

55+ Active Adults Program Directory

FALL 2026



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 for residents opens **Wednesday, September 2, 2026 at 7 a.m.**

Non-resident registration begins **Wednesday, September 9, 2026 at 7 a.m.**

Programs begin Monday, September 21 unless otherwise noted.

No programs September 30 and October 12.

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 Level 1	Mon	Sep 28	10	11 a.m. to 12 p.m.	Courtice Community Complex	\$20	53828
Djembe Drumming Level 4	Mon	Sep 21	11	4:10 to 5:40 p.m.	Courtice Community Complex	\$22	62974
English Conversation Circle	Tue	Oct 20	9	10 a.m. to 12 p.m.	Courtice Community Complex	Free	62909
Quilting	Tue	Sep 22	11	11:30 a.m. to 2:30 p.m.	Orono Town Hall	\$125.73	62910
Djembe Drumming Level 2	Tue	Sep 29	12	2:15 to 3:15 p.m.	Courtice Community Complex	\$24	53816
Djembe Drumming Level 3	Tue	Oct 13	10	3:30 to 4:30 p.m.	Courtice Community Complex	\$20	53830
Ukulele Level 1	Thu	Sep 24	10	2 to 3 p.m.	Courtice Community Complex	\$38.10	54034

Class	Day	Start	Weeks	Time	Location	Fee	Code
Ukulele Level 2	Thu	Sep 24	10	3:30 to 4:30 p.m.	Courtice Community Complex	\$38.10	54035
Quilting	Thu	Sep 24	12	12:30 to 3:30 p.m.	Courtice Community Complex	\$137.16	54018
Quilting	Thu	Sep 24	11	6 to 8:30 p.m.	Courtice Community Complex	\$137.16	54021
Intro to Watercolour	Thu	Oct 8	4	10 to 11:30 a.m.	South Courtice Arena	\$39.36	63333
Card Making	Thu	Nov 12	4	10 to 11:30 a.m.	Diane Hamre Recreation Complex	\$31.80	63377
Acrylic Painting	Fri	Nov 6	4	1:30 to 3 p.m.	South Courtice Arena	\$52.48	62835

Drop-in Programs

Programs run from September 21 to December 18 unless otherwise noted.
No programs September 30 and October 12. 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	10 a.m. to 12 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
Open Activity	Wed	10 a.m. to 12 p.m.	Courtice Community Complex
Mexican Train Dominoes	Wed	12 to 2 p.m.	South Courtice Arena

Program	Day	Time	Location
Book Chats *Last Wednesday of the month	Wed	1 to 3 p.m.	Courtice Community Complex
Euchre	Thu	12:30 to 2:30 p.m.	Diane Hamre Recreation Complex
Travel Group * Fourth Thursday	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 3:30 p.m.	Courtice Community Complex

Drop-in Sports

Programs run from September 21 to December 23 unless otherwise noted.

No programs September 30 and October 12.

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 Beginner	Mon	8 to 9:55 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	12:45 to 2:45 p.m.	Diane Hamre Recreation Complex

Program	Day	Time	Location
Pickleball	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
Pickleball	Wed	10:10 a.m. to 12:10 p.m.	Diane Hamre Recreation Complex
Volleyball	Wed	1:30 to 3:15 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
Pickleball	Fri	12 to 1:25 p.m.	Diane Hamre Recreation Complex
Table Tennis	Fri	12:45 to 2:15 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 21 to January 2 unless otherwise noted.

No programs September 30, October 12, December 24 to 26, 31 and January 1.

Program	Day	Time	Location	Fee	Code
Muscle Moves	Mon	8:30 to 9:25 a.m.	Diane Hamre Recreation Complex	\$43.81	53853
20/20/20	Mon	8:30 to 9:25 a.m.	Courtice Community Complex	\$43.81	53773
Active Cardio and Weights	Mon	9:30 to 10:25 a.m.	Garnet B. Rickard Recreation Complex	\$43.81	53785
Yoga	Mon	9:45 to 10:40 a.m.	Courtice Community Complex	\$43.81	54047
*New Osteo Fitness (Starts Oct 19)	Mon	10:15 to 11:10 a.m.	South Bowmanville Recreation Complex	\$37.07	62878

Program	Day	Time	Location	Fee	Code
Yoga	Mon	10:40 to 11:35 a.m.	Diane Hamre Recreation Complex	\$40.44	54045
NIA	Mon	1:00 to 1:55 p.m.	Courtice Community Complex	\$40.44	53855
Stretch and Sculpt (Ends Dec 14)	Mon	12:30 to 1:25 p.m.	Courtice Community Complex	\$37.07	54026
20/20/20	Tue	8:30 to 9:25 a.m.	Courtice Community Complex	\$50.55	62858
Strong and Functional	Tue	9:15 to 10:10 a.m.	Diane Hamre Recreation Complex	\$50.55	54030
Dance and Tone	Tue	9:35 to 10:30 a.m.	Courtice Community Complex	\$50.55	53822
20/20/20	Tue	10:40 to 11:35 a.m.	Courtice Community Complex	\$50.55	53778
Arthritis Fitness	Tue	1 to 1:55 p.m.	Courtice Community Complex	\$50.55	53809
Active Cardio and Weights	Wed	9 to 9:55 a.m.	Courtice Community Complex	\$47.18	53789
20/20/20	Wed	10:05 to 11 a.m.	Diane Hamre Recreation Complex	\$47.18	53780
Arthritis Fitness	Wed	12:45 to 1:40 p.m.	Diane Hamre Recreation Complex	\$47.18	53811
Chair Yoga	Wed	1 to 1:55 p.m.	Courtice Community Complex	\$47.18	53824
Interval Training	Thu	8:15 to 9:10 a.m.	Courtice Community Complex	\$43.81	62876
Stretch and Sculpt	Thu	9:15 to 10:10 a.m.	Courtice Community Complex	\$43.81	54027
Stability Sculpt	Thu	10:15 to 11:10 a.m.	Diane Hamre Recreation Complex	\$43.81	53776
Yoga	Thu	10:30 to 11:25 a.m.	Courtice Community Complex	\$43.81	54049
Active Cardio and Weights	Fri	8:30 to 9:25 a.m.	Courtice Community Complex	\$40.44	53783

Program	Day	Time	Location	Fee	Code
Yoga	Fri	9:45 to 10:40 a.m.	Courtice Community Complex	\$40.44	54042
Yoga	Fri	10:30 to 11:25 a.m.	Diane Hamre Recreation Complex	\$40.44	54040
20/20/20	Fri	11 to 11:55 a.m.	Courtice Community Complex	\$40.44	53770
Osteo Fitness	Fri	12:15 to 1:10p.m.	Courtice Community Complex	\$40.44	53862
Active Weights and Cardio	Sat	9:30 to 10:25 a.m.	Courtice Community Complex	\$43.81	53787

Specialty Fitness Programs

Programs begin Monday, September 21 unless otherwise noted.
No programs September 30 and October 12.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Walk and Weights	Mon	Sep 21	11	11 to 11:55 a.m.	Newtonville Town Hall	\$37.07	63108
Pilates/Yoga Fusion	Mon	Sep 21	11	12 to 12:55 p.m.	Newtonville Town Hall	\$37.07	63111
Beginner Argentine Tango	Mon	Sep 21	10	6:30 to 8 p.m.	Garnet B. Rickard Recreation Complex	\$114.30	53814
Intermediate Ballroom	Mon	Sep 21	10	8 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$76.20	53844
Cardio and Strength	Tue	Sep 22	11	8:40 to 9:35 a.m.	Newtonville Town Hall	\$37.07	53775
Stretch and Sculpt	Tue	Sep 22	11	10:05 to 11 a.m.	Orono Town Hall	\$37.07	54025
20/20/20	Tue	Sep 22	13	10:30 to 11:25 a.m.	Haydon Community Hall	\$43.81	53772

Program	Day	Start	Weeks	Time	Location	Fee	Code
Pickleball Ladder	Tue	Sep 22	13	11:45 a.m. to 1:30 p.m.	Diane Hamre Recreation Complex	\$35.88	53967
*New Walking Soccer	Tue	Oct 13	10	1 to 2:30 p.m.	South Bowmanville Recreation Complex	\$27.60	63384
Intermediate Argentine Tango	Tue	Sep 22	10	6:30 to 8 p.m.	Courtice Community Complex	\$114.30	53843
Beginner Ballroom	Tue	Sep 22	10	8 to 9 p.m.	Courtice Community Complex	\$76.20	53815
*New Indoor Pole Walking Plus	Wed	Oct 14	10	10 to 10:55 a.m.	South Bowmanville Recreation Complex	\$37.70	63282
Line Dance Beginner	Wed	Sep 23	10	6:30 to 7:30 p.m.	Courtice Community Complex	\$38.10	63109
Line Dance Intermediate	Wed	Sep 23	10	7:35 to 8:35 p.m.	Courtice Community Complex	\$38.10	63110
Yoga	Thu	Sep 24	12	9:30 to 10:25 a.m.	Haydon Community Hall	\$40.44	54044
Woman's Pickleball Ladder	Fri	Sep 25	13	9:30 to 11:15 a.m.	Diane Hamre Recreation Complex	\$35.88	62901
Walk and Weights	Fri	Sep 25	12	10:45 to 11:40 a.m.	Newtonville Town Hall	\$40.44	62911
Chair Yoga	Fri	Sep 25	12	11:50 a.m. to 12:45 p.m.	Newtonville Town Hall	\$40.44	62912
Tai Chi	Fri	Sep 25	12	11:20 a.m. to 12:15 p.m.	Courtice Community Complex	\$58.68	62899
Brain Fitness	Sun	Sep 27	10	10 to 10:55 a.m.	Courtice Community Complex	\$33.70	62913

Special Events

Program	Day	Time	Location	Fee	Code
Wellness Retreat	Sep 27	10:30 a.m. to 2:30 p.m.	Courtice Community Complex	\$21.90	62905
Card Bingo	Sep 29	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	53821
Lunch and Learn: Online Security	Oct 6	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53849
Fall Dinner and Dance	Oct 16	6 to 9 p.m.	Garnet B. Rickard Recreation Complex	\$21.90	62902
Euchre Tournament	Oct 19	6 to 8:30 p.m.	Courtice Community Complex	\$10.35	53835
Haydon Lunch and Learn: Durham Ontario Health	Oct 21	12 to 1:30 p.m.	Haydon Community Hall	\$11.09	53839
Card Bingo	Oct 27	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	62914
Coffee and Conversation: Mind/Body Connection	Nov 2	6 to 7 p.m.	Courtice Community Complex	\$6.56	63299
Lunch and Learn: Elder Abuse	Nov 3	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53850
Orono Lunch and Learn: Technology and Mis Information	Nov 12	12 to 1:30 p.m.	Orono Town Hall	\$11.09	53861
Murder Mystery	Nov 20	6 to 8:30 p.m.	Courtice Community Complex	\$21.90	62903
Card Bingo	Nov 24	12 to 1:30 p.m.	Courtice Community Complex	\$6.21	62915
Lunch and Learn: Hearing	Dec 1	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53851
Christmas Luncheon	Dec 17	12 to 1:30 p.m.	Garnet B. Rickard Recreation Complex	\$21.90	53826

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 and Conversation and Lunch and 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 activeadults@clarington.net / 905-623-3379 ext 2526.

Program	Day	Time	Location	Fee	Code
Soup and Conversation: Health and Wellness as We Age	Sep 22	1 to 2 p.m.	Courtice Community Complex	\$6.56	63170
Coffee and Conversation: Birding and Hike (2 Days)	Sep 23	11:30 a.m. to 12:30 p.m.	Courtice Community Complex	\$15.24	63099
Lunch and Learn: Online Security	Oct 6	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53849
Cooking: Autumn in the Country Kitchen	Oct 7	1 to 3 p.m.	Haydon Community Hall	\$13.12	63103
Cooking: How to Make 2 Dishes with 1 Sauce	Oct 13	1 to 3 p.m.	Courtice Community Complex	\$13.12	54023
Baking Workshop	Oct 20	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	53813

Program	Day	Time	Location	Fee	Code
Haydon Lunch and Learn: Durham Ontario Health	Oct 21	12 to 1:30 p.m.	Haydon Community Hall	\$11.09	53839
Coffee and Conversation: Winter Safety	Oct 22	1 to 2 p.m.	Courtice Community Complex	Free	63100
Lunch and Learn: Elder Abuse	Nov 3	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53850
Coffee and Conversation: How to Read Food Labels	Nov 4	11:20 a.m. to 12:30 p.m.	Courtice Community Complex	Free	63101
Cooking: Vegetarian Sushi	Nov 10	1 to 3 p.m.	Courtice Community Complex	\$13.12	63102
Orono Lunch and Learn: Technology and Misinformation	Nov 12	12 to 1:30 p.m.	Orono Town Hall	\$11.09	53861
Cooking on a Budget	Nov 18	1 to 3 p.m.	Courtice Community Complex	\$13.12	63112
Baking Workshop	Nov 26	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	63098
Lunch and Learn: Hearing	Dec 1	12 to 1:30 p.m.	Courtice Community Complex	\$11.09	53851
Hearing Clinic	Dec 9	11:30 a.m. to 3 p.m.	Courtice Community Complex	Free	63105
Holiday Baking	Dec 15	1 to 3:30 p.m.	Courtice Community Complex	\$13.12	53842

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Canada

Clarington

www.clarington.net

Community Services

905-623-3379

communityservices@clarington.net

Municipality of Clarington

40 Temperance Street,

Bowmanville, ON L1C 3A6