

55+ Active Adults Program Directory Spring 2026



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

Clarington



General Interest Programs

Register for Spring Programs

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

Registration for residents opens **Wednesday, March 4, 2026, at 7 a.m.**

Non-resident registration begins **Wednesday, March 11, 2026, at 7 a.m.**

Programs begin the week of March 27, 2026.

No programs April 3, 5 and May 18.

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 Drumming Level 1	Mon	Mar 30	12	11:35 a.m. to 12:35 p.m.	Courtice Community Complex	\$24	51414
Djembe Study Level 4	Mon	Mar 30	12	4:10 to 5:40 p.m.	Courtice Community Complex	\$24	58333
Quilting	Tue	Mar 31	12	9 to 11:30 a.m.	Diane Hamre Recreation Complex	\$114.13	58331
Quilting	Tue	Mar 31	12	11:50 a.m. to 2:20 p.m.	Diane Hamre Recreation Complex	\$114.13	58332
Djembe Drumming Level 2	Tue	Mar 31	12	2:15 to 3:15 p.m.	Courtice Community Complex	\$24	58334
Djembe Drumming Level 3	Tue	Mar 31	12	3:30 to 4:30 p.m.	Courtice Community Complex	\$24	58335
Ukelele Level 1	Thu	Apr 2	8	2 to 3 p.m.	Courtice Community Complex	\$30.48	51464
Ukulele Level 2	Thu	Apr 2	8	3:30 to 4:30 p.m.	Courtice Community Complex	\$30.48	51465

Class	Day	Start	Weeks	Time	Location	Fee	Code
Quilting	Thu	Apr 2	12	12:30 to 3:30 p.m.	Courtice Community Complex	\$137.16	51447
Quilting	Thu	Apr 2	12	6 to 8:30 p.m.	Courtice Community Complex	\$114.13	51367
Learn to Play Bid Euchre	Thu	Apr 23	3	12 to 1:30 p.m.	Courtice Community Complex	\$17.15	58869
Learn to Play Mexican Train Dominoes	Thu	May 21	3	12 to 1:30 p.m.	Courtice Community Complex	\$17.15	58870

Drop-in Sports

Programs begin Friday, March 27, 2026, unless otherwise noted. No programs on April 3, 5 and May 18. No pickleball April 24 and 27 at Garnet B. Rickard Recreation Complex. 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 for more information.

Program	Day	Time	Location
Beginner Pickleball	Mon	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball (April 20 start)	Mon	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball	Mon	10:10 a.m. to 12:30 p.m.	Diane Hamre Recreation Complex
Pickleball (April 20 start)	Mon	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard 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
Pickleball (April 14 start)	Tue	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex

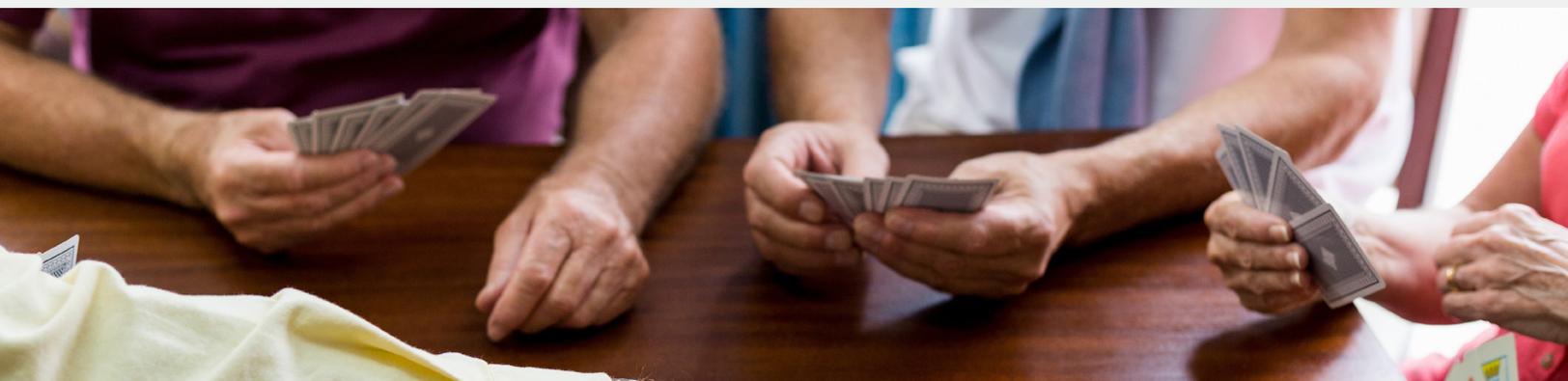
Program	Day	Time	Location
Pickleball (April 14 start)	Tue	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball	Tue	1:45 to 3:10 p.m.	Diane Hamre Recreation Complex
Pickleball Beginner	Wed	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball	Wed	10:10 a.m. to 12:10 p.m.	Diane Hamre Recreation Complex
Volleyball Intermediate	Wed	1:30 to 3:15 p.m.	Diane Hamre Recreation Complex
Pickleball (April 16 start)	Thu	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball (April 16 start)	Thu	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard 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

Programs begin Friday, March 27, 2026, unless otherwise noted.
No programs on April 3, 5 and May 18. Programs cost \$2 +HST.

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



Fitness Programs

Classes run Friday, March 27 to Thursday, June 25, 2026, unless otherwise noted.
No programs on April 3, 5 and May 18.

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	\$40.44	51460
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$40.44	51371
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$40.44	51387
Yoga	Mon	9:45 to 10:40 a.m.	Courtice Community Complex	\$40.44	51476
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$40.44	51478
NIA	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$40.44	51430
Stretch and Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$40.44	51453
20/20/20	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$43.81	55691
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$43.81	51458
Dance and Tone	Tue	9:35 to 10:30 a.m.	Courtice Community Complex	\$43.81	51407
20/20/20	Tue	10:40 to 11:35 a.m.	Courtice Community Complex	\$43.81	51379
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$43.81	51394
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$43.81	51391
20/20/20	Wed	10:05 to 11 a.m.	Diane Hamre Recreation Complex	\$43.81	51382

Program	Day	Time	Location	Fee	Code
Arthritis Fitness	Wed	12:45 to 1:40 p.m.	Diane Hamre Recreation Complex	\$43.81	51396
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$43.81	51409
Interval Training	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$43.81	51377
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$43.81	51454
Stability Sculpt	Thu	10:15 to 11:10 a.m.	Diane Hamre Recreation Complex	\$43.81	51373
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$43.81	51480
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$40.44	51385
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$40.44	51471
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$40.44	51469
20/20/20	Fri	11 to 11:55 a.m.	Courtice Community Complex	\$40.44	51369
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$40.44	51436
Active Cardio and Weights	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$43.81	51389



Specialty Fitness Programs

Programs begin Friday, March 27, 2026, unless otherwise noted.

No programs April 3, 5 and May 18.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Beginner Argentine Tango	Mon	Mar 30	10	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$114.30	51360
Intermediate Ballroom	Mon	Mar 30	10	8 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$76.20	51365
Cardio and Strength	Tue	Mar 31	12	9 to 9:55 a.m.	Newtonville Community Hall	\$40.44	58330
Stretch and Sculpt	Tue	Mar 31	12	10:30 to 11:25 a.m.	Orono Town Hall	\$40.44	51457
20/20/20	Tue	Mar 31	12	10:30 to 11:25 a.m.	Haydon Community Hall	\$40.44	51380
Intermediate/Advanced Argentine Tango	Tue	Mar 31	10	6:30 to 8 p.m.	Courtice Community Complex	\$114.30	51361
Beginner Ballroom	Tue	Mar 31	10	8 to 9 p.m.	Courtice Community Complex	\$76.20	51362
Pickleball Ladder	Tue	Mar 31	5	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$13.80	58524
Yoga	Thu	Apr 2	9	9:30 to 10:25 a.m.	Haydon Community Hall	\$30.33	51475
Women's Pickleball Ladder	Fri	Mar 27	10	9:30 to 11:15 a.m.	Diane Hamre Recreation Complex	\$33.12	58525

Program	Day	Start	Weeks	Time	Location	Fee	Code
Walk and Weights	Fri	Mar 27	10	10:45 to 11:40 a.m.	Newtonville Community Hall	\$33.70	58327
Tai Chi	Fri	Mar 27	12	11:20 a.m. to 12:15 p.m.	Courtice Community Complex	\$58.68	58132
Brain Fitness	Sat	Mar 28	10	10:05 to 11 a.m	Diane Hamre Recreation Complex	\$33.70	58985
Line Dance	Sat	Mar 28	10	1 to 1:55 p.m.	Courtice Community Complex	\$48.90	58838
Line Dance	Sat	Mar 28	10	2 to 2:55 p.m.	Courtice Community Complex	\$48.90	58835

Specialty Events

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

Program	Day	Time	Location	Fee	Code
Luncheon - Lunch and Learn	Apr 7	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	51426
Euchre Tournament	Apr 20	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	51419
Country Line Dancing	Apr 22	7 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$13.61	51917
Card Bingo	Apr 28	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	51403
Wellness Retreat	May 3	10:30 a.m. to 2:30 p.m.	Courtice Community Complex	\$21.90	51451

Program	Day	Time	Location	Fee	Code
Luncheon - Lunch and Learn	May 5	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	51427
Euchre Tournament	May 22	1 to 3:30 p.m.	Courtice Community Complex	\$10.35	51421
Orono Luncheon - Lunch and Learn	May 28	12 to 1:30 p.m.	Orono Town Hall	\$11.09	51435
Luncheon - Lunch and Learn	Jun 2	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	51428
Haydon Luncheon - Lunch and Learn	Jun 10	12 to 1:30 p.m.	Haydon Community Hall	\$11.09	51364
Country Line Dancing	Jun 10	7 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$13.61	51918
Card Bingo	Jun 16	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	51406
Seniors' Month Barbecue and Open House	Jun 17	11 a.m. to 2 p.m.	Garnet B. Rickard Recreation Complex	Free	51450
Euchre Tournament	Jun 24	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	51420

Workshops

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

Program	Day	Time	Location	Fee	Code
Managing Stress – Powerful tools for caregivers	Apr 14	12 to 1:30 p.m.	Courtice Community Complex	Free	58992
Cooking – Mediterranean	Apr 15	1 to 3 p.m.	Courtice Community Complex	\$13.12	59072
Tai Chi	Apr 21	12:30 to 1:30 p.m.	Courtice Community Complex	\$6.56	58991

Program	Day	Time	Location	Fee	Code
Baking	Apr 22	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	58987
Zentangle	Apr 27	2:15 to 4:15 p.m.	Courtice Community Complex	\$10.36	59098
Cooking - Budget Friendly Meals	May 6	10 a.m. to 12 p.m.	Courtice Community Complex	\$13.12	59122
Mandala Rock/ Coaster Painting	May 7	10:30 a.m. to 12 p.m.	Diane Hamre Recreation Complex	\$7.77	59097
Restorative Yoga – Hot Rocks	May 12	12:20 to 1:50 p.m.	Courtice Community Complex	\$9.84	58990
Baking	May 13	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	58988
Know your Numbers	May 19	12:30 to 1:30 p.m.	Courtice Community Complex	\$6.56	59077
Communication Skills	May 20	1 to 2:30 p.m.	Diane Hamre Recreation Complex	Free	59079
Cooking – Quebec	May 21	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	59076
Preserving your Wealth and Retirement	May 26	12:15 to 1:15 p.m.	Courtice Community Complex	Free	59081
Baking	Jun 3	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	58989
Forest Bathing	Jun 9	12 to 1:30 p.m.	Courtice Community Complex	Free	59080
Cooking - Caribbean	Jun 11	1 to 3 p.m.	Courtice Community Complex	\$13.12	59073
Balance - Changes and Challenges as We Age	Jun 18	6 to 7 p.m.	Courtice Community Complex	\$6.56	59078

Clarington

www.clarington.net

Community Services

905-623-3379

communityservices@clarington.net

Municipality of Clarington

40 Temperance Street,

Bowmanville, ON L1C 3A6