

55+ Active Adults Program Directory

SUMMER 2026



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

Clarington



Drop-in Programs

Programs run from June 28 to September 17 unless otherwise noted.
No programs July 1 or August 3. Programs cost \$2 plus HST.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	Courtice Community Complex
Bid Euchre	Mon	12:30 to 2:30 p.m.	Courtice Community Complex
Euchre	Mon	6 to 8 p.m.	Courtice Community Complex
Open Activity (Starts July 8)	Wed	10 a.m. to 12 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	10:30 a.m. to 12:30 p.m.	Courtice Community Complex
Book Chats *Last Wednesday of the month	Wed	1 to 3 p.m.	Courtice Community Complex
Bridge	Thu	1 to 3 p.m.	Courtice Community Complex
Euchre/Mexican Train Dominoes	Fri	1 to 3 p.m.	Courtice Community Complex
Open jam	Fri	1:30 to 3 p.m.	Courtice Community Complex



Program	Day	Time	Location	Fee	Code
Coffee and Conversation: Nature and Health	Aug 10	10 to 11 a.m.	Courtice Community Complex	\$6.56	60133
Coffee and Conversation: Brain Health	Aug 12	11:10 a.m. to 12:10 p.m.	Courtice Community Complex	\$6.56	60134
Energy Healing	Aug 17	11:10 a.m. to 12:10 p.m.	Courtice Community Complex	\$6.56	60141
Outdoor Zentangle	Aug 18	2:15 to 3:15 p.m.	Courtice Community Complex	\$5.18	60139
Coffee and Conversation: Fall Prevention	Sep 15	10:30 to 11:30 a.m.	Courtice Community Complex	Free	60324

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada 



Drop-in Sports

Programs run from June 28 to September 19 unless otherwise noted.

No programs July 1, August 3 and September 7.

Programs cost \$2.76 plus HST.

Please note: For 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.)

Program	Day	Time	Location
Pickleball (5 Weeks)	Mon	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball (5 Weeks)	Mon	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball Beginner (September 14 only)	Mon	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball (September 14 only)	Mon	10:10 a.m. to 12:30 p.m.	Diane Hamre Recreation Complex
Pickleball (5 weeks)	Tue	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball (5 weeks)	Tue	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball (Starts September 1)	Tue	11:45 a.m. to 1:35 p.m.	Diane Hamre Recreation Complex
Pickleball (Starts September 1)	Tue	1:45 p.m. to 3:10 p.m.	Diane Hamre Recreation Complex
Pickleball Beginner (Starts September 2)	Wed	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball (Starts September 2)	Wed	10:10 a.m. to 12:10 p.m.	Diane Hamre Recreation Complex

Program	Day	Time	Location
Pickleball (5 weeks)	Thu	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball (5 weeks)	Thu	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball (Starts September 3)	Thu	11:45 a.m. to 1:15 p.m.	Diane Hamre Recreation Complex
Pickleball Advanced (Starts September 3)	Thu	1:25 to 3 p.m.	Diane Hamre Recreation Complex
Pickleball (Starts September 4)	Fri	12 to 1:25 p.m.	Diane Hamre Recreation Complex
Pickleball Advanced (Starts September 4)	Fri	1:35 to 3 p.m.	Diane Hamre Recreation Complex



Fitness Programs

Classes run from June 29 to September 19 unless otherwise noted.

No programs July 1, August 3 and September 7. Wednesday classes start July 8.

Program	Day	Time	Location	Fee	Code
Muscle Moves	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$33.70	53750
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$33.70	53675
Yoga	Mon	10:05 to 11 a.m.	Courtice Community Complex	\$33.70	53762
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$33.70	53764
20/20/20	Tue	8 to 8:55 a.m.	Courtice Community Complex	\$40.44	53683
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$40.44	53748
Dance and Tone	Tue	9 to 9:55 a.m.	Courtice Community Complex	\$40.44	53719
20/20/20	Tue	10 to 10:55 a.m.	Courtice Community Complex	\$40.44	60135
Arthritis Fitness (Starts July 7)	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$37.01	53705
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$37.01	53691
20/20/20	Wed	10:05 to 11 a.m.	Diane Hamre Recreation Complex	\$37.01	53685
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$37.01	53716
Interval Training	Thu	8 to 8:55 a.m.	Courtice Community Complex	\$40.44	53681
Stretch and Sculpt	Thu	9 to 9:55 a.m.	Courtice Community Complex	\$40.44	59768

Program	Day	Time	Location	Fee	Code
Stability Sculpt	Thu	10:15 to 11:10 a.m.	Diane Hamre Recreation Complex	\$40.44	59769
Yoga	Thu	10:40 to 11:35 a.m.	Courtice Community Complex	\$40.44	53766
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$40.44	53687
Yoga	Fri	10:05 to 11 a.m.	Courtice Community Complex	\$40.44	53759
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$40.44	53757
20/20/20	Fri	11:10 a.m. to 12:05 p.m.	Courtice Community Complex	\$40.44	53672
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$40.44	53734
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$40.44	53689



Specialty Fitness Programs

Programs begin June 28 unless otherwise noted.

No programs July 1, August 3 and September 7.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Tai Chi	Tue	Jun 30	12	12:20 to 1:15 p.m.	Courtice Community Complex	\$58.68	60137
20/20/20	Tue	Jun 30	12	10:30 to 11:25 a.m.	Haydon Community Hall	\$40.44	59771
Yoga	Thu	Jul 2	11	9:30 to 10:25 a.m.	Haydon Community Hall	\$37.01	53761



Special Events

Program	Day	Time	Location	Fee	Code
Strawberry Social	Jun 30	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53747
Euchre Tournament	Jul 13	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	53724
Golden Grooves DJ Dance Night	July 15	6 to 9 p.m.	Courtice Community Complex	\$21.90	60325
Lunch and Learn	Jul 28	11 a.m. to 12:30 p.m.	Courtice Community Complex	\$11.09	60138
Card Bingo	Aug 11	11 a.m. to 12:30 p.m.	Courtice Community Complex	\$6.21	53715
Haydon Lunch and Learn	Aug 19	12 to 1:30 p.m.	Haydon Community Hall	\$11.09	59761
Corn Roast	Sep 1	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53718



Clarington

www.clarington.net

Community Services

905-623-3379

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Municipality of Clarington

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