

# 55+ Active Adults Program Directory

FALL 2024



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

Clarington



# General Interest Programs

## Register for Fall Programs

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

Registration opens for residents on **Wednesday, September 4, 2024, at 7 a.m.**

Non-resident registration begins **Wednesday, September 11, 2024, at 7 a.m.**

Programs begin the week of September 23, 2024. 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
Intro to Drumming	Mon	Sep 23	10	11:35 a.m. to 12:35 p.m.	Courtice Community Complex	\$19.20	45104
Quilting - Beginner	Mon	Oct 7	10	6 to 8:30 p.m.	Garnet. B Rickard Recreation Complex	\$91.25	45099
Learn to Play Cribbage	Wed	Nov 4	3	2:30 to 4:30 p.m.	Courtice Community Complex	\$21.90	41409
Quilting	Tue	Sep 24	10	10:30 a.m. to 1:30 p.m.	Orono Town Hall	\$109.50	41432
Drumming	Tue	Sep 24	10	2:15 to 4:15 p.m.	Courtice Community Complex	\$19.20	41396
Ukulele Level 1	Wed	Sep 25	10	1:30 to 2:30 p.m.	Courtice Community Complex	\$36.50	41444
Ukulele Level 2	Wed	Sep 25	10	3 to 4 p.m.	Courtice Community Complex	\$36.50	41445
Quilting	Thu	Sep 26	12	12:30 to 3:30 p.m.	Courtice Community Complex	\$131.14	41431

Class	Day	Start	Weeks	Time	Location	Fee	Code
Quilting	Thu	Sep 26	12	6 to 8:30 p.m.	Courtice Community Complex	\$109.50	41518
Living a Life with Chronic Conditions	Thu	Oct 17	6	10 a.m. to 12:30 p.m.	Garnet. B Rickard Recreation Complex	Free	45100
Drawing	Thu	Oct 3	5	10:30 a.m. to Noon	Alan Strike Aquatic and Squash Centre	\$37.13	41393
Acrylic Painting	Thu	Oct 3	5	12:30 to 2:30 p.m.	Alan Strike Aquatic and Squash Centre	\$49.50	41366
Discovering Hidden Histories	Tue	Oct 29	5	11:50 a.m. to 1:20 p.m.	Courtice Community Complex	\$9.75	45134



# Drop-in Programs

## General Interest Drop-in Programs

Programs run from September 23 to December 20 unless otherwise noted.

Programs cost \$1.92 plus HST. No programs on September 30 or October 14.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to Noon	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
Mexican Train Dominoes	Tue	10 a.m. to Noon	Courtice Community Complex
Open Activity	Wed	10 a.m. to Noon	Courtice Community Complex
Bid Euchre	Wed	1 to 3 p.m.	Courtice Community Complex
Book Chats <i>*last Wednesday of the month</i>	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 <b>*New*</b>	Fri	1:45 to 2:45 p.m.	Courtice Community Complex

# Drop-in Sports

Programs run from September 23 to December 20 unless otherwise noted.  
 Programs cost \$2.37 plus HST. No programs on September 30 or October 14.

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
Basketball <b>*New*</b>	Tue	10 a.m. to Noon	South Courtice Arena
Pickleball	Tue	1:45 to 3:10 p.m.	Diane Hamre Recreation Complex
Pickleball Beginner	Wed	8 to 10 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	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	Fri	Noon to 1:25 p.m.	Diane Hamre Recreation Complex
Pickleball Advanced	Fri	1:35 to 3 p.m.	Diane Hamre Recreation Complex

# Fitness Programs

Classes run from September 23 to December 20 unless otherwise noted. No classes on September 30 or October 14. Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) for program descriptions and to register.

Program	Day	Time	Location	Fee	Code
Strong and Sculpted	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$35.53	41416
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$35.53	41351
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$35.53	41372
Yoga	Mon	10:15 to 11:10 a.m.	Courtice Community Complex	\$35.53	41454
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$35.53	41457
NIA (ends Dec 2)	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$29.07	41417
Stretch and Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$35.53	41435
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$41.99	41461
Flex and Tone	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$41.99	45438
Cardio Dance	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$41.99	41384
20/20/20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$41.99	41359
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$41.99	45276
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$41.99	41369

<b>Program</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Fee</b>	<b>Code</b>
Chair Yoga	Wed	11:30 a.m. to 12:25 p.m.	Courtice Community Complex	\$41.99	41389
20/20/20	Wed	10 to 10:55 a.m.	Diane Hamre Recreation Complex	\$41.99	41363
Cardio Salsa	Wed	1:30 to 2:25 p.m.	Courtice Community Complex	\$41.99	41387
20/20/20	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$41.99	41356
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$41.99	41439
Yoga	Thu	10:30 a.m. to 11:25 a.m.	Courtice Community Complex	\$41.99	41406
20/20/20	Thu	11:20 a.m. to 12:15 p.m.	Diane Hamre Recreation Complex	\$41.99	41354
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$41.99	41367
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$41.99	41450
20/20/20	Fri	11:15 a.m. to 12:10 p.m.	Courtice Community Complex	\$41.99	41348
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$41.99	41422
Fit Stretch	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$41.99	41448
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$41.99	45503

# Specialty Fitness Programs

Classes run for 10 weeks beginning September 23 unless otherwise noted.  
No classes on September 30 or October 14.

Program	Day	Weeks	Time	Location	Fee	Code
Beginner Argentine Tango	Mon	10	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$84.24	41376
Intermediate Ballroom	Mon	10	8 to 9:30 p.m.	Garnet B. Rickard Recreation Complex	\$126.36	41513
Learn to Play Pickleball (begins Oct 7)	Mon and Wed	4	8 to 8:55 a.m.	Diane Hamre Recreation Complex	\$25.84	41380
Stretch and Sculpt	Tue	10	9 to 9:55 a.m.	Orono Town Hall	\$32.30	41441
20/20/20	Tue	10	10:30 to 11:25 a.m.	Haydon Community Hall	\$32.30	41360
Intermediate/Advanced Argentine Tango	Tue	10	6:30 to 8 p.m.	Courtice Community Complex	\$140.40	41375
Beginner Ballroom	Tue	10	8 to 9 p.m.	Courtice Community Complex	\$93.60	41374
Pickleball Ladder	Tue	13	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$30.81	41429
Manifesting Meditation	Wed	10	11:20 a.m. to 12:15 p.m.	Courtice Community Complex	\$32.30	44875
Golf Driving Range	Wed	13	11 a.m. to Noon	Bowmanville Indoor Soccer	\$53.00	41515
Golf Driving Range	Wed	13	12:05 to 1:05 p.m.	Bowmanville Indoor Soccer	\$53.00	41516



<b>Program</b>	<b>Day</b>	<b>Weeks</b>	<b>Time</b>	<b>Location</b>	<b>Fee</b>	<b>Code</b>
Fitness for Breath – Lung Health 101	Wed	12	11 a.m. to Noon.	Alan Strike Aquatic and Squash Centre	\$38.76	45987
Intro to Mindfulness Base Stress Reduction	Wed	6	1 to 2:15 p.m.	Diane Hamre Recreation Complex	\$74.48	45270
Strength and Conditioning (begins Oct 3)	Wed	8	9 to 9:55 a.m.	Hampton Community Hall	\$25.84	41434
Yoga (beings Oct 3)	Thu	8	10 to 10:55 a.m.	Hampton Community Hall	\$25.94	41453
Golf Driving Range	Thu	12	2 to 3 p.m.	Bowmanville Indoor Soccer	\$53.00	44870
Golf Driving Range	Thu	12	3:05 to 4:05 p.m.	Bowmanville Indoor Soccer	\$53.00	44868
Golf Driving Range	Thu	12	4:10 to 5:10 p.m.	Bowmanville Indoor Soccer	\$53.00	45123
Tai Chi	Fri	11	11:10 a.m. to 12:05 p.m.	Courtice Community Complex	\$51.53	45150





**Age Wise.  
Eat Right.  
Feel Right.**



*Clarington*

Ontario



# Nutrition Education Series **\*NEW\***

## Age Wise, Eat Right, Feel Right

This series aims to equip seniors with knowledge, resources, and tools to manage their nutrition and wellness. Please note when registering for a cooking class, you'll need to pick one date in October for Part 1 and one in November for Part 2. Keep an eye out for additional Nutritional Counselling sessions, coming soon.

Program	Date	Day	Time	Location	Fee	Code
Nutrition Seminar	Oct 26	1	12:30 to 2:30 p.m.	Courtice Community Complex	Free	45643
Nutrition Education Series	Nov 13	4 Weeks	11:30 a.m. to 1 p.m.	Courtice Community Complex	Free	45096
Nutritional Cooking Classes Part 1	Oct 3	1	1 to 3 p.m.	Courtice Community Complex	Free	45095
	Oct 10	1	1 to 3 p.m.	Courtice Community Complex	Free	45636
	Oct 17	1	1 to 3 p.m.	Courtice Community Complex	Free	45637
	Oct 24	1	1 to 3 p.m.	Courtice Community Complex	Free	45638
Nutritional Cooking Classes Part 2	Nov 21	1	1 to 3 p.m.	Courtice Community Complex	Free	45639
	Nov 28	1	1 to 3 p.m.	Courtice Community Complex	Free	45640
	Dec 5	1	1 to 3 p.m.	Courtice Community Complex	Free	45641
	Dec 12	1	1 to 3 p.m.	Courtice Community Complex	Free	45642

# Nutrition Education Series **\*NEW\***

Age Wise, Eat Right, Feel Right

Receive individualized guidance in you're diet and health as you age.

Program	Date	Day	Time	Location	Fee	Code
Nutritional Counselling	Sept 6	1	1:30 to 2:15 p.m.	Courtice Community Complex	Free	45911
			2:15 to 3 p.m.	Courtice Community Complex	Free	45912
			3 to 3:45 p.m.	Courtice Community Complex	Free	45913
			3:45 to 4:30 p.m.	Courtice Community Complex	Free	49514
Nutritional Counselling	Oct 4	1	1:30 to 2:15 p.m.	Courtice Community Complex	Free	45971
			2:15 to 3 p.m.	Courtice Community Complex	Free	45972
			3 to 3:45 p.m.	Courtice Community Complex	Free	45973
			3:45 to 4:30 p.m.	Courtice Community Complex	Free	45974
Follow up Nutritional Counselling	Nov 8	1	1:30 to 2:15 p.m.	Courtice Community Complex	Free	45975
			2:15 to 3 p.m.	Courtice Community Complex	Free	45977
			3 to 3:45 p.m.	Courtice Community Complex	Free	45989
			3:45 to 4:30 p.m.	Courtice Community Complex	Free	45979
Follow up Nutritional Counselling	Dec 6	1	1:30 to 2:15 p.m.	Courtice Community Complex	Free	45976
			2:15 to 3 p.m.	Courtice Community Complex	Free	45980
			3 to 3:45 p.m.	Courtice Community Complex	Free	45981
			3:45 to 4:30 p.m.	Courtice Community Complex	Free	45982

The Seniors Community Grant Program is funded by the Ministry for Seniors and Accessibility.

# Workshops

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

Program	Day	Time	Location	Fee	Code
Abundant Relief - Cannabis	Sep 24	Noon to 1:30 pm	Courtice Community Complex	Free	45273
Fall Wreath Craft	Oct 2	1 to 2 p.m.	Diane Hamre Recreation Complex	\$9.44	45510
Country Line Dancing	Oct 16	7 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$26.50	43737
Sleep and Stress	Oct 21	1:30 to 3 p.m.	Courtice Community Complex	Free	45271
Warm Connections: Combating Social Isolation and Staying Safe in Winter	Oct 22	Noon to 1 p.m.	Courtice Community Complex	Free	45983
	Nov 25	1 to 2 p.m.	Diane Hamre Recreation Complex	Free	45984
Dementia 101	Nov 14	10:30 a.m. to 1 p.m.	Garnet B. Rickard Recreation Complex	Free	45986
Understanding your Medications	Nov 18	1 to 2:30 p.m.	Diane Hamre Recreation Complex	Free	45272
Christmas Candle Craft	Dec 4	10:45 a.m. to Noon	Courtice Community Complex	\$9.44	45507



# Specialty Events

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

Program	Day	Time	Location	Fee	Code
Poker Walk	Sep 19	11 a.m. to 1 p.m.	Rotary Park, Bowmanville	\$10.49	45279
Farm to Table	Sep 26	Noon to 1:30 p.m.	Haydon Community Hall	\$10.49	45098
Luncheon	Oct 1	Noon to 1:30 p.m.	Courtice Community Complex	\$10.49	41411
Bingo Party	Oct 8	Noon to 1:30 p.m.	Courtice Community Complex	\$5.94	41382
Meet and Greet	Oct 11	6 to 8 p.m.	Courtice Community Complex	\$10.49	45097
Fall Fashion Show	Oct 15	Noon to 1:30 p.m.	Courtice Community Complex	\$12.45	41403
Euchre Tournament	Oct 23	6 to 8:30 p.m.	Courtice Community Complex	\$9.83	41402
Luncheon	Nov 5	Noon to 1:30 p.m.	Courtice Community Complex	\$10.49	41412
Orono Luncheon	Nov 13	Noon to 1:30 p.m.	Orono Town Hall	\$10.49	41421
Euchre Tournament	Nov 15	1 to 3:30 p.m.	Courtice Community Complex	\$9.83	41400
Fall Dance	Nov 22	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$20.99	41407
Bingo Party	Nov 26	Noon to 1:30 p.m.	Courtice Community Complex	\$5.94	45092

Program	Day	Time	Location	Fee	Code
Luncheon	Dec 3	Noon to 1:30 p.m.	Courtice Community Complex	\$10.49	45091
Card Bingo	Dec 10	1:30 to 3 p.m.	Courtice Community Complex	\$5.94	45506
Christmas Luncheon	Dec 12	Noon to 2 p.m.	Garnet B. Rickard Recreation Complex	\$20.99	41392
Euchre Tournament	Dec 16	6 to 8:30 p.m.	Courtice Community Complex	\$9.83	41401

## Speciality Events

Join us as we celebrate the history of Courtice! Browse through displays of local historic information related to Courtice and hear stories of Courtice's past from local community members.

Program	Day	Time	Location	Fee	Code
History of Courtice	Oct 3	3 to 8 p.m.	Courtice Community Complex and Courtice Library	Free	Drop-in

## Contact

### Community Services

905-623-3379

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

### Municipality of Clarington

40 Temperance Street,

Bowmanville, ON

L1C 3A6



*Clarington*

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**[www.clarington.net](http://www.clarington.net)**

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