

55+

FALL 2026

Recreation Guide

AGING WELL TOGETHER

Spotlight Series

Hosted by the 55+ Committee

Join us for free, interactive presentations this fall.

September 24

Reverse Mortgages and Assets

October 15

Grief Journey

November 5

Hearing Health; five part presentation & workshop

December 9

To be announced

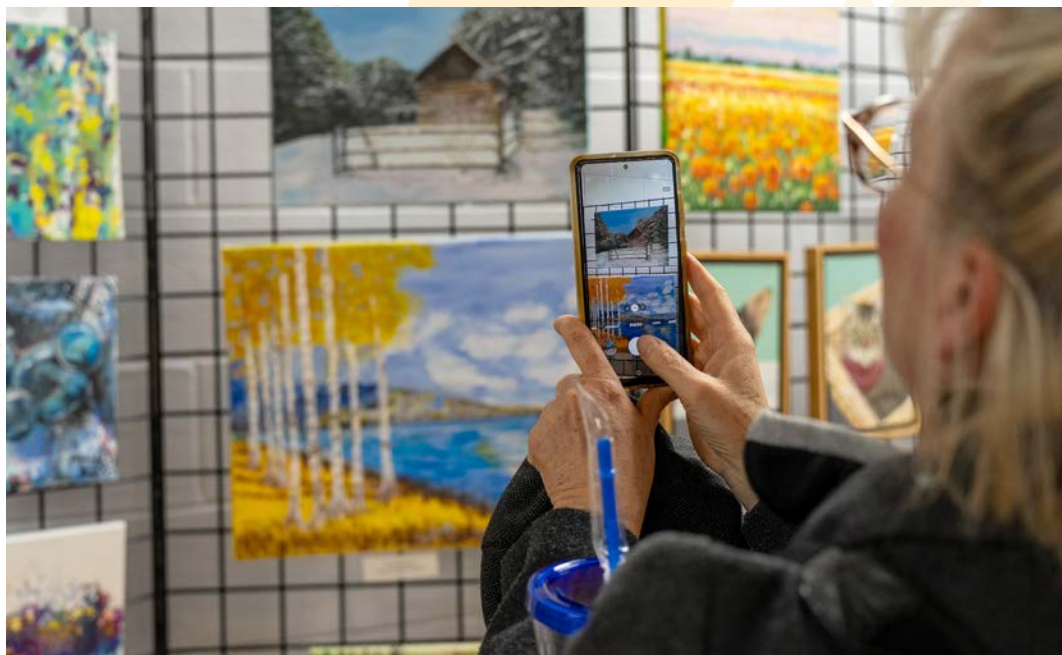
Register to reserve your spot.

Sponsored by



For complete details on Aging Well Together activities and events visit our website.

pickering.ca/55plus



September to November

Programs, classes, and workshops for all ages, interests, and abilities.

Fall Program Registration starts at 7:00 am

Thursday, August 20 for Fitness & Leisure programs

Thursday, August 27 for Aquatics programs

Registration for non-residents starts: August 27 for Fitness & Leisure and September 3 for Aquatics programs.

View | Search | Register online at pickering.ca/active



Alternate format available upon request, call 905.683.7575 or email customer@pickering.ca

City of
PICKERING

pickering.ca/recreation | 905.420.4620

Seniors & Persons with Disabilities Snow Clearing Program

The winter 2026/2027 application period is September 11 to October 16, 2026.

The City of Pickering offers senior citizens and people with a permanent physical or cognitive disability a snow clearing service in order to assist them with their sidewalk snow clearing responsibilities, and access to their home.

Please visit pickering.ca/SnowProgram to view our updated program or contact our Customer Care Centre for details.

Program Highlights:

- Program fee is based on your taxable income and fee schedule is available online.
- Program accommodates 750 households; including the hamlets of Brougham, Claremont, Greenwood & Whitevale.
- Applicants with proof of permanent physical or cognitive disability will be given priority.
- Completed applications will be accepted starting September 11, 2026, in person or by mail. All supporting documentation, including a cheque post-dated to October 16, 2026, and made payable to the City of Pickering, must be submitted by the registration deadline of October 16, 2026
- Applications will be accepted after the registration closes, provided the program has not reached capacity.

Contact Customer Care:

905.683.7575

customercare@pickering.ca



Register for a Program...

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

Online

View, search, and register for programs online at pickering.ca/active

In Person

At Chestnut Hill Developments Recreation Complex, 1867 Valley Farm Road

By Mail

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

24 hr Drop Box

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

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

pickering.ca/registration

905.420.4621 | registration@pickering.ca

Fitness & Leisure Programs

Arts

Art Instruction 55+

This is an instruction-based course with hands-on instruction. Participants will gain basic skills as they learn how to draw with pencil, and to paint with watercolour and acrylics in this relaxed and friendly class.

Chestnut Hill Developments Recreation Complex – Art Studio

M Sep 21 – Nov 30 1:00 pm – 3:00 pm 10 wks 63986 \$71.20

Art Instruction and Creation - Beginner 55+

Participants will start to develop their artistic skills while they learn how to draw with pencil, and to paint with watercolour and acrylics. This class offers hands-on instruction in a relaxed and friendly atmosphere.

East Shore Community Centre – Meeting Room 2

W Sep 23 – Nov 25 10:00 am – 12:00 pm 10 wks 63987 \$71.20

Art Instruction and Creation - Intermediate 55+

Hands-on instruction will allow intermediate participants to continue developing their artistic skills while creating beautiful paintings and drawings.

East Shore Community Centre – Meeting Room 2

W Sep 23 – Dec 2 12:45 pm – 2:45 pm 10 wks 63989 \$71.20

Th Sep 24 – Nov 26 12:45 pm – 2:45 pm 10 wks 63988 \$71.20

Guitar - Level 2 55+

For participants that have the basic fundamentals of playing and are looking to build, and advance their guitar skills.

George Ashe Library & Community Centre – Youth Room

F Sep 25 – Nov 27 6:15 pm – 7:15 pm 10 wks 64010 \$79.60

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

T Sep 22 – Nov 24 10:00 am – 1:00 pm 10 wks 63944 \$199.67

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

Th Sep 24 – Dec 3 1:30 pm – 4:30 pm 10 wks 63943 \$199.67



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

F Sep 25 – Nov 27 12:30 pm – 3:30 pm 10 wks 63948 \$199.67

Sewing 55+

Learn something new, brush up on skills, or get assistance completing a sewing project in this open level program. The Instructor will provide a materials list to purchase for class. Sewing machines provided, or bring your own if preferred.

George Ashe Library & Community Centre – Helen Paris Room

M Sep 21 – Dec 7 1:30 pm – 3:30 pm 9 wks 64049 \$70.56

George Ashe Library & Community Centre – Youth Room

T Sep 22 – Nov 24 10:15 am – 12:15 pm 10 wks 64050 \$78.40

Watercolor Class 55+

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

Chestnut Hill Developments Recreation Complex – Art Studio

F Sep 25 – Nov 27 10:00 am – 12:00 pm 10 wks 64071 \$71.20

Dance

Clog Dancing (Intermediate) 55+

This program is designed for intermediate dancers who know their basic steps. Participants will complete dance routines to a variety of songs.

George Ashe Library & Community Centre – Helen Paris Room

M Sep 21 – Dec 7 12:15 pm – 1:15 pm 9 wks 63998 \$44.91

Country Line Dance 55+

Dust off your favourite boots and join our country line dance instructors for a toe-tappin', boot-stompin' class of line dancing. No experience is required. Grab your friends, and your best dance moves! Let's make it a program to remember.

Dorsay Community & Heritage Centre – Banquet Hall North

Th Sep 24 – Oct 15 6:30 pm – 7:30 pm 4 wks 63999 \$19.96

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.

George Ashe Library & Community Centre – Russel Franklin Room

F Sep 25 – Nov 27 12:15 pm – 1:15 pm 10 wks 64006 \$49.90

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.

George Ashe Library & Community Centre – Russel Franklin Room

F Sep 25 – Nov 27 11:00 am – 12:00 pm 10 wks 64007 \$49.90

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.

George Ashe Library & Community Centre – Russel Franklin Room

M Sep 21 – Dec 7 2:00 pm – 3:00 pm 10 wks 64015 \$49.90

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.

George Ashe Library & Community Centre – Russel Franklin Room

M Sep 21 – Dec 7 12:30 pm – 1:30 pm 10 wks 64016 \$49.90

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.

George Ashe Library & Community Centre – Russel Franklin Room

M Sep 21 – Dec 7 11:00 am – 12:00 pm 10 wks 64017 \$49.90

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 Sep 23 – Nov 25 9:30 am – 10:30 am 10 wks 64028 \$49.90

W Sep 23 – Nov 25 10:45 am – 11:45 am 10 wks 64029 \$49.90



Pottery Open Studio 18+

Fall Sep 21 – Dec 17

Mondays 2:00 pm – 4:00 pm

Wednesdays 4:00 pm – 6:00 pm

Sundays 2:00 pm – 4:00 pm

pickering.ca/potterystudio



Fitness - Group Programs

Look for these new fitness class options:

Dynamic – Faster-paced and increased cardiovascular and strength challenges. Suitable for participants comfortable with moderate-intensity exercise and more dynamic movements.

Gentle - Chair options, slower transitions, and low-impact exercises. Ideal for beginners, participants managing mobility challenges, or those preferring a lower-intensity workout.

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 Sep 16 – Nov 18 11:30 am – 12:20 pm 10 wks 64960 \$82.72

Arthritis Dance Fit 55+

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

Chestnut Hill Developments Recreation Complex – Fitness Studio B

M Sep 28 – Dec 7 1:15 pm – 2:05 pm 10 wks 64963 \$82.72

Cardio Dance Fit 55+

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

Chestnut Hill Developments Recreation Complex – Fitness Studio A

M Sep 14 – Nov 16 12:00 pm – 12:50 pm 9 wks 64967 \$74.44

Dorsay Community & Heritage Centre – Banquet Hall South

Th Sep 7 – Nov 5 9:00 am – 9:50 am 8 wks 64802 \$66.17

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 Sep 17 – Nov 19 11:45 am – 12:35 pm 10 wks 64970 \$82.72

Dorsay Community & Heritage Centre – Banquet Hall South

T Sep 15 – Nov 17 10:45 am – 11:35 am 10 wks 64803 \$82.72

East Shore Community Centre – Community Room

T Sep 15 – Nov 17 11:00 am – 11:50 am 10 wks 64763 \$82.72

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	Sep 15 – Nov 17	11:45 am – 12:45 pm	10 wks	64971	\$82.72
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W	Sep 16 – Nov 18	12:45 pm – 1:45 pm	10 wks	64973	\$82.72
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Th	Sep 17 – Nov 19	10:30 am – 11:30 am	10 wks	64972	\$82.72
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Dorsay Community & Heritage Centre – Banquet Hall South

Th	Sep 17 – Nov 19	1:00 pm – 1:50 pm	10 wks	64804	\$82.72
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East Shore Community Centre – Community Room

M	Sep 14 – Nov 23	10:30 am – 11:30 am	10 wks	64758	\$82.72
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M	Sep 14 – Nov 23	9:15 am – 10:15 am	10 wks	64759	\$82.72
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Th	Sep 17 – Nov 19	9:15 am – 10:15 am	10 wks	64760	\$82.72
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Th	Sep 17 – Nov 19	10:30 am – 11:30 am	10 wks	64761	\$82.72
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Cycle Fit 55+

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

Chestnut Hill Developments Recreation Complex – Fitness Studio B

M	Sep 14 – Nov 23	10:30 am – 11:00 am	10 wks	64983	\$82.72
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Th	Sep 17 – Nov 19	10:30 am – 11:00 am	10 wks	64984	\$82.72
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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	Sep 16 – Nov 18	2:00 pm – 3:00 pm	10 wks	64987	\$82.72
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Fit Fellows 55+

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

Dorsay Community & Heritage Centre – Banquet Hall South

W	Sep 16 – Nov 25	11:30 am – 12:20 pm	10 wks	64805	\$82.72
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Fit Fusion 55+

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



strength. The class finishes with stretching and postural exercises.

Fit Fusion Dynamic 55+

Chestnut Hill Developments Recreation Complex – Fitness Studio A

T	Sep 15 – Nov 17	11:30 am – 12:20 pm	10 wks	65000	\$82.72
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W	Sep 16 – Nov 18	10:30 am – 11:20 am	10 wks	65001	\$82.72
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Dorsay Community & Heritage Centre – Banquet Hall South

M	Sep 14 – Nov 30	9:30 am – 10:20 am	10 wks	64807	\$82.72
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Th	Sep 17 – Nov 19	10:00 am – 10:50 am	10 wks	64806	\$82.72
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George Ashe Library & Community Centre – Youth Room

Th	Sep 17 – Nov 19	10:45 am – 11:35 am	10 wks	64254	\$82.72
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Fit Fusion Gentle 55+

Chestnut Hill Developments Recreation Complex – Fitness Studio A

M	Sep 14 – Nov 23	10:30 am – 11:20 am	10 wks	64999	\$82.72
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Th	Sep 17 – Nov 19	9:30 am – 10:20 am	10 wks	64998	\$82.72
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Mini- Session 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.

George Ashe Library & Community Centre – Helen Paris Room

M	Sep 14 – Oct 5	8:45 am – 9:35 am	4 wks	65171	\$33.09
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M	Nov 2 – Nov 23	8:45 am – 9:35 am	4 wks	65172	\$33.09
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Mini-Session Nia 55+

Nia is a dance based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of the martial arts, dance arts and healing arts. The music is upbeat, the moves are easy to learn, and you'll have so much fun you'll forget you're exercising! All fitness levels are welcome, the moves can be adapted and the intensity level varied.

George Ashe Library & Community Centre – Russel Franklin Room

M	Sep 14 – Oct 5	9:30 am – 10:30 am	4 wks	64255	\$33.09
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M	Nov 2 – Nov 23	9:30 am – 10:30 am	4 wks	65168	\$33.09
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Nia 55+

Nia is a dance based cardio class that will get your heart pumping but is easy on the joints. It draws from disciplines of the martial arts, dance arts and healing arts. The music is upbeat, the moves are easy to learn, and you'll have so much fun you'll forget you're exercising! All fitness levels are welcome, the moves can be adapted and the intensity level varied.

Chestnut Hill Developments Recreation Complex – Fitness Studio A

T	Sep 15 – Nov 17	12:30 pm – 1:30 pm	10 wks	65040	\$82.72
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Pilates for Strong Bones 55+

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

Chestnut Hill Developments Recreation Complex – Fitness Studio C

M	Sep 14 – Nov 23	11:30 am – 12:20 pm	10 wks	65047	\$82.72
Dorsay Community & Heritage Centre – Banquet Hall South					
W	Sep 16 – Nov 25	10:30 am – 11:20 am	10 wks	64812	\$82.72
East Shore Community Centre – Community Room					
T	Sep 15 – Nov 17	10:00 am – 10:50 am	10 wks	64764	\$82.72

Pilates Reformer 55+

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

Chestnut Hill Developments Recreation Complex – Fitness Studio A

M	Sep 14 – Nov 9	1:00 pm – 1:50 pm	8 wks	65084	\$128.82
W	Sep 16 – Nov 4	1:00 pm – 1:50 pm	8 wks	65082	\$128.82
F	Sep 18 – Nov 6	11:45 am – 12:35 pm	8 wks	65083	\$128.82

Release & Restore 55+

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

Dorsay Community & Heritage Centre – Banquet Hall South

M	Sep 14 – Nov 30	10:30 am – 11:20 am	10 wks	64813	\$82.72
Th	Sep 24 – Nov 26	11:00 am – 11:50 am	10 wks	64814	\$82.72

Stretch & Strengthen 55+

This gentle, full-body workout is designed specifically for older adults who want to maintain strength, improve balance, and support overall mobility. Using a variety of equipment and low-impact exercises, the class focuses on functional movements that enhance coordination, stability, and muscle tone — all essential for staying active and independent.

Stretch & Strengthen Dynamic 55+

Dorsay Community & Heritage Centre – Banquet Hall South

M	Sep 14 – Nov 30	11:30 am – 12:20 pm	10 wks	64816	\$82.72
T	Sep 15 – Nov 17	9:45 am – 10:35 am	10 wks	64818	\$82.72

George Ashe Library & Community Centre – Russel Franklin Room

W	Sep 16 – Nov 18	10:15 am – 11:15 am	10 wks	64257	\$82.72
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Stretch & Strengthen Gentle 55+

Dorsay Community & Heritage Centre – Banquet Hall South

W	Sep 16 – Nov 25	9:30 am – 10:20 am	10 wks	64817	\$82.72
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East Shore Community Centre – Community Room

M	Sep 14 – Nov 23	11:45 am – 12:45 pm	10 wks	64765	\$82.72
F	Sep 18 – Nov 20	11:00 am – 12:00 pm	9 wks	64762	\$74.44

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

W	Sep 16 – Nov 18	11:30 am – 12:20 pm	10 wks	65138	\$82.72
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F	Sep 18 – Nov 20	9:30 am – 10:20 am	10 wks	65137	\$82.72
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Dorsay Community & Heritage Centre – Banquet Hall South

M	Sep 14 – Nov 30	12:30 pm – 1:30 pm	9 wks	64821	\$74.44
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T	Sep 15 – Nov 17	12:45 pm – 1:35 pm	10 wks	64819	\$82.72
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Th	Sep 17 – Nov 19	12:00 pm – 12:50 pm	10 wks	64820	\$82.72
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George Ashe Library & Community Centre – Russel Franklin Room

F	Sep 18 – Nov 20	9:30 am – 10:30 am	10 wks	64258	\$82.72
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Fitness - Small Group Personal Training

Aging Stronger 55+

Resistance exercises are known to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, it can help reduce the signs and symptoms of many chronic diseases. This program includes an educative class component as well as an 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	Sep 15 – Nov 3	1:00 pm – 2:30 pm	8 wks	64961	\$117.70
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F	Sep 18 – Nov 6	12:00 pm – 1:30 pm	8 wks	64962	\$117.70
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*NEW Fit After Five

A motivating after-work small group training workout for adults 55+ looking to stay active, strong, and energized. This class combines strength training, mobility, balance, and cardio-based movements to support everyday performance and overall wellness. Enjoy a supportive group environment while building energy, confidence, and the strength to keep doing the things you love.

Chestnut Hill Developments Recreation Complex – Small Group Training Room

T,Th	Sep 17 – Nov 5	5:30pm – 6:30pm	8wks	65005	\$156.93
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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	Sep 14 – Nov 9	9:30 am – 10:30 am	8 wks	65002	\$156.93
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M,W	Sep 14 – Nov 9	11:00 am – 12:00 pm	8 wks	65003	\$156.93
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T,Th	Sep 15 – Nov 5	10:00 am – 11:00 am	8 wks	65004	\$156.93
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Skating Lessons

Learn To Skate 55+

Whether you have been off ice for a while, or you have no previous skating experience, this is a great opportunity to learn at your own pace and practice your skills. The fundamentals of skating will be taught, including striding, edge work, balance, turning, cross overs/unders, stopping, change of direction, forwards/backwards. Note: CSA Helmet Required

Chestnut Hill Developments Recreation Complex – Arena Delaney - Ice

Th Sep 24 – Nov 26 8:30 am – 9:30 am 10 wks 63880 \$35.60

Special Interest

Cooking 55+

Ready to level up your kitchen game? This class is designed for adults who want to explore the art of cooking in a fun, social, and hands-on environment. Whether you're a beginner or just looking to expand your recipe repertoire, this class offers something for everyone.

Dorsay Community & Heritage Centre – Teaching Kitchen

Th Oct 22 – Nov 26 6:00 pm – 8:00 pm 6 wks 64075 \$97.08

Cooking Classes - Appetizer All-Star 55+

Join us for a hands-on class where we'll dive into the world of appetizers — from crowd-pleasers to elegant bites that will make you the star of any gathering. Whether you're looking to master the classics or learn fresh, inventive recipes, this class will give you all the skills you need to bring something unforgettable to the table.

George Ashe Library & Community Centre – Helen Paris Room

T Sep 22 – Nov 3 10:00 am – 11:30 am 6 wks 63918 \$72.84

Crocheting & Hand Knitting - Introduction 55+

This course covers the basics of crocheting and handknitting and is for beginners or as a skill refresher. Participants will learn basic stitches, how to change yarn colours and basic patterning. Techniques for hand knitting will also be introduced in this class. Equipment needed: bring your own 5.5 to 6 mm crochet hook and 4ply worsted yarn to class (crocheting) and jumbo bulky yarn (hand knitting).

Dorsay Community & Heritage Centre – Program Room

F Sep 25 – Dec 4 10:00 am – 12:00 pm 10 wks 64002 \$78.40

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.

George Ashe Library & Community Centre – Youth Room

Sa Sep 19 – Nov 21 10:00 am – 12:00 pm 10 wks 64004 \$78.40

Flavours Without Borders: Cultural Fusion Cooking 55+

Explore the world one bite at a time! This program blends the best of global cuisines while keeping recipes simple, healthy, and senior-friendly. Each week, we will create flavourful fusion dishes that celebrate the diversity of cultures, using accessible ingredients and techniques tailored to different



dietary needs and mobility levels. Along the way, we'll share stories behind the recipes, cultural traditions, and tips for adapting meals to suit personal preferences.

East Shore Community Centre – Meeting Room 2

F Sep 25 – Oct 30 11:00 am – 1:00 pm 6 wks 63927 \$113.28

French 55+

Learn or refresh on the basics, including alphabet, blended sounds, numbers, punctuation and simple vocabulary. This course will build on skills in conversational French. Workbook purchase suggested.

East Shore Community Centre – Meeting Room 4

T Sep 22 – Nov 24 9:30 am – 11:00 am 10 wks 64005 \$53.40

iPad - Level 1 55+

Unlock the power of your iPad; learn how to navigate and manage apps and screens, app installation, camera use, and settings. We will also examine and explore some of the best and most popular apps available within the Apple system. Registrants must have access to their own iPad with OS version 11.

George Ashe Library & Community Centre – Youth Room

W Sep 23 – Oct 28 12:30 pm – 2:30 pm 6 wks 64013 \$47.04

Spanish - Level 1 / 2 55+

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

East Shore Community Centre – Meeting Room 4

M Sep 21 – Nov 30 1:45 pm – 3:45 pm 10 wks 64053 \$71.20

Spanish - Level 2 55+

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

East Shore Community Centre – Meeting Room 4

T Sep 22 – Nov 24 7:15 pm – 9:15 pm 10 wks 64056 \$71.20

Spanish - Level 3 55+

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

East Shore Community Centre – Meeting Room 4

M Sep 21 – Nov 30 11:30 am – 1:30 pm 10 wks 64057 \$71.20

The Appetizer Playbook 55 and up

Master the art of appetizers with a collection of easy, crowd-pleasing bites perfect for entertaining. In this class we'll prepare a mix of hot and cold appetizers using simple techniques, and leave with recipes you'll use again and again.

George Ashe Library & Community Centre – Helen Paris Room

Th Sep 24 – Nov 5 10:00 am – 12:00 pm 6 wks 63972 \$109.00

Sports & Active

Ball Hockey 55+

A popular program for those who simply love the game of hockey. For those who wish to stay involved in the sport they have a passion for, or to try for the first time. It's all about FUN, stickhandling, passing and shooting. Get some exercise and fun with this social group. No partner required. Just bring your own stick. Nets and balls will be supplied. Please Note: CSA helmets with cage required
East Shore Community Centre – Gymnasium

Th	Sep 24 – Nov 26	10:15 am – 11:45 am	10 wks	63994	\$53.40
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Learn to Play Pickleball 55+

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. 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 join a game at your local pickleball courts. Have fun while learning in a friendly, supportive environment!

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

W	Oct 7 – Oct 28	5:30 pm – 6:30 pm	3 wks	64022	\$10.68
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W	Nov 5 – Nov 18	5:30 pm – 6:30 pm	3 wks	64023	\$10.68
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Pickleball – Beginner 55+

Beginner Pickleball covers an in-depth overview of rules, safety, court layout, equipment, strategy, and game play. It is designed for those players new to Pickleball, or has played a few times. To advance to next level (Level 1), players must be able to serve, return, and volley with a consistency of 3/10x. Skills covered: paddle skills, strokes; forehand and backhand, serve / return the ball, engage in volleys, and dinking.

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

M	Oct 5 – Dec 14	4:30 pm – 6:00 pm	7 wks	64231	\$37.38
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T	Oct 6 – Dec 15	4:30 pm – 6:00 pm	10 wks	64031	\$53.40
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Th	Oct 8 – Dec 17	4:30 pm – 6:00 pm	9 wks	64230	\$48.06
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Pickleball – Level 1 55+

This program is a follow-up to the completion of the Beginner Pickleball Class. We will work on improving your ground strokes, overheads, volleys, dinking and serving. Designed for the player who has taken the Beginner class and/or demonstrated consistency of serving, returning and volleying 3/10X.

Skills Covered: continue to improve technique and consistency of forehand and backhand strokes, improve technique and consistency on serves, volleys and dinking

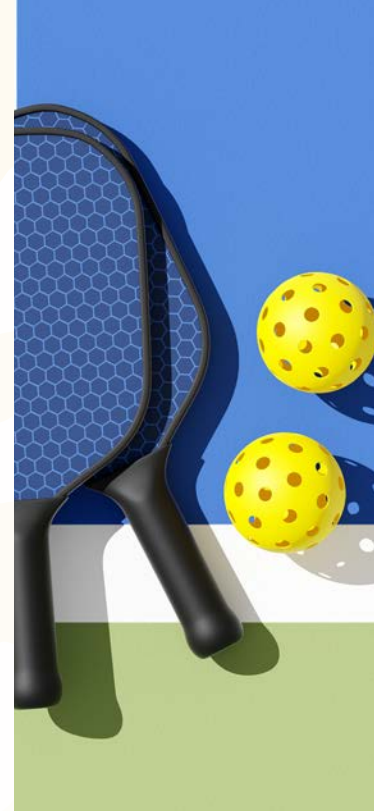
East Shore Community Centre – Gymnasium

W	Sep 23 – Nov 25	8:45 am – 10:15 am	10 wks	64037	\$53.40
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Pickleball – Level 2 55+

This program is a follow-up to the completion of Level 1 Pickleball Class. We will work on improving ground strokes, overheads, volleys, dinking and serving. Designed for the player who has taken the Level 1 and/or demonstrated consistency of serving, returning and volleying 4/10x.

Skills covered: add direction and control to forehand and backhand shots, improve technique and



Pickleball Level 2 cont'd

placement of serves, volleys, and drive shots, introduce overheads, lobs and blocking techniques.

East Shore Community Centre – Gymnasium

W	Sep 23 – Nov 25	10:30 am – 12:00 pm	10 wks	64041	\$53.40
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Pickleball – Level 3 55+

This program is a follow-up to the completion of Level 2 Pickleball Class. We will work on continuing to improve ground strokes, overheads, volleys, lobs, blocking, countering, imitating dink rallies and serving. We will also be learning techniques and strategies when playing doubles pickleball. Designed for the player who has taken Level 2 and/or demonstrated consistency of serving, returning and volleying 5/10x.

Skills covered: court placement, court strategy, improving technique on all shot disciplines.

East Shore Community Centre – Gymnasium

M	Sep 21 – Nov 30	3:00 pm – 4:30 pm	10 wks	64042	\$53.40
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T	Sep 22 – Nov 24	12:15 pm – 1:45 pm	10 wks	64043	\$53.40
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Pickleball Drop-in 55+

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

East Shore Community Centre – Gymnasium

T	Sep 22 – Nov 24	2:00 pm – 4:00 pm	10 wks	64044	\$36.20
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W	Sep 23 – Nov 25	3:30 pm – 5:30 pm	10 wks	64045	\$36.20
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Th	Sep 24 – Nov 26	2:00 pm – 4:00 pm	10 wks	64046	\$36.20
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Tai Chi 55+

Low-impact exercise for a wide range of ages and fitness levels, to improve balance, relaxation, posture and alignment, and body awareness. Let your first step be enlightening, and sequential steps transport you to lifelong learning that soothes and sharpens both mind and body. Wear comfortable clothing (sweat suits are fine) and soft soled shoes. This program will be taught in the Yang 24 format.

Dorsay Community & Heritage Centre – Banquet Hall North

Th	Sep 24 – Dec 3	11:00 am – 12:00 pm	10 wks	64799	\$49.90
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Tai Chi Advanced 55+

Tai Chi is thousands of years old and fuses martial arts and meditation. The Moy Tao style of Tai Chi involves movements that help to calm and balance the mind and body, and it is often referred to as “moving meditation”. Slowly performing the series of movements helps you to relax, while gently stretching your muscles, joints, tendons, and ligaments, and improving posture, circulation, flexibility, balance, and memory. To register for this class, you must have previously completed the Beginner’s Level 1 and Beginner’s Level 2 and be familiar with the first 17 moves of the Tai Chi set.

George Ashe Library & Community Centre – Russel Franklin Room

Th	Sep 24 – Dec 3	11:15 am – 12:15 pm	10 wks	64059	\$49.90
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Tai Chi Beginner Level 1 55+

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

Chestnut Hill Developments Recreation Complex – Arena O'Brien Room A						
M	Sep 21 – Dec 7	10:00 am – 11:00 am	9 wks	64061	\$44.91	
M	Sep 21 – Dec 7	5:15 pm – 6:15 pm	9 wks	64062	\$44.91	
Dorsay Community & Heritage Centre – Banquet Hall South						
Th	Sep 24 – Nov 26	5:15 pm – 6:15 pm	10 wks	64064	\$49.90	
George Ashe Library & Community Centre – Russel Franklin Room						
Th	Sep 24 – Nov 26	10:00 am – 11:00 am	10 wks	64063	\$49.90	

Tai Chi Beginner Level 2 55+

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

Dorsay Community & Heritage Centre – Banquet Hall South

Th	Sep 24 – Dec 3	4:00 pm – 5:00 pm	10 wks	64066	\$49.90	
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Chestnut Hill Developments Recreation Complex – Arena O'Brien Room A

M	Sep 21 – Dec 7	4:00 pm – 5:00 pm	9 wks	64065	\$44.91	
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M	Sep 21 – Dec 7	11:15 am – 12:15 pm	9 wks	64068	\$44.91	
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M	Sep 21 – Dec 7	12:30 pm – 1:30 pm	9 wks	64069	\$44.91	
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George Ashe Library & Community Centre – Russel Franklin Room

Th	Sep 24 – Dec 3	12:30 pm – 1:30 pm	10 wks	64067	\$49.90	
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Autumn Wellness Retreat

Something Special Is Returning...

Saturday, September 26

Our highly anticipated Wellness Retreat is back — and this year, it's reimagined with more experiences, more relaxation, and more opportunities to invest in you.

For one full day, immerse yourself in a carefully curated wellness experience at the stunning new Dorsay Community & Heritage Centre.

Enjoy a rejuvenating lineup of specialized classes, including Yoga, Pilates, and Tai Chi, followed by a deeply relaxing Sound Bath, designed to help you reset, recharge, and reconnect.



Explore the beauty of nature with optional activities such as an exclusive guided tour of Pickering Museum Village or a peaceful walk along scenic trails. Enjoy a delicious included lunch, refreshing breaks, and a day dedicated entirely to your well-being.

Be part of this unforgettable day of movement, mindfulness, and renewal.

Registration opens August 20.

Register online at pickering.ca/active

Pickering Museum Village

Events

Pickering Fairy Tour all ages

Explore the Museum Village, search for beautiful fairy homes, engage in themed crafts and activities, and learn all about the history and folklore of your favourite magical creatures. This event is perfect for the whole family!

Pickering Museum Village – Site

Sa Sep 19 10:00 am – 3:00 pm 64785 \$10.30

S Sep 20 10:00 am – 3:00 pm 64786 \$10.30

Myth & Moonlight: An After Dark Experience recommended for 12+

Step into an immersive evening of dark magic, treacherous creatures and twisted fairytales. Experience the Museum beneath the moonlight, where nothing is quite as it seems!

F Oct 2 7:00 pm – 10:00 pm 64790 \$25.52

Sa Oct 3 7:00 pm – 10:00 pm 64791 \$25.52

Beyond the Village Veil: Spirit Seeking 14+

Guided by professional psychic mediums, you will explore hotspots of unexplained activity and learn about the history of our buildings and those who lived (and died) inside of them. Come uncover the mysteries and energies that remain within our walls.

F Oct 9 8:00 pm – 10:00 pm 61648 \$51.04

F Oct 16 8:00 pm – 10:00 pm 61649 \$51.04

F Oct 23 8:00 pm – 10:00 pm 61650 \$51.04

F Oct 30 8:00 pm – 10:00 pm 61651 \$51.04

Pickering Ghost Walk recommended 12+

Led through the Village by lantern-light, this spine-tingling tour will turn even the toughest cynic into a believer...of the supernatural!

Thursday, Friday, and Saturday nights in October.
\$25.52 per person

Workshops

Charcuterie Board 16+

In this hands-on workshop, you'll learn woodworking basics — hand-cutting (optional!), sanding, wood-burning, and finishing — while designing a board perfect for your gatherings.

Pickering Museum Village – Blacksmith / Paint Shop

Sa Sep 26 9:00 am – 12:00 pm 61313 \$75.18

Sa Oct 31 9:00 am – 12:00 pm 61314 \$75.18

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 favourite flowers; this functional piece combines creativity and craftsmanship for a truly special project.

Pickering Museum Village – Blacksmith / Paint Shop

Sa Sep 12 9:00 am – 12:00 pm 61310 \$75.18

Porch Sign Painting 16+

You'll learn stenciling techniques and create a personalized, wax-sealed piece that's perfect for the season.

Pickering Museum Village – Blacksmith / Paint Shop

Sa Oct 17 9:00 am – 12:00 pm 61317 \$75.18

Sa Nov 7 9:00 am – 12:00 pm 61318 \$75.18

Crafted in Metal: Jewelry Making 12+

Transform old metals into a stunning, one-of-a-kind keepsake in this hands-on workshop. Leave with a personalized keychain, pendant, or ornament!

Pickering Museum Village – Blacksmith Shop

Sa Sep 5 10:00 am – 11:30 am 64226 \$37.59

S Sep 6 10:00 am – 11:30 am 64227 \$37.59



See website for detailed program listings.
pickeringmuseumvillage.ca

Aquatics Programs

Adult Learn to Swim

It's never too late to learn how to swim. Adult 1, Adult 2, and Adult 3 Program levels are offered at both pools and are available in both group, and female only class settings. The three program levels offer appropriate instruction for absolute beginners to swimmers with more experience.

View and register for these programs online at pickering.ca/active.

Aquafit Classes

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

Chestnut Hill Developments Recreation Complex - Pool

M	Sep 14 – Dec 14	1:00 pm – 1:45 pm	13 wks	64272	\$137.15
W	Sep 16 – Dec 16	2:00 pm – 2:45 pm	14 wks	64273	\$147.70
F	Sep 18 – Dec 18	1:00 pm – 1:45 pm	14 wks	64274	\$147.70

Aquafit - Basic 15+

Chestnut Hill Developments Recreation Complex - Pool

M	Sep 14 – Dec 14	9:00 am – 9:55 am	13 wks	64275	\$157.40
M	Sep 14 – Dec 14	8:00 pm – 8:55 pm	13 wks	64276	\$157.40
T	Sep 15 – Dec 15	9:00 am – 9:55 am	14 wks	64277	\$169.51
W	Sep 16 – Dec 16	1:00 pm – 1:55 pm	14 wks	64278	\$169.51
W	Sep 16 – Dec 16	8:00 pm – 8:55 pm	14 wks	64279	\$169.51
Th	Sep 17 – Dec 17	9:00 am – 9:55 am	14 wks	64280	\$169.51
F	Sep 18 – Dec 18	9:00 am – 9:55 am	14 wks	64281	\$169.51

Dunbarton Indoor Pool

T	Sep 15 – Dec 15	8:00 pm – 8:55 pm	14 wks	64602	\$169.51
Th	Sep 17 – Dec 17	8:00 pm – 8:55 pm	14 wks	64603	\$169.51

Aquafit - Deep H2O - Chestnut Hill Developments Recreation Complex – 15+

Chestnut Hill Developments Recreation Complex - Pool

T	Sep 15 – Dec 15	12:00 pm – 12:50 pm	14 wks	64282	\$147.70
Th	Sep 17 – Dec 17	12:00 pm – 12:50 pm	14 wks	64283	\$147.70

Aquafit - Nice and Easy - Chestnut Hill Developments Recreation Complex – 15+

Chestnut Hill Developments Recreation Complex - Pool

T	Sep 15 – Dec 15	1:00 pm – 1:45 pm	14 wks	64284	\$147.70
Th	Sep 17 – Dec 17	1:00 pm – 1:45 pm	14 wks	64285	\$147.70

Register online at pickering.ca/active



Public Swimming

Chestnut Hill Developments Recreation Complex Pool | 905.683.6582

Aug 31 – Dec 23	Lane Swim	Open Swim	Parent/Tot Swim (Tot pool also available during Open Swim)
Monday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm	11:00 am – 1:00 pm
Tuesday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm*	11:00 am – 1:00 pm
Wednesday	6:00 am – 3:00 pm*	3:00 pm – 5:00 pm	11:00 am – 1:00 pm
Thursday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm*	11:00 am – 1:00 pm
Friday	6:00 am – 3:00 pm* 9:00 pm – 9:55 pm	3:00 pm – 5:00 pm* 7:00 pm – 9:00 pm	11:00 am – 1:00 pm
Saturday & Sunday	n/a	1:00 pm – 4:00 pm	n/a

*May be shared pool use

Cancellations: Sept 7 (Labour Day), Oct 12 (Thanksgiving), Oct 17 & 18 (swim meet), Dec 4 (swim meet)

Dunbarton Indoor Pool | 905.683.6582

Aug 31 – Dec 23	Lane Swim	Open Swim	Female Swim
Monday	8:00 pm – 9:00 pm	7:00 pm – 8:00 pm*	n/a
Wednesday	8:00 pm – 9:00 pm	7:00 pm – 8:00 pm*	n/a
Saturday	n/a	n/a	4:15 pm – 5:15 pm

*May be shared pool use

Cancellations: Sept 7 (Labour Day), Oct 12 (Thanksgiving)

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.

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.

Rates	single	10 pass	3 mos	annual
Adult 18+	\$4.84	\$41.12	\$93.98	\$215.27
Adult 65+	\$3.15	\$26.78	\$59.01	\$145.33
Person w/ Disability	\$3.15	\$26.78	\$59.01	\$145.33

See website for additional details.

pickering.ca/aquatics

The next Municipal Election is on October 26, 2026



Find all of the information you're looking for at **pickering.ca/vote**

Visit **pickering.ca/vote** for key dates, voter and candidate information, voting methods, ward boundaries, and other helpful resources.

Check your information on the Voters List

Make sure you're on the list by August 12 at registertovoteon.ca.

Starting September 1, confirm your information on the Voters' List at pickering.ca/VotersList.

Know your ward before you vote

Pickering's ward boundaries have changed. Your ward determines which candidates you are eligible to vote for.

Before voting, confirm your ward at **pickering.ca/wards** using the City's Interactive Ward Map.

Watch for your Voter Information Package (VIP)

Your VIP should arrive in early October and will include your online voting credentials. If you didn't receive a VIP, have lost, or misplaced your VIP, visit City Hall, a Voter Assistance Centre, or a Voting Location for assistance.

Mark your calendar — vote early! October 19 – 26, 2026 — Internet Voting

Internet voting opens at **10:00 am on October 19** and remains available until **8:00 pm on October 26**.

It offers a convenient, simple, and secure way to vote from anywhere with internet access using a phone, tablet, or computer.

Vote on Election Day: October 26, 2026

On Election Day, electors can vote using **internet voting or by paper ballot**. Paper ballot voting is available only on October 26.

Election results

Official Election Results will be available after the close of voting on October 26, 2026, at **pickering.ca/vote**.

Questions or concerns? Contact the Municipal Elections Team at **elections@pickering.ca** or **905.420.4660 ext. 8683 (VOTE)**.



55+ Exclusive Events

Band Night

Two for the Show

Saturday, October 17

6:00 pm – 8:00 pm

Dorsay Community & Heritage Centre

Tickets on Sale: September 14

Seniors' Aging Well and Active Living Fair

Thursday, November 12

10:00 am – 2:00 pm

Chestnut Hill Developments Recreation Complex

Poinsettia Tea

Sunday December 6

2:00 pm – 4:00 pm

Chestnut Hill Developments Recreation Complex

Tickets on sale: November 5

Visit online for 55+ Aging Well Together events and activities happening this fall.

pickering.ca/55plus

City Events

SEPTEMBER

Pickering Car Show

Saturday, September 5 | 12:00 pm – 4:00 pm

Dorsay Community & Heritage Centre

Cultural Fusion

Saturday, September 12 | 11:00 am – 5:00 pm

Dorsay Community & Heritage Centre

OCTOBER

Fall Fling

Saturday, October 17 & Saturday, October 24

11:30 am – 3:00 pm

Millennium Square

Movie Night

Saturday, October 24 | 6:00 pm – 10:00 pm

Dorsay Community & Heritage Centre

NOVEMBER

Remembrance Day

Wednesday, November 11

10:45 am Procession | 11:00 am Ceremony

Esplanade Park, Cenotaph

Winter Nights, City Lights

Friday, November 13 & Saturday, November 14

5:30 pm – 8:30 pm

Esplanade Park & Chestnut Hill Developments Recreation Complex

See complete details and all event listings at
pickering.ca/events