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Volume 9 | Issue 3

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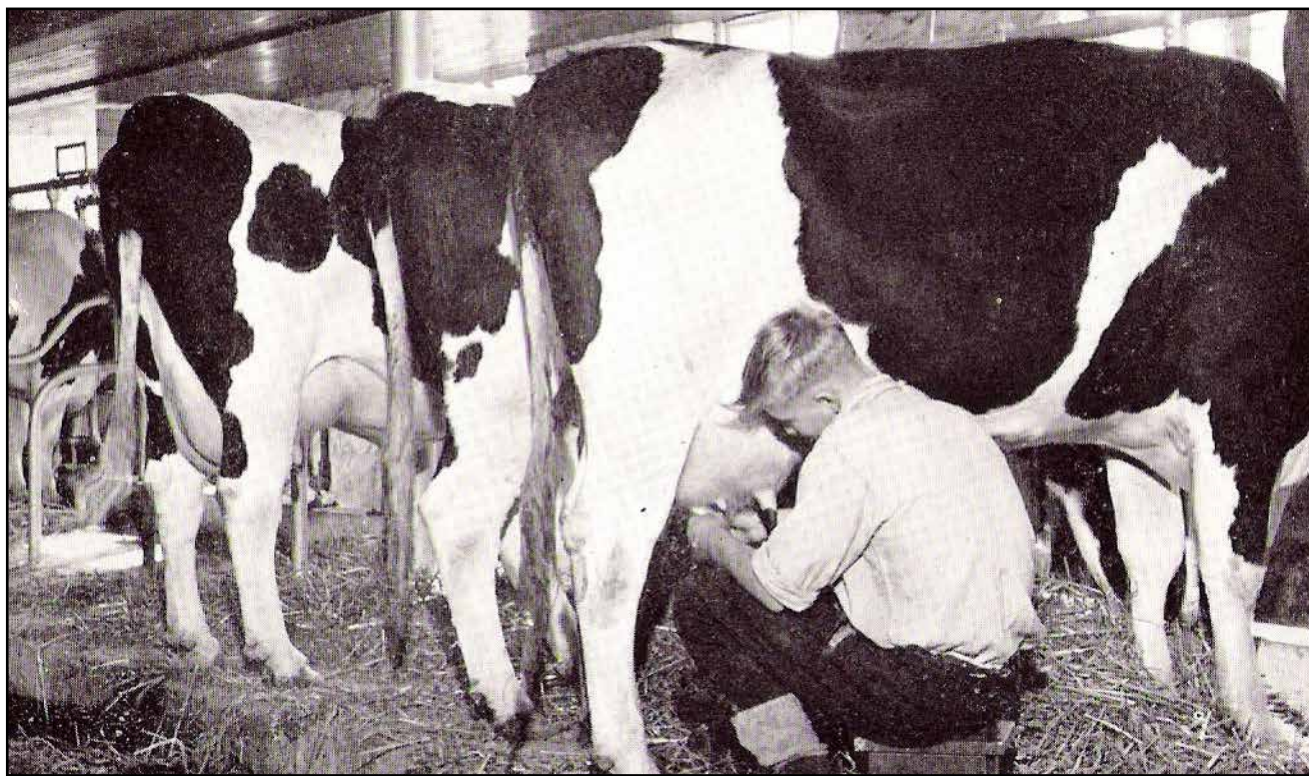
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Residents of Boys Training school in Bowmanville learned how to milk cows.

## THE TRAINING SCHOOL



by Myno Van Dyke

**NEWCASTLE HISTORICAL SOCIETY**

It was a hot summer night in Bowmanville. Constable Doug Park and I were in a “two man car” working the midnight shift. We had just picked up a couple of coffees at the “5th Wheel”; a 24 hour truck stop on the 401 at Waverly Road. We were in a yellow 1977 Chevrolet police cruiser. The one with the 350 cubic inch Corvette V8.

We went north on Liberty Street and as we approached the front of the McDonald Ford lot we saw a car flying out of there at high speed. It was a black four door 1969 Dodge Polara. The first thing I noticed was that it looked like a former O.P.P. cruiser. It had no license plates, no hub caps, no headlights or tail lights. And, three small heads inside the car, two in the front and one in the back. The chase began and they roared east on King, pedal to the metal. You could tell pretty quickly that it had the 440 V8 “Police Special” engine that put out 375 horsepower.

The young fellow in the back decided to see if he could stop us. Suddenly, a large air cleaner that usually covered the four barrel carb flew out the back window towards us. Luckily it missed, but then



Constable Myno Van Dyke in police cruiser (circa 1973)

came the four missing hub caps and a variety of other car parts that were lying in the back of the car. He ran out of things to throw at us and we continued at high speed as they turned onto Bennett Road and headed south towards the 401 highway.

Then the Dodge headed east on the 401 and we soon realized they were going well over 160 km per hour and we were having trouble keeping up. . We radioed to see if someone on the OPP could help out but there wasn't anyone around.

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# 10 Tips for Managing Workplace Conflict & Resolving Disputes



by Peter Spratt,  
CHRL, Q. Med

DISPUTE RESOLUTION & CONFLICT  
MANAGEMENT  
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Based on the types of calls for help we are receiving, it would appear that workplace conflict is alive and doing very well – unfortunately!

Conflict is an ongoing, underlying condition of tension which, if harnessed can lead to better communications, more satisfying interpersonal relationships, and more creative and effective problem-solving. But left unmanaged or unresolved, conflict can seriously impact your organization's brand in the community.

The following tips are intended to help you develop your toolkit for proactively managing workplace conflict and dealing with disputes.

1. **Respectful Workplace Policy:** every workplace should have a policy or code of conduct that sets out how employees and other stakeholders are to be treated. Your policy should be accompanied by a complaints procedure for addressing behaviour that does not conform.
2. **Training:** Ensure that everyone in your organization is briefed on the policy and the procedure for dealing with workplace complaints. This should start with new employees at Orientation, and annually thereafter. A refresher/update at a staff meeting is an excellent way to remind everyone of their responsibilities for ensuring a respectful workplace. Provide access to workshops to help employees develop their skills in dealing with interpersonal conflict.
3. **Task Delegation:** Unresolved questions about roles and expectations usually end in unsatisfactory results. Take the time to clarify expectations and discuss what is required and by when, and who will be accountable for results. If the timeframe is long or the task is critical, check-in for progress updates to ensure you and the employee are on the same page.
4. **Connecting Face-to-Face:** Resist the temptation to resolve disputes by email. We tend to attribute 'tone' and meaning to written communication which often leads to miscommunication and misunderstanding. Suggestion: talk in-person whenever possible.
5. **Act Promptly:** Don't let conflict go 'underground'. Conflict should be surfaced; don't avoid dealing with conflict because you might find it uncomfortable. You really need to address conflict before it festers and escalates.
6. **Show You Care:** Personal attention gets results. Take time to talk with people who are experiencing conflict. Share your observations and provide them with constructive and well-timed feedback. Let them know how their behaviour is impacting others in the workplace. Help them to create dialogue that leads to problem-solving.
7. **Pay Attention to Change:** Changes that are introduced in the workplace without attention to their potential impacts on people usually result in outright resistance or quiet resentment. Changes to policies, procedures, job responsibilities, technology, processes, etc. should be accompanied by a change management plan that has a strong 'people' component. Thoughtful consideration of people impacts will reap big dividends when it comes to reducing the potential for conflict, and will help ensure the expected benefits of your changes are realized.
8. **Start at Recruitment:** Ensure that your hiring practices include interview questions that help you to assess how candidates deal with interpersonal issues such as conflict. Also, add a question about interpersonal skills to your reference checking practices. All too often we hire people because of their great technical skills, but forget about the importance of people skills, only to find-out later from your customers and employees that the recent new hire isn't really working out as you had hoped!
9. **Coaching:** Managers dealing with particularly difficult situations can benefit from 1:1 conflict coaching. Too often we assume that everyone has the ability to manage conflict effectively, but my own experience suggests that this is far from reality. Working with a skilled professional to practice new techniques will help managers to develop greater self-confidence and personal effectiveness.
10. **Get help:** Sometimes an external facilitator/mediator can help parties work through their issues. An impartial 3rd-party can provide a confidential process where employees can feel safe to deal with their disputes and explore strategies for resolving their differences.



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## SEE JIM ABERNETHY EDITORIALS ON PAGE 4

### Opinions and Views

# EDITORIAL BY THE HONOURABLE ERIN O'TOOLE - DURHAM



Hon. MP Erin O'Toole -  
Durham

In 2015, Justin Trudeau ran on “sunny ways” and making promises to everybody without blinking an eye. He promised to change our electoral system to woo voters on the left and promised to restore Veteran pensions to woo voters on the right. He told Canadians that he was Canada’s first feminist prime minister and promised a government focus on respect and reconciliation with Indigenous Canadians. He promised to be all things to all people, but ended up letting everyone down.

Nothing symbolizes the phoniness of Justin Trudeau more than the SNC-Lavalin scandal. Canadians witnessed how the Prime Minister and his inner circle pressured the Attorney General to help a corporation with close ties to the Liberal Party.

When he was first confronted by the scandal, Trudeau claimed the newspaper story was false, but in the months that followed it was demonstrated in painstaking detail that he had lied to Canadians. In the end, the fact that the SNC-Lavalin scandal featured a pattern of disrespectful conduct towards Jody Wilson-Raybould – the senior ranking Indigenous Canadian in the Trudeau cabinet – showed how Justin Trudeau is nothing like he claims to be.

By the end of the SNC-Lavalin Affair, three women had resigned from the Liberal caucus to sit as independents because they had lost all respect for his leadership. It seems that even Liberal Members of Parliament feel that Justin Trudeau is not as advertised.

In the meantime, the Trudeau government has racked up huge deficits and raised taxes countless times on families, seniors, small businesses and everyone in the form of a carbon tax. In good economic times, Trudeau is running \$20 Billion deficits in the year he “promised” to post a balanced budget.

He has collected more than \$60 Billion in unexpected government revenues because of positive US growth, yet he still cannot keep his promise to balance the budget.

Small businesses and farming families felt under attack from the Liberal government and larger businesses have been losing confidence in the Canadian economy. We saw this firsthand in Durham when General Motors chose assembly plants in the US and Mexico over Canada.

All Canadians also felt this in the pocketbook when the Trudeau government spent \$4.5 Billion of taxpayer’s money for a pipeline that only a few years earlier was being expanded without any government handouts.

Canada is losing its competitive edge under the Liberals and this is a very worrying trend.

Canadians cannot afford another four years of the Trudeau Liberals and that is what this election is all about. Our Prime Minister and the government of Canada must be more than carefully staged photo-ops, slogans and social media tweets.

The government needs to serve the people and prepare our country for the future. The leader of the Conservative Party, Andrew Scheer, knows this and is in politics for all the right reasons. Rather than feeling he was born with the right to lead the country, Andrew came from humble means and earned his way to Parliament. He and his wife Jill are raising a large family and can relate to the struggles and aspirations like those families here in Durham. He plans to make life more affordable for families and seniors and will end the Liberal war against small businesses.

We can and must get back to basics and I hope Canadians see how important this election is to our future.

I am proud to represent my hometown in Parliament. Every day, I try to be a strong voice for our region and the things we cherish. I also try to be an informed and respectful voice in national politics and that has allowed me to draw attention to investment to our region.

The Durham Region always had two cabinet ministers under the previous Conservative government, including the late Finance Minister Jim Flaherty. Durham has been neglected by the Trudeau government. From the GM closure, to the stalled airport lands in Pickering to eliminating the Oshawa Port Authority, the Liberals have done nothing to support our region.

The next decade is posed to be Durham’s decade to tap the amazing talents of our people and our community. I hope to continue to serve as your voice and as a champion for our communities.

*Hon. MP Erin O'Toole has represented the Riding of Durham since elected to the House of Commons in November 2012. His Constituency Office is located at 54 King Street East Suite 103 Bowmanville, Ontario L1C 1N3. Contact: Telephone: 905-697-1699 Fax: 905-697-1678 Email: Erin.OTOole@parl.gc.ca Website: www.erinotoolemp.ca*



2019-20 BOARD OF DIRECTORS

Pictured at Newcastle Community Hall

The Bowmanville Hospital Foundation is pleased to announce the members of its volunteer Board of Directors for the 2019-20 fiscal year:

- Chris Kooy, *Chair*
- Fiona Hodgkinson, *Vice-Chair & Governance Chair*
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- Frank Cerisano, *Secretary*
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# Opinions and Views

## IN FOR A PENNY... IN FOR A POUND



by Jim Abernethy, Publisher

jim@claringtonpromoter.ca

The Cambridge Dictionary defines this old British saying as: something you say that means that since you have started something or are involved in it, you should complete the work although it has become more difficult or complicated than you had expected. I believe it is time our community engaged in frank discussions about the future of the former Training School lands, also known Camp 30 or the Jury Lands.

The buildings are an eye-sore, a genuine concern for the parents of children living in the area, and a liability to the private owner of the property.

Should Clarington Council spend \$25-50 Million of your tax dollars on a project to acquire, save and restore the six historically

designated buildings which have been boarded up and slowly deteriorating over the past 12 years? How informed are you?

Did you know Clarington Council is making plans to acquire the former Training School/Jury Lands to save, restore and repurpose six heritage buildings to form the centre piece of a municipal wide park?

The acquisition of this property will mark the beginning of the long awaited restoration of the six historically designated buildings located on the Jury Lands

The current property owners are successful land developer/builders, whose interest in developing the property is with new structures. The property owners have never shown an interest in saving or restoring the buildings during the more than 10 years of their ownership, claiming restoration is too cost prohibitive.

The municipality arranged for the heritage designations to be placed on the six deteriorating buildings as a means to protect and restrict the property owners from demolishing the buildings.

In the absence of a detailed Business Plan, I am curious to know how the Mayor and Members of Council can

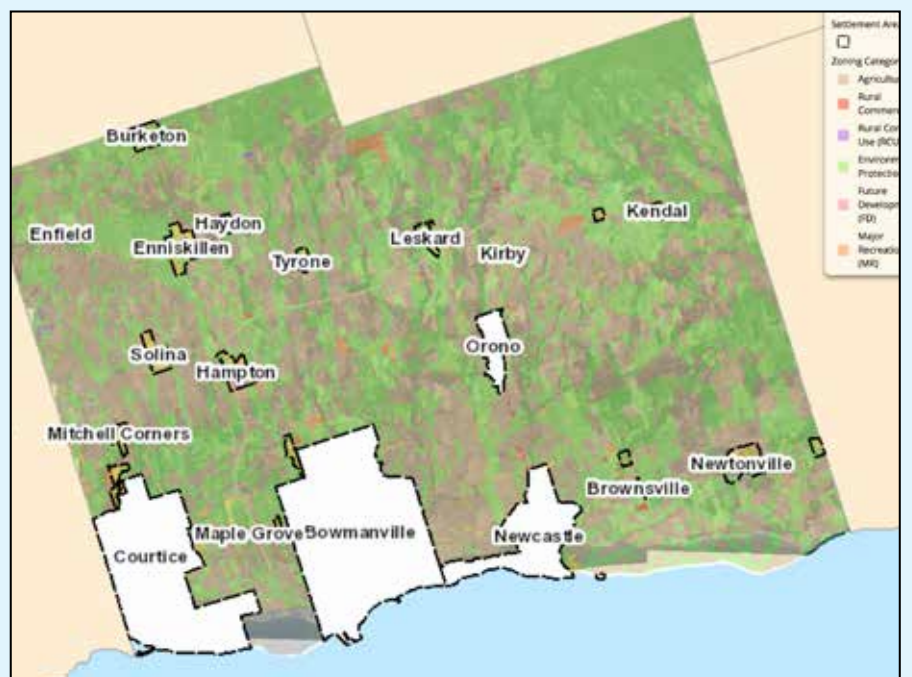


1 of 6 historically designated buildings (photo taken August 14, 2019)

Continued on Page 27

## FORMER CLARINGTON DIRECTOR OF PLANNING SUGGESTS ARTICLE IN CLARINGTON PROMOTER JUNE EDITION CONTAINED MISLEADING & INACCURATE INFORMATION

Clarington Promoter invited Mr. Andy Allison (CAO) an opportunity to comment on the article "Durham Landowners Upset 50% of Clarington to Become Environmental Protection (EP)."



Proposed draft rezoning map.

In an email to the Clarington Promoter Mr. Allison responded to that invitation as follows:

"In terms of the misleading and inaccurate information in your article, please see the attached memorandum dated June 4, 2019 from Michael Seaman to the Mayor and Members of Council. This memorandum refers to the Municipality's legal obligation to bring its zoning by-laws into conformity with Provincial plans and Official Plan policies. Attached is a memorandum dated August 9, 2019 from Ms. Langmaid to the Mayor and Members of Council which sets out the policies relating to buffers."

Mr. Allison went on to say: "I am also attaching a copy of the PowerPoint presentation made by staff to Planning and Development Committee on June 24, 2019. Many of the slides in this presentation address the same issues discussed in Mr. Seaman's memorandum dated June 4, 2019, in particular several of the slides in the section titled "Addressing Public Concerns about the First Draft Zoning By-law". At that same meeting, Ms. Langmaid also made it clear that while the land use maps were updated in the 2017 Official Plan, the wording of the 1996 Official Plan already designated the features Environmental Protection. The provincial Greenbelt Plan (2004), the Oak Ridges Moraine Conservation Plan (2001) and the Oak Ridges Moraine Zoning By-law 2005-109 all contain policies that require protection of features. Therefore the headline of your article is somewhat misleading because it suggests that much of the rural land base was "to Become Environmental Protection" when in fact that designation was already in most planning documents and others had clear policy support requiring environmental protection." End of quote.

To read all memorandums and PowerPoint presentation in their entirety, go to: [www.ClaringtonPromoter.ca](http://www.ClaringtonPromoter.ca)

Clarington Promoter also put questions to Mr. Andy Allison (CAO) regarding a statement made by Ms Langmaid (Acting Director of Planning) during the June 24, 2019 Planning & Development Committee meeting that stated 6,400 properties are affected by the EP designation.

Continued on Page 24



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# Results of Survey of Local Realtors Indicate Environmental Protection (EP) Designation Reduces Property Values

More than 20 Members of the Durham Region Association of Realtors and registered Mortgage Brokers who regularly work in the Clarington marketplace were asked to participate in a survey giving their professional opinion on the effects, if any, the Environmental Protection (EP) zoning classification has on the "fair market value" of property. This survey was conducted by Jim Abernethy on behalf of Rezoning Clarington, a growing group of Clarington property owners whose goal is to work with Clarington Council and the Province of Ontario to educate the public and reduce the amount of Environmental Protection (EP) zoned lands in Clarington – which is expected to cover approximately 50% of all lands within Clarington once the urban mapping for the current Clarington Zoning By-law is revised.

Here are the Survey Questions in "BLUE" & Survey Answers in "RED"

**1. Do you agree with the Ontario Municipal Property Corporation (MPAC) definition of fair market value of a property as: "fair market value" which is the price that an educated, willing, and unpressured buyer is prepared to pay for a property that an educated, willing, and unpressured seller is willing to accept for his property on the open market with no undue influence.**

Yes - 23 No - 0

**2. How long have you been a registered real estate agent/mortgage broker by the Province of Ontario?**

1-5 years - 3 6-10 years - 2 10-20 years - 7  
greater than 20 years - 11

**3. How long have you been a Member of the Durham Region Association of Realtors ?**

1-5 years - 3 6-10 years - 3 10-20 years - 7  
greater than 20 years - 7 N/A - 3

**4. Is it normal practice for a Realtor to confirm the zoning of a property for their client ?**

Yes - 23 No - 0

**5. Are you familiar with the following zoning classification terms: Residential, Industrial, Commercial, Agricultural and Environmental Protection (EP)?**

Yes - 23 No - 0

**6. Assume you are offering two properties for sale. Each property is identical in every way to the other, except Property #1 is zoned "Environmental Protection" (EP) and Property #2 is not zoned Environmental Protection (EP). Will the "fair market value" selling price of these two properties be the same?**

Yes - 0 No - 23

**7. If you answered "No" to Question No. 6 – in your opinion which property will sell for a higher "fair market value" ?  
Property #1 - with EP zoning will sell for a higher fair market value. Yes - 0  
Property #2 – without EP zoning will sell for a higher fair market value. Yes - 23**

**8. Do your clients experience a higher degree of difficulty in obtaining financing approvals for properties with the Environmental Protection zoning classification verses properties without ?**

Yes - 22 N/A - 1

Consider asking your Realtor these same questions and compare your results.

## REZONING Clarington

**Our land. Our families. Our future.**

Are you one of the Clarington property owners whose property will be affected by new zoning proposals?

To find out and get more information sign up for updates at

**RezoningClarington.ca**

The Municipality's proposal to rezone 50% of Clarington's urban and rural land to be protected could lower your property's value, future land usage and determine what you can and cannot build on your property.

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# THE TRAINING SCHOOL

Continued from Page 1

It was the truckers that helped us out. They obviously were talking on their CB radios and soon three transport trucks blocked them in near Wesleyville Road. The boys tried to swerve around them and ended up in the centre median burying all four wheels in mud.



The Jury Lands were originally known as the "Darch Farm"  
Photo courtesy of Clarington Museum & Archive

They got out and ran north but during the night all three were eventually captured. In the meantime though they stole two other vehicles at a farm and totaled them both. No surprise to us, they were from Pine Ridge Training School.

In 1922, after hearing a speech about delinquent boys, Bowmanville resident John H.H. Jury, a horticulturist and pharmacist decided to do something. He donated 150 acres of his farm known as the "Darch Farm" to the Provincial Government.

He asked them to build a Training School using the model discussed in the speech by Alex Edmison. The "Boy's Training School" officially opened in August of 1925 and various buildings were constructed over the next 15 years. The school was one of many set up in the Province of Ontario. There were about a dozen Training Schools for both boys and girls in Ontario.

As well, there were training schools specifically for Catholics in Uxbridge and Toronto. The children were usually sent there by the courts for various reasons. Some were sent there for "truancy" and



Administration Building at Bowmanville Boy's School.  
Photo courtesy of Clarington Museum & Archive

many were considered "unmanageable" or "incorrigible".

After they were interviewed, observed and assessed, they were assigned to what was considered the appropriate school. They were all under 16 years of age when sent there. Some were apparently as young as 8 years of age. All had to be released before their 18th birthday. They started out in 1925 with 16 students but later the Bowmanville Boys School could house up to 300.

During World War 2, the School was closed from 1941 to 1945 and used as a German prisoner of war camp. The Canadian Government decided that this was the perfect location as it could be easily changed into a prison camp. A double-wire perimeter fence was installed with gates and guard towers. It took about 7 months to fully convert the school into a prison for German officers.

As many as 800 prisoners were housed here at once. The most famous story about this time is the three day "Battle of Bowmanville" which took place in October of 1942. This was the only known war time battle fought on Canadian soil during World War 2. Although there were hundreds of attempts, there were no successful escapes.

The Training School was moved to "Rathskamoray" which is now the "Beech Centre" on Beech Street in Bowmanville. This was a much smaller facility so most of the boys were apparently sent home or directed to other schools or billets. After the war ended in 1945, the Boy's Training School re-opened.

The Bowmanville Boy's Training School stressed occupational training. By the 1950's, the boys were taught sheet metal, welding, carpentry and building construction. They also had a mechanical shop where no doubt the three boys that stole the car from McDonald Ford learned some "hot-wiring" skills. There was an academic program but only at the elementary school level.

The Bowmanville site had a beautiful indoor swimming pool



German Officers - POWs pose for photo  
at Camp 30, Bowmanville.

Photo courtesy of Clarington Museum & Archive

that was also utilized by the local community. Bowmanville Rotary Club of Bowmanville gifted a gymnasium and swimming pool to the school and it was opened in 1929. Other sports were in the large gymnasium. They even had a festival where local elementary and secondary school students participated in various events. The Junior Police Games were held at the school as well with local police departments participating by sponsoring and giving out awards.

Later, the "Cold Springs Camp" was administered by the Super-



The Rotary Gymnasium and Swimming Pool  
Photo courtesy of Clarington Museum & Archive

intendent of Pine Ridge School. This was in the Ganaraska Forest and here the boys received training in forestry and academics. Here they worked at reforestation and were also trained in fire-fighting. One year, they released 1000 pheasants into the forest and also had a pond that was stocked with speckled trout.



Greg Muscat, trained  
"Supervisor of Juvenile  
Delinquents" at Pine Ridge  
Training School

was laid off in 1969.

He saw an advertisement in the local newspaper for a "Supervisor" at the Boys Training School in Bowmanville. He got the job and then took a Supervisory Course at Guelph Correctional Centre and Centennial College. He graduated as a "Supervisor of Juvenile Delinquents". On his first day of work in Bowmanville, co-worker Stan Smith said to him; "the kids are here for your care, not for your abuse". Greg said he never forgot that.

Greg travelled all over Ontario picking up "runaways" from the school. He advised that he would often stand on the bridge over the CPR tracks on Providence Road to look for boys who ran away. He said they called them "fox trots". If the corn was high, you could see the corn stalks moving as they ran through. They would usually let the boys run until they got tired and then catch them. Once, Greg chased a boy to Prospect and Horsey Streets in Bowmanville, right beside the railway tracks. The boy was hiding under a bridge. Greg had hold of him and was walking with him beside the tracks when a freight train came along beside them. Suddenly, the boy broke free, ran across the railway tracks and almost pulled Greg into the moving train.

Greg was a qualified "Life Guard" and often travelled with the boys to the Haliburton Scout Reserve on Doe Island. He advised that the kids would spend two weeks there in tents and loved it. They would "trail blaze" to Wilberforce. He had to censor their letters back home.

At Bowmanville, the medical doctor was Dr. Austin. He would come to the school using a special room in "Victoria House", also referred to as The Infirmary" and later as "The Generals House" during Camp 30 days. Mrs. Hannah was the nurse and she would assist him. Dr. Angus Blair, a controversial dentist from Bowmanville, looked after the boy's teeth. Many of the boys went to school in Bowmanville, however, those who did not had to work on the farm. The Bowmanville site specialized in agricultural work. They had a Holstein dairy herd and enough chickens to produce 400 eggs daily according to a 1967 report. They raised various crops, garden vegetables and had an apple orchard.

Greg Muscat left Pine Ridge School in 1977 and the school was officially closed in 1979. Many of the youths were moved to "Brookside School" in Cobourg. Subsequently the buildings were first used as a school for Malaysian students and also became the campus of St. Stephens Catholic School. Later, it became an Islamic University which closed in 2008. Recently, a class action lawsuit has been filed against the Ontario Government for alleged sexual and physical abuse at Provincial Training Schools, including Pine Ridge School in Bowmanville. Today the property is in a derelict state.

In April, 2013, the property was designated as a "National Historic Site". That same year it was on Heritage Canada's Top 10 Endangered Places List. The Architectural Conservancy of Ontario's Clarington Branch and The Jury Lands Foundation have been working hard to protect and save this landmark. See their website for more information or how you can help. <https://jurylandsfoundation.com>

The National Historic Site designation helps to focus public attention on a particular site, it does not affect ownership of the site or provide protection against destruction. In Canada, protection of heritage property not owned by the federal government is the responsibility of each provincial government under its respective legislation.

The federal government does not have the legal authority to impose on the property owner the conservation of the site. The site may, however, be removed from the Canadian Register of Historic Places list of designated sites if its integrity is compromised.

Sadly, the buildings have been left derelict for more than a decade. Most of the buildings have deteriorated flat roofs. Allowing an unrepaired flat roof to be exposed to Canadian weather extremes result in extensive water damage reducing the integrity of a building, and causing structural deficiencies within the building.

The current property owner is a major land developer and home builder in Clarington. Since purchasing the property in 2005, the owner's position has always been never to restore the buildings claiming they were well beyond their economic life in 2005, and restoring them is too cost prohibitive.

Clarington Municipal Staff are scheduled to present a Staff Report to Members of Council for approval on September 30, 2019. The report is expected to contain the recommendation Clarington Council approve a plan to acquire the central campus lands from the current property owner. Then move forward with an Urban Design Master Plan with the focal point of the neighbourhood being the central campus/municipal-wide park and its historic buildings. The Urban Design Master Plan outlines adaptive re-use suggestions for each of the buildings with complimentary exterior garden spaces to reinforce the re-use of the buildings.

The municipality retained the consulting services of DTAH for this study which recommends mothballing six (6) historically designated buildings until funding is obtained to preserve and restore them. This could result in further deterioration of the buildings.

It is not known if the Staff Report scheduled to come before Council in late September for approval will contain any current updates on the integrity of the buildings or financial projections related to the cost to acquire the lands, plus timelines and the cost to restore and maintain these historically designated buildings.

The total square footage of the six buildings is estimated to be about 50,000 square feet.







## Vision:

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## Mission Statement

Promoting the health and happiness of older adults by enhancing their quality of life in a welcoming and inclusive environment

## Values and Beliefs

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

## Message from Board of Directors

It is almost impossible to believe but we are already thinking about the BOAA Fall Program.

Your Board of Directors and staff have been busy dealing with routine business as well as a couple of especially interesting projects. With the assistance of a few members we have been updating the Policy and Health and Safety manuals to reflect current standards and requirements. Not always fun but necessary work for good organizational governance. In addition, we have been immersed in developing a Strategic Plan for the BOAA. The legacy plan of the COAA (BOAA's predecessor organization) has been on hand for guidance—but it is high time for the BOAA vision to emerge. You will have received requests to provide input on BOAA generally and to cast your vote on proposed Vision and Mission Statements. A vision statement is aspirational while a mission statement describes where we are going now. Thank you for participating in these surveys—your input is valued and essential.

We have also been looking at our financials. One of the important sources of support is from member donations. BOAA is a registered charity and can issue charitable donation receipts for income tax purposes. To be blunt, our donation total is behind where we were this time last year and additional funding is needed to meet current expenses. Please do keep BOAA in mind, low program and membership fees must be maintained so everyone can participate.

Enjoy every minute of this summer and sign-up for as many Fall programs as you can fit into your schedule. Think about volunteering this fall. The secret sauce to BOAA's many success stories is its volunteer program. I can tell you that one of the most rewarding volunteer opportunities is to serve on the BOAA board. Think about that opportunity. The elections are next spring. Talk to a board member, any one of them will be more than happy to tell you what is involved.

On behalf of the BOAA board members, thank you for the privilege of serving. We were elected by you to manage BOAA, and BOAA is here for you. Please never hesitate to give us your opinion and all your great ideas.

**David Penney**  
President—for the Board

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## FALL CLEAN UP at

Bowmanville  
Older Adult  
Association 

## Saturday

**November 2nd at 9 am**

26 Beech Ave Bowmanville ON L1C 3A2

**Bring your rakes, gardening tools and gloves!**

Please sign up to help by contacting

Kristin @ 905-697-2856 ext. 57 or

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
- Non-members are welcome to participate in all programs, courses and events by paying the non-member fee

#### Benefits of Membership:

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

### WHY SHOULD I BUY A MEMBERSHIP?

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

### REGISTRATION INFORMATION

All program fees include HST. Cash, cheque, debit, Visa or Mastercard are accepted. Please make all cheques payable to the Bowmanville Older Adult Association. Refunds will be granted **only** for medical reasons with a doctor's note. A \$10 administrative fee will be applied to refunds.

**Programs will be cancelled one week prior to the scheduled start date 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 scheduled start date. All programs are non-transferable. If you miss a week of your regular class, you are not permitted to drop in to another of the same program on a different day, due to space limitations and room designations.

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

### WAITING LIST

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

### ALWAYS SCAN YOUR CARD & CHECK IN

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

### HOLIDAY FACILITY CLOSURE

Please note the Bowmanville Older Adult Association will be closed on October 12th, October 13th, October 14th, December 24th at 12 pm and December 25th 2019 to January 2nd, 2020 at 8 am.

### WHEELS IN ACTION

Transportation is always available to and from BOAA events and programs. Contact 905-697-2856 x 45 to book your ride or by email at [wheels@bowmanvilleolderadults.com](mailto:wheels@bowmanvilleolderadults.com). \$3 round trip within Bowmanville, \$5 round trip outside of Bowmanville. Rides are only available within Clarington to BOAA events and programs and 24 hour advanced notice is required. Non-members and guests are \$6 flat rate round trip.

### WI-FI

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

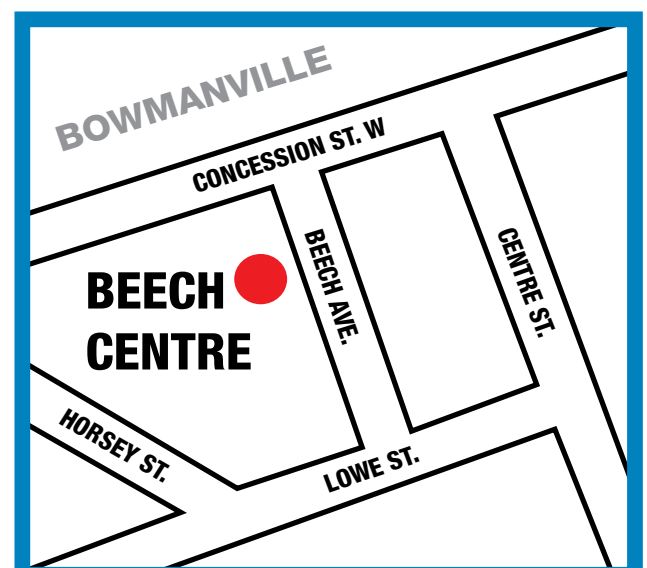
### EMAIL & VOICE DIALING

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



### MEMBER ONLY CONVENIENCE PASSES FOR SALE

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



### NON-MEMBER & GUEST INFORMATION

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

### COMPLIMENTARY TRIAL FOR PROGRAMS

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

OPEN

## CAFÉ

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

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

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

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



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



Instagram: bowmanvilleolderadults



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association



## Trips & Travel

### Lakeshore Tours & Travel

#### Private Lives in Stratford

Tuesday October 1st \$163 per person

#### Petrolia Christmas

November 30th to December 1st

\$535 Single / \$465 Double / \$455 Triple / \$445 Quadruple

#### Watertown Shopping

November 30th

\$55 per person

#### Niagara Fallsview Casino

Saturday December 7th

\$20 per person

For more information on booking please contact

Marilyn at 905-623-1511.



### 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 August 27th, September 3rd, October 15th, December 24th and December 31st

**\$9 members / \$12.50 non-members**

## Upcoming Events & Fundraisers

Tickets for all events on sale now at BOAA  
For more information please contact Chelsea at  
events@bowmanvilleolderadults.com

### "FREE" Fall BOAA Showcase, Health Fair, Open House & Registration

You will not want to miss this fantastic day filled with vendor booths, live demos, draws, complimentary refreshments, and program registration for new and returning programs!

Wednesday September 4th

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

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

9 am to 6 pm "Fall Program Registration"

Free shuttle service available from GBR Arena available

In partnership with OACAO and sponsored by the Ministry for Seniors & Accessibility

### Bridge Social with CASH PRIZES

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

Sunday 1:30 pm to 4:30 pm

September 8th, October 6th, November 3rd and December 1st

**\$5 members / \$7 non-members**

### Bistro Night with Chef Simon Bush

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

Wednesday 5 pm

September 11th – Mexico

October 30th – Russia

November 27th – Cuba

December 11th - Poland

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

Limited tickets available and pre-registration is required.

### Smile Theatre presents "Lucy Maud & Anne"

A joyful and life-affirming new musical determined to inspire all! Refreshments will be provided after the show.

Thursday 1:30 pm

September 12th

**\$5 members / \$7 non-members**

Sponsored by Ontario Power Generation

### Euchre Extravaganza

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

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

Saturday 3 pm

September 14th and November 9th

**\$10 members / \$12 non-members**

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

Third Monday of every month.

Includes: movie, drink and popcorn.

Monday 6 pm

September 16th October 21st, November 18th and December 16th

Drop-in Fees of **\$3 members / \$5 non-members** apply

### Bonnie's Dress Lobby Sale

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

Tuesday 10 am to 3 pm

September 17th

### BOAA Fundraising Golf Tournament

Join the BOAA members and guests as they hit the course at The Bowmanville Golf and Country Club for 18 holes of best ball golf. Includes: lunch on course, carts, 18 holes of golf, followed by dinner at the BOAA, draws, prizes and a charitable tax receipt for \$20.

Pre-registration required (purchase tickets at the Front Desk).

Wednesday Shot Gun Start 9 am

September 18th

**\$80 members / \$85 non-members**

Dinner Only Tickets available for \$18 per person

### 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 20th, October 18th and November 15th

**\$3.50 members / \$5.50 non-members**

### Open Mic

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

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

Sunday 1 pm to 4 pm

September 22nd and November 17th

### Harvest Dinner & Dance

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

Wednesday

Social 6 pm

Dinner 6:30 pm followed by the dance with Electric City Swing (Formerly known as The L'll Big Band) LIVE!

September 25th

**\$20 members / \$25 non-members**

### Monthly Baking Fundraiser with Josie Roberts

Friday September 27th – Apple Pie **\$9 each**

Saturday October 19th – Visit the Booth in downtown Bowmanville for goodies for sale made by our baking group. 9 am to 5 pm at APPLEFEST!

Friday November 22nd – Small Mince Meat Pies **\$6 each**

Friday December 20th – Assorted Cookies & Squares Platter **\$10 each**

Limited quantities available pre-orders required. Please visit the front desk for more details.

### Music by Request with DJ Then & Now Sounds

Drop in and join us the fourth Friday of the month! Sing along, dance or be part of the audience with the themed music. All requests accepted! Includes: dancing, music, concession stand and cash bar.

Friday 2 pm to 4 pm

September 27th – Fall Fling

October 25th – Halloween "Thriller"

November 29th - Country & Western

**\$4 members / \$6 non-members**

### Karaoke Night in Partnership with Then & Now Sounds

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

Friday 7 pm to 10 pm

September 27th, October 25th and November 29th

**\$5 members / \$8 non-members**

### Progressive Euchre Party Last Saturday of the Month

Prizes for 1st to 5th Place, Lone Hands & Random Draw 50% of Door Ticket Sales will be given in prizes – Guaranteed! Includes: refreshments, tea & coffee, concession stand, 10 games, prizes & draws (purchase tickets or place your name on the "hold" list at the Front Desk)

Saturday 6:30 pm

September 28th, October 26th and November 30th

**\$8 members / \$10 non-members**

### Lee's Odds & Ends Lobby Sale

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

Tuesday 10 am to 4 pm

October 1st

### Bid Euchre Bonanza

Includes: 8 games of Progressive Bid Euchre (changing partners), light dinner, tea & coffee, concession stand, prizes & draws (purchase tickets or place your name on the "hold" list at the Front Desk).

Friday 4:30 pm

October 4th

**\$8 members / \$10 non-members**

### Thanksgiving Luncheon

Join us for a traditional Thanksgiving lunch with all the fixings! Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm

October 8th

**\$9 members / \$12.50 non-members**



# Upcoming Events & Fundraisers

Tickets for all events on sale now at BOAA  
For more information please contact Chelsea at  
events@bowmanvilleolderadults.com

## Joyfull Noise Concert

Enjoy a night of 50s, 60s and 70s music with Joyfull Noise Choir. Includes: door prizes, cash bar and refreshments will be served.

Wednesday 7 pm  
October 9th

\$5 members / \$8 non-members

## Choir & Ukulele Sing-A-Long Tuesday Luncheon

Enjoy Tuesday lunch with a special guest performance from our Choir & Ukulele Group! Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm  
October 22nd

\$9 members / \$12.50 non-members

## Halloween Luncheon

Join us for a spooky lunch in your BEST costume to win great prizes! Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm  
October 29th

\$9 members / \$12.50 non-members

## Country Spice Dance

Dance the night away with our live band, featuring old time rock & roll, country and a taste of blue grass. Includes: door prizes, cash bar and refreshments will be served.

Saturday 7:30 pm to 11:30 pm  
November 2nd

\$10 members / \$12 non-members

## Remembrance Luncheon

Includes: lunch and service with Royal Canadian Legion Branch 178. Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 11:30 am  
November 5th

\$9 members / \$12.50 non-members

## Smile Theatre presents "Jingle Belles"

A show full of holiday songs and swing featuring the vocal stylings of groups like The Andrew Sisters, this joyful celebration mixes great holiday songs and comedy sketches. Refreshments will be provided after the show.

Thursday 1:30 pm  
November 14th

\$5 members / \$7 non-members

Sponsored by Ontario Power Generation

## Sports Banquet

Calling all members involved in bowling, golf, horseshoes & softball! Join us for good company and great food in celebration of our BOAA teams & leagues. Please register at the front desk prior to Monday November 11th

Wednesday 5 pm  
November 20th

## Luncheon with BOAA Choir

Includes: Lunch and Choir Performance. Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm  
December 3rd

\$9 members / \$12.50 non-members

## Christmas Luncheon

Includes: Lunch and Christmas Pageant presenting the BOAA programs. Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 11 am  
December 10th

\$9 members / \$12.50 non-members

## Christmas Dinner & Dance

Entertainment followed by DJ Dancing with Then & Now Sounds. Only 200 tickets available and on sale starting November 4th at 9 am for BOAA members and November 18th for non-members.

Saturday 5 pm Social  
6 pm Dinner

December 14th

\$30 members / \$35 non-members

## Luncheon with the BOAA Theatre Group

Join us for our regular Tuesday luncheon followed by a presentation from the BOAA Theatre Group. Limited tickets available - purchase tickets or place your name on the "hold" list at the Front Desk.

Tuesday 12 pm  
December 17th

\$9 members / \$12.50 non-members

## Winter Wonderland Dinner & Dance

We invite you to join us for a holiday themed dinner and dance with a live band, dancing, prizes and more! Everyone is welcome - no partner required.

Wednesday 6 pm Social  
6:30 pm Dinner

December 18th

followed by dancing with Electric City Swing (formerly known as The L'll Big Band)

\$20 members / \$25 non members

### SOCIAL BINGO

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


### PROGRESSIVE FUNDRAISING EUCHRE

Seven games of friendly non-competitive Progressive Euchre. Includes: Share the wealth draws and great company with friends.

Tuesday 7 pm to 9 pm / No euchre on Tuesday September 3rd  
Drop-in fee of \$3 members / \$5 non-members

## Drop-In Programs

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

Monday		Tuesday		Wednesday		Thursday		Friday		
Snooker	8 am - 6 pm	Social Bridge	9:30 am	Snooker	8 am to 6 pm	Table Tennis	10 am	Snooker	8 am to 12 pm	
Walking	9 am	Table Tennis	10 am	Nature Walks	9 am	Mexican Train Dominoes	10 am	Urban Poling	9 am	
Book Club	10 am	Snooker	12 pm to 8 pm	Walking	9 am	Wood Carving	10 am	Open Art	9 am	
Crocheting / Knitting Group	10 am	Square Dancing	1 pm	Choir	10 am	Snooker	12 pm to 8 pm	Darts	1 pm	
Wood Carving	10 am	Brain Waves Cafe	1 pm 1st Tuesday of every month	Nature Walks	12:30 pm	Bid Euchre	1 pm	Duplicate Bridge	1 pm	
Duplicate Bridge	1 pm	Friendship Group	1 pm	Bridge Fun Group	1 pm	Craft Group	1 pm	500 Cards	1 pm	
Cribbage	1 pm	Mahjong	1 pm	Canasta	1 pm	Ukulele	1:15 pm	Jam Session	1 pm	
Bid Euchre	7 pm	Theatre Group	2:30 pm		Tap Practice	3 pm	<b>Saturday</b>			
	Acoustic Jam Session	6:30 pm	Ballroom Dance		3:30 pm					
	<b>Weekly Drop-In Fee Schedule</b>		Duplicate Bridge: \$3.50 members \$5 non-members		All other drop-in programs: \$2 members \$3.50 non-members		Snooker		10 am to 4 pm	
All drop-in programs in Summer break will be restarting the week of September 9th unless posted otherwise.		Square Dance \$.75 members \$1.25 non-members				Texas Hold'em Poker		7 pm	Weekend Card Party	1 pm
								<b>Sunday</b>		
								Snooker	10 pm to 4 pm	
								Weekend Card Party	1 pm	



# Drop-In Programs

All drop-in programs are **\$2 members/\$3.25 non-members** unless posted otherwise  
All drop-in programs in summer break will be restarting the week of September 9th unless posted otherwise

## 500 CARDS

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

**Friday 1 pm to 4 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

Two decks 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 Coby Booth

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

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

**September 4th at Open House**

## BOOK CLUB

Meet one Monday a month for an engaging discussion about the monthly book. Please pick up a list of books and meeting dates at the front desk. Please pick up your September book at the BOAA any time after August 15th.

**Monday 10 am to 11 am**

**September 16th, October 21st, November 18th, December 16th**

## “FREE” BRAIN WAVES CAFÉ with the Alzheimer Society

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

Special Date **Wednesday September 4th** at Open House

**Tuesday 1 pm to 2:30 pm**

**October 1st, November 5th, December 3rd**

## BRIDGE FUN GROUP

Beginner/ Intermediate just for “fun” social bridge.

Basic bridge knowledge is an asset.

**Wednesday 1 pm to 3 pm**

## DUPLICATE BRIDGE

The most competitive form of contract bridge where pairs compete against one another.

**Monday and Friday 1 pm to 4 pm**

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

## SOCIAL BRIDGE

Social progressive bridge. No partner necessary.

Some knowledge of the game is required.

**Tuesday 9:30 am to 12 pm**

**Thursday 7 pm to 9 pm**

## CANASTA

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

**Wednesday 1 pm to 4 pm**

## CHOIR with Allannah Coles & Donna Barber

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

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

## CRAFT GROUP

**Fall is in the air.** Create a sensational masterpiece with glue and chalk supplies provided.

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

**September 26th to October 17th**

*No crafts October 10th*

**Christmas is around the corner.** Quilt Magic Easy, no sewing using styrofoam and material to create a festive treasure.

**Thursday 1pm to 3pm 4 weeks**

**November 7th to December 5th**

*No crafts November 14th*

**Additional \$10 fee will apply in addition to drop-in fee**

## CRIBBAGE

Played with two or more participants. Card game combining points. Find pairs, runs of 3 or more and cards adding up to 15.

**Monday 1 pm to 3 pm**

## CROCHETING AND KNITTING GROUP

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

**Monday 10 am to 12 pm**

## DARTS

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

**Friday 1 pm to 3 pm**

## FRIENDSHIP GROUP

Friendly conversation, sharing, caring and laughing together.

**Tuesday 1 pm to 2:30 pm**

## “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.

**Special Date Wednesday September 4th at Open House**

**Monday 2 pm to 4 pm**

**October 7th, November 4th, December 2nd**

## JAM SESSION AND ACOUSTIC JAM

Come out for an evening of acoustic playing.

**Tuesday 6:30 pm to 9 pm**

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 2019 National Mahjong league card.

**Tuesday 1pm to 3 pm**

## MEXICAN TRAIN DOMINOES

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

**Thursday 10 am to 12 pm**

## NATURE WALKS

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

Trees, birds and wildflowers are waiting for you to enjoy.

Different conservation area every week. Schedule and location listing available at the front desk.

**Wednesday 9 am to 11 am**

Meet at BOAA to car pool at 9 am

Or meet at the conservation area on the list 9:30 am

## OPEN ART

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

**Friday 9 am to 12 pm**

## SNOOKER

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

**Monday 8 am to 6 pm**

**Tuesday and Thursday 12 pm to 8 pm**

**Wednesday 8 am to 6 pm**

**Friday 8 am to 12 pm**

**Saturday 10 am to 4 pm**

**Sunday 10 am to 4 pm**

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

## SQUARE DANCING

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

**Tuesday 1 pm to 2 pm**

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

## TABLE TENNIS

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

**Tuesday and Thursday 10 am to 12 pm**

## TAP DANCING

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

**Thursday 3 pm to 4 pm**

## TEXAS HOLD'EM POKER

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

**Thursday 7 pm to 9 pm**

## THEATRE GROUP with Judi White and Friends.

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

**Tuesday 2:30 pm to 4 pm**

## UKULELE DROP-IN

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

**Thursday 1:15 pm to 3:15 pm**

## URBAN POLING

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

**Friday 9 am to 11 am**

## 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**

## WOOD CARVING

Bring your tools and carve functional or ornamental objects.

**Monday and Thursday 10 am to 11:30 am**





## Art Programs

### ACRYLIC AND WATERCOLOUR COMPARISONS with Paul Livingston

Explore the similarities and differences in working with these media in a friendly, fun atmosphere. Both media are alternately demonstrated with a different subject each week. Landscapes, flowers, trees, people, buildings etc. Students may follow the demonstrated topic or choose their own projects to work with their own reference material and preferred medium. As most students wish to paint a recognizable image of something, an understanding of basic drawing principles is an asset and is always helpful in creating the image you wish to achieve. Individual help is offered after demonstration time to encourage the student forward to a successful outcome.

**MATERIALS REQUIRED:** Paints (acrylic and/or watercolour), brushes, paper or canvas, mixing tray/palette. Other materials discussed as we go.

**Thursday 1 pm to 3 pm 13 weeks**  
**September 19th to December 12th**  
**\$121 members / \$157.70 non-members**

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

This class is for those students who would like to learn how to add watercolour to their completed pen and ink project from the Fall session. Please ask for a supply list at front desk upon registering.

**Saturday 10 am to 2 pm**  
**November 9th**  
**\$19 members / \$24.30 non-members**

### BEGINNERS WATERCOLOUR with Julieta Cortes

Learning basic watercolour techniques and colour mixing while painting a step by step project per class. No drawing skills required. Please ask for a supply list at the front desk upon registering.

**Saturday 10 am to 12 pm 6 weeks**  
**September 21st to November 2nd**

*No class October 12th*

Or  
**Saturday 10 am to 12 pm 6 weeks**  
**November 9th to December 14th**  
**\$56 members / \$72.80 non-members**

### DRAWING with Paul Livingston

Learn some basic yet essential drawing principles and apply those to draw anything you can see, remember or imagine. Through class demonstration and one-on-one guidance, you'll learn to see shape, form and proportion, see light and shadow and perspective to develop a sense of composition. Working with a number of common subjects...floral, landscape, buildings, people etc. Many students comment that they begin to see their world in greater detail than ever before, once they become aware of these drawing principles. Relaxed and fun environment. Drawing class is a good foundation for anyone with aspirations toward painting.

**REQUIRED MATERIALS:** Pencils (HB, 2B, 2H), fine-tip drawing pen, sketching pad, ruler, eraser.  
**Wednesday 10 am to 12 pm 13 weeks**  
**September 18th to December 11th**  
**\$121 members / \$157.70 non-members**



### PAINTING WITH A PALETTE KNIFE with Shirley Bankey

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

**Friday 2:30 pm to 4:30 pm and Saturday 1 pm to 3 pm**  
**November 8th and November 9th**  
**\$19 members / \$24.30 non-members**

### PAINTING WITH ACRYLICS with Shirley Bankey

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

**Monday 1 pm to 3:30 pm 3 weeks**  
**Monet Style Water Lilies**

**September 23rd to October 7th**

Or

### Wolf Or Your Own Pet Dog

**October 28th to November 11th**

Or

### Cardinals

**November 25th to December 9th**  
**\$35 members / \$45.50 non-members**

### PEN AND INK with Dianne Darch

This class is suitable for a beginner or returning student. You will be guided through the series of dots and lines involved in pen and ink artwork to create texture and contrast. Line drawings will be provided so you can concentrate on the inking process. 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 23rd to November 18th**

*No class October 14th*

OR

**Friday 12pm to 2 pm 8 weeks**  
**September 27th to November 22nd**

*No class October 18th*

**\$75 members / \$97.10 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 am to 2 pm**  
**November 2nd**  
**\$19 members / \$24.30 non-members**

### POURED PAINT TECHNIQUE with Shirley Bankey

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

**Friday 2:30 pm to 4:30 pm and Saturday 1 pm to 3 pm**  
**October 4th to October 5th**  
**\$19 members / \$24.30 non-members**



### REALISTIC ACRYLIC PAINTING with Ian Bodnaryk

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

**Wednesday 9:30 am to 11:30 am 6 weeks**  
**September 18th to October 23rd**  
**\$56 members / \$72.90 non-members**

### WATERCOLOUR FOR PEN AND INK SERIES with Dianne Darch

This workshop series will be suitable for beginners or any students wishing to learn how to use watercolour paint to enhance their pen and ink pieces. The classes will be technique rather than project oriented to give you the opportunity to learn how to work with watercolour paint. Relax and learn without the worry of your inked project and gain the confidence to try adding colour to the next card or painting. How did you get that colour? Learn how to mix your colours using the colour wheel, how to use colour washes to build a background for your ink work and how to use colour glazing to enhance your ink work. Please ask for a supply list at the front desk. There will be a \$5.00 supply fee payable to the instructor on the day of the class.

**Saturday 10 am to 2 pm 2 weeks**  
**September 28th to October 5th**  
**\$37 members / \$48.50 non-members**

### WATERCOLOUR INTERMEDIATE with Hi-Sook Barker

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

**Thursday 9 am to 12 pm 10 weeks**  
**September 19th to November 21st**  
**\$140 members / \$182 non-members**

### WOOD BURNING WORKSHOP with Paul Livingston

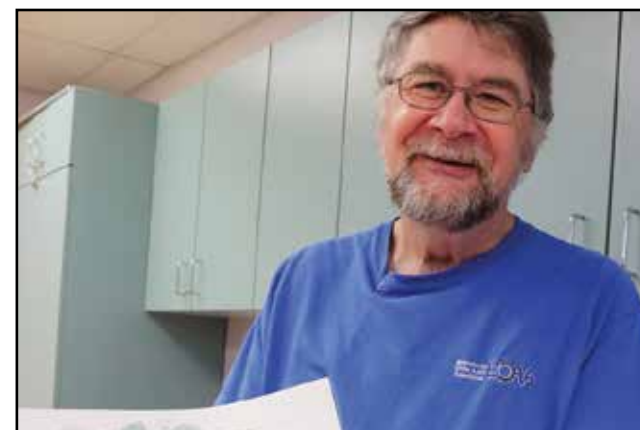
Demonstrations and hands on practice time for the art of wood burning. Texturing for bird feathers, lettering, picture rendering, and decorative work. Participant should have use of burner unit and a few different burner tips.

**Saturday 10 am to 12 pm 2 weeks**  
**October 19th and October 26th**  
**\$19 members / \$24.30 non-members**

### TECHNIQUES OF DRAWING WITH INK with Michael Goldstein

In this workshop you will learn where the light is coming from, traditional ink drawing, ink at its minimum, ink noir, ink and brush, drawing texture, water, fur, feathers, etc. Please pick up full list of supplies needed at the front desk upon registration.

**Saturday 10 am to 1 pm**  
**November 16th**  
**\$19 members / \$24.20 non-members**





# Computer & Technology Programs

## TAKING BETTER TRAVEL PICTURES

### Learn Ten Ways to Success with Brian Greenway

After a trip are you a little disappointed that your images didn't capture what you saw? No, buying a "better" camera or smartphone is not the answer. You have the best camera now. Are there things that the pros do that I could do too? Learn ten simple, yet effective techniques, for capturing the moment and making more memorable photographs.

**Monday 10 am to 11:30 am**  
**September 16th**

**\$7.50 members / \$9.80 non-members**

## "NEW" A BYTE OF THE APPLE

### with Brian Greenway

Are you new to the Mac operating system on Apple laptops and IMacs? Learn about some inexpensive apps that can improve the Mac experience in addition to improvements in the built-in apps of the operating system. The interests of the class will be a priority for topics covered.

**Monday 6 pm to 8 pm 2 weeks**  
**September 16th to September 23rd**

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

## IPAD/IPHONES

### The "Ins and Outs" for Beginners with Brian Greenway

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

**Monday 10 am to 12 pm 7 weeks**  
**September 23rd to November 11th**

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

*No class October 14th*

## FACEBOOK BEGINNER

### with Tanya Cochrane

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**  
**September 26th to October 10th**

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

## INTRO TO CELL PHONES

### with Tanya Cochrane

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**  
**September 26th to October 3rd**

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



## LEARNING LUMINAR

### Photo Editing: A Simplified approach for Windows or Mac Computers with Brian Greenway

Don't want to invest the time required to learn Photoshop, then Luminar makes a lot of sense. It's easier to use and gives you a lot of stunning creative options, ideal for beginners in editing. Covering the basics this course will have you instantly improving your images. Windows or Mac and a trial version is available to install on your own laptop.

**Monday 6 pm to 8 pm 2 weeks**

**September 30th to October 7th**

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

## INTRODUCTION TO PHOTO EDITING WITH ADOBE LIGHTROOM

### with Brian Greenway

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

**Tuesday 6 pm to 8 pm 2 weeks**

**October 15th and October 22nd**

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

## EXPLORING THE INTERNET WITH GOOGLE CHROME with Tanya Cochrane

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

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

**October 17th to October 24th**

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

## SELLING ON KIJJI with Tanya Cochrane

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 12:30 pm to 3 pm**

**October 17th**

**\$12.50 members / \$16.30 non-members**

## MAKING A PRINTED PHOTO ALBUM for Windows or Mac computers with Brian Greenway

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

**Monday 6 pm to 8 pm 3 weeks**

**October 21st to November 4th**

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



## BUYING ONLINE with Tanya Cochrane

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 1 week**

**October 24th**

**\$10 members / \$13 non-members**

## WINDOWS 10 BEGINNER

### with Tanya Cochrane

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**

**October 31st to November 21st**

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

## GETTING SORTED

### Where are my pictures? For Windows and Mac Computers with Brian Greenway

Tips and tricks to organizing, managing and simple editing of your images using excellent free software. Review ways to store your images. Tips for scanning techniques will also be covered for your old photos and documents. Some Windows experience would be useful.

**Monday 6pm to 8 pm 2 weeks**

**November 11th to November 18th**

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

## INTERNET SAFETY AND SECURITY

### with Tanya Cochrane

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

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

**November 14th to November 21st**

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

## IPAD

### Gaining Mastery with Brian Greenway

For those who have been using Apple's iPad/iPhone for a while and want to extend their knowledge of the apps and newer features. Syncing through iTunes, Messaging, Notes, and files are some of the topics covered, including how to prepare them for gifting or selling.

**Monday 10 am to 12 pm 4 weeks**

**November 18th to December 9th**

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

## "NEW" CREATIVE PHOTOGRAPHY

### "First Steps" with Brian Greenway

Successful photographs don't just happen, they're created. Learn some "first step" techniques to making more creative photographs whether it's a landscape or a street photo. Bring any type of camera, including smartphones, as this class explores developing a creative eye and the artistic application of using a camera and less on the technical aspects of photography.

**Monday 6 pm to 8 pm 2 weeks**

**December 2nd to December 9th**

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



## Computer & Technology Programs

### WINDOWS 10 INTERMEDIATE with Tanya Cochrane

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**  
**December 5th to December 12th**  
\$20 members / \$26 non-members

### THE GEEK SQUAD with Tanya Cochrane

Here to help with: Laptop, desktop computer, tablet and cell phone questions. Internet assistance. Installation of software and downloading apps. How to navigate Windows 10, Facebook tips and much more!

**Thursday 12:30 pm to 3:30 pm**  
**October 10th, November 7th, December 5th**  
Advanced registration and payment is required at the front desk  
\$5 members / \$8 non-members per ½ hr appointment

### "FREE" Computer, Internet & Photography Support at Brian's Café

**Every Wednesday 1 pm to 3 pm**  
By appointment, Brian Greenway will be volunteering to assist you with iPad, phone, windows, apple or digital photography questions. For BOAA members only. Contact the front desk to book an appointment at 905-697-2856

## Dance Programs

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

### BALLROOM DANCING with Peter Gill



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

**Wednesday 6 pm to 7 pm 10 weeks**  
**September 18th to November 20th**  
\$60 members / \$78 non-members

### "FREE" CREATIVE DANCE TRIAL CLASS with Catherine Kourkounakis



Discover the joy of creating dance collaboratively. Dance with artist, professional teacher and choreographer. Participants will take a creative journey to discover the joy of working and creating dance together. Where you go and how you get there evolves as a group.

The benefits of collaborative creative dance include:

- Enhanced functional fitness including strength, balance and flexibility
- Improved mental well-being through the reduction of stress/anxiety
- Improved spiritual well-being through the development of creativity and self-expression.

**Thursday 1:15 pm to 2:30 pm**  
**October 10th**

### CREATIVE DANCE with Catherine Kourkounakis



Participants are invited to explore dance as a way of connecting to their bodies and communities. Over the 10-week series you will explore dance-making as a way of expressing ideas and celebrating the aging body. No dance experience necessary. All abilities and genders are welcome.

**Thursday 1:15 pm to 2:30 pm 9 weeks**  
**October 17th to December 12th**  
\$67.50 members / \$88 non-members

### LET'S DANCE with Alison Henry Grebenc

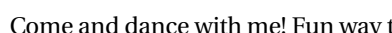


This fun dancing class will allow the participants to experience dance styles from the 50's, 60's and 70's.

**Thursday 9 am to 10 am 10 weeks**  
**September 26th to November 28th**  
\$60 members / \$78 non-members



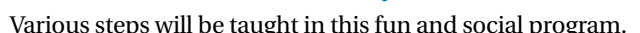
### "NEW" LINE DANCING BEGINNERS with Karen Preston



Come and dance with me! Fun way to exercise and improve memory! Learn basic dance steps. Wide variety of dances offered; Western, Rumba, Cha Cha, Salsa, Samba, Foxtrot, Mambo and Waltz. With a variety of music for the dances including easy basic rhythms, timeless and current in the Line Dance Community. Music included is western, Latin, pop, orchestra, and current on the music charts. You will need to bring water, wear comfortable clothing and soft soled shoes.

**Wednesday 1:15 pm to 2:45 pm 12 weeks**  
**September 25th to December 11th**  
\$99 members / \$128.70 non-members

### LINE DANCING with Phyll Marshall

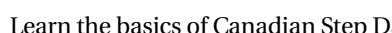


Various steps will be taught in this fun and social program.

**Monday 10 weeks**  
**Beginner – 12:10 pm to 1:10 pm**  
OR

**Beginner Plus – 1:15 pm to 2:15 pm**  
**September 16th to November 25th**  
*No class October 14th*  
\$60 members / \$78 non-members

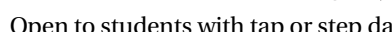
### STEP DANCING Beginner with Gwen Cadman



Learn the basics of Canadian Step Dancing. Fun, energetic, low impact steps. Wear tap shoes or a hard sole shoe to join in the fun and fitness to Celtic music.

**Wednesday 1 pm to 1:55 pm 5 weeks**  
**September 25th to October 23rd**  
\$30 members / \$39 non-members

### STEP DANCING Experienced with Gwen Cadman



Open to students with tap or step dance experience. You will be exposed to Ottawa Valley and Cape Breton styles with low impact options for all.

**Wednesday 2 pm to 2:55 pm 5 weeks**  
**September 25th to October 23rd**  
\$30 members / \$39 non-members

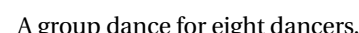
### STRETCH AND STRENGTH THROUGH DANCE with Alison Henry Grebenc



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

**Thursday 10 am to 11 am 10 weeks**  
**September 26th to November 28th**  
\$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 2 weeks**  
**October 22nd to October 29th**  
\$9 members / \$11.70 non-members

### TAP DANCING with Veronica Vargas



Standard combinations put together to music and possibly performed.

#### Beginner

No experience or shoes required

**Monday 11:05 am to 12:05 pm 12 weeks**  
**September 16th to December 9th**  
*No class October 14th*  
\$72 members / \$93.60 non-members

#### Tap Dancing Level 1

Basic tap experience recommended

**Tuesday 10 am to 11 am 13 weeks**  
**September 17th to December 10th**  
\$78 members / \$101.40 non-members

#### Tap Dancing Level 2

Level 1 Tap or similar experience recommended

**Monday 10 am to 10:55 am 12 weeks**  
**September 16th to December 9th**  
*No class October 14th*  
\$72 members / \$93.60 non-members

Or

**Wednesday 10 am to 10:55 am 13 weeks**  
**September 18th to December 11th**  
\$78 members / \$101.40 non-members

#### Tap Dancing Level 3

Level 2 or similar required.

**Monday 9 am to 9:55 am 12 weeks**  
**September 16th to December 9th**  
*No class October 14th*  
\$72 members / \$93.60 non-members

Or

**Wednesday 9 am to 9:55 am 13 weeks**  
**September 18th to December 11th**  
\$78 members / \$101.40 non-members





## General Interest Programs

### BEGINNER FAUX "SILK" FLOWER ARRANGING with Cathy Pearson

Let's draw out your creative side! You will discover just how talented you are. This program covers colour schemes and the principles of design needed to make a lasting arrangement. You will discover your artistic side by creating a mirror arrangement, a vase arrangement, a swag and a topiary as well as a round and a contemporary arrangement. This is set up for beginners in flower arranging. Materials needed will be discussed at the first class.

**Monday 1 pm to 2 pm 6 weeks**  
**October 21st to November 25th**  
**\$30 members / \$39 non-members**

### BRIDGE FOR BEGINNERS with Alan Tibbles

This course is designed for those that have never played bridge. 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. We 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**  
**September 17th to October 22nd**  
**\$60 members / \$78 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. 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**  
**October 29th to December 3rd**  
**\$60 members / \$78 non-members**

### COMPLETING YOUR MEMOIR with Cynthia Reyes

Your memoir is well underway; perhaps you even have a first draft. In this series of workshops, we will focus on the manuscript as an ongoing story, paying attention to Theme, Structure and Enhancing the Storytelling for impact. This will continue to be an interactive course, with hands-on assistance and feedback.

**Tuesday 10:30 am to 12:30 pm 8 weeks**  
**October 1st to November 19th**  
**\$80 members / \$104 non-members**

### CPR – Level C with Ruth Forrest

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

Instructed by Ruth Forrest of the Lifesaving Society  
**Thursday 11:30 am to 2:30 pm**  
**September 26th**  
**\$30 members / \$35 non-members**

### EUCHRE LESSONS with Don Welsh & Josie Roberts

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

**Tuesday 1:30 pm to 3 pm 6 weeks**  
**September 17th to October 22nd**  
 Or  
**November 5th to December 10th**  
**\$30 members / \$40 non-members**

### EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS with Matt Hawkins

History of cannabis - how cannabis has been used medicinally across the globe for centuries. Learn why it was put into an 80 year prohibition. Endocannabinoid system - How it regulates our health.

THC vs CBD - what are these cannabinoids and how do they work with our endocannabinoid system.

Cooking with cannabis and safe dosing. Risks of over consumption of edibles and how to avoid any potential anxiety or paranoia with micro dosing  
 How to infuse cannabis into food - decarboxylation and infusing into cooking oils and butters.

**Thursday 1 pm to 2:30 pm 4 weeks**  
**October 3rd to October 24th**  
**\$50 members / \$65 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**  
**October 4th to November 8th**  
**\$45 members / \$58.50 non-members**

### FRENCH LESSONS with Gaëtan d'Albret

#### Level 1

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

**Tuesday 10 am to 11:30 am 10 weeks**  
**September 17th to November 19th**  
**\$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 17th to November 19th**  
**\$70 members / \$91 non-member**

### FRENCH LESSONS with Maurice Laganière

#### Level 3

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

**Tuesday 11:30 am to 1 pm 10 weeks**  
**September 17th to November 19th**  
**\$70 members / \$91 non-members**

### FRANÇAIS AVANCÉ with Maurice Laganière

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

**Tuesday 3 pm to 4:30 pm 10 weeks**  
**September 17th to November 19th**  
**\$70 members / \$91 non-members**

### FRENCH LANGUAGE ENHANCEMENT with Gaëtan d'Albret

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

**Monday 2:45 pm to 4:15 pm 10 weeks**  
**September 16th to November 25th**  
 No class October 14th  
**\$70 members / \$91 non-members**

### HOW TO MAKE CBD CREAM with Matt Hawkins

Cannabis 101, learn about CBD and how it can help with arthritis, inflammation and sleepless nights. Learn how to make CBD cream, oils and capsules.

**Thursday 1 pm to 2 pm 4 weeks**  
**October 31st to November 21st**  
**\$50 members / \$65 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. Helping how to identify your psychic strengths, clairvoyance, clairsentience, or clairaudience, enabling you to receive universal messages and connect to the spirit world. Developing your intuitive and psychic abilities will give you greater clarity, awareness, energy and improves creative problem solving. Topics include receiving messages, pendulums, dowsing, psychometry, auras, readings and spiritual healing.

**Monday 12 pm to 1:30 pm 10 weeks**  
**September 16th to November 25th**  
 No class October 14th  
**\$75 members / \$97.50 non-members**

### INTUITIVE AND PSYCHIC DEVELOPMENT PART 2 with Julie Ditta

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

**Wednesday 10:30 am to 12 pm 10 weeks**  
**September 18th to November 20th**  
**\$75 members / \$97.50 non-members**

### KNITTING with Doreen Cripps

Continue learning and developing your knitting skills. You will learn how to knit a toque on round needles, use multi colours of yarn, knitting terms and following pattern instructions. Newcomers are welcome and will learn the basics we have covered.

**Tuesday 10 am to 12 pm 10 weeks**  
**September 24th to November 26th**  
**\$67 members / \$87 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 "BOAA's weekly drop in programs" and Bid Euchre Bonanzas.

**Monday 1 pm to 3 pm 3 weeks**  
**October 21st to November 4th**  
**\$20 members / \$26.10 non-members**





## General Interest Programs

### LATIN AMERICAN SPANISH with Alan Bayliss

#### Beginners

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

**Tuesday 9:30 am to 11:30 am 10 weeks**  
**September 17th to November 19th**

or

#### Intermediate

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

**Tuesday 1 pm to 3 pm 10 weeks**  
**September 17th to November 19th**

**\$93 members / \$121.50 non-members**

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 4 weeks**  
**October 30th to November 20th**

**\$37 members / \$48.50 non members**

### LEARN TO PLAY MAHJONG with Dian Reed

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

**Tuesday 1:30 pm to 3 pm 6 weeks**  
**October 1st to November 5th**

**\$30 members / \$39.10 non-members**

### LET'S TALK ABOUT CLIMATE CHANGE with Makenzie Wigglesworth

Come and join a discussion with Makenzie to shine light on the "fake news" and grey areas in the environmental sciences. Furthermore the talk will touch on environments that are drastically being affected by climate change and how humans are causing these effects.

**Thursday 11 am to 12 pm**  
**October 17th**

**\$5 members / \$6.50 non-members**

### NUTRITION EDUCATION CLASS with Rhonda Armour

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

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

**Tuesday 11:30 am to 12:30 pm 10 weeks**  
**September 17th to November 19th**

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

### SEWING with Doreen Cripps

Sewers of all skill levels are welcome to join this class. The goal is to learn more about sewing, machines, machine feet and tools. You will be working on a number of projects each of which will build your knowledge and skills. Examples: Christmas stocking, place mats, table runner, casserole carrier and more. Supply lists will be at the front desk. Use our machines or bring your own.

**Thursday 9 am to 12 pm 10 weeks**  
**September 26th to November 28th**

**\$100 members / \$130.30 non-members**

### SPANISH AVANZADO with Lourdes Marrugat

Refuerza tus conocimientos sobre el idioma español. Ven a practicar lectura, comprensión y escritura con reglas gramaticales del idioma.

**Wednesday 5:30 pm to 7 pm 4 weeks**  
**September 18th to October 23rd**

*No class October 2nd, October 9th*

**\$28 members / \$36.50 non members**

### SPEAKING SPANISH IS FUN! with Lourdes Marrugat

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

**Wednesday 7 pm to 8 pm 7 weeks**  
**September 18th to October 30th**

**\$33 members / \$42.50 non-members**

### TAROT CARD READING 101 BEGINNER LEVEL with Cathy Pearson

Ever wanted to read the cards? This Tarot reading course will teach you how to read the Tarot cards as well as continue to develop your intuition. After 8 weeks you will be able to read and understand the cards as well as situations/questions for yourself/friends/family. There is lots of participation as we go through the classes.

**Friday 10:45 am to 12:15 pm 8 weeks**  
**October 4th to November 22nd**

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

### TAROT CARD READING 102 ADVANCED/EXPERT LEVEL with Cathy Pearson

The prerequisite for this course is Tarot Card Reading 101 Beginner Level. This course gives you heightened information about things you may know/or situations you may question. Tarot empowers you to understand yourself better as well as those you may read for. In this section of the course we will delve into examining the cards in unique and varied ways. Large spreads will be introduced as well as personally created spreads. Participation will be ongoing in this course. This course will help develop you into a professional reader. Join us and see how amazing you really are!

**Friday 9:15 am to 10:45 am 8 weeks**  
**October 4th to November 22nd**

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

## Music Programs

### 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 20th to December 13th**

**\$65 members / \$84.50 non-members**



### 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 18th to December 11th**

**\$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 20th to December 13th**

**\$65 members / \$84.50 non-members**

### UKULELE with Allanah Coles

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

**Thursday 1 pm to 2 pm 8 weeks**  
**September 19th to November 7th**

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





# Wellness Programs

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

## 20/20/20 with Rhonda Armour ♡ ↔

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

**Wednesday 12:05 pm to 1:05 pm 13 weeks**  
**September 18th to December 11th**

**\$65 Members / \$84.50 Non-Members**

## ABC (Abs, Booty, Cardio) Bootcamp with Rhonda Armour ♡ ↔

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

**Wednesday 1:10 pm to 2:05 pm 12 weeks**  
**September 25th to December 11th**

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

## “NEW” AGE REVERSE ESSENTRICS with Carolyn Anderson ♡ ↔

A slow and gentle, full-body stretch and strengthen workout that focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body. Ideal for men and women of all ages who are looking for a gentle, slow tempo class.

**Wednesday 12 pm to 12:55 pm 10 weeks**  
**September 18th to November 20th**

Or  
**Saturday 10 am to 11 am**  
**September 21st to December 7th**  
*No class October 12th and November 23rd*  
**\$60 members / \$78 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 4 weeks**  
**November 6th to November 27th**

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

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

♡ ↔

As we all are getting older, we continue to want to work, travel and play as long as possible.

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

**Monday 9 am to 9:55 am 12 weeks**  
**September 16th to December 9th**

*No class October 14th*

Or  
**Friday 9 am to 9:55 am 12 weeks**  
**September 20th to December 13th**

*No class October 18th*

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

### Symbol Explanation

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

⚖️ = balance ♡ = cardio ↔ = strength

## CHAIR YOGA with Lydia Vooy-MacLeod

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

**Monday 10 am to 11 am 12 weeks**  
**September 16th to December 9th**

*No class October 14th*

Or

**Thursday 9 am to 10 am 12 weeks**  
**September 19th to December 12th**

*No class October 17th*

Or

**Friday 11 am to 12 pm 12 weeks**  
**September 20th to December 13th**

*No class October 18th*

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

## CHAIR ZUMBA COMBO with Veronica Vargas ♡ ⚖️

This class includes a low impact cardio and respiratory endurance, balance and strength training for those who may have mobility issues. You have the option to use your upper body only or kick it up a notch and use your lower body too, but all from a seated position.

**Friday 10 am to 11 am 13 weeks**  
**September 20th to December 13th**

**\$65 members / \$84.50 non-members**

## CORE, STRENGTH AND STRETCH with Karen Ross ♡ ⚖️

Strengthen your entire body and end the class with a good long stretch to ensure your muscles recover and you maintain optimum range of motion.

**Thursday 12 pm to 12:55 pm 12 weeks**  
**September 19th to December 12th**

*No class November 14th*

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

## 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.

**Monday 2:30 pm to 3:30 pm 11 weeks**  
**September 16th to December 2nd**

*No class October 14th*

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

## ENERGY MEDICINE PART I with Donna Elliott ⚖️

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

**Thursday 11:30 am to 1 pm**  
**November 7th**

**\$7.50 members / \$9.75 non-members**

## ENERGY MEDICINE PART II with Donna Elliott ⚖️

All thoughts are energy, and making some simple yet effective changes will improve all areas of your life - for the BETTER! Discover techniques and take control of your thoughts and create positive change. Learn simple tools to bring in more positive energy.

**Thursday 11:30 am to 1 pm**  
**November 14th**

**\$7.50 members / \$9.75 non-members**

## FABULOUS MUSCLES

### with Lydia Vooy-MacLeod ♡ ↔

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

**Friday 10 am to 10:55 am 12 weeks**  
**September 20th to December 13th**

*No class October 18th*

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

## GENTLE YOGA with Gwen Cadman ⚖️

For participants new to yoga or wanting a softer, nurturing slow paced, well supported and relaxing practice. The class will be structured to include controlled pressure, gentle stretches and range of motion exercises. Postures will be approached in gradual steps.

**Wednesday 3 pm to 3:55 pm 5 weeks**  
**September 25th to October 23rd**

**\$25 members / \$32.50 non-members**

## GENTLE YOGA with Sharon Wildeboer ⚖️

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

**Monday 10 am to 10:55 am 10 weeks**  
**September 16th to December 9th**

*No class September 23rd, September 30th and October 14th*

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

Or

**Wednesday 10 am to 10:55 am 11 weeks**  
**September 18th to December 11th**

*No class September 25th and October 2nd*

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

## GUIDED MEDITATION with Julie Ditta

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

**Wednesday 1 pm to 2 pm 13 weeks**  
**September 18th to December 11th**

**\$65 members / \$84.50 non-members**

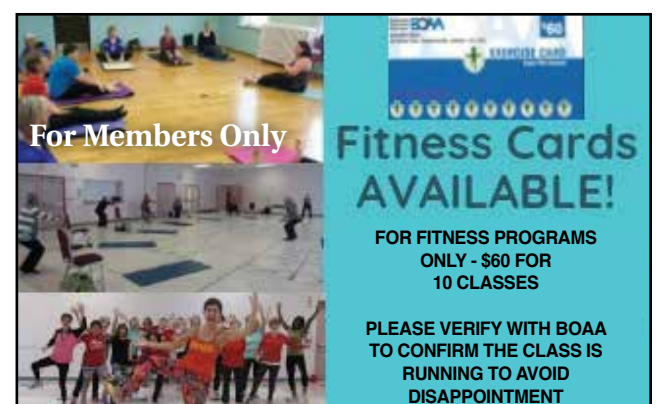
## PILATES with Karen Ross ↔

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

**Monday 11 am to 12 pm 12 weeks**  
**September 16th to December 9th**

*No class October 14th*

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



**For Members Only**

**Fitness Cards AVAILABLE!**

FOR FITNESS PROGRAMS ONLY - \$60 FOR 10 CLASSES

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



# Wellness Programs

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

## 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.

**Tuesday 11:15 am to 12:45 pm 13 weeks**  
**September 17th to December 10th**  
**\$97 members / \$126.80 non-members**

## RESTORATIVE YOGA with Samantha Harris

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

**Tuesday 9 am to 10:15 am 6 weeks**  
**September 17th to October 22nd**  
**\$38 members / \$48.80 non-members**

## SHAPE UP with Lisa Balsdon from Live in Motion

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

**Monday 8 am to 9 am 12 weeks**  
**September 16th to December 9th**  
*No class October 14th*  
**\$60 members / \$78 non-members**

Or  
**Wednesday 8 am to 9 am 13 weeks**  
**September 18th to December 11th**  
**\$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 9 am 13 weeks**  
**September 20th to December 13th**  
**\$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 9 am to 9:55 am 11 weeks**  
**September 17th to December 10th**  
*No class September 24th and October 1st*  
**\$55 members / \$71.50 non-members**

## SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

Participants who have completed a session of Sit and Be Fit Level 1 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 10 am to 10:55 am 11 weeks**  
**September 17th to December 10th**  
*No class September 24th and October 1st*  
**\$55 members / \$71.50 non-members**

Or  
**Friday 10 am to 10:55 am 10 weeks**  
**October 11th to December 13th**  
**\$50 members / \$65 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 November's sports banquet & fun with friends.

**Thursday 1 pm to 3 pm**  
**September 19th to December 12th continuing**  
**January 9th to April 30th**  
**\$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 11 weeks**  
**September 18th to December 11th**  
*No class September 25th, October 2nd*  
**\$55 members / \$71.50 non-members**

Or  
**Friday 9 am to 9:45 am 10 weeks**  
**October 11th to December 13th**  
**\$50 members / \$65 non-members**

## TAI CHI with Sandra Jin

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

### General

The General Program is ideal for beginners and low level intermediates

**Monday 10 am to 10:55 am 10 weeks**

Or

### Intermediate

Previous Tai Chi experience required  
**Monday 11 am to 11:55 am 10 weeks**  
**September 16th to November 25th**  
*No class October 14th*  
**\$50 members / \$65 non-members**

## TERRY FOX RUN 2019 with Lydia Vooy-MacLead

We all have been impacted by cancer. Come out for a warm-up for a great cause in respect to our Canadian Hero, Terry Fox!

Location: Bowmanville Memorial Park. Liberty St. Join Lydia and the BOAA Team for the 9:30 am Warm Up then walk or run the 5 or 10 km routes.  
**Sunday 9 am September 15th**

## YIN YOGA with Michelle Taylor

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

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

**Monday 5 pm to 6 pm 12 weeks**  
**September 16th to December 9th**  
*No class October 14th*  
Or  
**Thursday 5 pm to 6 pm 12 weeks**  
**September 19th to December 12th**  
*No class October 17th*  
**\$60 members / \$78 non-members**

## YOGA with Lisa Balsdon from Live In Motion

Fall pass includes the following:  
14 sessions total to choose from  
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**  
**September 17th to December 17th**

Pass Prices:

A. 11 session pass - \$223.74

B. 13 session pass - \$264.42

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

**First payment due on the first day of class. Second payment due on October 15th 2019**

## 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 10 weeks**  
**September 16th to December 9th**  
*No class September 23rd, September 30th, October 14th*  
**\$50 members / \$65 non-members**

Or

**Wednesday 9 am to 10 am 11 weeks**  
**September 18th to December 11th**  
*No class September 25th and October 2nd*  
**\$55 members / \$71.50 non-members**

## YOGALATES with Sharon Wildeboer

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

**Monday 11 am to 12 pm 10 weeks**  
**September 16th to December 9th**  
*No class September 23rd, September 30th, October 14th*  
Or

**Friday 11:15 am to 12:15 pm 10 weeks**  
**October 11th to December 13th**  
**\$50 members / \$65 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 13 weeks**  
**September 17th to December 10th**  
Or  
**Thursday 10:30 am to 11:30 am 13 weeks**  
**September 19th to December 12th**  
**\$65 members / \$84.50 non-members**

## ZUMBA® GOLD with Veronica Vargas

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

**Wednesday 11 am to 11:55 am 13 weeks**  
**September 18th to December 11th**  
**\$65 members / \$84.50 non-members**

## ZUMBA® COMBO with Veronica Vargas

👤 🏃 🧘 🔄

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

**Friday 11:05 am to 12:05 pm 13 weeks**  
**September 20th to December 13th**  
**\$65 members / \$84.50 non-members**





# Wellness Programs

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

## WELLNESS 101 SERIES with Karen Ross

Knowledge is POWER! Join local fitness/wellness professional to learn more about how to stay well and how to develop a balanced overall fitness and wellness plan to keep your body and mind stronger for longer.

### Balance Management

Our balance degrades each birthday we have, but why? Can you do things to help improve it? Come and get some information and tips to help you get a handle on balance.

Thursday 4 pm to 5:30 pm

September 26th

\$7.5 members / \$10 non-members

### Busting Fitness Myths

Yes older dogs CAN learn new tricks, or relearn old ones! No pain, no gain, is rubbish. You are never too old or in too much pain to improve your health.

Thursday 4 pm to 5:30 pm

October 3rd

\$7.5 members / \$10 non-members

### Stretching 101

Why is Stretching Important? - Tight muscles affect how your joints work. They also translate to smaller, painful range of motion and lack of balance, resulting in increased falling. Learn how to stretch without pain and educate yourself on how important stretching is to your overall health and well being!

Thursday 4 pm to 5:30 pm

October 10th

\$7.5 members / \$10 non-members

## 10 Minute Cardio

Don't have a big chunk of time to dedicate to cardio workouts? That's ok! Research is showing that doing your cardio 10 minutes at a time is not a waste of time! Come and learn how you can get your heart & lungs healthier, 10 minutes at a time!

Thursday 4 pm to 5:30 pm

October 17th

\$5 members / \$6.50 non-members

## How to Make Changes Stick

How many times have you tried to make changes and not been successful? Is there a 'formula' to making successful changes? Yes there is. Come and find out how to make those changes stick!

Thursday 4 pm to 5:30 pm

October 24th

\$7.5 members / \$10 non-members

## Meditation 101

Research is showing that meditation can benefit the mind/body in ways we never imagined! Not only can it help calm the overactive brain, but it can help with sleep quality/quantity. It can also help improve how the body functions. The type of meditation covered in this workshop is called Anapanasati and will focus on the breath as well as how the body feels. We will learn about those benefits and then practice with a short meditation session. All participants are seated in chairs unless they choose to sit on the floor.

Thursday 4 pm to 6 pm

November 7th

\$10 members / \$13 non-members

## The Mind /Body Connection

Getting or staying fit/well is not just about the physical body. It's about the mind as well. Learning how to become more 'mindful' and working to strengthen the connection between the mind and the physical body can reduce the risk of injury, improve balance and help us to feel more grateful and fulfilled in our everyday lives.

Thursday 4 pm to 5:30 pm

November 14th

\$7.5 members / \$10 non-members

## Living in the Light

It's easy to live in negativity and be constantly caught up in the bad things happening all around you. It's slowly reducing your life expectancy and wreaking havoc on your physical body and mental wellbeing. Come and begin your journey into the light.

Thursday 4 pm to 5:30 pm

November 21st

\$7.5 members / \$10 non-members



Bowmanville Older Adult Association **BOAA**

# LIFETIME & HONOURARY MEMBERSHIP AWARD

FILL OUT A NOMINATION FORM AT THE FRONT DESK TO NOMINATE A DESERVING BOAA MEMBER TODAY!

For more information, please visit the Front Desk.  
events@bowmanvilleolderadults.com • www.bowmanvilleolderadults.com



## CONGRATULATIONS TO OUR 2019 LIFETIME AWARD RECIPIENTS

Allanah Coles, Gerry McArthur,  
Josie Roberts, Don Welsh, Moe Richards,  
Horace Vetzal (missing Terry Kelsey)

Special thanks to committee members Elaine Spicer,  
Glenn Jeffery & BOAA Staff

## JOIN OUR BUSY BEE VOLUNTEERS AT BOAA

Bowmanville Older Adult Association

### Reasons to Give it a Try:

<b>Health</b> BOAA volunteers say that they feel better physically, mentally and emotionally.	<b>Purpose</b> BOAA volunteers feel a deeper connection to their community and to others.
<b>Stress</b> Volunteering within BOAA helps people manage and lower their stress levels.	<b>Engagement</b> BOAA volunteers are more informed, engaged & involved in being active with managing their health.

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

- 100% Feel good and happy after volunteering
- 50% Feel physically healthier after volunteering
- 75% Feel a need to volunteer again

### How to Start:

Contact Volunteer Coordinator, Kristin VanDyk at  
905-697-2856 x57  
volunteers@bowmanvilleolderadults.com  
www.bowmanvilleolderadults.com  
20 Beech Ave Bowmanville ON L7C 3A2

We look forward to hearing from you!



# Free Workshops

Please complete a Registration Form at the front desk or email [programs@bowmanvilleolderadults.com](mailto:programs@bowmanvilleolderadults.com) to preregister for ALL Workshops to allow for preplanning and room allocations.

## BIOPED Series

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.

**Wednesday 1 pm to 2 pm**  
**October 2nd**

## Managing Knee Pain

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

**Wednesday 1 pm to 2 pm**  
**October 9th**

## 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**  
**October 16th**

## 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**  
**October 23rd**

## DIABETES SUPPORT GROUP with Lakeridge Health

### Joy in Meal Planning

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 meals

**Thursday 1:30 pm to 3:30 pm**  
**September 12th**

### Diabetes and Exercise

Exercise is an important part of any diabetes treatment plan. An Exercise Therapist/Certified Diabetes Educator will lead you through the benefits of exercise for blood sugar control and provide you with the tools you need to be successful with an exercise routine

**Thursday 1:30 pm to 3:30 pm**  
**October 10th**

### Finding the Right Chemistry- Diabetes and Medications

Looking for more support on managing your medications well? Our guest speaker community pharmacist will talk about your medications 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 14th**

### Healthy Eating and Treating

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

**Thursday 1:30 pm to 3:30 pm**  
**December 12th**

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

## ELDER ABUSE WORKSHOP with Laura Proctor from Elder Abuse Prevention Ontario

The workshop will include: Strategies on interrupting social isolation and increasing our support networks as we age, creating healthy relationships to enhance our lives. Will also include: Elder Abuse 101, Wellness & Prevention, Seniors Rights and Healthy Relationships

**Wednesday 1 pm to 2 pm**  
**November 20th**

## HOME YOUR OWN WAY with Cathy Dow from Home Instead Senior Care

Most seniors want to age in the comfort of their own homes. For some, that means staying in the house that they have lived in for the last 40 years. For others, it means building a new home or moving to an independent community. Regardless of where "home" is, it should be safe, comfortable and familiar. Join us for coffee, tea and treats compliments of Home Instead Senior Care as we share tips and resources to help determine whether to stay at home or move, tips for making a home safe for an older adult, and ways to make a new dwelling feel like home.

**Monday 1 pm to 2 pm**  
**October 7th**

## PATH TO SUCCESS with Rose Saye, Cora Weekes, Melanie Williams and Anne Brill

Cora and Rose (Local Real Estate Brokers):

- Market update- what's happening in the real estate market in your area
- What is a Senior Real Estate Specialist SRES (A Realtor who is qualified to assist seniors in housing sales and purchases)
- Different housing options as we age, why do you want to sell, age in place

Melanie Williams (Local Lawyer - Law in Motion)

- Wills
- Power of Attorney (POA)
- Estate Planning and Guardianships.

Anne Brill ( License #12147 - Centum Metrocapp Wealth Solutions Inc. Principal Mortgage Broker/Owner/Author Centum Metrocapp Wealth Solutions Inc.

- TEACHING YOU HOW REVERSE MORTGAGES WORK!
- Living cheque to cheque - Let us show you how we can increase your cash flow to live more comfortably.
- Want to renovate?
- Want to travel?
- Want to help your children today?

**Wednesday 1 pm to 2 pm**  
**October 16th**

Or

**Wednesday 6 pm to 7 pm**  
**November 20th**

Free refreshments included

## SELF-DEFENCE & STREET SMARTS with Julie Blake

Come and learn from a former black belt instructor, the basics of self-defence and street smarts. You have the choice to get physical or not, either way you will learn.

**Wednesday 10 am to 11:30 am 2 weeks**  
**October 2nd to October 9th**

## THE "F" WORD with Bedford Medical Alert

The "F" word means Fabulous.

Overview on keeping ourselves healthy and well so the F word always means we are living our best life.

Bedford Medical Alert is a proud Canadian company that has been working with Canadian hospitals and healthcare professionals for over 30 years.

Our mission is to ensure our Canadian seniors lead vibrant and independent lives.

Our medical alert solutions are designed to fit into ones health and lifestyle needs.

**Friday 10 am to 10:30 am**  
**November 15th**





# Partnership Programs

*Laughter and Locks*  
**Teresa Bush**  
 Hairstylist

905-213-0798  
 laughsandlocksbyt@gmail.com

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

## CLARINGTON PHOTOGRAPHY CLUB

The Clarington Photo Club (CPC) in partnership with BOAA, provides a forum for photographers of all skill levels to meet in an inclusive environment to enrich their collective enjoyment of the art of photography. CPC meets twice a month from 7 pm to 9 pm on the first and third Wednesday of each month from October 02, 2019 to May 20, 2020. In our meetings, we seek to gain technical knowledge through photo assignments, workshops, and guest presentations. **Annual membership fee is \$30 BOAA members / \$35 non BOAA members** Drop-in free to regular club meetings for CPC non-members \$5.00 Contact Wendy-Ann Whitt (Vice President) vicepresident@claringtonphotoclub.ca or Susan Whittington (Treasurer) treasurer@claringtonphotoclub.ca for more information. CPC's schedule for the year's programming will be available online after mid-September at www.claringtonphotoclub.ca or copies of CPC's programming guide will be available at the front desk. Should you have specific questions please don't hesitate to get in touch with one of the above contacts.

## MINDS IN MOTION FITNESS PROGRAM with The Alzheimer Society

The program combines approximately one hour of physical activity, followed by one hour of fun mentally and socially stimulating activities, for both persons with memory loss and their care partners. Ideal for participants with early to mid-stage Alzheimer's or dementia. Program Benefits: Improved cardiovascular fitness, strength, balance, mobility, flexibility, and alertness, along with increased feelings of happiness, confidence and sharpened mental functioning through engaging in fun and social stimulating activities. Reduces isolation and depression often associated with dementia. **Thursday 1:30 pm to 3:30 pm 8 weeks October 3rd to November 28th No class November 14th \$40 per person**

**SPECIAL OFFER TO**  
 Bowmanville Older Adult Association **BOAA** MEMBERS

**FISH & CHIPS**  
 OLDE TYME

Olde Tyme Fish & Chips - Voted the best Fish & Chips in town!  
 Every time a BOAA Member buys a meal (eat-in or take-out), they will receive a 5% discount AND an additional 5% will be donated to BOAA.

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

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The best way to ensure that your Personal Mobile Equipment is functioning properly is to have them inspected by a trained professional. Durham Medical will have a technician on site to adjust, inspect and perform minor repairs to your mobility equipment. Bring in your Rollator Walkers, Wheelchairs and/or Scooters, and have the peace of mind that they are working properly. Quotes can be provided for major repairs or if parts are required. Durham Medical's Service Technicians will also be available to answer any equipment questions you may have. Don't forget to book your time at the Front Desk in advance!  
**Thursday 10 am to 12 pm**  
**September 12th, October 10th and November 14th**  
**Tuesday 10 am to 12 pm**  
**December 10th**

**DROP OFF YOUR RECEIPT FROM**  
**Boston Pizza**  
 WE'LL MAKE YOU A FAN.

**It's easy, delicious & supports the BOAA!**

Boston Pizza donates 10% of every dollar spent on the receipt!

**PLEASE REMEMBER TO DROP OFF YOUR RECEIPT A MINIMUM OF 10 DAYS AFTER PURCHASE**

For more information, please contact 905-697-2856 x24 fundraising@bowmanvilleolderadults.com www.bowmanvilleolderadults.com

# Services

Bowmanville Older Adult Association **BOAA**

**Manicures & Pedicures by Dana**

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

**BY APPOINTMENT**  
**PLEASE BOOK AT THE FRONT DESK**

**Available Every Tuesday: 9:30 am - 3 pm**

MANICURE.....	\$20
PEDICURE.....	\$30
SHELLAC MANICURE.....	\$25
SHELLAC PEDICURE.....	\$35

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 programs@bowmanvilleolderadults.com  
 www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

**NURSING FOOT CARE**  
 WITH NATALIE DOUCET, RPN & AMBER MARLOW, RPN

**Sole Renewal Footcare** **Foot Rejuvenation**

Foot Care services provided include:  
 • Foot Care Assessments • Management of Ingrown Nails  
 • trimming & Filling of Nails • Moisturizing Foot Rub  
 • Corn & Callous Treatment • & more!

**BY APPOINTMENT**  
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**Available Mondays & Wednesdays 9 am - 4 pm**

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

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 programs@bowmanvilleolderadults.com • www.bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

**Reflexology & Indian Head Massage**  
 with Sharon Benner, Registered Reflexologist

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

Indian Head Massage is a traditional Ayurvedic technique that has been practiced in India for thousands of years. Indian Head Massage is a holistic massage applied to the upper back, shoulders, upper arms, neck, scalp and face while in a seated position. Some of the benefits include: improved circulation, relief of anxiety and depression symptoms, it can also provide a deep or meditative state of relaxation.

**BY APPOINTMENT**  
**PLEASE BOOK AT THE FRONT DESK**

**Available Fridays 9:30 am - 3 pm**

<b>Reflexology:</b>	<b>Indian Head Massage:</b>
30 minute relaxation treatment	30 minute treatment
\$25 members / \$30 non-members	\$30 members / \$40 non-members
1 hour relaxation treatment	members
\$45 members / \$50 non-members	

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# WHEELS IN ACTION "Meet our Fleet"

Transportation is always available within Clarington to all BOAA Programs and Events.

**\$5 ROUND TRIP OUTSIDE BOWMANVILLE**  
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 24 hours advanced notice is required.



**FOR MORE INFORMATION AND BOOKING CALL 905-697-2856 EXT 45  
 OR EMAIL WHEELS@BOWMANVILLEOLDERADULTS.COM**



**WEDNESDAY SEPTEMBER 4TH | 9 AM - 2 PM**

Bowmanville Older Adult Association **BOAA**  
**OPEN HOUSE**  
 SENIORS INFORMATION & ACTIVE LIVING FAIR

FREE for all! Bringing the older adults of Clarington together with information, displays & vendors. Also including: seminars, program instructor demonstrations, complementary refreshments, prizes, program registration for new and returning programs & more!

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**BOAA's Fundraising GOLF TOURNAMENT**

Includes: 18 holes of golf, golf cart, lunch on course, dinner at the BOAA, draws, prizes & a charitable tax receipt for \$20. Pre-registration required.

Shot Gun Start at 9 am

Held at: **Bowmanville Golf & Country Club**

**Wednesday September 18th**

**\$80 members / \$85 non-members**

Dinner only tickets available for \$18/person

Please contact Chelsea Wolf at 905-697-2856 x24 or events@bowmanvilleolderadults.com

Bowmanville Older Adult Association **BOAA**

Bowmanville Older Adult Association **BOAA**

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7 pm to 9 pm **EVERY TUESDAY** \*No Euchre on Tuesday September 3rd

**DROP IN FEE OF \$3 MEMBERS / \$5 NON-MEMBERS**

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 905-697-2856  
 events@bowmanvilleolderadults.com  
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# ORONO FAIR

## September 5th-8th 2019

### CONNECTING COUNTRY & COMMUNITY

**THURSDAY SEPTEMBER 5th**  
**2 For 1 ADMISSION FAMILY NIGHT**  
 Toonie Rides In The Midway  
**DEMO CROSS**  
 Tebworth Brothers ~ Bluegrass Instrumental  
 Fair Ambassador Competition  
**Friday SEPTEMBER 6th**  
 Pie & Cake Auction  
 Fiddle competition  
 Horse Pulls  
**THE ROADHAMMERS CONCERT**

**SATURDAY SEPTEMBER 7th**  
 Cow Milking & Sheep Shearing Demonstrations  
 Birds of prey  
 Magician  
 Axe Throwing  
 Truck & Tractor Pulls  
**SUNDAY SEPTEMBER 8th**  
 Children's Pet Show  
 Sheep to Shawl ~ Wool Made Into Cloth  
 Kids Pedal Pull  
**DEMO CROSS**

## FRIDAY NIGHT CONCERT SEPTEMBER 6th



PRESENTED BY **KX96**  
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# Former Clarington Director of Planning Suggests Article in Clarington Promoter June Edition Contained Misleading & Inaccurate Information

Continued from Page 4

Here are those Questions & Answers regarding the number of affected properties:

**Question # 1:** Does this 6,400 number include properties located within the urban boundaries of Courtice, Bowmanville, Newcastle and Orono?

**ANSWER:** During the presentation to Planning and Development Committee meeting on June 24, 2019, Planning Staff stated there are approximately 6,400 rural properties. This number does not include properties within the urban boundaries. Over half of the properties in the rural area are not proposed to have any Environmental Protection zoning. 500 that do not have EP zoning may be affected by buffers.

**Question # 2:** If this 6,400 number does not include the affected urban properties, how many additional properties located [in] those urban boundaries are affected by the EP designation?

**ANSWER:** The total number of properties in the Municipality of Clarington is approximately 36,000. A count has not been carried out in the urban areas as we are in the process of working on the regulations and mapping in the urban areas.

During the July 2, 2019 Clarington Council meeting, Council gave Staff the following direction:

- i) "That Clarington Staff afford any owners of a property affected by the proposed zoning changes the opportunity to have their properties inspected to verify any Environmental Protection features;"
- ii) "That every landowner materially affected by the Zoning By-Law Amendment be notified of the proposed change in

zoning in writing where there is an expansion of EP lands, and be invited to provide input, either through a representative or personally, regarding the proposed re-designation;"

**Question # 3:** Will all 6,400 property owners be included in this notification process?

**Question # 4:** Will all affected urban property owners be included in this notification process?

**Question # 4 (sic):** How will all of these affected property owners be notified?

**Question # 5:** When will all of these affected property owners be notified?

**Question # 6:** When did the notification process start, and when do you expect you will have completed the notification process?

**ANSWER:** Council requested a report from Staff in September. The questions you have outlined above will be addressed in that Report. Council will be provided with options of how the notification process can occur. It will only be after Council makes a decision on the options that your questions can be answered. However, I can advise you of some of the things that staff have done in terms of engaging the public. Attached is a memorandum dated July 12, 2019 from Ms. Langmaid to the Mayor and Members of Council which explains some of the things that staff have been doing in this regard.

*End of Questions & Answers.*



Proposed draft rezoning map.

To read the article "Durham Landowners Upset 50% of Clarington to Become Environmental Protection (EP)." Go online to: <https://ClaringtonPromoter.ca> Click on "Past Issues" then scroll down and click on the June 2019. You will find the article on page 24 of the June 2019 edition.



## September is BIG BROTHERS BIG SISTERS Month!

### THANK YOU

Throughout September, all agencies across Canada are celebrating the power and impact that mentorship has in the lives of young people. **Big Brothers Big Sisters of Clarington** would like to thank our volunteers, donors and supporters that make a difference in our community everyday.

### Do you want to make a difference?

#### VOLUNTEER

Are you looking to make an impact on the life of a young person? Do you enjoy working in a team environment and assisting at events or need to complete your high school hours?

We will be hosting two volunteer evening recruitment sessions on October 2 and 3, 2019. Attend one of our sessions to learn more about the benefits of volunteering.

For more information on attending a recruitment session, please email, Chantal Penrose at [chantal.penrose@bigbrothersbigsisters.ca](mailto:chantal.penrose@bigbrothersbigsisters.ca) or call our office at (905) 623-6646.

#### DONATE

To donate or become a monthly donor, please visit: <https://clarington.bigbrothersbigsisters.ca/donate/>

Proudly supported by:



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**Big Brothers Big Sisters of Clarington** | 23 Scugog Street, Bowmanville | (905) 623-6646



## Opinions and Views

# AUDIO TAPE IS “SMOKING GUN” EVIDENCE MAYOR FOSTER & COUNCIL VOTE TO...NOT NOTIFY PROPERTY OWNERS



by Jim Abernethy, Publisher  
jim@claringtonpromoter.ca

Today, Clarington taxpayers are paying the price for a decision made by the Mayor and Council, almost 3 years ago.

On October 3, 2016, Mayor Foster and some Members of Council voted “No” on a motion, introduced by Councillors Joe Neal and Ron Hooper, that would have directed Clarington Staff to provide notification to all property owners affected by the expansion of the Environmental Protection (EP) designated lands in the Clarington Official Plan.

An audio tape of that meeting reveals a comprehensive 10 minute public debate took place ahead of Councillor Woo calling for the vote on the motion.

In the audio tape Councillor Neal stated: “seems to me we should be letting people know.... If you look on the map there is a significant shift in the EP boundaries going on.....”

Councillor Neal went on to say: “..... people have their property that they think they are going to do something with.... and all of a sudden there is this designation coming down..... shouldn't they get something in the mail? It (the EP) is going to be there for a long time, presumably..... and it is going to be expensive for people to do something about it afterwards..... so at the very least you (Council and Staff) can say you (the affected property owners) got a notice.”



Councillor Ron Hooper

Councillor Hooper supported those comments by adding: “Councillor Neal is correct.... a lot of people still don't know.... I recently had the same issue (with a resident) that they (Clarington Staff) moved the boundary lines and the residents did not know they were in the now new EP lands. So I guess we are not getting the message out there strong enough.”

At that time, the Director of Planning told Council Members that only 700 - 1,000 Clarington properties were affected by the expansion of the EP designation and the majority of Members of Council must have been satisfied with the explanation provided by the Director of Planning who explained his department had done an adequate job of notifying the public, however he would follow the direction of Council to do more should they give him that direction.

They did not. Only Councillors Neal, Hooper and Traill voted in support of the motion, they were one vote short of the four votes required to approve the motion!

Subsequently, the Official Plan was approved a few weeks later at the Planning and Development meeting on October 24, 2016 and ratified by Clarington Council on November 1, 2016.

So, if you are one of the affected property owners wonder-

ing why you did not receive notification, the answer to that question is clear..... Clarington Council decided not to inform you. Not just a farming/ agricultural issue!

During a public meeting on June 3, 2019, the Mayor and Acting Director of Planning suggested that this issue was a farming/ agricultural matter only.

Commenting on the article that broke the EP story, Mayor Foster stated: “I think the fear is someone is going to wake in the morning and that some farmlands that are under protection or under production for example ..... will continue to be under production..... so if a property owner has a concern let me know as part of the ongoing consultation..... the world has not changed overnight.”

Acting Director Ms Langmaid added: actually the Mayor hit it..... on it.... that if it is currently in agricultural production and it is designated as EP you can continue to have it in agriculture production.....”

The fact is many of the affected rural properties are not farms. Not everyone living in the rural areas are farmers. My understanding is the Provincial Policy Statement that Clarington Staff used to define the expansion of EP lands do not discriminate between rural and urban properties.

**Fast Forward to..... June 24, 2019.... In a public meeting the Acting Director of Planning informed Council that 6,400 rural properties in Clarington are affected by the changes in the Clarington Official Plan.**

This number is significantly higher than the 700-1000 properties quoted by the Director of Planning almost 3 years earlier.

I predict the 6,400 number of affected property owners will rise to in excess of 8,000 properties once Clarington Staff release the refined mapping for the urban centres of Courtice, Bowmanville, Newcastle and Orono.

The whole EP matter is quite complicated and frustrating for the average person.

**In my opinion, the recorded minutes of the October 3, 2016 meeting combined with the audio clip is “Smoking Gun” evidence that ALL Members of Council were fully aware of the consequences of not notifying the affected property owners, but chose to do nothing about it.**

We now have a shemuzzle on our hands which could have been avoided, and what will probably cost in staff time - a lot more than sending notification to 1,000 property owners.

Councillors Neal and Hooper deserve a lot of credit for attempting, way back in October 2016,

to do the right thing by notifying the affected property owners. Councillor Corinna Trail Councillor Traill has been diligent in taking the lead in crafting the motion, unanimously

approved by all Members of Council, which gave Clarington Staff direction to start fixing the problems created almost 3 years ago.

If you want to check if your property has been affected

by the expansion of the EP lands, visit or call the Planning Department at the Municipality of Clarington located at 40 Temperance Street, Bowmanville or telephone 905-623-3379.

As an alternative, there is a growing organization of affected property who will assist you.

Known as Rezoning Clarington, they have opened the website: RezoningClarington.ca

Their goal is to build public awareness about this EP issue and to work with the our two local MPPs, Clarington Council & Staff to force the municipality to push back on this aggressive expansion of EP lands.

To date they have held 2 very informative town hall meetings, and anticipate holding more in the future. Surprisingly, the Mayor has not attended any of the two town hall meetings organized by the Rezoning Clarington group of affected land owners, while many Council Members have been very supportive of this group.

If you are concerned, I recommend you :

1. Contact the municipality to make an appointment to have the staff visit your property to analyze the EP (natural heritage) features of your property, and
2. Register with the organization of property owners to receive updates on their progress.

Go online to [www.RezoningClarington.ca](http://www.RezoningClarington.ca) to learn more about this organization and register to receive current information and timely updates.

Let's hope this new Council takes a different approach in governance.

A copy of all of the documents referenced in this editorial is available online at [www.ClaringtonPromoter.ca](http://www.ClaringtonPromoter.ca)

The audio recording of the meeting mentioned earlier in this article is available online in the Municipal archives of the Planning & Development Committee meeting held on October 3, 2016.

Go to: <https://weblink.clarington.net/weblink/Browse.aspx?startid=9239>

Listen to the discussion and subsequent vote which takes place between minutes 3:00 and 14:00 of the audio clip: 2016-10-03 Audio 4 of 4.mp3

If you have difficulty accessing it, a clip of audio recording is also available online at: [www.ClaringtonPromoter.ca](http://www.ClaringtonPromoter.ca)

Here is the wording of the failed motion as recorded in the written Minutes of the Planning & Development meeting held October 3, 2016:

**Resolution #PD-150-16 Moved by Councillor Neal, seconded by Councillor Hooper that all property owners, whose property will be receiving an Environmentally Protected (EP) designation as a result of the Official Plan Amendment No. 107 on any part of their property, be notified prior to the next meeting where the Official Plan Amendment is being considered by Council or Committee.**

- Motion Lost -



Councillor Corinna Trail



Councillor Joe Neal





# HOME COOKING *with Cathy*

Hello there, I have included a recipe that I had introduced two years ago but I decided to repeat it because the two main ingredients are blueberries and peaches which are so plentiful this time of year. I hope you enjoy!

**by Cathy Abernethy**  
CLARINGTON PROMOTER CONTRIBUTOR



*Blueberry Peach Crumble*

**FILLING:**

- 2 cups blueberries
- 2 ½ cups peeled and sliced peaches (5-6 peaches)
- 1 Tbsp. fresh lemon juice
- 1 tsp. lemon zest
- ¼ tsp. vanilla extract
- ½ cup granulated sugar
- ¼ cup all-purpose flour
- Crumble topping:
- ½ cup all-purpose flour
- ½ cup old-fashioned oats- (not instant oats)
- 1/3 cup brown sugar
- ¼ cup granulated sugar
- ½ tsp. salt
- 1 tsp. cinnamon
- 6 Tbsp. cold unsalted butter, diced

**DIRECTIONS:**

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



## BOWMANVILLE GOLF & COUNTRY CLUB

Semi-Private 18 Hole par 72 Championship Golf Course

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- PERFECT FOR TOURNAMENTS
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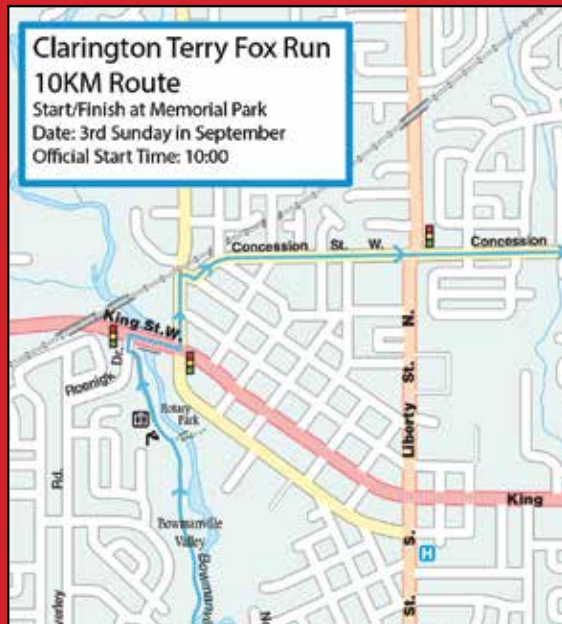
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**& 1 power cart**  
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**\$69.00**

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**Sunday, September 15, 2019**

**Run Day Details**

Registration: 8:00 am - 10:00 am

Official Start: Ceremonies 9:30 am, official start 10:00 am

**Location:** Memorial Park - Liberty Street South – Bowmanville Main intersection: Liberty Street and Park Street Side street parking only - Durham Region Transit accessible.

**NOTE:** This is a new route that goes through the trails of Bowmanville's creek valleys.

**What will be provided:**

Free BBQ (until 12:30 pm) and water.  
Available on site: Live music (Coup-de-Ville)  
A dedication area for team photos will be available.  
ASL/English Interpreter will be signing the Official Start Ceremonies.

**Route Information:**

Bicycle, Stroller, and Wheelchair accessible. The route may not be rollerblade friendly in places. Dog friendly but dogs must be on a leash.  
Route distance: 10 km and 5 km

Register your team, or as an individual at [www.TerryFox.ca/TerryFoxRun/Clarington](http://www.TerryFox.ca/TerryFoxRun/Clarington)

**Questions? Email [info@terryfoxrun.org](mailto:info@terryfoxrun.org).**



# IN FOR A PENNY... IN FOR A POUND

Continued from Page 4



by Jim Abernethy, Publisher  
jim@claringtonpromoter.ca

restore and convert these six buildings into a viable commercial complex when the current owner/developer/builder claims it is not financially feasible to do so.

Perhaps the goal of Council is to protect the architecture and preserve some of our history, but at what cost to the Clarington taxpayer? Goals should be realistic, achievable and measurable. Is this one?

Clarington Council is at a Crossroads

Clarington Planning Staff are scheduled to submit a Recommendation Report to the Clarington Planning and Development Committee on September 30, 2019. I predict it will recommend Council moves forward with acquiring the Jury Lands and reno-

vate the six historically designated buildings.

The last Planning Staff Report PSD-029-19 dated June 3, 2019 on this matter contained well documented background information on the history of the lands and was long on vision, but short on budgets and projected costs to restore these six historically designated buildings.

Perhaps the September report will contain comments from the Clarington Finance Department.

I am curious to hear comments from the Clarington Director of Finance explaining how we are going to pay for this project.

Where is the Business Plan ?

In fairness to the Clarington taxpayers, the Mayor and Council should present to the public a sound Business Plan for consideration and feedback ahead of acquiring these six historically designated buildings.

If we have learned anything from the recent Official Plan approval process, Council must make a greater effort in being transparent and encourage engagement with stakeholders and Clarington taxpayers.

Where is the current detailed engineering report on the structural stability of the buildings?

What is the project timeline to completion?

What are the costs associated with renovating historically designated buildings verse non-historically heritage buildings?

My understanding is that only contractors specializing in heritage building renovations are allowed to complete work on historically designated buildings.

The cost to a historically designated building could be as high as two or three times the cost of renovating a non-heritage building. Are we looking at \$200/s.f. or \$500/s.f ?

These six buildings total about 50,000 square feet. Do the math. We could be looking at \$10-25 million.

How far would \$25 Million go in providing the badly needed replacement for the Newcastle arena, additional ice pads in Courtice and Bowmanville, a northern east-west traffic by-pass in Bowmanville, upgraded rural roads, or providing additional funds to help move along construction of our new hospital?

What is the source of funding that will pay for the project, is it Federal and Provincial grants, or the Clarington taxpayer?

If so, is the funding in place? If Council plans to rely on Federal and Provincial funding, at what point in the project timeline will the guarantee of that government funding be in place?

What guarantee does the Clarington taxpayer have as protection from cost over runs? Renovation projects often turn into money pits due to unexpected surprises that just seem to crop up after the job has started, and that is when you justify spending the additional "non-budgeted" funds because you are..... in for a penny, in for a pound.

What is the return on investment (ROI) with respect to revenues from the commercial leases?

Will it be a taxpayer funded project with no Return on Investment effectively saddling the municipality with subsidized lease costs to commercial tenants?

In my opinion, to date this acquisition of Jury Lands project is moving forward in a manner very reminiscent of the wasteful spending by Clarington Council for the Total Hockey experience our municipality went thru back in 2005-2007.

If you are a newcomer to Clarington, you may not be aware Clarington Council took the "if you build it they will come" approach in spending millions of dollars to buy a collection of NHL hockey memorabilia and building a shrine to house it.

In the end, people did not come, and it was a disastrous flop. The hockey memorabilia collection went into storage and Council approved the spending of additional taxpayers funds to re-purpose the Total Hockey "museum" for use by a very worthy non-profit community organization, however at a very subsidized lease rate.

The Total Hockey Business Plan was written after the memorabilia collection was purchased and construction funds were allocated to build the building.

Unfortunately for us, we may all still be paying for that blunder.

Our current Mayor Foster, a Councillor at the time, supported this fiasco.

Let's avoid history repeating itself.

Our parks and history are important

There is no question the diverse uses of the Jury Lands have added to the history of our community.

The Municipality of Clarington is rich in heritage, historical anecdotes and interesting family trees.

This publication is dedicated to uncovering, sharing and recording that history.

For those of you who are interested in our local history, or are new to our community, you can read more than 40 editions of the Clarington Promoter online at <https://claringtonpromoter.ca/>

Parks are an important component to every healthy community. I support the concept of integrating a network of parks and trails throughout our municipality. I support the Greenbelt and the Oak Ridges Moraine Acts. I even support the idea of Environmental Protection for of our lands, but not 50% of our municipality.

## Jim Abernethy | BROKER



C: 905.261.7788

O: 905.697.1900

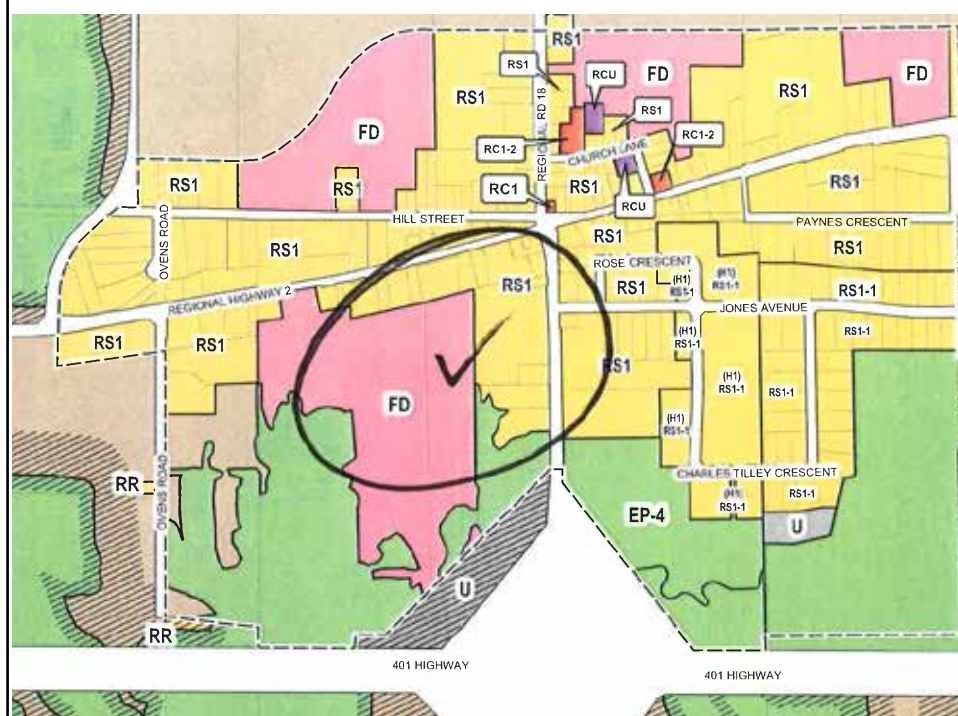
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- Designated Future Development in the Clarington Draft Zoning By-law.
- Potential (estimate) for development of 14 one half acre estate lots.
- Clean century home is legal non-conforming Duplex.
- Potential net income \$26,000 - \$30,000 annually.
- House has frontage on Highway 2 in Hamlet of Newtonville.
- Road access to Newtonville Rd available (ask for details).
- Upon approval of plan of subdivision - severance of existing house could generate approximately \$390k based on August 2019 fair market value.
- < 2 minutes to Highway 401 interchange at Newtonville Road.
- This property offered at \$1,400,000.

Contact Jim Abernethy for more details 905-261-7788

I trust this new Council will take a new approach to governance by giving Clarington Staff direction rather than waiting to receive direction from Clarington Staff.

Sir John A. Macdonald, Canada's first prime minister, coined the phrase the Senate was to be a place of "sober second thought" so that legislation would receive proper, careful consideration before finally becoming law. Our municipality does not have a Senate. However, we do have a new Council with fresh eyes.

Perhaps it is time for a "sober second thought" by this new Council to ask some tough questions of our Clarington Staff in both the Finance and Planning Departments before they raise their hand in support of taking us so far down the road on this project we start saying..... oh well, we are "in for a penny, in for a pound".



Sir John A. Macdonald





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**Jim Abernethy** | BROKER



- C: 905.261.7788
- O: 905.697.1900
- E: jimabernethy@royalservice.ca
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Check out the many shades of green and blue in this video:  
<http://caliramedia.com/4196-concession-rd-4/>



**View to the south captures patchwork fields and sliver of Lake Ontario shoreline**



**View to the north, house & barns in the foreground**



**100+ year old farmhouse (4 bdrm, 2 bath)**