OSCC55+
Oshawa Senior Community Centres

Mission Statement

The OSCC55+ is a not-for-profit organization that works collaboratively with community partners, to provide a wide range of inclusive leisure programs and services that support the well-being of adults 55+ in the community.

Land Acknowledgement

The OSCC55+ is situated on lands and waters within the Williams Treaties Territory, home to seven First Nation communities of the Michi Saagiig and Chippewa Anishinaabeg, who have cared for and maintained these lands from time immemorial and continue to do so to present day.

Fall Guide 2026

SAVE THE DATE

Activity Guide

Registration Begins:
Monday, August 17, 2026

Activity Guide Online:
Monday, August 10, 2026

Table of Contents

Mission Statement 1
Registration Information 3
Community Support Services & Clinics 5
Arts and Crafts 8
Dance 14
Fitness 16
Check this Out 29
General Interest 30
Yoga 33
Workshops & Seminars 38
Special Events 44
Recreation 49
Outdoor Recreation 51
Advertisement 52

Member Information

A current membership allows you to participate at any of our five Branches throughout Oshawa as well as a variety of programs online.

Membership prices (Tax included)
Oshawa residents $25 and Non-residents $30

Your membership will be valid for 12 months from date of purchase.

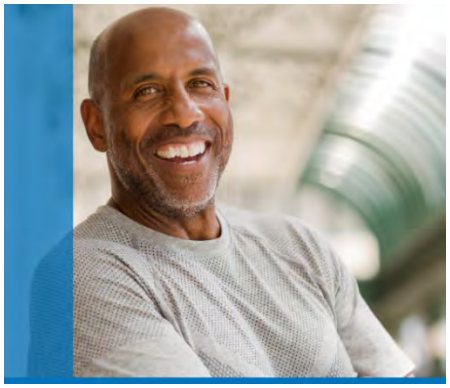
All memberships may be purchased in-person at any OSCC55+ front desk.
You will be required to fill out the membership form and pay during that time.

Memberships may also be purchased online via our website.
See below for details:

New Members - Hello and Welcome!

If you are brand new to the Centres – never had a membership before – you are in the right place! You're only a few steps away from joining and experiencing all we have to offer. You deserve this.

To purchase your membership online, please visit www.oscc.ca/newmember and follow the instructions listed**.** Next time you are in a branch, pick up your membership card at the front desk.



Renewing Members - Don't Risk Missing Out!

Do you have a current membership that is due to expire soon? Renew your membership to ensure you have uninterrupted access to all that OSCC55+ has to offer.

To purchase your membership online, please visit www.oscc.ca/renewingmember and follow the instructions listed**.** Next time you are in a branch, visit the front desk and we can update your renewal date sticker.

Returning Members - We've Missed You!

Did you have a membership in past but let it lapse? It's easy to pick up where you left off with engaging programming and activities among the same smiling faces you remember.

To purchase your membership online, please visit our website www.oscc.ca/returningmember and follow the instructions listed**.** Next time you are in a branch, pick up your membership card and/or renewal date sticker at the front desk.

Registration Information

A current OSCC55+ membership is required to sign up for programs and services.
You can register for the courses listed in this guide either online or in-person.
See below for more details.

Registration begins Monday, June 15, 2026, at 8:30 a.m.

Register in-person:

You may register for programs, services, and special events during regular business hours at any of our branch front desks.

Register online:

Online registration is available 24/7, allowing you to view course and event details, register, and purchase programs using a computer, laptop, tablet, or smartphone.

Visit https://register.oscc.ca/ or scan the QR code for program registration.

Having trouble registering online? Our staff can assist.
Call 905-576-6712 to receive over the phone support and instruction.

Are you new to the OSCC55+?
Have questions about upcoming programs and services?

JOIN US FOR ORIENTATION

Delpark Branch
Wednesday, July 22 at 1 p.m.
Conant Branch
Tuesday, August 18 at 10:30 a.m.

SUBSCRIBE TODAY

Let's keep in touch

Subscribe to our news alerts to receive information on programs, services, member benefits and more.

Important Information

Prices in this Guide:
Fees listed in this Guide do not include applicable taxes (unless, otherwise stated). The fees listed include program charges. Some programs may have additional costs, (e.g., art materials) as noted. All program fees are subject to change. In case of any discrepancies in fees, the fee in the registration system will be considered correct.

Program Cancellation:
OSCC55+ reserves the right to cancel any program that does not meet the minimum registration requirements and/or a facility or instructor becomes unavailable. Classes cancelled by OSCC55+ will be rescheduled if possible.

Returned Payments:
An administration fee of $30 will be charged for all payments that are returned by the bank.

Financial Support:
OSCC55+ believes that all members should have the ability to take part and enjoy programs and services. Members may be eligible to receive financial assistance based on household income and/or a referral from an approved health care provider, space in programs and available funding. Information and applications for this program are available by email at **osccfinance@oshawa.ca**, by phone at **Ext. 2830**, or in person at any of our branches.

Accessible Customer Service:
The OSCC55+ is committed to providing accessible customer service to persons with disabilities. If you require further information or assistance, please contact a staff member.

Credits on Accounts:
Our online registration system is now able to process payments using existing credits on your account.

Refund Information:

If a program is cancelled by OSCC55+ prior to the start date, participants will receive a refund or credit on account.
Cheques and cash payments are refunded by cheque with no cash refunds.
Credit cards processed in-branch can only be refunded in person at any branch.
Non-attendance does not constitute a notice of withdrawal.
Special Event registrations will not be refunded unless the event has been cancelled or is sold out with a waitlist and the spot can be resold.

For refunds, participants must complete a refund request form and meet one of the following criteria to be eligible for refund:

- Those withdrawing more than 7 days prior to the program start date will receive a full refund or credit on account.
- Those withdrawing less than 7 days prior to the program start date and before the second class will receive a pro-rated credit on account with administration fees waived or a refund with a $10 admin fee applied.
- For those withdrawing due to medical reasons, a doctor's note must be attached with a pro-rated refund or credit on account calculated from the date of receipt of the doctor's note.
- Requests that do not fall in one of the categories above will not be eligible for a refund.

Community Support Services

Adult Day Program

Meal Services

Community Support Services

Group Exercise/Falls Prevention

This program will pause for the summer season.
Look for our upcoming session in the Fall Program Guide.

Client Referral Program

This free and confidential service assists individuals with accessing community resources.

For more information call 905-576-6712, Ext. 2847
or email osccservices@oshawa.ca

TRANSPORTATION SERVICES

RESERVE YOUR SPOT TODAY!

Our van service is available to Oshawa residents travelling to and from OSCC55+ branches.

- Call 905-576-6712 Ext. 2878 to discuss eligibility and book a ride.
- 48 hours' notice appreciated.

MONTHLY SHUTTLE SERVICE

Register to take the OSCC55+ Van Service to the Walmart Supercentre.

Registered members, meet at John Street Branch 11:45 a.m. for departure, with estimated return 1:30pm.

Shuttle service dates:

- June 24
- July 29
- August 26

For further information visit oscc.ca/transportation

Community Support Services

Foot Care

Regular treatment supports **diabetic and pain** management

Registered Nurses provide foot care treatment

Healthy feet are vital for mobility and independence

Contact our Customer Service Team to book an appointment by location.

John Street Branch: 905-576-6712, Ext. 2830
Northview Branch: 905-576-6712, Ext. 2840
Conant Branch: 905-576-6712, Ext. 2900

Cost per visit: Members $23.00
Non-Members $28.00

CANCELLATION POLICY:

If you must cancel your appointment, it is your responsibility to call at least 24 hours in advance. If you do not cancel, you will be charged $11.50 for your missed appointment.

Arts and Crafts

Supplies needed for this course

Acrylic Painting

Acrylic Painting is a great way to spend the morning. Every week there is a new study, and you will be guided through the painting step-by-step by your instructor. This class is great for beginners who want to try acrylic, or painters looking to enjoy some purposeful practice.

Day	Start	Time	Code	Duration
Monday	July 6	10 12 p.m.	59090	7 Weeks

Instructor: Olivia Morin
Location: John Street Branch
Cost*: $60.55

Day	Start	Time	Code	Duration
Wednesday	August 5	10 – 12 p.m.	59501	4 Weeks

Instructor: Olivia Morin
Location: John Street Branch
Cost*: $41.68

Bunka Open Studio

Come meet others that create beautiful Bunka art. Open studio is a good time to utilize and ask each other questions and socialize while you work on your projects. No instructor.

Day	Start	Time	Code	Duration
Wednesday	July 8	1:30 - 3:30 p.m.	59096	8 Weeks

Location: John Street Branch
Cost*: $17.68

Charcoal Drawing

Learn to draw in a relaxing environment. This class is great for beginners or advanced student. You will also learn various classical charcoal techniques. Drawing is easier than you think!

Day	Start	Time	Code	Duration
Monday	July 6	1 - 3 p.m.	59177	6 Weeks

Instructor: Sandy Mackenzie
Location: John Street Branch
Cost*: $54.36

Intro to Drawing - Train Your Eye, Train Your Hand

Unlock your artistic potential in this beginner-friendly drawing course! Learn to truly see like an artist and translate your vision onto paper with confidence. Through hands-on exercises and guided techniques, you'll build your observational skills, strengthen your hand-eye coordination, and explore a variety of methods that make drawing both accessible and fun. Perfect for anyone ready to see the world differently and express it through their own hand.

Day	Start	Time	Code	Duration
Tuesday	July 7	10 - 12 p.m.	59094	8 Weeks

Instructor: Michael Beleznay
Location: John Street Branch
Cost*: $66.88

* Prices listed do not include applicable taxes. See page four for details.

Arts and Crafts

Supplies needed for this course

Knit and Crochet Open Studio

Open studio time is about making friends and having fun! Bring your work in progress or start a new project. Students must bring their own projects to class. **No instructor** for this program.

Day	Start	Time	Code	Duration
Friday	July 10	10-12 p.m.	56964	8 Weeks

Location: Northview Branch
Cost*: $17.44

Knit Happens

A relaxed beginner friendly class taught by a passionate volunteer instructor who loves helping new knitters get started. Dropped stitches are expected, laughter is encouraged, and you'll walk away with skills you didn't know you had. Open to all levels of knitters to join in the fun!

	Day	Start	Time	Code	Duration
✓	Monday	July 6	11 – 12:30 p.m.	59445	7 Weeks

Instructor: Sina Corvera
Location: John Street Branch
Cost*: $17.85

Master Copies - Recreating Van Goghs in Acrylics

Join us for a hands-on series where we'll recreate two of Vincent van Gogh's most iconic works. Over the course of four weeks, we will complete two reproductions, spending two weeks on each painting to allow plenty of time for layering and detail. This class is all about the act of painting—focusing on the thick textures, bold brushstrokes, and vibrant colors that define this style. Whether you're a regular painter or just starting out, this is a welcoming space to build your skills and create two beautiful pieces for your home.

	Day	Start	Time	Code	Duration
✓	Wednesday	July 8	10 - 12 p.m.	59174	4 Weeks

Instructor: Olivia Morin
Location: John Street Branch
Cost*: $41.68

Oil Painting for Beginners

This foundational course will give you the information you need to successfully create your very own oil paintings. Whether you're new to painting, or are a painter looking to try oils for the first time, this course is for you!

	Day	Start	Time	Code	Duration
✓	Friday	July 10	9:30– 11:30 a.m.	59647	4 Weeks

Instructor: Olivia Morin
Location: Conant Branch
Cost*: $48.00

* Prices listed do not include applicable taxes. See page four for details.

Arts and Crafts

Supplies needed for this course

Oil Painting

Do you want to paint beautiful, expressive paintings with oils? This program will teach you the basics to guide you into the wonderful world of oil paints. Once you've mastered the basic techniques, the world is your canvas! Beginners and advanced levels are both welcome.

	Day	Start	Time	Code	Duration
	Friday	July 10	10:30-12:30 p.m.	59187	7 Weeks

Instructor: Sandy Mackenzie
Location: Northview Branch
Cost*: $71.19

Open Art Studio

Open studio time to work on art projects. **No instructor** for this program.

Day	Start	Time	Code	Duration
Monday	July 6	9:30 -12:30 p.m.	59185	7 Weeks

Location: Northview Branch
Cost*: $17.85

Day	Start	Time	Code	Duration
Friday	July 10	1 – 4 p.m.	59545	8 Weeks

Location: Delpark Branch
Cost*: $17.44

Painting Made Easy - Oil & Acrylic for Beginners

Dive into the vibrant world of painting with oil and acrylics in this easy-to-follow course for beginners. Discover the joy of mixing colours, experimenting with brushwork, layering textures, and creating your own mini masterpieces. Step-by-step guidance ensures you gain confidence while exploring your creativity, making painting approachable, exciting, and highly rewarding — even if you've never held a brush before!

	Day	Start	Time	Code	Duration
	Wednesday	July 8	1 - 3 p.m.	59095	8 Weeks

Instructor: Michael Beleznay
Location: John Street Branch
Cost*: $66.88

Quilting Open Studio

Work with other quilters on your own projects. For experienced quilters. No instructor.

Day	Start	Time	Code	Duration
Tuesday	July 7	10:30-1:30 p.m.	56955	8 Weeks

Location: Northview Branch
Cost*: $17.44

* Prices listed do not include applicable taxes. See page four for details.

Arts and Crafts

Supplies needed for this course

Quilting Open Studio with Instructor

Join fellow quilters in a collaborative space to work on your own projects. Some quilting experience and a good working order sewing machine are required. A volunteer instructor will be on hand to offer guidance, and a suggested materials list will be provided upon registration.

	Day	Start	Time	Code	Duration
	Thursday	July 9	9-12:30 p.m.	59537	8 Weeks

Instructor: Carol Geiecker
Location: Delpark Branch
Cost*: $17.44

Rug Hooking Open Studio

Welcome rug hookers of all levels. Bring your rug hooking projects old or new to work on with fellow hookers, share ideas and socialize. **No instructor** for this program.

Day	Start	Time	Code	Duration
Thursday	July 9	9:30-11:30 a.m.	57090	7 Weeks

Location: Conant Branch
Cost*: $17.85

Scrapbooking Open Studio

Join us as a beginner or experienced papercrafter, whether you are a scrapbooker or card maker. Share ideas and collaborate with others while working on your own projects.

Day	Start	Time	Code	Duration
Monday	July 6	1-4 p.m.	59444	7 Weeks

Location: Northview Branch
Cost*: $17.85

Sewing Open Studio

This is a fun and social group! Bring in a project from home or work on one as a group. Experienced sewers only as there is no instructor for this group. If you bring your own sewing machine, please bring your own power cord.

Day	Start	Time	Code	Duration
Monday	July 6	9:30-11:30 a.m.	57056	7 Weeks

Location: Conant Branch
Cost*: $17.85

Soapstone Carving

Beginners are welcome. Starter kits will be provided by instructor. $30 payable to instructor for kits at first class. Project choices are a Leaf, Butterfly, or Howling Wolf.

Day	Start	Time	Code	Duration
Friday	July 10	9:30-11:30 a.m.	59289	4 Weeks

Instructor: Peter Martin
Location: Conant Branch
Cost*: $48.00

* Prices listed do not include applicable taxes. See page four for details.

Arts and Crafts

Supplies needed for this course

Summer Splash and Puddle Watercolour

For those who are intermediate painters, this supportive session allows you to investigate various aspects of watercolour painting. You will have the opportunity to explore colour mixing, colour to create distance, use of texture, tonal values, composition and the use of reference material. A reference image and accompanying line drawing will be provided each week but participants can choose to create their own drawing from the reference image if they wish. A list of materials is available when enrolling.

	Day	Start	Time	Code	Duration
	Thursday	July 9	10 -12:30 p.m.	57788	6 Weeks

Instructor: John Bebbington
Location: John Street Branch
Cost*: $74.28

	Day	Start	Time	Code	Duration
	Thursday	July 9	10 -12:30 p.m.	57789	6 Weeks

Instructor: John Bebbington
Location: Online
Cost*: $74.28

Swedish Weaving Open Studio

Open studio time to work on weaving projects. All levels welcome. Please bring your own projects. For Conant, peer support and some instruction can be provided to beginners.

Day	Start	Time	Code	Duration
Wednesday	July 8	11:30-1:30 p.m.	56963	8 Weeks

Location: Northview Branch
Cost*: $17.44

Day	Start	Time	Code	Duration
Wednesday	July 8	9:30-11:30 a.m.	57055	7 Weeks

Location: Conant Branch
Cost*: $17.85

Woodcarving Open Studio

Open studio time for all levels of Woodcarvers. Bring your work in progress and enjoy the company of other Carvers, connect and socialize. No instructor for this program.

Day	Start	Time	Code	Duration
Tuesday	July 7	12-2 p.m.	58520	8 Weeks

Location: Sikorski Branch
Cost*: $17.44

Day	Start	Time	Code	Duration
Thursday	July 9	10-12 p.m.	59447	8 Weeks

Location: Sikorski Branch
Cost*: $17.44

Arts and Crafts

Supplies needed for this course

Zentangle

In this session we will continue to explore the Zentangle Method and its 8 steps to creating beautiful art tiles. We will learn a variety of new tangles and tangle enhancers that will add even more drama to our designs. It is recommended to complete an introductory Zentangle class from a Certified Zentangle Teacher (CZT) before attending this class. Material costs - $10 for tiles payable to the instructor. Students may also purchase a supply kit from the instructor for $23 or bring their own supplies.

	Day	Start	Time	Code	Duration
	Thursday	July 16	1-3 p.m	59495	7 Weeks

Instructor: Sharon West
Location: Northview Branch
Cost*: $71.19

* Prices listed do not include applicable taxes. See page four for details.

Dance

Argentine Tango Beginners

Discover the elegance of Argentine Tango in this welcoming beginner class. This very easy, gentle dance is suitable for all ages. Learn the basics of posture, walking, rhythm, and partner connection in a relaxed environment—no experience needed. Come solo or with a partner and enjoy the music while building confidence on the dance floor.

Day	Start	Time	Code	Duration
Thursday	July 16	7 – 8:30 p.m.	59889	6 Weeks

Instructor: Robert Kerby
Location: Conant Branch
Cost*: $48.90

Ballroom Dancing

Grab your dancing shoes and come out to learn ballroom dance in a friendly fun-filled dance class. Dances taught will be discussed on the first day of class. Partners are suggested. If you do not have a partner, we will do our best to pair you up.

Day	Start	Time	Code	Duration
Wednesday	July 8	2:45 - 3:45 p.m.	59617	8 Weeks

Instructor: Robert Kerby
Location: Sikorski Branch
Cost*: $46.16

Cardio Salsa

Dancing is a great way to get a full body workout, helping you improve your overall health and most importantly, it makes your heart happy! Cardio Salsa is a low impact cardio class that welcomes all fitness levels. No partner is required. Enjoy all the great Latin rhythms. You will have so much fun you'll forget you're exercising!

Day	Start	Time	Code	Duration
Tuesday	July 7	11:45 - 12:45 p.m.	57102	7 Weeks

Instructor: Mirna Ornelas
Location: Northview Branch
Cost*: $44.66

Choreo Dance Yoga

Join Patricia for a fun, cardio dance/yoga workout. Each week learn several basic dance combinations and yoga sequences to combine into a fun routine to popular music. A new song and routine each week, exploring a variety of dance styles such as contemporary, jazz, hip-hop, swing and more! No dance or yoga experience required. Wear comfortable clothes and bring a water bottle!

Day	Start	Time	Code	Duration
Friday	July 17	11 - 12 p.m.	59182	6 Weeks

Instructor: Patricia Browne
Location: John Street Branch
Cost*: $40.80

Dance

Line Dance Beginners

Line dancing is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia, and depression. Let's get dancing!!

Day	Start	Time	Code	Duration
Monday	July 6	6 - 7 p.m.	58243	6 Weeks

Instructor: Sharon Davidson
Location: John Street Branch
Cost*: $40.80

Fitness

H Icon Denotes a Hybrid Class

15/15/15 Fitness

A fitness class that features 15 minutes of cardio, 15 minutes of strength training, and 15 minutes of stretching for a full body workout.

Day	Start	Time	Code	Duration
Tuesday	July 7	1 - 1:45 p.m.	57101	7 Weeks

Instructor: Mirna Ornelas
Location: Northview Branch
Cost*: $44.66

Day	Start	Time	Code	Duration
Thursday	July 9	1 - 1:45 p.m.	59190	8 Weeks

Instructor: Laura MacFayden
Location: Sikorski Branch
Cost*: $48.48

20/20/20 Fitness

A high-intensity fitness class that features 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and balance for a full body workout.

Day	Start	Time	Code	Duration
Tuesday	July 14	9:25 - 10:25 a.m.	59531	6 Weeks

Instructor: Nicky Alexander
Location: Delpark Branch
Cost*: $40.80

Active with Arthritis

This joint-friendly, low-impact workout is designed to help adults with arthritis stay active, strong, and moving with confidence. Using a combination of seated and standing exercises, you'll build balance and strength with the support of fun, easy to use equipment like exercise balls, bands and light weights. Gentle yet effective, this class is suitable for all fitness levels and focuses on improving mobility, reducing stiffness, and boosting overall well-being in a safe and supportive environment!

Day	Start	Time	Code	Duration
Tuesday	July 7	1 - 2 p.m.	59092	8 Weeks

Instructor: Zoe Stirton
Location: John Street Branch
Cost*: $48.48

Age Reversing Essentrics

Want to feel younger and get that "bounce" back in your step? Through slow, controlled movements and targeted stretches, you will improve posture, strength, balance, and flexibility, while reducing pain and stiffness, and promoting long term mobility. This is a gentle, safe, and effective workout, adaptable for all fitness levels.

Day	Start	Time	Code	Duration
Thursday	July 9	1 - 2 p.m.	59098	8 Weeks

Instructor: Zoe Stirton
Location: John Street Branch
Cost*: $48.48

Arms Abs and Booties

Focus on three major muscle groups using body weight, free weights, and resistance bands - and a little yoga thrown in throughout the class. Class can be taught with variations to please everyone from beginner to experienced.

Day	Start	Time	Code	Duration
Wednesday	July 8	8:30 - 9:30 a.m.	57089	7 Weeks

Instructor: Tanya Rivers
Location: Conant Branch
Cost*: $44.66

Day	Start	Time	Code	Duration
Wednesday	July 8	8:30 - 9:30 a.m.	57088	7 Weeks

Instructor: Tanya Rivers
Location: Online
Cost*: $46.66

Balance and Bloom

A gentle, low-impact class designed to improve balance, strength, and flexibility. Through simple movements and mindful exercises, you'll build stability, boost confidence, and support overall well-being—helping you move safely and bloom from within.

Day	Start	Time	Code	Duration
Wednesday	July 8	3:00 – 4:00 p.m.	59730	7 Weeks

Instructor: Marie Vernon-Grant
Location: Delpark Branch
Cost*: $44.66

BodyMax

This full-body strength workout blends functional movements and muscular conditioning, alternating between upper and lower body to keep you balanced and energized. Includes a mat portion to gradually bring your heart rate down, leaving you feeling relaxed and restored. Each class begins with a warmup and ends with a calming cooldown to support your body from start to finish.

Day	Start	Time	Code	Duration
Monday	July 6	11:30 – 12:30 p.m.	59729	7 Weeks

Instructor: Steve Mahant
Location: Delpark Branch
Cost*: $44.66

Fitness

H* Icon Denotes a Hybrid Class

Body Brains Balance

This BBB class incorporates cardio and strength exercises as well as activities that will challenge the brain. This fun class also challenges coordination and balance.

Day	Start	Time	Code	Duration
Tuesday	July 7	8:30 - 9:15 a.m.	59287	7 Weeks

Instructor: Birgitta Peterson- Khan
Location: Conant Branch
Cost*: $44.66

Chair Easy Fit

Improve strength in your core, arms, back, and even your legs in this all-seated fitness class. You will get a full body workout using hand weights, balls, and resistance bands.

Day	Start	Time	Code	Duration
Monday	July 6	2:30 - 3:30 p.m.	59631	5 Weeks

Instructor: Nicky Alexander
Location: Online
Cost*: $37.00

Chair Exercise

In a seated position improve/maintain your range of motion, balance and strength in a supportive environment. Work at your own pace. Focus is on joint mobility, strength and coordination.

Day	Start	Time	Code	Duration
Thursday	July 9	11 - 12 p.m.	59518	8 Weeks

Instructor: Sami Khadka
Location: John Street Branch
Cost*: $48.48

Chair Fit and Fun!

Chair Fit and Fun is a low-impact exercise class focusing on gentle movements to improve strength, flexibility, and balance. Perfect for all fitness levels, this class offers a fun and safe way to stay active.

Day	Start	Time	Code	Duration
Thursday	July 9	12 - 1 p.m.	59567	7 Weeks

Instructor: Birgitta Peterson-Khan
Location: Delpark Branch
Cost*: $44.66

Fitness

H* Icon Denotes a Hybrid Class

Chair Fit with Flair

This is a fun, chair-based fitness class with a mix of cardio, strength, and flexibility exercises for all fitness levels. Programmed with fun, upbeat music that we all know and love!

Day	Start	Time	Code	Duration
Monday	July 6	1 - 2 p.m.	59102	7 Weeks

Instructor: Zoe Stirton
Location: John Street Branch
Cost*: $44.66

Chair Fusion

Chair Fitness Fusion is a low-impact workout combining strength, cardio, and flexibility exercises, all performed while seated. It's perfect for seniors, those with mobility issues, or anyone seeking a gentle yet effective fitness routine.

Day	Start	Time	Code	Duration
Tuesday	July 7	11 - 12 p.m.	59093	8 Weeks

Instructor: Tanya Rivers
Location: John Street Branch
Cost*: $48.48

Chair Groove and Move

Music and motivation come together with energetic moves with a unique twist you can participate fully while seated in a chair or choose to stand. This guided workout will get your heart pumping, your body moving, and your spirits lifted. Come give it a try, you won't be disappointed!

Day	Start	Time	Code	Duration
Monday	July 6	9:45 - 10:45 a.m.	59091	7 Weeks

Instructor: Tanya Rivers
Location: John Street Branch
Cost*: $44.66

Chair Pilates

For those who want the benefits of Pilates without getting down on the floor. Chair Pilates is designed to trim, tone, strengthen your core and build overall lean muscle. It's proven to increase flexibility and mobility.

Day	Start	Time	Code	Duration
Friday	July 10	9:45 - 10:45 a.m.	59100	8 Weeks

Instructor: Tanya Rivers
Location: John Street Branch
Cost*: $48.48

Fitness

H* Icon Denotes a Hybrid Class

Chair Shape Up

Get the most out of your work out and feel great! Done mostly sitting in chairs. Limited cardio is included. Resistance bands, balls, used to enhance your workout.

Day	Start	Time	Code	Duration
Monday	July 6	11 - 12 p.m.	59191	7 Weeks

Instructor: Stephanie Cooke
Location: John Street Branch
Cost*: $44.66

Chair Strength in Motion

Move to the beat with friends in this engaging chair exercise program! Improve strength, endurance, flexibility, and balance—stay seated or stand when you're ready for an extra challenge.

Day	Start	Time	Code	Duration
Friday	July 10	11 - 12 p.m.	59192	8 Weeks

Instructor: Stephanie Cooke
Location: John Street Branch
Cost*: $48.48

Chair Strong Core without the Floor!

Get ready to improve your posture and spinal support, strengthen your abdominal and back muscles, and reduce back strain and stiffness. All without getting on the floor!

Day	Start	Time	Code	Duration
Tuesday	July 7	2:15 - 3:15 p.m.	59103	8 Weeks

Instructor: Zoe Stirton
Location: John Street Branch
Cost*: $48.48

Chair Total Body Seated Workout

This seated program includes a 5 minute warm up, 20 minutes of cardio, a balance segment, and strength training using balls and bands, flexibility moves are also included, all while sitting in a chair*. Challenge yourself and build up a sweat in this gentle, low impact class while also having fun. Please note that moves will be tailored to suit all levels of fitness. *The balance segment is done while standing*.

Day	Start	Time	Code	Duration
Wednesday	July 8	2 - 3 p.m.	59184	8 Weeks

Instructor: Kathleen Taylor
Location: Northview Branch
Cost*: $48.48

Fitness

H* Icon Denotes a Hybrid Class

Chair Zumba

Get ready to have a blast! It's all the fun of Zumba with fantastic music and energetic moves, but with a twist—you get to do it all while seated in a chair or have the option to stand. Sami will guide you through a workout that will make you sweat while having fun. Come give it a try; you won't be disappointed!

Day	Start	Time	Code	Duration
Tuesday	July 7	9:30 - 10:30 a.m.	59517	8 Weeks

Instructor: Sami Khadka
Location: John Street Branch
Cost*: $48.48

Circuit Training

A total body circuit training class to strengthen, improve posture, mobility and balance. Comprised of repeating sets of exercises including body weight exercises for upper and lower core as well as cardio - don't forget the fun!

Day	Start	Time	Code	Duration
Monday	July 6	10:15 - 11:15 a.m.	59514	4 Weeks

Instructor: Katie Bonilkowsky
Location: Delpark Branch
Cost*: $33.16

Circuit Training Express

A 45 minute total body workout class that strengthens, improves posture, mobility, and balance. This dynamic session includes repeated sets of body weight exercises for the upper and lower core, as well as cardio for added fun. Hand weights and resistance bands are recommended. Join us for an invigorating fitness experience!

Day	Start	Time	Code	Duration
Tuesday	July 7	9:30 - 10:15 a.m.	59533	8 Weeks

Instructor: Mandy Matthews
Location: Online
Cost*: $48.48

Easy Fit

This 45 minute at-your-own-pace workout combines cardio with alternating upper and lower body strength exercises to keep you moving and feeling strong. You'll transition to a mat portion that gently lowers your heart rate and helps ease into relaxation. Each class includes a warm-up and a soothing cooldown.

Day	Start	Time	Code	Duration
Friday	August 7	9:15 – 10:00 a.m.	59731	4 Weeks

Instructor: Steve Mahant
Location: Delpark Branch
Cost*: $33.16

Fitness

H* Icon Denotes a Hybrid Class

ELDOA Method

Discover the ELDOA Method, a fun and engaging way to feel your best, created by the famous osteopath Dr. Guy Voyer! Picture this: a series of 60-second poses that mix muscle contraction with stretching to give your joints more room to breathe. It's fantastic for improving posture, easing back pain, and tackling other spinal issues. The best part? Almost anyone can learn to decompress their spine and joints with ELDOA! Plus, we'll be strengthening our core and glutes together. Join us and feel the difference!

Day	Start	Time	Code	Duration
Thursday	July 9	1:30 - 2:30 p.m.	59099	8 Weeks

Instructor: Mark Walker
Location: John Street Branch
Cost*: $48.48

Empower45

A 45-minute full-body strength class built to empower your body, mind, and nervous system. We use controlled movements, intentional pacing, and supportive coaching to help you'll lift with confidence, reduce stress, and build strength that lasts.

Day	Start	Time	Code		Du
Thursday	July 9	2 - 2:45 p.m.	58519		8 W

Instructor: Laura MacFayden
Location: Sikorski Branch
Cost*: $48.48

Express Fit

After a dynamic warmup to a variety of music, enjoy some resistance and balance training using a selection of equipment including light dumbbells and resistance bands. Finish the class with stretching and breathing exercises. All exercises will be seated or standing, no mat work.

Day	Start	Time	Code	Duration
Wednesday	July 8	9:45 - 10:30 a.m.	59288	7 Weeks

Instructor: Laura MacFayden
Location: Conant Branch
Cost*: $44.66

Fitness for Arthritis

Help increase your range of motion, agility, strength and balance. Reduce pain, swelling and stiffness for those who have osteoarthritis, rheumatoid arthritis or fibromyalgia.

Day	Start	Time	Code	Duration
Tuesday	July 14	10:30 – 11:30 a.m.	59532	6 Weeks

Instructor: Nicky Alexander
Location: Delpark Branch
Cost*: $40.80

Fitness

H* Icon Denotes a Hybrid Class

Fit & Flex Express

A 45-minute class focused on building strength, enhancing mobility, and boosting cardiovascular health. Through a combination of light cardio, weight training, and gentle stretching, this class helps you stay active, strong, and flexible in a fun and supportive environment.

Day	Start	Time	Code	Duration
Wednesday	July 8	11:45 - 12:30 p.m.	59541	7 Weeks

Instructor: Tanya Rivers
Location: Delpark Branch
Cost*: $44.66

Fitness For Arthritis / Osteo

60 minutes can change the way you feel! Improve and maintain bone density with the use of lightweights, resistance bands and gentle cardio. All fitness levels welcome.

Day	Start	Time	Code	Duration
Tuesday	July 7	9:15 - 10:15 a.m.	59443	8 Weeks

Instructor: Tanya Rivers
Location: Northview Branch
Cost*: $48.48

Fresh Start Fitness

This class will focus on regaining the strength, co-ordination, balance, and confidence you may have lost over the last couple of years. We will incorporate body weight, balls, weights and chairs for balance.

Day	Start	Time	Code	Duration
Wednesday	July 15	9:10 – 10:10 a.m.	59452	6 Weeks

Instructor: Nicky Alexander
Location: Northview Branch
Cost*: $40.80

Groove Moves with Weights

Muscles, music, and motivation. Groove move with weights is an easy-to-follow workout that strengthens and tones while incorporating fun dance moves for a total body workout! Join in on this fun filled fitness experience.

Day	Start	Time	Code	Duration
Wednesday	July 8	12:45 - 1:45 p.m.	59542	7 Weeks

Instructor: Tanya Rivers
Location: Delpark Branch
Cost*: $44.66

Fitness

H* Icon Denotes a Hybrid Class

Low Impact Walk and Weights

Includes 30 minutes of walking and moving followed by balance training, muscle strengthening, stretching, and relaxation.

Day	Start	Time	Code	Duration
Thursday	July 9	12:15 - 1:15 p.m.	57061	8 Weeks

Instructor: Tanya Rivers
Location: Northview Branch
Cost*: $48.48

Lymphatic Flow

This feel-good class is all about gentle flowing movements, reducing stiffness and helping your body feel lighter and more relaxed. You will also learn breathing techniques to encourage the movement of lymph fluid throughout the body. You'll leave feeling looser, more energized, and refreshed – never overworked! Perfect for all levels, especially those looking for a low-impact, joint-friendly class that feels as good as it is beneficial

Day	Start	Time	Code	Duration
Wednesday	July 8	9 - 10 a.m.	58518	8 Weeks

Instructor: Zoe Stirton
Location: Sikorski Branch
Cost*: $48.48

Men's Fitness

Components may include 30 minutes of cardio, followed by balance training, muscle strengthening, stretching and relaxation.

Day	Start	Time	Code	Duration
Tuesday	July 14	8 - 9 a.m.	59451	6 Weeks

Instructor: Nicky Alexander
Location: Northview Branch
Cost*: $40.80

Mind & Face Fitness Training

A practical, uplifting class that blends facial muscle exercises with simple cognitive boosting techniques. Participants learn how to tone facial muscles, release tension, sharpen focus, and build mental clarity through easy, repeatable routines. This class offers 15 minutes of full body stretching 10-15 minutes of calming , mindful meditation, gentle lymphatic drainage magic, stress-release techniques your nervous system will love and laughter the best medicine of all!

Day	Start	Time	Code	Duration
Monday	July 6	11 - 12 p.m.	59446	7 Weeks

Instructor: Tanya Rivers
Location: John Street Branch
Cost*: $44.66

Fitness

H* Icon Denotes a Hybrid Class

Pickleball Intermediate

The intermediate level will advance your game, with instructions in strategy and skill training. Must have completed beginner course, or have previous pickleball experience. Bring your own paddle

Day	Start	Time	Code	Duration
Thursday	July 9	6:45 - 8:15 p.m.	59416	4 Weeks

Instructor: John Sharko
Location: Conant Branch
Cost*: $45.48

Pilates

Drawn from therapeutic roots, Pilates adapts to all body issues and aims to strengthen muscles while improving postural alignment and flexibility. This class is done entirely on mats. Mats needed, block and bands recommended.

Day	Start	Time	Code	Duration
Wednesday	July 8	11:45 - 12:45 p.m.	59507	8 Weeks

Instructor: Laura MacFayden
Location: Sikorski Branch
Cost*: $48.48

Day	Start	Time	Code	Duration
Monday	July 6	10:10 - 11:10 a.m.	59521	3 Weeks

Instructor: Deborah Miller
Location: Online
Cost*: $22.50

Retro Rhythms Cardio Dance

Improve your cardiovascular health, coordination, and overall mobility in this fun, low-impact cardio dance class. Enjoy easy to follow steps and feel-good music from the 50's -90's. No experience needed, just bring your smile and enjoy moving to the music you know and love!

Day	Start	Time	Code	Duration
Monday	July 6	1:00 – 2:00 p.m.	59530	7 Weeks

Instructor: Zoe Stirton
Location: Delpark Branch
Cost*: $44.66

Small Group Personal Training

Join a small group personal training class of 3 - 4 people, receive individual attention while keeping the cost down and meeting like-minded people, or being able to train with a friend or spouse, while focusing on your own unique abilities.

Day	Start	Time	Code	Duration
Thursday	July 9	10 - 10:45 a.m.	59539	7 Weeks

Instructor: Mandy Matthews
Location: Delpark Branch
Cost*: $82.81

Fitness

H* Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Thursday	July 9	11 - 11:45 a.m.	59540	7 Weeks

Instructor: Mandy Matthews
Location: Delpark Branch
Cost*: $82.81

Strength Training

Build strength, boost energy, and have fun! Improve muscle tone, bone health, and everyday strength, all set to motivating, upbeat music! With options for all fitness levels, you'll leave feeling strong and more confident!

Day	Start	Time	Code	Duration
Wednesday	July 8	10:10 –11:10 a.m.	58517	8 Weeks

Instructor: Zoe Stirton
Location: Sikorski Branch
Cost*: $48.48

Strengthen and Stretch

Full body workout using light weights and balls. Emphasis on proper body alignment to develop strength, endurance and slow stretching to improve flexibility.

Day	Start	Time	Code	Duration
Thursday	July 9	1:30 - 2:30 p.m.	57062	8 Weeks

Instructor: Tanya Rivers
Location: Northview Branch
Cost*: $48.48

Stretch and Sculpt

Enjoy a full-body workout using light weights, bender balls and resistance bands, with many exercises done from a seated position for comfort and support. Emphasis is placed on proper body alignment to develop strength and endurance, along with slow, mindful stretching to improve flexibility.

Day	Start	Time	Code	Duration
Monday	July 6	9 - 10 a.m.	59512	4 Weeks

Instructor: Katie Bonikowsky
Location: Delpark Branch
Cost*: $33.16

Day	Start	Time	Code	Duration
Monday	July 6	9 - 10 a.m.	59513	4 Weeks

Instructor: Katie Bonikowsky
Location: Online
Cost*: $33.16

Fitness

H* Icon Denotes a Hybrid Class

Strength, Stability and Stretch

A gentle, mat-based Pilates class to improve strength, balance, flexibility, and mobility. Through controlled movements and breathwork, you'll build core strength, support posture, and move with greater ease in daily life.Suitable for all levels, with modifications to keep you comfortable. Come move, stretch, and feel stronger in a welcoming environment.

Day	Start	Time	Code	Duration
Wednesday	July 8	11:45 - 12:45 p.m.	59507	8 Weeks

Instructor: Laura MacFayden
Location: Sikorski Branch
Cost*: $48.48

Stretch and Tone

Participants will tone and strengthen muscles while improving flexibility and range of motion. The class begins with a warm-up that includes cardio, followed by exercises targeting muscle groups using body weight, bands or lightweights to increase strength and endurance. This class does involve Mat work. Suitable for all fitness levels.

Day	Start	Time	Code	Duration
Wednesday	July 8	7 - 8 p.m.	59173	7 Weeks

Instructor: Sharon Davidson
Location: Northview Branch
Cost*: $18.06

Summer Rise & Shine Express Fitness

A 45-minute morning fitness class designed to help you start your day feeling energized, strong, and refreshed. This fun and welcoming class includes gentle cardio, stretching, balance, and strength exercises suitable for all fitness levels. It's the perfect way to start your day!

Day	Start	Time	Code	Duration
Wednesday	July 15	8:15 – 9:00 a.m.	59643	6 Weeks

Instructor: Nicky Alexander
Location: Northview Branch
Cost*: $40.80

Summer Boot Camp

Boot Camp offers a fun and engaging way to stay active. In this 45-minute class we will be focusing on enhancing strength, flexibility, balance, and cardiovascular health through a variety of exercises. It is a chance to laugh, socialize, and feel great while improving your fitness. Join us for a spirited workout that leaves you energized and smiling!

Day	Start	Time	Code	Duration
Friday	July 10	8:00 – 8:45 a.m.	59789	7 Weeks

Instructor: Steve Mahant
Location: Northview Branch
Cost*: $44.66

Fitness

H* Icon Denotes a Hybrid Class

Tai Chi Beginner Wu

The Wu style 12 form is ideal for beginners. This form takes 6 to 8 weeks to learn emphasizing relaxation in motion. It promotes flexibility, relaxation, and circulation, while enhancing neurological activity in both hemispheres of the brain.

Day	Start	Time	Code	Duration
Wednesday	July 8	7:45 - 8:45 a.m.	59176	6 Weeks

Instructor: Dave Chatham
Location: Northview Branch
Cost*: $40.80

Total Body Boost

Push your limits in this high-energy fitness class! Build strength, endurance, and flexibility with challenging moves designed to keep you motivated and moving. Mat work involved.

Day	Start	Time	Code	Duration
Friday	July 10	9:30 - 10:30 a.m.	59437	8 Weeks

Instructor: Stephanie Cooke
Location: John Street Branch
Cost*: $48.48

Zumba®

Zumba is a low-impact, dance-based fitness class. With easy-to-follow choreography set to upbeat music, it feels more like a dance party than exercise. Perfect for anyone looking to improve balance, flexibility and cardiovascular health in a fun, social environment.

Day	Start	Time	Code	Duration
Thursday	July 9	8:45 – 9:45 a.m.	59571	7 Weeks

Instructor: Sami Khadka
Location: Conant Branch
Cost*: $44.66

* Prices listed do not include applicable taxes. See page four for details.

Check this out!

Sikorski Branch

- **Lymphatic Flow and Glow!** - All about gentle flowing movements. Details page 24.
- **Ballroom Dancing** - Learn ballroom dance in a friendly fun-filled dance class. Details page 14.
- **Empower 45 -** A 45-minute full-body strength class. Details page 22.

Conant Branch

- **Reiki, Reset, Rest and Restore** - Combines guided meditation and introductory breathing techniques. Details page 35.
- **Frisbee Golf Tournament and BBQ** - Enjoy a friendly tournament and BBQ. Details page 44.
- **Cannoli Making Event** - Make a classic Italian dessert. Details page 46.
- **Beginner Argentine Tango** - Learn the basics. Details page 14.

Delpark Homes Branch

- **BBQ with Bloom** - BBQ and entertainment. Details page 46.
- **Let's Go to the Ex** - Outing to Canadian Exhibition Place. Details page 47.
- **Balance and Bloom** - Improve balance, strength, and flexibility. Details page 17.
- **Body Max** - Full body, strength workout. Details page 17.

John Street Branch

- **Emotions= Energy in Motion, Self-Alignment Series** - A journey through the chakra system. Details page 30.
- **Guided Meditation for Peace and Healing** - Calm the mind and uplift emotions. Details page 30.
- **Cobourg Waterfront Festival** - Adventures in Cobourg. Details page 44.
- **Come from Away at the Capitol Theatre** - Enjoy a Broadway musical. Details page 45.

Northview Branch

- **Summer Boot Camp** - Fun way to stay active. Details page 27.
- **Watercolour Camp** - Four days to inspire and re-energize. Details page 43.
- **Progressive Euchre** - Fundraiser tournament. Details page 46.
- **Drop-in Recreation** - New summer hours. Details on page 49-51.

General Interest

*Please note location Branch vs. Online

Creative Writing Open Studio

Immerse yourself in a world of creativity and connection! Join fellow writers to exchange stories, share ideas, and fuel your inspiration. Remember, this is a collaborative space without an instructor, allowing your imagination to be the only limit. Dive in and let's write together!

Day	Start	Time	Code	Duration
Thursday	July 9	12 - 2 p.m.	59097	8 Weeks

Location: John Street Branch
Cost*: $17.68

Emotions = Energy in Motion, Self-Alignment Series

4 Week Session going through each of the chakra centres and exploring emotions. Explore the connection between emotions, energy, and overall well-being in this multi-week journey through the chakra system. Each week focuses on a different energy centre, using reflection,

Day	Start	Time	Code	Duration
Thursday	July 9	3 - 4 p.m.	59638	4 Weeks

Instructor: Jessica-Lee Bender
Location: John Street Branch
Cost*: $33.52

Golf

Learn how to play golf or brush up on your game at Harmony Creek. These courses are designed for all levels of players. Students pay for bucket of balls weekly a small is $12.00 per basket including tax and a large is $16.00 per basket including tax.

Day	Start	Time	Code	Duration
Tuesday	July 7	1:30 - 2:30 p.m.	59105	4 Weeks
Thursday	July 9	1:30 - 2:30 p.m.	59107	4 Weeks
Tuesday	August 4	1:30 - 2:30 p.m.	59106	4 Weeks
Thursday	August 6	1:30 - 2:30 p.m.	59108	4 Weeks

Instructor: Russ McCaul
Location: John Street Branch
Cost*: $36.00

Guided Meditation for Peace and Healing

Join us for Twin Hearts Meditation, a simple yet transformative practice designed to calm the mind, uplift emotions, and promote collective well being. In this class we start with breathing exercises and gentle physical movements followed by a guided meditation. It helps improve focus, mental clarity and reduce stress. No prior experience needed. Meditation can be done seated on the floor mats or chair.

Day	Start	Time	Code	Duration
Thursday	July 9	10 - 11 a.m.	59642	6 Weeks

Instructor: Rachna Chhabra
Location: John Street Branch
Cost*: $17.00

General Interest

*Please note location Branch vs. Online

Nature Journaling - Garden Alive!

Nature enthusiasts and artists (no experience required). Join wildlife artist and Ontario Master Naturalist Lena on a virtual tour of the summer garden. Explore plants, pollinators and foragers and learn the basic techniques of sketching to create unique journal pages. Supplies required are pencils, eraser, and four sheets of paper.

Day	Start	Time	Code	Duration
Wednesday	July 8	10 - 12 p.m.	59115	3 Weeks

Instructor: Lena MacLeod
Location: Online
Cost*: $38.49

Nature Journaling - Ontario Wildflowers Celebrating the Vison Agnes Fitzgibbon and Catharine Parr Trail

Nature enthusiasts and artists (no experience required). oin wildlife artist and Ontario Master Naturalist Lena on a virtual tour of Ontario's native wildflowers, while referencing the 1868 book Canadian Wild Flowers. Learn basic techniques of sketching to create journal pages in the style of Agnes Fitzgibbon. Supplies required are pencils, eraser, and 4 sheets of paper.

Day	Start	Time	Code	Duration
Wednesday	August 5	10 - 12 p.m.	59116	3 Weeks

Instructor: Lena MacLeod
Location: Online
Cost*: $38.49

Nutritional Guidance

Nutritional Guidance, Empowering Minds, Transforming Bodies! Fuel your body and elevate your lifestyle with Marie's expert nutritional guidance. As a dedicated Nutritionist, she makes healthy eating simple, enjoyable, and totally doable. Get ready to discover delicious choices, build confidence in your habits, and feel amazing from the inside out!

Day	Start	Time	Code	Duration
Saturday	July 11	9 - 11 a.m.	59562	8 Weeks

Instructor: Marie Vernon-Grant, Healthy Theories
Location: John Street Branch
Cost*: $66.00

Piano for Beginners

This beginner-friendly course introduces the basics of playing piano using an electronic keyboard. Participants will learn simple melodies, basic hand positions, rhythm, and how to read easy music in a relaxed, supportive environment. No previous musical experience is required

Day	Start	Time	Code	Duration
Tuesday	July 14	9:00 – 10:00 a.m.	59645	6 Weeks

Instructor: Stephany John
Location: Conant Branch
Cost*: $17.10

General Interest

*Please note location Branch vs. Online

Sound Advice on Hearing Health

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.

Day	Start	Time	Code	Duration
Thursday	August 6	1:30 - 3 p.m.	59543	5 Weeks

Instructor: Madison Hencher
Location: Delpark Branch
Cost*: Free

Western Art - A View of the World

Take a journey through the history of Western art, exploring how humans have represented the world from prehistoric cave paintings to contemporary masterpieces. Each week focuses on a distinct era, highlighting the people, ideas, and cultural shifts that shaped European and American art. Students will gain a rich understanding of artistic innovation, context, and expression, seeing how art has reflected humanity's evolving view of the world over time.

Day	Start	Time	Code	Duration
Friday	July 10	1 - 3 p.m.	59101	8 Weeks

Instructor: Michael Beleznay
Location: John Street Branch
Cost*: $66.88

Yoga

Please note location **Branch vs. Online**

All Levels

Increase your flexibility, improve your blood circulation, and restore balance to your body. Reduce tension and raise your energy levels. Mat work is used. Mat and straps are needed and yoga blocks and blankets are recommended.

Day	Start	Time	Code	Duration
Friday	July 10	9 - 10 a.m.	59544	4 Weeks

Instructor: Deborah Miller
Location: Delpark Branch
Cost*: $33.16

Arthritis and Joint

This gentle yoga class is focused on joint mobility. Poses are done from the mat or a chair and each sequence will increase strength and balance, while improving range of motion, reducing pain, swelling, and stiffness.

Day	Start	Time	Code	Duration
Monday	August 10	10:15 - 11:15 a.m.	59516	4 Weeks

Instructor: Judy O'Dell
Location: Delpark Branch
Cost*: $33.16

Chair Therapeutic

Supports self-care, nurturing, stress & pain relief and allows you to feel more comfortable in both your mind & body. You will be guided through inviting & unintimidating postures that are perfect even if you feel overwhelmed, exhausted or in pain. Each participant needs a yoga mat, cushions or pillows, yoga blocks or hard cover books, a yoga strap or belt or a scarf and 1-2 lb. weights.

Day	Start	Time	Code	Duration
Wednesday	July 8	10:15 - 11:15 a.m.	59535	7 Weeks

Instructor: Judy O'Dell
Location: Delpark Branch
Cost*: $44.66

* Prices listed do not include applicable taxes. See page four for details.

Yoga

Please note location **Branch vs. Online**

Chair Yoga

With the use of a chair, you can participate in a yoga class without getting up and down from the floor. Online participants will need an armless chair, yoga mat (or carpet), yoga blocks (or books), yoga strap (or towel/tie).

Day	Start	Time	Code	Duration
Tuesday	July 7	9 - 10 a.m.	59147	7 Weeks

Instructor: Grace Breen
Location: Northview Branch
Cost*: $44.66

Day	Start	Time	Code	Duration
Tuesday	July 7	9 - 10 a.m.	59148	7 Weeks

Instructor: Grace Breen
Location: Online
Cost*: $44.66

Day	Start	Time	Code	Duration
Thursday	July 9	10:15 - 11:15 a.m.	59565	5 Weeks

Instructor: Marcey Wilson
Location: Northview Branch
Cost*: $37.00

Day	Start	Time	Code	Duration
Thursday	July 9	10:15 - 11:15 a.m.	59566	5 Weeks

Instructor: Marcey Wilson
Location: Online
Cost*: $37.00

Chair Yoga Deep Relaxation

Need to relax and rejuvenate. Come sit with Patricia as she walks you through this yoga practice and helps you with your overall well-being. Better sleep & improve memory.

Day	Start	Time	Code	Duration
Thursday	July 16	11:30 - 12:30 p.m.	59180	6 Weeks

Instructor: Patricia Browne
Location: John Street Branch
Cost*: $43.44

Flow Hatha

Move through a modified Yoga Flow (Hatha) class with Patricia. Emphasis on flexibility, strength, and relaxation. Exploring Hatha yoga poses such as Warrior I and II, triangle, pyramid, tree, chair and more! Must be able to get down and up from a yoga mat unassisted. Props are provided, modifications will be offered.

Day	Start	Time	Code	Duration
Wednesday	July 15	11:30 - 12:30 p.m.	59179	6 Weeks

Instructor: Patricia Browne
Location: John Street Branch
Cost*: $43.44

Yoga

Please note location **Branch vs. Online**

Gentle Hatha

This yoga class is relatively gentle, slow and great for beginners or students who prefer a more relaxed style of yoga.

Day	Start	Time	Code	Duration
Wednesday	July 8	11:30 - 12:45 p.m.	59561	7 Weeks

Instructor: Bonnie McIntyre
Location: Northview Branch
Cost*: $51.80

Outdoor

Continue your yoga practice with us as we move outdoors onto the grass for a tension reducing and energy increasing class. Please bring your own mat. It is recommended that participants wear comfortable clothing. Class will be moved indoors during inclement weather.

Day	Start	Time	Code	Duration
Wednesday	July 8	9 - 10 a.m.	59534	7 Weeks

Instructor: Judy O'Dell
Location: Delpark Branch
Cost*: $44.66

Qigong

Chinese Yoga. Simple energy medicine techniques that teach your body's energies the flow for optimal health. Coordinated breathing with muscle movements, stretches and stimulating reflex, acupressure and lymphatic points create vitality, strength and relaxation of mind, body and nervous system as well as bone strengthening exercises.

Day	Start	Time	Code	Duration
Thursday	July 9	10:30 - 12 p.m.	57109	6 Weeks

Instructor: Dave Chatham
Location: Northview Branch
Cost*: $53.22

Reiki, Reset, Rest and Restore

Take a pause and reset your nervous system. This gentle session combines guided meditation, introductory breathing techniques with Reiki-infused energy healing to promote relaxation, reduce stress and restore balance. Participants will be guided through grounding exercises and calming visualizations in a supportive environment. No experience is needed. Participants are asked to bring a notebook/journal and a pen.

Day	Start	Time	Code	Duration
Monday	July 13	12:30 p.m. – 2:30 p.m.	59644	1-Day

Instructor: Jessica-Lee Bender
Location: Conant Branch
Cost*: $17.00

Yoga

Please note location **Branch vs. Online**

Restorative

Gentle, supported postures help to restore movement and flexibility in your body. Assisted by the use of props so that poses may be held for longer periods of time. Must be able to get down and up from a yoga mat unassisted. Participants are recommended to bring a blanket, all other props are provided.

Day	Start	Time	Code	Duration
Monday	July 13	5:30 - 6:30 p.m.	59178	5 Weeks

Instructor: Patricia Browne
Location: John Street Branch
Cost*: $39.00

Stretch and Restore

For gentle relief, we blend yoga stretches, restorative poses, and selected yin yoga postures. With intentional breathing and moments of meditation, our focus is on addressing natural tension. Using props for support, this mat-based session excludes standing poses. It's crucial that participants can comfortably get down on the mat to fully engage in this transformative experience.

Day	Start	Time	Code	Duration
Thursday	July 9	9:30 - 10:30 a.m.	59538	3 Weeks

Instructor: Deborah Miller
Location: Online
Cost*: $22.50

Vinyasa

Vinyasa, movement with breath awareness. Explore the release of tension within your body with the use of breath and movement. Enjoy restorative postures at the end of the practice. Online participants need a yoga mat (or carpet), yoga block (or book), yoga strap (or towel/tie).

Day	Start	Time	Code	Duration
Tuesday	July 7	10:15 - 11:15 a.m.	59149	7 Weeks

Instructor: Grace Breen
Location: Northview Branch
Cost*: $44.66

Day	Start	Time	Code	Duration
Tuesday	July 7	10:15 - 11:15 a.m.	59150	7 Weeks

Instructor: Grace Breen
Location: Online
Cost*: $44.66

Yin

Yin Yoga is the perfect addition to your practice if you are looking to improve your flexibility, increase circulation, reduce stress and anxiety. While working with the yin tissues of our body, such as ligaments and tendons, passive postures are held for a longer period of time than traditional (Yang) yoga. Allow this class to calm and balance not only your body, but your mind too.

Yoga

Please note location **Branch vs. Online**

Day	Start	Time	Code	Duration
Monday	August 10	9 - 10 a.m.	59515	4 Weeks

Instructor: Judy O'Dell
Location: Delpark Branch
Cost*: $33.16

Yogalates

Can't decide between yoga and Pilates? Yogalates is excellent for developing tone and fitness in the body while creating inner calm, relaxation and overall well-being. Mats, straps and blocks are needed

Day	Start	Time	Code	Duration
Wednesday	July 8	9:05 - 10:05 a.m.	59536	3 Weeks

Instructor: Deborah Miller
Location: Online
Cost*: $22.50

* Prices listed do not include applicable taxes. See page four for details.

Workshops & Seminars

Alzheimer's Society - Brain Health

Discover practical ways to support and protect your brain as you age. This session explores the latest research on reducing dementia risk and highlights how to make positive everyday lifestyle choices.

Day	Start	Time	Code	Duration
Wednesday	July 8	1:30 - 2:30 p.m.	59498	1 Day

Instructor: Alzheimer's Society Staff
Location: Conant Branch
Cost*: Free

Alzheimer's Society - Aging and the Sense

As we age, changes in vision, hearing, taste, touch, and smell can impact how we experience the world. This session examines common sensory changes and how they may affect daily life. Participants will gain insight into the physical realities of aging and explore strategies to better support independence, safety, and quality of life.

Day	Start	Time	Code	Duration
Wednesday	July 29	2:30 - 3:30 p.m.	59499	1 Day

Instructor: Alzheimer's Society Staff
Location: Conant Branch
Cost*: Free

Alzheimer's Society - Warning Signs of Dementia

Learn to recognize the early signs and symptoms of dementia and how they differ from typical aging. This session reviews key changes in memory, thinking, and behavior, including the 10 common warning signs. Participants will also be introduced to helpful resources and supports, empowering them to respond with confidence and seek appropriate assistance when needed.

Day	Start	Time	Code	Duration
Wednesday	August 12	1:30 - 2:30 p.m.	59500	1 Day

Instructor: Alzheimer's Society Staff
Location: Conant Branch
Cost*: Free

Coloured Pencil Iris

Using coloured pencil on dark paper this beautiful summer flower will pop off the page. Learn how to layer coloured pencil to create rich vibrant colours on a dark background. Supplies provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	July 28	2 - 4 p.m.	59615	1 Day

Instructor: Chrissie Wysotki
Location: Northview Branch
Cost*: $42.00

Workshops & Seminars

Concepts and Elements of Family Mediation

This seminar, led by Mary-Anne Popescu, explores key concepts and practical approaches to family mediation. Participants will learn how conflict stems from perceived threats to what we value, and how shifting from defensiveness to curiosity can support meaningful change. A trauma-informed lens is also introduced to help foster safer, more constructive conversations and healthier family relationships.

Day	Start	Time	Code	Duration
Wednesday	July 22	1 - 2 p.m.	59640	1 Day

Instructor: Mary-Anne Popescu
Location: Online
Cost*: Free

Generations in Bloom

In this intergenerational workshop, grandparents and grandchildren are invited to be creative together painting a pot and planting a cheerful succulent. It's a fun way to share laughs, make memories and take home something special. Share a kit or purchase extra to create more! $20.00 kit fee paid to instructor on day of workshop, includes one pot and plant, additional pots/plants can also be purchased if participants don't want to share.

Day	Start	Time	Code	Duration
Thursday	July 16	10 - 12 p.m.	59527	1 Day

Instructor: Olivia Morin
Location: Conant Branch
Cost*: $20.63

Generations on Canvas

A fun, creative workshop where generations come together to create, connect and paint. Together, participants will experiment with bold colours, playful techniques and expressive designs in a fun, relaxing setting. Bring your grandchild or the young person in your life (recommended age 8+) and explore the magic of neon painting on canvas. No experience needed.

	Day	Start	Time	Code	Duration
✓	Thursday	August 20	5:30 – 7:30 p.m.	59568	1 Day

Instructor: Olivia Morin
Location: Conant Branch
Cost*: $20.63

Healing Trauma

Learn how stored emotions, past experiences and unresolved stress manifests as physical illness.

Day	Start	Time	Code	Duration
Wednesday	July 8	1 - 2 p.m.	59633	1 Day

Instructor: Kasia Krajicek, Regenerative Health Practitioner
Location: John Street Branch
Cost*: $12.25

Workshops & Seminars

How to Stay in your Home Longer

Join us for an informative and practical session to help you stay ahead of the challenges of aging at home, without making decisions under pressure. Learn about home safety, financial planning, and mortgage & equity strategies.

Day	Start	Time	Code	Duration
Wednesday	July 8	1 – 3 p.m.	59646	1 Day

Instructor: Raya Virji
Location: Sikorski Branch
Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	August 26	10 – 12 p.m.	59629	1 Day

Instructor: Raya Virji
Location: Delpark Branch
Cost*: Free

Lunch and Learn "Hidden Portraits"

The true stories of the women in Picasso's life. Learn about the women who were more than just muses who inspired his art. These women were accomplished unconventional visionaries on their own.

Day	Start	Time	Code	Duration
Wednesday	July 22	11 - 12:30 p.m.	59450	1 Day

Instructor: Tess Pierce
Location: John Street Branch
Cost*: $13.50

Making Your Money Last - 10 Principles for Living in Retirement

This presentation outlines 10 key principles to help retirees make their savings last throughout retirement, focusing on thoughtful planning, informed income decisions, and regular reviews. It highlights the importance of understanding spending needs, managing withdrawal rates, and accounting for inflation, longevity, market volatility, taxes, and healthcare costs. The presentation also reviews key income sources such as CPP, OAS, pensions, investments, and annuities, and explains how timing and diversification can affect long term outcomes. Overall, it promotes a disciplined, flexible approach to retirement income planning supported by ongoing financial guidance.

Day	Start	Time	Code	Duration
Thursday	July 23	2:30 - 3:30 p.m.	59619	1 Day

Instructor: Joshua Orth
Location: Delpark Branch
Cost*: Free

Mixed Media Rooster

Using different types of ink, marker and coloured pencil, you'll learn texturing and layering techniques. From feathers to his comb and wattles to his striking eye, you'll have fun bringing this bird to life. Supplies provided by the instructor.

Workshops & Seminars

Day	Start	Time	Code	Duration
Tuesday	August 11	2 - 4 p.m.	59616	1 Day

Instructor: Chrissie Wysotki
Location: Northview Branch
Cost*: $42.00

Pickleball - Strong Starts

Improve your serves and returns with this focused pickleball workshop. Participants will learn techniques, consistency and strategic placement to gain advantage from the very first shot. Perfect for players looking to sharpen fundamentals and add new techniques to their play. Intermediate level or completed beginner course with playing experience required.

Day	Start	Time	Code	Duration
Thursday	August 6	6:45 – 8:15 p.m.	60000	1 Day

Instructor: John Sharko
Location: Conant Branch
Cost*: $18.25

Pickleball - Mid Court Mastery

Improve your transition game with instruction focused on the mid-court and volley zone. Learn effective shot selection, positioning and strategy to move between the baseline and the kitchen line. Intermediate level or have completed beginner course with playing experience required.

Day	Start	Time	Code	Duration
Thursday	August 6	6:45 – 8:15 p.m.	60008	1 Day

Instructor: John Sharko
Location: Conant Branch
Cost*: $18.25

Pickleball - Drop, Drive and Dominate

Take your pickleball game to the next level! This workshop targets the third shot drop (or drive) and mastering the kitchen line. Learn smart decision-making at the non-volley zone to dominate rallies. Build confidence transitioning to the net and maintaining control at the kitchen. Intermediate level or completion of a beginner course with playing experience required.

Day	Start	Time	Code	Duration
Thursday	August 6	6:45 – 8:15 p.m.	60023	1 Day

Instructor: John Sharko
Location: Conant Branch
Cost*: $18.25

OPL Presents - Create with Cricut®

Learn about the Library's Cricut® machines and create a personalized bookmark or keychain.

Day	Start	Time	Code	Duration
Friday	August 7	10:30 - 12 p.m.	57787	1 Day

Instructor: Oshawa Public Library
Location: John Street Branch
Cost*: Free

Workshops & Seminars

Sourdough Starter Workshop

Join Melina for a hands-on workshop that covers the basics of sourdough baking. You'll receive a mature, organic starter ready to use, plus all the tools and instructions you need to keep baking at home (mixing bowl, proofing pan, scoring blade, mason jar with 150g starter, dehydrated starter for storage, recipe and step-by-step guide). You'll make your own dough to take home and enjoy fresh samples of sourdough bread and focaccia with a honey butter board and organic olive oil for dipping. Perfect for beginners or anyone looking to build sourdough confidence!

Day	Start	Time	Code	Duration
Monday	July 27	9 - 11:30 a.m.	59261	1 Day
Monday	July 27	12:30 - 3 p.m.	59320	1 Day

Instructor: Sourdough Simplified
Location: Conant Branch
Cost*: $78.00

The Benefits of Fruit

Learn how powerful fruit is, benefits to our body and help you understand why we have been told to avoid fruit. You will have the opportunity to sample a variety of fruit as well.

Day	Start	Time	Code	Duration
Tuesday	July 28	9:30 – 11:30 a.m.	59641	1 Day

Instructor: Kasia Krajicek
Location: Delpark Branch
Cost*: $17.70

Tinkering with Technology

Let's play! Library staff will bring in some of the Library's newest tech toys for you to try. Prepare to be amazed.

Day	Start	Time	Code	Duration
Friday	July 10	10:30 - 12 p.m.	57722	1 Day

Instructor: Oshawa Public Library
Location: John Street Branch
Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	August 26	2:30 - 3:30 p.m.	59614	1 Day

Instructor: Oshawa Public Library
Location: Delpark Branch
Cost*: Free

VR Tours

Learn more about Virtual Reality and then explore real places all over the world and imaginary worlds and spaces created for your enjoyment.

Day	Start	Time	Code	Duration
Thursday	July 30	2:30 - 3:30 p.m.	59612	1 Day

Instructor: Oshawa Public Library
Location: Delpark Branch
Cost*: Free

Workshops & Seminars

Watercolour Workshop

This 4-day “boot camp” is designed to inspire and re-energize participants who want to refresh their skills and welcome newcomers to watercolour. Over 4 days, both floral and landscape subjects will be explored in an impressionistic style, including 2 full demonstrations each day by the instructor. Participants will work daily to complete 2 paintings of their own with instructor support. An open environment is encouraged throughout, and questions are welcome anytime.

Day	Start	Time	Code	Duration
Tuesday - Friday	September 1 - 4	8:30 - 2 p.m.	59502	4 Days

Instructor: Hi Sook Barker
Location: Northview Branch
Cost*: $116.00

Wisdom Within

Discover simple tools to help you connect with your intuition. This introductory workshop explores the basics of using pendulums and oracle cards for reflection, insight, and personal growth. Participants will learn how to set intentions, ask meaningful questions, and interpret responses in a supportive, beginner-friendly environment.

Day	Start	Time	Code	Duration
Thursday	July 23	10 - 12 p.m.	59639	1 Day

Instructor: Jessica-Lee Bender
Location: Conant Branch
Cost*: $17.00

Wonders of the Wild - Batty about Bats

We will explore some of the world’s most interesting bats before focusing on our local native species and how important they are to our ecosystems. Some of our bats in North American are suffering significant population declines and we will learn the reason why and what steps we can take to help these valuable creatures from becoming an endangered species.

Day	Start	Time	Code	Duration
Thursday	July 9	6 - 7:30 p.m.	59258	1 Day

Instructor: Brian Joyce
Location: Conant Branch
Cost*: $28.08

Wonders of the Wild - Wonderful Flowers

We will explore and identify local wildflowers and when they start to appear throughout the seasons. Learn about the benefits they provide to local wildlife, insects and ourselves and what invasive plants we want to avoid and remove to protect our ecosystems. We will also dive into some Indigenous teachings, by Porter Shimer, that speak to herbs and remedies that exist within these plants and how they can be used for our benefit.

Day	Start	Time	Code	Duration
Thursday	August 8	6 - 7:30 p.m.	59259	1 Day

Instructor: Brian Joyce
Location: Conant Branch
Cost*: $28.08

* Prices listed do not include applicable taxes. See page four for details.

Special Events

Fundraising event

Cobourg Sidewalk and Waterfront Festival

Back by popular demand we are off to Cobourg for the Waterfront Activties including vendors,live music and much much more.

Day	Start	Time	Code	Cost*
Monday	June 29	10 – 3 p.m.	59628	$35.00

Location: John Street Branch

Bingo Bonanza

Happiness is calling BINGO! Bring your friends for a fun and entertaining afternoon of Bingo. You are guaranteed 10 games and a Jackpot. Light refresments will be served.

	Day	Start	Time	Code	Cost*
Member	Thursday	July 2	5 – 8 p.m.	59622	$8.85
Non-Member	Thursday	July 2	5 – 8 p.m.	59627	$11.06

Location: John Street Branch

Frisbee Golf Tournament

Join us for a friendly Frisbee Golf Tournament where we keep it fun and make our own rules, no official regulations, just good times. All skill levels welcome! Enjoy the game and stick around for a relaxed BBQ after included with your ticket price. Rain date is Thursday July 9th. Members will be notified if rain date is needed.

Day	Start	Time	Code	Cost*
Tuesday	July 7	10:30 – 2 p.m.	59316	$15.00

Location: Conant Branch

Finding Friendships

In a comfortable, easy-paced format, you'll enjoy a series of short, friendly chats with other seniors who are also interested in making new friends. Whether you're hoping to find a walking buddy, travel companion, book club partner, coffee-date friend, or simply someone to share stories with, this event makes it easy and enjoyable. Tea and coffee served.

Day	Start	Time	Code	Cost*
Wednesday	July 8	6 - 7:30 p.m.	59109	$8.85

Location: Northview Branch

Darts Tournament

Step up to the oche and join us for a fun-filled darts tournament! Kick off the evening with a pizza dinner at 5 p.m., then get ready for the tournament starting at 6 p.m. Whether you're a seasoned player or trying it for the first time, it's a great chance to test your aim, enjoy some friendly competition, and connect with others. Don't miss out and let the games begin!

Day	Start	Time	Code	Cost*
Tuesday	July 28	5 – 8 p.m.	59623	$8.85

Location: Delpark Homes Branch

* Prices listed do not include applicable taxes. See page four for details.

Special Events

Fundraising event

Afternoon of Song

The multi-talented Monica and Robert are here to entertain. We also feature the best pie in town.

Day	Start	Time	Code	Cost*
Thursday	July 9	12:30 - 2 p.m.	59572	$10.62

Location: John Street Branch

Spring into Summer Outdoor Yard Sale

Back by popular demand! Come out and hunt for bargains or sell your treasures. Items must be brought on the day of the sale. $15.00 per table, maximum of 2 tables per person.

Day	Start	Time	Code	Cost*
Saturday	July 11	9 -1 p.m.	59630	$15 per table

Location: John Street Branch

Comedy Hour and Ice Cream

Hot jokes. Cold scoops. Jack Garson is serving up comedy with a side of sprinkles, live and outside! Come for the laughs, stay for the double scoop.

Day	Start	Time	Code	Cost*
Thursday	July 16	12:30 - 2 p.m.	59110	$17.70

Location: Northview Branch

Murder Mystery

Join us for dinner and a show! Get your detective skills ready and guess who the killer is! Dinner served during acts.

Day	Start	Time	Code	Cost*
Monday	July 20	5:30 – 8:30 p.m.	59317	$25.00

Location: Conant Branch

Bus Trip: Royal Ontario Museum

Join us for a fun and easy day trip to the Royal Ontario Museum! We'll be meeting at Northview Community Centre (150 Beatrice St.) at 9:00 AM sharp, so please arrive a few minutes early to check in and get settled. Our ride for the day will be a classic yellow school bus, bringing a little nostalgia to the adventure!

Day	Start	Time	Code	Cost*
Wednesday	July 22	9 - 3 p.m.	59111	$44.25

Location: Northview Branch

Come From Away at Port Hope Capitol Theatre

Come From Away is a critically acclaimed Broadway musical based on the true story of 7,000 airline passengers stranded in Gander, Newfoundland. Enjoy a beautiful day in downtown Port Hope.

Day	Start	Time	Code	Cost*
Saturday	July 25	11 - 5 p.m.	59569	$66.00

Location: John Street Branch

* Prices listed do not include applicable taxes. See page four for details.

Special Events

Fundraising event

BBQ with Bloom Retirement

Fire up the grill and join us for a great time with Bloom Retirement! Choose a hamburger or hot dog, each served with chips, salad, and your choice of an alcoholic or non-alcoholic drink. Additional purchases will be available at an extra cost. Then sit back and enjoy live entertainment featuring the timeless hits of ABBA. Limited parking is available on-site or hop on the Bloom bus for easy transportation. Great food, great music, and great company await! Please note: dietary restrictions must be communicated at the time of registration.

	Day	Start	Time	Code	Cost*
Hotdog	Wednesday	July 15	6 – 7:30 p.m.	59620	$17.70
Hamburger	Wednesday	July 15	6 – 7:30 p.m.	59621	$17.70

Location: Delpark Homes Branch

Men's Night Out – 50s & 60s BBQ

We're kicking things off with a classic backyard BBQ. After we've had our fill, we're cranking up the good high energy hits from the 50s and 60s that'll have you tapping your feet and singing along.

Day	Start	Time	Code	Cost*
Wednesday	August 5	5 – 7 p.m.	59112	$22.12

Location: Northview Branch

Cannoli Making Event

Get ready to create an authentic tasting cannoli filling for your homemade cannoli creations! Together we will make Cannoli – a classic Italian dessert filled with a sweet ricotta filling. Smooth, light and sweet, this scrumptious ricotta filling is the perfect partner to the delicious contrast of crisp cannoli pastry. You will make enough to sample in class and take home to share with others! All supplies will be provided.

Day	Start	Time	Code	Cost*
Thursday	August 6	1:30 – 3:30 p.m.	59318	$35.40

Location: Conant Branch

Progressive Euchre Party

Come play Progressive Euchre tournament-style! It's a great chance to challenge your skills, meet new people, and enjoy some friendly competition. There will be more chances to win big with our 50/50 and door prizes! Light refreshments included.

	Day	Start	Time	Code	Cost*
Member	Saturday	August 8	12 – 4 p.m.	59786	$8.85
Non-Member	Saturday	August 8	12 – 4 p.m.	59787	$11.06

Location: Northview Branch

Special Events

Fundraising event

Murder Mystery Dinner

Come out and enjoy an interactive murder mystery dinner party at the John Street Branch. What was the motivation and who is the killer? Get your detective skills ready! **Due to demand, two dates are offered.**

Day	Start	Time	Code	Cost*
Monday	**August 10**	5:00 - 7:30 p.m.	59573	$25.00
Monday	**August 17**	5:00 - 7:30 p.m.	59574	$25.00

Location: John Street Branch

Jeopardy Night

Join us for Jeopardy Night! Test your knowledge with a mix of fun clues, good laughs, and some friendly competition. Whether you know your stuff or just want to play along, everyone's welcome. Come out, have fun, and see if you can claim the bragging rights!

Day	Start	Time	Code	Cost*
Wednesday	August 12	6 – 8 p.m.	59624	$8.85

Location: Delpark Homes Branch

Afternoon of Song

Back by popular demand the West of 60 returns. We also feature the best pie in town.

Day	Start	Time	Code	Cost*
Wednesday	August 12	12:30 - 2 p.m.	59570	$10.62

Location: John Street Branch

Backyard Social

We're firing up the BBQ with tasty pulled pork sliders and turning up the good vibes for a Backyard Social featuring live tunes from Tim Mash! Expect feel-good music that'll have you singing along and maybe even dancing on the grass.

Day	Start	Time	Code	Cost*
Tuesday	August 18	12:30 - 2:30 p.m.	59113	$13.27

Location: Northview Branch

Corn Roast

Join us for an afternoon Summer Corn Roast! Enjoy fresh, buttery corn on the cob while listening to live music by K&D Melodee's.

Day	Start	Time	Code	Cost*
Thursday	August 20	1:30 – 3 p.m.	59319	$15.00

Location: Conant Branch

Let's Go to the Ex!

Join us for a fun outing to the Canadian Exhibition Place! We'll travel together by GO Train there and back and enjoy a day exploring one of Toronto's most exciting destinations. Please note lunch is not included and there will be moderate to heavy walking. A great chance to get out, socialize, and enjoy a memorable day with friends! Moderate to heavy walking at the end.

* Prices listed do not include applicable taxes. See page four for details.

Special Events

Fundraising event

Day	Start	Time	Code	Cost*
Monday	August 24th	8:45 - 4:00pm	59626	$46.25

Location: Delpark Homes Branch

Friendly Feuds

Think you know it all? Prove it! Flex those brain muscles and get ready for an afternoon of friendly trivia fun. Snacks provided. **No technology needed.**

Day	Start	Time	Code	Cost*
Friday	August 28	1:30 - 3:30 p.m.	59632	$8.85

Location: Northview Branch

* Prices listed do not include applicable taxes. See page four for details.

Recreation

Some programs have additional cost for prize pool

Auction 45s (120s)		$1.00
Day	**Time**	**Branch**
Thursday	6:30 – 8:30 p.m.	Conant
Friday	1 – 3 p.m.	Delpark

Badminton		$2.00
Day	**Time**	**Branch**
Tuesday	2:15 – 4:15 p.m. *Jul 7- Aug 18*	Conant
Tuesday	9:30 – 11:30 a.m. *Aug 25 - Dec 22*	Conant
Wednesday	10:55 – 12:55 a.m.	Northview

Badminton Session Bundle: Northview Pre-registration only. One Court (8 Players)		
Level	**Date/Time**	**Cost/Code**
Monday	8:15 – 10 a.m. Begins July 6 8 Weeks	$16.00 **59576**
Monday	10-11:45 a.m. Begins July 6 8 Weeks	$16.00 **59577**
Friday	9:30-11:30 a.m. Begins July 10 8 Weeks	$16.00 **59581**
Friday	11:35-1:35 p.m. Begins July 10 8 Weeks	$16.00 **59582**
Friday	1:40-3:40 p.m. Begins July 10 8 Weeks	$16.00 **59583**

Billiards		$1.00
Day	**Time**	**Branch**
Monday - Saturday	All Day	John Street

Bingo		$1.00
Day	**Time**	**Branch**
Monday	1:30 – 3:30 p.m.	John Street
*Thursday	1:30 – 3:30 p.m.	John Street
Saturday	1:30 – 3:30 p.m.	John Street

Bollywood Karaoke		$2.00
Day	**Time**	**Branch**
1st Saturday	12– 3:30 p.m.	John Street

Book Chats		Free
Day	**Time**	**Branch**
3rdTuesday	9:30 – 11 a.m.	John Street

Book Club		Free
Day	**Time**	**Branch**
2nd Tuesday	2 – 3 p.m.	Northview

Bridge Foursome		$2.00
Day	**Time**	**Branch**
Tuesday	1:00 – 3:30 p.m.	John Street

Canasta		$1.00
Day	**Time**	**Branch**
Tuesday	9:30– 11:30 a.m.	John Street

Coin Collecting		Free
Day	**Time**	**Branch**
Wednesday	12:30 – 2:30 p.m.	Conant

Colour and Chat		Free
Day	**Time**	**Branch**
Wednesday	1:30 – 3:30 p.m.	John Street

Conversational French Circle		Free
Day	**Time**	**Branch**
Tuesday	10 – 11 a.m.	John Street

Creative Corner		Free
Day	**Time**	**Branch**
Thursday	12 – 2 p.m.	Conant

Cribbage		$1.00
Day	**Time**	**Branch**
Monday	1:30 – 3:30 p.m.	Conant
Thursday	1:30 – 3:30 p.m.	Delpark
Tuesday	1:30 – 3:30 p.m.	Northview

Member price as listed. Non-member price $5, excludes Duplicate Bridge, Conant Bundled Pickleball and Bowling.

Recreation

Some programs have additional cost for prize pool

Desi Friendship Connect		Free
Day	**Time**	**Branch**
3rd Saturday	1 – 3:30 p.m.	John Street

Darts		$1.00
Day	**Time**	**Branch**
Thursday	6:30 – 8:30 p.m.	Conant
Monday	1:30 – 3:30 p.m.	Delpark
Tuesday	6 – 8 p.m.	Delpark
Wednesday	1:30 – 3:30 p.m.	John Street

Duplicate Bridge		$5.00
Day	**Time**	**Branch**
Tuesday	1 – 3:30 p.m.	Northview
Thursday	1 – 4 p.m.	Northview

Euchre (Bid Hi-Lo)		$1.00
Day	**Time**	**Branch**
Monday	1 – 3:30 p.m.	Northview
Thursday	1 – 3:30 p.m.	Northview

Euchre (Progressive)		$1.00
Day	**Time**	**Branch**
Wednesday	12:30 – 3:30 p.m.	Conant
Tuesday	1 – 3:30 p.m.	Delpark
Wednesday	1 – 3:30 p.m.	Northview
Friday	1 – 3:30 p.m.	Northview
Tuesday	1:30 – 3:30 p.m.	John Street
Friday	5:30 – 7:30 p.m.	John Street

Guitar/Music Jam		$1.00
Day	**Time**	**Branch**
Tuesday	1:30 – 3:30 p.m.	John Street

Karaoke		$2.00
Day	**Time**	**Branch**
Monday*	5:30 – 7:30 p.m.	John Street

**Fourth Monday of the month*

Mahjong		$1.00
Day	**Time**	**Branch**
Monday	2 – 4 p.m.	Northview

News and Views		Free
Day	**Time**	**Branch**
Thursday	10 – 11 a.m.	John Street

Open Crafts		Free
Day	**Time**	**Branch**
Wednesday	9 – 11 a.m.	Northview
Tuesday	12 – 2 p.m.	John Street

Open Sewing		$2.00
Day	**Time**	**Branch**
Friday*	12 – 4 p.m.	Conant

**July 10, Aug 7, and Sept 11*

Pickleball Session Bundle: Northview
Pre-registration only. One Court (8 Players)

Level	Date/Time	Cost/Code
Wednesday	3:30 – 5:30 p.m. Begins July 8 8 Weeks	$16.00 **59578**
Thursday	8-10 a.m. Begins July 9 8 Weeks	$16.00 **59579**
Thursday	10:05-12:05 p.m. Begins July 9 8 Weeks	$16.00 **59580**

Pickleball		$2.00
Day	**Time**	**Branch**
Wednesday	6:15 – 8:15 p.m.	Northview
Thursday	4:30 - 6:30 p.m. July 2 - Sept 10	Conant
Thursday	7 – 9 p.m.	Conant

Rummoli		$1.00
Day	**Time**	**Branch**
Tuesday	1:30 – 3:30 p.m.	Conant
Thursday	1 – 3:30 p.m.	Northview

Scrabble		$1.00
Day	**Time**	**Branch**
Friday	12:45 – 4 p.m.	John Street

Member price as listed. Non-member price $5, excludes Duplicate Bridge, Conant Bundled Pickleball and Bowling.

Recreation

Some programs have additional cost for prize pool

Shuffleboard		$1.00
Day	**Time**	**Branch**
Monday	1 – 3 p.m.	John Street
Thursday	9 – 10:30 a.m.	John Street

Social Bridge		$2.00
Day	**Time**	**Branch**
Friday	1 – 3:30 p.m.	John Street

Stamp Collectors		1.00
Day	**Time**	**Branch**
Friday	10:30– 12:00 p.m.	Delpark

Table Tennis		$2.00
Day	**Time**	**Branch**
Tuesday	1 – 3:00 p.m.	Conant
Tuesday	2 – 4 p.m.	Northview
Thursday	6:30 – 8:30 p.m.	Conant
Wednesday	8:50 – 10:50 a.m.	Northview
Saturday	12 – 2:30 p.m.	John Street

Tech Tutors		Free
Day	**Time**	**Branch**
Tuesday	1 – 4 p.m.	John Street
Thursday	1 – 4 p.m.	John Street

Texas Hold'Em		$1.00
Day	**Time**	**Branch**
Monday	1 – 3 p.m.	Delpark

Ukulele Jam		Free
Day	**Time**	**Branch**
Friday	9:30 – 11:30 a.m.	Conant

Volleyball		$2.00
Day	**Time**	**Branch**
Thursday	2:15 – 4:15 p.m. *July 9 – Aug 20*	Conant
Thursday	1-3:30 p.m. Aug 27 - Dec	Conant

Walking Outdoors		Free
Day	**Time**	**Branch**
Wednesday	10 a.m.	John Street

**All abilities welcome.* Start at John Street

Walking Excursions		Free
Day	**Time**	**Branch**
Wednesday	9:30 a.m.	Conant

**Call Ext. 2903 to register.* Various Routes

Wizard		$1.00
Day	**Time**	**Branch**
Tuesday	1:30 – 3:30 p.m.	Delpark
Wednesday	1:30 – 3:30 p.m.	Delpark

Cycling

10 to 15 km
Day: Thursday
Time: 9 – 11 a.m.
Duration: May 21 – September 24
Cost: $4.75 / person
Code: 57427

20 to 25 km
Day: Tuesday
Time: 9 – 11 a.m.
Duration: May 19 – September 22
Cost: $4.75 / person
Code: 57426

Registration in-person or online.

Paddle Group (Canoe and Kayak)

Day: Wednesday
Duration: May 6 – September 9
Cost: $5.00 / person
Code: 57366

Registration in-person only.
Meet Northview upper parking lot

Tennis

Day: Tuesdays and Thursdays
Time: 9 – 11 a.m.
Duration: May 12 – September 10
Cost: $54.00 per person
Code: 57439

Meet at Mary Street North Tennis Courts

Member price as listed. Non-member price $5, excludes Duplicate Bridge, Conant Bundled Pickleball and Bowling.

Advertisement

FRASER
LAW

Fraser Law Professional Corporation

REAL ESTATE | RESIDENTIAL | COMMERCIAL | BUSINESS LAW | WILLS & ESTATES

Erik M. Fraser
905.240.7500
efraser@erikfraserlaw.ca | www.erikfraserlaw.ca

270 Bond Street West | Corner of Park & Bond | Oshawa, ON L1J0C4

UNBURDEN YOUR FAMILY

When they need it most

Recording your funeral wishes is easier than you think. Everyday, our caring professionals guide individuals through this simple and painless process. Once you've finished, you can breathe a sigh of relief knowing that you have a plan.

Contact us today to start this simple process.

Let's talk.

Call (905) 433-4711 today.

Armstrong Funeral Home Limited
Remembering the Journey

124 King St. East | www.armstrongfh.ca

Enjoy the Retirement You've Earned.

SilverBirch Wealth Management helps you make the most of your finances with practical guidance and steady support so you can enjoy life your way.

Led by Vanessa Benedict, we listen to what matters most:
your family, your goals, and your future.

For over ten years, Vanessa, Jordan, and our SilverBirch team have been proud to support the OSCC as a business partner and longtime sponsor. We're grateful to the wonderful members, dedicated staff, volunteers, that we've met at events or just briefly with our team pup Luna. Thank you for your trust and the meaningful moments that make the OSCC community so special.

Vanessa Benedict
Wealth Advisor, Portfolio Manager
CIM, CIFP, LLQP, BSc(Hons)

SilverBirch
WEALTH MANAGEMENT

Contact Us! | (905)433-0215 | silverbirchwm.ca

Advertisement

FAMILY REALTY GROUP
YOUR PARTNERS IN REAL ESTATE

We help families, in various stages and chapters, navigate every step of moving to:

Retirement Community | **Downsize** | **Right-size** | **Multi-Generational Home**

Family Realty GROUP

CHRISTINA ARCANGIOLI
Real Estate Broker
(905) 706-0892
Christina@FamilyRealtyGroup.ca

JEANETTE BARRETT
Sales Representative, SRES
(905) 706-2932
Jeanette@FamilyRealtyGroup.ca

We Are:

- Family First – We treat every client like one of our own.
- Integrity Always – Honest advice, transparent service.
- Excellence in Service – Smooth, stress-free, and tailored to you.
- Community Commitment – Helping neighborhoods thrive.
- Your Goals, Our Focus – Every move is about what matters most to you.

"Turning life's transitions into joyful new beginnings for our 55+ Community."

Family Realty Group
www.FamilyRealtyGroup.ca

kw KELLERWILLIAMS Energy Real Estate, Brokerage
Independently Owned and Operated

Not intended to solicit those currently under contract.

UNIFOR
Local 222 | Canada
Retired Workers Chapter

Unifor Local 222
Retired Workers Chapter

Welcoming all our Brothers & Sisters who have retired from Local 222 workplaces

Offering weekly activities including Line Dancing Euchre • Yoga • Tai Chi

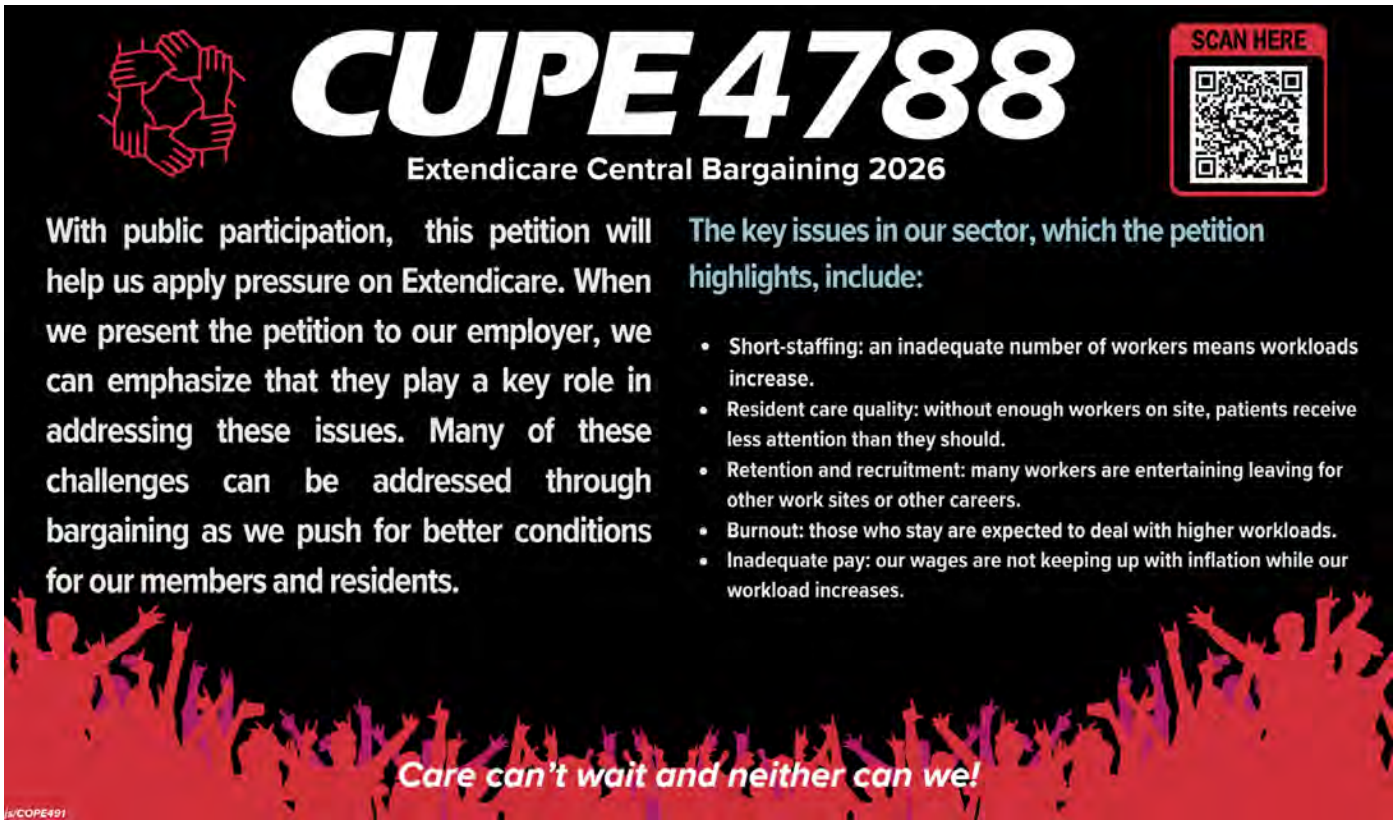
Retiree Membership meetings 1st Monday each month at 1:00pm

Dental Centre Open to the Public 905-579-8730 Government Dental Plan accepted

1-1425 Phillip Murray Ave., Oshawa • www.local222retirees.ca • 905-728-8600

Serving our Retirees Membership & the Community since 1952

Advertisement



Advertisement

Because Your Family Deserves the Best Care!

Solara Health Partners

Services we offer

We deliver compassionate, reliable homecare that treats your loved ones like our own.

- Home & Live-In Care
- Companionship
- Homemaking Support
- Dementia & Palliative Care
- Post-Injury/Surgery Recovery
- Respite Care

Book now for a free consultation.

You may qualify for no minimum hours.

You shouldn't have to commit to four hours just to get support. Our flexible homecare options are designed to fit your needs.

Contact

416 780 0573

info@solarahealth.ca

www.solarahealthpartners.ca

Advertisement

OSCC55+ is excited to partner with Big Yellow Bag for our Give & Grow initiative. When you use our unique code at checkout, you'll save $5, & Big Yellow Bag will donate $10 to support programs & services for older adults at OSCC55+. Order at www.bigyellowbag.com.