

# 55+ Active Adults Program Directory

SPRING 2025



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 5, 2025, at 7 a.m.**

Non-resident registration begins **Wednesday, March 12, 2025, at 7 a.m.**

Programs begin the week of March 31, 2025. No programs April 18 and May 19.

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
Drumming Intro	Mon	Mar 31	6	11:35 a.m. to 12:35 p.m.	Courtice Community Complex	\$11.82	48874
Quilting	Mon	Mar 31	10	12:30 to 3:30 p.m.	Garnet B. Rickard Recreation Complex	\$112.35	48878
Quilting	Mon	Mar 31	10	6 to 8:30 p.m.	Garnet. B Rickard Recreation Complex	\$93.63	48885
Learn to Play Bid Euchre	Mon	Apr 21	3	2:30 to 4:30 p.m.	Courtice Community Complex	\$22.47	48875
Quilting	Tue	Apr 1	13	10:30 to a.m. to 1:30 p.m.	Orono Town Hall	\$146.06	48877
Drumming	Tue	Apr 1	6	2:15 to 4:15 p.m.	Courtice Community Complex	\$11.82	48873
Ukulele Level 1	Wed	Apr 2	10	2 to 3 p.m.	Courtice Community Complex	\$37.45	48879
Ukulele Level 2	Wed	Apr 2	10	3:30 to 4:30 p.m.	Courtice Community Complex	\$37.45	48880
Living a Healthy Life with Diabetes	Thu	Apr 24	6	10 a.m. to 12:30 p.m.	Garnet B. Rickard Recreation Complex	Free	48640

Class	Day	Start	Weeks	Time	Location	Fee	Code
Drawing	Thu	May 8	5	10:30 a.m. to 12 p.m.	Alan Strike Aquatic and Squash Centre	\$28.09	47351
Acrylic Painting	Thu	May 8	5	12:30 to 2:30 p.m.	Alan Strike Aquatic and Squash Centre	\$37.45	47350
Quilting	Thu	Apr 3	10	12:30 to 3:30 p.m.	Courtice Community Complex	\$112.35	48876
Quilting	Thu	Apr 3	10	6 to 8:30 p.m.	Courtice Community Complex	\$93.63	48882





# Drop-in Sports

Programs at **Diane Hamre Recreation Complex** and **South Courtice Arena** run from March 31 to June 29, 2025, unless otherwise noted. No programs on April 18 and May 19.

Programs at **Garnet B. Rickard Recreation Complex** run from April 21 to July 31, 2025. No programs on July 1.

Programs cost \$2.72 plus HST.

Program	Day	Time	Location
Beginner Pickleball	Mon	8 to 10 a.m.	Diane Hamre Recreation Complex
Adult Pickleball	Mon	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Mon	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard 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 Pickleball	Tue	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Basketball	Tue	10 a.m. to 12 p.m.	South Courtice Arena
Adult Pickleball	Tue	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard 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



<b>Program</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
Pickleball	Wed	10:10 a.m. to 12:10 p.m.	Diane Hamre Recreation Complex
Adult Pickleball	Wed	1 to 3 p.m.	Garnet B. Rickard Recreation Complex
Volleyball Intermediate	Wed	1:30 to 3:15 p.m.	Diane Hamre Recreation Complex
Adult Pickleball	Thu	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Adult Pickleball	Thu	10:35 a.m. to 12:30 p.m.	Garnet B. Rickard 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	11:30 a.m. to 1 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 March 31 to June 29, 2025, unless otherwise noted.

Programs cost \$1.97 plus HST. No programs on April 18 and May 19.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	Courtice Community Complex
Cribbage *Every other Monday	Mon	1 to 3 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
Bid Euchre	Tue	10 a.m. to 12 p.m.	Courtice Community Complex
Open Activity	Wed	10 a.m. to 12 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	1 to 3 p.m.	Courtice Community Complex
Book Chats *Last Wednesday of the month	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



# Fitness Programs

Classes run from March 31 to June 29 unless otherwise noted. No programs on April 18 and May 19. Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) for program descriptions, instructors, and to register.

Program	Day	Time	Location	Fee	Code
Strong and Sculpted	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$39.78	48738
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$39.78	48698
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$39.78	48710
Yoga	Mon	10:15 to 11:10 a.m.	Courtice Community Complex	\$39.78	48745
Yoga	Mon	10:40 to 11:25 a.m.	Diane Hamre Recreation Complex	\$39.78	48747
NIA	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$39.78	48728
Stretch and Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$39.78	48732
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$43.10	48736
Flex and Tone	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$43.10	48726
Cardio Dance	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$43.10	48718
20/20/20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$43.10	48704
Arthritis Fitness	Tue	1 to 2 p.m.	Courtice Community Complex	\$43.10	48716
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$43.10	48714
20/20/20	Wed	10 to 10:55 a.m.	Diane Hamre Recreation Complex	\$43.10	48706

<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	\$43.10	48722
Arthritis Fitness	Wed	12:45 to 1:40 p.m.	Diane Hamre Recreation Complex	\$43.10	49671
20/20/20	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$43.10	48702
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$43.10	48733
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$43.10	48749
20/20/20	Thu	11:20 a.m. to 12:15 p.m.	Diane Hamre Recreation Complex	\$43.10	48700
20/20/20	Thu	1 to 1:55 p.m.	Courtice Community Complex	\$43.10	48720
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$39.78	48708
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$39.78	48743
20/20/20	Fri	11:15 a.m. to 12:10 p.m.	Courtice Community Complex	\$39.78	48696
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$39.78	48730
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$39.78	48741
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$39.78	48712





# Specialty Fitness Programs

Classes run for 10 weeks beginning March 31 unless otherwise noted.  
No programs on April 18 and May 19.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Beginner Argentine Tango	Mon	Mar 31	7	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$117.88	49009
Intermediate Ballroom	Mon	Mar 31	7	8 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$117.88	49012
Learn to Play Pickleball	Mon and Wed	Mar 31	4	8 to 9 a.m.	Diane Hamre Recreation Complex	\$28.44	48655
Stretch and Sculpt	Tue	Apr 1	13	9 to 9:55 a.m.	Orono Town Hall	\$43.10	48987
20/20/20	Tue	Apr 1	13	10:30 to 11:25 a.m.	Haydon Community Hall	\$43.10	48985
Intermediate/Advanced Argentine Tango	Tue	Apr 1	7	6:30 to 8 p.m.	Courtice Community Complex	\$116.55	49010
Beginner Ballroom	Tue	Apr 1	7	8 to 9 p.m.	Courtice Community Complex	\$77.70	49011

<b>Program</b>	<b>Day</b>	<b>Start</b>	<b>Weeks</b>	<b>Time</b>	<b>Location</b>	<b>Fee</b>	<b>Code</b>
Pickleball Ladder	Tue	Apr 1	5	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$13.60	48644
Growing Stronger - Strength Training for Seniors	Wed	Apr 9	10	10:30 to 11:30 a.m.	Courtice Community Complex	\$181.28	46156
Intro to Mindfulness Base Stress Reduction	Wed	Apr 16	8	1 to 2:15 p.m.	Diane Hamre Recreation Complex	\$81.60	48663
Yoga	Wed	Apr 2	10	7 to 8 p.m.	Haydon Community Hall	\$33.15	48990
Strength and Conditioning	Thu	Apr 3	10	9 to 9:55 a.m.	Hampton Community Hall	\$33.15	48986
Yoga	Thu	Apr 3	10	9:30 to 10:30 a.m.	Haydon Community Hall	\$33.15	48989
Yoga	Thu	Apr 3	10	10 to 10:55 a.m.	Hampton Community Hall	\$33.15	48988
Tai Chi	Fri	Apr 4	12	11:20 a.m. to 12:20 p.m.	Courtice Community Complex	\$39.78	49755v





JUST DO IT.



# Workshops

Visit [www.clarington.net/BeActive](http://www.clarington.net/BeActive) for program descriptions and to register.  
Stay tuned for information on snowshoeing workshops!

Program	Day	Time	Location	Fee	Code
Understanding Your Medications Workshop	Apr 28	2:30 to 4 p.m.	Courtice Community Complex	Free	47937
Baking Workshop	May 29	1 to 3:30 p.m.	Courtice Community Complex	\$19.37	49545
Zentangle Workshop	Jun 7	10:30 to 11:30 a.m.	Courtice Community Complex	\$10.20	48984
Paint Day – Grandparent and Grandchild	Jun 7	12:30 to 2:30 p.m.	Courtice Community Complex	\$30.60	49511



# 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	Apr 8	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	48678
Euchre Tournament	Apr 23	6 to 8:30 p.m.	Courtice Community Complex	\$10.18	48674
Orono Luncheon	Apr 24	12 to 1:30 p.m.	Orono Town Hall	\$10.77	48681
Bingo Party	Apr 29	12 to 1:30 p.m.	Courtice Community Complex	\$6.11	48671
Luncheon	May 6	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	48679
Spring Fashion Show	May 13	12 to 1:30 p.m.	Courtice Community Complex	\$14.68	48991
Farm to Table Luncheon	May 14	12 to 1:30 p.m.	Haydon Community Hall	\$10.77	48677
Euchre Tournament	May 21	6 to 8:30 p.m.	Courtice Community Complex	\$10.18	48675
Bingo Party	May 27	12 to 1:30 p.m.	Courtice Community Complex	\$6.11	48672
Luncheon	Jun 3	12 to 1:30 p.m.	Courtice Community Complex	\$10.77	48680
Euchre Tournament	Jun 13	1 to 3:30 p.m.	Courtice Community Complex	\$10.18	48676
Seniors' Month Barbecue	Jun 18	11 a.m. to 2 p.m.	Courtice Community Complex	Free	48683
Card Bingo	Jun 24	1:30 to 3 p.m.	Courtice Community Complex	\$6.11	48673

*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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