third Friday of the month

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

MEXICAN TRAIN DOMINOS

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

Thursday 10 am to 12 pm

OPEN ART

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

Friday 9 am to 12 pm

PROGRESSIVE FUNDRAISING EUCHRE

Seven games of friendly non-aggressive progressive euchre. Share the wealth, snacks and great company

Tuesday 7 pm to 9 pm

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

SEWING SOCIAL

Welcome to all who sew and would like to share their time, talents and sewing interests.

Thursday 9 am to 12 pm

September 20th to December 13th

SNOOKER

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

Monday 8 am to 6 pm

Tuesday and Thursday 12 pm to 8 pm

Wednesday 8 am to 6 pm

Friday 8 am to 12 pm

Saturday 10 am to 4 pm

Sunday 12 pm to 4 pm

Please call or visit the front desk to prebook your table time.

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

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

Monday 6 pm

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

December 17th

SQUARE DANCING

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

Tuesday 1 pm to 2 pm

September 11th to December 18th

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

TABLE TENNIS

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

Tuesday and Thursday 10 am to 12 pm

TAP DANCING

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

Thursday 3 pm to 4 pm

September 27th to December 6th

TEXAS HOLD'EM POKER

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

Thursday 7 pm to 9 pm

THEATRE GROUP with Judi White and Friends

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

Tuesday 2:30 pm to 4 pm

September 11th to December 18th

UKULELE

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

Thursday 2:15 pm to 3:15 pm

September 13th to December 13th

WALKING

Join us for a walk around the neighborhood.

Monday and Wednesday 9 am

WEEKEND CARD PARTY

Enjoy playing bid euchre or canasta with great company.

Saturday and Sunday 1 pm to 4 pm

“NEW” WII GOLF

Practice your skills playing Golf on the Wii.

Thursday 3:40 pm to 4:40 pm

October 4th to December 13th

WOOD CARVING

Bring your tools and carve functional or ornament objects.

Monday and Thursday 10 am to 11:30 am

General Interest Programs

BEGINNER FAUX “SILK” FLOWER ARRANGING with Cathy Pearson

Let's draw out your creative side! You will discover just how talented you are. This program covers colour schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a round arrangement and a contemporary arrangement.

This is set up for beginners in flower arranging.

Materials needed will be discussed at the first class.

Monday 1 pm to 2 pm 6 weeks

September 17th to October 29th

No class October 8th

\$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, and standard bidding conventions, basic responses, scoring styles – social, rubber, duplicate and playing techniques.

Tuesday 6 pm to 8 pm 6 weeks

October 30th to December 4th

\$40 members / \$52 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

September 18th to October 23rd

\$40 members / \$52 non-members

General Interest Programs

COOKING FOR ONE OR TWO with Chef Simon

Prepare your meals through different stations in BOAA kitchen.

Additional fee for ingredients will apply.

Thursday 1 pm to 3 pm

October 4th, October 18th, November 1st,

November 15th, November 29th

\$5 members / \$ 6.50 non-members per day

EUCHRE LESSONS with Don Welsh and Josie Roberts

Learn all you need to know to play Euchre.

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

Tuesday 1:30 pm to 3 pm 6 weeks

September 18th to October 23rd

Or

Tuesday 1:30 pm to 3 pm 6 weeks

November 6th December 11th

\$30 members / \$41 non-members

FLIGHT SIMULATOR with Bob Kerby

Ever wonder what it would be like to fly a WWII era aircraft?

Join us for a program that will teach you to do just that.

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

Friday 10:30 am to 12 pm 6 weeks

September 21st to October 26th

\$48 members / \$62.40 non-members

FRENCH LESSONS with Gaëtan d'Albret

Level 1

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

Tuesday 10 am to 11:30 pm 10 weeks

September 18th to November 20th

Or

"NEW" Thursday 1 pm to 2:30 pm 10 weeks

September 20th to November 22nd

\$70 members / \$91 non-member

Level 2

Review material from Level 1. Expand your vocabulary and language structures. Learn some verbs in present and past tense. Use topics learned to build sentences.

Tuesday 2:30 pm to 4 pm 10 weeks

September 18th to November 20th

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

Level 3

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

Tuesday 11:30 am to 1 pm 10 weeks

September 18th to November 20th

\$70 members / \$91 non-members

FRANÇAIS AVANCÉ with Maurice Laganière

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

Tuesday 3 pm to 4:30 pm 10 weeks

September 18th to November 20th

\$70 members / \$91 non-members

FRENCH LANGUAGE ENHANCEMENT with Gaëtan d'Albret

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

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

September 20th to November 22nd

\$93 members / \$121.30 non-members

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

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

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

September 17th to December 17th

No class October 8th

\$65 members / \$84.50 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 1 with Julie Ditta

This course will help you tap into and trust your intuition, that aspect of yourself that guides you in the right direction. It will help you to identify your psychic strengths, clairvoyance, clairsentience, or clairaudience, enabling you to receive universal messages and connect to the spirit world.

Developing your intuitive and psychic abilities will give you greater clarity, awareness, energy and improves creative problem solving. Topics include receiving messages, pendulums, dowsing, psychometry, auras, readings and spiritual healing.

Monday 12 pm to 1:30 pm 13 weeks

September 17th to December 17th

No class October 8th

\$97.50 members / \$126.75 non-members

INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

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

Wednesday 10:30 am to 12 pm 13 weeks

September 19th to December 12th

\$97.50 members / \$126.75 non-members

KNITTING with Doreen Cripps

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

Monday 10 am to 12 pm 10 weeks

September 17th to November 26th

No class October 8th

\$50 members / \$65 non-members



LATIN AMERICAN SPANISH with Alan Bayliss

Beginners

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

Tuesday 9:30 am to 11:30 am 13 weeks

September 18th to December 11th

or

Intermediate

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

Tuesday 1 pm to 3 pm 13 week

September 18th to December 11th

or

Advanced

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

Wednesday 1:30 pm to 3:30 pm 13 weeks

September 19th to December 12th

\$121.30 members / \$158 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

October 15th to November 5th

\$27 members / \$35 non-members

SPEAKING SPANISH IS FUN! with Lourdes Marrugat

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

Wednesday 6:30 pm to 7:30 pm 13 weeks

September 19th to December 12th

\$60 members / \$79 non-members



**SOCIAL
BINGO**

Tuesday at 1 pm
\$1.25 per card
for 10 games
25¢ per Dabber Sheet
WIN CASH PRIZES

General Interest Programs

TAROT 101 BEGINNERS with Cathy Pearson

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

Friday 10:45 am to 12:15 pm 8 weeks
September 21st to November 9th
\$60 members / \$78 non-members

"NEW" TAROT 101 INTERMEDIATE with Cathy Pearson

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

Friday 9:15 am to 10:45 am 8 weeks
September 21st to November 9th
\$60 members / \$78 non-members

WRITING YOUR MEMOIR THE NEXT STEP with Cynthia Reyes

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

Tuesday 10:30 am to 12:30 pm 8 weeks
September 25th to November 13th
\$72 members / \$93.60 non-members

Life Through The Lens

Funded by the Government of Canada
New Horizons for Seniors Program



"Life Through the Lens..." is a project conceived and organized in conjunction with the Clarington Photography Club to allow everyone the opportunity to interact with others and engage in positive educational photography opportunities. Please join us as

we host a variety of different events and programs that will allow you the opportunity to work alongside other seniors, youth, adults and experts within the photography field to share skills and experiences.

Life Through the Lens Photo Exhibit

Over the past three months a group of amateur, experienced and professional photographers have been enjoying Discovery Photo Tours: enjoying day trips to Roseneath Ontario (for the Carousel, KenLeen Museum & Black Oak Savanna), Bowmanville Creek, Visual Arts Center, Downtown Bowmanville, Oshawa Botanical Gardens, Trafalgar Castle, Parkwood Estates, Downtown Orono, Tyrone Mill Almet Farms to only name a few. Please experience life through these lenses by visiting our FREE Photo Exhibit at the Clarington Museums and Archives at 62 Temperance Street Bowmanville Ontario
Tuesday September 4th to Friday September 28th
Open Monday to Saturday Daily 10 am to 4 pm & Thursdays 10 am to 8 pm

"FREE OPENING RECEPTION"

Thursday September 13th
1 pm with Tea & Baked Goods or 7 pm with Wine & Cheese, ALL WELCOME

PAINTING WITH LIGHT WORKSHOP with Steven Frank

Come spend an illuminating evening learning how you can conjure up the ghosts of Bowmanville's lost buildings through photography. You will learn how to take beautiful and unusual light portraits in a hands-on approach to night photography. Participants are asked to bring along a camera and tripod.

Thursday 7 pm to 9:30 pm
September 6th

LOCATION: Firehouse Youth Centre 132 Church St, Bowmanville, ON
\$3 members of BOAA or Clarington Photography Club / \$5 non-members



MATTING & FRAMING WORKSHOP with Lief Peterson

This session will include a seminar and demonstration on cutting single and double mats along with framing a matted photo. 16" x 20" mat boards will be available for sale if you would like to bring along a photograph to mat and frame.

If you have a mat cutter please bring it along.

Saturday 9 am to 1 pm

September 8th

LOCATION: Home Studio of Leif Peterson 141 Cromwell Ave, Oshawa ON

\$10 members of BOAA or Clarington Photography Club / \$15 non-members

WELCOME TO THE GARDEN with Lief Peterson

Join us in the garden to photograph a variety of dahlias, hostas and more along with the insects that enjoy them.

This early morning adventure will include a pre-conversation about macro/close-up photography.

Tuesday 7 am to 10 am

September 11th

(RAIN DATE September 12th)

LOCATION: Home Studio of Leif Peterson
141 Cromwell Ave, Oshawa ON

\$10 members of BOAA or Clarington Photography Club / \$15 non-members

FRESH EYES "COMPOSITION WORKSHOP" with Kirsten McGoey from Trinity Design Photography

Learn to see the world with a fresh set of eyes. You will learn to review essential composition rules which provide the foundation to creative projects including photography. Lots of time will be provided for hands on practice and peer review. Please bring along your smartphone or camera.

Thursday 10 am to 1:30 pm

September 13th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club / \$8 non-members

FRESH EYES "STORY TELLING" 2 DAY WORKSHOP with Kirsten McGoey from Trinity Design Photography

Join us as we encourage photographers from amateur to experienced to see the world with a fresh set of eyes. This workshop will explore how storytelling has become a dominant force in creating images. Please bring along your own DSLR camera.

Saturday 10 am to 2 pm

September 22nd and September 29th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$10 members of BOAA or Clarington Photography Club / \$16 non-members

TRIP #7 of our Discovery Tour for a Fall Colour Tour

Spend the day with us as we visit Colborne's Big Apple, The Ranney Gorge Suspension Bridge in Campbellford and take a tour on the Trent River on a Fall Boat Tour. Refreshments, lunch and cruise included.

Sunday Depart at 8 am

September 30th

Car Pooling or Bus Transportation to be determined.

\$20 members of BOAA or Clarington Photography Club / \$25 non-members

PHOTO RESTORATION & SCANNING SEMINAR with Sabrina Leeder of BiA Photography

We will review what can be done to preserve old photos and slides. Showing how to create something that can be easily passed down for generations. Covering photo restoration, damaged images and factors that can play into why it is essential to preserve our photos. Time will be made available for questions, and one on one consultations. Participants are invited to bring their own photographs, slides and negatives.

Tuesday 1 pm to 3 pm

September 18th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$2 members of BOAA or Clarington Photography Club / \$5 non-members

MAKE NEW MEMORIES "ARCHIVAL PRINT" PART 2 with Sabrina Leeder of BiA Photography

In this session participants will work more hands on to create new portraits either individual or multiple people. With opportunities to learn how to best set subjects up in their images to get the best possible photo using special effects (black and white, sepia tones, etc.). Each participant will walk away with a professional archival print. Please feel free to bring along your own camera.

Tuesday 1 pm to 3 pm

September 25th

LOCATION: Preston Gallery 77 Brock St West Uxbridge, ON (Transportation will be organized)

\$2 members of BOAA or Clarington Photography Club / \$5 non-members



CLARINGTON PHOTOGRAPHY CLUB

Provides special group and individual support on an outgoing basis for new members wishing to extend their knowledge and skills. For

further information visit www.claringtonphoto.club or leave a message at 905-697-2856.

1st and 3rd Wednesday of every month from

October to May, 7 pm to 9 pm

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

Life Through The Lens

CREATING AND PUBLISHING A PHOTO ALBUM with Brian Greenway

Create a printed, professionally published photo album in a little over 2 hours. Using free software you can make sure your pictures are preserved and enhanced for a lifetime and not lost to the world on your phone or computer hard drive. It's fun, creative and relatively inexpensive for a basic 20 page album. The workshop will introduce you to designing covers, creating layouts, using decorative elements, and adding text. A Windows or Apple laptop and mouse are required.

Thursday 7 pm to 9:30 pm

October 4th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club / \$8 non-members

HISTORY OF PHOTOGRAPHY SERIES with Steven Frank

Whether framed on the wall, or placed in an album or hidden in boxes or on hard drives, photographs are ubiquitous and become part of our personal stories documenting everyday moments and milestones – touchstones that keep us connected. During this series time the group will explore the relationship between photography and family. As technologies of image making changed so did the process of creating images. Participants will be invited to share photos that are meaningful to them which are part of their own personal narrative.

WEEK #1: "THE IMAGE COMES INTO FOCUS WITH THE DAWN OF PHOTOGRAPHY 1825 TO 1879"

The desire to produce a photographic image predates the 19th Century but in the year 1825 Niepce a Frenchman, produced the first image and Daguerre and Fox Talbot create the innovations that change how we view our world.

Thursday 3 pm to 5pm

September 20th

LOCATION: Clarington Museums and Archives

62 Temperance St, Bowmanville, ON

FREE for members of BOAA, Clarington Photography Club & Clarington Museum

\$2 non-members

WEEK #2: "PHOTOGRAPHY – ART OR SCIENCE? 1880-1914"

While artists originally scoffed at any part of accepting photography as an art form, it became a stepping stone to what would become cinema. The turn of the century brought the Brownie which made photography accessible to the common person.

Thursday 3 pm to 5pm

October 18th

LOCATION: Clarington Museums and Archives

62 Temperance St, Bowmanville, ON

FREE for members of BOAA, Clarington Photography Club & Clarington Museum

\$2 non-members

WEEK #3: "CONFLICT AND IDENTITY 1915 TO 1979"

With the advent of 35 mm and other evolving formats photography helped define the spirit of the times and in the process recorded major moments of the 20th century while continuing to record the furthest reaches of our planet and beyond.

Thursday 3 pm to 5pm

November 15th

LOCATION: Clarington Museums and Archives

62 Temperance St, Bowmanville, ON

FREE for members of BOAA, Clarington Photography Club & Clarington Museum

\$2 non-members

WEEK #4: "MIRROR OF MANKIND / THE DIGITAL AGE 1980- PRESENT"

As television dominates, photography continues to be employed as a tool of advertising and a mirror of our desires and obsessions. Culminating in the digital age with the smart phone, traditional photography goes on life support as our insatiable desire to record the minutiae of our daily lives obscures our ability to preserve images of meaning and importance.

Thursday 3 pm to 5pm

December 13th

LOCATION: Clarington Museums and Archives

62 Temperance St, Bowmanville, ON

FREE for members of BOAA, Clarington Photography Club & Clarington Museum

\$2 non-members

PORTRAITURE Studio Workshop with Helen Bajorek-MacDonald & Jean-Michel Komarnicki

There's the family portrait taken to capture an occasion, like a wedding; preserved and passed down from one generation to the next. There's the selfie, taken to capture a moment, sent in-the-moment to tell the story. Then there's the portrait studio where photographer and subject work together. The subject communicates a pose, an emotion and the photographer captures the moment, as seen through the lens. In this workshop participants will take on two roles #1 Subject #2 Studio Photographer. Please bring along your camera.

Saturday 9 am to 2 pm

October 20th

LOCATION: Home Studio 67 Kingswood Drive Courtice, ON

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members

BLACK AND WHITE DIGITAL PHOTOGRAPHY with Brian Greenway

Come over to the dark side for a couple of hours and consider the impact and creativity of B&W photography. Conversion techniques, camera settings, and software used to create B&W images will be demonstrated.

Thursday 7 pm to 9:30 pm

October 25th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members

IMAGES OF THE NORTH PRESENTATION with Leif Petersen

An entertaining travelogue through a selection of some of the most amazing photographs from trips to Northern Norway, Iceland and Northern India.

Monday 7 pm to 9 pm

October 29th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$2 members of BOAA or Clarington Photography Club /

\$3 non-members

TRAVEL PHOTOGRAPHY "TEN TIPS FOR IMAGES WITH IMPACT" with Brian Greenway

After a trip are you a little disappointed with your images? Are there things the pros do that I could do too? Travel photography tells a story. Learn ten simple, yet effective techniques, for making your travel images have more impact. No camera required.

Thursday 10 am to 12 pm

November 1st

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members



FRESH EYES "POSING" WORKSHOP with Kirsten McGoey from Trinity Design Photography

This workshop will explore posing as it applies to solo, small groups and large group portraits allowing all participants from amateur to experienced to see the world just a little differently. Please bring along your own DSLR camera.

Friday 10 am to 2:30 pm

November 2nd

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members

FRESH EYES "STUDIO LIGHTING 101" WORKSHOP with Kirsten McGoey from Trinity Design Photography

This workshop is a one day intensive workshop on the use of strobe lighting in a studio setting. Please bring along your own DSLR camera.

Saturday 9:30 am to 4:30 pm

November 10th

LOCATION: To be determined.

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members

EDITING IMAGES WITH LUMINAR 2018 with Brian Greenway

Looking for a simpler and cheaper alternative to the big traditional Photo editors? Luminar hits the spot for both Mac and Microsoft users. Bring a laptop and mouse (optional) with a trial version installed for a "hands-on" basic introduction to adjustments, presets, filters, and workspaces.

Thursday 6:30 pm to 9 pm

December 6th

LOCATION: Bowmanville Older Adult Association 26 Beech Ave Bowmanville ON

\$5 members of BOAA or Clarington Photography Club /

\$8 non-members

Life Through the Lens Celebration Dinner with Ethan Meleg Outdoor Photographer

Friday November 30th

Social at 5 pm, Dinner at 6 pm (Cash Bar Available)

Followed by Keynote Address:

"Confessions of a Crazy Photographer"

As an outdoor photographer, Ethan Meleg has crawled through mud, kayaked deep into swamps, endured -30 degree temperatures and hiked for miles in total darkness (often with 40 pounds of camera gear on his back) to capture spectacular photos of nature. In this presentation, Ethan shares his insight into the inspiration, passion and knowledge that drives great nature photography. Illustrated by his favourite photos and stories, this light-hearted and humorous presentation is sure to entertain and inspire!

\$15 members of BOAA or Clarington Photography Club / \$20 non-members



Partnership Programs

Please contact the Front Desk to book your appointment

LOBBY FIX-IT SESSIONS with Durham Medical™

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

Thursday 10 am to 12 pm

September 13th, October 11th, November 8th, December 13th



LOBBY LOUNGERS MEDITATION with Les-Lee Bell

Guided meditation and relaxation evenings. Pre-registration required at Front Desk.

Friday 6 pm to 8 pm

September 21st, October 19th, November 16th

\$12 members / \$15 non-members



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

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

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 Friday starting at 9:30 am

30 minute relaxation treatment

\$25 members / \$30 non-members

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

INDIAN HEAD MASSAGE with Sharon Benner

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

Each treatment lasts 30 minutes.

Contact the front desk to book your appointment

Every Friday starting at 9:30 am

30 minute massage treatment

\$30 members / \$40 non-members

FOOT REJUVENATION- NURSING FOOT CARE SERVICES

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

Wednesdays

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$25

NAILS by Dana Labelle from the Beauty Nook

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

Every other Tuesday 9 am to 1 pm

Regular Manicure \$20

Manicure with Gel top coat \$25

Look for one day Wellness activities in the Workshop section

Wellness Programs

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

20/20/20 with Rhonda Armour 🏋️💪👣

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

Monday 1:30 pm to 2:30 pm 11 weeks

September 17th to December 10th

No class October 8th and October 22nd

\$55 Members / \$71.50 Non-Members

Or

Wednesday 12:05 pm to 1:05 pm 13 weeks

September 19th to December 12th

\$65 Members / \$84.50 Non-Members

“NEW” ABC (Abs, Booty, Cardio) Bootcamp with Rhonda Armour 🏋️💪👣

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

Wednesday 1:10 pm to 2:05 pm 13 weeks

September 19th to December 12th

\$65 Members / \$84.50 Non-Members

BUILDING BETTER BALANCE with Sharon Wildeboer 🏋️

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

Wednesday 1 pm to 2 pm 13 weeks

September 19th to December 12th

\$65 members / \$84.50 non-members

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

As we are all getting older, we continue to want to work, travel and play as long as possible. This class will involve a warm up, stretching, balance and techniques to adapt to everyday living Not too slow or too fast. Join this cardio class and enjoy core conditioning, relaxation and major muscle group stretching.

Monday 9 am to 9:55 am 12 weeks

September 17th to December 10th

No class October 8th

Or

Friday 9 am to 10 am 12 weeks

September 21st to December 14th

No class October 12th

\$60 members / \$78 non-members

“NEW” CHAIR FITNESS with Ruth Kolisnyk 🏋️

Exercises using a chair. Sit and Stand options available. Uses small weights, resistance bands and bender balls.

Tuesday 3 pm to 3:55 pm 13 weeks

September 18th to December 18th

No class November 27th

\$65 members / \$85 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

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

Monday 10 am to 10:55 am 12 weeks

September 17th to December 10th

No class October 8th

Or

Thursday 9 am to 9:55 am 12 weeks

September 20th to December 13th

No class October 11th

Or

Friday 11 am to 11:55 am 12 weeks

September 21st to December 14th

No class October 12th

\$60 members / \$78 non-members

Wellness Programs

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

DRUMS ALIVE FITNESS with Carol Drew



Unique mind body cardio class that gets your heart rate up while working on your rhythms. Working with stability balls that are held on step risers, and using drum sticks, you will learn drumming rhythms while doing cardio/dance moves. The music is upbeat and engaging, the energy is high and you'll have so much fun you will forget you are exercising! This class is low impact and great for all fitness levels.
Tuesday 2:05 pm to 3:05 pm 12 weeks
September 18th to December 4th
\$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 10:55 am 12 weeks
September 21st to December 14th
No class October 12th
\$60 members / \$78 non-members

"NEW" FITNESS TEAM CHALLENGE with Rhonda Armour



Time to get your competitive juices flowing! Over the next 12 weeks, teams will work to decrease the number on the scale, lose inches and gain overall strength. Participants will randomly be divided into 2 groups and the overall results will be team based.

The following will be tracked and recorded for each member of the team at the beginning of the challenge, half way through (just to let you know where you're at) and on award day:

- Measurements of waist, hips and chest
- weight (% of body weight lost)
- timed wall sit

- # of partial pushups (with good form)

Results will be tallied for both teams and a winning team will be crowned!

Participants must attend the Fitness Team Challenge: Prep Class in order to qualify for the challenge Challenge Award Day: December 17th

In the PREP CLASS we will enhance your fitness level and your nutrition knowledge while preparing you for our Fall Fitness Team Challenge. The first hour of class will be spent focusing on whole body strength training, cardiovascular training, agility, coordination and balance exercises. The final 30 minutes will include a nutrition discussion covering various topics, a nutrition Q&A, and creating nutrition goals for the upcoming weeks.

Possible nutrition topics: food planning and prepping, portion control, protein carbs and fats, eating out, healthy snacks, impact of nutrition on the body, food labels and ingredient lists, processed food, sugar, sleep, hydration, etc.

Monday 2:35 pm to 4 pm 12 weeks
September 17th to December 17th

No class October 8th and October 22nd
\$90 members / \$117 non-members

FIT FUSION with Ruth Kolisnyk



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

Tuesday 2 pm to 2:55 pm 13 weeks
September 18th to December 18th

No class November 27th

Or
Thursday 12 pm to 12:55 pm 13 weeks
September 20th to December 20th

No class November 29th

\$65 members / \$85 non-members

LOOK FOR ONE DAY
WELLNESS ACTIVITIES IN THE
WORKSHOP SECTION!

"NEW" GENTLE FITNESS with Ruth Kolisnyk



A gentle workout to increase strength, flexibility, and balance. Easy warm up, with a variety of exercise options. Some mat work will be involved.

Monday 2:15 pm to 3:10 pm 12 weeks
September 17th to December 17th

No class October 8th and November 26th
\$60 members / \$78 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 10:55 am 12 weeks
September 17th to December 17th

No class October 8th and October 22nd
\$60 members / \$78 non-members

Or
Wednesday 10 am to 10:55 am 13 weeks
September 19th to December 12th

\$65 members / \$84.50 non-members

"NEW" GENTLE YOGA WITH MEDITATION with Karen Wind



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

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

Tuesday 9 am to 10 am 13 weeks
September 18th to December 11th

\$65 members / \$84.50 non-members

GUIDED MEDITATION with Julie Ditta

This class is for those new to meditation or who have previous experience and wish to deepen their practice. Guided meditation helps to quiet the mind, reduce worrying and create feelings of inner peace. Focus is on deep breathing and body relaxation techniques, combined with guided mental imagery. Guided meditation is an effective tool for reducing stress, restoring health, increasing energy and improving sleep. It helps to create a positive perspective and enhance an overall sense of well-being. Time is provided to share experiences in a safe and comfortable atmosphere. Guided meditation is gentle, with no expectations and no pressure to perform.

Wednesday 1 pm to 2 pm 13 weeks
September 19th to December 12th

\$65 members / \$84.50 non-members



MINDS IN MOTION FITNESS PROGRAM

with The Alzheimer Society



Combining physical activity and mental stimulation, Minds in Motion unfolds to laughter and chatter, with new friendships forming and stories being shared. The participants with early to mid-stage signs of dementia* are accompanied by their care partners. Gentle and easy to follow physical activities followed by fun social and recreational activities.

Program Benefits: Improved balance, mobility, flexibility, alertness, increased confidence sharpened mental functioning, and reduced sense of isolation.

For the care partners it's an opportunity to focus on their own health, rather than focusing on the needs of the person with dementia. **Other benefits include:** Seeing the person they are caring for enjoy themselves, mutual support and learning from other care partners. **For their partner:** An opportunity to relax and succeed in an accepting and supportive atmosphere.

*Dementia is an umbrella term for a variety of brain disorders that include the following symptoms: loss of memory, judgement and reasoning, changes in mood and behaviour.

Thursday 1:30 pm to 3:30 pm 8 weeks
September 20th to November 8th

\$20 per person

PILATES with Karen Ross



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

Monday 11 am to 12 pm 12 weeks
September 17th to December 10th

No class October 8th

\$60 members / \$78 non-members

Or

Thursday 12 pm to 12:55 pm 13 weeks
September 20th to December 13th

\$65 members / \$84.50 non-members

QIGONG (CHINESE YOGA) with Donna Elliott



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

Wednesday 9:45 am to 11:15 am 12 weeks
September 19th to December 5th

\$90 members / \$117 non-members

Or

Wednesday 11:45 am to 12:45 pm 12 weeks
September 19th to December 5th

\$60 members / \$78 non-members

SHAPE UP with Lisa Balsdon from Live in Motion



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

Monday 8 am to 8:55 am 11 weeks
September 17th to December 10th

No class October 8th and October 22nd
\$55 members / \$71.50 non-members

Or

Wednesday 8 am to 8:55 am 13 weeks
September 19th to December 12th

\$65 members / \$84.50 non-members

SHAPE UP with Jason Fenton



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

Friday 8 am to 8:55 am 13 weeks
September 21st to December 14th

\$65 members / \$84.50 non-members

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer



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

Tuesday 10:30 am to 11:30 am 11 weeks
September 18th to December 11th

No class September 25th and October 9th

\$55 members / \$71.50 non-members



Wellness

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

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer ♡ ⇄

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

Tuesday 9:30 am to 10:30 am 11 weeks
September 18th to December 11th
No class September 25th and October 9th
\$55 members / \$71.50 non-members

Or
Friday 10 am to 11 am 12 weeks
September 21st to December 14th
No class October 5th
\$60 members / \$78 non-members

“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

Thursday 1 pm to 3 pm
September 27th to December 13th continuing January 10th to April 25th
\$30 members / \$35 non-members
\$5 per week is payable at the alley

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 13 weeks
September 19th to December 12th
\$65 members / \$84.50 non-members

Or
Friday 9 am to 9:45 am 12 weeks
September 21st to December 14th
No class October 5th
\$60 members / \$78 non-members

TERRY FOX RUN 2018 ♡

We all have been impacted by Cancer. A warm-up for a great cause in respect to our Canadian Hero Terry Fox! Bowmanville Memorial Park. Liberty St. Join Lydia and the BOAA Team for the 9:30 Warm Up then walk or run the 5 or 10 km routes.
Sunday 9:30 am
September 16th



TAI CHI with Sandra Jin ♡

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

General

The General Program is ideal for beginners and low level intermediates

Monday 10 am to 10:55 am 10 weeks

Or

Intermediate

Previous Tai Chi experience required

Monday 11 am to 11:55 am 10 weeks

September 17th to December 3rd

No class October 8th and October 22nd

\$50 members / \$65 non-members

YOGA with Lisa Balsdon from Live In Motion



Fall pass includes the following:

15 sessions total

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

Tuesday 7 pm to 8:15 pm 12 weeks

September 11th to December 18th

Pass Prices:

11 sessions - \$223.74

14 sessions - \$284.76 – 2 payments of \$142.38 (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.

Contact Lisa directly at 905-706-7862.

YOGA with Sharon Wildeboer ♡ ⇄

Learn to combine physical yoga postures with breathing techniques to improve your flexibility, strength and balance.

Monday 9 am to 9:55 am 11 weeks

September 17th to December 10th

No class October 8th and October 22nd

\$55 members / \$71.50 non-members

Or

Wednesday 9 am to 9:55 am 13 weeks

September 19th to December 12th

\$65 members / \$84.50 non-members

“NEW” YOGA ON THE BALL with Ruth Kolisnyk ♡

Exercises using the Stability Ball for support, Balance and Floor / Relaxation work.

Monday 3:15 pm to 4:10 pm 12 weeks

September 17th to December 17th

No class October 8th and November 26th

\$60 members / \$78 non-members

YOGALATES with Sharon Wildeboer ♡ ⇄

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

Monday 11 am to 12 pm 11 weeks

September 17th to December 10th

No class October 8th and October 22nd

\$55 members / \$71.50 non-members

Or

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

September 21st to December 14th

No class October 5th

\$60 members / \$78 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 18th to December 11th

No class December 4th

Or

Thursday 10:30 am to 11:30 am 12 weeks

September 20th to December 13th

No class November 29th

\$60 members / \$78 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 12 weeks

September 19th to December 12th

No class December 5th

\$60 members / \$78 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 12 weeks

September 21st to December 14th

No class November 30th

\$60 members / \$78 non-members

Workshops

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

CPR – Level C with Ruth Forrest

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

Thursday 11:30 am to 2:30 pm

October 25th

\$30 members / \$35 non-members

CULINARY LESSONS with Chef George

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

Wednesday 1 pm to 3 pm

September 12th Variety of Fine Schnitzels-from Austria and Germany

Or

October 10th Fresh Traditional Italian pasta dishes such as a variety of lasagna

Or

November 14th German Beef Rouladen , Russian Beef stroganoff or-French beef Bourguignon

Or

December 12th Hot and cold finger foods for the Christmas party

\$10 members per lesson / \$13 non-members per lesson

“NEW” MONOTONE PORTRAIT CLASS with Lorrie Priddle

Come learn to master tonal values as you paint the easy way, portraits using a single colour.

Concentration will be on seeing values and shapes, the most important things in painting . Subject matter will be supplied. When completed, you will be confident you can start to paint portraits accurately using a single colour. A great stepping stone to colour portraits and can be used as a method to paint underpaintings . Portrait will be on a canvas 11x14 inches. Please request a supply list at the front desk.

Saturday 10 am to 4:30 pm

November 24th

\$30.40 members / \$39.40 non-members

Workshops

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

“NEW” OPENING THE IMAGINATION WITH WATERCOLOUR CREATURES with Lorrie Pridle

This class is meant to awaken your imagination while having fun. Using watercolours you will create creatures out of watercolour blobs. So fun you will find it contagious! Finished projects can be used and applied to watercolour cards to send to friends and family or frame them for grandchildren! A great opportunity to have fun and create whimsical things out of what you thought was nothing! This technique can be used as a warm up exercise for your imagination before every painting session. You don't have to be a watercolorist to take this workshop! This workshop is 3 to 4 hours longbut the fun will last a lifetime.

Saturday 10 am to 1 pm

December 8th

\$14 members / \$18.20 non-members

PEN AND INK GREETING CARDS with Dianne Darch

This class is designed for new or returning students who would like to create greeting cards. Card stock will be available to purchase or you can bring your own.

Please ask for a supply list when you register

Saturday 10:15 am to 1:15 pm

September 29th

\$14 members / \$18.20 non-members

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.

Saturday 10:15 am to 1:15 pm

October 27th

\$14 members / \$18.20 non-members

“NEW” WATER AND INK DROP ANIMAL SILHOUETTES with Lorrie Pridle

Come for a wonderful class using acrylic inks and water. Students will pick their own silhouettes and learn the technique they will no doubt use over and over. Each silhouette turns out differently making each piece a true treasure. This is a three hour class and watercolour paper is provided. Each student will be completing 3 to 4 silhouettes to take home. Ink is supplied.

Saturday 10 am to 1 pm

October 13th

\$14 members / \$18.20 non-members

“NEW” WATERCOLOUR FOR PEN AND INK SERIES with Dianne Darch

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

How did you get that colour?

Learn how to mix your colours using the colour wheel.

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

Thursday 11:30 am to 2:30 pm

October 4th

\$14 members / \$18.20 non-members

Or

Backgrounds

Learn how to use colour washes to build a background for your ink work.

Thursday 11:30 to 1:30 pm

October 18th

\$9.30 members / \$12.15 non-members

Or

Watercolour Glazing

How to use watercolour glazing to enhance your ink work.

Thursday 11:30 am to 1:30 pm

November 1st

\$9.30 members / \$12.15 non-members

Free Workshops

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

BIOPED WORKSHOP SERIES

Hands on Workshop of the foot

This workshop provides the audience with the opportunity to learn more about their individual foot type. The shape and foot style of different feet can lead to various lower limb ailments. The workshop will be put on by a Canadian Certified Pedorthist and will help you to determine your unique foot type, gait pattern and focus on prevention methods to help lead you to a pain free future.

Wednesday 1 pm to 2 pm

October 24th

Plantar Fasciitis

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

The osteoarthritic knee has become the leading cause of disability in North America and with over one million people turning 65 years old each year, OA has become a common reason for individuals to seek treatment. This interactive presentation is an opportunity to find out who is at risk, how our lower limb biomechanics is affected by OA and how to treat and prevent excessive wear and tear on our joints.

Wednesday 1 pm to 2 pm

October 31st

Varicose Veins/Edema

Researchers have conclusively found compression stocking therapy to be an effective tool for treating and preventing various forms of venous and lymphatic disease. Edema associated with prolonged standing and/or varicose veins, venous hypertension and diabetic ulcerations are among those positively influenced. Participants will learn in detail about these diseases and how compression therapy can help.

Wednesday 1 pm to 2 pm

November 7th

Lower Limb Injury Prevention

This is an interactive presentation and discussion on how to maintain healthy legs and feet during activities. This presentation will go over some of the common lower limb problems in the everyday active person and how to apply knowledge of proper footwear, insoles, compression, bracing to maintain and even enhance performance in daily activities

Wednesday 1 pm to 2 pm

November 14th

DIABETES SUPPORT GROUP with Lakeridge Health Meal Planning 101

What's for dinner? Meal planning is the foundation of a healthy diet. Join us for a session to learn some tips and tricks on shopping, cooking and enjoying your meals.

Thursday 1:30 pm to 3:30 pm

September 13th

Moving Mindfully Webinar

Fitness is about focusing on being healthy enough to make memories. Come to this session to learn about the four pillars of health: Hydration, Nutrition, Sleep and Exercise and how to incorporate them in your life. Start smart habits now to make tomorrow better.

Thursday 1:30 pm to 3:30 pm

October 11th

Minding Your Medications

Looking for more support on managing your medications well? Our guest speaker community pharmacist will talk about your medication related to diabetes. They will also talk about the benefits of getting your annual flu shot.

Thursday 1:30 pm to 3:30 pm

November 8th

Curb Your Cravings

Do you ever struggle to maintain healthy eating habits? Eat for comfort? Or in response to strong feelings? We will talk about strategies to help you feel more in control of your eating and curb your cravings.

Thursday 1:30 pm to 3:30 pm

December 13th

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

DOWNSIZING with Masood Vatandoust and Bev Sirrs

Should you move or should you stay?

This seminar is about helping seniors, and their children, determine what the best next move is and what steps to take to make it a smooth transition for all involved. Join us for an hour filled with information about the different options available, tips on how to get the household organized, and local support services available.

Presented by local, certified Seniors Real Estate Specialist.

Everyone is welcome. Ideal for those approaching retirement or currently retired, or those advising or caring for an aging parent/grandparent.

Please RSVP as limited seating is available.

Thursday 2 pm to 3 pm

September 20th

ENERGY MEDICINE with Donna Elliott

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

Wednesday 1 pm to 2:30 pm

October 10th

Free Workshops

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

GETTING THE MOST FROM YOUR HEALTHCARE APPOINTMENT with Central East LHIN

This interactive workshop, focuses on what to do before, during and after an appointment and uses action planning to optimize people's health. A variety of learning resources are used including information sharing, videos, tools and resource manual that supports the individual with integrating the skills into their next appointment.
Monday 9:30 am to 12 pm
September 24th

HOW TO KEEP YOUR FEET YOUNG AND HEALTHY with Krista Harris D. Ch. and Sharon Gibson P.T.

An interactive session with topics including daily foot care, proper nail care and cutting, how to choose the right socks and footwear, common foot problems and skin lesions to watch for.
Tuesday 1 pm to 2:30 pm
September 25th

LEARN TO PLAY MAHJONG with Dian Reed

Learn all you need to know to play American mah-jong. This game is unique from Asian mah-jong in several ways. American Mah-jong utilizes racks and jokers. "Hands" and "Rules" score cards
Tuesday 1:30 pm to 3 pm 6 weeks
October 9th to November 20th

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS with Central East LHIN

This interactive six-week workshop helps people with chronic health conditions and their caregivers to better cope with symptoms and activities of daily life. During the workshop, participants will learn tools and techniques that they can customize to improve their health. Topics include but are not limited to: Physical Activity, Problem-Solving, Medications, Using Your Mind, Sleep, Communication, Healthy Eating, Understanding Emotions, and Action Planning.
Wednesday 5:30 pm to 8 pm 6 weeks
October 24th to November 28th

MAKE, BAKE, DECORATE AND TAKE

Everyone loves sweets and treats...join us in the BOAA kitchen to create one of a kind cookies, squares and more.
Thursday 1 pm to 3 pm
December 13th

MOVIE MAGIC AND FILM APPRECIATION with Tim Westhead

Enjoy finding out what's beyond the silver screen. Discover interesting and innovative film techniques and learn valuable movie terms from a seasoned film buff so you can fully appreciate your favourite flicks. Then connect the director and movie stills with their respective motion picture. Leave those old 3-D glasses at home and bring along your partner or a friend to double your film fun! (Includes interactive segments with audience participation)
Thursday 1 pm to 2:15 pm
October 4th

PEN AND INK CHRISTMAS CARDS with Dianne Darch

Let's get a head start on Christmas! Suitable for a beginner or a returning student, we will be working with a standard size black 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 one provided. Card stock will be available to purchase or you can bring your own. Please ask for a supply list when you register.
Thursday 11:30 am to 2:30 pm
November 8th

POSITIVE ENERGY IN THOUGHT with Donna Elliott

All thoughts are energy, and making some simple yet effective changes will improve all areas of your life - for the BETTER! Discover why some areas of your life are not working for you and how beginning to take control of your thoughts can create positive change. Learn simple tools and techniques for taking charge of your life to bring in more positive energy.
Wednesday 1 pm to 2:30 pm
October 17th

PROTECT YOUR MONEY with Ontario Securities Commission

Learn how to protect yourself from frauds and scams. Staff from the Ontario Securities Commission will discuss common types of scams, red flags of investment fraud, what questions to ask before you invest and where to find information. The Ontario Securities Commission is the provincial regulator for the securities industry.
Tuesday 1 pm to 2 pm
October 2nd

REMEMBER WHEN ... FOR BABY BOOMERS with Tim Westhead

Take a Baby Boomer's journey back to simpler times of the 50's and 60's during an interactive, fun-filled, nostalgic session. Enjoy "remember when" trivia games, fill in the missing song lyrics, and chuckle at yesterday's hairstyles and fast foods. Bring a Boomer buddy to double your pleasure, double your fun, daddio! (Includes interactive segments with audience participation)
Wednesday 1 pm to 2:30 pm
September 26th

BOAA Song

Good friend, are you looking for fun
I said, good friend, lots of stuff to be done
I said, good friend, there are games to be won
There's no need, to, live, with, bore, dom

People, there's a place you can go
I said, people, when you feel a bit low
You can go there, and I'm sure you will find
Many ways... to... have... a good time

*Get yourself to the BOAA
Get yourself to the BOAA
It's got everything for you all to enjoy
You can hang out with girls and boys*

*Get yourself to the BOAA
Get yourself to the BOAA
You can sing, you can dance, you can play games of chance
You can do whatever you feel.*

Hey You! (point) are you listening to me
I said, Hey You! Why not come out and see
I said, Hey You! If you want to feel free
But you have... to, know, this, one, thing

No one, neither woman nor man
I said, no one, should be at a loose end
So just go there, to the BOAA
It will sure... ly, make, your, day.

*Get yourself to the BOAA
Get yourself to the BOAA
It's got everything for you all to enjoy
You can hang out with girls and boys*

*Get yourself to the BOAA
Get yourself to the BOAA
You can sing, you can dance, you can play games of chance
You can do whatever you feel.*

Neighbour, I was once just like you
I said, neighbour, I had nothing to do
I did nothing, but twiddle my thumbs
And life just seemed... so, hum, drum

That's when, someone came up to me
And said, Senior, take a walk to the Beech
There's a place there, called BOAA
You can drop... in, any day.

BOAA, you'll find it all at the BOAA!

TUESDAY LUNCH

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

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

This helps staff and volunteers with planning and preparation.

No lunch: September 4th, October 9th, December 25th

\$9 members / \$12.50 non-members



KEMP FAMILY DONATES \$ 2 MILLION TO OUR HOSPITAL BUILD FUND



Billie Kemp (seated in centre) is surrounded by members of the Kemp and Gibson families, and local dignitaries who attended the gift presentation.

Bowmanville Hospital Foundation announced they received a \$2 Million gift to their Foundation from the Kemp family through Algoma Orchards.

This gift will support the redevelopment and expansion of the Bowmanville Hospital.

This is the largest single gift ever received by the Bowmanville Hospital Foundation.

The Emergency Department of the future Bowmanville Hospital will be named to honour Doug & Billie Kemp.

In an interview Kirk Kemp was asked what inspired the gift. He explained: "Our family has lived in the area for a century and the community has been good to us. We wanted to give something back. A modern hospital is the corner stone of a community, something that everyone uses sometime or another."



Front row sitting Betty Peacock, Liz Gibson, Eric Kemp, Billie Kemp, Byron Kemp, Sheila Kemp and Joanne Peacock. Joined by dignitaries and other family. Other family members included Victoria Gibson, Tony Gibson, Natilie Kemp, Jill Kemp, Erin Kemp. Kirk Kemp is in back row, third from right.

Harvest Tea Party
In support of Big Brothers Big Sisters of Clarington

Saturday, September 15, 2018
1:00 p.m. to 3:30 p.m.
(doors open at 12:00 p.m.)

Location: Faith United Church
1778 Nash Road (Courtice, ON)

Price: \$18

Market Place ~ Light Lunch ~ Guest Speaker
Live Music ~ Purse Auction

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Royal Canadian Legion Br 178 Poppy Fund makes donation of \$2500.00 to the Bowmanville Older Adult Association in June 2018. Personnel left to right are: John Greenfield Br178 Sgt at Arms, Mike Richard-Br178 Poppy Chairman, Gary Switzer-Br178 President, and Chelsey Wolfe- BOAA Events Coordinator



HOME COOKING *with Cathy*

My column this month is dedicated to Joan Anyan & Arline Ayre. For decades those two beautiful and talented ladies participated in fierce but friendly baking competitions at the Orono Fair. We can only hope that they are baking up a storm in Heaven. To honour them, here is one of their award winning recipes.

by **Cathy Abernethy**
CLARINGTON PROMOTER
CONTRIBUTOR

"This is the best when made with fresh picked blueberries! It is a beautiful sight with a lattice top."

Blueberry Pie



Ingredients

- 3/4 cup white sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 4 cups fresh blueberries
- 1 recipe pastry for a 9 inch double crust pie
- 1 tablespoon butter

Pie Crust Ingredients

(Makes 3 pies and lids or 6 pie crusts)

- 5 1/2 cups all-purpose flour
- 2 teaspoons salt
- 1 lb Tenderflake Lard
- 1 egg, stirred slightly
- 1 tablespoon vinegar
- 7/8 cup cold water

Pie Crust Directions

1. Stir the flour and salt together.
2. Cut in the lard with a pastry blender or 2 knives until the shortening is in pea size pieces.
3. In a measuring cup, combine the egg and vinegar.
4. Add enough cold water to make one cup.
5. Stir the liquid into the flour mixture, adding just enough to make the dough cling together.
6. Stir the water in with a wooden spoon until mixed thoroughly, then gather the dough into a ball, and separate into 6 portions.
7. Cover and refrigerate for one hour, you can chill overnight, covered, providing you leave it at room temp for 15 mins before rolling.
8. Lightly flour surface and roll into circles, then pat the dough into pie pans, following pie recipes. Be careful not to stretch the dough.
9. This is also a good dough for tarts, but you will want to roll the dough a little thicker than you would for pies.

Baking Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix sugar, cornstarch, salt, and cinnamon, and sprinkle over blueberries.
3. Line pie dish with one pie crust. Pour berry mixture into the crust, and dot with butter. Cut remaining pastry into 1/2 - 3/4 inch wide strips, and make lattice top. Crimp and flute edges.
4. Bake pie on lower shelf of oven for about 50 minutes, or until crust is golden brown.

Meet your MP

Erin O'Toole

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- ✓ Low Taxes for Families & Seniors
- ✓ Strong Private Sector Job Growth
- ✓ Safe Communities
- ✓ Accountable Government

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



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\$895,000 - 100 PRIVATE ACRES

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

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Ideal nature retreat offers summer cabin by the stream, 3-season cottage overlooking a ravine and a substantial barn situated at the end of a winding private drive, complete with 200 amp service and drilled well. About the Ganaraska Forest - The 12,000 acre Ganaraska Forest is one of the largest blocks of forested land in southern Ontario. With hundreds of kilometers of trails, the Ganaraska Forest provides opportunities for a variety of activities, including hiking, horseback riding, mountain biking, cross-country skiing, snowshoeing and nature appreciation.

100 Acres Adjacent to the Ganaraska Forest






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