

*Clarington*

# 55+ Active Adults Program Directory

SPRING 2024



Look inside for our  
55+ Active Adults programs,  
workshops, and special events.  
Register starting March 6.

# General interest programs

## Register for spring programs

Browse our spring program offerings to find the program, activities, workshops, and special events that appeal to you.

Registration opens **Wednesday, March 6 at 7 a.m.** at [www.clarington.net/BeActive](http://www.clarington.net/BeActive).

Non-resident registration begins Wednesday, March 13. Programs begin April 2.

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

Class	Day	Start	Weeks	Time	Location	Fee	Code
Quilting	Tue	Apr 2	10	10:30 a.m. to 1:30 p.m.	Orono Town Hall	\$109.50	39317
Drumming	Tue	Apr 2	11	2:30 to 4 p.m.	Courtice Community Complex	\$21.12	39287
Quilting	Thu	Apr 4	11	12:30 to 3:30 p.m.	Courtice Community Complex	\$120.45	39316
Quilting	Thu	Apr 4	11	6 to 8:30 p.m.	Courtice Community Complex	\$100.38	39249
Ukulele Level 1	Wed	Apr 10	6	1:30 to 2:30 p.m.	Courtice Community Complex	\$21.90	39327
Ukulele Level 2	Wed	Apr 10	6	3 to 4 p.m.	Courtice Community Complex	\$21.90	39328
Learn to play Mexican Train Dominoes	Mon	Apr 22	3	10 a.m. to 12 p.m.	Courtice Community Complex	\$21.90	39298
Understanding Diabetes	Fri	Apr 26	6	1 to 3:30 p.m.	Courtice Community Complex	Free	41910
Drawing	Thu	May 16	5	10:30 a.m. to 12 p.m.	Courtice Community Complex	\$27.38	39284
Acrylic Painting	Thu	May 16	5	12:30 to 2:30 p.m.	Courtice Community Complex	\$36.50	39261
Learn to Play Euchre	Wed	May 22	3	1 to 3 p.m.	Courtice Community Complex	\$21.90	42216
Learn to Play Bid Euchre	Wed	Jun 12	3	1 to 3 p.m.	Courtice Community Complex	\$21.90	39297

# Drop-in programs

## General interest drop-in programs

Programs run from April 2 to June 28 unless otherwise noted. Programs cost \$1.92 plus HST. Book chats begin April 24 and are held on the last Wednesday of the month.

Program	Day	Time	Location
Open Activity	Mon	10 a.m. to 12 p.m.	Courtice Community Complex
Open Ukulele	Mon	2 to 3:30 p.m.	Courtice Community Complex
Euchre	Mon	6 to 8 p.m.	Courtice Community Complex
Mexican Train Dominoes	Tue	10 a.m. to 12 p.m.	Courtice Community Complex
Bid Euchre	Wed	12:30 to 2:30 p.m.	Courtice Community Complex
Open Activity	Wed	10 a.m. to 12 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

## Drop-in sports

Programs run from April 2 to June 28 unless otherwise noted. Pickleball at Garnet B. Rickard Recreation Complex runs April 29 to July 30 on Mondays and April 16 to August 1 on Tuesdays and Thursdays. Programs cost \$2.37 plus HST.

Program	Day	Time	Location
Beginner Pickleball	Mon	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball	Mon	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball	Mon	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball	Mon	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
Pickleball	Tue	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball	Tue	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball	Tue	1:30 to 3 p.m.	Diane Hamre Recreation Complex
Beginner Pickleball	Wed	8 to 9:55 a.m.	Diane Hamre Recreation Complex
Pickleball	Wed	10 a.m. to 12 p.m.	Diane Hamre Recreation Complex
Intermediate Volleyball	Wed	1:30 to 3 p.m.	Diane Hamre Recreation Complex
Pickleball	Thu	8:30 to 10:30 a.m.	Garnet B. Rickard Recreation Complex
Pickleball	Thu	10:35 a.m. to 12:35 p.m.	Garnet B. Rickard Recreation Complex
Pickleball	Thu	11:45 a.m. to 3 p.m.	Diane Hamre Recreation Complex
Table Tennis	Fri	12:50 a.m. to 2:15 p.m.	Diane Hamre Recreation Complex
Pickleball	Fri	12 to 1:30 p.m.	Diane Hamre Recreation Complex
Advanced Pickleball	Fri	1:30 to 3 p.m.	Diane Hamre Recreation Complex



# Fitness programs

Classes run from April 2 to June 28 unless otherwise noted. No class on May 20.

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

Program	Day	Time	Location	Fee	Code
Morning Energizer	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$35.53	39301
20/20/20	Mon	9 to 9:55 a.m.	Courtice Community Complex	\$35.53	39252
Active Weights & Cardio	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$29.07	39266
Yoga	Mon	10:15 to 11:10 a.m.	Courtice Community Complex	\$35.53	39338
Yoga	Mon	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$35.53	39340
NIA	Mon	12:45 to 1:40 p.m.	Courtice Community Complex	\$35.53	39302
Stretch & Sculpt	Mon	1 to 1:55 p.m.	Courtice Community Complex	\$35.53	39319
Yogalates	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$41.99	39342
Cardio Dance	Tue	9:30 to 10:25 a.m.	Courtice Community Complex	\$41.99	39277
20/20/20	Tue	10:30 to 11:25 a.m.	Courtice Community Complex	\$41.99	39256
Arthritis Fitness	Tue	3:15 to 4:10 p.m.	Courtice Community Complex	\$41.99	41888
Active Weights & Cardio	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$41.99	39264
Chair Yoga	Wed	10 to 10:55 a.m.	Courtice Community Complex	\$41.99	39281
20/20/20	Wed	10 to 10:55 a.m.	Diane Hamre Recreation Complex	\$41.99	39259
Cardio Salsa	Wed	1:30 to 2:25 p.m.	Courtice Community Complex	\$41.99	39279
20/20/20	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$41.99	39254
Stretch & Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$41.99	39321
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$41.99	39295
20/20/20	Thu	11:15 to 12:10 p.m.	Diane Hamre Recreation Complex	\$41.99	41886
Active Weights & Cardio	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$41.99	39262
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$41.99	39335
20/20/20	Fri	11:15 a.m. to 12:10 p.m.	Courtice Community Complex	\$41.99	39250

## Fitness programs continued

Program	Day	Time	Location	Fee	Code
Osteo Fitness	Fri	12:15 to 1:10 p.m.	Courtice Community Complex	\$41.99	39307
Yoga	Fri	11:40 a.m. to 12:35 p.m.	Diane Hamre Recreation Complex	\$41.99	39333
Active Weights & Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$41.99	39324

## Specialty fitness programs

Classes run from April 2 to June 28 unless otherwise noted.

Program	Day	Time	Location	Fee	Code
Beginner Ballroom	Mon	7 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$84.24	39270
Intermediate Ballroom	Mon	8 to 9:30 p.m.	Garnet B. Rickard Recreation Complex	\$126.36	39245
Learn to Play Pickleball (4 Weeks)	Mon Wed	8 to 9 a.m.	Diane Hamre Recreation Complex	\$28.44	39274
Outdoor Bootcamp (Starts June 2)	Mon	10 to 11 a.m.	Pearce Farm Park - Port of Newcastle	\$12.92	42751
Stretch & Sculpt	Tue	9 to 9:55 a.m.	Orono Town Hall	\$32.30	39323
20/20/20	Tue	10:30 to 11:25 a.m.	Haydon Community Hall	\$32.30	39257
Intermediate/Advanced Argentine Tango	Tue	6:30 to 8 p.m.	Courtice Community Complex	\$140.40	39269
Argentine Tango Performance	Tue	8 to 9 p.m.	Courtice Community Complex	\$93.60	39268
Pickleball Ladder (5 weeks)	Tue	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$11.85	39314
Manifesting Meditation	Wed	11:20 a.m. to 12:15 p.m.	Courtice Community Complex	\$29.07	42062
Golf Driving Range	Wed	10:35 to 11:35 a.m.	Bowmanville Indoor Soccer	\$53	39246
Golf Driving Range	Wed	11:35 a.m. to 12:35 p.m.	Bowmanville Indoor Soccer	\$53	39247
Golf Driving Range	Wed	12:35 to 1:35 p.m.	Bowmanville Indoor Soccer	\$53	39248
Strength & Conditioning (May 2 start)	Thu	9 to 9:55 a.m.	Hampton Community Hall	\$19.38	42256
Yoga (Starts May 2)	Thu	10 to 10:55 a.m.	Hampton Community Hall	\$19.38	39337
Outdoor Pole Walking (Start June 6. 4 weeks)	Thu	10 to 11:55 p.m.	Bowmanville Indoor Soccer	\$12.92	39315

## Specialty fitness programs continued

Program	Day	Time	Location	Fee	Code
Instructional Golf (9 weeks)	Thu	2 to 3 p.m..	Bowmanville Indoor Soccer	\$47.70	41913
Instructional Golf (9 weeks)	Thu	3 to 4 p.m..	Bowmanville Indoor Soccer	\$47.70	41914
Instructional Golf (9 weeks)	Thu	4 to 5 p.m..	Bowmanville Indoor Soccer	\$47.70	41915
Tai Chi	Fri	11 a.m. to 12 p.m.	Courtice Community Complex	\$46.85	42008

## Workshops

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

Program	Day	Time	Location	Fee	Code
Clarington Back in the Day	Apr 2	1 to 2 p.m.	Clarington Library - Courtice	Free	42749
Manifesting Meditation	Apr 10	11:20 a.m. to 12:15 p.m.	Courtice Community Complex	\$4.95	42056
Protein and Aging	Apr 19	6 to 7:15 p.m.	Courtice Community Complex	\$4.95	42214
Bone Health 101	Apr 24	10 to 11 a.m.	Courtice Community Complex	Free	42698
Frauds & Scams	Apr 29	1 to 3 p.m.	Diane Hamre Recreation Complex	Free	42469
Women's Heart Health	May 2	5:30 to 6:30 p.m.	Courtice Community Complex	Free	42470
Know Your Numbers Wellness	May 6	6 to 7 p.m.	Courtice Community Complex	\$4.95	42212
Bone Health 101	May 13	1 to 2 p.m.	Diane Hamre Recreation Complex	Free	42691
Learn New Languages	May 14	1 to 2 p.m.	Clarington Library - Courtice	Free	42750
Get the Most from Your Health Care Appointment	May 15	1 to 2:30 p.m.	Diane Hamre Recreation Complex	Free	42217
Leather Making Bracelet/Key chain	May 15	6 to 7 p.m.	Courtice Community Complex	\$6.29	42218
Wine Tasting	May 23	2 to 3:30 p.m.	Archibald's Orchard and Estate Winery	\$10	39332
Paint Day	May 31	1 to 3 p.m.	Diane Hamre Recreation Complex	\$19.29	42466

## Workshops continued

Program	Day	Time	Location	Fee	Code
Learn to Play Harmonica	Jun 7	12:30 to 2 p.m.	Courtice Community Complex	\$7.42	42213
Outdoor Paint Day	Jun 10	1 to 3 p.m.	Courtice Community Complex	\$19.29	42467
Ambulance Education	Jun 12	11 a.m. to 12:30 p.m.	Diane Hamre Recreation Complex	Free	42195
Communication Skills	Jun 14	1 to 2:30 p.m.	Courtice Community Complex	Free	41911
Zentangle	Jun 17	1 to 2 p.m.	Diane Hamre Recreation Complex	\$4.95	42468
Quilting—Purse	Jun 20	12:30 to 3:30 p.m.	Courtice Community Complex	\$14.91	42255
Forest Bathing	Jun 28	1 to 2:30 p.m.	Courtice Community Complex	Free	41912

## Special events

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

Event	Day	Time	Location	Fee	Code
Orono Luncheon	Apr 11	12 to 1:30 p.m.	Orono Town Hall	\$10.49	39305
Luncheon	Apr 16	12 to 1:30 p.m.	Courtice Community Complex	\$10.49	41916
Euchre Tournament	Apr 26	1 to 3:30 p.m.	Courtice Community Complex	\$9.90	39291
Bingo Party	May 1	12 to 1:30 p.m.	Courtice Community Complex	\$5.94	41920
Speed Dating	May 8	6 to 8 p.m.	Courtice Community Complex	\$14.29	42330
Orono Luncheon	May 9	12 to 1:30 p.m.	Orono Town Hall	\$10.49	39306
Luncheon	May 14	12 to 1:30 p.m.	Courtice Community Complex	\$10.49	41917
Euchre Tournament	May 22	6 to 8:30 p.m.	Courtice Community Complex	\$9.90	39292
Spring Fling Dance	May 29	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$20.99	39296
Bingo Party	June 5	12 to 1:30 p.m.	Courtice Community Complex	\$5.94	42043
Farm to Table Luncheon	Jun 13	12 to 1:30 p.m.	Haydon Community Hall	\$10.49	41918
Seniors' Month Barbecue	Jun 19	11 a.m. to 2 p.m.	Garnet B. Rickard Recreation Complex	Free	41894
Euchre Tournament	Jun 24	6 to 8:30 p.m.	Courtice Community Complex	\$9.90	39293



## Community Services

905-623-3379 ext. 2552 | [communityservices@clarington.net](mailto:communityservices@clarington.net)

Municipality of Clarington  
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***Clarington***