

FALL 2026

Adult

Program Booklet

Registration Dates:

Wednesday, Aug. 12 programs open
for viewing online

Thursday, Aug. 20 at 7 a.m. programs open
for resident registration



burlington.ca/adult



Table of contents

Registration information Craft.....12-15
Ways to register 1 Dance.....16
General information 1 Day Trips..... 17
How to register..... 2 Fitness..... 17-22
How to drop-in 2 Games22-24
Drop-in Programs 3-7 Socials25-27
Registered Programs....8-32 Sport.....28-30
Arts 8-9 Wellness.....30-32
Continual Learning 10-11

Registration information

Season	View online	Resident registration	Non-resident registration
Fall 2026	Wednesday, Aug. 12	Thursday, Aug. 20, 7 a.m.	Friday, Aug. 28, 9 a.m.

Adult Day Trips:

Resident registration opens Thursday, Sept. 3 at 9 a.m.

Pickleball Workshops:

Registration and program information are expected to be shared in early fall.

Register early, programs

need a minimum number of participants to run. Your early registration commitment makes all the difference.

Program fees

Tax - All fees are advertised without tax. Applicable tax will be added on at the time of registration.

Non-Residents - Non-Resident fee is an additional \$13.60 per course and will be added on at the time of registration where applicable.

Adults and Adults 55+ -

Courses are open to adults 19+, unless marked 55+.

Legend - R-Resident fee -

When two fees are listed, the adult 55+ fee is marked with an asterisk.

*\$3.20 R - Resident 55+ years of age

\$3.70 R - Resident 19-54 years of age

NEW - Materials -

Materials list is attached at time of registration

Recreation Fee Assistance

The City of Burlington offers financial support for those who qualify, making recreation programs more accessible. To learn more, call 905-335-7738, ext. 8501 [confidential voicemail] or visit burlington.ca/feeassistance.

Three ways to register on launch day:



Online
liveandplay.burlington.ca



By phone
905-335-7738

- Call volumes are high on registration launch day. Our staff work hard to work through each call in a timely fashion.
- Credit card information must be saved to your account, or an account credit available to cover the full payment.



In person
• **Tansley Woods Community Centre**
• **Burlington Seniors' Centre**

- Customer service desks open at 7 a.m. for resident registration.
- Staff have the same access to programs as is available on the City's website. In-person does not give better or more access to programs.

To register you will need:

- **Your online registration account**
If you are new to registration, create your account before launch day. If you already have an account, ensure you know your username and password.
- **Your Course ID Number**
Browse the booklet or view courses online. Record the course names and ID numbers [including leading zeros, e.g., 00198256].
- **Your Method of Payment**
Add and save a credit card or apply account credit in advance to facilitate payment.
- **Waitlist**
If your preferred course is full, add your name to the waitlist.
- **For assistance**
Call 905-335-7738 or email liveandplay@burlington.ca.

Program information in this document is accurate at the time of publishing. Every effort has been made to ensure accuracy. For the most current details log in to your account at liveandplay.burlington.ca or call 905-335-7738.

How to register for a course

1. Go to liveandplay.burlington.ca and log in.

- If you don't have an account, click "Sign Up" and complete the "Don't Have a Login Yet?" form.
- You'll receive an email with a temporary password and login instructions.

2. After logging in, select the "Course Registration" tab.

3. Choose "Adult" to view Adult Programs.

4. Click "Show" to display all available courses within each program category.

5. Find your course and click "Register."

How to reserve a drop-in program

Drop-in programs open for Burlington residents to register online seven days plus two hours in advance, and for non-residents three days plus two hours in advance.

It is recommended to reserve your spot online.

Walk-up registrations will be accepted only if space is available.

To browse available programs, visit burlington.ca/dropinandplay.

Steps to register:

1. Select "Adult" under Select an Activity.

2. Use the filters to narrow your search by key word, location, service/program, or day of the week.

3. Find your course and click "Register."

Online registration virtual waiting room and virtual queue

On the resident registration launch morning of Thursday, Aug. 20, a virtual waiting room and virtual queue system is in place for online registration to ensure the best system performance and a fair, smooth process.

Important tip for launch morning

1. 6:45 – 6:59 a.m. – Log in to your account at liveandplay.burlington.ca, and then navigate to the Course Registration tab to join the virtual waiting room. You can log in anytime between 6:45 – 6:59 a.m., and there is room for everyone. Don't close or refresh your browser during this time.
2. 7 a.m. – When registration begins, everyone in the online virtual waiting room will be randomly assigned a place in the virtual queue. Don't close or refresh your browser during this time.

You'll see your estimated wait time, then you will be able to complete your online registration as usual once it's your turn.

For more details including frequently asked questions visit burlington.ca/registration.

Drop-in Programs

Arts

Drop-in Artistic Open Studio 55+

All skill levels and media are welcome! This Drop-in Artistic Open Studio is for art enthusiasts; bring your own preferred artistic mediums and join others in this social space for all to expressive creatively. The instructor is available for guidance, artistic suggestion, and the development of basic fine art skills.

Aldershot Arena

00290533	Th	Sep 17-Jun 24	Noon-2pm	\$5.40 R
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Drop-in Crochet Circle 55+

Enjoy this time to work on your own crochet project in a social setting while learning from classmates.

Burlington Seniors' Centre

00273944	Th	Sep 17-Jun 24	1:30-3:30pm	\$2.90 R
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Drop-in Guitar

For those who already know how to play guitar, drop-in and enjoy playing with others. Bring your own guitar or arrange a rental from your local music store.

Tansley Woods Community Centre

00273943	Tu	Sep 15-Jun 22	2:30-4:30pm	*\$5.40 R \$6.30 R
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Drop-in Guitar 55+

For those who already know how to play guitar, drop-in and enjoy playing with others. Bring your own guitar or arrange a rental from your local music store.

Burlington Seniors' Centre

00273946	Fr	Sep 18-Jun 25	12:30-2:30pm	\$5.40 R
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Drop-in Pottery Studio

This time is available for current Pottery participants only. Use this time to work on current class projects. This time cannot be used to create any new items. This program runs for two weeks prior to the end of every Pottery session.

Burlington Seniors' Centre

00273945	Sa	Oct 17-Jun 19	10am-Noon	*\$5.40 R \$6.30 R
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Fitness

Drop-in Boot Camp

A full-body, high-intensity workout that combines cardio and strength training. Come and join this fun and energetic class to improve multiple aspects of your fitness including building strength, raising your heart rate, and challenging your body.

Skyway Community Centre

00286854	Tu	Sep 15-Jun 22	7:15-8:15pm	*\$7.30 R \$9.80 R
00290631	Th	Sep 17-Jun 24	7:15-8:15pm	*\$7.30 R \$9.80 R

Drop-in Dance Fit

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

Burlington Seniors' Centre

00273561	Sa	Sep 19-Jun 26	9:30-10:30am	*\$7.30 R \$9.80 R
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Drop-in Stride, Tone and Stretch

Enjoy a full-body workout with this foundational program. Begin by walking at your own pace while incorporating various steps and arm movements to warm up your body. Move to the mat for full body toning exercises that build strength and condition muscles using a variety of hand weights, resistance bands and body weight, finishing with a core stretch on the mat. This class is suitable for all fitness levels, please bring your own yoga mat.

Tansley Woods Community Centre

00273583	Mo	Sep 28-Jun 21	8-9am	*\$7.30 R \$9.80 R
00273551	We	Sep 16-Jun 23	8-9am	*\$7.30 R \$9.80 R
00273545	Fr	Sep 18-Jun 25	8-9am	*\$7.30 R \$9.80 R
00273564	Fr	Sep 18-Jun 25	9:30-10:30am	*\$7.30 R \$9.80 R

Drop-in Total Body Conditioning

A full-body workout that combines strength training and aerobic conditioning, which is suitable for all fitness levels. This program will benefit your overall strength and cardiovascular endurance.

Tansley Woods Community Centre

00273565	Sa	Sep 19-Jun 19	8-9am	*\$7.30 R \$9.80 R
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Drop-in Walk Fit with Weights 55+

This full-body workout is tailored specifically to your needs in a great way to stay physically and mentally fit. Exercises using light weights will be used by instructor. Please bring your own yoga mat.

Skyway Community Centre

00266146	Su	Sep 20-Jun 27	8-9am	*\$7.30 R \$9.80 R
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Drop-in Zumba

Zumba is a dance-based fitness technique that combines elements of salsa, samba, merengue, reggaeton and hip-hop with cardio exercise moves to create a fast-paced, heart-pumping workout. Please wear comfortable clothing and shoes.

Burlington Seniors' Centre

00273571	Mo	Sep 14-Jun 21	7-8pm	*\$7.30 R \$9.80 R
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Skyway Community Centre

00290635	Tu	Sep 15-Jun 22	6-7pm	*\$7.30 R \$9.80 R
00273580	Th	Sep 17-Jun 24	6-7pm	*\$7.30 R \$9.80 R

Tansley Woods Community Centre

00273546	We	Sep 16-Jun 23	6:15-7:15pm	*\$7.30 R \$9.80 R
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Drop-in Zumba Sentao

Zumba Sentao combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.

Burlington Seniors' Centre

00273574	We	Sep 16-Jun 23	6-7pm	*\$7.30 R \$9.80 R
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Games

Drop-in Board Games 55+

Join friends new and old for a lively drop-in program featuring the best board games!

Burlington Seniors' Centre

00273951	Mo/Fr	Sep 14-Jun 25	11:30am-2pm	\$3.20 R
00273961	Tu	Sep 15-Jun 22	Noon-2pm	\$2.90 R

Drop-in Bid Euchre 55+

Enjoy a game of Euchre. No instruction provided, intermediate to advanced level of play. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Burlington Seniors' Centre

00273959	Fr	Sep 18-Jun 25	2:45-5:15pm	\$3.20 R
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Drop-in Cribbage 55+

Partners not required! Friendly game of cribbage played with two, three or four players depending on attendance. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Burlington Seniors' Centre

00273958	Tu	Sep 15-Jun 22	9:15-11:45am	\$3.20 R
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Drop-in Euchre

Try out this very popular card game held weekly. Must be familiar with game-play. No instruction provided. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Tansley Woods Community Centre

00273956	Mo	Sep 14-Jun 21	6:30-9pm	\$3.20 R \$3.70 R
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Drop-in Party Bridge 55+

Come out and join us! Partners are not required for this friendly rotating game of bridge. No instruction will be provided; intermediate or advanced level of play is preferred for game flow.

Burlington Seniors' Centre

00273960	We	Sep 16-Jun 23	1-3:30pm	\$3.20 R
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Drop-in Snooker 55+

Enjoy a game of snooker! Limited cues available, participants are encouraged to bring their own. Total capacity for area is 12 people, and participants can organize numbers at the tables.

Burlington Seniors' Centre

00273957	Mo/We/Fr/Sa	Sep 14-Jun 26	8:30am-12:30pm	\$3.50 R
00273955	Mo-Fr	Sep 14-Jun 25	12:45-4:45pm	\$3.50 R

Socials

Drop-in Bingo for Prizes Social 55+

The classic social game with a twist. Every player wins. A treasure chest of chocolates, small gifts, and treats for players to choose from. Program includes coffee, tea, conversation, and cookies. Program offered every other week.

Skyway Community Centre

00291061	Tu	Sep 15-Jun 8	12:30-2pm	\$5.60 R
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Drop-in Coffee and Boardgames Social 55+

Connect over coffee and boardgames. Bring your own board game or enjoy our a stock game of Mexican train, backgammon, chess, scrabble, decks of cards. Keep your mind sharp and solve the mystery of the day, featured riddles, and crossword. Occurs every other week. Includes bakery item.

Tansley Woods Community Centre

00291098	We	Sep 23-Jun 16	10:45am-12:15pm	\$5.15 R
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Drop-in Documentaries and Coffee Social 55+

Join fellow participants to view a documentary film over a cup of coffee and morning snacks. Program offered every other week.

Sept. 15: Abba: Super Troupe

Sept. 29: Woodstock's Enduring Impact

Oct. 13: The Entire History of Canada [in 25 minutes]

Oct. 27: Discovering Vincent Price- The Man behind the Mask

Skyway Community Centre

00290858	Tu	Sep 15-Jun 8	10:30am-Noon	\$5.15 R
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Sport

Drop-in Badminton - All Levels

Enjoy a game of recreational, non-competitive badminton. Bring your own racquet and birdies. Nets provided. All levels welcome.

Alton Community Centre

00274833	Tu	Sep 15-Jun 22	5:45-7:45pm	*\$4.00 R \$5.00 R
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Brant Hills Community Centre

00274851	Tu	Sep 15-Jun 22	1-3pm	*\$4.00 R \$5.00 R
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00274853	Th	Sep 17-Jun 24	1-3pm	*\$4.00 R \$5.00 R
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Robert Bateman Community Centre

00274858	Mo	Sep 14-Jun 21	8-10pm	*\$4.00 R \$5.00 R
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Drop-in Badminton - All Levels 55+

Enjoy a game of recreational, non-competitive badminton. Bring your own racquet and birdies. Nets provided. All levels welcome.

Robert Bateman Community Centre

00287163	We	Sep 16-Jun 23	1:15-3:15pm	\$4.00 R
00287637	Fr	Sep 18-Jun 25	1:15-3:15pm	\$4.00 R

Drop-in Pickleball - All Levels

Enjoy a game of recreational, non-competitive pickleball. Bring your own paddle and ball. Nets are provided. All levels welcome. Please note: This is an unsupervised program. Participants are expected to be respectful, share the court fairly, and demonstrate good sportsmanship at all times.

Alton Community Centre

00274845	Mo	Sep 14-Jun 21	2:30-4:30pm	*\$4.00 R \$5.00 R
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Brant Hills Community Centre

00274827	We	Sep 16-Jun 23	11:15am-1:15pm	*\$4.00 R \$5.00 R
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Burlington Seniors' Centre

00274810	Sa	Sep 19-Jun 26	11:15am-1:15pm	*\$4.00 R \$5.00 R
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00274816	Sa	Oct 3-Jun 26	9-11am	*\$4.00 R \$5.00 R
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Central Arena

00274831	Fr	Sep 18-Jun 25	2:15-4:15pm	*\$4.00 R \$5.00 R
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00274823	Fr	Sep 18-Jun 25	Noon-2pm	*\$4.00 R \$5.00 R
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00274849	Sa	Sep 19-Jun 26	12:15-2:15pm	*\$4.00 R \$5.00 R
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00274843	Sa	Sep 19-Jun 26	2:30-4:30pm	*\$4.00 R \$5.00 R
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Mainway Ice Centre

00274819	Mo	Sep 14-Jun 21	9-11am	*\$4.00 R \$5.00 R
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00274859	Tu	Sep 15-Jun 22	4-6pm	*\$4.00 R \$5.00 R
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00274852	Tu	Sep 15-Jun 22	9-11am	*\$4.00 R \$5.00 R
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00274837	We	Sep 16-Jun 23	10am-Noon	*\$4.00 R \$5.00 R
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00274817	Th	Sep 17-Jun 24	6:45-8:45pm	*\$4.00 R \$5.00 R
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00274838	Th	Sep 17-Jun 24	4:30-6:30pm	*\$4.00 R \$5.00 R
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00274836	Fr	Sep 18-Jun 25	9:30-11:30am	*\$4.00 R \$5.00 R
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00274808	Fr	Sep 25-Jun 25	4:30-6:30pm	*\$4.00 R \$5.00 R
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00274811	Fr	Sep 25-Jun 25	6:45-8:45pm	*\$4.00 R \$5.00 R
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00274835	Sa	Sep 19-Jun 26	7:45-9:45pm	*\$4.00 R \$5.00 R
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00274809	Sa	Sep 19-Jun 26	5:30-7:30pm	*\$4.00 R \$5.00 R
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Robert Bateman Community Centre

00287634	Tu	Sep 15-Jun 22	1:15-3:15pm	*\$4.00 R \$5.00 R
00287635	Th	Sep 17-Jun 24	1:15-3:15pm	*\$4.00 R \$5.00 R

Skyway Community Centre

00274850	Tu	Sep 15-Jun 22	8-10pm	*\$4.00 R \$5.00 R
00274846	Th	Sep 15-Jun 24	8-10pm	*\$4.00 R \$5.00 R
00274828	Sa	Sep 19-Jun 26	8:30-10:30am	*\$4.00 R \$5.00 R
00266144	Sa	Sep 19-Jun 26	8:30-10:30am	*\$4.00 R \$5.00 R

Tansley Woods Community Centre

00274813	Mo	Sep 14-Jun 21	11am-1pm	*\$4.00 R \$5.00 R
00274830	Tu	Sep 15-Jun 22	1:30-3:30pm	*\$4.00 R \$5.00 R

Drop-in Pickleball - All Levels 55+

Enjoy a game of recreational, non-competitive pickleball. Bring your own paddle and ball. Nets are provided. All levels welcome. Please note: This is an unsupervised program. Participants are expected to be respectful, share the court fairly, and demonstrate good sportsmanship at all times.

Skyway Community Centre

00274844	Mo/We	Sep 14-Jun 23	12:15-2:15pm	\$4.00 R
00274854	Fr	Sep 18-Jun 25	10:45am-12:45pm	\$4.00 R

Drop-in Soccer - All Levels

Enjoy a game of recreational, non-competitive soccer.

Brant Hills Community Centre

00287626	Mo	Sep 14-Jun 21	7:15-9:15pm	*\$4.00 R \$5.00 R
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Drop-in Table Tennis

Come out and play some table tennis! Please bring your own paddle and balls. Players should be familiar with rules as no instruction will be provided.

Brant Hills Community Centre

00274814	Mo	Sep 14-Jun 21	9-11am	*\$4.00 R \$5.00 R
00274848	We	Sep 16-Jun 23	9-11am	*\$4.00 R \$5.00 R
00274840	Fr	Sep 18-Jun 25	9-11am	*\$4.00 R \$5.00 R

Drop-in Table Tennis 55+

Come out and play some table tennis! Please bring your own paddle and balls. Players should be familiar with rules as no instruction will be provided.

Burlington Seniors' Centre

00274857	Fr	Sep 18-Jun 25	2:45-4:45pm	\$4.00 R
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Wellness**Drop-in Yoga**

Focus on breath, body and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Bring your own yoga mat.

Skyway Community Centre

00273587	Mo/We/Fr	Sep 14-Jun 25	9:30-10:30am	*\$7.30 R \$9.80 R
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Tansley Woods Community Centre

00274861	Th	Sep 17-Jun 24	11:45am-12:45pm	*\$7.30 R \$9.80 R
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Drop-in Yoga - Chair 55+

An inclusive and mindful program designed to remain seated or using the chair for stability with the same emphasis on stretching, breathing and strengthening. Clear modifications provided to optimize participation for all. Please bring your own yoga mat.

Skyway Community Centre

291303	Mo	Sep 14-Jun 21	10:45-11:45am	*\$7.30 R \$9.80 R
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Registered Programs

Arts

Acoustic Jam Session - Stringed Instruments Club

This program provides participants with the opportunity to enjoy and learn music in a relaxed social environment. Please bring your own acoustic stringed instrument (guitar, ukulele, mandolin etc.) Basic instrument knowledge is necessary. Although not mandatory, it is recommended that participants have data enabled smart devices available for use (iPad/tablets) as song sheets are internet based.

Burlington Seniors' Centre

00273238	We	Sep 16-Dec 16	7-9pm	*\$75.60 R \$88.20 R
00273257	Sa	Sep 19-Dec 19	1-3pm	*\$64.80 R \$75.60 R

Acrylic Painting Workshop - Highland Cow

This piece depicts the head and face of a cute long-haired highland cow. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

Burlington Seniors' Centre

00273199	Th	Sep 24	5:30-8:30pm	*\$20.00 R \$25.00 R
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Acrylic Painting Workshop - Tuscan Countryside

This piece depicts the hills of Tuscany complete with villa and cypress trees. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

Burlington Seniors' Centre

00273198	Th	Nov 19	5:30-8:30pm	*\$20.00 R \$25.00 R
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Autumn Card Making

What's better than giving and receiving a handmade card? You will create three lovely autumn-themed cards, using ink and pencil crayons. Little to no artistic talent needed! A Material fee of \$10 is required and will be added on at the time of registration.

Tansley Woods Community Centre

00290311	Th	Oct 1	12:30-2:30pm	*\$10.00 R \$12.00 R
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Bob Ross Style Oil Painting Workshop - Around the Bend

This wet-on-wet style oil painting scene depicts the bend in a river surrounded by fields, trees, and rocks. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

Burlington Seniors' Centre

00273226	Th	Dec 17	5:30-8:30pm	*\$20.00 R \$25.00 R
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Bob Ross Style Oil Painting Workshop - Water Lilies

This wet-on-wet style oil painting scene depicts water lilies in a marsh. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A \$35 materials fee, covering all supplies, will be added at the time of registration.

Burlington Seniors' Centre

00273253	Th	Oct 15	5:30-8:30pm	*\$20.00 R \$25.00 R
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Creative Art Studio 55+

Join this social group of budding artists to work on your own pastel, watercolor, pencil, pen, acrylic or mixed media project. All levels are welcome provided beginners can work independently and have a foundation in the art form of their choosing. The instructor is available for guidance, assistance and to inspire exploration. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273258	We	Sep 16-Dec 16	1:30-3:30pm	\$96.60 R
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Drawing Foundations 55+

Create small projects weekly in graphite pencil, coloured pencil, and charcoal while training your brain how to see, map relationships, and mimic forms presented in still life vignettes. Rudimentary drawing techniques are taught so the class learns how to quiet the mind and capture the essence of the objects. Beginners welcome. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273228 Mo Sep 14-Dec 14 1:45-3:45pm \$89.70 R

Holiday Card Making

What's better than giving and receiving a handmade card? You will create three lovely holiday-themed cards, using ink and pencil crayons. Little to no artistic talent needed! A Material fee of \$10 is required and will be added on at the time of registration.

Tansley Woods Community Centre

00273372 Th Dec 17 12:30-2:30pm *\$10.00 R
\$12.00 R

Introduction to Watercolour 55+

All skill levels are welcome; bring a pen and notepad, and resist purchasing new materials. The material examples presented in this introductory first session will enable informed material choices and where to buy them. Demonstrations teach participants the fundamentals of watercolour painting, which participants can apply to their favourite subject choices or an assigned one.

Aldershot Arena

00290528 Th Sep 17-Dec 17 9:45-11:45am \$96.60 R

Ukulele - Beginner

In this fun and interactive program, you will explore the basics of ukulele. The instructor keeps things fun using familiar songs and encouragement in every class. Bring your own ukulele.

Burlington Seniors' Centre

00273373 Fr Sep 18-Dec 18 3-4pm *\$81.20 R
\$89.60 R
00273389 Fr Sep 18-Dec 18 5:30-6:30pm *\$81.20 R
\$89.60 R

Ukulele - Intermediate

In this fun and interactive program, you will build on fundamentals of ukulele. The instructor keeps things fun using familiar songs and encouragement in every class. Bring your own ukulele.

Burlington Seniors' Centre

00273451 Fr Sep 18-Dec 18 6:45-7:45pm *\$81.20 R
\$89.60 R
00273450 Fr Sep 18-Dec 18 4:15-5:15pm *\$81.20 R
\$89.60 R

Watercolour 55+ Intermediate

In this intermediate watercolour painting program, you will receive personalized guidance on your paintings so you can continue to progress in your work. Previous experience required. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273194 Tu Sep 15-Dec 15 1:30-3:30pm \$96.60 R

Continual Learning

Ancient Philosophy for the Modern World

In this course we will examine the philosophies of the greatest thinkers in ancient history with a view towards making use of their wisdom in our modern lives and dilemmas. We will focus primarily on the early Western philosophers of ancient Greece, with occasional reference to other traditions such as those of ancient China and India. Besides coverage of the basic material, time will be allotted to interactive discussion and debate, and the utilization of their wisdom in our everyday affairs.

Burlington Seniors' Centre

00273386 Mo Sep 14-Dec 14 4-6pm *\$89.70 R
\$109.20 R

Current Affairs 55+

Come and join this group discussion program to explore the latest news stories from around the world!

Burlington Seniors' Centre

00290757 Mo Sep 14-Dec 14 9:15-11:15am \$37.70 R
00290756 Mo Sep 14-Dec 14 11:30am-1:30pm \$37.70 R
00290272 Th Sep 17-Dec 17 11:15am-1:15pm \$40.60 R
00290271 Th Sep 17-Dec 17 11:15am-1:15pm \$40.60 R

Genealogy Club 55+

Are you researching your Family Tree, and looking for like minded people who share your interest? Join Genealogy Club, where discussion is lively, informative, wide ranging and the suggestions are plentiful. Participants need a working knowledge of genealogy research. This program occurs bi-weekly.

Burlington Seniors' Centre

00273379 Fr Sep 18-Dec 11 9:30-11:30am \$20.30 R

Great Literature and Inspiration to Music, Art and Theatre 55+

Explore how great books influenced inspiration and amazing creativity in the arts, from opera and music, to film and dance. Great literature has always inspired great art, this class will make those connections.

Burlington Seniors' Centre

00273381 Tu Sep 15-Dec 15 9:15-11:15am \$96.60 R

History Explorers Club 55+

This club will offer an analysis of various historical topics that will be discussed by class participants and invited speakers. Extensive historical knowledge is not required. Come discover and explore the importance of history! Program occurs bi-weekly.

Burlington Seniors' Centre

00273390 Tu Sep 15-Dec 8 11:30am-1pm \$17.50 R

History of British Art and Music 55+

See and hear some of the most beloved art and music of Great Britain. The pastoral sounds, sea waves, myths and stories come alive from the old country. Learn the beautiful stories and lives of creative British artists.

Burlington Seniors' Centre

00273378 We Sep 16-Dec 16 9:30-11:30am \$96.60 R

History of Pottery from Earthenware to Porcelain 55+

Explore the anthropological innovation of ceramics, from kitchen ware to beautiful art objects. Discover the uniqueness of this craft from its function to form through the process of hand manipulated clay.

Burlington Seniors' Centre

00286466 Fr Sep 18-Dec 11 1-3pm \$89.70 R

Introduction to Spanish 55+

Introduction to Spanish is for people with zero knowledge of Spanish. The objective of Introduction to Spanish is to give you a general idea of Spanish grammar, pronunciation, spelling, and numbers. This course is a requirement for Spanish 55 Level One.

Burlington Seniors' Centre

00273369 Mo Sep 14-Dec 14 10-11am \$69.60 R

Spanish 55+ Level One

Learn Spanish with basic conversation, grammar and vocabulary skills. Must have experience speaking basic language or completion of the Introduction to Spanish 55 program.

Burlington Seniors' Centre

00273377 Mo Sep 14-Dec 14 12:30-1:30pm \$69.60 R
00273367 Tu Sep 15-Dec 15 10-11am \$81.20 R

Spanish 55+ Level Two

Building on grammar and vocabulary learned in Introduction to Spanish and Spanish Level One or similar experience. Participants will practice conversation, grammar and vocabulary skills. Prerequisite: Introduction to Spanish and Spanish Level One or relevant experience.

Burlington Seniors' Centre

00273365 Mo Sep 14-Dec 14 11:15am-12:15pm \$69.60 R

Technology 55+ Smartphones and Tablets

In this program, we will learn how to use the basic functions of our smartphones or tablets and how to troubleshoot common problems. Topics taught tailored to specific needs of participant group. Bring your own data enabled smartphone or tablet.

Burlington Seniors' Centre

00273368 Th Sep 17-Oct 8 1:30-3pm \$25.20 R

Western History - Ancient World 55+

This program starts with a chronological survey of Western history starting with prehistoric man and ancient and classic world civilizations such as Ancient Egypt, Greece and Rome. Some attempt at a global perspective will be made through comparisons with other great world civilizations.

Burlington Seniors' Centre

00273376 Th Sep 17-Dec 17 1:30-3:30pm \$96.60 R

Writing for Children 55+

Geared towards writing for children, for a grandchild, perhaps, or just for fun, this course will look at theories and examples, to help you get a better understanding of some techniques and forms. There will be opportunities to write and receive a respectful critique of your work. There will also be some hands-on work creating pop-up cards, and the course will end with you creating an original, illustrated children's book. No previous experience is needed, just a willingness to learn, share, and have fun.

Tansley Woods Community Centre

00273382 Th Sep 17-Dec 17 9:30-11:30am \$96.60 R

Craft

Art Journaling 55+

Express your thoughts through color, texture and imagery. Each class encourages creative exploration, experimentation and personal storytelling. Materials are provided with the addition of an \$20 material fee. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273438 Mo Sep 14-Dec 14 10am-Noon \$89.70 R

Boutique Ladies Club 55+

Join the Boutique Ladies volunteer group and create handicrafts such as knitting, crocheting, quilting, beading, jewelry work, leather craft etc. with other craft enthusiasts! This group creates projects for fund-raising purposes. Socializing and sharing work is a focus!

Burlington Seniors' Centre

00273394 Th Sep 17-Dec 17 8:30-11am Free R

Crochet - Beginner

Participants will learn how to make and execute basic crochet stitches and use them to create projects following a simple pattern. Right-handed crochet will be taught. A material list will be attached at time of registration.

Skyway Community Centre

00286448 Sa Sep 19-Dec 19 1:30-3:30pm *\$96.60 R
\$117.60 R

Crochet 55+ Beginner

Participants will learn how to make and execute basic crochet stitches and use them to create projects following a simple pattern. Right-handed crochet will be taught. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273410 Tu Sep 15-Dec 15 1:45-3:45pm \$96.60 R

Crochet 55+ Intermediate

Participants will continue honing their skills in crochet, using the basic stitches they have learned to work on advanced patterns and larger projects. A basic knowledge of crochet is required to take this course. Right-handed crochet will be taught. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273398 We Sep 16-Dec 16 1:45-3:45pm \$96.60 R

Focaccia Bread Design Workshop

Craft edible art and connect through community. This program blends focaccia bread decorating with shared stories, cultural flair and joy gathering. Learn the history and techniques behind this beloved Italian bread while turning dough into botanical masterpieces. A material fee of \$15 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00273408 Sun Oct 18 10am-1pm *\$20.00 R
\$25.00 R

Junk Journaling 55+

A junk journal is a creative, mixed media note book, build from everyday scraps and meaningful ephemera. Learn how to assemble and decorate your own journal, turning simple materials into a functional keepsake. A material list will be attached at time of registration.

Burlington Seniors' Centre

00273434 Mo Sep 14-Dec 14 1-3pm \$89.70 R

Knitting Club 55+

Calling all knitters! Join us for this informal, casual knitting circle with fellow fibre enthusiasts! Program leader will be on hand for advice and assistance.

Burlington Seniors' Centre

00273423 We Sep 16-Dec 16 1-3:15pm \$40.60 R

Model Makers Club 55+

For novice, current or former modelers or anyone interested in trying scale modeling. Work on honing your modeling techniques, review current projects and work on a current build with like-minded classmates.

Burlington Seniors' Centre

00273395 Th Sep 17-Dec 17 9-11am \$40.60 R

Pottery - Ancient Oil Lamp Workshop

Learn a little piece of history as we walk through the steps to build a clay oil lamp, just like those from ancient times. Once common household items, oil lamps are made using simple handbuilding techniques such as coiling and coloured slip application. In this single-session workshop you will create and decorate an oil lamp that will be fully functional! All materials are provided and included in the \$15 material fee.

Burlington Seniors' Centre

00273429	Su	Oct 4	10am-1pm	*\$20.00 R \$25.00 R
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Pottery - Gingerbread Ornament Workshop

Learn to cut and decorate a seasonal ornament. This program is suitable for beginners as well as those with prior experience. Participants will receive 2 ornaments (a gingerbread man and a house ornament) A \$15 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, clay, and seasonal treat and refreshment.

Burlington Seniors' Centre

00291041	Su	Dec 13	2-5pm	*\$20.00 R \$25.00 R
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Pottery - Intro to Ceramics

This beginner program is a playful, hands on class where students rotate between the wheel and hand building to explore the fundamentals of working with clay. This process focused session teaches centering, shaping, and basic forming techniques while encouraging creative experimentation. No finished pieces are made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00273431	Mo	Sep 14-Oct 26	5:30-7:30pm	*\$41.40 R \$50.40 R
00273439	Th	Sep 17-Oct 22	5:30-7:30pm	*\$41.40 R \$50.40 R

Pottery - Intro to Glazes

This beginner program is a playful, hands on class where students explore the fundamentals of working with glazes, slips, underglazes, and stains. This process focused session teaches basic application of underglaze, stains, slips, layered glazing techniques while encouraging creative experimentation. No finished pieces are made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00289258	Th	Oct 29-Dec 3	5:30-7:30pm	*\$41.40 R \$50.40 R
00288246	Mo	Nov 2-Dec 7	5:30-7:30pm	*\$41.40 R \$50.40 R

Pottery - Slip Transfers Workshop

Participants will learn how to decorate clay surfaces using slip transfer techniques. Exploring layering, pattern, and image transfer to create unique ceramic designs on prepared clay pieces. This workshop is suitable for intermediate level of experience. All materials are provided and included in the \$15 material fee.

Burlington Seniors' Centre

00290988	Su	Oct 25-Nov 1	10am-1pm	*\$25.80 R \$30.80 R
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Pottery - Where Glaze Meets Sgraffito

An exploration of surface decoration through sgraffito and glaze. Participants will create carved designs on a pre-made ceramic cup while investigating the contrast between texture, line, and glazed surfaces. This workshop is suitable for intermediate level of experience. All materials are provided and included in the \$15 material fee.

Burlington Seniors' Centre

00290989	Su	Nov 29-Dec 6	10am-1pm	*\$25.80 R \$30.80 R
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Pottery 55+ Intro to Ceramics

This beginner program is a playful, hands on class where students rotate between the wheel and hand building to explore the fundamentals of working with clay. This process focused session teaches centering, shaping, and basic forming techniques while encouraging creative experimentation. No finished pieces are made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00273418	Th	Sep 17-Oct 22	10am-Noon	\$41.40 R
00290278	Th	Oct 29-Dec 3	10am-Noon	\$41.40 R
00273407	Th	Sep 17-Oct 22	1:30-3:30pm	\$41.40 R
00288251	Th	Oct 29-Dec 3	1:30-3:30pm	\$41.40 R
00273424	Fr	Sep 18-Oct 23	2-4pm	\$41.40 R
00273400	Fr	Oct 30-Dec 4	2-4pm	\$41.40 R

Pottery 55+ Intro to Glazes

This beginner program is a playful, hands on class where students explore the fundamentals of working with glazes, slips, underglazes, and stains. This process focused session teaches basic application of underglaze, stains, slips, layered glazing techniques while encouraging creative experimentation. No finished pieces are made. Students leave with the confidence and knowledge to continue their pottery journey.

Burlington Seniors' Centre

00273430	Fr	Sep 18-Oct 23	11:30am-1:30pm	\$41.40 R
00273412	Fr	Oct 30-Dec 4	11:30am-1:30pm	\$41.40 R

Pottery Project - Beginner Level - Book Ends

Learn the basics of sculpting in clay using simple hand building techniques to create a pair of book ends for a small collection of books. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00273421	Tu	Sep 15-Oct 20	5:30-7:30pm	*\$41.40 R \$50.40 R
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Pottery Project - Intermediate Level - Figurative Sculpture

Learn the basics of sculpting in clay using simple hand building techniques, principles in surface decoration and glaze application to create a human or animal form. From realistic anatomical studies to stylized, abstract narratives, this project will highlight clay as an expressive medium. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00273444	Sa	Oct 31-Dec 5	12:30-2:30pm	*\$41.40 R \$50.40 R
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Pottery Project - Intermediate Level - Luminaries

This hand building course is your opportunity to make something custom that reflects your personal style. Plan and build a ceramic base for a fully functional lamp. Use hand building techniques to complete a one of a kind piece of decor. Ideal for those with some clay experience. Portioned clay is provided with the addition of a \$27 material fee. This covers costs associated with firing, glazing, and clay. Some lifting required.

Burlington Seniors' Centre

00273396	Sa	Sep 19-Oct 24	12:30-2:30pm	*\$41.40 R \$50.40 R
00273409	Tu	Oct 27-Dec 1	5:30-7:30pm	*\$41.40 R \$50.40 R

Pottery Project 55+ Beginner Level - Book Ends

Learn the basics of sculpting in clay using simple hand building techniques to create a pair of book ends for a small collection of books. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00273425	Tu	Sep 15-Oct 20	2-4pm	\$41.40 R
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Pottery Project 55+ Intermediate Level - Figurative Sculpture

Learn the basics of sculpting in clay using simple hand building techniques, principles in surface decoration and glaze application to create a human or animal form. From realistic anatomical studies to stylized, abstract narratives, this project will highlight clay as an expressive medium. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00273413	Tu	Oct 27-Dec 1	2-4pm	\$41.40 R
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Pottery Project 55+ Intermediate Level - Functional Ware

Learn the basics of hand building with clay using coil, pinch and slab techniques to build a flower vase and mug. Emphasis will be on construction using provided templates, surface decoration and glaze application. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00273414	We	Sep 16-Oct 21	10am-Noon	\$41.40 R
00273436	We	Sep 16-Oct 21	1-3pm	\$41.40 R

Pottery Project 55+ Intermediate Level - Seasonal Decor

Learn the basics of hand building with clay using coil, pinch and slab techniques to build a slab house, holiday trees and snow people. Emphasis will be on construction using provided templates, surface decoration and glaze application. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Portioned clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00290276	We	Oct 28-Dec 2	10am-Noon	\$41.40 R
00290277	We	Oct 28-Dec 2	1-3pm	\$41.40 R

Quilting and Sewing Club 55+

In a social club environment, work on quilting and/or sewing projects with others. The participant will need a working domestic sewing machine to bring to class. No instructor on-hand.

Burlington Seniors' Centre

00273435	Tu	Sep 15-Dec 15	1-4pm	\$49.00 R
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Seasonal Cupcake Decorating Workshop

Join a fun and inspiring workshop. This hands-on experience is perfect for everyday bakers who want to learn advanced decorating techniques in a relaxed, social setting. You'll explore piping styles, edible art, and themed designs while connecting with others and creating cupcakes that look as good as they taste. No pressure, just creativity, laughter, and sweet take-home treats. A material fee of \$12 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00273416	Su	Nov 8	10am-1pm	*\$20.00 R
				\$25.00 R

Seasonal Shortbread Workshop

Join a fun and inspiring workshop. This hands-on experience is perfect for everyday bakers who want to learn to make seasonal shortbread cookies that look as good as they taste. No pressure, just creativity, laughter, and sweet take-home treats. A material fee of \$12 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00273401	Su	Dec 13	10am-1pm	*\$20.00 R
				\$25.00 R

Dance

Ballroom Line Dance 55+ Level Two

The instructor adds a little more complexity to the ballroom steps learned in Level One to offer more challenge and movement for Ballroom dancers. Verbal cues keep everyone active, dancing, learning, and progressing in each class.

Burlington Seniors' Centre

00273460 Fr Sep 18-Dec 18 1-2:30pm \$88.20 R

Introduction to Egyptian Belly Dance

Discover the beauty, artistry, and joy of Egyptian Belly Dance. Designed for newcomers and dancers seeking to refresh skills, this course introduces the foundational techniques the form the heart of this elegant and expressive dance style. Participants will learn and refine essential hip and upper-body movements while developing greater body awareness, coordination, posture, and musicality. Participants will have a solid understanding of fundamental Egyptian Belly Dancing principles, and will learn a complete choreography which can serve as a foundation for continued study.

Burlington Seniors' Centre

00290554 Mo Sep 14-Dec 7 5:15-6:45pm *\$69.30 R
\$84.70 R
00290764 Fr Sep 18-Dec 4 5:30-7pm *\$75.60 R
\$92.40 R

Jazz - Beginner

Participants will learn basic jazz steps and how to execute them in basic jazz routines taught in class. Participants will learn steps such as Ball Change, Pivot Turn, Isolations, Jazz Walk, Pas de Bourree, Grape Vine, and Foot Positions.

Tansley Woods Community Centre

00273456 We Sep 16-Dec 16 7:30-8:30pm *\$81.20 R
\$89.60 R
00286449 Sa Sep 19-Dec 19 3:45-4:45pm *\$81.20 R
\$89.60 R

Line Dance 55+ Level One

This class will begin at an Absolute Beginner level and progress to Easy Intermediate level if possible. Dance Music of all genres will hopefully entertain and inspire you, including Country Two-Step, Waltzes, and various Latin rhythms such as the Rhumba and Cha Cha

Burlington Seniors' Centre

00286835 Mo Sep 14-Dec 14 12:30-1:30pm \$75.40 R

Line Dancing 55+ Beginner

This program is for beginners with little to no dance experience. Join this fun and energetic class where you will learn basic line steps, choreography and dance terminology with like-minded participants!

Burlington Seniors' Centre

00273455 Tu Sep 15-Dec 15 3:30-5pm \$81.90 R

Line Dancing 55+ Beginner Plus

This program is for beginners who wish to build on their base knowledge of line dancing in a fun and energetic class; you will learn basic line steps, choreography and dance terminology with like-minded participants!

Burlington Seniors' Centre

00273461 We Sep 16-Dec 9 3:45-5:15pm \$81.90 R

Day Trips

Day Trip - Famous People Players Dinner Theatre

Sing, dance, and dine with the Famous Peoples Players. Includes a delicious lunch, lively performance, and luxury coach transportation. and the FPP 2026 Holiday production. Reception and check in opens at 10 a.m., bus departs at 10:30 a.m. No refunds for day trips.

Burlington Seniors' Centre

00276953 We Dec 2 10:30am-5pm *\$139.00 R
\$142.10 R

Day Trip - Toronto Blue Jays vs Detroit Tigers

Let's Go Blue Jays!! Luxury coach transportation to and from the game. Seats in section 136 and 137. Reception and tailgate at the Burlington Senior Centre featuring a highlight reel, sign making stations, Blue Jays Trivia, hamburgers and soft drinks. 3:45 .pm. departure, 7:07 p.m. gametime. No refunds for day trips.

Burlington Seniors' Centre

00291039 Tu Sep 15 3-10:30pm *\$179.00 R
\$182.10 R

Day Trip -The Innsville Murder Mystery

Murder Mystery Supper at the Innsville Restaurant followed by a mystery stop. Reception and check in begin at 10:30 a.m. Bus departs at 11 a.m. No refunds for day trips.

Burlington Seniors' Centre

00276954 We Nov 18 10am-6pm *\$139.00 R
\$142.10 R

Day Trip -The McMichael Gallery

Explore the gallery and grounds of the celebrated McMichael Gallery. Lunch provided onsite. Reception and check in begin at 8:30 a.m. Bus departs at 9 a.m. No refunds for day trips.

Burlington Seniors' Centre

00291035 We Oct 14 9am-6pm *\$139.00 R
\$142.10 R

Fitness

20/20/10

This class is the total package. It includes 20 minutes of cardio, 20 minutes of muscle conditioning and then a deep 10 minute stretch. Participants encouraged to bring resistance bands or similar. Bring your own yoga mat.

Aldershot Arena

00273089 Mo Sep 14-Dec 14 2:15-3:15pm *\$85.20 R
\$102.00 R

Brant Hills Community Centre

00273098 Th Sep 17-Dec 17 9-10am *\$99.40 R
\$119.00 R

Balance and Bone Health 55+

Join this program that will target bone health and balance. This program will incorporate muscle strengthening, coordination, and balance exercises.

Burlington Seniors' Centre

00273064 Mo Sep 14-Dec 14 3:30-4:30pm \$85.20 R

Barre Fitness

This will be a low-impact barre workout combined with moderate to higher-intensity intervals and energy. The instructor injects a fusion of ballet barre and cardio interval training into this workout. No previous dance experience necessary. Bring your own yoga mat and light hand weights.

Burlington Seniors' Centre

00273075 Tu Sep 15-Dec 15 1:30-2:30pm *\$99.40 R
\$119.00 R

Better Bones

A progressive and fun fitness class. This program incorporates light to moderate cardio and weight bearing exercises which helps maintain bone health and provide modified strength training techniques.

Mountainside Community Centre

00273093	Mo	Sep 14-Dec 14	9-10am	*\$85.20 R \$102.00 R
00273058	Fr	Sep 18-Dec 18	9-10am	*\$99.40 R \$119.00 R

Better Bones 55+

A progressive and fun fitness class. This program incorporates light to moderate cardio and weight bearing exercises which helps maintain bone health and provide modified strength training techniques.

Burlington Seniors' Centre

00286433	We	Sep 16-Dec 16	1-2pm	\$99.40 R
00273090	We	Sep 16-Dec 16	2:30-3:30pm	\$99.40 R
00273057	Fr	Sep 18-Dec 18	9-10am	\$99.40 R

Boot Camp

A full-body, high-intensity workout that combines cardio and strength training. Come and join this fun and energetic class to improve multiple aspects of your fitness including building strength, raising your heart rate, and challenging your body.

Tansley Woods Community Centre

00273085	Sa	Sep 26-Dec 19	9:15-10:15am	*\$85.20 R \$102.00 R
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Cardio Sculpt, Balance, and Stretch

Join this workout that incorporates cardio, muscle conditioning and stability work ending in a feel-good stretch. This includes a warm-up followed by cardiovascular training using a variety of aerobic movements and patterns. All abilities are welcome and will be accommodated. Bring your own yoga mat.

Mountainside Community Centre

00273081	We	Sep 16-Dec 16	9:15-10:15am	*\$92.30 R \$110.50 R
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Cardio/Mobility/Stretch 55+

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

Skyway Community Centre

00286978	Th	Sep 17-Dec 17	12:30-1:30pm	*\$99.40 R \$119.00 R
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Chair Fitness

A low impact, seated, total body fitness class including cardio, strength and resistance training, and core exercise. The benefits of this class are that it builds strength, improves cardio and balance contributing overall to better mobility, function and wellness.

Mountainside Community Centre

00273079	Fr	Sep 18-Dec 18	10:15-11:15am	*\$99.40 R \$119.00 R
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Core Strength

This workout will focus on core, balance and stretch and incorporate elements of barre, Pilates and strength training. The core is the foundation of our entire body and our focus will be our front and back body including our glutes and hips. Participants should feel comfortable with both mat and standing work. Bring your own yoga mat and resistance band.

Aldershot Arena

00273082	We	Sep 16-Dec 16	9:45-10:45am	*\$99.40 R \$119.00 R
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Dance Fit

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

Brant Hills Community Centre

00273070	Mo	Sep 14-Dec 14	1-2pm	*\$92.30 R \$110.50 R
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Dance Fit 55+

Great music, great encouragement, and great dance-like moves keep this work out energized. Modifications provided. All levels welcome and having two left feet just adds to the fun!

Burlington Seniors' Centre

00273049	Tu	Sep 15-Dec 15	3:15-4:15pm	\$99.40 R
00273071	Fr	Sep 18-Dec 18	11:45am-12:45pm	\$99.40 R

Easy Does It 55+

Fitness at a slower and gentler pace with all the same full-body workout benefits. The instructor offers modifications that encourage beginners and anyone wanting an accessible program to join in the fun. Bring your own yoga mat and any preferred equipment.

Burlington Seniors' Centre

00273055	Tu	Sep 15-Dec 15	1:45-2:45pm	\$92.30 R
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Fluid Motion

Improve strength, stability, mobility, and flexibility through controlled movement and gentle resistance training. This class focuses on slow, intentional movement patterns, core strength, balance, and flexibility to help support daily activities and overall well-being. Participants will move through a blend of strengthening, stretching, mobility, and breathing exercises with modifications provided to suit individual needs.

Robert Bateman Community Centre

00287464	Mo	Sep 14-Dec 14	9-10am	*\$92.30 R \$110.50 R
00287466	We	Sep 16-Dec 16	9-10am	*\$99.40 R \$119.00 R

Gentle Barre 55+

Enjoy this slower paced program which focuses on smaller pulsing movements, less intense choreography and light resistance training. It will allow for increased balance along with being a total body workout that targets the hips, glutes, abs and arms. Bring your own yoga mat.

Burlington Seniors' Centre

00273094	Tu	Sep 15-Dec 15	12:15-1:15pm	\$99.40 R
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High Intensity Interval Training

This class will make you push your limits with our interval training and end with a nice long stretching sequence. Bring your own yoga mat.

Burlington Seniors' Centre

00273097	Mo	Sep 14-Dec 14	6-7pm	*\$92.30 R \$110.50 R
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HIIT Barre Fitness

A low-impact barre workout combined with moderate to higher-intensity intervals and energy. The instructor injects a fusion of ballet barre and cardio interval training into this workout. No previous dance experience necessary. Bring your own yoga mat.

Burlington Seniors' Centre

00288024	Th	Sep 17-Dec 17	6:30-7:30pm	*\$78.10 R \$93.50 R
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Ladies Fit

A low-impact workout targeting areas women ask to concentrate on most. A great fit for anyone wanting to get leaner and stronger. This program will both challenge you and encourage you to come back for more. Bring your own yoga mat and resistance band.

Brant Hills Community Centre

00273095	Mo	Sep 14-Dec 14	11:45am-12:45pm	*\$85.20 R \$102.00 R
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Tansley Woods Community Centre

00273059	We	Sep 16-Dec 16	10:30-11:30am	*\$99.40 R \$119.00 R
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Low Impact Training

The objective of this program is to complete a series of full-body low-impact exercises using your own body weight. Program includes both standing and mat work. Yoga mat required, participants are encouraged to bring resistance bands or similar.

Aldershot Arena

00273086	Mo	Sep 14-Dec 14	1-2pm	*\$85.20 R \$102.00 R
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Brant Hills Community Centre

00273065	Th	Sep 17-Dec 17	10:15-11:15am	*\$99.40 R \$119.00 R
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Burlington Seniors' Centre

00273062	Mo	Sep 14-Dec 14	7:15-8:15pm	*\$92.30 R \$110.50 R
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Low Impact Training 55+

The objective of this program is to complete a series of full-body low-impact exercises using your own body weight. Program includes both standing and mat work. Yoga mat required, participants are encouraged to bring resistance bands or similar.

Aldershot Arena

00273080	Th	Sep 17-Dec 17	2:30-3:30pm	\$99.40 R
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Men's Fit 55+

A good general men's conditioning for anyone who wants to get fit, stronger and lean. Resistance bands will be used. Please bring your own yoga mat and resistance band.

Brant Hills Community Centre

00286975	Mo	Sep 14-Dec 14	10:30-11:30am	\$92.30 R
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Burlington Seniors' Centre

00273100	Fr	Sep 18-Dec 18	10:30-11:30am	\$99.40 R
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Tansley Woods Community Centre

00286977	We	Sep 16-Dec 16	9:15-10:15am	\$99.40 R
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Pilates - All Levels

A Pilates program that allows for emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

Mountainside Community Centre

00273066	Tu	Sep 15-Dec 15	10-11am	*\$99.40 R \$119.00 R
00273077	Tu	Sep 15-Dec 15	7:30-8:30pm	*\$92.30 R \$110.50 R
00290376	Sa	Sep 19-Dec 19	9-10am	*\$99.40 R \$119.00 R

Robert Bateman Community Centre

00290371	Th	Sep 17-Dec 17	10-11am	*\$99.40 R \$119.00 R
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Tansley Woods Community Centre

00290844	Mo	Sep 14-Dec 14	10:45-11:45am	*\$92.30 R \$110.50 R
00293594	We	Sep 16-Dec 16	5-6pm	*\$99.40 R \$119.00 R

Pilates - All Levels 55+

A Pilates program that allows for emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

Burlington Seniors' Centre

00273052	Tu	Sep 15-Dec 15	8:30-9:30am	\$99.40 R
00273099	We	Sep 16-Dec 16	8:30-9:30am	\$99.40 R

Pilates - Chair

A Pilates program designed for those who wish to remain seated or use the chair for stability. Emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

Brant Hills Community Centre

00273048	Mo	Sep 14-Dec 14	11:30am-12:30pm	*\$92.30 R \$110.50 R
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Pilates - Chair 55+

A Pilates program designed for those who wish to remain seated or use the chair for stability. Emphasis on stretching, breathing and strengthening the body. Clear modifications provided to optimize participation for all. Bring your own yoga mat.

Burlington Seniors' Centre

00273084	Tu	Sep 15-Dec 15	9:45-10:45am	\$99.40 R
00273050	We	Sep 16-Dec 16	9:45-10:45am	\$99.40 R

Pilates for Men 55+

This Pilates program is a low-impact flexibility and muscular strength program designed for men. It will help build endurance to create proper postural alignment, core strength and muscle balance. Bring your own yoga mat.

Burlington Seniors' Centre

00273072	Mo	Sep 14-Dec 14	8:45-9:45am	\$92.30 R
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Reel Rhythms

This class is a fun fusion of dance and fitness, inspired by viral moves and trending beats from today's social scenes. This upbeat class combines simple choreography with feel-good movement, all set to the hottest online hits. No dance experience needed, just bring your energy and move to the rhythm!

Mountainside Community Centre

00273074	We	Sep 16-Dec 16	6:45-7:45pm	*\$63.90 R \$76.50 R
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Sit Fit

This program is a gentle and fun way to get fit and stay active. It is a full-body workout offering cardio, strength, balance and stretching exercises. Though mostly seated, participants are invited to stand for exercises to improve balance. Seated options will also be provided. Participants are encouraged to bring resistance bands.

Burlington Seniors' Centre

00273063	Sa	Sep 19-Dec 19	11:30am-12:30pm	*\$99.40 R \$119.00 R
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Sit Fit 55+

This program is a gentle and fun way to get fit and stay active. It is a full-body workout offering cardio, strength, balance and stretching exercises. Though mostly seated, participants are invited to stand for exercises to improve balance. Seated options will also be provided. Participants are encouraged to bring resistance bands.

Burlington Seniors' Centre

00273051	Tu	Sep 15-Dec 15	9-10am	\$92.30 R
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Sit to be Fit

This is a free program offered by the Alzheimer's Society. A low impact workout for seniors designed to promote health and fitness by increasing strength, balance, flexibility and endurance. To register or find out more about the program please contact Sherri Miller 1-800-565-4614, ext. 102 or email sherri.miller@alzda.ca.

Tansley Woods Community Centre

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Strength, Balance and Stretch 55+

This is a total body workout that will focus on strength training, balance and stretching. Both bodyweight and weighted exercises will be utilized throughout this class. Bring your own yoga mat and resistance band.

Aldershot Arena

00273096	We	Sep 16-Dec 16	8:30-9:30am	\$99.40 R
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STRONG Nation

A high-intensity workout combining body weight, muscle conditioning, cardio, and plyometric training moves synced to original music. Squat, lunge, punch, and burpee your way to improved endurance, strength, and coordination. All fitness levels welcome. Modifications provided.

Burlington Seniors' Centre

00273088	Tu	Sep 15-Dec 15	6-7pm	*\$92.30 R \$110.50 R
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Total Body Conditioning

A full-body workout that combines strength training and aerobic conditioning, which is suitable for all fitness levels. This program will benefit your overall strength and cardiovascular endurance.

Mountainside Community Centre

00273101	We	Sep 16-Dec 16	7:30-8:30am	*\$99.40 R \$119.00 R
00273087	Mo	Sep 14-Dec 14	7:45-8:45am	*\$92.30 R \$110.50 R

Total Fit

Designed for those who want to stay active and have fun, this low impact workout focuses on cardio, strength, stretching and balance training. Participants are encouraged to bring a resistance band.

Mountainside Community Centre

00273076	Mo	Sep 14-Dec 14	10:15-11:15am	*\$85.20 R \$102.00 R
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Total Fit 55+

Designed for those who want to stay active and have fun, this low impact workout focuses on cardio, strength, stretching and balance training. Participants are encouraged to bring a resistance band.

Burlington Seniors' Centre

00273078	Tu	Sep 15-Dec 15	10:15-11:15am	\$92.30 R
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Walk Fit 55+

This full body workout is tailored specifically to your needs in a great way to stay physically and mentally fit. Use of body weight exercises will be used by instructor. Please bring your own yoga mat.

Burlington Seniors' Centre

00273091	Mo	Sep 14-Dec 14	2:30-3:30pm	\$92.30 R
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Yoga Fit

This is an effective and exciting mind and body workout. It is a safe practice that will make you sweat and work hard, connecting breath with movement. It combines aerobic and anaerobic movements, as well as elements from Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance and balance.

Tansley Woods Community Centre

00273083	We	Sep 16-Dec 16	3:15-4:15pm	*\$99.40 R \$119.00 R
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Games

American Mah Jongg 55+ Beginner

Learn how this exciting and challenging tile game is played and build confidence to play in a group. Designed for those with little or no experience. You will be introduced to the basics of the game. The most recent scoring card from the National Mah Jongg League will be provided.

Aldershot Arena

00273467	Fr	Oct 16-Dec 18	Noon-2pm	\$69.00 R
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American Mah Jongg - Beginner

Learn how this exciting and challenging tile game is played and build confidence to play in a group. Designed for those with little or no experience. You will be introduced to the basics of the game. The most recent scoring card from the National Mah Jongg League will be provided.

Tansley Woods Community Centre

00273471	Mo	Sep 14-Dec 7	12:15-2:15pm	*\$82.80 R \$100.80 R
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American Mah Jongg - Intermediate

This class is customized for those students who have completed the American Mah Jongg Beginner class, students are encouraged to participate in this hands-on skill upgrade class. The instructor will guide the students to play efficient Mahjong through game play.

Tansley Woods Community Centre

00273475	Mo	Sep 14-Dec 7	2:30-4:30pm	*\$82.80 R \$100.80 R
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Chinese Dominoes Game - Heaven Nine

The Heaven Nine Game is a popular strategic Chinese Dominoes game that originated during the Song Dynasty around the 12th century. It is dubbed as the Chinese bridge game. The goal is to win points by taking tricks, much like the Rubber Bridge game. It applies forward, backward and associated memory, and utilizes strategies such as squeeze play to maximize gains and minimize losses while also relying on a little of luck.

Burlington Seniors' Centre

00273485	Sa	Sep 26-Nov 28	1-3pm	*\$69.00 R
				\$84.00 R

Dungeons and Dragons

Join this popular role playing game as we embark on a fantasy adventure over several weeks. Bring your own character if you have it, or create a new one! Dungeon Master will lead game and assist as needed.

Burlington Seniors' Centre

00273476	Mo	Sep 14-Nov 23	7-9pm	*\$69.00 R
				\$84.00 R
00273493	We	Sep 16-Nov 18	7-9pm	*\$69.00 R
				\$84.00 R

Duplicate Bridge Club 55+

Standard American Bridge with Five Card Majors will be played in partners. There will be no instruction. Please be aware of the rules of the game for game flow. For players who know basic conventions and are able to play at a consistent speed. Partner not guaranteed, partner provided if available; refund available for session if no partner is secured.

Burlington Seniors' Centre

00273489	Th	Sep 17-Dec 17	1-3:30pm	\$44.80 R
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Euchre - Beginner

This beginner Euchre program introduces players to the basics of the game in a relaxed, social setting. With simple instructions and plenty of practice, participants can enjoy learning strategy while building confidence and having fun

Tansley Woods Community Centre

00273466	Th	Sep 17-Dec 17	2-4pm	*\$96.60 R
				\$117.60 R

Hong Kong Mahjong 55+ Basics

This class is ideal for those students who do not have previous knowledge of the Hong Kong Style Mahjong. Students will be introduced to the most popular version, Hong Kong Style, of this game that originated in China. Four players use a set of tiles based on Chinese symbols and characters. The instructor will guide you through game play.

Aldershot Arena

00273464	Fr	Sep 18-Oct 30	10am-Noon	\$48.30 R
00273490	Fr	Nov 6-Dec 18	10am-Noon	\$48.30 R

Burlington Seniors' Centre

00273488	Tu	Sep 15-Dec 15	Noon-2pm	\$96.60 R
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Ladies Billiard Club 55+

Join other ladies who play snooker, billiards, and pool for social gameplay. Limited cues are available, participants are encouraged to bring their own.

Burlington Seniors' Centre

00273468	Th	Sep 17-Dec 17	8:30am-12:30pm	\$49.00 R
00273477	Tu	Sep 15-Dec 15	9:30-11:30am	\$40.60 R

Mahjong 55+ Advanced - Hong Kong Style

After completion of the Hong Kong Mahjong Intermediate class, students are encouraged to participate in this advanced level class. This class will discuss special situations on rules, scoring, offensive and defensive strategies on the most popular version, Hong Kong Style, of this game that originated in China. The instructor will guide you through game play.

Burlington Seniors' Centre

00273480	Tu	Sep 15-Dec 1	2:30-4:30pm	\$82.80 R
00273481	Sa	Sep 19-Dec 5	10:15am-12:15pm	\$82.80 R

Mahjong 55+ Beginner - Sichuan Style

Sichuan Mahjong "Bloody Battle to the End" style is an extremely popular Mahjong game that originated in China. Four players use a set of tiles based on Chinese symbols and characters. The instructor will guide you through game play.

Burlington Seniors' Centre

00273479	We	Sep 16-Dec 2	9:45-11:45am	\$82.80 R
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Mahjong 55+ Intermediate - Hong Kong Style

This program is customized for those students who have completed Hong Kong Mahjong Beginner class. The objective of this class is to build a strong foundation on how to play the Hong Kong Style effectively. Several key principles of playing efficient Hong Kong Style Mahjong will be discussed. The instructor will guide the students in casual Mahjong game play.

Burlington Seniors' Centre

00273487	We	Sep 16-Dec 2	12:15-2:15pm	\$82.80 R
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Mahjong 55+ Intermediate - Sichuan Style

After completing the Sichuan Mahjong Beginner Basic class, students are encouraged to participate in the Sichuan Mahjong Intermediate class. The objectives of the intermediate class are to provide useful information to guide students to play efficient and smart Sichuan Mahjong especially in late game situation as it is "Bloody Battle to the End" style. Scoring will be emphasized. The instructor will guide you through game play.

Burlington Seniors' Centre

00273484	We	Sep 16-Dec 2	2:30-4:30pm	\$82.80 R
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Mahjong Hong Kong Style - Scoring Workshop

The Hong Kong Style Mahjong Scoring System is based on the pattern of the winning hand, special elements and winning conditions. The value of the hand sometimes can be tricky to evaluate with different special elements and winning conditions, especially since it continues to have new scoring elements over time. This workshop is ideal for those players who are experienced in Hong Kong Style Mahjong and would like to know more about the scoring system.

Burlington Seniors' Centre

00273486	Sa	Sep 19	1-3pm	*\$15.00 R \$18.00 R
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Mahjong Intermediate - Hong Kong Style

This program is customized for those students who have completed Hong Kong Mahjong Beginner class. The objective of this class is to build a strong foundation on how to play the Hong Kong Style effectively. Several key principles of playing efficient Hong Kong Style Mahjong will be discussed. The instructor will guide the students in casual Mahjong game play.

Tansley Woods Community Centre

00273482	Tu	Sep 15-Dec 1	Noon-2pm	*\$82.80 R \$100.80 R
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Socials

Aldershot Monthly Luncheon 55+

Join us for a meal shared with friends and neighbours. Enjoy, conversation, good food and the company of others.

Aldershot Arena

00276940	Tu	Sep 22	Noon-1:30pm	\$12.70 R
00290995	Tu	Oct 20	Noon-1:30pm	\$12.70 R
00276936	Tu	Nov 17	Noon-1:30pm	\$12.70 R
00291060	Tu	Dec 15	Noon-1:30pm	\$12.70 R

Autumn Afternoon Tea Social 55+

Don your festive fascinator and celebrate the beauty of Autumn. Join friends new and old for an afternoon of tea and conversation. Home made sandwiches, pastries, and fresh baked scones served with Devonshire cream, preserves, and seasonal treats. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00276934	Sa	Sep 26	1:30-3pm	\$25.00 R
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Autumn Karaoke and Pie Social 55+

A fun and safe space to sing together and move to the rhythm. Playlists are created from participant requests. Lyrics are available in projected and printed formats. Small hand percussion instruments are welcome. Seasonal pie slices and coffee served at the break. Prizes for best dressed.

Tansley Woods Community Centre

00276945	We	Oct 7	1-3pm	\$10.60 R
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Bingo for Blooms Social 55+

A friendly game of Bingo where everyone is a winner. Lucky card holders will have the first choice of flowers to take home. All players will take home a seasonal plant. Light refreshments provided.

Burlington Seniors' Centre

00276943	Fr	Sep 18	11am-12:30pm	\$10.90 R
00276937	Fr	Oct 23	11am-12:30pm	\$10.90 R
00276946	Fr	Nov 20	11am-12:30pm	\$10.90 R
00277194	Fr	Dec 18	11am-12:30pm	\$10.90 R

Breakfast at the Bistro 55+

Doors will be open at 8:30 a.m. for coffee and tea service. Breakfast will be served from 9 to 9:45 a.m. followed by musical entertainment at 10 a.m. Space is limited so please pre-register online or with Customer Service prior to the event.

Burlington Seniors' Centre

00276939	Sa	Sep 19	8:30-11am	\$7.30 R
00276941	Sa	Oct 17	8:30-11am	\$7.30 R
00276931	Sa	Nov 14	8:30-11am	\$7.30 R
00290985	Sa	Dec 12	8:30-11am	\$7.30 R

Burlington Men's Shed

Help us develop the new "Men's Shed" of Burlington to become a part of the Global Men's Shed Movement. A welcoming and inclusive space where men meet weekly to strengthen social connections, share and develop skills, work on meaningful community projects, and participate in an active lifestyle.

Burlington Seniors' Centre

00276944	Th	Sep 17-Dec 17	9-11am	\$40.60 R
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Christmas Dinner

A Holiday dinner of turkey, stuffing, potatoes, gravy, cranberry sauce, and vegetables. Live holiday music with room for dancing. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets. Featuring Live Holiday Music. Bring your dancing shoes. Seating Plan will be offered in the BSC Lobby on Monday Oct 5 thru Fri Oct 9 2026.

Burlington Seniors' Centre

00276952	Fr	Dec 4	4:30-6:30pm	*\$32.00 R \$35.10 R
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Euchre Social 55+

Join us for a fun and friendly game of Euchre. Coffee, Tea and bakery item included.

Aldershot Arena

00290793	Tu	Sep 15-Dec 15	9-11am	\$64.40 R
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Halloween Dance Social

It's a monster Mash! Celebrate Halloween on our large dance floor. Features a volunteer and participant curated playlist. Song requests encouraged. Non alcoholic beverages, tea sandwiches, and treats included.

Burlington Seniors' Centre

00276948 Sa Oct 24 2-4:15pm *\$10.60 R
\$13.70 R

Holiday Afternoon Tea Social 55+

Don your festive fascinator and celebrate the holidays. Join friends new and old for an afternoon of tea and conversation. Home made sandwiches, pastries, and fresh baked scones served with Devonshire cream, preserves, and seasonal treats. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00291065 Sa Nov 28 1:30-3pm \$25.00 R

Holiday Karaoke and Pie Social 55+

A fun and safe space to sing together and move to the rhythm. Playlists are created from participant requests. Lyrics are available in projected and printed formats. Small hand percussion instruments are welcome. Seasonal pie slices and coffee served at the break.

Tansley Woods Community Centre

00290976 We Nov 25 1-3pm \$10.60 R

Holiday Lunch and Dance Social 55+

Light Holiday Lunch and dessert will be followed by ample time to dance to your favourite seasonal and everyday songs. Includes Line dancing, Waltz, Disco, rockabilly and more. Features a playlist curated by participants and volunteers.

Burlington Seniors' Centre

00276951 Mo Dec 21 Noon-2:30pm \$20.00 R

Holiday Name the Song Social

Guaranteed Holiday music fun. Hosted by our volunteer team with a jam packed playlists of musical trivia and sound bites through the decades. Seasonal treats, snacks, and cold beverages included. Who will be crowned the Holiday Name the Song Champion?

Burlington Seniors' Centre

00276938 Th Nov 19 4-6pm *\$10.60 R
\$13.70 R

Holiday Sing Along Karaoke Social 55+

Featuring classic and modern holiday favourites! Our Karaoke parties often become dance parties. Playlists are created from participant requests. Lyrics are projected on screen. Small hand percussion instruments are welcome. Bakery items, coffee and tea provided at the break. Prizes for best dressed.

Burlington Seniors' Centre

00276950 Fr Dec 11 10:30am-12:30pm \$10.60 R

Holiday Trivia and Pizza Night

Test your knowledge of all things Merry and Bright! Pizza, pop, chips and holiday cookies included. Six categories varying from movies and music to holiday foods and traditions. Participants are encouraged to wear their ugliest Christmas sweater. Join a team or bring your friends and create your own!

Burlington Seniors' Centre

00291064 Th Dec 10 4:30-6pm *\$15.90 R
\$19.00 R

Intermediate Ballroom and Latin Line Dancing Social 55+

Waltz, Tango, Cha Cha, Rumba, Swing and more. Playlist features Jukebox classics from the 50's and 60's in addition to ABBA, Michael Jackson and Backstreet Boys. Build on basic dance steps and routines weekly. Includes refreshment and time for conversation at the end of program.

Burlington Seniors' Centre

00277190 We Sep 16-Dec 16 12:30-2pm \$78.40 R

Mexican Train Dominoes Social 55+

Join us for a fun and friendly game of Mexican Train Dominoes, which requires a bit of strategy, planning, and a little luck but is perfect for all skill levels. Coffee, Tea and bakery item included.

Aldershot Arena

00273494 Tu Sep 15-Dec 15 9-11am \$64.40 R

Sing Along Karaoke Social 55+

Featuring classic and modern favourites! Our Karaoke parties often become dance parties. Playlists are created from participant requests. Lyrics are projected on screen. Small hand percussion instruments are welcome. Bakery items, coffee and tea provided at the break. Prizes for best performance.

Burlington Seniors' Centre

00291111	Fr	Oct 16	10:30am-12:30pm	\$10.60 R
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Speaker Session 55+

- Burlington Museums - Holidays Past

Monthly presentation and discussion with a guest speaker.
December: Burlington Museums Holidays Past and Victorian traditions.

Burlington Seniors' Centre

00291124	Fr	Dec 4	10-11:15am	Free R
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Speaker Session 55+

- Cannabinoids in medical cannabis

Monthly presentation and discussion with a guest speaker.
September: Dr. Sethi - Cannabinoids in medical cannabis. CBD vs THC vs CBG vs CBN vs CBC. Risks and Benefits for chronic pain, sleep and anxiety.

Burlington Seniors' Centre

00290852	Fr	Sep 25	10-11:15am	Free R
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Speaker Session 55+

- Frauds and Scams HPD

Monthly presentation and discussion with a guest speaker.
October: Best practices to avoid Frauds and Scams

Burlington Seniors' Centre

00291121	Fr	Oct 9	10-11:15am	Free R
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Speaker Session 55+

- The Importance of Social Connections as we age - Acclaim Health - Connection in Action

Monthly presentation and discussion with a guest speaker.

Burlington Seniors' Centre

00290854	Fr	Nov 6	10-11:15am	Free R
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Supper Club Social

Enjoy a beautifully prepared three course meal with friends old and new. Each supper will build upon a seasonally appropriate theme reflected in the decorations, live music and meal. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00276949	Th	Oct 1	5-6:45pm	*\$21.60 R \$24.70 R
00276932	Th	Nov 5	5-6:45pm	*\$21.60 R \$24.70 R

Thursday Lunch and Dessert Social 55+

This program provides a relaxed and casual environment to enjoy a lunch and dessert with others. Light conversation suggestions and seasonal touches.

Burlington Seniors' Centre

00277203	Th	Sep 24	12:15-1:45pm	\$12.70 R
00277204	Th	Oct 8	12:15-1:45pm	\$12.70 R
00277205	Th	Oct 22	12:15-1:45pm	\$12.70 R
00277208	Th	Nov 5	12:15-1:45pm	\$12.70 R
00277209	Th	Nov 19	12:15-1:45pm	\$12.70 R
00277210	Th	Dec 3	12:15-1:45pm	\$12.70 R
00277202	Th	Dec 17	12:15-1:45pm	\$12.70 R

Trivia and Pizza Night

Test your knowledge at our monthly trivia night! Pizza, pop and chips included. Six categories varying from history to today's events and pop culture to politics. Participants are encouraged to submit category suggestions for future trivia nights! Join a team or bring your friends and create your own!

Burlington Seniors' Centre

00276933	Th	Sep 17	4:30-6pm	*\$15.90 R \$19.00 R
00276935	Th	Oct 15	4:30-6pm	*\$15.90 R \$19.00 R
00276942	Th	Nov 12	4:30-6pm	*\$15.90 R \$19.00 R

Sport

Badminton - All Levels

Come out and enjoy a game of badminton. Players of all levels are welcome but basic understanding of rules and badminton etiquette is required. Please bring your own racket and birdie.

Brant Hills Community Centre

00273110	Sa	Sep 19-Dec 19	6-8pm	*\$56.00 R \$70.00 R
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Badminton - All Levels 55+

Come out and enjoy a game of badminton. Players of all levels are welcome but basic understanding of rules and badminton etiquette is required. Please bring your own racket and birdie.

Burlington Seniors' Centre

00273134	Mo	Sep 14-Dec 14	1-3pm	\$48.00 R
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Gentle Pickleball 55+

Join this slower, gentler, non-instructional pickleball program. Participants will pair together based on similar skill levels to rotate through gameplay and rest periods. Game length may need to be adjusted based on capacity. Some knowledge of volleying, scoring and court boundaries required. Please bring your own paddle and ball.

Burlington Seniors' Centre

00273129	Tu	Sep 15-Dec 15	11:30am-1:30pm	\$52.00 R
00273133	Th	Sep 17-Dec 17	8:30-10:30am	\$56.00 R

Pickleball - Level 0.5-1.0

Non-instructional setting where staff assist with rotation of players. Geared towards players who are relatively new to pickleball looking to play. Game length may be adjusted based on capacity. Players required to play at advertised level. Some knowledge of etiquette, volleying, scoring, and court boundaries expected however staff will provide reminders. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Brant Hills Community Centre

00273132	Fr	Sep 18-Dec 18	Noon-2pm	\$48.00 R \$60.00 R
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Central Arena

00273119	Tu	Sep 15-Dec 15	9-11am	*\$56.00 R \$70.00 R
00273111	Th	Sep 17-Dec 17	9-11am	*\$52.00 R \$65.00 R

Pickleball - Level 0.5-2.0 55+

Non-instructional program for adults 55 years and older who want to play and practice the game with others of similar levels. Staff will assist with pairing players of similar skill levels to rotate through games and rest periods. Game length may need to be adjusted based on capacity. Some knowledge of volleying, scoring and court boundaries are required, though reminders are offered. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Burlington Seniors' Centre

00273112	Mo	Sep 14-Dec 14	8:30-10:30am	\$44.00 R
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Pickleball - Level 1.0-2.0

Non-instructional setting where staff assist with rotation of players. Geared towards newer players looking to play and practice with others of similar skill level. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, fundamental skills and adherence to advertised level are required. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Alton Community Centre

00273128	Tu	Sep 15-Dec 15	3-5pm	*\$52.00 R \$65.00 R
00273126	We	Sep 16-Dec 16	2:30-4:30pm	*\$44.00 R \$55.00 R

Central Arena

00273115	Tu	Sep 15-Dec 15	11:15am-1:15pm	*\$56.00 R \$70.00 R
00273138	Th	Sep 17-Dec 17	11:15am-1:15pm	*\$52.00 R \$65.00 R

Mainway Ice Centre

00273125	Mo	Sep 14-Dec 14	11:15am-1:15pm	*\$48.00 R \$60.00 R
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Pickleball - Level 1.0-2.0 55+

Non-instructional setting where staff assist with rotation of players. Geared towards newer players looking to play and practice with others of similar skill level. Game length may be adjusted based on capacity. Knowledge of etiquette, scoring, fundamental skills and adherence to advertised level are required. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Central Arena

00273131	We	Sep 16-Dec 16	10am-Noon	*\$52.00 R \$65.00 R
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Pickleball - Level 2.0-3.0

Non-instructional setting where staff assist with rotation of players. Geared towards more experienced players who want quicker more agile game play, though the focus remains recreational and social in nature. Game length may be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced. See "Player skill level" section at burlington.ca/pickleball. Bring your own paddle and ball.

Alton Community Centre

00273109	Mo	Sep 14-Dec 14	9:30-11:30am	*\$52.00 R \$65.00 R
00273121	Tu	Sep 22-Dec 15	12:45-2:45pm	*\$44.00 R \$55.00 R
00273120	We	Sep 16-Dec 16	12:15-2:15pm	*\$52.00 R \$65.00 R
00273114	Th	Sep 17-Dec 17	10:30am-12:30pm	\$48.00 R \$60.00 R
00273107	Fr	Sep 18-Dec 18	11:45am-1:45pm	*\$24.00 R \$30.00 R

Brant Hills Community Centre

00273116	We	Sep 16-Dec 16	9-11am	*\$56.00 R \$70.00 R
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Mainway Ice Centre

00273127	Mo	Sep 14-Dec 14	5:45-7:45pm	*\$48.00 R \$60.00 R
00273117	We	Sep 16-Dec 16	8-10pm	*\$56.00 R \$70.00 R
00273137	Th	Sep 17-Dec 17	9-11am	*\$52.00 R \$65.00 R

Pickleball - Level 2.0-3.0 55+

Non-instructional setting where staff assist with rotation of players. Geared towards more experienced players who want quicker more agile game play, though the focus remains recreational and social in nature. Game length may be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced. See "Player skill level" section at burlington.ca/pickleball. Bring your own paddle and ball.

Brant Hills Community Centre

00273113	Mo	Sep 14-Dec 14	1:30-3:30pm	\$48.00 R
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Tansley Woods Community Centre

00273124	Th	Sep 17-Dec 17	2:15-4:15pm	\$56.00 R
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Pickleball - Level 2.0-3.5 55+

Non-instructional program for adults 55 years and older who want to play and practice the game with others of similar levels. Staff will assist with pairing players of similar skill levels to rotate through games and rest periods. Game length may need to be adjusted based on capacity. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced, and games may be abbreviated to address capacity. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball

Burlington Seniors' Centre

00273123	Mo	Sep 14-Dec 14	10:45am-12:45pm	\$44.00 R
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Pickleball - Level 3.5+

Non-instructional setting where staff assist with rotation of players. This level of play is geared towards advanced players who can control ball placement and spin, anticipate shots, handle various ball speeds, maintain greater patience in dinks and rallies, and execute a wide variety of shots. Game length may be adjusted based on capacity. Etiquette is strictly enforced. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Alton Community Centre

00273118	Mo	Sep 21-Dec 14	12:15-2:15pm	*\$44.00 R \$55.00 R
00273105	Tu	Sep 15-Dec 15	9:30-11:30am	*\$52.00 R \$65.00 R
00273136	Fr	Sep 18-Dec 18	9:30-11:30am	*\$24.00 R \$30.00 R

Mainway Ice Centre

00273140	Mo	Sep 14-Dec 14	8-10pm	*\$52.00 R \$65.00 R
00273122	Tu	Sep 15-Dec 15	11:15am-1:15pm	*\$56.00 R \$70.00 R
00273103	We	Sep 16-Dec 16	5:30-7:30pm	*\$56.00 R \$70.00 R

Pickleball - Level 3.5+ 55+

Non-instructional setting where staff assist with rotation of players. This level of play is geared towards advanced players who can control ball placement and spin, anticipate shots, handle various ball speeds, maintain greater patience in dinks and rallies, and execute a wide variety of shots. Game length may be adjusted based on capacity. Etiquette is strictly enforced. See "Player skill level" section at burlington.ca/pickleball. Please bring your own paddle and ball.

Mainway Ice Centre

00273139	Th	Sep 17-Dec 17	11:15am-1:15pm	\$52.00 R
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Volleyball - All Levels

Looking to get active and have some fun? Join this round-robin style program where every week we'll mix up the teams so you get a chance to play with and against everyone. Recreational level play with a bit of competition thrown in for fun.

Alton Community Centre

00273135	Tu	Sep 15-Dec 15	5:45-7:45pm	*\$56.00 R \$70.00 R
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Tansley Woods Community Centre

00273130	Sa	Sep 19-Dec 19	4:30-6:30pm	*\$56.00 R \$70.00 R
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Wellness

Functional Training 55+

Previously known as STAND, Functional Training 55 is a function-focused exercise program delivered in a small group format. This unique program is designed to train and develop participants muscles by practicing everyday activities, such as sit to stand and climbing stairs in a safe setting. This functional training improves the strength, balance, coordination, and endurance required for daily living.

Burlington Seniors' Centre

00273155	Tu	Sep 15-Oct 27	11am-Noon	\$49.70 R
00273154	Th	Sep 17-Oct 29	11am-Noon	\$49.70 R
00273167	Tu	Nov 3-Dec 15	11am-Noon	\$49.70 R
00273147	Th	Nov 5-Dec 17	11am-Noon	\$49.70 R

Qigong

Join this centuries old practice that combines body-posture and movement, breathing, and meditation to promote wellness. All levels welcome.

Burlington Seniors' Centre

00273150	Mo	Sep 14-Dec 14	6:15-7:15pm	*\$92.30 R \$110.50 R
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Tansley Woods Community Centre

00273153	Sa	Sep 19-Dec 19	11:45am-12:45pm	*\$92.30 R \$110.50 R
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Qigong 55+

Join this centuries old practice that combines body-posture and movement, breathing, and meditation to promote wellness. All levels welcome.

Burlington Seniors' Centre

00273157	Fr	Sep 18-Dec 18	8:45-9:45am	\$99.40 R
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Tai Chi

Tai Chi is a Chinese martial art practiced for its defensive training, health benefits and meditation. This experience will allow you to practice a sequence of gentle repetitive movements that leads you to focus on breath, energy and strength for both mind and body connection. This practice is beneficial to all regardless of age and fitness level.

Burlington Seniors' Centre

00273156	Mo	Sep 14-Dec 14	5-6pm	*\$92.30 R \$110.50 R
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Tansley Woods Community Centre

00273158	Sa	Sep 17-Dec 19	10:30-11:30am	*\$92.30 R \$110.50 R
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Tai Chi 55+

Tai Chi is a Chinese martial art practiced for its defensive training, health benefits and meditation. This experience will allow you to practice a sequence of gentle repetitive movements that leads you to focus on breath, energy and strength for both mind and body connection. This practice is beneficial to all regardless of age and fitness level.

Burlington Seniors' Centre

00273145	Tu	Sep 15-Dec 15	8-9am	\$99.40 R
00273166	Fr	Sep 18-Dec 18	7:30-8:30am	\$99.40 R

Yoga - Beginner 55+

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Bring your own yoga mat.

Burlington Seniors' Centre

00273161	Th	Sep 17-Dec 17	8:30-9:30am	\$99.40 R
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Yoga - Chair

An inclusive and mindful program designed to remain seated or using the chair for stability with the same emphasis on stretching, breathing and strengthening. Clear modifications provided to optimize participation for all. Please bring your own yoga mat.

Tansley Woods Community Centre

00273143	Mo	Sep 14-Dec 14	9:30-10:30am	*\$92.30 R \$110.50 R
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Yoga - Chair 55+

An inclusive and mindful program designed to remain seated or using the chair for stability with the same emphasis on stretching, breathing and strengthening. Clear modifications provided to optimize participation for all. Please bring your own yoga mat.

Burlington Seniors' Centre

00273164	Mo	Sep 14-Dec 14	10-11am	\$92.30 R
00273151	Mo	Sep 14-Dec 14	11:15am-12:15pm	\$92.30 R
00273162	Fr	Sep 18-Dec 18	10-11am	\$99.40 R
00273141	We	Sep 16-Dec 16	11am-Noon	\$99.40 R

Skyway Community Centre

00286980	We	Sep 16-Dec 16	10:45-11:45am	\$99.40 R
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Tansley Woods Community Centre

00287415	Tu	Sep 15-Dec 15	9-10am	\$99.40 R
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Yoga - Flow

A dynamic, energizing yoga class designed to build strength, flexibility, balance, and endurance through flowing sequences and postures. Suitable for participants with some yoga experience.

Mountainside Community Centre

00290630	We	Sep 16-Dec 16	1-2pm	*\$92.30 R \$110.50 R
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Tansley Woods Community Centre

00286965	Mo	Sep 14-Dec 14	5:15-6:15pm	*\$92.30 R \$110.50 R
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Yoga - Hatha

Focus on breath, body, and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Please bring your own yoga mat.

Brant Hills Community Centre

00273165	Th	Sep 17-Dec 17	6:15-7:15pm	*\$92.30 R
				\$110.50 R

Burlington Seniors' Centre

00273144	Tu	Sep 15-Dec 15	9:15-10:15am	*\$99.40 R
				\$119.00 R

Mountainside Community Centre

00273171	Tu	Sep 15-Dec 15	12:45-1:45pm	*\$99.40 R
				\$119.00 R
00287443	Th	Sep 17-Dec 17	9-10am	*\$99.40 R
				\$119.00 R

Tansley Woods Community Centre

00286964	We	Sep 16-Dec 16	7:15-8:15am	*\$99.40 R
				\$119.00 R
00273170	Fr	Sep 18-Dec 18	Noon-1pm	*\$99.40 R
				\$119.00 R

Yoga - Hatha 55+

Focus on breath, body, and mind in this program that combines poses and meditation. All levels welcome as the instructor offers modifications for all. Please bring your own yoga mat.

Burlington Seniors' Centre

00273159	Tu	Sep 15-Dec 15	11:45am-12:45pm	\$99.40 R
00273169	Fr	Sep 18-Dec 18	11:15am-12:15pm	\$99.40 R
00273160	Fr	Sep 18-Dec 18	12:30-1:30pm	\$99.40 R

Yoga - Low Impact

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

Tansley Woods Community Centre

00273146	Fr	Sep 18-Dec 18	10:45-11:45am	*\$99.40 R
				\$119.00 R

Yoga - Low Impact 55+

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

Burlington Seniors' Centre

00273152	Th	Sep 17-Dec 17	9:45-10:45am	\$99.40 R
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Yoga - Yin

An inclusive and mindful low impact program designed to master basic postures. Stretch, breathe, and strengthen with modifications provided by the instructor so all levels can create a foundational practice best suited to their needs. Please bring your own yoga mat.

Mountainside Community Centre

00273163	Tu	Sep 15-Dec 15	2-3pm	*\$99.40 R
				\$119.00 R



Contact Information

Email:
liveandplay@burlington.ca

Phone:
905-335-7738

Website:
burlington.ca/adult



For up-to-date drop-in schedules
and program descriptions visit
burlington.ca/dropinandplay



View our Criteria and
Admission Standards at
burlington.ca/playstandards

burlington.ca/adult

