

# 55+ Active Adults Program Directory

WINTER 2026



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 10, 2025, at 7 a.m.**

Non-resident registration begins **Wednesday, December 17, 2025, at 7 a.m.**

Programs begin the week of January 5, 2026.

No programs February 16.

To register online, visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive).

For assistance, contact [communityservices@clarington.net](mailto:communityservices@clarington.net) or 905-623-3379.

Class	Day	Start	Weeks	Time	Location	Fee	Code
Beginner Drumming	Mon	Jan 5	11	11:35 a.m. to 12:35 p.m.	Courtice Community Complex	\$22	49858
Djembe Study Group	Mon	Jan 5	11	4 to 5:30 p.m.	Courtice Community Complex	\$22	54820
Quilting	Tue	Jan 6	11	9 to 11:30 a.m.	Diane Hamre Recreation Complex	\$104.78	54248
Quilting	Tue	Jan 6	11	12 to 2:30 p.m.	Diane Hamre Recreation Complex	\$104.78	54249
Drumming Tutorial	Tue	Jan 6	12	2:15 to 3:15 p.m.	Courtice Community Complex	\$24	49857
Drumming as a Community	Tue	Jan 6	12	3:30 to 4:30 p.m.	Courtice Community Complex	\$24	54250
Ukulele Level 1	Wed	Jan 7	10	2:20 to 3:20 p.m.	Courtice Community Complex	\$38.10	49907
Ukulele Level 2	Wed	Jan 7	10	3:30 to 4:30 p.m.	Courtice Community Complex	\$38.10	49908

Class	Day	Start	Weeks	Time	Location	Fee	Code
Quilting	Thu	Jan 8	11	12:30 to 3:30 p.m.	Courtice Community Complex	\$125.73	49892
Quilting	Thu	Jan 8	11	6 to 8:30 p.m.	Courtice Community Complex	\$104.78	49812
Learn to Play Mexican Train Dominoes	Tue	Feb 10	3	12 to 1:30 p.m.	Courtice Community Complex	\$17.15	49869





# 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](http://www.clarington.net/ActiveAdults).

Class	Day	Time	Location	Fee	Code
Cooking (Indian)	Jan 8	1 to 3 p.m.	Courtice Community Complex	Free	54813
Travel Group (Last Thursday of the month)	Jan 29	10 a.m. to 12 p.m.	Courtice Community Complex	Free	55552
Cooking (German)	Jan 29	1 to 3 p.m.	Courtice Community Complex	Free	54814
Spanish Lessons (4 weeks)	Jan 30	6:30 to 8 p.m.	Courtice Community Complex	Free	55549
Dream Maker Craft Workshop	Feb 5	10 to 11:30 a.m.	Diane Hamre Recreation Complex	Free	55553
Ukrainian Dance Workshop	Feb 6	2:30 to 4:30 p.m.	Courtice Community Complex	Free	55550
Cooking (tbd)	Feb 12	1 to 3 p.m.	Courtice Community Complex	Free	54815
Cultural Story Circle (4 weeks)	Feb 17	1 to 3 p.m.	Garnet B. Rickard Recreation Complex	Free	55548

Class	Day	Time	Location	Fee	Code
Starry Winter Night Dinner and Dance	Feb 18	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$21.90	49911
Algonquin Landscape - Watercolour (2 weeks)	Mar 5	1 to 4 p.m.	South Courtice Arena	Free	55551
Presentation from Islamic Centre Courtice	Mar 9	6:30 to 7:30 p.m.	Courtice Community Complex	Free	55559
Savour the Sounds: A Cultural Celebration	Mar 14	1:30 to 4 p.m.	Courtice Community Complex	Free	55228
Cooking (TBA)	Mar 19	1 to 3 p.m.	Haydon Community Hall	Free	54816

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

**Canada**







# Drop-in Sports

Programs run from January 5 to March 26, 2026, unless otherwise noted.

No programs on February 16, 2026. No programs March 16 to March 20, 2025 at Diane Hamre Recreation Complex and South Courtice Arena.

Programs cost \$2.76 plus HST.

**Pickleball weekly sign-ups:** Registration opens Mondays at 7 a.m. for the following week's sessions (Non-residents can register Tuesdays at 7 a.m.)

Visit [www.clarington.net/ActiveAdults](http://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	12:45 to 2:45 p.m.	Diane Hamre Recreation Complex
Adult Basketball	Tue	10 a.m. to 12 p.m.	South Courtice Arena
Pickleball	Tue	11:35 a.m. to 1:30 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 3:15 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	12:45 to 2:15 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 5 to March 26, 2026, unless otherwise noted.

No programs on February 16, 2026. No programs March 17, 2026 at Diane Hamre Recreation Complex.

Program	Day	Time	Location
Open Activity	Mon	10 to 12 p.m.	Courtice Community Complex
Bid Euchre	Mon	10 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
Bridge	Tue	1 to 3 p.m.	Courtice Community Complex
Open Activity	Wed	10 to 12 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	12 to 2 p.m.	South Courtice Arena
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	Fri	1 to 3 p.m.	Courtice Community Complex
Open Jam	Fri	1:30 to 3:30 p.m.	Courtice Community Complex



# Fitness Programs

Programs run from January 5 to March 26, 2026, unless otherwise noted.

No programs on February 16, 2026. No programs March 17, 2026 at Diane Hamre Recreation Complex.

Visit [www.clarington.net/BeActive](http://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	\$37.07	54622
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$37.07	54591
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$37.07	54604
Yoga	Mon	9:45 to 10:40 a.m.	Courtice Community Complex	\$37.07	54639
Yoga	Mon	10:40 to 11:25 a.m.	Diane Hamre Recreation Complex	\$37.07	54641
NIA	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$37.07	54624
Stretch and Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$37.07	54628
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$40.44	54632
Flex and Tone	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$40.44	54618
Dance and Tone	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$40.44	54616
20/20/20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$40.44	54595
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$40.44	54610
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$40.44	54608

<b>Program</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Fee</b>	<b>Code</b>
20/20/20	Wed	10 to 10:55 a.m.	Diane Hamre Recreation Complex	\$40.44	54599
Arthritis Fitness	Wed	12:45 to 1:40 p.m.	Diane Hamre Recreation Complex	\$37.07	54612
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$40.44	54614
Interval Training	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$40.44	54620
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$40.44	54629
20/20/20	Thu	10:15 to 11:10 a.m.	Diane Hamre Recreation Complex	\$40.44	54593
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$40.44	54643
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$37.07	54602
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$37.07	54636
20/20/20	Fri	11 to 11:55 a.m.	Courtice Community Complex	\$37.07	54589
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$37.07	54626
Yoga	Fri	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$37.07	54634
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$37.07	54606







# Specialty Fitness Programs

Classes begin January 5, 2026 unless otherwise noted.

No programs on February 16, 2026. No programs March 17, 2026 at Diane Hamre Recreation Complex.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Beginner Argentine Tango	Mon	Jan 5	10	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$114.30	54933
Intermediate Ballroom	Mon	Jan 5	10	8 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$76.20	54936
Learn to Play Pickleball	Mon and Wed	Jan 5	4	8 to 8:55 a.m.	Diane Hamre Recreation Complex	\$30.48	49870
20/20/20	Tue	Jan 6	12	9 to 9:55 a.m.	Newtonville Town Hall	\$40.44	54601
Stretch and Sculpt	Tue	Jan 6	12	10:30 to 11:25 a.m.	Orono Town Hall	\$40.44	49900
20/20/20	Tue	Jan 6	12	10:30 to 11:25 a.m.	Haydon Community Centre	\$40.44	54597
Intermediate/Advanced Argentine Tango	Tue	Jan 6	10	6:30 to 8 p.m.	Courtice Community Complex	\$114.30	54934
Beginner Ballroom	Tue	Jan 6	10	8 to 9 p.m.	Courtice Community Complex	\$76.20	54935
Pickleball Ladder	Tue	Jan 6	11	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$30.81	49891
Yoga	Thu	Jan 8	12	9:30 to 10:30 a.m.	Haydon Community Hall	\$40.44	54645

Program	Day	Start	Weeks	Time	Location	Fee	Code
Yoga	Thu	Jan 8	12	10 to 10:55 a.m.	Hampton Community Hall	\$40.44	54638
Woman's Pickleball Ladder	Fri	Jan 9	10	9:30 to 11:15 a.m.	Diane Hamre Recreation Complex	\$27.60	55233
Walk and Weights	Fri	Jan 9	11	10:30 to 11:25 a.m.	Newtonville Town Hall	\$37.07	55235
Tai Chi	Fri	Jan 9	11	11:10 a.m. to 12:05 p.m.	Courtice Community Complex	\$37.07	54497
Line Dance	Sat	Jan 10	10	1 to 1:55 p.m.	Courtice Community Complex	\$41.91	54415
Line Dance	Sat	Jan 10	10	2 to 2:55 p.m.	Courtice Community Complex	\$41.91	54414



# Specialty Events

Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Luncheon	Jan 6	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	49871
Older Adult Active Living Fair	Jan 14	11 a.m. to 2 p.m.	Courtice Community Complex	Free	48224
Euchre Tournament	Jan 19	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	49863
Card Bingo	Jan 27	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	49847
Luncheon	Feb 3	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	49872
Euchre Tournament	Feb 13	1 to 3:30 p.m.	Courtice Community Complex	\$10.35	49864
Starry Winter Night Dinner & Dance	Feb 18	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$21.90	49911
Orono Luncheon	Feb 26	12 to 1:30 p.m.	Orono Town Hall	\$11.09	49881
Luncheon	Mar 3	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	49865
Euchre Tournament	Mar 11	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	49864
Savour the Sounds: A Cultural Celebration	Mar 14	1:30 to 4 p.m.	Courtice Community Complex	Free	55228
Haydon Luncheon	Mar 18	12 to 1:30 p.m.	Haydon Community Hall	\$11.09	49866
Card Bingo	Mar 24	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	49845



# Workshops

Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Communication Skills and Positive Thinking	Jan 13	12 to 1:30 p.m.	Courtice Community Complex	Free	54482
Restorative Hot Stones	Jan 20	12:15 to 1:15 p.m.	Courtice Community Complex	\$6.56	55226
Baking	Jan 21	1 to 3:30 p.m.	Courtice Community Complex	\$10.36	54493
Safe Winter Driving	Jan 23	10 to 11 a.m.	Diane Hamre Recreation Complex	Free	55230
Falls Prevention	Jan 27	12 to 1 p.m.	Courtice Community Complex	Free	55231
Practical Planning for your Health	Feb 4	1 to 2:30 p.m.	Diane Hamre Recreation Complex	Free	54483
Cooking - Soup	Feb 25	10 a.m. to 12 p.m.	Courtice Community Complex	\$10.36	55224
Baking	Mar 4	1 to 3 p.m.	Courtice Community Complex	\$10.36	54494
Yin Yoga	Mar 11	11:15 a.m. to 12:15 p.m.	Courtice Community Complex	\$6.56	55227
Understanding Food Labels for Health	Mar 11	12 to 1:30 p.m.	Courtice Community Complex	Free	54484
Journey of Migrating Songbirds	Mar 17	12 to 1:30 p.m.	Courtice Community Complex	\$14.91	54495
Cooking for 1	Mar 25	10 a.m. to 12 p.m.	Courtice Community Complex	\$10.36	55225

*Clarington*

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**www.clarington.net**

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**Community Services**

905-623-3379

[communityservices@clarington.net](mailto:communityservices@clarington.net)

**Municipality of Clarington**

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