

Clarington's "Best Kept Secret for 55+ Older Adults" — Join Today!

Mission Statement

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

Values and Beliefs

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

Drop-In Programs

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

VOLUNTEERS "ALWAYS WANTED AND APPRECIATED"

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

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

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

The list goes on and on ...

PG.2 _____

- General Information

PG.3 _____

- Trips & Travel
- Upcoming Events & Fundraisers

PG.4 _____

- Upcoming Events & Fundraisers
- Workshops & Seminars

PG.5 _____

- Workshops & Seminars

PG.6 _____

- Sports & Activities
- General Interest Programs

PG.7 _____

- General Interest Programs

PG.8 _____

- Partnership Programs
- Fitness Programs

PG.9 _____

- Fitness Programs

PG.10 _____

- Fitness Programs
- Art & Music Programs

PG.11 _____

- Art & Music Programs
- Dance Programs

PG.12 _____

- Computer & Digital Photography Programs

PG.12 _____

- Computer & Digital Photography Programs
- Computer & Technology Programs

General Information

MEMBERSHIP INFORMATION \$28.25 (INCLUDES HST)

(Valid for one year from the day you join)

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

Benefits of Membership:

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

WHY SHOULD I BUY A MEMBERSHIP?

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

REGISTRATION INFORMATION

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

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

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

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

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

WAITING LIST

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

WEATHER POLICY

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

ALWAYS SCAN YOUR CARD & CHECK IN

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

HOLIDAY FACILITY CLOSURE

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

WHEELS IN ACTION

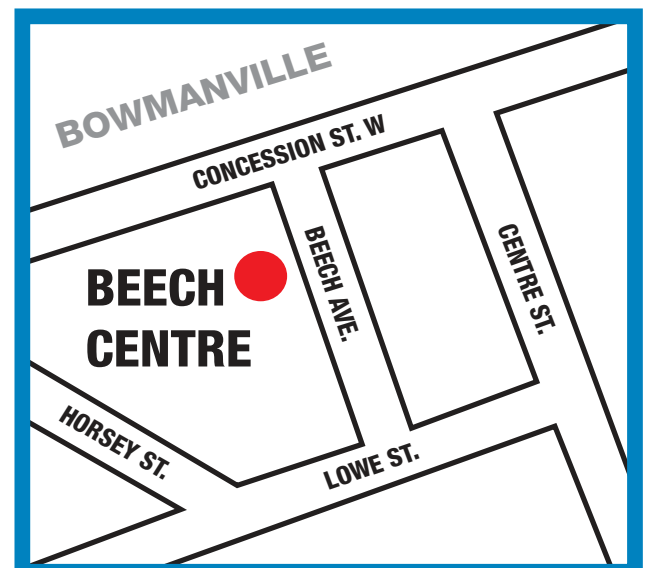
Transportation is always available to and from BOAA events and programs. Contact Sharon Spooner to book your ride by email at wheels@bowmanvilleolderadults.com or by phone at 905-697-2856. \$2 round trip within Bowmanville, \$4 round trip outside of Bowmanville. Rides are only available within Clarington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

WI-FI

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

EMAIL & VOICE DIALING

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



NON-MEMBER INFORMATION

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

GUEST REGISTRATION

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

COMPLIMENTARY TRIAL FOR PROGRAMS

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

EMAIL CONTACT INFORMATION

Angie Darlison:

execdirector@bowmanvilleolderadults.com

Veronica Vargas:

programs@bowmanvilleolderadults.com

Sharon Mansfield:

events@bowmanvilleolderadults.com

Stella Riccio:

administration@bowmanvilleolderadults.com

Chelsea Wolf:

volunteers@bowmanvilleolderadults.com

Robin Thomson:

facilities@bowmanvilleolderadults.com

Sharon Spooner:

wheels@bowmanvilleolderadults.com

Tom Shotton:

maintenance@bowmanvilleolderadults.com

Amanda Rutherford:

klipz@bowmanvilleolderadults.com

GIFT GIVING IDEAS

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

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

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

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



Facebook: Bowmanville Older Adult Association



Twitter: @BowmanvilleOA



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



Pinterest: BOAA



Youtube: Bowmanville Older Adult Association

Trips & Travel

A Day to the North - Monday September 25th 2017

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

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

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

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



Upcoming Events & Fundraisers

Fall BOAA Showcase, Health Fair, Open House & Registration

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

Monthly Baking Fundrasier with Josie

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

Concert with Dance Floor with L'll Big Band

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

Tocara Sale with Representative, Drina Hill

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

Social Dances with The Clarington Beech Nuts

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

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

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

Open Mic

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

BOAA Fundraising Golf Tournament

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

Karaoke Night

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

Euchre Extravaganza

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

Smile Theatre presents "Sunshine Sketches"

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

MEMBER ONLY CONVENIENCE PASSES FOR SALE

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

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

Upcoming Events & Fundraisers

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

Progressive Euchre Party Last Saturday of Every Month

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

Bridge Social with CASH PRIZES

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

Bid Euchre Bonanza

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

Luncheon with the BOAA Choir

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



BOAA Theatre Group presents “A Little Surprise”

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

Joyfull Noise Fundraising Concert in Support of the BOAA

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

Halloween Luncheon

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

Remembrance Luncheon

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

Zumbathon with Veronica Vargas

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

Thirty-One Gifts with Rachel Flewelling Vaughan

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

Smile Theatre presents “Gift of the Magi”

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

Christmas Dinner & Dance

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

Christmas Luncheon

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

Luncheon with the BOAA Theatre Group

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

Robbie Burns Luncheon

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

TUESDAY LUNCH

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

\$8.05 members / \$11.40 non-members

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

This helps staff and volunteers with planning and preparation.

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

Workshops and Seminars

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

BEADING ON A T-SHIRT with Elsa Pogue

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

“FREE” BLOOD PRESSURE CLINIC with Coby Booth

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

“FREE” BRAIN WAVES CAFÉ

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

CPR – Level C with Ruth Forrest

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

CULINARY LESSON with Chef Simon Bush from Bistro 238

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



CULINARY LESSON with Chef George

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

“FREE” DIABETES SUPPORT GROUP with Lakeridge Health

Meal Planning

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

Keeping an EYE on Your Eye Health

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

Workshops and Seminars

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

ABCs of Diabetes Management

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

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

Diabetes BINGO

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

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

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

ENERGY MEDICINE with Donna Elliot

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

Wednesday 1 pm to 2:30 pm
September 13th

\$7.50 members / \$9.95 non-members

"FREE" FALL GRASS SEMINAR with Melody Eewes

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

Wednesday 11 am to 12 pm
October 18th

"FREE" HEALTHY EATING FOR OLDER ADULTS with Jessica Corner

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

Thursday 2 pm to 3 pm
October 12th and October 19th at Loblaws

"FREE" HEALTHY LIVING WORKSHOP with Veronica Vargas

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

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

"FREE" HEARING AID CARE with Bowmanville Hearing Services

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

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

"FREE" HEARING SCREENING with Hear Clear Canada

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

Monday 2 pm to 4pm
October 2nd, November 6th, December 4th



IRIS FOLDING WORKSHOP with Elsa Pogue

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

Wednesday 9:30 am to 1 pm
November 15th

\$8 members / \$10.40 non-members

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

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

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

Wednesday 3:30 pm to 4:30 pm
October 18th

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

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

Wednesday 3:30 pm to 4:30 pm
October 25th

Seminar 3: Home safety and exercises and equipment demonstration.

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

Wednesday 3:30 pm to 4:30 pm
November 1st

PEN AND INK CHRISTMAS CARDS with Dianne Darch

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

Saturday 10 am to 1 pm
October 21st

\$13.50 members / \$17.60 non-members

POSITIVE ENERGY IN THOUGHT with Donna Elliot

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

Wednesday 1 pm to 2:30 pm
September 20th

\$7.50 members / \$9.75 non-members

"FREE" WINTER GARDEN with Melody Eewes

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

Wednesday 11 am to 12 pm
November 8th

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

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

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

Wednesday 10 am to 11 am
September 27th

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

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

Wednesday 10 am to 11 am
October 11th

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

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

Tuesday 11 am to 12 pm
October 17th

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

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

Wednesday 1 pm to 2 pm
November 1st

WILD ROCK PAINTING with Shirley Bankey

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

Thursday 12 pm to 3 pm
September 21st

\$13.50 members / \$17.60 non-members

Sports & Activities

“NEW” A THERAPEUTIC WALK IN NATURE with Allan Chapman

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

Wednesday 1 pm to 3 pm

September 27th to October 25th

And

Thursday 9 am to 11 am

September 21st to October 26th

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

“NEW” FALL BIRDING

Visit Conservation areas for owls, hawks and water birds.

Wednesday 1 pm to 3 pm

November 1st to December 20th

And

Thursday 9 am to 11 am

November 2nd to December 21st

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

FLY FISHING with Bob McKenzie

Location The RFarm 3388 3rd concession, Newcastle

www.rfarmfresh.ca All equipment supplied

FLY FISHING BASICS

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

Saturday 10 am to 12 pm

September 16th

Assembling equipment and understanding flies. Basic casting instruction outdoors.

Saturday 10 am to 12 pm

October 7th

More casting instruction and practice outdoors on the water.

Saturday 10 am to 12 pm

October 14th

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

Saturday 10 am to 12 pm

October 21st

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

“Social & Fun” Mixed Bowling League

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

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

Thursdays 1 pm to 3 pm

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

\$30 members / \$35 non-members

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

TERRY FOX RUN 2017

Sunday 9:30 am | September 17th

Memorial Park, Liberty St Bowmanville.

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

Warm Up then walk the 5 or 10 km routes.

General Interest Programs

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

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

This is a set up for beginners in flower arranging.

Materials needed will be discussed the first class.

Monday 1 pm to 2 pm 6 weeks

Oct 16th to Nov 20th

\$30 members / \$39 non-members

BRIDGE FOR BEGINNERS with Alan Tibbles

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

Tuesday 6 pm to 8 pm 7 weeks

September 26th to November 7th

\$49.00 members / \$63.70 non-members

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

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

Tuesday 6 pm to 8 pm 6 weeks

November 14th to December 19th

\$42.00 members / \$54.60 non-members

BOWMANVILLE BOOK CLUB

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

Monday 10 am to 11 am

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

Picking Up – A Man Called Ove by Fredrik Backman

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

Picking Up – The Siege of Bitters by Steve Burrows

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

Picking Up – The Evening Chorus by Helen Humphreys

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

Picking Up – The Red Notebook by Antonie Laurain

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

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

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

CRAFT GROUP with Judi White

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

Thursday 1 pm to 3 pm

September 14th to December 7th

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

FAMILY TREE LEGACY SCRAP BOOK with Shirley Bankey

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

Thursday 1 pm to 3:30 pm 8 weeks

September 28th to November 23rd

No Class October 12th

\$90 members / \$117 non-members

FENG SHUI with Gayle Smith

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

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

September 19th to December 5th

\$63 members / \$82 non-members

FRENCH LESSONS with Cécile Paxton

Level 1

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

Tuesday 10 am to 11:30 am 10 weeks

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

\$70 members / \$91 non-member

Level 2

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

Tuesday 1:30 pm to 3 pm 10 weeks

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

\$70 members / \$91 non-member

FRENCH LESSONS with Maurice Laganière

LEVEL 3

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

Tuesday 11:30 am to 12:55 pm 8 weeks

September 26th to November 14th

\$56 members / \$72.80 non-members

FRANÇAIS AVANCE with Maurice Laganière

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

Tuesday 3 pm to 4:30 pm 8 weeks

September 26th to November 14th

\$56 members / \$72.80 non-members



General Interest Programs

FLIGHT SIMULATOR with Bob Kerby

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

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

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

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

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

INTUITIVE AND PSYCHIC DEVELOPMENT with Julie Ditta

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

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

LATIN-AMERICAN SPANISH with Alan Bayliss

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

LATIN-AMERICAN SPANISH 1

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

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

LATIN-AMERICAN SPANISH 2

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

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

LATIN-AMERICAN SPANISH 3

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

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

LATIN-AMERICAN SPANISH 4

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

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

LEARN TO KNIT with Doreen Cripps

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

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

LEARN TO PLAY BID EUCHRE with Sharon Vivian and Kay Moore

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

Monday 1 pm to 3 pm 4 weeks
September 25th to October 23rd
No Class October 9th
\$24 members / \$31 non-members

LEARN TO PLAY EUCHRE with Don Welsh and Josie Roberts

Learn all you need to know to play Euchre.

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

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

LEARN TO PLAY MAH-JONG with Instructor Diane Reed

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

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

MINDS IN MOTION FITNESS PROGRAM with the Alzheimer Society

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

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

SEW SOCIAL with Doreen Cripps

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

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

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

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

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

SPOKEN WORD POETRY with Andrea O'Farrell

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

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

Strolling Through the Garden with Beata Zeranska

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

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

"NEW" TAROT 101 with Cathy Pearson

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

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

THEATRE GROUP with Judi White

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

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

WRITING YOUR MEMOIR with Cynthia Reyes

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

Join the author of "A Good Home" and "An Honest House". Cynthia is a writer, editor and trainer with years of experience working within media, television and the arts.

Tuesday 10:30 am to 12:30 pm 8 weeks
October 3rd to November 21st
\$72 members / \$93.60 non-members

Partnership Programs



CLARINGTON PHOTOGRAPHY CLUB

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

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

\$25 members / \$30 non-members

REIKI with Beata Zeranska

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

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

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

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

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



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

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

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

REFLEXOLOGY with Sharon Benner, Registered Reflexologist

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

Every Monday starting at 9 am

No session October 9th

30 minute relaxation treatment

\$25 members / \$30 non-members

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

INDIAN HEAD MASSAGE with Sharon Benner

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

Each treatment lasts 30 minutes.

Contact the front desk to book your appointment.

Monday starting at 9 am

No session October 9th

30 minute massage treatment

\$30 members / \$40 non-members

FOOT REJUVENATION- NURSING FOOT CARE SERVICES provided by Amber Marlow

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

Wednesday

Diabetic Foot Care \$40

Advanced Foot Care \$40

Basic Foot Care \$20

NAILS by Dana Labelle from the Beauty Nook

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

Tuesday starting at 9 am

Regular Manicure \$20 • Gel Manicure \$30

Fitness Programs

20/20/20 with Cindy Legare

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

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

September 18th to December 11th

No class October 9th and December 4th

\$55 Members / \$71.50 Non-Members

Or

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

September 20th to December 13th

No class December 6th

\$60 Members / \$78 Non-Members

BUILDING BETTER BALANCE with Sharon Wildeboer

Balance is integral to our everyday life. Using a combination of exercises, equipment and games the program will challenge and improve balance skill in this class. Participants should be able to get up and down from the floor independently or with the aid of a wall/chair.

Wednesday 1 pm to 2 pm 12 weeks

September 20th to December 13th

No class October 4th

\$60 members / \$78 non-members

CARDIO WITH PEP with Lydia Vooy-MacLeod

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

Monday 9 am to 10 am 11 weeks

September 25th to December 11th

No class October 9th

Or

Friday 9 am to 10 am 11 weeks

September 29th to December 8th

\$55 members / \$71.50 non-members

CHAIR PILATES with Karen Ross

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

Tuesday 9 am to 9:55 am 12 weeks

September 19th to December 5th

\$60 members / \$78 non-members

CHAIR YOGA with Lydia Vooy-MacLeod

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

Monday 10 am to 11 am 11 weeks

September 25th to December 11th

No class October 9th

Or

Thursday 9 am to 10 am 11 weeks

September 28th to December 7th

\$55 members / \$71.50 non-members

DRUMS ALIVE FITNESS with Carol Drew

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

Tuesday 2 pm to 3 pm 13 weeks

September 19th to December 5th

\$60 members / \$78 non-members

FABULOUS MUSCLES with Lydia Vooy-MacLeod

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

Friday 10 am to 11 am 11 weeks

September 29th to December 8th

\$55 members / \$71.50 non-members

FITNESS FOR ARTHRITIS with Cindy Legare

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

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

September 27th to December 13th

No class December 6th

\$55 members / \$71.50 non-members

GENTLE YOGA with Sharon Wildeboer

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

Monday 10 am to 11 am 12 weeks

September 18th to December 18th

No class October 2nd, October 9th

Wednesday 10 am to 11 am 12 weeks

September 20th to December 13th

No class October 4th

\$60 members / \$78 non-members

Fitness Programs

GUIDED MEDITATION with Julie Ditta

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

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

LAUGHTER YOGA with Annalisa Cara

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

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

MEDITATION 101 FOR BEGINNERS with Les Lee Bell

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

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

OSTEO BONE FIT with Cindy Legare

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

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

POWER FLOW YOGA with Annalisa Cora

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

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

PILATES with Karen Ross

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

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

QIGONG (CHINESE YOGA) with Donna Elliott

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

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

SHAPE UP with Jason Fenton from Live in Motion

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

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

SIT AND BE FIT LEVEL 1 with Sharon Wildeboer

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

Tuesday 10:30 am to 11:30 am 12 weeks
No class October 3rd
September 19th to December 5th
\$60 members / \$78 non-members

SIT AND BE FIT LEVEL 2 with Sharon Wildeboer

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

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

STRENGTH TRAINING FOR ALL with Sharon Wildeboer

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

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

Fitness ONLY DROP-IN Cards Now Available

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

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

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

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

TAI CHI with Sandra Jin

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

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

URBAN POLING with Allan Chapman

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

Wednesday 9 am at BOAA or 9:30 am off site
September 27th to November 22nd
 And
Friday 9 am at BOAA or 9:30 am off site
September 29th to November 24th
 Meet at the BOAA to car pool at 9 am or meet at Conservation Area listed on the Fall Urban Poling Schedule at 9:30 am
Drop-in Fees of \$1.75 members / \$3 non-members apply

WINTER URBAN POLING with Allan Chapman

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

Wednesday 9 am at BOAA or 9:30 am off site
December 6th to December 20th
 And
Friday 9 am at BOAA or 9:30 am off site
December 8th to December 22nd
 Meet at the BOAA to car pool at 9 am or meet at the Conservation Area listed on the Winter Urban Poling Schedule at 9:30 am.
Drop-in Fees of \$1.75 members / \$3 non-members apply

YOGA with Sharon Wildeboer

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

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



Fitness Programs

YOGA with Lisa Balsdon from Live In Motion

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

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

Pass Prices:

8 sessions - \$162.72

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

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

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

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



YOGALATES with Sharon Wildeboer

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

Monday 11 am to 12 pm 12 weeks
September 18th to December 18th

No class October 2nd, October 9th

\$60 members / \$78 non-members

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

September 22nd to December 15th

No class September 29th, October 6th

\$55 members / \$71.50 non-members

ZUMBA® with Veronica Vargas

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

Tuesday 9 am to 10 am 12 Weeks

September 19th to December 12th

No class October 3rd

\$60 members / \$78 non-members

Or

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

September 21st to December 14th

\$65 members / \$84.50 non-members

ZUMBA® GOLD with Veronica Vargas

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

Wednesday 11 am to 12 pm 13 weeks

September 20th to December 13th

\$65 members / \$84.50 non-members

ZUMBA® COMBO with Veronica Vargas

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

Friday 11:05 am to 12:05 pm 13 weeks

September 22nd to December 15th

\$65 members / \$84.50 non-member



Art & Music Programs

A COMPARATIVE EXPLORATION OF BOTH WATERCOLOURS & ACRYLICS with Paul Livingston

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

Thursday 1 pm to 3 pm 12 weeks

September 21st to December 7th

\$108 members / \$140.40 non-members

ADDING WATERCOLOR TO PEN AND INK with Dianne Darch

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

Sunday 10 am to 2 pm

November 19th

\$18 members / \$23.40 non-members

CHOIR with Allanah Coles & Donna Barber

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

Wednesday 10 am to 11:30 am

September 13th to December 13th

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

DRAWING with Paul Livingston

Using common drawing tools of pencil, pen and sketching pads, learn the basics, yet very essential drawing principles and how to apply these toward drawing virtually anything you can see, remember, or imagine. Learn to understand light and shadow, shape and form, composition and perspective. A little exposure to these principles opens up a whole new world. Learn to do, landscapes, portraits, florals, animals and buildings. Relaxed, casual atmosphere with demonstration, personal instruction and positive encouragement.

Wednesday 10 am to 12 pm 12 weeks

September 20th to December 6th

\$108 members / \$140.40 non-members

JAMMING GROUP with your BOAA Friends & Family

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

Tuesday 6:30 pm to 8:30 pm

Friday 1 pm to 3 pm

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

JEWELLERY MAKING with Lynn Morrison

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

Wednesday 10 am to 12 pm 6 weeks

September 20th to October 25th

\$60 Members / \$78 Non-Members

MUSICAL DEVELOPMENT GROUP with Joyfull Noise

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

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

September 19th to December 19th

Men Only Thursday 7 pm to 8 pm

September 21st to December 14th

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

FIRST WEEK FREE FOR ALL NEW SINGERS



PAINTING WITH ACRYLICS with Shirley Bankey

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

Autumn Scene

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

Monday 1 pm to 3:30 pm 3 weeks

September 18th to October 2nd

Or

Humming Bird & Blossoms

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

Monday 1 pm to 3:30 pm 3 weeks

October 23rd to November 6th

Or

Mountains & Waterfalls

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

Monday 1 pm to 3:30 pm 3 weeks

November 20th to December 4th

\$33.75 members / \$43.90 non-members

PEN AND INK with Dianne Darch

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

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

September 25th to November 20th

No class October 9th

Friday 12 pm to 2 pm 8 weeks

September 22nd to November 17th

No class October 13th

\$72 members / \$93.60 non-members

Art & Music Programs

PEN AND INK CHRISTMAS CARDS with Dianne Darch

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

Please ask for a supply list when you register

Saturday 10 am to 1 pm

October 21st

\$13.50 members / \$17.60 non-members

RECREATIONAL AFRICAN DRUMMING BEGINNERS with Julie Ditta

This course is for beginners who are interested in learning to drum with the African djembe. In this introductory class, you will learn basic technique, a variety of lively rhythms and how to jam with others. Enjoy the many health benefits associated with drumming. Drums are provided or bring your own.

Friday 10 am to 11 am 12 weeks

September 22nd to December 8th

\$60 members / \$78 non-members

RECREATIONAL AFRICAN DRUMMING ADVANCED with Julie Ditta

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

Friday 11 am to 12 pm 12 weeks

September 22nd to December 8th

\$60 members / \$78 non-members

RECREATIONAL AFRICAN DRUMMING - Transitional Class with Julie Ditta

This class is for participants who have taken the beginners level several times and now have the confidence and skill level to continue on their drumming journey.

Instruction will focus on enhancing technique, tempo and acquiring challenging new rhythms. Drums are provided or bring your own.

Wednesday 12 pm to 1 pm 12 weeks

September 20th to December 6th

\$60 members / \$78 non-members

UKULELE with Allanah Coles

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

Thursday 1 pm to 2 pm 8 weeks

September 14th to November 9th

No class September 28th

\$24 members / \$31.20 non-members

UKULELE DROP IN

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

Thursday 2:15 pm to 3:15 pm

September 14th to December 14th

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

WATER COLOUR INTERMEDIATE with Hi-Sook Barker

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

Thursday 9 am to 12 pm 12 weeks

September 21st to December 7th

\$162 members / \$210.60 non-members

Dance Programs

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

BALLROOM & LATIN DANCE with Instructor Bob Kerby

Learn to Rumba and Swing. No partner necessary.

Thursday 2:45 pm to 3:45 pm 12 weeks

September 21st to December 7th

\$72 members / \$93.60 non-members

LATIN DANCING with Veronica Vargas

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

Monday 11:15 am to 12:15 am 10 weeks

September 18th to December 4th

No class October 2nd and October 9th

\$60 members / \$78 non-members

LINE DANCING BEGINNERS & BEGINNER PLUS with Phyll Marshall

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

Monday 12 weeks

Beginner - 12:10 pm to 1:10 pm

Beginner Plus - 1:15 pm to 2:15 pm

September 18th to December 11th

No class October 9th

\$72 members / \$93.60 non-members

STEP DANCING Beginner with Collen Jenish

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

Friday 1:15 pm to 2:15 pm 10 weeks

September 22nd to November 24th

\$60 members / \$78 non-members

STEP DANCING Experienced with Colleen Jenish

Open to students with Tap, Clogging or Step experience

Friday 2:15 pm to 3:15 pm 10 weeks

September 22nd to November 24th

\$60 members / \$78 non-members



TAP DANCING with Veronica Vargas

Standard combinations put together to music and possibly performed.

Beginner

Tuesday 10 am to 11 am 12 weeks

September 19th to December 12th

No class October 3rd

\$72 members / \$93.60 non-members

Level 2

Monday 10 am to 10:55 am 11 weeks

September 18th to December 11th

No class October 2nd, October 9th

\$66 members / \$85.80 non-members

Or

Wednesday 9 am to 9:55 am 12 weeks

September 20th to December 6th

\$72 members / \$93.60 non-members

Level 3

Monday 9 am to 10 am 11 weeks

September 18th to December 11th

No class October 2nd, October 9th

\$66 members / \$85.80 non-members

Or

Wednesday 10 am to 10:55 am 12 weeks

September 20th to December 6th

\$72 members / \$93.60 non-members

Computer & Digital Photography Programs

with
Brian Greenway

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

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

For BOAA members only. By appointment.

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

TEN TIPS FOR TRAVEL PHOTOGRAPHY

After a trip, are you a little disappointed with your images? Buying a "better" camera is not the answer. It's not your camera, it's how you use it. Learn 10 simple and effective techniques for capturing the moment and making more memorable photographs.

Thursday 12:30 pm to 2:30 pm

September 21st

\$10 members / \$13 non-members

IPAD FUNDAMENTALS PART I.

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

Monday 10 am to 12 pm 7 weeks

September 25th to November 13th

No class Oct 9th

\$70 members / \$91 non-members

Computer & Digital Photography Programs

with
Brian Greenway

CREATING PHOTO ALBUMS

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

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

September 28th to October 5th

\$20 members / \$26 non-members

AFFINITY PHOTO BASICS

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

Sunday 10:00 am to 2 pm

October 1st

\$40 members / \$53 non-members

LIGHTROOM FOR BEGINNERS

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

Sunday 10 am to 2 pm

October 15th

\$40 members / \$53 non-members

SMARTPHONE SNAPS - WORKSHOP

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

Thursday 12:30 pm to 2:30 pm

October 19th

\$10 members / \$13 non-members

PLUG-INS AND FILTERS

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

Sunday 10 am to 2 pm

October 29th

\$40 members / \$53 non-members

IPAD FUNDAMENTALS PART II.

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

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

Monday 10 am to 12 pm 3 weeks

November 27th to December 11th

\$30 members / \$39 non-members

Computer & Technology Programs

with
Tanya Cochrane

ANDROID CELL PHONE

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

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

September 14th to October 5th

\$40 members / \$52 non-members

WINDOWS 10 BASICS

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

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

September 14th to October 5th

\$40 members / \$52 non-members

MICROSOFT WORD BEGINNER

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

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

September 15th to September 29th

\$30 members / \$39 non-members

ENTERTAINING WEBSITES

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

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

October 4th to October 11th

\$20 members / \$26 non-members

FACEBOOK BEGINNER

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

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

October 12th to October 26th

\$30 members / \$39 non-members

ANDROID TABLET BEGINNER

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

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

October 12th to October 26th

\$30 members / \$39 non-members

BUYING ONLINE

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

Friday 12:30 pm to 2:30 pm

October 13th

\$10 members / \$13 non-members

FACEBOOK INTERMEDIATE

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

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

November 2nd to November 16th

\$30 members / \$39 non-members

ANDROID TABLET INTERMEDIATE

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

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

November 2nd to November 16th

\$30 members / \$39 non-members

YOUTUBE

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

Friday 9:30 am to 12 pm

November 10th

\$12.50 members / \$16.25 non-members

INTERNET SAFETY & SECURITY

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

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

November 23rd to November 30th

\$20 members / \$26 non-members

FACEBOOK FOR SMALL BUSINESS

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

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

November 24th to December 1st

\$20 members / \$26 non-members

WINDOWS 10 INTERMEDIATE

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

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

December 7th to December 14th

\$20 members / \$26 non-members

FILE MANAGEMENT & THE CLOUD

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

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

December 7th to December 14th

\$20 members / \$26 non-members

