

55+ Active Adults Program Directory

SUMMER 2026



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

Clarington



General Interest Programs

Register for Summer Programs

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

Registration for residents opens **Wednesday, June 10, 2026 at 7 a.m.**

Non-resident registration begins **Wednesday, June 17, 2026 at 7 a.m.**

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

No programs July 1, August 7 and September 7.

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 Study Level 4	Mon	Jun 29	9	4:10 to 5:40 p.m.	Courtice Community Complex	\$20	59748
Quilting	Thu	Jul 2	12	12:30 to 3:30 p.m.	Courtice Community Complex	\$137.16	59765
Watercolor - Expressive Landscapes	Mon	Jul 6	4	10 to 11:30 a.m.	Courtice Community Complex	\$51.68	60129



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



The Social Spoon:

Time well spent with good company



If you've been thinking it might be nice to get out once in a while, The Social Spoon offers a simple place to start.

This new programming invites local seniors to enjoy shared meals and everyday conversation together as a community. From Coffee & Conversation and Lunch & Learns to hands-on cooking workshops, each gathering offers something familiar to enjoy and something new to look forward to in a comfortable, welcoming setting. Sessions are free or low-cost, led by peers and guest speakers, with a relaxed, social format that is easy to take part in.

Learn more or view upcoming dates at www.clarington.net/TheSocialSpoon or contact the Recreation Coordinator at AMoss@clarington.net / 905-623-3379 ext 2526.

Program	Day	Time	Location	Fee	Code
Baking	Jul 8	1 to 3 p.m.	Courtice Community Complex	\$13.12	60130
Outdoor Tai Chi	Jul 9	11:15 a.m. to 12:10 p.m.	Courtice Community Complex	\$6.56	60140
Cooking – Mexican Cuisine	Jul 21	1 to 3 p.m.	Haydon Community Hall	\$13.12	60131
Lunch and Learn	Jul 28	11 a.m. to 12:30 p.m.	Courtice Community Complex	\$11.09	60138
Coffee and Conversation: Older Adult Safety and Resources	Jul 29	11 a.m. to 12 p.m.	Courtice Community Complex	Free	53736
Cooking - Greek	Aug 5	1 to 3 p.m.	Courtice Community Complex	\$13.12	60132

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

communityservices@clarington.net

Municipality of Clarington

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