

COMING SOON!



ONLINE VIRTUAL PROGRAMMING

with BOAA Instructors

WELLNESS:

- Drum Circle
- Shape Up
- Strength Training
- 20/20/20
- Pilates
- Yin Yoga
- Gentle Yoga
- Meditation
- Zumba
- Zumba Gold
- Chair Zumba
- Age Reverse Essentrics

DANCE:

- Ballroom

ART:

- Summer Art Camp
- Pen & Ink
- Beginners Watercolour
- Painting with Acrylics

GENERAL INTEREST:

- Flower Arrangement
- Knitting
- French Enhancement
- Speaking Spanish Is Fun
- Social Zoom Party
- Trivia
- Book Club
- Theatre Group
- BINGO

FOLLOW FOR MORE UPDATES:

 Bowmanville Older Adult Association

 @bowmanvilleolderadults

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 www.bowmanvilleolderadults.com

CONTACT US TO BE ADDED TO THE INTEREST LIST:

 programs@bowmanvilleolderadults.com

 905-697-2856

Bowmanville
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Association

