

55+

SUMMER 2025

Recreation Guide

*Celebrating
Seniors' Month*

pickering.ca/adults55plus

Seniors' Month

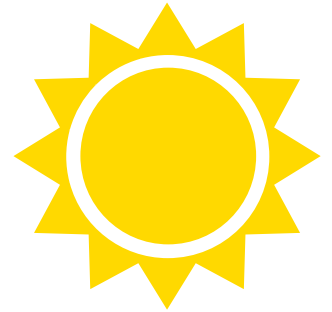
June 1 - 30

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 - SEPTEMBER Summer



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

Registration starts

June 5 for fitness & leisure programs

June 12 for aquatics programs

Registration for non-residents starts June 12 for fitness & leisure and June 19 for aquatics.

View, search, and register for programs online.

pickering.ca/active

Aging Well
Together

pickering.ca/adults55plus

55+ enews Have monthly recreation news & updates delivered straight to your inbox. pickering.ca/subscribe

—City of—
PICKERING

pickering.ca/recreation | 905.420.4620

Your Guide

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4 Ways to Register

pickering.ca/active

The City's online registration site allows you to browse, search, and register for programs and activities quickly and easily.

In Person

At Chestnut Hill Developments Recreation Complex,
1867 Valley Farm Road

Cheque, MasterCard, Visa, debit, or cash, is accepted
for in person payments

By Mail

Completed registration form with payment (cheque/
credit card) to:

Chestnut Hill Developments Recreation Complex; 1867
Valley Farm Road, Pickering, ON L1V 3Y7

24 hr Drop Box

Completed registration form with payment (cheque/
credit card) 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

Detailed information and downloadable registration
forms are available from the Registration webpage or
page 14 of this guide.

pickering.ca/registration

905.420.4621 | registration@pickering.ca



55+ Recreation Programs

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

Leisure Programs

Arts

***NEW* Pottery (Intermediate) 55+**

This class is for experienced 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 12 - Aug 30 10:30 am - 1:30 pm 8 wks 57519 \$137.28

Acrylic painting: Workshop 1

Under the guidance of our experienced instructor, learn the 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 11 12:00 pm - 2:00 pm 1 wk 56519 \$44.00

Acrylic painting: Workshop 2

Designed for intermediate to advanced students, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent beautiful watercolors.

East Shore Community Centre - Meeting Room 2

F Jul 25 9:30 am - 11:30 am 1 wk 56520 \$44.00

Acrylic painting: Workshop 3

Enjoy this art program that focuses on oriental with a special appearance by oriental art expert. Participants will be able to experience some of different strokes and techniques used in oriental pieces. Supplies are provided.

East Shore Community Centre - Meeting Room 2

F Aug 8 9:30 am - 11:30 am 1 wks 56521 \$44.00

Acrylic painting: Workshop 4

Under the guidance of our experienced instructor, learn the 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.

East Shore Community Centre - Meeting Room 2

F	Aug 15	12:00 pm - 2:00 pm	1 wk	56552	\$44.00
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Crocheting - Introduction 55+

For beginners 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.

GALCC Youth Room

W	Jul 2 - Jul 23	12:15 pm - 2:15 pm	4 wks	58192	\$30.46
W	Aug 6 - Aug 27	12:15 pm - 2:15 pm	4 wks	58193	\$30.46

Crocheting - Advance 55+

Intended for more advanced students. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class.

George Ashe Community Centre - Youth Room

W	Jul 2 - Jul 23	10:00 am - 12:00 pm	4 wks	56514	\$30.46
W	Aug 6 - Aug 27	10:00 am - 12:00 pm	4 wks	56543	\$30.46

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. Bring your own guitar to class.

The Esplanade Park - Gazebo

Th	Jul 3 - Jul 24	1:00 pm - 2:00 pm	4 wks	57139	\$27.36
Th	Jul 31 - Aug 28	1:00 pm - 2:00 pm	4 wks	57141	\$27.36

Outdoor Guitar - Level 2 55+

Continue developing a solid foundation of the essential skills. We 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. Bring your own guitar to class.

The Esplanade Park - Gazebo

Th	Jul 3 - Jul 24	2:15 pm - 3:15 pm	4 wks	57142	\$27.36
Th	Jul 31 - Aug 28	2:15 pm - 3:15 pm	4 wks	57007	\$27.36

Pottery (beginner) 55+

This class is for all levels 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

W	Jul 9 - Aug 27	6:30 pm - 9:30 pm	8 wks	57370	\$137.28
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Watercolour: Workshop 1

Designed for intermediate to advanced students, traditional techniques will be taught with impressionistic style. Learn how to paint loose, light, transparent beautiful watercolors.

East Shore Community Centre - Meeting Room 2

F	Jul 11	9:30 am - 11:30 am	1 wk	56536	\$44.00
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Watercolour: Workshop 2

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

East Shore Community Centre - Meeting Room 2

F Jul 25 12:00 pm - 2:00 pm 1 wk 56535 \$44.00

Watercolour: Workshop 3

Enjoy this art program that focuses on oriental with a special appearance by oriental art expert. Participants will be able to experience some of different strokes and techniques used in oriental pieces. Supplies are provided.

East Shore Community Centre - Meeting Room 2

F Aug 8 12:00 pm - 2:00 pm 1 wk 56522 \$44.00

Watercolour: Workshop 4

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 Aug 15 9:30 am - 11:30 am 1 wk 56553 \$44.00

Dance

Fusion Line Dance - Beginner 55+

Participants will learn and strengthen knowledge of introductory line dance patterns in this fun and easy beginner class. Dances taught range from country, waltz, rumba, merengue to hip hop. No experience or partner required.

East Shore Community Centre - Community Room

F Jul 4 - Aug 15 12:15 pm - 1:15 pm 6 wks 57144 \$29.00

Fusion Line Dance - Intermediate 55+

Participants continue to strengthen their knowledge and experience dancing to a variety of introductory line dance patterns. Dances taught range from country, waltz, rumba, merengue to hip hop.

East Shore Community Centre - Community Room

F Jul 4 - Aug 15 11:00 am - 12:00 pm 6 wks 57145 \$29.00

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 7 - Aug 11 2:00 pm - 3:00 pm 5 wks 57003 \$24.18

Latin Line Dance - Level 2 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 7 - Aug 11 12:30 pm - 1:30 pm 5 wks 57004 \$24.18

Latin Line Dance - Level 3 55+

For those who have completed level 2 or have dance experience. This class gives participants the opportunity to learn longer and more complex routines. No partner required.

East Shore Community Centre - Community Room

M Jul 7 - Aug 11 11:15 am - 12:15 pm 5 wks 57005 \$24.18

Line Dance 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 2 - Aug 6 9:30 am - 10:30 am 5 wks 56517 \$24.18

W Jul 2 - Aug 6 10:45 am - 11:45 am 5 wks 56518 \$24.18

Special Interest

Bingo 55+

We're playing for the Outside Square... "Knock at the door... its B number 4!" Join us weekly this summer for excitement, social fun, and prizes! Bring your own dabber.

Bingo - Session 1

George Ashe Community Centre & Library - Helen Paris Room

T Jul 8 10:30 am - 11:30 am 56505 \$10.00

Bingo - Session 2

Dr. Nelson F. Tomlinson - Meeting Room

T Jul 15 1:00 pm - 2:00 pm 56506 \$10.00

Bingo - Session 3

George Ashe Community Centre & Library - Helen Paris Room

T Jul 22 10:30 am - 11:30 am 56507 \$10.00

Bingo - Session 4

Dr. Nelson F. Tomlinson - Meeting Room

T Jul 29 1:00 pm - 2:00 pm 56508 \$10.00

Bingo - Session 5 55+

George Ashe Community Centre & Library - Helen Paris Room

T Aug 5 10:30 am - 11:30 am 56509 \$10.00

Bingo - Session 6

Dr. Nelson F. Tomlinson - Meeting Room

T Aug 12 1:00 pm - 2:00 pm 56510 \$10.00

Bingo - Session 7 55+

George Ashe Community Centre & Library - Helen Paris Room

T Aug 19 10:30 am - 11:30 am 56511 \$10.00

Bingo - Session 8 55+

Dr. Nelson F. Tomlinson - Meeting Room

T Aug 26 1:00 pm - 2:00 pm 56512 \$10.00



Sports & Active Programs

Learn to Play Pickleball 55+

Interested in learning Pickleball? This class is for you! Whether you've never picked up a paddle or are just getting started, this class will teach you everything you need to know to get out on the court and have fun! We'll cover the basics, from the rules of the game to essential skills like serving, dinking, and positioning. By the end, you'll feel confident and ready to play with friends or to join a game at your local court.

What to Expect:

- Learn the rules, court layout, and scoring
- Master essential skills (serving, volleys, dinking, and more).
- Get comfortable with the equipment and court.
- Play mini-games and drills to build confidenceHave fun while learning in a friendly, supportive environment!

Chestnut Hill Developments Recreation Complex - Banquet Hall East and West Salons

W	Jul 2 - Jul 16	6:00 pm - 7:00pm	3 wks	56984	\$9.18
W	Jul 23 - Aug 6	6:00 pm - 7:00 pm	3 wks	56991	\$9.18

Pickleball - 55+

Beginner Pickleball covers an in depth overview of rules, safety, court layout, equipment, strategy, and game play. It is designed for the player new to Pickleball, or has played a few times.

East Shore Community Centre - Gymnasium

T	Jul 8 - Aug 12	10:00 am - 11:00 am	6 wks	56523	\$18.36
T	Jul 8 - Aug 12	11:15 am - 12:15 pm	6 wks	56524	\$18.36
Th	Jul 3 - Aug 14	10:00 am - 11:00 am	7 wks	56525	\$21.42
Th	Jul 3 - Aug 14	11:15 am - 12:15 pm	7 wks	56526	\$21.42

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 8 - Aug 12	2:00 pm - 4:00 pm	6 wks	56532	\$29.00
W	Jul 2 - Aug 13	3:30 pm - 5:30 pm	7 wks	56533	\$29.00
Th	Jul 3 - Aug 14	2:00 pm - 4:00 pm	7 wks	56534	\$29.00



Fitness Programs

Group Fitness 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 16 - Sep 3 11:30 am - 12:20 pm 8 wks 56754 \$63.00

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 osteoarthritis, 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 14 - Aug 25 1:15 pm - 2:05 pm 6 wks 56762 \$47.00

W Jul 16- Sep 3 10:45 am - 11:35 am 8 wks 56761 \$63.00

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 17 - Sep 4 11:45 am - 12:45 pm 8 wks 56770 \$63.00

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 15 - Sep 2 11:45 am - 12:45pm 8 wks 56771 \$63.00

Th Jul 17 - ep 4 10:30am - 11:30am 8 wks 56772 \$63.00

Cycle Fit 55+

This is a 30 minute class with music you will love and want to sing along with. This fun and effective cardio class will safely build cardiovascular endurance and confidence.

Chestnut Hill Developments Recreation Complex - Fitness Studio B

M Jul 14 - Aug 25 10:30 am - 11:00 am 6 wks 56779 \$47.00

Th Jul 17 - Sep 4 10:30 am - 11:00 am 8 wks 56780 \$63.00

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 16 - Sep 3 2:00 pm - 3:00 pm 8wks 56756 \$63.00

Pilates for Strong Bones 55+

This Osteo-friendly class makes the use of chairs as well as standing work to help strengthen the core, improve balance and maintain bone density.

Chestnut Hill Developments Recreation Complex - Fitness Studio C

M Jul 14 - Aug 25 11:30 am - 12:20 pm 6 wks 56814 \$47.00

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

W Jul 16 - Sep 3 1:00 pm - 1:50 pm 8 wks 56846 \$125.00

F Jul 18 - Aug 29 11:45 am - 12:35 pm 6 wks 56848 \$94.00

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 18 - Sep 5 9:30 am - 10:20 am 8 wks 56908 \$63.00

Dr. Nelson F. Tomlinson Community Centre - Meeting Room

M Jul 14 - Aug 25 11:30 pm - 12:30 am 6 wks 56920 \$47.00

Zumba Gold® 55+

All the fun of Zumba®, the latin-inspired cardio-interval training program, with simplified choreography and no jumping. This class introduces international dances like merengue, flamenco, reggaeton, bachata and more! No impact and low impact options are demonstrated in each class. Designed for everybody and every body, no dance experience required.

Chestnut Hill Developments Recreation Complex - Fitness Studio A

M Jul 14 - Aug 25 12:00 pm - 12:50 pm 6 wks 56911 \$47.00

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 educative 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'll 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

T	Jul 15 - Sep 2	1:00 pm - 2:30 pm	8 wks	56760	\$111.00
F	Jul 18 - Sep 5	12:00 pm - 1:30 pm	8 wks	56759	\$111.00

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 educative component.

Chestnut Hill Developments Recreation Complex - Small Group Training Room

M,W	Jul 14 - Sep 10	11:00 am - 12:00pm	9wks	56795	\$148.00
T,Th	Jul 15 - Sep 4	11:15 am - 12:15 pm	8 wks	56793	\$148.00
T,Th	Jul 15 - Sep 4	10:00 am - 11:00 am	8 wks	56796	\$148.00
Th	Jul 17 - Sep 4	5:30 pm - 6:30 pm	8 wks	56794	\$74.00

Aquatics Programs

Aquafit

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. What a great way to challenge your physical and mental fitness while staying cool!



Basic Aquafit 15+

Aquafit is excellent for those with arthritis, back problems, osteoporosis, are pre/post natal as well as those who have been working out regularly, or those who have not been active in awhile. 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.

Dunbarton Indoor Pool

T	Jul 8 - Aug 19	7:00 pm - 7:55 pm	7 wks	57147	\$75.01
Th	Jul 3 - Aug 21	7:00 pm - 7:55 pm	8 wks	57148	\$85.72

Chestnut Hill Developments Recreation Complex - Pool

M	Jun 30-Aug 25	7:30am-8:30am	8wks	58176	\$85.72
W	Jul 2 - Aug 27	7:30 am - 8:30 am	9 wks	58177	\$96.44
F	Jul 4 - Aug 29	7:30am-8:30am	9 wks	58178	\$96.44

Pickering Museum Village

Programs & Workshops

Museum Masterpiece: Paint in the Village

Whether you're a novice or a seasoned painter, our professional artist will guide you step-by-step in creating your own acrylic masterpiece on canvas. All materials are provided. Please note this program occurs outdoors, we recommend you dress for the weather. Suitable for ages 12+.

Pickering Museum Village - Picnic Shelter

F	Jul 25	6:30 pm - 8:30 pm	56471	\$48.66
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Plot to Plate - Heirloom Edition 16+

Plant heirloom varieties, nurture your green thumb, and take home vegetables that have a rich history. With a dedicated garden plot at the Pickering Museum Village, you'll gain practical gardening skills while connecting with nature. This program includes a garden plot and heirloom plants, with access to a garden instructor throughout the season.

Pickering Museum Village

May 31 - Sep 20	2:00 pm - 3:00 pm	56504	\$104.48
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Woodworker's Apprentice Workshop: Charcuterie Board 16+

Craft your very own charcuterie board, perfect for hosting or gifting. From selecting and cutting the wood to sanding, wood-burning, and finishing, this experience is designed to teach you the fundamentals of woodworking while crafting a beautiful and practical piece for your kitchen.

Pickering Museum Village - Blacksmith / Paint Shop

Sa	Jul 5	9:00 am - 12:00 pm	56484	\$72.99
Sa	Jul 5	1:00 pm - 4:00 pm	56485	\$72.99
Sa	Aug 16	9:00 am - 12:00 pm	56486	\$72.99
Sa	Aug 16	1:00 pm - 4:00 pm	56487	\$72.99

Woodworker's Apprentice Workshop: Jar Vase Holder 16+

Build your own custom jar vase holder. Add a personal touch by wood-burning a design or applying a chalk paint wash before sealing it with wax. Perfect for showcasing your favorite flowers; this functional piece combines creativity and craftsmanship for a truly special project.

Jar Vase Holder cont'd

Pickering Museum Village - Blacksmith / Paint Shop

Sa	Jun 21	9:00 am - 12:00 pm	56476	\$72.99
Sa	Jun 21	1:00 pm - 4:00 pm	56477	\$72.99
Sa	Aug 2	9:00 am - 12:00 pm	56478	\$72.99
Sa	Aug 2	1:00 pm - 4:00 pm	56479	\$72.99

Woodworker's Apprentice Workshop: Porch Sign Painting 16+

Bring personality to your front porch by creating a custom welcome sign! In this fun and creative workshop, you'll learn the basics of stencilling and design your own seasonal sign to decorate your entryway. Add your personal touch, seal it with wax, and take home a charming, handmade piece.

Pickering Museum Village - Blacksmith / Paint Shop

Sa	Jul 19	9:00 am - 12:00 pm	56492	\$72.99
Sa	Jul 19	1:00 pm - 4:00 pm	56493	\$72.99
Sa	Aug 30	9:00 am - 12:00 pm	56494	\$72.99
Sa	Aug 30	1:00 pm - 4:00 pm	56495	\$72.99

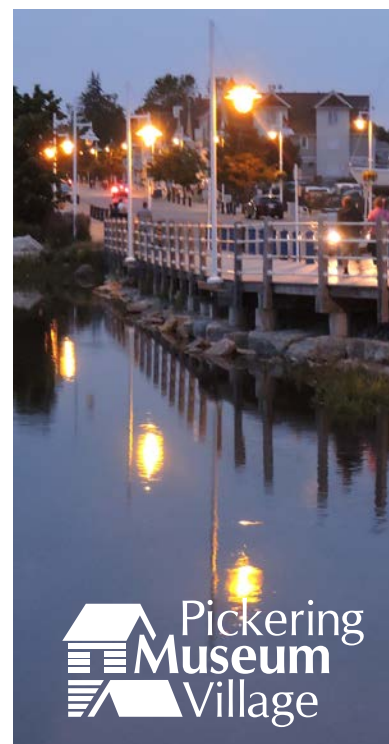
Pickering Paranormal 12+

Everything is not as it seems in this one-hour walking tour of Pickering's waterfront. Led by a PMV guide, guests will step back in time to explore the darker side of Pickering's past. Hear tales of infamous criminals, supernatural occurrences, and even explore a historic local cemetery by lantern-light. Warning - not for the faint of heart!

Register in advance. Cost is \$24.78 per person.

Meet at Millennium Square at 9:15 pm

Th	Jul 3	56620
Sa	Jul 5	56621
Th	Jul 10	56622
Sa	Jul 12	56623
Th	Jul 17	56624
Sa	Jul 19	56625
Th	Jul 24	56626
Sa	Jul 26	56627
Th	Jul 31	56628
Sa	Aug 2	56629
Th	Aug 7	56630
Sa	Aug 9	56631
Th	Aug 14	56632
Sa	Aug 16	56633
Th	Aug 21	56634
Sa	Aug 23	56635
Th	Aug 28	56636
Sa	Aug 30	56637





Pottery

Open Studio 18+

An opportunity to practice, or improve established skills, and work independently on projects. Membership is required.

Open Studio Members must:

- Have completed two full course sessions before joining.
- Be familiar with the policies and procedures of the pottery studio.
- Be able to work on their projects without instruction.

Open Studio Membership

Annual Membership \$36.04

Hourly Studio Rate \$8.75

Block of clay \$46.34 each

Tool kit \$29.35

note: All clay must be purchased from the City of Pickering Art Studio. Other/outside clay is not permitted in the studio.

Summer Open Studio Hours:

Tuesdays 5:00 pm - 7:00 pm

Thursdays 5:00 pm - 7:00 pm

Sunday 2:00 pm - 4:00 pm

pickering.ca/PotteryStudio



Did you know...

Adults 65+ receive a 50% discount on membership fees (excluding swim), at Chestnut Hill Developments Recreation Complex.

See membership options at pickering.ca/fit



**CHESTNUT HILL
DEVELOPMENTS**
RECREATION COMPLEX

Public Swimming

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

Summer Schedule

Chestnut Hill Developments Recreation Complex Pool | 905.831.1711

Jun 30 - Aug31	Lane Swim	Open Swim
Monday	6:00 am - 8:30 am* 9:00 am - 1:00 pm* 4:00 pm - 7:00 pm* 9:00 pm - 9:55 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Tuesday	6:00 am - 8:30 am* 9:00 am - 1:00 pm* 4:00 pm - 7:00 pm* 9:00 pm - 9:55 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Wednesday	6:00 am - 8:30 am* 9:00 am - 1:00 pm* 4:00 pm - 7:00 pm* 9:00 pm - 9:55 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Thursday	6:00 am - 8:30 am* 9:00 am - 1:00 pm* 4:00 pm - 7:00 pm* 9:00 pm - 9:55 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Friday	6:00 am - 8:30 am* 9:00 am - 1:00 pm* 4:00 pm - 7:00 pm* 9:00 pm - 9:55 pm	1:00 pm - 4:00 pm 7:00 pm - 9:00 pm
Saturday & Sunday	n/a	1:00 pm - 4:00 pm



*May be shared pool use | Cancellations: July 1 (Canada Day), August 4 (Civic holiday)

Rates	single	10 pass	3 mos	annual
Adult 18+	\$4.70	\$39.92	\$91.24	\$209.00
Adult 65+	\$3.06	\$26.00	\$57.29	\$141.10
Person w/ Disability	\$3.06	\$26.00	\$57.29	\$141.10
Group	\$10.30	\$87.55	\$135.38	\$376.72

See website for additional details.

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

Registration Form: Aquatics, Fitness, Recreation Programs

Family Information			
phone number	email	I would like to receive email updates regarding programs, events, and services <input type="radio"/> yes <input type="radio"/> no	
address	unit/apt.	city	postal code
parent/guardian name	birth date	cell phone number	Have you changed address? <input type="radio"/> yes <input type="radio"/> no
parent/guardian name	birth date	cell phone number	Have you changed address? <input type="radio"/> yes <input type="radio"/> no

Participant 1					
last name		first name		birth date (M) _____ (D) _____ (Y) _____	
gender					
Program Name / Swim Level	Location	Day	Time	Activity #	Fee
1st Choice					
2nd Choice					
special needs/ allergies	Is there a special need or allergy (including peanut) our programmers should be aware of? Please provide details:				

Participant 2					
last name		first name		birth date (M) _____ (D) _____ (Y) _____	
gender					
Program Name / Swim Level	Location	Day	Time	Activity #	Fee
1st Choice					
2nd Choice					
special needs/ allergies	Is there a special need or allergy (including peanut) our programmers should be aware of? Please provide details:				

Payment	
<input type="radio"/> debit	<input type="radio"/> cheque payable to: City of Pickering
Visa / MasterCard <div> <div> <div></div><div></div><div></div><div></div> </div> <div> <div></div><div></div><div></div><div></div> </div> <div> <div></div><div></div><div></div><div></div> </div> <div> <div></div><div></div><div></div><div></div> </div> </div>	I hereby release the City of Pickering from all claims arising from any accidents or injury which are caused by or arise from participation of the applicant named above during any program, or in any facility or at any location where the program is being held.
expiry date <div> <div> <div></div><div></div> </div> <div> <div></div><div></div> </div> </div>	amount to charge \$ _____
card holder name <div> <div></div> </div>	signature _____
signature <div> <div></div> </div>	signature _____

How are you going to register today?

Online at pickering.ca/active

Fax with a credit card number to 905.831.9370

Drop-off, Mail, or In Person: Chestnut Hill Developments Recreation Complex (1867 Valley Farm Road)

City of
PICKERING

Recreation Services

Aging Well Together

The City offers a variety of free or low cost recreational opportunities for our older adult community.

Spotlight Series Seminars

SPONSORED BY VIVA Pickering

Free interactive seminars with local guest speakers, that focus on various topics of interest to older adults. See website or call for complete details.

Upcoming Seminars:

June 16	Digital Safety Workshop
June 24	Digital Safety Workshop

Spaces are limited. Register to reserve your spot.

Register online at pickering.ca/active

To register by phone contact: jgiorgi@pickering.ca or 905.420.4660 ext. 1853

pickering.ca/adults55plus | 905.420.4620 | communityservices@pickering.ca

Games Day 2025

FREE EVENT hosted by the 55+ Committee

Join us for a fabulous evening of social fun, activities and prizes !

Refreshments and snacks are included.

Thursday, June 19

6:00 pm - 8:00 pm

George Ashe Library & Community Centre

Activity code: 56933

Spaces are limited. Register to reserve your spot.

Register online at **pickering.ca/active**

For more information or to register by phone contact: jgiorgi@pickering.ca or 905.420.4660 ext. 1853

Social Clubs

Rouge Hill Seniors' Club

905.420.4660 ext 6103

George Ashe LCC | 470 Kingston Road West

South Pickering Seniors' Club

905.420.5049 | spsc753.com

East Shore CC | 910 Liverpool Road South

Claremont Golden Age Seniors' Club

905.649.2320 | claremontgoldenageclub@gmail.com

Claremont CC | 4941 Old Brock Road, Claremont

Pickering Lawn Bowling

905.995.8774 | pickeringLBC.ca

East Shore CC | 910 Liverpool Road South



Upcoming City Events

JUNE

Seniors' Month

June 1 - 30

Various events & activities throughout the month.

pickering.ca/adults55plus

DDay

Hosted by Royal Canadian Legion Branch 606

Sunday, June 1

10:45 am – 12:00 pm

Pickering City Hall

National Health & Fitness Day

Saturday, June 7

9:00 am - 12:00 pm

Chestnut Hill Developments Recreation Complex

June is Recreation & Parks Month... and we're celebrating with a DANCE PARTY!

Join us for a FREE, fun-filled morning of movement, wellness, and community. Enjoy: Inspiring guest speakers, fitness demos, local vendors, dance party, giveaways & more!

Register at pickering.ca/active code: 57002

Senior's Month: Big Band Event

Sunday, June 8

2:00 pm - 4:00 pm

Chestnut Hill Developments Recreation Complex

Live music performance by the George Lake Big Band and Senior of the Year Award presentation.

Tickets available while quantities last.

pickering.ca/calendar

Pickering Rotary Ribfest

June 13 - 15

Esplanade Park

pickeringribfest.ca/



JULY

Canada Day

Esplanade Park

12:00 pm – 5:00 pm

Kinsmen Park

7:00 pm – 10:00 pm

pickering.ca/canadaday



AUGUST

Food Truck Festival

August 8 – 10, 2025

Esplanade Park

canadianfoodtruckfestivals.com/pickering/

For more community events, visit our website.

pickering.ca/events



Summer Concerts JULY & AUGUST

Thursday evenings

7:00 pm – 9:00 pm

Millennium Square

Friday evenings

5:30 pm – 7:30 pm

Rick Johnston Memorial Park
(no concert August 22)

Sunday afternoons

2:00 pm – 4:00 pm

Esplanade Park, Gazebo
(no concert August 10 & 31)

pickering.ca/summerconcerts

55+

AGING WELL TOGETHER

Celebrating Seniors' Month

pickering.ca/adults55plus

note: All Seniors' Month activities listed are intended exclusively for adults 55+ unless stated otherwise.

JUNE 1 - 30

Join us for special events and activities throughout June as we celebrate Seniors' Month in Pickering.

Seniors' Month is Sponsored by V!VA Pickering



City of
PICKERING

Mon, Jun 2

Pottery Workshop

We will be learning how, and making water dishes for the pets in the shelter with Pickering Animal Services.

CHD Recreation Complex - Pottery Studio

10:00 am - 1:00 pm reg. code: 56925 \$5.00

Register at pickering.ca/active

Dementia 101 for Care Partners (part 1)

A four part series presented by Alzheimer Society of Durham Region.

What is Dementia?; This session will provide an overview of symptoms, responding to a diagnosis, treatment and being a care partner.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Tue, Jun 3

Men's Shed Association of Ontario Info Session

Join us to learn more about Men's Sheds and what the group offers. Anyone 18+ is welcome to attend.

Dr. Nelson F. Tomlinson CC - Multipurpose Room

2:00pm-4:00pm reg. code: 56949 free

George Ashe LCC - Russel Franklin Room

6:00pm-8:00pm reg. code: 56950 free

Register at pickering.ca/active

Wed, Jun 4

Culinary Workshop

Join our Staff to create delicious snacks and meals.

Dr. Nelson F. Tomlinson CC - Gym/Multipurpose Room

5:00 pm - 7:00 pm reg. code: 56969 \$5.00

Register at pickering.ca/active

Fri, Jun 6

Blood Pressure Clinic

CHD Recreation Complex - Program Room C

10:00 am - 1:00 pm reg. code: 56975 free

Register at pickering.ca/active

Sat, Jun 7

National Health & Fitness Day Event

CHD Recreation Complex

9:00 am - 12:00 pm code: 57002 free

Register at pickering.ca/active

pickering.ca/adults55plus communityservices@pickering.ca | 905.420.4620

Sun, Jun 8

Seniors Month Celebration & Big Band

Live musical entertainment by the George Lake Big Band, and Senior of the Year award presentation.

CHD Recreation Complex

2:00 pm – 4:00 pm Ticketed event \$7.40

Purchase tickets at CHD Recreation Complex, East Shore CC, and George Ashe CC.

Mon, Jun 9

Dementia 101 for Care Partners (part 2)

Adapting to Brain Changes; This session explores changes in the brain, adapting to change and maximizing brain health.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Seniors Month Bingo with Rouge Hill Seniors Club

Registration for non-club members is required.

George Ashe LCC - Helen Paris Room

7:00 pm - 9:00 pm reg. code: 56951 \$5.00

Register at pickering.ca/active

Tue, Jun 10

Seniors' Day at the Farmers Market

Stop by the City of Pickering booth at the Farmers' Market to pick up a free garden kit.

8:30 am - 2:30 pm

pickering.ca/farmersmarket

Fri, Jun 13

Sound Healing for Seniors

Indigenous singer and flautist John Standingready will be facilitating this sound healing session.

George Ashe LCC - Helen Paris Room

11:00 am - 12:00 pm reg. required free

Register at pickeringlibrary.ca

Fitness Class: Zumba Gold

Dr. Neslon F. Tomlinson

12:00 pm - 12:50 pm reg. code: 56922 \$5.00

Fitness Class: Arthritis Dance Fit

Dr. Neslon F. Tomlinson

1:00 pm - 1:50 pm reg. code: 56934 \$5.00

Seniors Month - Blood Pressure Clinic

Dr. Nelson F. Tomlinson CC - Meeting Room

2:00 pm - 4:00 pm reg. code: 56976 free

Register at pickering.ca/active

Sat, Jun 14

Pottery Painting with Pickering Library

Paint your own custom coaster that will be fired in the kiln to create a beautiful useable keepsake.

Claremont Library

2:00 pm - 3:30 pm reg. required free

Register at pickeringlibrary.ca

Mon, Jun 16

Dementia 101 for Care Partners (part 3)

Planning Ahead; Common risks people living with dementia may face and how to manage them.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Tue, Jun 17

Seniors Month - Art Workshop

Learn, paint, and create in this enjoyable session.

CHD Recreation Complex - Art Studio

10:00 am - 12:00 pm reg. code: 56974 \$5.00

Register at pickering.ca/active

Wed, Jun 18

Seniors Month 55+ Bingo

Join in the fun for an hour of excitement and prizes!

Dr. Nelson F. Tomlinson CC - Gym/Multipurpose Room

1:00 pm - 2:00 pm reg. code: 56935 free

Register at pickering.ca/active

Thurs, Jun 19

Games Day

Expect a fabulous evening of social fun, physical activities, mental challenges, and PRIZES! Presented by the City's 55+ Committee.

Dr. Neslon F. Tomlinson

6:00 pm - 8:00 pm reg. code: 56933 free

Register at pickering.ca/active

Fri, Jun 20

Joyful Movement Yoga Pickering Library

Amanda Dass leads this session, practicing gentle movements while focusing on the principles of mindfulness. Bring a yoga mat with you.

Central Library

10:00 am - 11:00 am reg. required free

Register at pickeringlibrary.ca

Seniors Month - Blood Pressure Clinic

George Ashe LCC - Youth Room

10:00 am - 1:00 pm reg. code: 56977 free

Register at pickering.ca/active

Sat, Jun 21 & Sun, Jun 22

Free 55+ Public Swim

CHD Recreation Complex - Pool

1:00 pm - 4:00 pm drop-in free

Mon, Jun 23

Dementia 101 for Care Partners (part 4)

Building a Circle of Support; This session will help care partners learn how to recognize stress, manage stress and build a circle of support.

Central Library - Main Branch

10:30 am - 12:30 pm reg. required free

Register at eventbrite.ca

Wed, Jun 25

Seniors Month Culinary Workshop

George Ashe LCC - Helen Paris Room

1:00 pm - 3:00 pm reg. code: 56970 \$5.00

Register at pickering.ca/active

Thurs, Jun 26

Chair Yoga

George Ashe LCC - Russel Franklin Room

2:00 pm - 3:00 pm reg. code: 56921 \$5.00

Register at pickering.ca/active

Fri, Jun 27

Seniors Month - Blood Pressure Clinic

East Shore CC - Community Room

1:00 pm - 4:00 pm reg. code: 56978 free

Register at pickering.ca/active

Durham Community Health Centre Presentation: Grief, Loss & Social Isolation

Dr Neslon F. Tomlinson

2:30 pm - 3:30 pm reg. code: 58152 free

Register at pickering.ca/active

Sat, Jun 28

Puzzle Competition with Pickering Library

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

George Ashe LCC - Helen Paris Room

2:00 pm - 4:00 pm drop-in free

Mon, Jun 30

Spotlight Seminar: Understanding Power of Attorney in Ontario

Gain practical knowledge and information on creating a Power of Attorney, including:

- What is it, and why is it important to have?
- The two types of Power of Attorney in Ontario
- A review of the forms, making changes, and more

George Ashe LCC - Helen Paris Room

12:00 pm - 2:00 pm reg. code: 58207 free

Register at pickering.ca/active

Tuesdays in June

Seniors' Social with Pickering Library

Central Library - Main Branch

1:00 pm - 3:00 pm drop-in free

Fridays in June

Free Health Club Access

Enjoy access to treadmills, ellipticals, bikes and other fitness equipment.

CHD Recreation Complex

6:00 am - 11:00 pm drop-in free



Canada Day

Tuesday, July 1

Activities | Entertainment | Food Vendors

12:00 pm - 5:00 pm

Esplanade Park

Concert | Food Trucks | Fireworks

7:00 pm - 10:00 pm

Kinsmen Park

pickering.ca/canadaday

55+

Celebrating Senior's Month

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 1 D-Day Parade & Ceremony	2 Pottery WS Dementia Care (1)	3 Seniors' Social Men's Shed WS	4 Culinary WS	5	6 Free Health Club BP Clinic	7 National Fitness Day Event
8 Big Band Event	9 Dementia Care (2) RHSC Bingo	10 Farmers Mkt - Kit Seniors' Social	11 Pottery WS	12	13 Free Health Club Sound Healing WS Zumba Gold Arthritis Dance Fit BP Clinic Ribfest	14 Pottery Painting Ribfest
15 Ribfest	16 Dementia Care (3)	17 Art WS Seniors' Social	18 Sr Month Bingo	19 Games Day Event	20 Free Health Club Yoga WS BP Clinic	21 Free Public Swim
22 Free Public Swim	23 Dementia Care (4)	24 Seniors' Social	25 Culinary WS	26 Chair Yoga	27 Free Health Club BP Clinic DCHC Presentation	28 Puzzle Competition
29	30 Spotlight Seminar: Power of Attorney	JULY 1 Canada Day Celebrations!		AGING WELL TOGETHER pickering.ca/adults55plus		