

55+ Active Adults Program Directory

WINTER 2025



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

Clarington



General Interest Programs

Register for Winter Programs

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

Registration for residents opens **Wednesday, December 11, 2024, at 7 a.m.**

Non-resident registration begins **Wednesday, December 18, 2024, at 7 a.m.**

Programs begin the week of January 6, 2025. No programs on February 17, 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 |
|------------------------------|-----|--------|-------|--------------------------|--------------------------------------|---------|-------|
| Drumming Intro | Mon | Jan 6 | 8 | 11:35 a.m. to 12:35 p.m. | Courtice Community Complex | \$15.76 | 47002 |
| Quilting | Mon | Jan 20 | 5 | 12:30 to 3:30 p.m. | Garnet B. Rickard Recreation Complex | \$56.18 | 47005 |
| Quilting - Beginner | Mon | Jan 20 | 6 | 6 to 8:30 p.m. | Garnet B. Rickard Recreation Complex | \$56.18 | 47004 |
| Learn to Play Cribbage | Mon | Feb 10 | 3 | 2:30 to 4:30 p.m. | Courtice Community Complex | \$22.47 | 47119 |
| Quilting | Tue | Jan 14 | 8 | 10:30 a.m. to 1:30 p.m. | Orono Town Hall | \$89.88 | 44494 |
| Discovering Hidden Histories | Tue | Jan 28 | 5 | 12 to 1:30 p.m. | Courtice Community Complex | \$9.85 | 47121 |
| Drumming | Tue | Jan 7 | 9 | 2:15 to 4:15 p.m. | Courtice Community Complex | \$17.73 | 47003 |
| Ukulele Level 1 | Wed | Jan 8 | 9 | 2 to 3 p.m. | Courtice Community Complex | \$33.71 | 44504 |

| Class | Day | Start | Weeks | Time | Location | Fee | Code |
|---|-----|--------|-------|-----------------------|--------------------------------------|---------|-------|
| Ukulele Level 2 | Wed | Jan 8 | 9 | 3:30 to 4:30 p.m. | Courtice Community Complex | \$33.71 | 44505 |
| Living a Healthy Life with Chronic Conditions | Thu | Jan 16 | 6 | 10 a.m. to 12:30 p.m. | Garnet B. Rickard Recreation Complex | Free | 47120 |
| Quilting | Thu | Jan 16 | 8 | 12:30 to 3:30 p.m. | Courtice Community Complex | \$89.88 | 44493 |
| Quilting | Thu | Jan 16 | 8 | 6 to 8:30 p.m. | Courtice Community Complex | \$74.90 | 45021 |



Drop-in Sports

Programs run from January 6 to March 30, 2025, unless otherwise noted.

No programs on February 17 and March 10 to 14, 2025. Programs cost \$2.72 plus HST.

| Program | Day | Time | Location |
|-------------------------|-----|--------------------------|--------------------------------|
| Beginner Pickleball | Mon | 8 to 10 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 |
| Pickleball Intermediate | 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 Intermediate | 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 | 11:30 a.m. to 1 p.m. | Diane Hamre Recreation Complex |
| Pickleball Intermediate | 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 January 6 to March 30, 2025, unless otherwise noted.

Programs cost \$1.97 plus HST. No programs on February 17, 2025.

| 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 |
| Euchre | Mon | 6 to 8 p.m. | Courtice Community Complex |
| Bid Euchre | Tue | 10 a.m. to 12 p.m. | Courtice Community Complex |
| Open Activity | Wed | 10 a.m. to 12 p.m. | Courtice Community Complex |
| Mexican Train Dominoes | Wed | 1 to 3 p.m. | Courtice Community Complex |
| Book Chats *Last Wednesday of the month | Wed | 1 to 3 p.m. | Courtice Community Complex |
| Euchre | Wed | 6 to 8 p.m. | Courtice Community Complex |
| Euchre | Thu | 1 to 3 p.m. | Diane Hamre Recreation Complex |
| Euchre | Fri | 1 to 3 p.m. | Courtice Community Complex |
| Darts | Fri | 1:45 to 2:45 p.m. | Courtice Community Complex |



Fitness Programs

Classes run from January 6 to March 30, 2025, unless otherwise noted. No programs February 17, 2025. Visit www.clarington.net/BeActive for program descriptions, instructors, and to register.

| Program | Day | Time | Location | Fee | Code |
|---------------------------|-----|---------------------|--------------------------------------|---------|-------|
| Strong and Sculpted | Mon | 8:30 to 9:25 a.m. | Diane Hamre Recreation Complex | \$36.47 | 47175 |
| 20/20/20 | Mon | 8:30 to 9:25 a.m. | Courtice Community Complex | \$36.47 | 47128 |
| Active Cardio and Weights | Mon | 9:30 to 10:25 a.m. | Garnet B. Rickard Recreation Complex | \$29.84 | 47148 |
| Yoga | Mon | 10:15 to 11:10 a.m. | Courtice Community Complex | \$36.47 | 47181 |
| Yoga | Mon | 10:40 to 11:35 a.m. | Diane Hamre Recreation Complex | \$36.47 | 47183 |
| NIA | Mon | 1:00 to 1:55 p.m. | Courtice Community Complex | \$36.47 | 47163 |
| Stretch and Sculpt | Mon | 1:00 to 1:55 p.m. | Courtice Community Complex | \$36.47 | 47168 |
| Strong and Functional | Tue | 9:15 to 10:10 a.m. | Diane Hamre Recreation Complex | \$39.78 | 47173 |
| Flex and Tone | Tue | 8:30 to 9:25 a.m. | Courtice Community Complex | \$39.78 | 47161 |
| Cardio Dance | Tue | 9:30 to 10:25 a.m. | Courtice Community Complex | \$39.78 | 47152 |
| 20/20/20 | Tue | 10:30 to 11:25 a.m. | Courtice Community Complex | \$39.78 | 47135 |
| Arthritis Fitness | Tue | 1 to 2 p.m. | Courtice Community Complex | \$39.78 | 47150 |
| Active Cardio and Weights | Wed | 9 to 9:55 a.m. | Courtice Community Complex | \$39.78 | 47146 |
| 20/20/20 | Wed | 10:05 to 11 a.m. | Diane Hamre Recreation Complex | \$39.78 | 47139 |
| Chair Yoga | Wed | 11 to 11:55 a.m. | Courtice Community Complex | \$39.78 | 47156 |

| Program | Day | Time | Location | Fee | Code |
|------------------------------|-----|-----------------------------|--------------------------------|---------|-------|
| 20/20/20 | Thu | 8:15 to 9:10 a.m. | Courtice Community Complex | \$39.78 | 47133 |
| Stretch and Sculpt | Thu | 9:15 to 10:10 a.m. | Courtice Community Complex | \$39.78 | 47170 |
| Yoga | Thu | 10:30 to 11:25 a.m. | Courtice Community Complex | \$39.78 | 47185 |
| 20/20/20 | Thu | 11:20 a.m. to 12:15 p.m. | Diane Hamre Recreation Complex | \$39.78 | 47131 |
| Cardio Salsa | Thu | 1 to 1:55 p.m. | Courtice Community Complex | \$39.78 | 47154 |
| Active Cardio and Weights | Fri | 8:30 to 9:25 a.m. | Courtice Community Complex | \$39.78 | 47142 |
| Yoga | Fri | 9:45 to 10:40 a.m. | Courtice Community Complex | \$39.78 | 47178 |
| 20/20/20 | Fri | 11:15 a.m. to 12:10 p.m. | Courtice Community Complex | \$39.78 | 47126 |
| Osteo Fitness | Fri | 12:15 to 1:10 p.m. | Courtice Community Complex | \$39.78 | 47165 |
| Yoga | Fri | 10:30 to 11:25 a.m. | Diane Hamre Recreation Complex | \$39.78 | 47158 |
| Active Weights and Cardio | Sat | 9:30 to 10:25 a.m. | Courtice Community Complex | \$39.78 | 47141 |



Specialty Fitness Programs

Classes run for nine weeks beginning January 6, 2025, unless otherwise noted.
No programs February 17, 2025.

| Program | Day | Start | Weeks | Time | Location | Fee | Code |
|---------------------------------------|-----------|-------|-------|---------------------|--------------------------------------|----------|-------|
| Beginner Argentine Tango | Mon | Jan 6 | 7 | 6:30 to 8 p.m. | Garnet B. Rickard Recreation Complex | \$117.88 | 47076 |
| Intermediate Ballroom | Mon | Jan 6 | 7 | 8 to 9:30 p.m. | Garnet B. Rickard Recreation Complex | \$117.88 | 47079 |
| Learn to Play Pickleball | Mon & Wed | Jan 6 | 4 | 8 to 9 a.m. | Diane Hamre Recreation Complex | \$28.44 | 44471 |
| Stretch and Sculpt | Tue | Jan 7 | 9 | 9 to 9:55 a.m. | Orono Town Hall | \$29.84 | 47172 |
| 20/20/20 | Tue | Jan 7 | 9 | 10:30 to 11:25 a.m. | Haydon Community Hall | \$29.84 | 47306 |
| Intermediate/Advanced Argentine Tango | Tue | Jan 7 | 8 | 6:30 to 8 p.m. | Courtice Community Complex | \$133.20 | 47077 |
| Beginner Ballroom | Tue | Jan 7 | 8 | 8 to 9 p.m. | Courtice Community Complex | \$88.80 | 47078 |

| Program | Day | Start | Weeks | Time | Location | Fee | Code |
|--|-----|--------|-------|--------------------------|--------------------------------|---------|-------|
| Pickleball Ladder | Tue | Jan 7 | 13 | 11:45 a.m. to 1:30 p.m. | Diane Hamre Recreation Complex | \$30.81 | 41429 |
| Golf Driving Range | Wed | Jan 8 | 10 | 10:30 to 11:30 a.m. | Bowmanville Indoor Soccer | \$55.44 | 45015 |
| Golf Driving Range | Wed | Jan 8 | 10 | 11:35 a.m. to 12:35 p.m. | Bowmanville Indoor Soccer | \$55.44 | 45016 |
| Intro to Mindfulness Base Stress Reduction | Wed | Jan 8 | 8 | 1 to 2:15 p.m. | Diane Hamre Recreation Complex | \$81.60 | 47209 |
| Yoga | Wed | Jan 8 | 12 | 7 to 8 p.m. | Haydon Community Hall | \$39.78 | 47933 |
| Strength and Conditioning | Thu | Jan 9 | 9 | 9 to 9:55 a.m. | Hampton Community Hall | \$29.84 | 47167 |
| Yoga | Thu | Jan 9 | 12 | 9:30 to 10:30 a.m. | Haydon Community Hall | \$39.78 | 47934 |
| Yoga | Thu | Jan 9 | 9 | 10 to 10:55 a.m. | Hampton Community Hall | \$29.84 | 47180 |
| Golf Driving Range | Thu | Jan 9 | 10 | 2 to 3 p.m. | Bowmanville Indoor Soccer | \$55.44 | 47307 |
| Golf Driving Range | Thu | Jan 9 | 10 | 3:05 to 4:05 p.m. | Bowmanville Indoor Soccer | \$55.44 | 47308 |
| Tai Chi | Fri | Jan 10 | 12 | 11:10 a.m. to 12:10 p.m. | Courtice Community Complex | \$51.54 | 46289 |



Age Wise. Eat Right. Feel Right.

The series will aim to equip seniors with knowledge, resources, and tools to manage their nutrition and wellness. Seniors Community Grant Program Funded by Ministry for Seniors and Accessibility.



Clarington

Ontario



55+ Active Adults Information and Active Living Fair

Wednesday, January 15 | 9 a.m. to 1 p.m.

Register for our fun and informative day. Visit the free tradeshow and take part in sample classes, workshops, demonstrations and more! Light refreshments and prizes included.

Location: Garnet B. Rickard Recreation Complex | **Fee:** Free | **Code:** 44888

Register now: www.clarington.net/BeActive

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



Funding provided by:



Clarington



Workshops

Visit www.clarington.net/BeActive for program descriptions and to register.
Stay tuned for information on snowshoeing workshops!

| Program | Day | Time | Location | Fee | Code |
|----------------------------------|--------|--------------------|----------------------------|---------|-------|
| Six Steps to a Simplified Estate | Jan 14 | 12 to 1:30 p.m. | Courtice Community Complex | Free | 47240 |
| Decoupage Craft | Jan 22 | 1 to 2 p.m. | Courtice Community Complex | Free | 47257 |
| Baking Workshop | Feb 5 | 1 to 3 p.m. | Courtice Community Complex | \$10.20 | 47311 |
| Heart Health for Women Workshop | Feb 9 | 4:30 to 6 p.m. | Courtice Community Complex | Free | 47312 |
| Aging Eyes Workshop | Feb 19 | 4:30 to 5:30 p.m. | Courtice Community Complex | Free | 47313 |
| Cooking for 1 or 2 Workshop | Mar 5 | 10 a.m. to 12 p.m. | Courtice Community Complex | \$10.20 | 47239 |



Specialty Events

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

| Program | Day | Time | Location | Fee | Code |
|------------------------------------|--------|------------------|--------------------------------------|---------|-------|
| Information and Active Living Fair | Jan 15 | 9 a.m. to 1 p.m. | Garnet B. Rickard Recreation Complex | Free | 44888 |
| Luncheon | Jan 21 | 12 to 1:30 p.m. | Courtice Community Complex | \$10.77 | 44472 |
| Euchre Tournament | Jan 29 | 1 to 3:30 p.m. | Courtice Community Complex | \$10.18 | 44463 |
| Bingo Party | Feb 4 | 12 to 1:30 p.m. | Courtice Community Complex | \$6.11 | 44446 |
| Farm to Table Luncheon | Feb 12 | 12 to 1:30 p.m. | Haydon Community Hall | \$10.77 | 47123 |
| Winter Wonderland Dinner and Dance | Feb 19 | 6 to 9 p.m. | Garnet B. Rickard Recreation Complex | \$21.56 | 44495 |
| Luncheon | Feb 25 | 12 to 1:30 p.m. | Courtice Community Complex | \$10.77 | 44473 |
| Euchre Tournament | Feb 26 | 6 to 8:30 p.m. | Courtice Community Complex | \$10.18 | 44464 |
| Luncheon | Mar 4 | 12 to 1:30 p.m. | Courtice Community Complex | \$10.77 | 47124 |
| Bingo Party | Mar 11 | 12 to 1:30 p.m. | Courtice Community Complex | \$6.11 | 44447 |
| Orono Luncheon | Mar 13 | 12 to 1:30 p.m. | Orono Town Hall | \$10.77 | 41722 |
| Euchre Tournament | Mar 24 | 6 to 8:30 p.m. | Courtice Community Complex | \$10.18 | 44465 |
| Card Bingo | Mar 25 | 1:30 to 3 p.m. | Courtice Community Complex | \$6.11 | 47186 |

Clarington

www.clarington.net

Community Services

905-623-3379

communityservices@clarington.net

Municipality of Clarington

40 Temperance Street,
Bowmanville, ON, L1C 3A6