

55+ Active Adults Program Directory

FALL 2025



Take a look inside for our 55+ Active Adults programs, workshops and special events.

Clarington



General Interest Programs

Register for Fall Programs

Browse our fall programs to find activities, workshops, and special events that appeal to you.

Registration for residents opens **Wednesday, September 3, 2025, at 7 a.m.**

Non-resident registration begins **Wednesday, September 10, 2025, at 7 a.m.**

Programs begin the week of September 22, 2025. No programs September 30 and October 13, 2025.

To register online, visit www.clarington.net/BeActive.

For assistance, contact communityservices@clarington.net or 905-623-3379.

Class	Day	Start	Weeks	Time	Location	Fee	Code
Djembe Study Group	Mon	Sep 22	12	11:35 a.m. to 12:35 p.m.	Courtice Community Complex	\$23.64	51836
Quilting	Tue	Sep 23	10	9 to 11:30 a.m.	Diane Hamre Recreation Complex	\$93.75	51865
Quilting	Tue	Sep 23	10	12 to 2:30 p.m.	Diane Hamre Recreation Complex	\$93.75	51900
Beginner Drumming	Tue	Sep 23	10	2:15 to 3:15 p.m.	Courtice Community Complex	\$19.70	51926
Drumming as Community	Tue	Sep 23	10	3:30 to 4:30 p.m.	Courtice Community Complex	\$19.70	51835
Ukulele Level 1	Thu	Sep 25	8	2 to 3 p.m.	Courtice Community Complex	\$29.96	51882
Ukulele Level 2	Thu	Sep 25	8	3:30 to 4:30 p.m.	Courtice Community Complex	\$29.96	51883
Quilting	Thu	Sep 25	10	12:30 to 3:30 p.m.	Courtice Community Complex	\$112.35	51864
Quilting	Thu	Sep 25	10	6 to 8:30 p.m.	Courtice Community Complex	\$93.75	48225

Class	Day	Start	Weeks	Time	Location	Fee	Code
Drawing	Thu	Oct 2	5	10 to 11 a.m.	Alan Strike Aquatic and Squash Centre	\$25.50	51834
Acrylic Painting	Thu	Oct 2	5	11:30 a.m. to 1:30 p.m.	Alan Strike Aquatic and Squash Centre	\$51	51808
Living a Life with Diabetes	Thu	Oct 20	6	9:30 a.m. to 12 p.m.	Garnet B. Rickard Recreation Complex	Free	52219
Learn to Play Bid Euchre	Wed	Nov 5	3	2:30 to 4:30 p.m.	Courtice Community Complex	\$22.50	51849



Cultural Heritage Programs



Celebrate cultural heritage with new 55+ Active Adults seasonal programming

From art and music to dancing, cooking and storytelling, connect with our welcoming community and explore inspiring new seasonal experiences.

Learn more at www.clarington.net/ActiveAdults.

Class	Day	Time	Location	Fee	Code
Memoir Writing: Telling your Cultural Story	Sept 24 (10 weeks)	10:30 a.m. to 12:30 p.m.	Alan Strike Aquatic and Squash Centre	Free	51925
Red Dress Pin - Workshop	Sept 24	9 a.m. to 3 p.m.	South Courtice Arena	Free	52221
Cooking Workshops: Ukrainian	Oct 2	1 to 3 p.m.	Courtice Community Complex	Free	52111
Storytelling	Oct 14 (4 weeks)	11 a.m. to 1 p.m.	Alan Strike Aquatic and Squash Centre	Free	52220
Cooking Workshops: South Asian	Oct 16	1 to 3 p.m.	Courtice Community Complex	Free	52112
Cooking Workshops: Chinese	Oct 30	1 to 3 p.m.	Courtice Community Complex	Free	52113
Zentangle (Indian Mandala)	Nov 6	10:30 to 11:30 a.m.	Diane Hamre Recreation Complex	Free	51899
Paint Day (Indigenous Turtle)	Nov 6	12 to 2 p.m.	Diane Hamre Recreation Complex	Free	51863

Class	Day	Time	Location	Fee	Code
Irish Set Dancing Workshop	Nov 7	2:30 to 4:30 p.m.	Courtice Community Complex	Free	52216
Cooking Workshops: Indigenous	Nov 13	1 to 3 p.m.	Courtice Community Complex	Free	52114
Fall Dance	Nov 21	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$21.56	52561
Cooking Workshops: Dutch	Nov 27	1 to 3 p.m.	Courtice Community Complex	Free	52115
Cooking Workshops: Jamaican	Dec 11	1 to 3 p.m.	Courtice Community Complex	Free	52116
Indian Dances: Classical and Folk	Oct 9	11 a.m. to 1 p.m.	Garnet B. Rickard Recreation Complex	Free	52923

Made possible thanks to funding from the Government of Canada's New Horizons for Seniors Program.

Canada





Drop-in Sports

Programs run from September 22 to December 19, 2025.

No programs September 30 and October 13, 2025.

Cost \$2.74 plus HST

Please note: Pre-registration is required for pickleball programs.

www.clarington.net/ActiveAdults for more information.

Program	Day	Time	Location
Beginner Pickleball	Mon	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball	Mon	10:10 a.m. to 12:30 p.m.	Diane Hamre Recreation Complex
Table Tennis	Mon	1 to 2:30 p.m.	Diane Hamre Recreation Complex
Volleyball	Mon	1 to 2:30 p.m.	Diane Hamre Recreation Complex
Basketball	Tue	9:30 a.m. to 12 p.m.	South Courtice Arena
Pickleball	Tue	1:45 to 3:10 p.m.	Diane Hamre Recreation Complex
Pickleball Beginner	Wed	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball	Wed	10:10 a.m. to 12:10 p.m.	Diane Hamre Recreation Complex
Volleyball Intermediate	Wed	1:30 to 3 p.m.	Diane Hamre Recreation Complex
Pickleball	Thu	11:45 a.m. to 1:15 p.m.	Diane Hamre Recreation Complex
Pickleball Advanced	Thu	1:25 to 3 p.m.	Diane Hamre Recreation Complex
Table Tennis	Fri	12:45 to 2:15 p.m.	Diane Hamre Recreation Complex
Pickleball	Fri	12 to 1:25 p.m.	Diane Hamre Recreation Complex
Pickleball Advanced	Fri	1:35 to 3 p.m.	Diane Hamre Recreation Complex

Drop-in Programs

General Interest Drop-in Programs

Programs run from September 22 to December 19, 2025.

No programs September 30 and October 13, 2025. Programs cost \$1.97 plus HST.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	Courtice Community Complex
Open Ukulele	Mon	2:15 to 3:45 p.m.	Courtice Community Complex
Bid Euchre	Mon	2 to 4 p.m.	Courtice Community Complex
Euchre	Mon	6 to 8 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	1:30 to 3:30 p.m.	Courtice Community Complex
Open Activity	Wed	10 a.m. to 12 p.m.	Courtice Community Complex
Book Chats *Last Wed of the month	Wed	1 to 3 p.m.	Courtice Community Complex
Euchre	Wed	6 to 8 p.m.	Courtice Community Complex
Euchre	Thu	12:30 to 2:30 p.m.	Diane Hamre Recreation Complex
Euchre/Dominoes	Fri	1 to 3 p.m.	Courtice Community Complex

Fitness Programs

Classes run from September 22 to December 19, 2025.

No programs September 30 and October 13, 2025.

Visit www.clarington.net/BeActive for program descriptions, instructors, and to register.

Program	Day	Time	Location	Fee	Code
Muscle Moves	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$39.84	51879
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$39.84	51795
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$39.84	51811
Yoga	Mon	9:45 to 10:40 a.m.	Courtice Community Complex	\$39.84	51894
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$39.84	51896
Nia	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$33.20	51855
Stretch and Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$39.84	51872
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$39.84	51877
Flex and Tone	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$39.84	51846
Dance and Tone	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$39.84	51828
20/20/20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$39.84	51803
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$39.84	51818
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$43.16	51815

Program	Day	Time	Location	Fee	Code
Arthritis Fitness	Wed	12:45 to 1:40 p.m.	Diane Hamre Recreation Complex	\$43.16	51820
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$43.16	51830
20/20/20	Wed	10:05 to 11 a.m.	Diane Hamre Recreation Complex	\$43.16	51806
Interval Training	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$43.16	51801
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$43.16	51873
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$43.16	51898
20/20/20	Thu	10:15 to 11:10 a.m.	Diane Hamre Recreation Complex	\$43.16	51797
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$43.16	51809
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$43.16	51889
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$43.16	51887
20/20/20	Fri	11:15 a.m. to 12:10 p.m.	Courtice Community Complex	\$43.16	51793
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$43.16	51861
Active Cardio and Weights	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$43.16	51813



Specialty Fitness Programs

Classes run for 10 weeks beginning September 22, 2025, unless otherwise noted.
No programs September 30 and October 13, 2025.

Program	Day	Weeks	Time	Location	Fee	Code
Beginner Argentine Tango	Mon	10	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$76.50	48214
Intermediate Ballroom	Mon	10	8 to 9:30 p.m.	Garnet B. Rickard Recreation Complex	\$76.50	48222
Learn to play Pickleball (Starts Sep 29th)	Mon & Wed	4	8 to 9 a.m.	Diane Hamre Recreation Complex	\$29.96	51850
20/20/20	Tue	12	9 to 9:55 a.m.	Newtonville Town Hall	\$39.84	51915
Stretch and Strength	Tue	12	10:30 to 11:25 a.m.	Orono Town Hall	\$39.84	51876
20/20/20	Tue	10	10:30 to 11:25 a.m.	Haydon Community Hall	\$33.20	51804
Intermediate Argentine Tango	Tue	10	6:30 to 8 p.m.	Courtice Community Complex	\$76.50	48215
Beginner Ballroom	Tue	10	8 to 9 p.m.	Courtice Community Complex	\$51	48216
Pickleball Ladder	Tue	11	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$30.81	48323

Program	Day	Weeks	Time	Location	Fee	Code
Growing Stronger- Small Group Training	Wed	10	10:30 to 11:30 a.m.	Courtice Community Complex	\$181.28	51848
Yoga (Begins October 16)	Thu	6	10 to 10:55 a.m.	Hampton Community Hall	\$19.92	51891
Restorative Yoga	Thu	11	6:30 to 8 p.m.	Courtice Community Complex	\$54.70	46581
Tai Chi	Fri	11	11:10 a.m. to 12 p.m.	Courtice Community Complex	\$52.91	46596
Line Dance	Sat	12	2 to 3 p.m.	Courtice Community Complex	\$45	52413



Specialty Events

Visit www.clarington.net/BeActive for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Farm to Table Luncheon	Sept 25	12 to 1:30 p.m.	Haydon Community Hall	\$10.77	52289
Luncheon	Oct 7	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	51851
Murder Mystery	Oct 15	6 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$14.68	52524
Euchre Tournament	Oct 20	6 to 8:30 p.m.	Courtice Community Complex	\$10.18	51841
Luncheon	Nov 4	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	51852
Orono Luncheon	Nov 13	12 to 1:30 p.m.	Orono Town Hall	\$10.77	51860
Euchre Tournament	Nov 19	6 to 8:30 p.m.	Courtice Community Complex	\$10.18	51842
Fall Dance	Nov 21	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$21.56	52561
Luncheon	Dec 2	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	51853
Euchre Tournament	Dec 5	1 to 3:30 p.m.	Courtice Community Complex	\$10.77	51843
Christmas Luncheon	Dec 11	12 to 2 p.m.	Garnet B. Rickard Recreation Complex	\$21.56	52525
Card Bingo	Dec 16	1:30 to 3 p.m.	Courtice Community Complex	\$6.11	51827
Older Adult Active Living Fair	Jan 14	9 a.m. to 1 p.m.	Garnet B. Rickard Recreation Complex	FREE	48224

Workshops

Visit www.clarington.net/BeActive for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Baking	Oct 8	1 to 3:30 p.m.	Courtice Community Complex	\$10.20	52130
Yoga Series: Strong to the Core	Oct 19	11a.m. to 12 p.m.	Courtice Community Complex	\$6.81	51927
Sous Vide Cooking	Oct 22	1 to 3 p.m.	Courtice Community Complex	\$19.37	51930
Zentangle (Indian Mandala)	Nov 6	10:30 to 11:30 a.m.	Diane Hamre Recreation Complex	Free	51899
Paint Day (Indigenous Turtle)	Nov 6	12 to 2 p.m.	Diane Hamre Recreation Complex	Free	51863
Yoga Series: Hands, Hips and Heart	Nov 16	11 a.m. to 12 p.m.	Courtice Community Complex	\$6.81	51928
Casserole Cooking	Nov 26	10 a.m. to 12 p.m.	Courtice Community Complex	\$10.20	51932
Christmas/Holiday Baking Workshop	Dec 3	1 to 3:30 p.m.	Courtice Community Complex	\$10.20	51822
Quilting Workshop	Dec 4	12:30 to 3:30 p.m.	Courtice Community Complex	\$11.24	51867
Yoga Series - Feet First: The Foundation of Balance	Dec 14	11 a.m. to 12 p.m.	Courtice Community Complex	\$6.81	51929

Clarington

www.clarington.net

Community Services

905-623-3379

communityservices@clarington.net

Municipality of Clarington

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