

# 55+

SUMMER 2026

# Recreation Guide



## Celebrating Seniors' Month

June 1 – 30

Mark your calendar and prepare to join us for a full month of social activities and events just for older adults.

See the schedule on page 17 of this guide.

## July to September



The City of Pickering offers a wide variety of seasonal recreational programs and workshops for all ages, interests, and abilities.

**Summer Program Registration** starts at 7:00 am

**Thursday, June 4** for Fitness & Leisure programs

**Thursday, June 11** for Aquatics programs

Registration for non-residents starts:  
June 11 for Fitness & Leisure and June 18 for Aquatics programs.

View | Search | Register online at [pickering.ca/active](https://pickering.ca/active)

Alternate format available upon request, call 905.683.7575 or email [customer@pickering.ca](mailto:customer@pickering.ca)



## Register for a Program...

Detailed information and downloadable registration forms are available on our Registration webpage.

[pickering.ca/registration](http://pickering.ca/registration)  
905.420.4621 | [registration@pickering.ca](mailto:registration@pickering.ca)

### Online

View, search, and register for programs online at [pickering.ca/active](http://pickering.ca/active)

### In Person

At Chestnut Hill Developments Recreation Complex, 1867 Valley Farm Road

### By Mail

Completed registration form with payment to:  
Chestnut Hill Developments Recreation Complex;  
1867 Valley Farm Road, Pickering, ON L1V 3Y7

### 24 hr Drop Box

Completed registration form with payment info at:  
Pickering Civic Complex – Central Tower at One  
The Esplanade, Pickering, ON L1V 6K7

Drop box is located outside, between City Hall and the Library

Please note that programs listed are subject to change.

# Aging Well Together

The City offers a variety of free/low cost recreational opportunities exclusively for residents over 55 years of age.

## Summer Bingo

“Knock at the door... its B number 4!” Join in for fresh air and weekly bingo games for lots of social fun and prizes! Bring your own dabber.

George Ashe Library & Community Centre - Helen Paris Room

Tuesdays this summer from 11:00 am to noon.

Cost is \$10 per session.

- Jul 7        61192
- Jul 14      61193
- Jul 21      61195
- Jul 28      61194
- Aug 4       61196
- Aug 11     61197
- Aug 18     61198
- Aug 25     61199

Register at [pickering.ca/active](http://pickering.ca/active)



Programs listed are intended for adults 55+ unless stated otherwise.  
Please note that programs listed are subject to change.

## Leisure

### Arts

#### Acrylic Painting Workshops 55+

Under the guidance of our experienced instructor, learn to basics of colour theory and colour mixing. Then move on to how to use acrylics in a variety of ways, from watercolour-like application to abstract explorations with gel and collage to finely finished realistic painting. Challenge yourself in new ways to express your creativity!

East Shore Community Centre - Meeting Room 2

|   |        |                    |      |       |         |
|---|--------|--------------------|------|-------|---------|
| F | Jul 10 | 10:00 pm – 3:00 am | 1wks | 62627 | \$90.50 |
| F | Jul 24 | 1:00 pm – 3:00 pm  | 1wks | 62628 | \$36.20 |
| F | Aug 7  | 10:00 am – 3:00 pm | 1wks | 62629 | \$90.50 |
| F | Aug 21 | 1:00 pm – 3:00 pm  | 1wks | 62630 | \$36.20 |

#### Crocheting – Advance 55+

For more advanced students or as a skill refresher; this class teaches the basic stitches, how to change yarn colours, and basic patterning. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class.

George Ashe Library & Community Centre - Youth Room

|    |                |                     |      |       |         |
|----|----------------|---------------------|------|-------|---------|
| Sa | Jul 11 – Aug 1 | 10:00 am – 12:00 pm | 4wks | 62635 | \$31.36 |
| Sa | Aug 8 – Aug 29 | 10:00 am – 12:00 pm | 4wks | 62636 | \$31.36 |

#### Crocheting – Introduction 55+

For beginner students or as a skill refresher; this class teaches the basic stitches, how to change yarn colours, and basic patterning. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class.

George Ashe Library & Community Centre - Youth Room

|    |                |                    |      |       |         |
|----|----------------|--------------------|------|-------|---------|
| Sa | Jul 11 – Aug 1 | 12:15 pm – 2:15 pm | 4wks | 62639 | \$31.36 |
| Sa | Aug 8 – Aug 29 | 12:15 pm – 2:15 pm | 4wks | 62640 | \$31.36 |

#### Outdoor Guitar – Level 1 55+

Learn the fundamentals of guitar playing, including how to handle, and tune the guitar. Participants will develop performance skills while learning to read music and play popular songs. Participants are required to bring their own guitar to class.

Esplanade Park – Gazebo

|    |                |                   |      |       |         |
|----|----------------|-------------------|------|-------|---------|
| Th | Jul 9 – Jul 30 | 1:00 pm – 2:00 pm | 4wks | 62664 | \$31.84 |
| Th | Aug 13 – Sep 3 | 1:00 pm – 2:00 pm | 4wks | 62665 | \$31.84 |



## Outdoor Guitar – Level 2 55+

Learn the fundamentals of guitar playing through developing solid foundation of the essential skills. You will study the types, parts, handling, and tuning of guitars. You will learn how to read music notation and develop performance skills as you play several popular songs. You will also be introduced to reading songs in tablature format. Participants are required to bring their own guitar to class.

Esplanade Park – Gazebo

|    |                |                   |      |       |         |
|----|----------------|-------------------|------|-------|---------|
| Th | Jul 9 – Jul 30 | 2:15 pm – 3:15 pm | 4wks | 62669 | \$31.84 |
| Th | Aug 13 – Sep 3 | 2:15 pm – 3:15 pm | 4wks | 62668 | \$31.84 |

## Pottery (Beginner) 55+

This class is for beginner participants and covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio only.

Chestnut Hill Developments Recreation Complex - Pottery Studio

|    |                |                    |      |       |          |
|----|----------------|--------------------|------|-------|----------|
| Sa | Jul 4 – Aug 22 | 10:00 am – 1:00 pm | 8wks | 62711 | \$159.74 |
|----|----------------|--------------------|------|-------|----------|

## Pottery Intermediate 55+

This class is for intermediate levels and covers wheel work and hand building using various techniques. Clay and tools are extra.

Chestnut Hill Developments Recreation Complex - Pottery Studio

|   |                |                   |      |       |          |
|---|----------------|-------------------|------|-------|----------|
| W | Jul 8 – Aug 26 | 6:30 pm – 9:30 pm | 8wks | 62733 | \$159.74 |
|---|----------------|-------------------|------|-------|----------|

## Pottery Wheel (Beginner) 55+

This program covers wheel work and hand building using various techniques. Clay and tools are extra. Please note: clay must be purchased through the City of Pickering Art Studio

Chestnut Hill Developments Recreation Complex - Pottery Studio

|   |                |                   |      |       |          |
|---|----------------|-------------------|------|-------|----------|
| M | Jul 6 – Aug 31 | 6:30 pm – 9:30 pm | 8wks | 62944 | \$159.74 |
|---|----------------|-------------------|------|-------|----------|

## Watercolour Workshops 55+

Designed for beginners, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent beautiful watercolour.

East Shore Community Centre - Meeting Room 2

|   |        |                     |      |       |         |
|---|--------|---------------------|------|-------|---------|
| F | Jul 24 | 10:00 am – 12:00 pm | 1wks | 62688 | \$36.20 |
| F | Aug 21 | 10:00 am – 12:00 pm | 1wks | 62689 | \$36.20 |



## Pottery Open Studio 18+

### Summer

**Jul 2 – Aug 30**

|            |                   |
|------------|-------------------|
| Mondays    | 2:00 pm – 4:00 pm |
| Wednesdays | 4:00 pm – 6:00 pm |
| Sunday     | 2:00 pm – 4:00 pm |

[pickering.ca/potterystudio](http://pickering.ca/potterystudio)



# Dance

## Country Line Dance 55+

Dust off your boots and join our Country Line Dance Instructors for a toe-tappin', boot-stompin' class of line dancing. No experience is required. Grab your friends, your favorite boots, and your best dance moves!

Dr Nelson F Tomlinson - Gym/Multipurpose Room

|    |                |                   |      |       |         |
|----|----------------|-------------------|------|-------|---------|
| Th | Jul 9 – Jul 30 | 6:30 pm – 7:30 pm | 4wks | 62631 | \$19.96 |
| Th | Aug 6 – Aug 27 | 6:30 pm – 7:30 pm | 4wks | 62632 | \$19.96 |

## Latin Line Dance – Level 1 55+

This beginner class gives participants the opportunity to learn dances such as the Cha – cha, Merengue and Salsa without needing a background in dance. The music is upbeat and we dance to current and classic songs. No partner required.

East Shore Community Centre - Community Room

|   |                 |                   |      |       |         |
|---|-----------------|-------------------|------|-------|---------|
| M | Jul 13 – Aug 10 | 2:00 pm – 3:00 pm | 5wks | 62643 | \$24.95 |
|---|-----------------|-------------------|------|-------|---------|

## Latin Line Dance – Level 2/3 55+

For those who have completed level one or have dance experience. This class gives participants the opportunity to learn more complex routines including the Cha-cha, Bachata, Merengue, Charleston, and Salsa. No partner required.

East Shore Community Centre - Community Room

|   |                 |                    |      |       |         |
|---|-----------------|--------------------|------|-------|---------|
| M | Jul 13 – Aug 10 | 12:30 pm – 1:30 pm | 5wks | 62644 | \$24.95 |
|---|-----------------|--------------------|------|-------|---------|

## Line Dance – Level 1 55+

Learn line dance steps to a wide range of music including contemporary, country, mambo, modern, rock & roll, tango, waltz and the classics, all in a fun, relaxed, social setting. No partner required.

East Shore Community Centre - Community Room

|   |                |                     |      |       |         |
|---|----------------|---------------------|------|-------|---------|
| W | Jul 8 – Aug 19 | 10:45 am – 11:45 am | 5wks | 62661 | \$24.95 |
|---|----------------|---------------------|------|-------|---------|

## Line Dance – Level 2 55+

Learn line dance steps to a wide range of music including contemporary, country, mambo, modern, rock & roll, tango, waltz and the classics, all in a fun, relaxed, social setting. No partner required.

East Shore Community Centre - Community Room

|   |                |                    |      |       |         |
|---|----------------|--------------------|------|-------|---------|
| W | Jul 8 – Aug 19 | 9:30 am – 10:30 am | 5wks | 62660 | \$24.95 |
|---|----------------|--------------------|------|-------|---------|



## Special Interest

### Spanish – Level 1 / 2 55+

Designed for those with no previous knowledge of the language, travelling and/or doing business in Spanish speaking countries, or simply for general interest, and for those who have taken the level 1 course, looking for the next step. Emphasis will be on the development of conversational skills on practical real-life applications of language functions. Students to purchase workbook from Instructor for \$40.

East Shore Community Centre - Meeting Room 2

M Jul 6 – Aug 24 1:45 pm – 3:45 pm 7wks 62961 \$49.84

### Spanish – Level 2 55+

This program emphasizes on the development of conversational skills on practical real life applications of the Spanish language. This program is for those who have completed the level 1 course or have previous experience. Students are to purchase a workbook from Instructor, \$40.00 (cash only).

East Shore Community Centre - Meeting Room 4

T Jul 7 – Aug 25 7:15 pm – 9:15 pm 8wks 62964 \$59.96

### Spanish – Level 3 55+

A continuation of level 2, designed to further challenge you, enhance communication skills; listening, speaking, reading, and writing in Spanish. You will continue with the conjugation of regular and irregular verbs, in future and preterit tenses, as well as reflexive verbs. Emphasis will be in conversation. You will use Spanish about 75% of the time in class.

East Shore Community Centre - Meeting Room 2

M Jul 6 – Aug 24 11:30 am – 1:30 pm 7wks 62965 \$49.84



## It's Growing Season Limited Plots Still Available

Join us for the growing season with a raised garden plot  
at George Ashe Library & Community Centre

### Plot to Plate at GALCC 55+

Program runs from May 31 to October 25  
Participants meet Saturdays, 10:00 am – 11:00 am

Activity code: 56418 Cost: \$50.00

**REGISTER NOW to reserve your plot and get growing this summer.**

## Sports & Active

### Pickleball – Beginner 55+

Beginner Pickleball covers an in-depth overview of rules, safety, court layout, equipment, strategy, and game play. It is designed for those players new to Pickleball, or has played a few times. To advance to the next level (Level 1), players must be able to serve, return and volley with a consistency of 3/10X.

East Shore Community Centre – Gymnasium

M Jul 6 – Aug 24 4:30 pm – 6:30 pm 7wks 62680 \$49.84

### Pickleball Drop – in 55+

Enjoy the game you love on two courts each week, with opportunity to play each week, in a 2 hour time slot. No need to book in advance, just register and show up during the times available. Registration is required.

East Shore Community Centre - Gymnasium

T Jul 7 – Aug 11 2:00 pm – 4:00 pm 6wks 62679 \$21.72

### Tai Chi Beginner Level 2 55+

A gentle, peaceful way to tone and strengthen your body while improving concentration, coordination, and balance. The slow graceful movements, calm the mind and energize the body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes. This program will be taught in Moy Tao format. To register for this class, you must have previously completed the Beginner's Level 1 class and be familiar with the first 17 moves of the Tai Chi set.

Dr Nelson F Tomlinson - Gymnasium

Th Jul 9 – Aug 27 4:15 pm – 5:15 pm 8wks 62686 \$39.92

### Tai Chi – Beginner Level 1 55+

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as “moving meditation”. Slowly performing the series of movements helps you to relax, while gently stretching your muscles, joints, tendons, and ligaments, and improving posture, circulation, flexibility, balance, and memory. In this Beginner's class, you will learn the first 17 moves of the Tai Chi set.

East Shore Community Centre - Community Room

Th Jul 9 – Aug 27 1:45 pm – 3:15 pm 6wks 62685 \$59.88

### Tai Chi – Advanced 55+

To register for this class, you must have previously completed the Beginner's Level 1 and Beginner's Level 2 and be familiar with the first 55 moves of the Tai Chi set.

East Shore Community Centre - Community Room

Th Jul 9 – Aug 27 12:00 pm – 1:30 pm 6wks 62684 \$59.88



# Fitness

## Fitness – Group Programs

### Active Aging: Strength, Cardio & Balance 55+

This fun and energizing class is designed for older adults looking to improve strength, cardio endurance, and balance. Whether you're new to exercise or have some experience, this beginner to intermediate – level workout combines strength training, heart-pumping cardio, and effective balance exercises to help you move with confidence and vitality. Each class is tailored to meet your individual needs, focusing on building functional fitness that supports daily activities while reducing the risk of falls. Join us for a supportive and motivating environment where every step is toward greater health and well-being!

Chestnut Hill Developments Recreation Complex - Fitness Studio A

W Jul 8 – Aug 26 11:30 am – 12:20 pm 8wks 62790 \$64.00

### Arthritis Dance Fit 55+

This dance fitness program is choreographed to maximize fun while increasing range of motion, agility, balance and strength. Regular participation in this class may help decrease pain, swelling and stiffness related to osteo – arthritis, rheumatoid – arthritis and is also suited for those with fibromyalgia. This partially seated program leverages various equipment to improve overall quality of life. No experience required.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M Jul 6 – Aug 31 1:15 pm – 2:05 pm 8wks 62791 \$64.00

### Cardio Dance Fit 55+

Experience the joy of movement with a fun, energizing cardio workout inspired by global dance styles! This class features simplified choreography and offers both no-impact and low-impact options, making it accessible for everyone. Explore rhythms from merengue, flamenco, reggaeton, bachata, and more. Designed for every body – no dance experience required!

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M Jul 6 – Aug 31 12:00 pm – 12:50 pm 8wks 62795 \$64.00

Dorsay Community & Heritage Centre - Banquet Hall South

Th Jul 9 – Aug 27 9:00 am – 9:50 am 8wks 62914 \$64.00

### Chair Fit 55+

Improve your strength and mobility in this all-seated fitness class. You will get a full body workout using hand weights, weighted balls, resistance bands, and bender balls. Also focus on posture and core stabilization and strengthening.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

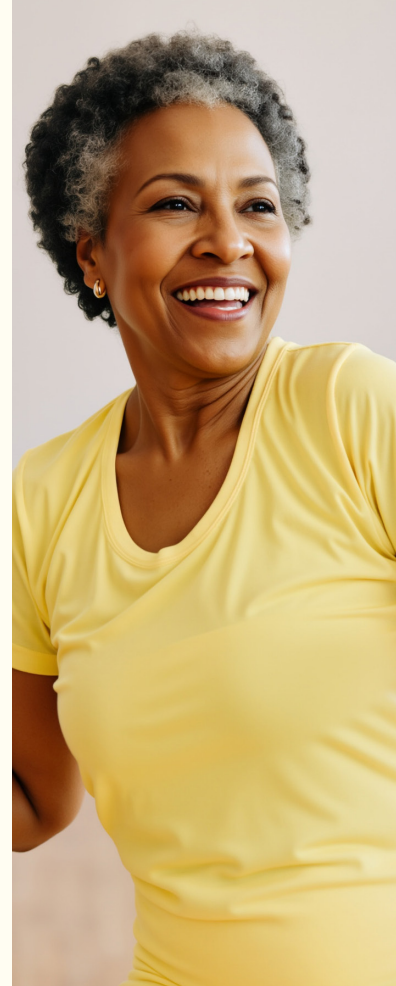
Th Jul 9 – Sep 3 11:45 am – 12:45 pm 9 wks 62798 \$72.00

Dorsay Community & Heritage Centre - Banquet Hall South

T Jul 7 – Sep 1 10:45 am – 11:35 am 7wks 63572 \$56.00

East Shore Community Centre - Community Room

T Jul 7 – Sep 1 9:00 am – 9:50 am 7wks 62936 \$56.00



## Chair Yoga 55+

This is a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. The chair allows for greater stability to help you feel supported and safe so that all fitness levels and physical abilities can enjoy the benefits of a more traditional practice.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

T Jul 7 – Sep 1 11:45 am – 12:45 pm 9wks 62799 \$72.00

Th Jul 9 – Sep 3 10:30 am – 11:30 am 9wks 62800 \$72.00

Dorsay Community & Heritage Centre - Banquet Hall South

Th Jul 9 – Aug 27 1:00 pm – 1:50 pm 8wks 62915 \$64.00

East Shore Community Centre - Community Room

M Jul 6 – Aug 31 9:00 am – 10:00 am 8wks 62938 \$64.00

M Jul 6 – Aug 31 10:15 am – 11:15 am 8wks 62976 \$64.00

Th Jul 9 – Sep 3 9:15 am – 10:15 am 5wks 62939 \$40.00

Th Jul 9 – Sep 3 10:30 am – 11:30 am 5wks 62940 \$40.00

## Cycle Fit 55+

Stay active and energized with a low-impact cardio ride designed just for older adults. This class uses varying speeds and resistance levels to keep things fun and engaging, while being gentle on the joints. Every ride is a little different, helping you build endurance, improve heart health, and stay strong, all at your own pace, with guidance and support from your instructor.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M Jul 6 – Aug 31 10:30 am – 11:00 am 8wks 62809 \$32.00

## Dynamic Chair Yoga 55+

This dynamic chair yoga class blends traditional seated yoga with more active movements, incorporating floor work and stability balls to enhance strength, flexibility, and balance. Using the support of a chair for seated and standing poses, we'll flow through accessible yet invigorating sequences that promote mobility and release tension. Expect to transition from chair-based postures to gentle floor work, exploring deep stretches, joint mobility, and strengthening exercises. Stability balls are integrated for balance work, core strengthening, and increasing stability, all while maintaining a focus on mindful movement and breath.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

W Jul 8 – Aug 19 2:00 pm – 3:00 pm 7wks 62813 \$56.00

## Fit Fellows 55+

This low-impact, men-only class combines resistance training, core stability, and balance exercises to help maintain independence, prevent falls, and support an active lifestyle. Whether you're getting back into fitness or maintaining your momentum, this class meets you where you are.

Dorsay Community & Heritage Centre - Banquet Hall South

W Jul 8 – Aug 26 11:30 am – 12:20 pm 8wks 62918 \$64.00

## Fit Fusion 55+

This class is great for beginners and older adults, as its movements have no bouncing or heavy stepping. The workout incorporates various types of equipment to focus on coordination, balance, and muscle strength. The class finishes with stretching and postural exercises

Chestnut Hill Developments Recreation Complex - Fitness Studio A

Th Jul 9 – Sep 3 9:30 am – 10:20 am 9wks 62819 \$72.00

Dorsay Community & Heritage Centre - Banquet Hall South

M Aug 10 – Aug 31 9:30 am – 10:20 am 4wks 63574 \$32.00

Th Jul 23 – Aug 27 10:00 am – 10:50 am 5wks 63573 \$40.00

## Pilates for Strong Bones 55+

Build strength from the inside out with this bone-boosting Pilates class designed to support healthy aging and strong, stable movement. This class is an osteoporosis – friendly session that blends gentle core work, standing exercises, and chair – assisted moves to help maintain bone density, improve balance, and enhance posture.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

M Jul 6 – Aug 31 11:30 am – 12:20 pm 8wks 62836 \$64.00

Dorsay Community & Heritage Centre - Banquet Hall South

W Jul 8 – Aug 26 10:30 am – 11:20 am 8wks 62928 \$64.00

East Shore Community Centre - Community Room

T Jul 7 – Sep 1 10:00 am – 10:50 am 7wks 62941 \$56.00

## Pilates Reformer 55+

This class offers older adults a low-impact, full-body workout on the reformer using spring resistance to challenge, support and target different muscles in the body. The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely to help improve balance, flexibility, and strength. This class is best suited for healthy older adults with no major joint or medical conditions.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M Jul 6 – Aug 31 1:00 pm – 1:50 pm 8wks 62867 \$125.00

W Jul 8 – Aug 26 1:00 pm – 1:50 pm 8wks 63600 \$125.00

F Jul 10 – Sep 1 11:45 am – 12:35 pm 7wks 62866 \$109.00

## Release & Restore 55+

This low-impact class helps ease stiffness, improve flexibility, and support joint health—making daily movements feel smoother and more comfortable. Whether you are staying active, recovering from workouts, or just want to move with greater ease, this relaxing session is your time to unwind, restore, and feel good in your body.

Dorsay Community & Heritage Centre - Banquet Hall South

M Jul 6 – Aug 31 10:30 am – 11:20 am 8wks 62929 \$64.00

Th Jul 23 – Aug 27 11:00 am – 11:50 am 5wks 63575 \$40.00

## Stretch & Strengthen 55+

This gentle, full body workout is designed specifically for older adults who want to maintain strength, improve balance, and support overall mobility. Using a variety of equipment and low-impact exercises,

the class focuses on functional movements that enhance coordination, stability, and muscle tone – all essential for staying active and independent.

Dorsay Community & Heritage Centre - Banquet Hall South

|   |                |                     |      |       |         |
|---|----------------|---------------------|------|-------|---------|
| M | Jul 6 – Aug 31 | 11:30 am – 12:20 pm | 8wks | 62919 | \$64.00 |
| T | Jul 7 – Sep 1  | 9:45 am – 10:35 am  | 8wks | 63576 | \$64.00 |
| W | Jul 8 – Aug 26 | 9:30 am – 10:20 am  | 8wks | 62920 | \$64.00 |

East Shore Community Centre - Community Room

|   |                |                     |      |       |         |
|---|----------------|---------------------|------|-------|---------|
| M | Jul 6 – Aug 31 | 11:30 am – 12:20 pm | 8wks | 62943 | \$64.00 |
|---|----------------|---------------------|------|-------|---------|

## Yoga 55+

This Hatha style Yoga class is designed for those seeking to increase and maintain joint mobility while also increasing strength and improving balance. Healthy older adults with no major joint or medical conditions will enjoy this program.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

|   |                |                    |      |       |         |
|---|----------------|--------------------|------|-------|---------|
| F | Jul 10 – Sep 4 | 9:30 am – 10:20 am | 9wks | 62903 | \$72.00 |
|---|----------------|--------------------|------|-------|---------|

Dorsay Community & Heritage Centre - Banquet Hall South

|    |                |                     |      |       |         |
|----|----------------|---------------------|------|-------|---------|
| M  | Jul 6 – Aug 31 | 12:30 pm – 1:30 pm  | 8wks | 63577 | \$64.00 |
| T  | Jul 7 – Aug 25 | 12:45 pm – 1:35 pm  | 8wks | 62933 | \$64.00 |
| Th | Jul 9 – Aug 29 | 12:00 pm – 12:50 pm | 8wks | 62934 | \$64.00 |

## Fitness – Small Group Personal Training

### Aging Stronger 55+

Resistance exercises are known to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, it can help reduce the signs and symptoms of many chronic diseases. This program includes an educational class component as well as active component with elements of training principles and proper exercise techniques for older adults. Taught by our professional and certified fitness staff you will learn how to exercise on your own safely and effectively. Take your first step towards aging stronger.

Chestnut Hill Developments Recreation Complex - Program Room C

|   |                |                    |      |       |          |
|---|----------------|--------------------|------|-------|----------|
| F | Jul 3 – Aug 21 | 12:00 pm – 1:30 pm | 8wks | 62757 | \$114.00 |
| T | Jul 7 – Aug 25 | 1:00 pm – 2:30 pm  | 8wks | 62756 | \$114.00 |

### Forever Young 55+

For those who have completed the Aging Stronger program, or have strength training experience, this class gives you the opportunity to continue learning more advanced training techniques in a group setting. This is an active class without an educational component.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

|      |                |                     |      |       |          |
|------|----------------|---------------------|------|-------|----------|
| M,W  | Jul 6 – Aug 31 | 9:30 am – 10:30 am  | 9wks | 62762 | \$153.00 |
| M,W  | Jul 6 – Aug 31 | 11:00 am – 12:00 pm | 9wks | 62763 | \$153.00 |
| T,Th | Jul 7 – Aug 27 | 10:00 am – 11:00 am | 8wks | 62764 | \$153.00 |
| Th   | Jul 9 – Aug 27 | 5:30 pm – 6:30 pm   | 8wks | 62765 | \$77.00  |



# Aquatics

## Aquatics – Aquafit

### Aquafit – Chestnut Hill Developments Recreation Complex - 15+

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities.

Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post natal and for those who have been working out regularly or for those who have not been active in a while. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves.

Work at your own pace and bring a water bottle to stay hydrated. No additional discounts on already discounted classes. Basic Aquafit is included in Specialty Memberships.

Chestnut Hill Developments Recreation Complex - Pool

|   |                 |                   |      |       |          |
|---|-----------------|-------------------|------|-------|----------|
| M | Jun 29 – Aug 24 | 7:30 am – 8:25 am | 8wks | 63014 | \$96.86  |
| W | Jul 8 – Aug 26  | 7:30 am – 8:25 am | 8wks | 63015 | \$108.98 |
| F | Jul 3 – Aug 28  | 7:30 am – 8:25 am | 9wks | 63016 | \$108.98 |



## NATIONAL HEALTH & FITNESS DAY Wellness Fair & Dance Fit Jam

**Saturday, June 6**

**9:00 am – 12:00 pm**

Chestnut Hill Developments Recreation Complex

### Join the fun!

**Wellness Fair starts at 9:00 am**

- Guest speakers
- Local vendors

**Dance Fit Jam starts at 10:30 am**

Our amazing instructors will lead you through this exhilarating and inclusive 90-minute dance fitness experience. Formats will include Zumba, Cardio Dance Fit, & Socacize.

No previous experience necessary. Suitable for all fitness levels.

Free swag bag for the first 150 participants!

Register to secure your spot.

**[pickering.ca/active](http://pickering.ca/active)**



 **CHESTNUT HILL DEVELOPMENTS**  
RECREATION COMPLEX

# Pickering Museum Village

## Programs of Interest

### Blacksmith Workshops

#### BBQ Skewers and Steak Flipper 16+

Sa Jun 20 10:00 am – 2:00 pm 61271  
\$129.26

S Jun 21 10:00 am – 2:00 pm 61272  
\$129.26

### Woodworker's Apprentice

#### Charcuterie Board 16+

Sa Jul 4 9:00 am-12:00 pm 61311 \$75.18

Sa Aug 15 9:00 am-12:00 pm 61312 \$75.18

#### Jar Vase Holder 16+

Sa Jun 13 9:00 am – 12:00 pm 61308 \$75.18

Sa Aug 1 9:00 am-12:00 pm 61309 \$75.18

#### Porch Sign Painting 16+

Sa Jul 25 9:00 am-12:00 pm 61315 \$75.18

Sa Aug 29 9:00 am-12:00 pm 61316 \$75.18

### Special Interest

#### Kilim Weaving Workshop 7+

Guided by an experienced weaver, guests will create a Kilim textile while learning the history of Persian weaving and the symbolism behind its motifs.

Su Jul 12 1:00 pm – 3:00 pm 62625

Su Aug 9 1:00 pm – 3:00 pm 62692

\$79.14

#### Retro Recipes 16+

Take grandmother's recipes and give them a modern twist in this new baking program held in our new outdoor kitchen space!

Meets once monthly May 23 – Oct 17

Sa May 23 – Oct 17 1:00 pm – 3:00 pm 61340

\$165.15

#### Beyond the Village Veil: Spirit Seeking 14+

Join us for an unforgettable evening in the heart of our historic village museum, where every creak, shadow, and whisper tells a story. Guided by professional psychic mediums, explore hotspots of unexplained activity and learn about the history of our buildings and those who lived (and died) inside of them.

Sa Aug 22 8:00 pm-10:00 pm 61647 \$51.04

#### Pickering Paranormal Tour 12+

Join us at the waterfront, Millennium Square, to hear tales of infamous criminals, supernatural occurrences, and even explore a historic local cemetery by lantern-light.


Thursday evenings throughout the summer; register for your tour at [\\$25.52<sup>+hst</sup>](http://pickering.ca/active)

For complete program listings with details visit  
[pickeringmuseumvillage.ca](http://pickeringmuseumvillage.ca)



# Public Swimming

Chestnut Hill Developments Recreation Complex Pool | 905.683.6582

| Jun 28 – Aug 30  | Lane Swim*  | Open Swim                              |   |
|--|---|--|---|
| Monday   | 6:00 am – 8:30 am<br>9:00 am – 1:00 pm<br>9:00 pm – 9:55 pm | 1:00 pm – 4:00 pm<br>7:00 pm – 9:00 pm |  |
| Tuesday  | 6:00 am – 8:30 am<br>9:00 am – 1:00 pm<br>9:00 pm – 9:55 pm | 1:00 pm – 4:00 pm<br>7:00 pm – 9:00 pm |   |
| Wednesday  | 6:00 am – 8:30 am<br>9:00 am – 1:00 pm<br>9:00 pm – 9:55 pm | 1:00 pm – 4:00 pm<br>7:00 pm – 9:00 pm |   |
| Thursday   | 6:00 am – 8:30 am<br>9:00 am – 1:00 pm<br>9:00 pm – 9:55 pm | 1:00 pm – 4:00 pm<br>7:00 pm – 9:00 pm |   |
| Friday   | 6:00 am – 8:30 am<br>9:00 am – 1:00 pm<br>9:00 pm – 9:55 pm | 1:00 pm – 4:00 pm<br>7:00 pm – 9:00 pm |   |
| Saturday & Sunday  | n/a   | 1:00 pm – 4:00 pm                      |   |
| *May be shared pool use<br>Cancellations: Jul 1 (Canada Day), Aug 4 (Civic holiday)<br>Hours are subject to change, please check our website for any changes to scheduling |   |  |   |

## Dunbarton Indoor Pool | 905.683.6582

Dunbarton Indoor Pool will be closed for the summer due to roof repair beginning July 1st. Please enjoy Lane and Open Swim at Chestnut Hill Developments Recreation Complex.

note: Public swim hours may be changed due to holidays, swim meets, or rentals. Changes will be posted online at [pickering.ca/aquatics](http://pickering.ca/aquatics) one week prior where possible.

### Lane Swim

Circle swim is enforced to accommodate more swimmers.

### Open Swim

This is a great time for all ages to enjoy our pools.

See website for complete details and Rules and Regulations.

[pickering.ca/aquatics](http://pickering.ca/aquatics)

| Rates                               | single | 10 pass | 3 mos   | annual   |
|-------------------------------------|--------|---------|---------|----------|
| Adult 18+                           | \$4.84 | \$41.12 | \$93.98 | \$215.27 |
| Adult 65+                           | \$3.15 | \$26.78 | \$59.01 | \$145.33 |
| Person w/ Disability                | \$3.15 | \$26.78 | \$59.01 | \$145.33 |
| See website for additional details. |        |         |         |          |



## Dorsay Grand Opening

Saturday, June 13 5:30 pm – 8:00 pm  
Dorsay Community & Heritage Centre

## Pickering Rotary Ribfest

June 19 – 20 11:00 am – 10:00 pm  
June 21 11:00 am – 8:00 pm  
Esplanade Park  
pickeringribfest.ca

# City Events

## JUNE

### Seniors' Month

See details at [pickering.ca/adults55plus](http://pickering.ca/adults55plus)

### D-Day

Saturday, June 6 10:45 am – 12:00 pm  
Cenotaph, Pickering City Hall Courtyard  
Hosted by Royal Canadian Legion Branch 606

### National Health & Fitness Day Wellness Fair & Dance Fit Jam

Saturday, June 6 9:00 am – 12:00 pm  
Chestnut Hill Developments Recreation Complex

### Senior's Month: Big Band Event

Sunday, June 7 2:00 pm – 4:00 pm  
Chestnut Hill Developments Recreation Complex

### FIFA Watch Parties

Friday, June 12 3:00 pm  
Thursday, June 18 6:00 pm  
Wednesday, June 24 3:00 pm  
Chestnut Hill Developments Recreation Complex

## JULY

### Canada Day Celebrations

Wednesday, July 1  
Esplanade Park 12:00 pm – 5:00 pm  
Kinsmen Park 7:00 pm – 10:00 pm

### Movie Night

Wednesday, July 15 6:00 pm – 10:30 pm  
Dorsay Community & Heritage Centre

## AUGUST

### Pickering Food Truck Festival

August 7 & 8 5:00 pm – 9:00 pm  
August 9 12:00 pm – 8:00 pm  
[canadianfoodtruckfestivals.com/pickering](http://canadianfoodtruckfestivals.com/pickering)

### Movie Night

Wednesday, August 19 6:00 pm – 10:30 pm  
Dorsay Community & Heritage Centre

### Movie Night

Friday, August 21 6:00 pm – 10:30 pm  
Rick Johnson Memorial Park

See details and complete event listings  
[pickering.ca/events](http://pickering.ca/events)

## Summer Concerts JULY & AUGUST

**Thursdays** 7:00 pm – 9:00 pm  
Millennium Square

**Fridays** 5:30 pm – 7:30 pm  
Rick Johnson Memorial Park

**Sundays** 2:00 pm – 4:00 pm  
Esplanade Park, Gazebo

[pickering.ca/summerconcerts](http://pickering.ca/summerconcerts)

**55+**



# Seniors' Month Celebration & Big Band Event

LIVE MUSIC • DANCING • ENTERTAINMENT

**Sunday, June 7**  
**2:00 pm – 4:00 pm**  
**Chestnut Hill Developments**  
**Recreation Complex**

sponsored by.. **AMICA**  
PICKERING

This enjoyable afternoon features live music and entertainment by the George Lake Big Band for your listening and dancing pleasure!

The 2026 Senior of the Year will be announced and recognized as part of this event.

Light refreshments are included.

**TICKETS**  
**on sale now.**

**\$7.75 each**

Available at:

**Chestnut Hill Developments**  
**Recreation Complex**  
1867 Valley Farm Road

**East Shore Community Centre**  
910 Liverpool Road

**George Ashe Library &**  
**Community Centre**  
470 Kingston Road

Tickets must be purchased in advance, and are available while quantities last. Tickets will not be sold at the door.

Pay by credit & debit (cash is also accepted at Chestnut Hill Developments Recreation Complex).



AMICA  
PICKERING

# Seniors' Month

June 1 – 30 sponsored by Amica Pickering

Join us for special events and activities throughout June!

| ACTIVITY                  | DATE        | TIME                | LOCATION | CODE           |
|---------------------------|-------------|---------------------|----------|----------------|
| Hearing Health (part 1)   | Mon, Jun 1  | 11:00 am – 12:30 pm | DNTCC    | 62952          |
| Vitality Blueprint        | Tue, Jun 2  | 5:00 pm – 6:00 pm   | ESCC     | 63675          |
| Puzzle Competition        | Wed, Jun 3  | 11:30 am – 1:30 pm  | GALCC    | 63760          |
| Stroke Awareness          | Thu, Jun 4  | 9:00 am – 10:30 am  | ESCC     | 63772          |
| Digital Library Made Easy | Thu, Jun 4  | 2:00 pm – 3:30 pm   | GALCC    | 63761          |
| DRT Travel Training       | Fri, Jun 5  | 1:00 pm – 3:00 pm   | ESCC     | 63657          |
| Lawn Bowling WS           | Sat, Jun 6  | 10:00 am – 3:00 pm  | ESCC     | 63008          |
| Big Band Event            | Sun, Jun 7  | 2:00 pm – 4:00 pm   | CHDRC    | Ticketed event |
| Hearing Health (part 2)   | Mon, Jun 8  | 11:00 am – 12:30 pm | DNTCC    | 62953          |
| Power of Attorney Seminar | Tue, Jun 9  | 11:00 am – 1:00 pm  | ESCC     | 63763          |
| Sound Meditation          | Wed, Jun 10 | 10:00 am – 12:00 pm | DNTCC    | 62292          |
| AED Awareness             | Thu, Jun 11 | 1:00 pm – 2:00 pm   | GALCC    | 63007          |
| DRT Travel Training       | Fri, Jun 12 | 3:00 pm – 5:00 pm   | GALCC    | 63658          |
| Throwball WS              | Sat, Jun 13 | 10:30 am – 12:00 pm | ESCC     | 62599          |
| Hearing Health (part 3)   | Mon, Jun 15 | 11:00 am – 12:30 pm | DNTCC    | 62954          |
| Fire Safety Essentials    | Tue, Jun 16 | 2:30 pm – 3:30 pm   | CHDRC    | 63002          |
| Chess for Beginners       | Wed, Jun 17 | 2:00 pm – 4:00 pm   | DCHC     | 62966          |
| Games Day Event           | Thu, Jun 18 | 6:00 pm – 8:00 pm   | DNTCC    | 61191          |
| Preventing Elder Abuse WS | Sat, Jun 20 | 2:00 pm – 4:00 pm   | CEN LIB  | 36625          |
| Hearing Health (part 4)   | Mon, Jun 22 | 11:00 am – 12:30 pm | DNTCC    | 62955          |
| Hearing Health (part 5)   | Mon, Jun 29 | 11:00 am – 12:30 pm | DNTCC    | 62956          |

### Location Key

CHDRC: Chestnut Hill Developments Recreation Complex | 1867 Valley Farm Road  
 DCHC: Dorsay Community & Heritage Centre | 2365 Sixth Concession Road  
 DNTCC: Dr Nelson F Tomlinson Community Centre | 4941 Old Brock Road, Claremont  
 ESCC: East Shore Community Centre | 910 Liverpool Road  
 GALCC: George Ashe Library & Community Centre | 470 Kingston Road  
 CEN LIB: Central Library Brance | 1 The Esplanade South

Register online at [pickering.ca/active](http://pickering.ca/active) — Search Seniors Month to view the full list of activities.

# Activities and Events Descriptions

## Hearing Health (5 Part Workshop)

Presented by Canadian Hearing Services

These classes are designed to improve communication in everyday listening situations. You will develop coping skills that will enable you to deal successfully with the challenges of living with a hearing loss, decrease isolation, and meet others sharing similar experiences. Open for anyone with suspected or confirmed hearing loss.

Part 1: Intro to Hearing Health and Communication

Part 2: Factors that Influence Understanding of Speech

Part 3: Stress, Expressing Communications Needs

Part 4: Difficult Listening Situations

Part 5: Hearing Aids and Home Safety Equipment

## The Vitality Blueprint: How to Thrive After 55

The Vitality Blueprint is a one-hour, interactive nutrition workshop that blends evidence-based education with practical, accessible strategies to help adults feel more energized, resilient, and confident in their health as they age. Participants will learn simple, sustainable habits that support mobility, cognitive health, digestion, and overall vitality.

## Puzzle Competition 55+

Puzzle competition run by the Pickering Public Library

Compete against fellow puzzlers and race against the clock to be the first to complete your supplied puzzle. Play individually or in teams of up to 4 people. Prizes to be won.

## Stroke Awareness with Lakeridge Health

Let's talk about stroke... What is a stroke/TIA? This interactive seminar will focus on signs of stroke, risk factors, and what you can do to modify your risk.

## Digital Library Made Easy 55+

Discover how to enjoy free e-books, e-audiobooks, and e-magazines from the library, on your smartphone, tablet, or iPad. In this friendly, hands-

on session for seniors, we'll show you how to download apps, borrow titles, and customize your reading or listening experience. Bring your library card, device and your questions, we'll help you get started with confidence!

## Durham Region Transit: Travel Training

Learn how to navigate the Durham Region Transit system independently, empowering you to travel with ease. Become familiar with routes, stops, transit hubs, and landmarks; increasing your confidence in travelling with DRT. This program has an educational component and an optional interactive component where DRT representatives will take you to the nearest bus stop to navigate our transit system in real time.

## Lawn Bowling Workshop 55+

Presented by Pickering Lawn Bowling Club

This interactive workshop introduces the basics of Lawn Bowling. Learn how to play, and practice a few bowls. All levels welcome. This workshop will be held outdoors. Wear comfortable outdoor clothing.

## Seniors' Month Big Band & Celebration

Live musical entertainment and Senior of the Year presentation. Tickets on sale now, available while quantities last.

## Power of Attorney Seminar 55+

Insights on estate planning, wills, powers of attorney and more. Learn about the importance of appointing someone you trust to oversee your asset distribution and manage your estate.

## Sound Meditation Workshop 55+

Sound Meditation uses music and sound to clear the mind and deepen meditation. Learn how this ancient practice can improve your focus and mental clarity, deepen relaxation, ease anxiety and promote a sense of well being.

## AED Awareness

The presentation focuses on the importance of Automated External Defibrillators (AEDs) in saving lives during sudden cardiac arrest. It explains what AEDs are, how they work, and why immediate actions, such as calling emergency services,

performing CPR, and using an AED quickly is critical for survival. The text also highlights how AEDs are designed for easy public use, where they are commonly located, and the role of community programs (such as in Pickering) in maintaining and supporting these devices.

### **Throwball Workshop 55+**

Throwball is a fast-moving, non-contact team sport where players catch and throw the ball over a net on a court slightly larger than volleyball, making the game energetic and easy to learn. It blends teamwork, quick reflexes, and strategy in every play. With simple rules and constant action, throwball is a fun, accessible sport for players of all ages and skill levels.

### **Fire Safety Essentials Workshop**

Participants will learn the most common causes of fires, how CO<sup>2</sup> and smoke alarms work, and why they are critical for early detection. The session also covers how to create a personalized fire escape plan, what to do when an alarm sounds, and how to stay calm and make safe choices during an emergency.

### **Chess for Beginners 55+ Workshop**

Always wanted to learn how to play chess but didn't know where to start? This workshop designed for complete beginners, and teaches the fundamentals of chess in a relaxed, supportive environment. If you've never played before — you're in the right place.

### **ACTively Preventing Elder Abuse Workshop**

Theatre of the Beat will lead an interactive discussion about ageism, recognizing the different forms of abuse, caregiver burnout, and the importance of community intervention and support. Participants will learn and practice conflict resolution techniques and will receive a resource package at the end of the session.

Register for this workshop at [pickeringlibrary.ca](http://pickeringlibrary.ca)

## **Seniors' Socials**

Get together with other seniors for an enjoyable afternoon of games and conversation.

Light refreshments will be provided while supplies last.

Tuesdays at the Central Library

1:00 pm – 3:00 pm

[pickeringlibrary.ca](http://pickeringlibrary.ca)



## **55+ Games Day**

Presented by the 55+ Committee

Join us for an afternoon of excitement! We're playing for prizes in a variety of fun physical and intellectual challenges. Let's connect, compete, and celebrate active living together!

**Thursday, June 18**

6:00 pm – 8:00 pm

Dr. Nelson F. Tomlinson Community Centre

Bring your energy, your smile, and maybe your competitive streak — we'll take care of the rest!

Spaces are limited. Register to reserve your spot at [pickering.ca/active](http://pickering.ca/active) with code: 61191

Seniors' Month Activities & Events have been sponsored by AMICA Pickering

**55+**

# Celebrating Seniors' Month

## Activity Calendar

| SUNDAY  | MONDAY                             | TUESDAY   | WEDNESDAY                           | THURSDAY   | FRIDAY  | SATURDAY  |
|---|------------------------------------|---|-------------------------------------|--|---|---|
|   | <b>JUNE 1</b><br>Hearing Health p1 | <b>2</b><br>Vitality Seminar<br>Seniors' Social   | <b>3</b><br>Puzzle<br>Competition   | <b>4</b><br>Stroke Awareness<br>Digital Library<br>Made Easy | <b>5</b><br>DRT Travel<br>Training                      | <b>6</b><br>Lawn Bowling WS<br>Wellness Fair &<br>Dance Fit Jam |
| <b>7</b><br>Seniors' Month<br>Celebration & Big<br>Band Event | <b>8</b><br>Hearing Health p2      | <b>9</b><br>Financial Seminar<br>Seniors' Social  | <b>10</b><br>Sound Meditation<br>WS | <b>11</b><br>AED Awareness                                   | <b>12</b><br>DRT Travel<br>Training<br>FIFA Watch Party | <b>13</b><br>Throwball WS<br>DCHC Grand<br>Opening              |
| <b>14</b>   | <b>15</b><br>Hearing Health p3     | <b>16</b><br>Farmers Market<br>Opening Day<br>Fire Safety<br>Seminar<br>Seniors' Social | <b>17</b><br>Chess WS               | <b>18</b><br>Games Day Event<br>FIFA Watch Party             | <b>19</b><br>Ribfest                                    | <b>20</b><br>Preventing Elder<br>Abuse WS<br>Ribfest            |
| <b>21</b><br>Ribfest  | <b>22</b><br>Hearing Health p4     | <b>23</b><br>Farmers Market<br>Seniors' Social  | <b>24</b><br>FIFA Watch Party       | <b>25</b>  | <b>26</b>   | <b>27</b>   |
| <b>28</b>   | <b>29</b><br>Hearing Health p5     | <b>30</b><br>Seniors' Social  | <b>31</b>                           | <b>JULY 1</b><br>Canada Day!                                 |   |   |

**Aging Well Together**  
[pickering.ca/adults55plus](http://pickering.ca/adults55plus)