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
As we all have learned so well, time moves on and now we are finalizing the Winter Program Guide and 2020 is just over the horizon.
The September Open House was an amazing event exceeding our expectations for attendance and registrations. There are always opportunities to volunteer so sign up on the board or get in touch with Kristin VanDyk in person (ask for her at the front desk) or by calling her at the Centre (905-697-2856).
BOAA’s Strategic Plan is well on its way to completion. It will be polished and published for the start of the New Year. We learned a lot in this process and one of the prime sources for ideas and direction came from you through your participation in the summer survey. The survey participation rate was exceptionally high, and we discovered, not to our surprise, that BOAA is a high functioning organization. We intend to conduct another survey next year. It is essential that board members understand your interests and expectations on a continuing basis so that we move forward together.
We bring to your attention again that BOAA is a charitable organization for income tax purposes. Donations are an important source of income, please keep BOAA in mind.
Board members are open to your comments and ideas at any time. Please keep in touch.

David Penney President and Sharon Coburn Vice-President
For the Board

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General Information

**MEMBERSHIP INFORMATION**

$30 (INCLUDES HST)

(Valid for one year from the day you join)
- Membership is 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 Lunchees
- 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 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 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 contacting 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 December 24th at 12 pm, December 25th 2019 to January 2nd 2020, February 15th, February 16th and February 17th.

**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.

$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.

**TUESDAY LUNCH**

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

Please purchase your weekly lunch ticket before Friday at 4 pm. This helps staff and volunteers with planning and preparation.

No lunch: December 24th, December 31st, February 18th, April 14th

$9 members / $12.50 non-members

**MEMBER ONLY CONVENIENCE PASSES FOR SALE**

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<tr>
<th>Single Pass</th>
<th>10 Pass + ONE FREE</th>
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<tr>
<td>Coffee (BOAA mug)</td>
<td>$0.80</td>
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<tr>
<td>Coffee (Personal mug)</td>
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<td>Tea (Mug or tea pot)</td>
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<td>Tuesday Lunch</td>
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<td>Soup</td>
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**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.

**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
Instagram: BowmanvilleOlderAdults
YouTube: Bowmanville Older Adult Association
Twitter: @BowmanvilleOA
Pinterest: BOAA

**HORSEY ST.**

26 Beech Ave., Bowmanville, ON L1C 3A2 • 905-697-2856 • www.bowmanvilleolderadults.com

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Upcoming Events & Fundraisers

**Book Signing & Sale with Cynthia Reyes**
Pursue a personalized, signed copy written by BOAA’s very own Memoir Writing Instructor.
Tuesday November 12th from 10 am to 2 pm

**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.
Referrals will be provided after the show.
Thursday November 14th at 1:30 pm

**Social Dances with The Beech Nuts**
Enjoy an afternoon of waltz, round & line dancing with a live band.
Saturday November 30th, January 25th, February 29th, March 23rd & April 5th from 1:30 pm to 4:30 pm

**Open Mic**
Join us for a great afternoon of talent. Sing, dance or simply come on out to enjoy the entertainment.
By donation & Open to ALL with cash bar and refreshments for purchase!
Sunday November 17th, January 19th & March 22nd from 1 pm to 4 pm

**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 November 20th at 5 pm | Guests $12 per person

**Lee's Odds & Ends**
Handcrafted holiday items available for purchase with 15% of all sales donated back to BOAA.
Tuesday November 26th from 10 am to 4 pm

**Luncheon with Ukulele Christmas Sing-A-Long**
Enjoy Tuesday lunch with a special guest performance by the BOAA Ukulele Group. Limited tickets available - purchase tickets or place your name on the “hold” list at the Front Desk.
Tuesday November 26th at 12 pm | $9 members / $12.50 non-members

**Karaoke Night in Partnership with Then & Now Sounds**
Sing it out loud! Or simply come out to cheer on the ones that are willing to take the mic. Cash bar available with light snack.
Friday November 29th, January 24th, February 28th, March 27th & April 24th from 7 pm to 10 pm

**Progressive Euchre Party - Last Saturday of Every Month**
Prizes for 1st to 5th Place, Lone Hands & Random Draw 50% of Door Ticket Sales will be given in prizes – Guaranteed! Includes: light refreshments, tea & coffee, concession stand, 10 games, prizes & draws (purchase tickets or place your name on the “hold” list at the Front Desk).
Saturday November 30th, January 25th, February 29th, March 28th & April 25th at 6:30 pm

**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.
Thursday December 1st, January 5th, February 2nd, March 1st & April 5th from 1:30 pm to 4:30 pm

**Bonnie’s Dress Sale**
Adorable, handmade girls dresses sizes toddler to 6 available for purchase with 15% of all sales donated back to BOAA.
Tuesday December 3rd from 10 am to 3 pm

**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 December 3rd at 12 pm | $9 members / $12.50 non-members

**Christmas Luncheon**
Includes: Lunch and Christmas Pageant with the BOAA programs and courses. Limited tickets available - purchase tickets or place your name on the “hold” list at the Front Desk.
Tuesday December 10th at 11 am | $9 members / $12.50 non-members

**Christmas Dinner & Dance**
Entertainment followed by DJ Dancing with Then & Now.
Wednesday December 11th from 5 pm to 9 pm.

**Robbie Burns Luncheon**
Celebrate the life of the famous Robbie Burns with a traditional service along with a complete meal of haggis and meat pie with all the fixings! Limited tickets available - purchase tickets or place your name on the “hold” list at the Front Desk.
Tuesday January 28th at 12 pm | $9 members / $12.50 non-members

**Euchre Extravaganza**
Includes: 12 games of progressive euchre, buffet dinner, door prizes and draws.
Advanced tickets are required (purchase tickets or place your name on the “hold” list at the Front Desk)
Saturday January 11th & March 21st at 3 pm | $10 members / $12 non-members

**Classic Country Jamboree**
Join the Burnt River Band and MC Larry Adams the 2nd Sunday of the month for live classic country music, dance floor, open mic & special guest. Cash bar and snacks available for purchase.
Sunday Jan. 12th, Feb. 9th, Mar. 8th from 1 pm to 5 pm

**Bistro Night with Chef Simon Bush**
Come, dine with us for a regional tour and taste some of the world’s finest culinary destinations with a 3 course meal.
Wednesday January 15th at 5 pm – Ireland
Wednesday February 19th at 5 pm – New Zealand
Wednesday March 11th at 5 pm – Jamaica
Wednesday April 29th at 5 pm – India

**Monthly Baking Fundraiser with Josie**
Friday January 31st - Small Meat Pies $6 each
Friday February 28th - Small Chicken Pies $6 each
Friday March 20th – Cherry Pie $9 each
Friday April 24th – Apple Pie $9 each
Limited pies available with pre-orders required. Please visit the Front Desk for more details.

**Northern Kolbasa Sale**
Delicious local kolbasa & cheeses available for purchase with 15% of all sales donated back to BOAA.
Tuesday December 17th from 10 am to 3 pm

**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 December 17th at 12 pm | $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 December 18th at 6 pm Social 6:30 pm Dinner followed by dancing with Electric City Swing (formerly known as The Lil Big Band)
$20 members / $25 non members

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

Bowmanville Older Adult Association
26 Beech Ave., Bowmanville, ON L1C 3A2 • 905-697-2856 • www.bowmanvilleolderadults.com
Barn Dance with Larry Adams & The Good Tymes Band
Dance the night away with a live country & western band.
Includes: door prizes, cash bar and refreshments.
Saturday February 22nd at 8 pm to 12 am
$10 members / $12 non-members
Entertainment Sponsor: Northcutt Elliott Funeral Home

BOAA Brunch with Chef Simon Bush
Join us for a specialty brunch at the BOAA! Limited tickets available pre-registration required. Along with the Main Feature a variety of breakfast items will be available including: fresh orange juice, tea & coffee, croissants, bagels, fresh scones, meats and cheeses, local honey, jams and fresh fruit salad.
March 7th & May 2nd - Saturday at 10 am
$15 members / $20 non-members

St. Patrick’s Day Luncheon
Get your green on and prepare to party with us! Lunch will include Irish stew, potatoes, salad, dessert, tea and coffee, cash bar and door prizes.
Tuesday March 17th at 12 pm
$5 members / $12.50 non-members

Annual General Meeting & Member Potluck
Please join us for the election of new board members, review of financials and overview of plans for the future.
Friday March 27th at 12 pm
“FREE” Simply bring a food item to be shared

Toronto Welsh Male Voice Choir Concert
We invite you to join us for a delicious 3 course meal along with a blend of traditional and contemporary music, all sung off book, with the Toronto Welsh Male Voice Choir. The group holds the title of “Feature Choir” at the 86th 2017 North American Festival of Wales in Rochester N.Y.; the largest Welsh Festival in North America. Includes: 3 course meal, concert, draws and cash bar.
Saturday April 4th
5 pm Social | 6 pm Dinner | 7:30 pm Concert
$25 members / $30 non-members

Social Programs

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

CANSATA
Play with two decks dealing out 11 cards, try to make books to earn points. Game is over when winner reaches 5000 points. 
Wednesday 1 pm to 4 pm

CHOIR
with Allanah Coles & Donna Barber
Learn and perform songs and become part of this enthusiastic group which enjoys singing. 
Wednesday 10 am to 11:30 am

“NEW” CLIMATE CHANGE
Get answers regarding Global Warming/ climate change from John Stephenson providing technical information where appropriate and general information otherwise. 
Thursday 11:30 am to 12:30 pm

CRAFT GROUP
Thursday 1 pm to 3 pm 3 weeks
January 16th to January 30th
Thursday 1 pm to 3pm 4 weeks
February 6th to March 5th

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

DUPPLICATE 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
March 27th Drop-in will start at 2 pm to accommodate the BOAA AGM

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
March 27th Drop-in will start at 2 pm to accommodate the BOAA AGM

EUCHRE
Friendly atmosphere, easy to learn if you know Euchre and Bid Euchre. 
Friday 1 pm to 4 pm
March 27th Drop-in will start at 2 pm to accommodate the BOAA AGM

MEXICAN TRAIN DOMINOS
Dominoes with a twist. Set up your train and watch it grow. Lots of fun 
Thursday 10 am to 12 pm

OPEN ART
Open to all artists. Join us to work on art projects in a social environment. 
Friday 9 am to 12 pm

“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. 
Thursday 2 pm to 4 pm
January 9th, February 6th, March 5th, April 2nd

JAM SESSION AND ACOUSTIC JAM
Come out for an evening of acoustic playing. 
Tuesday 6:30 pm to 9 pm
Join BOAA musicians and bring your own instrument you may play and plug in. 
Friday 1 pm to 3 pm
March 27th Drop-in will start at 2 pm to accommodate the BOAA AGM

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

BOAA VOLUNTEER TAX CLINIC
Requirements: Individual Income of less than $30,000, Couple Income Less than $40,000. Please bring a copy of your previous year’s tax return along with all receipts, T Forms, and Notice of Assessment from 2018. For more information please contact Stella 905-697-2856 Ext. 46

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

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

Drop-In Programs

050 CARDS
Friendly atmosphere, easy to learn if you know Euchre and Bid Euchre. 
Friday 1 pm to 4 pm
March 27th Drop-in will start at 2 pm to accommodate the BOAA AGM

BALLROOM DANCE ✤ ✦
Come out and practice your dance steps and learn some new ones. 
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

BOOK CLUB
Meet one Monday a month for an engaging discussion about the monthly book. Please pick up a list of books and meeting dates at the front desk. 
Monday 10 am to 11 am
January 20th, February 24th, March 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. 
Tuesday 1 pm to 2:30 pm
January 7th, February 4th, March 3rd, April 7th

BRIDGE FUN GROUP
Beginner/ Intermediate just for “fun” social bridge. Basic bridge knowledge is an asset. 
Wednesday 1 pm to 3 pm

“FREE” SOCIAL WAVE 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. 
Tuesday 1 pm to 2:30 pm
January 7th, February 4th, March 3rd, April 7th

MEXICAN TRAIN DOMINOS
Dominoes with a twist. Set up your train and watch it grow. Lots of fun 
Thursday 10 am to 12 pm

OPEN ART
Open to all artists. Join us to work on art projects in a social environment. 
Friday 9 am to 12 pm

MIDNIGHT MUSKETEERS
5 pm Social  |  6 pm Dinner  |  7:30 pm Concert
$25 members / $30 non-members
SNOOKER 🏆
Regulation snooker table and over 20 active players provide an excellent opportunity to enjoy friendly matches.
Monday 8 am to 6 pm
Tuesday 8 am to 8 pm
Wednesday 8 am to 6 pm
Thursday 12 pm to 8 pm
Friday 8 am to 12 pm
Saturday 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 to a successful outcome.
Tuesday 1 pm to 2 pm
Drop-in fee of $7.50 members / $12.25 non-members

TABLE TENNIS 🍃 ◀️ ◀️
Have fun and exercise playing a non-competitive game of table tennis.
Tuesday and Thursday 10 am to 12 pm

TAP PRACTICE
Need extra practice? Drop in to review your steps, combinations and routines.
Thursday 3 pm to 4 pm

TEXAS HOL’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 2:00 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

WALKING
Join us for a walk around the neighbourhood.
Monday and Wednesday 9 am

WEEKEND CARD PARTY
Enjoy playing bid euchre or canasta with great company.
Saturday and Sunday 1 pm to 4 pm

WOOD CARVING
Bring your tools and carve functional or ornamental objects.
Monday and Thursday 10 am to 11:30 am

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 $7.50 members / $12.25 non-members

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 11 weeks
January 16th to March 26th
$103 members / $133.50 non-members

ADDING WATERCOLOUR TO PEN AND INK with Dianne Darch
This class is for those students who would like to learn how to combine pen and ink with watercolour. 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 11 weeks
March 21st
$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
January 25th to March 7th
No class February 15th
$56 members / $72.80 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
January 11th to January 18th
$19 members / $24.30 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, rulers, eraser.
Wednesday 10 am to 12 pm 11 weeks
January 15th to March 25th
$103 members / $133.50 non-members

NEW” HOW TO CREATE AND DRAW YOUR OWN CHARACTER with Michael Goldstein
An interactive, fast-paced and fun workshop for beginners on how to create and draw your own character – human or non-human - and make it come to life. Give your character a personality, skills, powers, clothing, historical background, motivation, flaws, etc. Learn penciling, inking and colouring techniques. Be sure to pick up a full list of supplies needed from the front desk upon registration.
Saturday 10 am to 12:30 pm 3 weeks
March 14th to March 26th
$33 members / $45.40 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.
Eagle
Monday 1 pm to 3:30 pm 3 weeks
January 20th to February 3rd
Or
Weathered fence, vine / birds / butterflies
February 24th to March 9th
$35 members / $45.50 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 5 weeks
January 15th to February 12th
$47 members / $60.70 non-members
Or
Wednesday 9:30 am to 11:30 am 6 weeks
February 19th to March 25th
$56 members / $72.90 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
January 16th to March 19th
$140 members / $148 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 registering.
Monday 2:30 pm to 4:30 pm 8 weeks
January 27th to March 23rd
No class February 17th
Or
Friday 12 pm to 2 pm 8 weeks
January 31st to March 20th
$75 members / $97.10 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
January 31st and February 1st
$19 members / $24.30 non-members
ANDROİD DEVICES Beginner
Have a tablet or cell phone but don't know where to start? Want to know what all those buttons do? Hoping to surf the 'net? We can get you on the path of using your tablet/phone while having fun doing it! Bring your ANDROID device (tablet OR cell phone) and your questions.
Thursday 9:30 am to 11:30 am 3 weeks
January 23rd to February 6th
$30 members / $39 non-members

WINDOWS 10 BEGINNER
This class will get you closer to using your new Windows 10 system more efficiently. Learn about the new features of this operating system and how to adjust settings, 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 12:30 pm to 2:30 pm 4 weeks
January 23rd to February 13th
$40 members / $52 non-members

FACEBOOK BEGINNER
This program will cover how to manage your profile, post updates and photos, understanding the newsfeed and communicating with friends and family. Please register for an account in advance and bring your password to class. Please bring device or request to borrow one from the BOAA in advance.
Friday 12:30 pm to 2:30 pm 3 weeks
January 24th to February 7th
$30 members / $39 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. Learn different ways to listen to music online. Suitable for computer or tablet users. You can bring your computer or tablet for this beginner course or request to borrow one from BOAA in advance.
Thursday 9:30 am to 11:30 am 3 weeks
February 13th
$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
January 23rd to March 26th
$60 members / $78 non-members

SQUAŁE DANCING LESSONS with Jane Wilson
A group dance for eight dancers. Arranged in a square, 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 12:30 pm to 2:30 pm 2 weeks
February 27th to March 5th
$20 members / $26 non-members

LINE DANCING with Phyll Marshall
Various steps will be taught in this fun and social program.
Monday 10 weeks
Beginner- 12:10 pm to 1:10 pm
Or
Beginner Plus - 1:15 pm to 2:15 pm
January 13th to March 23rd
No class February 17th
$60 members / $78 non-members

TAP DANCING LEVEL 1
with Veronica Vargas
Basic tap experience recommended
Tuesday 10 am to 11 am 10 weeks
January 14th to March 24th
No class February 18th
Or
Friday 9 am to 9:55 am 10 weeks
January 17th to March 27th
No class February 14th
$60 members / $78 non members

TAP DANCING LEVEL 2
with Veronica Vargas
Level 1 Tap or similar experience recommended
Monday 10 am to 10:55 am 11 weeks
January 13th to March 30th
No class February 17th
Or
Wednesday 10 am to 10:55 am 11 weeks
January 15th to March 25th
$66 members / $85.80 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
January 16th, February 20th and March 26th
Advanced registration and payment is required at the front desk.
$5 members / $8 non-members per ½ hr appointment

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 tagging, new features to Facebook and managing your friends list. Please bring your sign in info (including password) to class. You can bring your laptop or request one to use from the BOAA.
Friday 12:30 pm to 2:30 pm 3 weeks
February 14th to February 28th
$30 members / $39 non-members

FILE MANAGEMENT & THE CLOUD
Learn how to keep your files, photos, music and videos organized on your computer. We will also be learning about "the Cloud" and one free service that you can use to back up your files.
Thursday 9:30 am to 11:30 am 2 weeks
March 26th to April 2nd
$20 members / $26 non-members
EUCHRÉ 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
January 28th to March 3rd
$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. Risk 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
January 21st to March 24th
$70 members / $91 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 but a love of flight is a must. You will sit in the seat and
February 5th to March 25th
$38 members

FRENCH Level 1 with Gaétan d'Albret
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. This course continues to help you heighten your innate
Tuesday 10 am to 11 am 6 weeks
February 21st to March 27th
$45 members / $58.50 non-members

FRENCH Level 2 with Gaétan D’Albret
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. With Lourdes Marrugat
Tuesday 2:30 pm to 4 pm 10 weeks
January 21st to March 24th
$70 members / $91 non-member

FRENCH Level 3 with Maurice Laganière
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. At one time or another, we all find ourselves facing a dark journey-
Tuesday 11:30 am to 1 pm 10 weeks
January 21st to March 24th
$70 members / $91 non-member

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 relatives aux situations de la vie courante.
Tuesday 3 pm to 4:30 pm 10 weeks
January 21st to March 24th
$70 members / $91 non-member

FRENCH LANGUAGE ENHANCEMENT with Gaétan 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
January 20th to March 30th
$70 members / $91 non-members

INTUITION 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 to identify your psychic strengths, clairvoyance, 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,
Tuesday 10 am to 12 pm 10 weeks
January 13th to March 23rd
$75 members / $97.50 non-members

LATIN AMERICAN SPANISH with Alan Bayliss
Beginners
¡Hola amigos! This program is for anyone with very little or no previous knowledge. We start at the beginning and go on to learn the alphabet, pronunciation, common phrases, colours, telling time, days of the week, months and seasons and many other things including cultural aspects. All course material will be supplied but bring paper and pen to take notes. There is about two hours per week of optional homework involved.
Tuesday 9:30 am to 11:30 am 8 weeks
March 3rd to April 21st
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 8 weeks
March 3rd to April 21st
Or
Avanzado
Este programa es para los que ya han completado español intermedio o el equivalente. El contenido se diseñará según las necesidades de los participantes. Continuará con las lecciones como antes, en el supermercado, el restaurante y el hospital. Estudiaremos los pronombres directos, indirectos y reflexivos usados juntos, verbos en el tiempo pasado y mucho más. La comprensión de 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 8 weeks
March 4th to April 22nd
$75 members / $97.10 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. Supply lists will be at the front desk. Use our machines or bring your own.
Tuesday 9 am to 12 pm 8 weeks
January 30th to April 2nd
$80 members / $104.20 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 10 weeks
January 22nd to March 25th
$47 members / $60.60 non-members

TAROT CARD READING 101 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
January 31st to March 21st
$60 members / $78 non-members

EXPERIENCING GRIEF with Rev Elizabeth Jobb
At one time or another, we all find ourselves facing a dark journey-the passage through grief. The sign post along the road- shock, rage and despair-may not offer comfort, but understanding them will help us to our ultimate destination - release and peace.
Wednesday 1:30 pm to 3:30 pm 8 weeks
February 5th to March 25th
$16 members / $20.80 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 11 weeks
January 17th to March 27th
$55 members / $71.50 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 11 weeks
January 15th to March 25th
$55 members / $71.50 non-members

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

Friday 11 am to 12 pm 11 weeks
January 17th to March 27th
$55 members / $71.50 non-members

Wellness Programs

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 1:05 pm to 1:05 pm 11 weeks
January 15th to March 25th
$55 members / $71.50 non-members

AGE REVERSE ESSENTICS 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 11 weeks
January 15th to March 25th
$55 members / $71.50 Non-Members
Or
Saturday 10 am to 11 am 10 weeks
January 18th to March 28th
No class February 15th
$50 members / $65 non-members

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

Wednesday 1 pm to 2 pm 4 weeks
February 5th to February 26th
$20 members / $26 non-members

CARDIO WITH PEP ADAPTIVE ACTIVE FUN LIVING with Lydia Vooys-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 11 weeks
January 13th to March 30th
No class February 17th
$55 members / $71.50 non-members
Or
Friday 9 am to 9:55 am 10 weeks
January 17th to March 27th
No class February 21st
$50 members / $65 non-members

CHAIR YOGA with Lydia Vooys-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 reaps the benefits of health and relaxation.

Monday 10 am to 11 am 11 weeks
January 13th to March 30th
No class February 17th
$55 members / $71.50 Non-Members
Or
Thursday 9 am to 9:55 am 10 weeks
January 16th to March 26th
No class February 20th
Or
Friday 11 am to 12 pm 10 weeks
January 17th to March 27th
No class February 21st
$50 members / $65 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 10 weeks
January 17th to March 27th
No class February 14th
$50 members / $65 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 10 weeks
January 16th to March 26th
No class February 13th
$50 members / $65 non-members

ENERGY MEDICINE PART 1 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!

Tuesday 11:30 am to 1 pm
February 27th
$7.50 members / $9.75 non-members

ENERGY MEDICINE PART 2 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 1:30 pm to 1 pm
March 5th
$50 members / $65 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
January 13th to March 30th
No class February 17th
$55 members / $71.50 non-members

FABULOUS MUSCLES with Lydia Vooys-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 10 weeks
January 17th to March 27th
No class February 21st
$50 members / $65 non-members

GENTLE YOGA with Michelle Taylor
For participants new to yoga or wanting a softer, nurturing slow paced, well supported and relaxed 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 11 weeks
January 15th to March 25th
$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 10:55 am 9 weeks
January 20th to March 30th
No class February 17th and March 16th
Or
Wednesday 10 am to 10:55 am 9 weeks
January 22nd to March 25th
No class March 18th
$45 members / $58.50 non-members
GUIDED MEDITATION with Julie Ditta

Do you ever worry, feel uptight 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 11 weeks
January 15th to March 25th
$55 members / $71.50 non-members

PILOTES with Karen Ross

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

Monday 11 am to 12 pm 11 weeks
January 14th to March 30th
No class February 17th
$55 members / $71.50 non-members

QIGONG (CHINESE YOGA) with Donna Elliott

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

Tuesday 11:15 am to 12:45 pm 11 weeks
January 14th to March 24th
$85 members / $107.30 non-members

RESTORATIVE YOGA with Michelle Taylor

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 am 11 weeks
January 14th to March 24th
$55 members / $71.50 non-members

"NEW" RESTORATIVE YOGA with Sharon Wildeboer

"NEW" RESTORATIVE YOGA is for beginners to experienced practitioners. It is a supported form of yoga in which poses are held between five to ten minutes with props for maximum support and comfort. Please bring a yoga mat and three blankets, and get ready to unwind.

Wednesday 2 pm to 3 pm 4 weeks
February 5th to February 26th
$20 members / $26 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.

Monday 6 am to 9 am 11 weeks
January 14th to March 30th
No class February 17th
$55 members / $71.50 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 9 weeks
January 21st to March 24th
No class March 17th
$45 members / $58.50 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 9 weeks
January 21st to March 24th
No class March 17th
$45 members / $58.50 non-members
Or
Friday 10 am to 10:55 am 8 weeks
January 24th to March 27th
$40 members / $52 non-members

"NEW" SLOW FLOW YOGA with Michelle Taylor

A gentle slower paced yoga focused on mindful movement with breath, finding space between poses and allowing your body to move fluidly throughout your practice. A beautiful practice that promotes mindfulness, with strength and flexibility. For all levels

Modifications offered if needed.

Thursday 11 am to 12 pm 11 weeks
January 16th to March 26th
$55 members / $71.50 non-members

STRENGTH TRAINING FOR MEN with Sharon Wildeboer

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

Wednesday 11 am to 1:15 pm 9 weeks
January 22nd to March 25th
No class March 18th
$45 members / $58.50 non-members
Or
Friday 9 am to 9:45 am 8 weeks
January 24th to March 27th
$40 members / $52 non-members

TAI CHI with Sandra Jin

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

General

The General Program is ideal for beginners and low level intermediates

Monday 10 am to 10:55 am 10 weeks
Or

Intermediate

Previous Tai Chi experience required

Monday 11 am to 11:55 am 10 weeks
January 13th to March 23rd
No class February 17th
$50 members / $65 non-members

"NEW" WELLNESS MOVES with Catherine Kourkounakis

A natural movement class that integrates the five main aspects of personal health: physical, emotional, social, spiritual, and intellectual through a creative practice. Each class includes a gentle yet purposeful warmup to encourage flexibility and strength and explores natural movements across the floor to improve physical stamina, overall fitness and balance in a creative way. Additional benefits of creative practice include reduced risk of dementia, improved mental health, increased happiness and a stronger immune system. Move better. Feel better. Live better.

Thursday 1:15 pm to 2:30 pm 10 weeks
January 23rd to March 26th
$75 members / $97.50 non-members

"NEW" YIN / RESTORATIVE YOGA with Michelle Taylor

Yin yoga is a very slow paced style of yoga, all floor sequence with very little movement. Postures are 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 11 weeks
January 13th to March 30th
No class February 17th
$55 members / $71.50 non-members

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 9 weeks
January 20th to March 30th
No class February 17th and March 16th
Or
Wednesday 9 am to 10 am 9 weeks
January 22nd to March 25th
No class March 18th
$45 members / $59 non-members

"NEW" YOGA WITH MEDITATION with Sharon Hope

A 60 minute class. A gently Hatha yoga with a flow of asanas for gentle stretching and body alignment. With deep breathing and meditation, will leave you peaceful and mindful to start your day. Please bring light blanket or throw (for Savasana) as well as an eye mask or eye pillow (if you have one)

Beginners to Advance yoga welcome.

Thursday 9:25 am to 10:25 am 10 weeks
January 16th to March 19th
$50 members / $65 non-members
**Wellness Programs**

**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 9 weeks
- **No class February 17th and March 16th**
- **No class March 13th and March 20th**
- **January 20th to March 30th**
- **January 24th to March 27th**

- **$40 members / $52 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 9:55 am 10 weeks**
- **January 14th to March 24th**
- **No class February 18th**
- **$50 members / $65 non-members**

- **Or**
- **Thursday 10:30 am to 11:30 am 11 weeks**
- **January 16th to March 26th**
- **$55 members / $71.50 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 11 weeks
- **January 15th to March 25th**
- **$55 members / $71.50 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 9 weeks
- **January 17th to March 20th**
- **$45 members / $58.50 non-members**

**New Year’s Resolutions**
Well, you have made those New Year’s Resolutions, again, but will they stick this time? There is a process to making changes and having them stick.

- **Come and learn some techniques to ensure success for 2020!**
- **Thursday** 4 pm to 5:30 pm
- **January 16th**
- **$7.50 members / $9.75 non-members**

**Flexibility and Stretching**
Why is Stretching Important? Tight muscles affect how your joints work. They also translate to smaller, painful ranges 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
- **January 23rd**
- **$7.50 members / $9.75 non-members**

**Older ‘Dogs’ and New Tricks**
Is it too late to start getting fitter? The answer is NO! It doesn’t matter how bad you feel or what your physical limitations or chronic conditions are, it’s never too late to do some things to help make you feel better. Come and learn what you can do to start feeling better!

- **Thursday** 4 pm to 5:30 pm
- **January 30th**
- **$7.50 members / $9.75 non-members**

**Brain Power and Every Day Movement**
How can learning to be ‘mindful’ help the stability of everyday tasks, movement and balance? Is it a fact that paying attention to what you are doing and how you are doing it can cut down on injuries and falls. Come and learn how to harness the power of the brain to make the body stable and strong.

- **Thursday** 4 pm to 5:30 pm
- **February 6th**
- **$7.50 members / $9.75 non-members**

**Sitting Is the New Smoking**
Research is showing the amount of time we are sedentary is directly related to some of the biggest health issues we face. Come and educate yourself as to what YOU can do to help change the things you can change.

- **Thursday** 4 pm to 5:30 pm
- **February 20th**
- **$7.50 members / $9.75 non-members**

**The Power of Water**
Does putting yourself in water really help with some of the pain and the decreased range of motion we face as we age? Yes it does! Taking 80% of gravity away allows the human body to move more freely, without as much pain. Over time, pain can decrease as range of motion through joints increases. Water pressure can also help with edemas (swelling in hands, arms, legs, feet) and help to increase circulation. It is also one of the best rehabilitation methods for knee/hip replacements. You don’t have to enroll in an Aquas fit class to learn how to improve your health through water.

- **Thursday** 4 pm to 5:30 pm
- **February 27th**
- **$7.50 members / $9.75 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 5:30 pm
- **March 5th**
- **$7.50 members / $9.75 non-members**

**Staying Strong 55+ and Beyond**
It’s true. We have to work differently to stay strong as we age. What used to work for us when we were younger doesn’t work as well now. That doesn’t mean that we need to stop our ‘work-outs’. It just means we have to change the way we do them. Come and get some solid information to add to your fitness tool box to help prevent the top injuries that happen as we age.

- **Thursday** 4 pm to 5:30 pm
- **March 12th**
- **$55 members / $60 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 9:55 am 10 weeks**
- **January 14th to March 24th**
- **No class February 18th**
- **$50 members / $65 non-members**

- **Or**
- **Thursday 10:30 am to 11:30 am 11 weeks**
- **January 16th to March 26th**
- **$55 members / $71.50 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

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**Wellness Seminars with Karen Ross**

**Sitting Is the New Smoking**
Research is showing the amount of time we are sedentary is directly related to some of the biggest health issues we face. Come and educate yourself as to what YOU can do to help change the things you can change.

- **Thursday** 4 pm to 5:30 pm
- **February 20th**
- **$7.50 members / $9.75 non-members**

**The Power of Water**
Does putting yourself in water really help with some of the pain and the decreased range of motion we face as we age? Yes it does! Taking 80% of gravity away allows the human body to move more freely, without as much pain. Over time, pain can decrease as range of motion through joints increases. Water pressure can also help with edemas (swelling in hands, arms, legs, feet) and help to increase circulation. It is also one of the best rehabilitation methods for knee/hip replacements. You don’t have to enroll in an Aquas fit class to learn how to improve your health through water.

- **Thursday** 4 pm to 5:30 pm
- **February 27th**
- **$7.50 members / $9.75 non-members**

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- **Thursday** 4 pm to 5:30 pm
- **March 12th**
- **$55 members / $60 non-members**
### Drop-In Programs

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Snooker 8 am to 6 pm</td>
<td>Social Bridge 9:30 am</td>
<td>Snooker 8 am to 6 pm</td>
<td>Wood Carving 10 am</td>
<td>Snooker 8 am to 12 pm</td>
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<tr>
<td>Walking 9 am</td>
<td>Table Tennis 10 am</td>
<td>Walking 9 am</td>
<td>Table Tennis 10 am</td>
<td>Open Art 9 am</td>
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<tr>
<td>Book Club Once per Month 10 am</td>
<td>Snooker 12 pm to 8 pm</td>
<td>Choir 10 am</td>
<td>Mexican Train Dominos 10 am</td>
<td>Darts 9 am</td>
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<tr>
<td>Crocheting / Knitting Group 10 am</td>
<td>Square Dancing 1 pm</td>
<td>Bridge Fun Group 1 pm</td>
<td>Climate Change 11:30 am to 12:30 pm</td>
<td>Duplicate Bridge 1 pm</td>
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<tr>
<td>Wood Carving 10 am</td>
<td>Brain Waves Café 1 pm</td>
<td>Canasta 1 pm</td>
<td>Snooker 12 pm to 8 pm</td>
<td>500 Cards 1 pm</td>
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<td>Duplicate Bridge 1 pm</td>
<td>Friendship Group 1 pm</td>
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<td>Gribbage 1 pm</td>
<td>Mahjong 1 pm</td>
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<td>Bid Euchre 7 pm</td>
<td>Theatre Group 2:30 pm</td>
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<td></td>
<td>Acoustic Jam Session 6:30 pm</td>
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**Duplicate Bridge:** $3.50 members  
$5 non-members

**All other drop-in programs:**  
$2 members  
$3.25 non-members

**Square Dance**  
$1.75 members  
$1.25 non-members

### Free Workshops

#### BIOPED Series

**All about the hip**

We will talk about biomechanical problems that exist around the hip. How over pronation and supination affect the hip joint and go through the stretching and strengthening exercises to help keep the hip and core muscles strong.  
**Monday 11 am to 12 pm February 24th**

**Injuries of the knee**

There are many injuries that can affect the knee and many biomechanical issues can make those injuries worse. This session will cover meniscal tears, ACL, PCL and a touch of osteoarthritis. You will learn what type of biomechanical structure your body has and how to protect yourself from knee injuries through footwear and exercise.  
**Monday 11 am to 12 pm March 9th**

#### Foot Mechanics

Have you ever wondered how the foot plays a role in daily movement? This workshop will help you to decipher the mechanics of your body and how to obtain proper alignment from the ground up. We will cover footwear, insoles, bracing, exercises and more. You will leave with a greater knowledge of how your biomechanics affect your entire body.  
**Monday 11 am to 12 pm March 16th**

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**Monday 11 am to 12 pm March 9th**

#### CPAP 101 presented by Ryan Frederick from Living Well Home medical Equipment.

The seminar will cover the following topics:  
- The short & Long term health effects of untreated Sleep Apnea  
- What exactly Sleep apnea is  
- How to receive Government funding for CPAP devices.  
- How to clean and care for CPAP equipment  
- Various styles of CPAP masks  
**Friday 10 am to 11 am March 27th**

#### HOW WELL IS YOUR HEARING? with Juanita Dasilva from Hear Clear Canada

The talk will cover: Statistics and studies on hearing loss (how it could be connected to brain changes that raise the risk of dementia and Alzheimer’s disease.), the importance of having a hearing test over the age of 55, early signs of hearing loss, what happens at a hearing evaluation appointment, realistic expectations of hearing aids, setting yourself up for success and lots of time to answer any questions.  
**Thursday 11 am to 12 pm February 13th**

#### TAX CLINIC with Baker Tilly (formally Collins & Barrow)

Criteria - Income $30,000 Individual / $40,000 Couple.  
Please bring a copy of your previous year’s return and Notice of Assessment from 2018.  
**Wednesday March 11th 7 pm to 9 pm**

Please contact Stella at 905-697-2856 Ext 46 to book your appointment in advance.  
Clinic to be held at 1748 Baseline Rd. W., Courtice, ON
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 fee to club meetings is $5.00.

Contact Wendy-Ann Whitt (Vice President) vicepresident@claringtonphotoclub.ca or Susan Whitington (Treasurer) treasurer@claringtonphotoclub.ca for more information.

CPC’s schedule for the year’s programming is available at the front desk or online at www.claringtonphotoclub.ca. Should you have specific questions please don’t hesitate to get in touch with one of the above contacts.

DIABETES SUPPORT GROUP with Lakeridge Health

Mindfulness Stress Reduction

In this session we will discuss ways to manage stress which may help people cope with diabetes as well as learn what resources are available in Durham Region. This will include the teachings of Jon Kabat-Zinn, the founder of mindfulness-based stress reduction and an emphasis on two of the most useful practices that help people cope, namely diaphragmatic breathing and the body scan followed by a practice session and meditation.

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

Diabetes on Date Night

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

Thursday 1:30 pm to 3:30 pm March 12th

CLARINGTON PHOTOGRAPHY CLUB

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 Alzheimers 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 socially stimulating activities.
- Reduces isolation and depression often associated with dementia.

Thursday 1:30 pm to 3:30 pm 8 weeks
January 30th to March 26th
No class February 13th
$40 per person

FREE LOBBY FIX-IT SESSIONS with Durham Medical™

The best way to ensure that your Personal Mobile Equipment is functioning properly is to have them inspected by a trained professional. Durham Medical will have a technician on site to adjust, inspect and perform minor repairs to your mobility equipment. Additional items that can be repaired include: Rollator Walkers, Wheelchairs and/or Scooters, and Foot problems.

*Watch for great stocking stuffers on sale!

905-213-0798
laughsandlockslovely@gmail.com

Bowmanville Older Adult Association

Free Workshops

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

BOWMANVILLE OLDER ADULT ASSOCIATION

26 Beech Ave Bowmanville, ON L1C 3A2 • 905-697-2856 • www.bowmanvilleolderadults.com

Bowmanville Older Adult Association

2019-2020 Winter Program Guide

YOGA & Personal Training with Lisa Balsdon from Live in Motion

Lisa is a certified and insured instructor/personal trainer who takes pride in the success of her clients. Yoga Tuesday nights from 7 pm to 8:15 pm 11 sessions pass $223.74 or 13 sessions pass $264.42 *Payment plans available. One-on-one Personal Training designed to help you focus on strength, flexibility, mobility, and stamina. The programs can help you with results of participating in everyday tasks with ease, or help you succeed at some specialized goals you have in mind. 8 sessions $151.28 or 12 sessions $277.92

Contact Lisa directly for additional information and registration (905) 706-7862.