

FALL 2024/WINTER 2025

Adult

Adult Program Booklet

New Online Registration Dates

Fall session:

Thursday, Aug. 15, 2024, at 7 a.m.

Winter session:

Thursday, Nov. 28, 2024, at 7 a.m.

Learn more at

burlington.ca/registration



burlington.ca/adult

CITY OF
Burlington

How to get ready for registration

- Review this booklet and courses you may be interested in
- Make a list and note the course ID. Include the first two zeros of the Course ID # when using Keyword Search
- Think about alternatives in case your original course day, time or program is already full. If a class is full, you can add yourself to the waitlist
- If you are a new registrant, you will need to setup a Live and Play account. Do that well in advance of launch day to be prepared
- Have your payment card information ready to give to staff or to make a payment online. You can also add your credit card information on your Live & Play account.
- If you have a credit on your account, you can also use the remaining credit to pay for your registration. To inquire about your account balance, call or visit customer service
- If you need additional support, please contact us at 905-335-7738 or email liveandplay@burlington.ca

Register by Phone

- Call 905-335-7738
- It may take some time for our Customer Service staff to speak with each customer on launch day
- Please have course name and ID ready as well as credit card information
- You may also use credit on your account

Register Online

- View programs at liveandplay.burlington.ca
- Login to your Live and Play account
- Turn to page 2 for more information about how to log in and register

The information in this document relating to recreation programs is correct at the time of publishing and every attempt is made to ensure its accuracy.

For the most up-to-date program information, and additional information such as: exclusion dates, instructors, spots available and more, please login to your Live and Play account at liveandplay.burlington.ca.

Registration Launch Dates

Fall Adult Programs

- Wednesday, Aug. 7 - Programs viewable online
- Thursday, Aug. 15 at 7 a.m. - Adult recreation programs open for resident registration
- Friday, Aug. 23 at 9 a.m. - Programs open for non-residents to register

Winter Adult Programs

- Wednesday, Nov. 20 - Programs viewable online
- Thursday, Nov. 28 at 7 a.m. - Adult recreation programs open for resident registration
- Friday, Dec. 6 at 9 a.m. - Programs open for non-residents to register

Register in-person

- Staff-assisted phone registration for those unable to or without access to online registration is available starting 7 a.m. by calling 905-335-7738.
- In-person support for registration for Adult Programs will be available on Thursday, Nov. 28 starting at 7 a.m. at Customer Service desks at Tansley Woods Community Centre, and the Burlington Seniors' Centre. Please note, staff have the same access to programs as is available on the City's website. Registering in person does not give better or more access to programs.

Program Fees

Tax: all program fees are advertised without tax included. Tax will be added on at the time of registration where applicable.

Resident Fees: all course fees listed are Burlington Resident fees. Non-Resident fee is an additional \$12 per course which will be added on at the time of registration where applicable.

For all 19+ courses: the higher fee is for those registrants 19-54 years old, and the lower fee applies to 55+ only.

Recreation Fee Assistance

Recreation Fee Assistance is available for families or individuals, for registered programs.

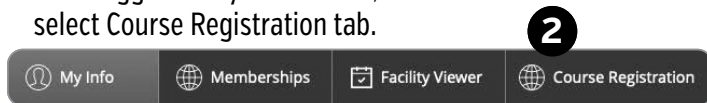
For more information, visit burlington.ca/feeassistance.

How to Register Online

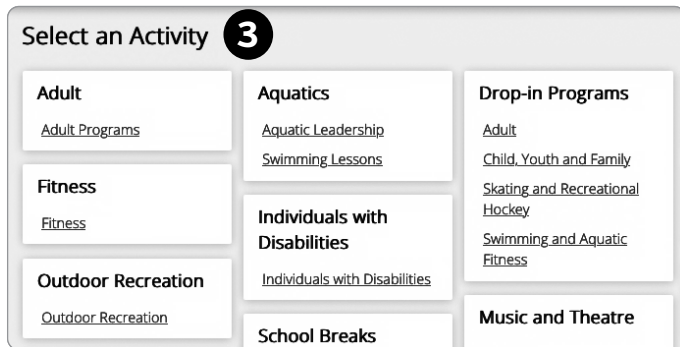
1. Go to liveandplay.burlington.ca. Login or create an account by clicking “Signup”, and completing the “Don’t Have a Login Yet?” page. You will receive an email with a temporary password, and login instructions.



2. Once logged into your account, select Course Registration tab.

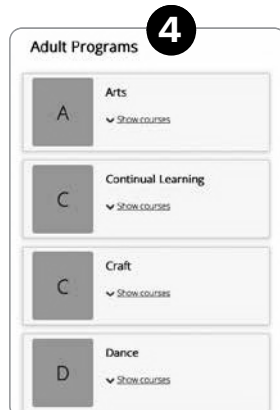


3. Browse for the course on the Select an Activity from the list, then select your Service from the lists below:



4. Hit the Show courses to show all the listing of courses within a Service heading.

5. Choose your course and select “Register”.



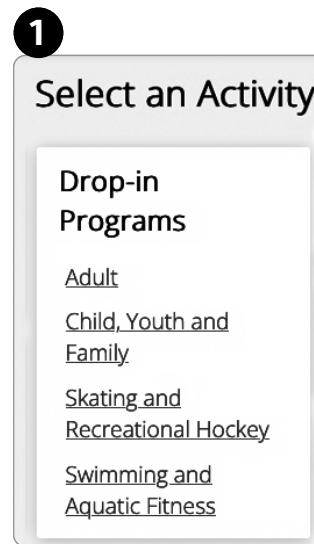
How to reserve a Drop-in program

All drop-in programs will open to Burlington residents for online registration seven days in advance, and three days in advance for non-residents.

Reserving a spot by registering online is recommended. Walk up registrations will be accommodated where remaining capacity allows.

Browse for programs at burlington.ca/dropinandplay.

1. Select Adult under Select an Activity
2. You may further filter by location, service, days of the week or facility.
3. You will see the results based on your search. Select Register once you have found your desired program.



Drop-in Programs

Arts

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

00202656 Th Sep 12-Jun 20 1:30-4pm \$2.74 R

Drop-In Fibre Arts 55+

Enjoy this time to work on your various fibre arts projects in the company of others, whether it be bunka, crochet, knitting, needle point, embroidery or any other fibre art, all are welcome! No instruction is provided.

Burlington Seniors' Centre

00202677 We Sep 11-Jun 19 9-11am \$2.74 R

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.

Burlington Seniors' Centre

00202663 Sa Sep 14-Jun 22 1-3pm *\$5.02 R
\$5.92 R

Tansley Woods Community Centre

00202671 Tu Sep 17-Jun 18 2:30-4:30pm *\$5.02 R
\$5.92 R

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

00202686 Fr Sep 13-Jun 21 12:30-2:30pm \$5.02 R

Drop-in Pottery 55+ Open 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.

Burlington Seniors' Centre

00202698 Fr Sep 20-Jun 7 10am-12pm \$5.02 R

Fitness

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

00202712 Sa Sep 14-Jun 22 9:30-10:30am *\$6.92 R
\$9.20 R

Tansley Woods Community Centre

00202705 We Sep 18-Jun 19 9:15-10:15am *\$6.92 R
\$9.20 R

Drop-in Stride, Tone and Stretch

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 offered by the instructor. Bring your own yoga mat.

Tansley Woods Community Centre

00202702 Mo Sep 16-Jun 17 8-9am *\$6.92 R
\$9.20 R

00202666 We Sep 18-Jun 19 8-9am *\$6.92 R
\$9.20 R

00202679 Fr Sep 20-Jun 21 8-9am *\$6.92 R
\$9.20 R

00202707 Fr Sep 20-Jun 21 9:30-10:30am *\$6.92 R
\$9.20 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 help improve overall strength and also build cardiovascular endurance.

Tansley Woods Community Centre

00202670 Sa Sep 21-Jun 22 8-9am *\$6.92 R
\$9.20 R

Burlington Seniors' Centre

00206010 Tu Sep 10-Dec 3 7:15-8:15pm *\$6.92 R
\$9.20 R

00206011 Tu Jan 7-Mar 18 7:15-8:15pm *\$6.92 R
\$9.20 R

00202690 Fr Sep 13-Jun 21 6-7pm *\$6.92 R
\$9.20 R

Games

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

00202664 Fr Sep 13-Jun 21 2:15-4:45pm \$2.74 R

Drop-In Board Games 55+

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

Burlington Seniors' Centre

00202708 Mon/Fr Sep 9-Jun 21 11:30am-2pm \$3.03 R

00202682 We Sep 11-Jun 19 9-11:30am \$3.03 R

Drop-In Chess

Enjoy a game of Chess. No instruction provided, intermediate to advanced level of play. Instructor available for assistance.

Burlington Seniors' Centre

00202687 Fr Sep 13-Jun 20 4:45-6:45pm *\$2.74 R

\$3.19

Drop-In Cribbage 55+

Partners not required! Friendly game of cribbage played with 2, 3 or 4 players depending on attendance. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Burlington Seniors' Centre

00202665 Tu Sep 10-Jun 18 9:15-11:45am \$3.03 R

Drop-in Euchre

Try out this very popular card game held weekly. Experienced and new players alike are welcome. No instruction provided. No prizes or prize money (including chips, tokens, cash) is to be exchanged as per AGCO policy.

Tansley Woods Community Centre

00202674 Mo Sep 16-Jun 16 6:30-9pm *\$3.03 R

\$3.53 R

Drop-In 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

00202668 Fr Sep 9-Jun 21 9-11:30am \$3.03 R

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

00202669 We Sep 11-Jun 19 1-3:30pm \$3.03 R

Drop-in Snooker 55+

Enjoy a game of snooker, billiards, 8-ball etc. Participants should bring their own cues, as these will not be provided. Total Capacity for area is 12 people, and participants can organize numbers at the tables.

Burlington Seniors' Centre

00202681 Mo-We,Fr,Sa Sep 9-Jun 22 8:30am-12:30pm \$3.31 R

00202667 Mo-Fr Sep 9-Jun 21 12:45-4:45pm \$2.74 R

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.

Burlington Seniors' Centre

00203105 Mo Sep 9-Jun 16 7-9pm *\$3.60 R
\$4.55 R

Brant Hills Community Centre

00202660 Tu Sep 10-Jun 18 1-3pm *\$3.60 R
\$4.55 R

00202711 Th Sep 12-Jun 20 1-3pm *\$3.60 R
\$4.55 R

Central Arena

00202692 Sa Sep 14-Jun 22 2:15-4:15pm *\$3.50 R
\$4.40 R

Drop-in Basketball - All Levels

Enjoy a game of recreational, non-competitive basketball. Bring your own ball. All levels welcome. Participants must reserve online or pay at the counter to access the gym space.

Brant Hills Community Centre

00202701 Fr Sep 13-Jun 21 1-3pm *\$3.60 R
\$4.55 R

Drop-in Pickleball - All Levels

Enjoy a game of recreational, non-competitive pickleball. Bring your own paddle and ball. Nets provided. All levels welcome.

Brant Hills Community Centre

00202673 We Sep 11-Jun 19 11:15am-1:15pm *\$3.60 R
\$4.55 R

Burlington Seniors' Centre

00202703 Sa Sep 28-Jun 22 9-11am *\$3.60 R
\$4.55 R

00202694 Sa Sep 28-Jun 22 11:15am-1:15pm *\$3.60 R
\$4.55 R

Central Arena

00202672 Fr Sep 13-Jun 21 12-2pm *\$3.60 R
\$4.55 R

00202704 Fr Sep 13-Jun 21 2:15-4:15pm *\$3.60 R
\$4.55 R

00202659 Sa Sep 14-Jun 22 12-2pm *\$3.60 R
\$4.55 R

Haber Community Centre

00202680 Mo Sep 9-Jun 17 11:15am-1:15pm *\$3.60 R
\$4.55 R

00202688 Mo Sep 9-Jun 17 9-11am *\$3.60 R
\$4.55 R

00202697 Th Sep 12-Jun 20 10:30am-12:30pm *\$3.60 R
\$4.55 R

Mainway Ice Centre

00202695 Tu Sep 10-Jun 18 4-6pm *\$3.60 R
\$4.55 R

00203262 Th Sep 12-Jun 20 4:30-6:30pm *\$3.50 R
\$4.55 R

00202676 Th Sep 12-Jun 20 12-2pm *\$3.50 R
\$4.40 R

00202691 Fr Sep 13-Jun 21 4:30-6:30pm *\$3.60 R
\$4.55 R

Tansley Woods Community Centre

00203246 Mo Sep 16-Jun 17 11am-1pm *\$3.50 R
\$4.40 R

00202685 Tu Sep 17-Jun 18 1:30-3:30pm *\$3.60 R
\$4.55 R

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

00202709	Mo	Sep 9-Jun 17	9-11am	*\$3.60 R \$4.55 R
00202684	We	Sep 11-Jun 19	9-11am	*\$3.60 R \$4.55 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

00202693	Mo	Sep 9-Jun 17	3:45-5:45pm	\$3.50 R
00202696	Fr	Sep 13-Jun 21	2:45-4:45pm	\$3.60 R
00202662	Fr	Sep 13-Jun 21	9-11am	\$3.60 R

Wellness

Drop-in Hatha 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.

Burlington Seniors' Centre

00202710	Tu	Sep 10-Jun 18	4:30-5:30pm	*\$6.92 R \$9.20 R
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Drop-in Low Impact Yoga 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

00202689	Tu	Sep 10-Jun 18	3:15-4:15pm	\$6.92 R
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Drop-In Yoga

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

Tansley Woods Community Centre

00202658	Th	Sep 19-Jun 20	11am-12pm	*\$6.92 R \$9.20 R
00202700	Th	Sep 19-Jun 20	12:15-1:15pm	*\$6.92 R \$9.20 R

Registered Programs

Arts

Charcoal Creations 55+

Create three small projects in charcoal while training your brain how to see, map relationships, and mimic forms presented in still life vignettes. Tips and tricks are taught so the class learns how to quiet the mind and capture the essence of the objects. Beginners welcome. A materials list will be sent week prior to program start.

Burlington Seniors' Centre

00202510	Mo	Sep 9-Nov 25	1:30-3:30pm	\$65.10 R
00202819	Mo	Jan 6-Mar 17	1:30-3:30pm	\$65.10 R

Creative Art Studio 55+

Join this social group of budding artists to work on your own project within the drawing and painting mediums. Pastel, watercolor, pencil, pen, acrylic or mixed media all welcome. 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. Suggested materials list based on medium will be sent the week before program starts.

Burlington Seniors' Centre

00202459	We	Sep 11-Dec 4	1:30-3:30pm	\$84.62 R
00202888	We	Jan 8-Mar 19	1:30-3:30pm	\$71.61 R

Drum Circle

Exercise your mind and body in this creative percussion class. Connect with the rhythms of recorded music using improvisational drums (stability balls). No equipment or experience required.

Burlington Seniors' Centre

00202446	We	Sep 11-Dec 4	5:45-6:45pm	*\$70.43 R \$77.80 R
00202902	We	Jan 8-Mar 19	5:45-6:45pm	*\$59.60 R \$65.83 R

Drum Circle 55+

Exercise your mind and body in this creative percussion class. Connect with the rhythms of recorded music using improvisational drums (stability balls). No equipment or experience required.

Burlington Seniors' Centre

00202497	We	Sep 11-Dec 4	3:15-4:15pm	\$70.43 R
00202950	We	Jan 8-Mar 19	3:15-4:15pm	\$59.60 R

Guitar 55+ Level One

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

Burlington Seniors' Centre

00202498	We	Sep 11-Dec 4	1:45-2:45pm	\$70.43 R
00202924	We	Jan 8-Mar 19	1:45-2:45pm	\$59.60 R

Introduction to Mixed Media and Collage

In this hybrid mixed media and collage program, you will work with a selection of mixed media, learning new technical skills and theory for the first five weeks via small projects. In the last four weeks, participants will focus on their own independent project with Instructor guidance.

Burlington Seniors' Centre

00203377	Mo	Sep 16-Dec 16	5-7pm	*\$58.59 R \$71.38 R
00203400	Mo	Jan 6-Mar 24	5-7pm	*\$52.08 R \$63.45 R

Introduction to Mixed Media and Collage 55+

In this hybrid mixed media and collage program, you will work with a selection of mixed media, learning new technical skills and theory for the first five weeks via small projects. In the last four weeks, participants will focus on their own independent project with Instructor guidance.

Burlington Seniors' Centre

00203402	Th	Sep 12-Nov 15	3-5pm	\$65.10 R
00203405	Fr	Jan 10-Mar 17	11:30am-1:30pm	\$65.10 R

Song Writing

Learn how to write songs by turning words into lyrics, lyrics into melodies, and melodies into songs. Ability to play an instrument is helpful, but not required.

Burlington Seniors' Centre

00202584	We	Sep 11-Dec 4	4:30-5:30pm	*\$70.43 R \$77.80 R
00202862	We	Jan 8-Mar 19	4:30-5:30pm	*\$59.60 R \$65.83 R

Ukulele 55+ Level One

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

00202438	We	Sep 11-Dec 4	11:15am-12:15pm	\$70.43 R
00202873	We	Jan 8-Mar 19	11:15am-12:15pm	\$59.60 R

Ukulele 55+ Level Two

Having learned the basics of ukulele, continue your learning in this fun and interactive program. The instructor keeps things fun using familiar songs and encouragement in every class. Bring your own ukulele.

Burlington Seniors' Centre

00202442	We	Sep 11-Dec 4	12:30-1:30pm	\$70.43 R
00202824	We	Jan 8-Mar 19	12:30-1:30pm	\$59.60 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. Bring your own supplies. A materials list will be sent the week before program starts.

Burlington Seniors' Centre

00202440	Tu	Sep 10-Dec 3	1:30-3:30pm	\$84.62 R
00202832	Tu	Jan 7-Mar 18	1:30-3:30pm	\$71.61 R

Continual Learning

Culture of Food

This lecture, demonstration and tasting series will focus on topics such as the origins of food production and recipes, the many reasons we eat the foods we do as well as the future and sustainability of this most valuable resource. Discussion is encouraged. Please note that a \$30 fee covering the cost of food will be added on at the time of registration.

Burlington Seniors' Centre

00204788	Th	Sep 26, Oct 17, Nov 14, Dec 12	4-6pm*	\$26.04 R \$31.72 R
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Current Affairs Club 55+

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

Burlington Seniors' Centre

00202443	Mo	Sep 9-Nov 25	9:30-11:30am	\$27.40 R
00202472	Th	Sep 12-Dec 5	11:15am-1:15pm	\$35.62 R
00202852	Mo	Jan 6-Mar 17	9:30-11:30am	\$27.40 R
00202861	Th	Jan 9-Mar 13	11:15am-1:15pm	\$27.40 R

Genealogy Club 55+

Are you looking for like-minded people who share your interest in family history? If you have a basic knowledge of Genealogy, join us at this program where the discussion is always lively, informative, wide-ranging and the suggestions are plentiful.

Burlington Seniors' Centre

00202569	Fr	Sep 13-Nov 22	9:30-11:30am	\$16.44 R
00202842	Fr	Jan 10-Mar 21	9:30-11:30am	\$16.44 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!

Burlington Seniors' Centre

00202562	Tu	Sep 10-Dec 3	1-2:30pm	\$16.03 R
00202947	Tu	Jan 7-Mar 18	1-2:30pm	\$13.74 R

History of Architecture 55+

This class will demonstrate the relationship we have with buildings, both large and small. The family house as a simple cave to mid-century modern. The castle, the house boat and the barn. The reasons for shelter and how it forms our opinions of ourselves. Not just bricks and mortar, but art that is lived in.

Burlington Seniors' Centre

00202802 We Jan 8-Mar 19 9:30-11:30am \$71.61 R

History of Fashion - 19th to 21st Centuries 55+

This class will show the evolution of man and his relationship to clothing. Also, the social aspect of music that has clothing as indicators of who we are in our towns and villages. From the great Georgian hair and grease make-up to Couture and modern sounds that we had defining the fashion. We will see how the shape of the body and the definitions of beauty and allure change as we progress from one age to another.

Burlington Seniors' Centre

00202887 Tu Jan 7-Mar 18 9:30-11:30am \$71.61 R

Prepare for Registration Day 55+

We recognize that sometimes navigating how to register can feel challenging! Please join us for this session to help you prepare and troubleshoot so you feel ready and confident when it is time to register. If possible, please bring your personal device (smartphone, tablet, or laptop) so we can assist you on the same device you will use on Registration Day. During the session, staff will provide an overview of the registration process, assist with creating an account if needed, address or problem solve specific issues if possible, and provide the opportunity to practice registering in a test course.

Burlington Seniors' Centre

00202588 Tu Oct 8 3:30-5pm \$0.00 R
00202577 Th Oct 10 9:30-11am \$0.00 R
00202948 Tu Feb 25 9:30-11am \$0.00 R
00202931 Th Feb 27 2:30-4pm \$0.00 R

Spanish 55+ Conversation

This course is designed for Spanish learners with a basic level of Spanish who would like to start conversing. You will get introduced to new vocabulary, and you will also get the opportunity to practice the structures you have learned in Spanish I and II. The objective of this course is to practice what you have learned and use that knowledge in real situations.

Burlington Seniors' Centre

00203101 Tu Sep 10-Nov 26 11:15am-12:15pm \$65.01 R
00202799 Tu Jan 7-Mar 4 11:15am-12:15pm \$48.76 R

Spanish 55+ Level One

This program is for beginners with little to no knowledge of the language. Learn Spanish with basic conversation, grammar and vocabulary skills. A basic knowledge of Spanish is welcome but is not required.

Burlington Seniors' Centre

00202532 Mo Sep 16-Nov 26 10-11am \$43.34 R
00202871 Mo Jan 6-Mar 3 10-11am \$37.92 R

Spanish 55+ Level Two

Building on the basics learned in Spanish Level One or similar experience, we will continue with conversation, grammar and vocabulary skills. Prerequisite: Spanish Level One or relevant experience.

Burlington Seniors' Centre

00202560 Mo Sep 16-Nov 25 11:15am-12:15pm \$43.34 R
00202823 Mo Jan 6-Mar 3 11:15am-12:15pm \$37.92 R

Spanish 55+ Level Three

Building on the basics learned in Spanish Level Two or similar experience, we will continue with conversation, grammar and vocabulary skills. Prerequisite: Spanish Level Two or relevant experience.

Burlington Seniors' Centre

00202515 Tu Sep 10-Nov 26 10-11am \$65.01 R
00203160 Tu Jan 7-Mar 4 10-11am \$59.60 R

Technology 55+ Online Safety

In this program, we will explore how to protect ourselves and our personal information online. We will explore password security, phishing scams, and avoiding malware. Bring your own data enabled laptop or tablet.

Burlington Seniors' Centre

00202517 Th Nov 14-Dec 5 3-4:30pm \$23.57 R
00202920 Th Mar 6-20 3-4:30pm \$21.90 R

Technology 55+ Smartphones and Tablets

In this program, We'll learn how to use the basic functions of our smartphones or tablets and how to troubleshoot common problems. Bring your own data enabled smartphone or tablet.

Burlington Seniors' Centre

00202437 Th Oct 10-Oct 31 3-4:30pm \$23.57 R
00202850 Th Feb 6-28 3-4:30pm \$23.57 R

The History of Dance 55+

In this class we will explore 75,000 years of humanity's relationship to movement. The music created to move to, the reason for movement and the many rituals and traditions involving dance. We will see early circle dances to sophisticated ballet, to Broadway dance to community gatherings.

Burlington Seniors' Centre

00202523 We Sep 11-Dec 4 9:30-11:30am \$84.62 R

The History of Islands 55+

This class will explore the many islands around the world. The people, the food, the history, the music and the art. Whether they are big or small, they all have amazing, beautiful and historical stories to tell us.

Burlington Seniors' Centre

00202477 Tu Sep 10-Dec 3 9:30-11:30am \$84.62 R

Visual Culture and Modern Media 55+

Global cultures are dominated by visual communication, from art to advertising, modern media to meme culture, propaganda to documentary photography. As people of all generations become active producers and consumers of new media technologies, learn to take an active and informed role in the shaping of 21st-century visual culture through theoretical, historical, and visual analysis of multidisciplinary perspectives in this contemporary practice of looking.

Burlington Seniors' Centre

00202467 We Sep 18-Nov 27 11:45am-1:15pm \$64.81 R

00202945 We Jan 8-Mar 19 11:45am-1:15pm \$64.81 R

Writing Series Fiction 55+

In this program, participants will gain a better understanding and appreciation of poetry, its techniques, forms, meaning, and relevance. Program will include discussions and the sharing of ideas is encouraged and welcomed!

Burlington Seniors' Centre

00203264 Mo Sep 9-Nov 25 12:45-2:45pm \$65.10 R

00203268 Mo Jan 6-Mar 17 12:45-2:45pm \$65.10 R

Craft

Art Journaling 55+

Art journaling is a playful, expressive outlet used to explore and expand your inner creativity. It is a combination of collage, mixed media, and experimentation all wrapped up in a journal format. We will fling paint, rip paper, glue stuff, and explore journaling prompts to get your creative juices flowing. Materials are provided with the addition of an \$18 material fee.

Burlington Seniors' Centre

00202542 Mo Oct 7-Nov 25 1-3pm \$45.57 R

00202511 Mo Oct 7-Nov 25 10am-Noon \$45.57 R

00202911 Mo Jan 6-Mar 17 1-3pm \$65.10 R

00202893 Mo Jan 6-Mar 17 10am-Noon \$65.10 R

Bead Weaving Basics 55+

From Peyote stitch to Brick stitch, Herringbone stitch to Square stitch, learn essential bead weaving stitches through fun simple projects which provide foundational skills for making jewelry! Materials are provided and are included in the \$60 material fee.

Burlington Seniors' Centre

00202610 Th Sep 12-Nov 28 1-3pm \$78.12 R

00202843 Th Jan 9-Mar 20 1-3pm \$71.61 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

00202457 Th Sep 12-Dec 5 8:30-11am \$0.00 R

00202934 Th Jan 9-Mar 20 8:30-11am \$0.00 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

00202454 We Sep 11-Dec 4 1:15-3:15pm \$35.62 R

00205219 We Jan 8-Mar 19 1:15-3:15pm \$35.62 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

00202606	Th	Sep 12-Dec 5	9-11am	\$35.62 R
00202928	Th	Jan 9-Mar 20	9-11am	\$30.14 R

Origami 55+ Beginner

Learn a brief history of origami, learn to read diagrams, and practice origami through introductory projects. Suitable for beginners or novices.

Burlington Seniors' Centre

00203265	Fr	Sep 13-Oct 11	4:30-6pm	\$23.57 R
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Origami 55+ Intermediate

Embark on a fun journey through the Art of Paper Folding! Participants will learn and create more complex origami objects, and explore 3 origami styles. Origami Basics 55+ or similar experience is a prerequisite.

Burlington Seniors' Centre

00203324	Fr	Sep 13-Oct 11	6:15-8:15pm	\$26.04 R
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Pottery - All Levels

Learn or enhance your knowledge of the basic principles of working with clay. Use various methods such as hand building and wheel throwing. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00202493	Th	Sep 12-Nov 14	6:30-8:30pm	*\$65.10 R \$79.31 R
00202875	Th	Jan 9-Mar 6	6:30-8:30pm	*\$58.59 R \$71.38 R

Pottery - Home Decor

Enjoy this project-based course where participants explore the art of ceramic decor, where they will learn the fundamentals of hand-building techniques. It offers them an opportunity to transform a space in their home with beautiful and personalized ceramic pieces, all within a friendly and supportive environment. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one Winter 2025 pottery class. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00203344	We	Jan 8-Feb 12	7-9pm	*\$39.06 R \$47.59 R
00203924	We	Feb 19-Mar 19	7-9pm	*\$32.55 R \$39.65 R

Pottery - Kitchenware Creations

Enjoy this project-based course where participants explore the functionality of kitchenware while learning the fundamentals of hand-building techniques. It offers them an opportunity to create personalized kitchen essentials within a friendly and supportive environment. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one Fall 2024 pottery class. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00203341	We	Sep 11-Oct 16	7-9pm	*\$39.06 R \$47.59 R
00203920	We	Oct 23-Nov 27	7-9pm	*\$39.06 R \$47.59 R

Pottery 55+ All Levels

Learn or enhance your knowledge of the basic principles of working with clay. Use various methods such as hand building and wheel throwing. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00202601	We	Sep 11-Nov 20	10am-Noon	\$71.61 R
00202452	We	Sep 11-Nov 20	1-3pm	\$71.61 R
00202462	Th	Sep 12-Nov 14	1-3pm	\$65.10 R
00202925	We	Jan 8-Mar 5	10am-Noon	\$58.59 R
00202903	We	Jan 8-Mar 5	1-3pm	\$58.59 R
00202851	Th	Jan 9-Mar 6	1-3pm	\$58.59 R

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

Pottery 55+ Coptic-bound Ceramic Book

Learn basics in pottery, bookmaking, and book anatomy with the coptic stitch binding in this hybrid craft program. Participants will create one coptic-bound ceramic cover book under the guidance of two instructors; the first half focuses on ceramic cover building, the second half focuses on the book-binding. Materials are provided with the addition of a \$40 material fee.

Burlington Seniors' Centre

00202557	Mo	Sep 9-Dec 2	10am-Noon	\$65.10 R
00202895	Mo	Jan 6-Mar 17	10am-Noon	\$58.59 R

Pottery - Wheel Throwing

Interested in exploring the pottery wheel? In this program, learn the basics of throwing a vessel using the wheel. This program is beginner friendly, and is a refresher for those who have some previous wheel experience.

Burlington Seniors' Centre

00202586	Mo	Sep 9-Nov 11	5-7pm	*\$52.08 R \$63.45 R
00202929	Mo	Jan 6-Mar 3	5-7pm	*\$52.08 R \$63.45 R

Dance

Ballroom Line Dance 55+ Level One

Steps, rhythms and music are all ballroom! Gentle movement and verbal cues and encouragement make it a fun experience for all.

Burlington Seniors' Centre

00202505	We	Sep 11-Dec 4	12:30-2pm	\$76.59 R
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Ballroom Line Dance 55+ Level Two

The instructor adds a little more complexity to the ballroom steps learned in Level 1 to offer more challenge and movement for Ballroom dancers. Verbal cues keep everyone active, dancing, learning, and progressing in each class.

Burlington Seniors' Centre

00202481	Fr	Sep 13-Nov 29	1-2:30pm	\$70.70 R
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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

00202468	Tu	Sep 10-Dec 3	3:30-5pm	\$76.59 R
00202879	Tu	Jan 7-Mar 18	3:30-5pm	\$64.81 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

00202478	We	Sep 11-Dec 4	3:45-5:15pm	\$76.59 R
00202817	We	Jan 8-Mar 19	3:45-5:15pm	\$64.81 R

Day Trips

Day Trip - Christmas On Ice Spectacular and the Festival of Lights

The most wonderful holiday production featuring national championship ice skaters, dancers and singers that will fill you with the magic of the season. Includes lunch and a tour of the Niagara Festival of Lights from the comfort of a luxury Coach Bus.

Burlington Seniors' Centre

00203380 We Dec 11 10:30am-7:30pm *\$160.00 R
\$163.00 R

Day Trip - Garden Tea and Holiday Floral Workshop

Create a Holiday planter to take home, enjoy a delicious seasonal tea service, and explore the wonders of the Watering Can Flower Market located in Vineland.

Burlington Seniors' Centre

00203378 We Nov 13 9am-4:30pm *\$150.00 R
\$153.00 R

Day Trip - Muskoka Steamship and Cranberry Farm

Take in the fall foliage while we dine on the Muskoka Steamship. Visit the Muskoka Lakes Farm and Winery featuring a cranberry bog and all of the essential pantry items.

Burlington Seniors' Centre

00203369 We Oct 9 7am-8pm *\$170.00 R
\$173.00 R

Day Trip - Toronto Blue Jays vs New York Mets (100 Level) 19+

Blue Jays host the New York Mets at 3:07pm. Seats are located on the 100 Level with great sight lines from the comfort of the new and improved lower stadium seating. Includes an optional "tailgate" lunch at the Burlington Seniors' Centre beginning at 11:45am, bus departs at 12:30pm.

Burlington Seniors' Centre

00201371 We Sep 11 12:30-7:30pm *\$140.00 R
\$143.00 R

Day Trip - Port Dover - Lighthouse Theatre: Memphis to Motown and Lunch

Live concert featuring music from legendary artists like Otis Redding, Gladys Knight & the Pips, Marvin Gaye, The Temptations, and more. Early lunch followed by 30 to 60 minutes to explore before the 2pm performance.

Burlington Seniors' Centre

00201264 We Sep 18 9:30am-5:30pm *\$135.00 R
\$138.00 R

Day Trip - Shaw Theatre: My Fair Lady

With unforgettable songs such as, "Could Have Danced All Night", and, "Wouldn't It Be Lovely?", My Fair Lady is one of the most beloved musicals of all time. Luxury motor coach transportation, picnic lunch, and ample time to stroll the shops and sights of Niagara-on-the-lake. Return home immediately following the play.

Burlington Seniors' Centre

00203376 We Nov 27 9am-5pm *\$160.00 R
\$163.00 R

Day Trip - St Jacobs

Home cooked lunch at Anna Mae's Bakery and Restaurant featuring the famous "Broasted" Chicken. Free time to explore the cheese market, quilt shops and the St Jacob's Farmers Market.

Burlington Seniors' Centre

00203374 We Oct 23 9:30am-4:30pm *\$84.00 R
\$87.00 R

Local Meetup - Andre Rieu: The Power of Love 55+

The King of the Waltz presents a must-see big screen spectacular that has been declared the music event of the Summer. Join fellow participants for an afternoon of beautiful music followed by coffee and conversation. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203786 Su Sep 29 Noon-4pm \$30.00 R

Local Meetup - Art Gallery of Burlington 55+

Join friends for a visit to the AGB led by staff and volunteers. Learn something new and enjoy lunch together onsite at the gallery. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203697 We Jan 29 11am-2pm \$30.00 R

Local Meetup - Ireland House 55+

Join friends for a tour of the museum led by staff and volunteers followed by a packed lunch. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203694 We Oct 16 11am-2pm \$20.00 R

Local Meetup - Joseph Brant Museum 55+

Join friends for a visit to the Joseph Brant Museum led by staff and volunteers. Learn something new and enjoy lunch together onsite at the museum. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203698 We Feb 26 11am-2pm \$20.00 R

Local Meetup - Movie Matinee 55+

Join friends for a feature film followed by a casual meal and conversation. Please note we will be walking from the theatre to the restaurant, which is approximately 70 meters. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203687 We Oct 2 1:30-5:30pm \$25.00 R
00203688 We Nov 6 1:30-5:30pm \$25.00 R
00203689 We Dec 4 1:30-5:30pm \$25.00 R
00203691 We Jan 8 1:30-5:30pm \$25.00 R
00203692 We Feb 5 1:30-5:30pm \$25.00 R
00203693 We Mar 5 1:30-5:30pm \$25.00 R

Local Meetup - Picnic at Hidden Valley Park 55+

Meet at Hidden Valley Park at Picnic Area 1 (located behind the Model Railway Centre). Enjoy picnic games and a packed lunch in the company of others and a visit to Burlington's Model Railway Centre. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Hidden Valley Park

00203695 We Sep 25 11am-2pm \$20.00 R

Local Meetup - Royal Botanical Gardens 55+

Join friends for a visit to the poinsettia and holiday train exhibit. Lunch provided onsite. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203696 We Nov 20 11am-2pm \$35.00 R

Local Meetup - Terra Greenhouse Spring Planter 55+

Create a Spring planter to take home and enjoy packed lunch together at the greenhouse. Meeting location address will be provided on your registration confirmation. Fee includes any cost for admission and meal.

Burlington Seniors' Centre

00203700 We Mar 19 11am-2pm \$65.00 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 are encouraged to bring resistance bands or similar. Bring your own yoga mat.

Brant Hills Community Centre

00202514	Th	Sep 12-Dec 5	9-10am	*\$86.77 R \$104.84 R
00202883	Th	Jan 9-Mar 20	9-10am	*\$66.74 R \$80.65 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. Bring your own yoga mat.

Burlington Seniors' Centre

00202600	Mo	Sep 9-Dec 2	3:30-4:30pm	\$73.42 R
00202922	Mo	Jan 6-Feb 24	3:30-4:30pm	\$46.72 R

Barre Fit 55+

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.

Burlington Seniors' Centre

00202550	Tu	Sep 10-Dec 3	1:45-2:45pm	\$86.77 R
00202904	Tu	Jan 7-Mar 18	1:45-2:45pm	\$73.42 R

Better Bones

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

Mountainside Community Centre

00202564	Mo	Sep 16-Dec 2	10-11am	*\$66.74 R \$80.65 R
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Better Bones 55+

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

Burlington Seniors' Centre

00202507	We	Sep 11-Dec 4	2:30-3:30pm	\$86.77 R
00202554	Fr	Sep 13-Dec 6	9-10am	\$86.77 R
00202840	We	Jan 8-Mar 19	2:30-3:30pm	\$73.42 R

Boot Camp

This program will strengthen your muscles with seated exercises. This workout will help build healthier muscles, bones, improve posture and body composition. You will end this program with a series of stretches which will enhance your full range of motion. All are welcome.

Tansley Woods Community Centre

00203288	Sa	Sep 21-Dec 7	9:15-10:15am	*\$66.74 R \$80.65 R
00203289	Sa	Jan 11-Mar 22	9:15-10:15am	*\$53.40 R \$64.52 R

Cardio Kick Boxing

In this program, you will punch and kick your way to fitness! The program is non-contact, high energy and offers a martial arts inspired aerobic workout. Bring your own yoga mat

Burlington Seniors' Centre

00203296	We	Sep 11-Dec 5	5:45-6:45pm	*\$86.77 R \$104.84 R
00203297	We	Jan 8-Mar 20	5:45-6:45pm	*\$73.42 R \$88.71 R

Cardio Sculpt

This class will use resistance bands for muscle conditioning and strength training and finishes off with tension reducing stretches. Includes a warm-up followed by cardiovascular training using a variety of aerobic movements and patterns. Bring your own yoga mat and resistance band.

Tansley Woods Community Centre

00202471	Mo	Sep 16-Dec 2	9:30-10:30am	*\$66.74 R \$80.65 R
00202963	Mo	Jan 6-Feb 25	9:30-10:30am	*\$46.72 R \$56.45 R

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

00202607	Mo	Sep 9-Dec 2	1-2pm	*\$73.42 R \$88.71 R
00202831	Mo	Jan 6-Mar 17	1-2pm	*\$53.40 R \$64.52 R

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

00203218	Tu	Sep 10-Dec 3	3:15-4:15pm	\$80.09 R
00202568	Fr	Sep 13-Dec 6	11:45am-12:45pm	\$86.77 R
00203220	Tu	Jan 7-Mar 18	3-4pm	\$73.42 R
00202834	Fr	Jan 10-Mar 21	11:45am-12:45pm	\$73.42 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 equipment preferred.

Burlington Seniors' Centre

00202593	Tu	Sep 10-Dec 3	1:30-2:30pm	\$86.77 R
00202800	Tu	Jan 7-Mar 18	1:30-2:30pm	\$73.42 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

00202460	Tu	Sep 10-Dec 3	12:45-1:45pm	\$86.77 R
00202917	Tu	Jan 7-Mar 18	12:45-1:45pm	\$73.42 R

Ladies Fit

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

Tansley Woods Community Centre

00202603	We	Sep 18-Dec 4	10:30-11:30am	*\$80.08 R \$96.78 R
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Brant Hills Community Centre

00202571	Mo	Sep 9-Dec 2	11:45am-12:45pm	*\$73.42 R \$88.71 R
00202816	Mo	Jan 6-Mar 17	11:45am-12:45pm	*\$53.40 R \$64.52 R
00202938	We	Jan 8-Mar 19	10:30-11:30am	*\$73.42 R \$88.71 R

Latin Fit 55+

Latin dance fit is a freestyle dance fitness workout that incorporates Latin dance steps as the foundation of a fun and exhilarating cardio dance fitness workout. Please wear comfortable clothing and shoes.

Burlington Seniors' Centre

00203199	Mo	Sep 9-Dec 2	8-9am	\$73.42 R
00203234	Tu	Sep 10-Dec 3	2-3pm	\$86.77 R
00e200	Mo	Jan 6-Mar 17	8-9am	\$66.74 R

Low Impact Training

This is a total body workout program that will challenge you while standing, offering cardio, strength, balance and stretching exercises. Participants are encouraged to bring a resistance band.

Brant Hills Community Centre

00203186	Th	Jan 9-Mar 20	10:15-11:15am	*\$66.74 R \$80.65 R
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Burlington Seniors' Centre

00203292	Tu	Sep 10-Dec 3	6-7pm	*\$86.77 R \$104.84 R
00203293	Tu	Jan 7-Mar 18	6-7pm	*\$73.42 R \$88.71 R

Low Impact Training 55+

This is a total body workout program that will challenge you while standing, offering cardio, strength, balance and stretching exercises. Participants are encouraged to bring resistance bands or similar.

Burlington Seniors' Centre

00202512	Tu	Sep 10-Dec 3	10:15-11:15am	\$86.77 R
00202853	Tu	Jan 7-29	10:15-11:15am	\$26.70 R
00203156	Tu	Mar 4-19	10:15-11:15am	\$20.01 R

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.

Burlington Seniors' Centre

00202531	Fr	Sep 13-Dec 6	10:30-11:30am	\$86.77 R
00202901	Fr	Jan 10-Mar 21	10:30-11:30am	\$73.42 R

Pilates 55+ 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.

Burlington Seniors' Centre

00202534	Tu	Sep 10-Dec 3	8:30-9:30am	\$86.77 R
00202491	We	Sep 11-Dec 4	8:30-9:30am	\$86.77 R
00202962	Tu	Jan 7-Mar 18	8:30-9:30am	\$73.42 R
00202878	We	Jan 8-Mar 19	8:30-9:30am	\$73.42 R

Pilates 55+ 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.

Burlington Seniors' Centre

00202522	Tu	Sep 10-Dec 3	9:45-10:45am	\$86.77 R
00202474	We	Sep 11-Dec 4	9:45-10:45am	\$86.77 R
00202949	Tu	Jan 7-Mar 18	9:45-10:45am	\$73.42 R
00202837	We	Jan 8-Mar 19	9:45-10:45am	\$73.42 R

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

00203237	Tu	Sep 10-Dec 4	10-11am	*\$86.77 R \$104.84 R
00203242	Tu	Jan 7-Mar 19	10-11am	*\$73.42 R \$88.71 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

00202579	Mo	Sep 9-Dec 2	11:30am-12:30pm	*\$73.42 R \$88.71 R
00202937	Mo	Jan 6-Mar 17	11:30am-12:30pm	*\$53.40 R \$64.52 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

00202533	Mo	Sep 9-Dec 2	8:45-9:45am	\$73.42 R
00202908	Mo	Jan 6-Mar 17	8:45-9:45am	\$66.74 R

Sit Fit 55+

This program will strengthen your muscles with seated exercises. This workout will help build healthier muscles, bones, improve posture and body composition. You will end this program with a series of stretches which will enhance your full range of motion. All are welcome.

Burlington Seniors' Centre

00202526	Tu	Sep 10-Dec 3	9-10am	\$86.77 R
00202848	Tu	Jan 7-29	9-10am	\$26.70 R
00203158	Tu	Mar 4-19	9-10am	\$20.01 R

Total Body Conditioning

An interval training workout for your body that includes bursts of higher intensity activities followed by rest and lighter activities. This is a great way to improve both overall strength and cardiovascular endurance. Bring your own yoga mat.

Burlington Seniors' Centre

00203299	We	Sep 11-Dec 5	8-9am	*\$86.77 R \$104.84 R
00203303	We	Jan 8-Mar 20	8-9am	*\$73.42 R \$88.71 R

Total Body Conditioning 55+

An interval training workout for your body that includes bursts of higher intensity activities followed by rest and lighter activities. This is a great way to improve both overall strength and cardiovascular endurance. Bring your own yoga mat.

Burlington Seniors' Centre

00203195	Mo	Sep 9-Dec 2	8-9am	\$73.42 R
00203196	Mo	Jan 6-Mar 17	8-9am	\$66.74 R

Total H.I.I.T. (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

00203074	Mo	Sep 9-Dec 2	6-7pm	*\$73.42 R \$88.71 R
00203075	Mo	Jan 6-Mar 17	6-7pm	*\$66.74 R \$80.65 R

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

00202548	Mo	Sep 9-Dec 2	2:30-3:30pm	\$73.42 R
00202801	Mo	Jan 6-Mar 17	2:30-3:30pm	\$66.74 R

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

00202488	We	Sep 18-Dec 4	3:15-4:15pm	*\$80.09 R \$96.78 R
00202939	We	Jan 8-Feb 27	3:15-4:15pm	*\$53.40 R \$64.52 R

Games

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

00202486	Mo	Sep 16-Nov 18	Noon-2pm	*\$58.59 R \$71.38 R
00203334	We	Sep 11-Nov 27	2:30-4:30pm	\$78.12 R
00202809	Mo	Jan 6-Mar 17	Noon-2pm	*\$65.10 R \$79.31 R
00203336	We	Jan 8-Mar 19	2:30-4:30pm	\$71.61 R

American Mah Jongg - Intermediate

Build on your basic knowledge of the American version 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. The most recent scoring card from the National Mah Jongg League will be provided and is covered by the \$3.50 material fee.

Burlington Seniors' Centre

00203336	We	Jan 8-Mar 19	2:30-4:30pm	\$71.61 R
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Chicks with Sticks 55+

Join other ladies who play snooker to learn and play this great game. Some instruction will be provided. Participants are encouraged to bring their own cues, as these will not be provided.

Burlington Seniors' Centre

00202461	Th	Sep 12-Dec 5	9-11am	\$35.62 R
00202876	Th	Jan 9-Mar 20	9-11am	\$30.14 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! The Dungeon Master will lead the game and assist as needed.

Burlington Seniors' Centre

00202445	We	Sep 11-Dec 4	7-9pm	*\$35.62 R \$41.47 R
00202953	We	Jan 8-Mar 19	7-9pm	*\$30.14 R \$35.09 R

Duplicate Bridge 55+

Standard American Bridge with Five Card Majors will be played in partners. Program leader will be on hand to assist and support but there will be no instruction. Please be aware of the rules of the game for game flow.

Burlington Seniors' Centre

00202602	Th	Sep 12-Nov 28	1-3:30pm	\$36.36 R
00202957	Th	Jan 9-Mar 20	1-3:30pm	\$30.14 R

Introduction to Chess

Are you tired of losing to your friend and that one trick? Join us as we embark on a journey through the fascinating world of chess, starting from the very beginning! Get ready for an adventure that will be filled with fun activities, lots of practice and an arena fueled by competitive spirit.

Burlington Seniors' Centre

00203351	Th	Sep 12-Nov 28	4:45-6:45pm	*\$78.12 R \$95.17 R
00203352	Th	Jan 9-Mar 20	4:45-6:45pm	*\$71.61 R \$87.24 R

Mahjong 55+ Beginner (Hong Kong Style)

Learn 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 teach you the rules of the game and guide you through game play.

Burlington Seniors' Centre

00202594	Mo	Sep 9-Nov 25	2:30-4:30pm	\$65.10 R
00202495	Tu	Sep 10-Dec 3	Noon-2pm	\$84.62 R
00204710	We	Sep 11-Dec 3	Noon-2pm	\$78.12 R
00202946	Mo	Jan 6-Mar 17	2:30-4:30pm	\$65.10 R
00202828	Tu	Jan 7-Mar 18	Noon-2pm	\$71.61 R

Mahjong 55+ Intermediate (Hong Kong Style)

Build on your basic knowledge of 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.

Burlington Seniors' Centre

00202597	Tu	Sep 10-Dec 3	2:30-4:30pm	\$84.62 R
00202889	Tu	Jan 7-Mar 18	2:30-4:30pm	\$71.61 R

Socials

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

00202558	Fr	Sep 20	10:30am-Noon	\$10.30 R
00203333	Fr	Oct 18	10:30am-Noon	\$10.30 R
00203328	Fr	Nov 15	10:30am-Noon	\$10.30 R
00203337	Fr	Jan 17	10:30am-Noon	\$10.30 R
00203338	Fr	Feb 14	10:30am-Noon	\$10.30 R
00203340	Fr	Mar 14	10:30am-Noon	\$10.30 R

Board Game Social

Join friends new and old for a lively game night featuring the best board games! Pizza and a soft drink will be provided. Feel free to bring your own board games!

Burlington Seniors' Centre

00202598	Fr	Nov 8	6-9pm	*\$15.00 R \$20.00 R
00202833	Fr	Mar 14	6-9pm	*\$15.00 R \$20.00 R

Brain Teasers and Coffee 55+

Join friends for a coffee and warm pastries prepared by Chef Michael and Bistro Volunteers. Stretch your mind with a few brain teasers, riddles, games, or mysteries in a community room with ample space and guaranteed seating.

Aldershot Arena

00203388	Th	Sep 19-Oct 10	9:30-11am	\$12.36 R
00204333	Th	Oct 17-Nov 7	9:30-11am	\$12.36 R
00204334	Th	Nov 14-Dec 5	9:30-11am	\$12.36 R
00205904	Th	Jan 16-30	9:30-11am	\$9.27 R
00205905	Th	Feb 6-27	9:30-11am	\$12.36 R

Burlington Seniors' Centre

00203383	Mo	Sep 9-23	9:30-11am	\$9.27 R
00203384	Mo	Oct 7-28	9:30-11am	\$9.27 R
00203385	Mo	Nov 4-25	9:30-11am	\$12.36 R
00203386	Mo	Jan 6-27	9:30-11am	\$12.36 R
00203387	Mo	Feb 3-24	9:30-11am	\$9.27 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

00202563	Sa	Sep 21	8:30-11am	\$6.90 R
00202541	Sa	Oct 19	8:30-11am	\$6.90 R
00202580	Sa	Nov 16	8:30-11am	\$6.90 R
00203315	Sa	Dec 14	8:30-11am	\$6.90 R
00203317	Sa	Jan 11	8:30-11am	\$6.90 R
00202951	Sa	Feb 22	8:30-11am	\$6.90 R
00202941	Sa	Mar 22	8:30-11am	\$6.90 R

Burlington Men's Shed

Join the Burlington Men's Shed, part of a Global Shed Movement, and hosted by the City of Burlington. Men's Sheds are inclusive of all men, welcome diversity, and respect age. This group will meet weekly to share experiences, learn or teach new skills, make friends, and create meaningful projects that give back to the community. Each Men's Shed is unique and members determine the projects under-taken. Register to become an integral member of this new social enterprise.

Tansley Woods Community Centre

00202524	Th	Sep 19-Dec 5	9-11:30am	\$32.40 R
00202820	Th	Jan 9-Mar 20	9-11:30am	\$30.30 R

Christmas Dinner Social

A festive turkey dinner with all of the trimmings. Prepared and served by Bistro volunteers and the Burlington Teen Tour Band. Dessert and eggnog station, live entertainment by the Silver Swing Band, and holiday decorations. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00203096	Th	Dec 5	5-7:30pm	*\$30.00 R \$33.00 R
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Coffee Connections - Christmas at Ireland House 55+

Built in 1837, Ireland House was home to one of Burlington's earliest families. Journey back in time with staff from Museums of Burlington to celebrations of Christmas past. Light refreshments will be provided, and there will be time for questions and open discussion following the presentation.

Burlington Seniors' Centre

00202449	Fr	Nov 29	10-11am	\$5.00 R
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Comfort Food Classics Social

Join Chef Michael Gris and fellow participants for a cozy demonstration of a comforting Winter casserole where Chef will share professional techniques and traditions. Following the demonstration, savour and enjoy the casserole and a simple dessert. All participants will receive copies of the recipes used to take home.

Burlington Seniors' Centre

00203798	Th	Jan 23	4-6pm	*\$20.36 R \$23.36 R
00203799	Th	Feb 27	4-6pm	*\$20.36 R \$23.36 R

Cream Tea Social 55+

Grab your festive hat or fascinator and join friends new and old. A simple cream tea service of fresh baked scones served with Devonshire cream and preserves, seasonal berries and and accoutrements. The social will begin and end with conversation rounds that feature fun discussion starters, riddles, and queries. Make new friends and get to know more about the "old friends". Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00202578	Fr	Sep 13	2:30-4pm	\$15.45 R
00203279	Fr	Oct 11	2:30-4pm	\$15.45 R
00202499	Fr	Nov 22	2:30-4pm	\$15.45 R
00202844	Fr	Jan 3	1:30-3pm	\$15.45 R
00203280	Fr	Feb 14	2:30-4pm	\$15.45 R
00202880	Fr	Mar 14	2:30-4pm	\$15.45 R

Dominoes Social - Mexican Train 55+

Join us for a fun and friendly game of Mexican Train Dominoes. This game requires a bit of strategy, planning, and a little luck but is perfect for all skill levels. Coffee, Tea and pastries will be available to enjoy!

Aldershot Arena

00203781	Tu	Sep 17-Oct 8	9-11am	\$12.36 R
00203782	Tu	Oct 15-Nov 5	9-11am	\$12.36 R
00204335	Tu	Jan 14-Feb 4	9-11am	\$12.36 R
00204336	Tu	Feb 11-25	9-11am	\$9.27 R

Euchre Social 55+

Come and join in on a social game of Euchre with friends old and new! Coffee, Tea and light refreshments provided.

Aldershot Arena

00203390	Tu	Sep 17-Oct 8	9-11am	\$12.36 R
00204331	Tu	Oct 15-Nov 5	9-11am	\$12.36 R
00204337	Tu	Jan 14-Feb 4	9-11am	\$12.36 R
00204338	Tu	Feb 11-25	9-11am	\$9.27 R

Holiday Sing Along Social 55+

Get in the Holiday spirit! Sing holiday favourites together, requests are encouraged. Lyrics will be projected and some available in printed format. Small hand percussion instruments and festive dress are welcome. Light refreshments included at the break.

Aldershot Arena

00204557	Tu	Dec 3	9:30-11am	\$10.30 R
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Burlington Seniors' Centre

00203353	Fr	Dec 13	2-3:30pm	\$10.30 R
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Movie and Music Trivia 55+

Join fellow movie and music lovers for a fun game of trivia featuring film clips, soundbites, classic images, and fun facts. Light refreshments included at the break.

Aldershot Arena

00204567	Tu	Nov 12	9:30-11am	\$10.30 R
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00204569	Tu	Nov 26	9:30-11am	\$10.30 R
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00205900	Tu	Mar 4	9:30-11am	\$10.30 R
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Name that Song Social

Our volunteer hosts will take you down musical memory lane. A musical game of trivia where players compete to identify as many songs and jingles as possible. Teams of one to four players. This game is determined to have you singing and dancing into the evening while reminiscing with fellow players over music of yesteryear. Includes hot dog, salads, treats, soft drinks, and coffee.

Burlington Seniors' Centre

00202453	Th	Oct 3	4:30-6pm	*\$12.36 R \$15.36 R
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00202582	Th	Nov 28	4:30-6pm	*\$12.36 R \$15.36 R
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00202923	Th	Feb 20	4:30-6pm	*\$12.36 R \$15.36 R
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00203270	Th	Mar 13	4:30-6pm	*\$12.36 R \$15.36 R
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Seasonal Dance Party

Come twist and shout the night away! Our Dance Party DJ will play hits from the 40s through to the 70s guaranteed to get you on your feet. Casual dance instruction led by program staff and volunteers. Light snack buffet and refreshments included. Cash bar available for beer and wine sales.

Burlington Seniors' Centre

00202590	Fr	Oct 4	6:30-9pm	*\$10.30 R \$13.30 R
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00203271	Fr	Nov 8	6:30-9pm	*\$10.30 R \$13.30 R
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00202839	Fr	Feb 7	6:30-9pm	*\$10.30 R \$13.30 R
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00202839	Fr	Feb 7	6:30-9pm	*\$10.30 R \$13.30 R
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00202839	Fr	Feb 7	6:30-9pm	*\$10.30 R \$13.30 R
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00202839	Fr	Feb 7	6:30-9pm	*\$10.30 R \$13.30 R
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Sing Along 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. Light refreshments included at the break.

Aldershot Arena

00204555	Tu	Nov 19	9:30-11am	\$10.30 R
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00205902	Tu	Mar 18	9:30-11am	\$10.30 R
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Burlington Seniors' Centre

00203347	Fr	Sep 20	2-3:30pm	\$10.30 R
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00203349	Fr	Oct 4	2-3:30pm	\$10.30 R
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00203350	Fr	Oct 18	2-3:30pm	\$10.30 R
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00202551	Fr	Nov 1	2-3:30pm	\$10.30 R
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00204535	Fr	Nov 15	2-3:30pm	\$10.30 R
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00202589	Fr	Nov 29	2-3:30pm	\$10.30 R
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00202915	Fr	Jan 17	2-3:30pm	\$10.30 R
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00203355	Fr	Jan 31	2-3:30pm	\$10.30 R
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00203357	Fr	Feb 7	2-3:30pm	\$10.30 R
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00203358	Fr	Feb 28	2-3:30pm	\$10.30 R
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00203359	Fr	Mar 21	2-3:30pm	\$10.30 R
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Soup and Scone Social 55+

Happy New Year! Join us for a hearty bowl of soup, 2 different kinds of scones and culinary discussion as you learn to make simple and delicious bistro classics.

Burlington Seniors' Centre

00203792	Th	Jan 2	1:30-3pm	\$15.45 R
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Speaker Series and Coffee 55+

Community Partners will share a presentation, information, and discussion with participants. Enjoy coffee and treats prepared and served by the Bistro and Social volunteer Team.

Burlington Seniors' Centre

00203392	Tu	Oct 1-Nov 26	1:15-2:45pm	\$12.36 R
00203393	Tu	Jan 28-Mar 11	1:15-2:45pm	\$18.45 R

Supper Club Social

Enjoy a beautifully prepared 3 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

00202503	Th	Nov 21	5-6:45pm	*\$20.36 R \$23.36 R
00203099	Th	Jan 16	5-6:45pm	*\$20.36 R \$23.36 R
00203100	Th	Feb 13	5-6:45pm	*\$20.36 R \$23.36 R
00203102	Th	Mar 6	5-6:45pm	*\$20.36 R \$23.36 R

Supper Club Social - Chili Cook Off

Enjoy two delicious Chilli's and cast a vote for your favourite one! The winning Chili will be selected for the Bistro Express take-away menu. Enjoy an assortment of breads with whipped butter, Salad, and various toppings to accompany your Chili. Dessert, coffee and tea, and cash bar will be available. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00203479	Th	Sep 12	5-6:45pm	*\$20.36 R \$23.36 R
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Supper Club Social - Murder Mystery

Immerse yourself in a lively theatrical dining experience featuring an interactive murder mystery performed by a mystery acting troupe. Enjoy the "killer" lasagna buffet dinner while trying to solve the crime. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00203079	Fr	Oct 25	4:30-7pm	*\$25.00 R \$28.00 R
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Thursday Lunch and Dessert Social 55+

This program provides a relaxed and casual environment to enjoy a lunch and dessert prepared and served by the Bistro volunteers. Light conversation suggestions and background music available.

Burlington Seniors' Centre

00203070	Th	Sep 12	12:15-1:45pm	\$12.36 R
00203069	Th	Sep 19	12:15-1:45pm	\$12.36 R
00202448	Th	Sep 26	12:15-1:45pm	\$12.36 R
00202596	Th	Oct 3	12:15-1:45pm	\$12.36 R
00202573	Th	Oct 10	12:15-1:45pm	\$12.36 R
00202547	Th	Oct 17	12:15-1:45pm	\$12.36 R
00202530	Th	Oct 24	12:15-1:45pm	\$12.36 R
00202476	Th	Oct 31	12:15-1:45pm	\$12.36 R
00202536	Th	Nov 7	12:15-1:45pm	\$12.36 R
00202470	Th	Nov 14	12:15-1:45pm	\$12.36 R
00202483	Th	Nov 21	12:15-1:45pm	\$12.36 R
00202484	Th	Nov 28	12:15-1:45pm	\$12.36 R
00203107	Th	Dec 12	12:15-1:45pm	\$12.36 R
00203111	Th	Jan 9	12:15-1:45pm	\$12.36 R
00203109	Th	Jan 16	12:15-1:45pm	\$12.36 R
00203108	Th	Jan 23	12:15-1:45pm	\$12.36 R
00202933	Th	Jan 30	12:15-1:45pm	\$12.36 R
00202835	Th	Feb 6	12:15-1:45pm	\$12.36 R
00202807	Th	Feb 13	12:15-1:45pm	\$12.36 R
00202910	Th	Feb 20	12:15-1:45pm	\$12.36 R
00202827	Th	Feb 27	12:15-1:45pm	\$12.36 R
00202812	Th	Mar 6	12:15-1:45pm	\$12.36 R
00202906	Th	Mar 13	12:15-1:45pm	\$12.36 R
00202894	Th	Mar 20	12:15-1:45pm	\$12.36 R

Trivia and Pizza Social

The hottest game in town. Monthly trivia tournament with light buffet of pizza and refreshments provided. Bring your team or join a team. Don't be shy! Developed, hosted and supported by staff and volunteers.

Burlington Seniors' Centre

00202585	Th	Sep 19	4:30-6pm	*\$15.45 R \$18.45 R
00202537	Th	Oct 10	4:30-6pm	*\$15.45 R \$18.45 R
00202599	Th	Nov 7	4:30-6pm	*\$15.45 R \$18.45 R
00202841	Th	Jan 9	4:30-6pm	*\$15.45 R \$18.45 R
00202810	Th	Feb 6	4:30-6pm	*\$15.45 R \$18.45 R
00202930	Th	Mar 20	4:30-6pm	*\$15.45 R \$18.45 R

Welcome Back Celebration 55+

A welcome back celebration featuring great food, great fun, and live music.

Burlington Seniors' Centre

00203345	Fr	Sep 6	Noon-1:30pm	*\$25.00 R \$28.00 R
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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

00203189	Sa	Sep 14-Dec 7	6-8pm	*\$43.75 R \$54.63 R
00203712	Sa	Jan 11-Mar 22	6-8pm	*\$40.15 R \$50.05 R

Badminton 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

00202489	Mo	Sep 9-Dec 2	1-3pm	\$40.11 R
00202845	Mo	Jan 6-Mar 17	1-3pm	\$36.46 R

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. Some knowledge of volleying, scoring and court boundaries required. Court dimensions are slightly smaller in length. Please bring your own paddle and ball.

Burlington Seniors' Centre

00202508	Tu	Sep 10-Dec 3	11:30am-1:15pm	\$47.40 R
00202567	Th	Sep 12-Dec 5	8:30-10:30am	\$45.50 R
00202865	Tu	Jan 7-Mar 18	11:30am-1:15pm	\$40.11 R
00202854	Th	Jan 9-Mar 20	8:30-10:30am	\$40.11 R

Pickleball - Level 0.5-1.0

Non-instructional game play practice for all adult ages. Participants will be paired with others of similar skill levels to rotate through games and rest periods. Players with skills above 1.0 will be required to play only at this level for duration of activity. Some knowledge of volleying, scoring and court boundaries gained through experience, though reminders are offered through instruction. Please bring your own paddle and ball.

Central Arena

00202501	Tu	Sep 10-Dec 3	9-11am	*\$47.40 R \$59.18 R
00202455	Th	Sep 12-Dec 5	9-11am	*\$43.75 R \$54.63 R
00202940	Tu	Jan 7-Mar 18	9-11am	*\$40.11 R \$50.08 R
00202874	Th	Jan 9-Mar 20	9-11am	*\$40.11 R \$50.08 R

Pickleball 55+ Level 0.5-2.0

Non-instructional game play practice for adults 55 years and older. Participants will be paired with others of similar skill levels to rotate through games and rest periods. Some knowledge of volleying, scoring and court boundaries required, though reminders are offered. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Burlington Seniors' Centre

00202591	Mo	Sep 9-Dec 2	8:30-10:30am	\$40.11 R
00202921	Mo	Jan 6-Mar 17	8:30-10:30am	\$36.46 R

Pickleball - Level 1.0-2.0

Non-instructional all-adult ages program for those who want to play and practice the game with others of similar beginner levels. Participants will be paired and rotated through game and rest periods. Game length may need to be adjusted based on capacity. Knowledge of etiquette, scoring, and fundamental skills are required. Players unable to adhere to advertised level will be asked to withdraw. Please bring your own paddle and ball.

Haber Community Centre

00202608	Tu	Sep 10-Dec 3	2:30-4:30pm	*\$43.75 R \$54.63 R
00202575	We	Sep 11-Dec 4	12:15-2:15pm	*\$47.40 R \$59.18 R
00202625	Tu	Jan 7-Mar 18	2:30-4:30pm	*\$36.46 R \$45.53 R
00202633	We	Jan 8-Mar 19	12:15-2:15pm	*\$36.46 R \$45.53 R

Central Arena

00202494	Tu	Sep 10-Dec 3	11:15am-1:15pm	*\$47.40 R \$59.18 R
00203304	We	Sep 11-Dec 4	10am-Noon	*\$43.75 R \$54.63 R
00202544	Th	Sep 12-Dec 5	11:15am-1:15pm	*\$43.75 R \$54.63 R
00202909	Tu	Jan 7-Mar 18	11:15am-1:15pm	*\$40.11 R \$50.08 R
00203305	We	Jan 8-Mar 19	10am-Noon	*\$40.11 R \$50.08 R
00202954	Th	Jan 9-Mar 20	11:15am-1:15pm	*\$40.11 R \$50.08 R

Need to know your Pickleball level?

See "What Level am I" sheet at burlington.ca/pickleball.

Pickleball - Level 2.0-3.0

This level of play is geared towards more experienced adult players who want quicker more agile game play, though the focus remains recreational and social in nature. Knowledge of ball positioning, lobs, dinks, spins and strategy are required. Etiquette is strictly enforced, and games may be abbreviated to address capacity. Play outside of advertised level will result in withdrawal. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Brant Hills Community Centre

00202566	Mo	Sep 9-Dec 2	1:30-3:30pm	*\$40.11 R \$50.08 R
00202480	We	Sep 11-Dec 4	9-11am	*\$47.40 R \$59.18 R
00202447	We	Sep 11-Dec 4	2:30-4:30pm	*\$43.75 R \$54.63 R
00202490	Fr	Sep 20-Dec 6	11:15am-1:15pm	*\$25.52 R \$31.87 R
00202868	Mo	Jan 6-Mar 17	1:30-3:30pm	*\$29.17 R \$36.42 R
00202886	Tu	Jan 7-Mar 18	12:15-2:15pm	*\$36.46 R \$45.53 R
00202927	We	Jan 8-Mar 19	9-11am	*\$36.46 R \$45.53 R
00202804	We	Jan 8-Mar 19	2:30-4:30pm	*\$36.46 R \$45.53 R
00202900	Fr	Jan 10-Mar 21	11:15am-1:15pm	*\$40.11 R \$50.07 R

Haber Community Centre

00202565	Tu	Sep 10-Dec 3	12:15-2:15pm	*\$47.40 R \$59.18 R
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Mainway Ice Centre

00202549	Mo	Sep 9-Dec 2	5:30-7:30pm	*\$36.46 R \$45.53 R
00202583	We	Sep 11-Dec 4	8-10pm	*\$47.40 R \$59.18 R
00202509	Th	Sep 12-Dec 5	9:30-11:30am	*\$43.75 R \$54.63 R
00202587	Th	Sep 19-Dec 5	2:15-4:15pm	*\$32.82 R \$40.97 R
00202882	Mo	Jan 6-Mar 17	5:30-7:30pm	*\$36.46 R \$45.53 R
00202630	We	Jan 8-Mar 19	8-10pm	*\$40.11 R \$50.08 R
00202627	Th	Jan 9-Mar 20	9:30-11:30am	*\$40.11 R \$50.08 R
00202965	Th	Jan 9-Mar 20	2:15-4:15pm	*\$32.82 R \$40.97 R

Pickleball - Level 2.0-3.0

Non-instructional game play practice for all adult ages. Participants will be paired with others of similar skill levels to rotate through games and rest periods. Players with skills above 1.0 will be required to play only at this level for duration of activity. Some knowledge of volleying, scoring and court boundaries gained through experience, though reminders are offered through instruction. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Central Arena

00203306	We	Sep 11-Dec 4	12:15-2:15pm	*\$43.75 R \$54.63 R
00203307	We	Jan 8-Mar 19	12:15-2:15pm	*\$40.11 R \$50.08 R

Pickleball 55+ Level 2.0-3.5

Non-instructional program for those 55 who want to play and practice the game with others of similar levels. Participants will be paired and rotated through game and rest periods. Game length may need to be adjusted based on capacity. Knowledge of etiquette, scoring, and fundamental skills are required. Players unable to adhere to advertised level will be asked to withdraw. See "What Level am I" sheet at burlington.ca/pickleball. Please bring your own paddle and ball.

Burlington Seniors' Centre

00202538	Mo	Sep 9-Dec 2	10:45am-12:45pm	\$40.11 R
00202881	Mo	Jan 6-Mar 17	10:45am-12:45pm	\$36.46 R

Pickleball - Level 3.5+

This level of play is geared towards advanced adult 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. Non-instructional setting where staff assist with rotation of players. Those not able to adhere to playing at advertised level will be asked to withdraw. Please bring your own paddle and ball.

Haber Community Centre

00202485	Mo	Sep 9-Dec 2	2:30-4:30pm	*\$36.46 R \$45.53 R
00202539	Tu	Sep 10-Dec 3	9-11am	*\$47.40 R \$59.18 R
00202465	Fr	Sep 20-Dec 6	9-11am	*\$25.52 R \$31.87 R
00202632	Mo	Jan 6-Mar 17	2:30-4:30pm	*\$32.82 R \$40.97 R
00202896	Tu	Jan 7-Mar 18	9-11am	*\$36.46 R \$45.53 R
00202863	Fr	Jan 10-Mar 21	9-11am	*\$40.12 R \$50.07 R

Mainway Ice Centre

00202545	Mo	Sep 9-Dec 2	8-10pm	*\$40.11 R \$50.08 R
00202609	We	Sep 11-Dec 4	5:30-7:30pm	*\$47.40 R \$59.18 R
00202914	Mo	Jan 6-Mar 17	8-10pm	*\$36.46 R \$45.53 R
00202626	We	Jan 8-Mar 19	5:30-7:30pm	*\$40.11 R \$50.08 R

Haber Community Centre

00202565	Tu	Sep 10-Dec 3	12:15-2:15pm	*\$47.40 R \$59.18 R
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Pickleball Workshop - Beginner Basics

Perfect for those new to the sport. This two hour lesson lays down the foundations and includes info on: etiquette, rules, equipment, understanding court layout and scoring. Players get a feel of the game, hand-eye coordination and the basics of moving on the court to connect paddle to ball to be able to make a return. Please bring your own paddle and ball.

Mainway Ice Centre

00202576	Th	Sep 26	6:45-8:45pm	*\$13.41 R \$16.05 R
00202574	Th	Oct 17	6:45-8:45pm	*\$13.41 R \$16.05 R
00202540	Th	Oct 24	6:45-8:45pm	*\$13.41 R \$16.05 R
00202516	Th	Nov 21	6:45-8:45pm	*\$13.41 R \$16.05 R
00202527	Th	Nov 28	6:45-8:45pm	*\$13.41 R \$16.05 R
00202956	Th	Jan 30	6:45-8:45pm	*\$13.41 R \$16.05 R
00202926	Th	Feb 20	6:45-8:45pm	*\$13.41 R \$16.05 R
00202864	Th	Feb 27	6:45-8:45pm	*\$13.41 R \$16.05 R
00202635	Th	Mar 27	6:45-8:45pm	*\$13.41 R \$16.05 R

Tansley Woods Community Centre

00202450	Th	Oct 10	1-3pm	*\$13.41 R \$16.05 R
00202479	Th	Nov 14	1-3pm	*\$13.41 R \$16.05 R
00202869	Th	Feb 13	1-3pm	*\$13.41 R \$16.05 R
00202634	Th	Mar 20	1-3pm	*\$13.41 R \$16.05 R

Need to know your Pickleball level?

See "What Level am I" sheet at burlington.ca/pickleball.

Pickleball Workshop - Perfecting Ground Strokes

Learn skills and strokes that are fundamental to the sport. Practice paddle positioning, body positioning, and swing to get the most out of each stroke. Understand the reason and result of using each stroke to increase strategic play. Please bring your own equipment including a paddle and ball.

Tansley Woods Community Centre

00202555	Th	Sep 19	1-3pm	*\$13.41 R \$16.05 R
00202451	Th	Oct 17	1-3pm	*\$13.41 R \$16.05 R
00202492	Th	Nov 21	1-3pm	*\$13.41 R \$16.05 R
00202918	Th	Jan 23	1-3pm	*\$13.41 R \$16.05 R
00202955	Th	Feb 20	1-3pm	*\$13.41 R \$16.05 R
00202628	Th	Mar 27	1-3pm	*\$13.41 R \$16.05 R

Pickleball Workshop - Speed, Spins and Precision Drills Level 2.5-3.5

More advanced control and mastery over strokes is combined with strategic positioning. Drills to perfect skills will be taught so players can practice both in the lesson and in their daily games. This workshop is designed for Levels: 2.5-3.5. Please bring your own paddle and ball.

Tansley Woods Community Centre

00202553	Th	Oct 3	1-3pm	*\$13.41 R \$16.05 R
00202469	Th	Oct 31	1-3pm	*\$13.41 R \$16.05 R
00202529	Th	Nov 7	1-3pm	*\$13.41 R \$16.05 R
00202473	Th	Dec 5	1-3pm	*\$13.41 R \$16.05 R
00202944	Th	Feb 6	1-3pm	*\$13.41 R \$16.05 R
00202636	Th	Mar 6	1-3pm	*\$13.41 R \$16.05 R

Pickleball Workshop - Strategy of Strokes - Return Drills Level 1.5-2.5

Learn to assess incoming balls and select the stroke that both returns the ball well and positions it strategically. Mastery of groundstrokes is recommended to get the most out of this two hour workshop. Levels: 1.5-2.5. Please bring your own paddle and ball.

Tansley Woods Community Centre

00202475	Th	Sep 26	1-3pm	*\$13.41 R \$16.05 R
00202482	Th	Nov 28	1-3pm	*\$13.41 R \$16.05 R
00202943	Th	Jan 30	1-3pm	*\$13.41 R \$16.05 R

Sport Mixer Indoor Soccer

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.

Haber Community Centre

00202487	Tu	Sep 10-Dec 3	5:45-7:45pm	*\$47.40 R \$59.18 R
00202821	Tu	Jan 7-Mar 18	5:45-7:45pm	*\$32.82 R \$40.97 R

Sport Mixer Volleyball

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.

Haber Community Centre

00202552	Tu	Sep 10-Dec 3	5:45-7:45pm	*\$40.11 R \$50.08 R
00202595	Sa	Sep 14-Dec 7	4:30-6:30pm	*\$43.75 R \$54.63 R
00202870	Tu	Jan 7-Mar 18	5:45-7:45pm	*\$32.82 R \$40.97 R
00202885	Sa	Jan 11-Mar 22	4:30-6:30pm	*\$40.11 R \$50.08 R

Wellness

STAND 55+

STAND [Stability Training and Neuromuscular Development] is a function-focused exercise program delivered in a small group format, running twice a week. 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. This program consists of approx. 60 minutes of movement along with a half-hour social circle. The STAND program is delivered in partnership with the Burlington Family Health Team.

Burlington Seniors' Centre

00203097	Tue/Th	Sep 10-Oct 17	11am-12:30pm	\$65.18 R
00202439	Tue/Th	Oct 22-Nov 28	11am-12:30pm	\$97.77 R
00203163	Tue/Th	Jan 7-Feb 14	11am-12:30pm	\$97.77 R
00202960	Tue/Th	Feb 18-Mar 20	11am-12:30pm	\$65.18 R

Mountainside Community Centre

00202559	Mo/We	Sep 9-Oct 23	Noon-1:30pm	\$97.77 R
00202520	Mo/We	Oct 28-Nov 25	Noon-1:30pm	\$73.33 R
00202826	Mo/We	Jan 6-Feb 5	Noon-1:30pm	\$81.47 R
00202849	Mo/We	Feb 10-Feb 26	Noon-1:30pm	\$40.74 R

Yoga

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.

Mountainside Community Centre

00203256	Tu	Sep 10-Dec 3	3:30-4:30pm	\$86.77 R
00203258	Tu	Jan 7-Mar 18	3:30-4:30pm	\$73.42 R

Yoga 55+ Beginner

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

00202570	We	Sep 11-Dec 4	8:30-9:30am	\$86.77 R
00202456	Th	Sep 12-Nov 28	8:30-9:30am	\$66.74 R
00202964	Th	Jan 9-Mar 20	8:30-9:30am	\$73.42 R

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. Bring your own Yoga mat.

Tansley Woods Community Centre

00202535	Mo	Sep 16-Nov 25	9:30-10:30am	*\$53.40 R \$64.52 R
00202859	Mo	Jan 20-Mar 17	9:30-10:30am	*\$53.40 R \$64.52 R

Yoga 55+ 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. Bring your own yoga mat.

Burlington Seniors' Centre

00202458	Mo	Sep 9-Dec 2	10-11am	\$73.42 R
00202506	Mo	Sep 9-Dec 2	11:15am-12:15pm	\$73.42 R
00202561	Mo	Sep 9-Dec 2	3-4pm	\$73.42 R
00202464	Tu	Sep 10-Dec 3	9:45-10:45am	\$86.77 R
00202521	We	Sep 11-Dec 4	11am-Noon	\$86.77 R
00202546	Fr	Sep 13-Dec 6	10-11am	\$86.77 R
00203283	Fr	Sep 13-Dec 6	3:45-4:45pm	\$86.77 R
00202814	Mo	Jan 6-Mar 17	10-11am	\$66.74 R
00202811	Mo	Jan 6-Mar 17	11:15am-12:15pm	\$66.74 R
00202898	Mo	Jan 6-Mar 17	3-4pm	\$66.74 R
00202836	We	Jan 8-Mar 19	11am-Noon	\$73.42 R
00202830	Fr	Jan 10-Mar 21	10-11am	\$73.42 R
00203284	Fr	Jan 10-Mar 21	3:45-4:45pm	\$73.42 R

Mountainside Community Centre

00202897	Tu	Jan 7-Mar 18	11:15am-12:15pm	\$73.42 R
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Yoga - Flow

It is a type of yoga that focuses on the connection between breath, movement, and the mind. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. Bring your own yoga mat.

Tansley Woods Community Centre

00203202	Mo	Sep 16-Dec 2	10:30-11:30am	\$73.42 R \$88.71 R
00203205	Mo	Jan 6-Mar 17	10:30-11:30am	\$66.74 R \$80.65 R

Yoga - Foundations

Foundations Yoga is the perfect class for all levels from beginner up. It is for anyone wanting to build their experience in the foundations of yoga asana practice. It aims to increase your confidence in correct positioning and the specific use of props to help align you more effectively in each posture. Bring your own yoga mat.

Burlington Seniors' Centre

00203290	Sa	Sep 14-Dec 7	10:45-11:45am	\$86.77 R \$104.84 R
00203291	Sa	Jan 11-Mar 22	10:45-11:45am	\$73.42 R \$88.71 R

Yoga - Gentle

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.

Mountainside Community Centre

00203254	Tu	Sep 10-Dec 3	2:15-3:15pm	\$86.77 R
00203255	Tu	Jan 7-Mar 18	2:15-3:15pm	\$73.42 R

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. Bring your own yoga mat.

Tansley Woods Community Centre

00203209	Tu	Sep 17-Dec 3	10-11am	*\$80.09 R \$96.78 R
00202444	Fr	Sep 20-Dec 6	Noon-1pm	\$80.09 R \$96.78 R
00203211	Mo	Jan 6-Mar 17	11:45am-12:45pm	\$66.74 R \$80.65 R
00203248	Tu	Jan 7-Mar 19	10-11am	\$73.42 R \$88.71 R
00202846	Fr	Jan 10-Feb 28	Noon-1pm	*\$53.40 R \$64.52 R

Yoga 55+ 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. Bring your own yoga mat.

Burlington Seniors' Centre

00203223	Tu	Sep 10-Dec 3	11:45am-12:45pm	\$86.77 R
00202502	Tu	Sep 10-Dec 3	12:45-1:45pm	\$89.77 R
00202463	Th	Sep 12-Dec 5	12:15-1:15pm	\$86.77 R
00202528	Fr	Sep 13-Dec 6	11:15am-12:15pm	\$86.77 R

00203546	Fr	Sep 13-Dec 14	12:30-1:30pm	\$86.77 R
00203226	Tu	Jan 7-Mar 19	11:45am-12:45pm	\$73.42 R
00202866	Tu	Jan 7-Mar 18	12:45-1:45pm	\$73.42 R
00202822	Fr	Jan 10-Mar 21	11:15am-12:15pm	\$79.42 R
00203547	Fr	Jan 10-Mar 22	12:30-1:30pm	\$73.42 R
00202932	Th	Jan 16-Mar 20	12:15-1:15pm	\$66.74 R

Yoga 55+ 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. Bring your own yoga mat.

Burlington Seniors' Centre

00202572	We	Sep 11-Dec 4	9:45-10:45am	\$86.77 R
00202500	Th	Sep 12-Nov 28	9:45-10:45am	\$66.75 R
00202496	Th	Sep 12-Nov 28	11am-Noon	\$86.77 R
00203281	Fr	Sep 13-Dec 7	2:30-3:30pm	\$86.77 R
00202877	We	Jan 8-Mar 19	12-1pm	\$73.42 R
00202856	Th	Jan 9-Mar 20	9:45-10:45am	\$73.42 R
00202905	Th	Jan 9-Mar 20	11am-Noon	\$73.42 R
00203282	Fr	Jan 10-Mar 22	2:30-3:30pm	\$73.42 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. Bring your own yoga mat.

Tansley Woods Community Centre

00202605	Fr	Sep 20-Dec 6	10:45-11:45am	*\$80.09 R \$96.78 R
00203249	Tu	Jan 7-Mar 18	10-11am	*\$73.42 R \$88.71 R
00202892	Fr	Jan 10-Feb 28	10:45-11:45am	*\$53.40 R \$64.52 R

Yoga - Yin

Yin Yoga is a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. Bring your own yoga mat.

Burlington Seniors' Centre

00203286	Th	Sep 12-Dec 5	7-8pm	*\$66.74 R \$80.65 R
00203287	Th	Jan 9-Mar 20	7-8pm	*\$60.07 R \$72.58 R

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

Workshops

Acrylic Painting - Bluebird and Blossoms

Explore the world of acrylic painting! The title of this project is, "Bluebird and Blossoms". Suitable for novice and intermediate painters, the project depicts a bluebird surrounded by flowers and leaves. We'll learn about composition, colour, technique and the use of sponges and palette knives to create beautiful skies, snow and birch trees. We'll complete the painting in our three hour class. The material fee covers acrylic paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203326 We Oct 23 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203325 Th Feb 6 2-5pm *\$20.00 R
\$25.00 R

Acrylic Painting - Lighthouse Seascape Vignette

Explore the world of acrylic painting! The title of this project is, "Lighthouse Seascape Vignette". Suitable for novice and intermediate painters, this seascape project depicts a stormy sky, ocean, and a lighthouse with waves crashing against it. We'll learn about composition, colour, technique and the use of sponges and palette knives to create beautiful skies, snow and birch trees. We'll complete the painting in our three hour class. The material fee covers acrylic paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203329 Tu Nov 12 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203330 Th Feb 20 2-5pm *\$20.00 R
\$25.00 R

Acrylic Painting - Sunset and Silhouette

Explore the world of acrylic painting! The title of this project is, "Sunset and Silhouette". Suitable for novice and intermediate painters, the project is a landscape depicting an orange and yellow sunset over a lake. The foreground has stalk vegetation in silhouette. We'll learn about composition, colour, technique and the use of sponges and palette knives to create beautiful skies, snow and birch trees. We'll complete the painting in our three hour class. The material fee covers acrylic paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203321 Tu Oct 8 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203323 Th Jan 23 2-5pm *\$20.00 R
\$25.00 R

Acrylic Painting - Thistles and Bees

Explore the world of acrylic painting! The title of this project is, "Thistles and Bees". Suitable for novice and intermediate painters, the project depicts purple thistles with greenery; bumblebees are buzzing around the thistles. We'll learn about composition, colour, technique and the use of sponges and palette knives to create beautiful skies, snow and birch trees. We'll complete the painting in our three hour class. The material fee covers acrylic paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203331 Tu Dec 3 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203332 Th Mar 6 2-5pm *\$20.00 R
\$25.00 R

Acrylic Painting - Yellow Mums

Explore the world of acrylic painting! The title of this project is, "Yellow Mums". Suitable for novice and intermediate painters, the project is a floral project containing a bouquet of yellow chrysanthemums and wildflowers. We'll learn about composition, colour, technique and the use of sponges and palette knives to create beautiful skies, snow and birch trees. We'll complete the painting in our three hour class. The material fee covers acrylic paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203313 We Sep 25 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203316 Th Jan 9 2-5pm *\$20.00 R
\$25.00 R

Blooms and Blossoms: Fresh Floral Arrangements

Create a seasonal arrangement, with vibrant colourful tones. The florist will share basic floral knowledge, as well as top tips in floral arrangement. Take time to immerse yourself within beautiful flowers and feel good about life! All materials are provided and are included in the \$45 material fee.

Burlington Seniors' Centre

00202525 Sa Oct 5 10am-1pm *\$20.00 R
\$25.00 R

00202912 Sa Jan 18 10am-1pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting - Full Moon over Georgian Bay

Visit the world of Bob Ross wet-on-wet oil painting! The title of this project is, "Full Moon over Georgian Bay". Suitable for novice and intermediate painters, this project is painted on black canvas. A night scene depicts a full moon shining over water with a sailboat on the horizon. Rocks, trees and a beach are in the foreground. We'll complete the painting in our three hour class. The material fee covers oil paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203370 Tu Dec 17 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203371 Th Mar 20 2-5pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting

- Hike in the Mountains

Visit the world of Bob Ross wet-on-wet oil painting! The title of this project is, "Hike in the Mountains". Suitable for novice and intermediate painters, this project depicts a large mountain in the background, with a foreground containing trees and a hiking path running through it. We'll complete the painting in our three hour class. The material fee covers oil paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203360 We Oct 30 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203362 Th Feb 13 2-5pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting

- Lake of the Woods

Visit the world of Bob Ross wet-on-wet oil painting! The title of this project is, "Lake of the Woods". Suitable for novice and intermediate painters, the scene depicts trees in full Autumn colour on a hill, reflecting in a lake. We'll complete the painting in our three hour class. The material fee covers oil paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203342 Tu Oct 1 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203348 Th Jan 16 2-5pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting

- Lighthouse on the Beach

Visit the world of Bob Ross wet-on-wet oil painting! The title of this project is, "Lighthouse on the Beach". Suitable for novice and intermediate painters, this project depicts a stormy evening sky with a lighthouse looking over the ocean, and a foreground containing a beach and foliage. We'll complete the painting in our three hour class. The material fee covers oil paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203363 Tu Nov 19 5-8pm *\$20.00 R
\$25.00 R

Tansley Woods Community Centre

00203366 Th Feb 27 2-5pm *\$20.00 R
\$25.00 R

Bob Ross Style Oil Painting - Waterfall Wonder

Visit the world of Bob Ross wet-on-wet oil painting! The title of this project is, "Waterfall Wonder". Suitable for novice and intermediate painters, this scene is painted on black canvas with a large waterfall in the deep wilderness flows into a river with several smaller waterfalls in the foreground. We'll complete the painting in our three hour class. The material fee covers oil paint, a canvas, the use of brushes/tools and all required supplies.

Burlington Seniors' Centre

00203354	Tu	Oct 15	5-8pm	*\$20.00 R \$25.00 R
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Tansley Woods Community Centre

00203356	Th	Jan 30	2-5pm	*\$20.00 R \$25.00 R
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Crafty Café - Abstract Painting

Enjoy creating an abstract painting and conversation with fellow art enthusiasts! Participants will be given paint, brushes, and a canvas as the instructor guides the first half with techniques in abstraction. The second half is self-guided with instructor assistance, as participants socialize and enjoy food. Materials, coffee, and snacks are provided with the addition of a \$20 material fee.

Burlington Seniors' Centre

00203408	Sa	Oct 5	1-4pm	*\$15.00 R \$20.00 R
00203409	Sa	Dec 7	1-4pm	*\$15.00 R \$20.00 R
00203410	Sa	Jan 25	1-4pm	*\$15.00 R \$20.00 R
00203544	Sa	Mar 8	1-4pm	*\$15.00 R \$20.00 R

Crafty Café - Collage Party

Enjoy creating a collage and conversation with fellow craft enthusiasts! With some spare magazines, news clippings, scissors, glue, and chipboard, participants will be able to appropriate images and text to design a unique medium. Materials, coffee, and snacks are provided with the addition of a \$7 material fee.

Burlington Seniors' Centre

00203540	Sa	Oct 19	Noon-3pm	*\$7.00 R \$12.00 R
00203543	Sa	Mar 22	Noon-3pm	*\$7.00 R \$12.00 R

Crafty Café - Dishcloth Party

Enjoy making a dishcloth and conversation with fellow craft enthusiasts! Using 2 knitting needles and cotton yarn, participants will learn to knit the easiest kitchen dishcloths ever over two sessions. This 2 day workshop is suitable for absolute beginners or new to knitting. Materials, coffee, and snacks are provided with the addition of a \$10 material fee.

Burlington Seniors' Centre

00203541	Sa	Nov 16-23	Noon-3pm	*\$10.00 R \$20.00 R
00203542	Sa	Feb 22-Mar 1	Noon-3pm	*\$10.00 R \$20.00 R

Origami - Box with Lid

This workshop will take you through the process of making a 2-part origami box, all in 1 sheet of paper, with 2 designs! Some origami experience is helpful, but not required. Origami paper, stickers, and washi tape are provided are covered by \$5 material fee.

Burlington Seniors' Centre

00203480	Sa	Oct 26	11am-2pm	*\$15.00 R \$20.00 R
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Origami - Pop-up Card

This workshop is perfect for card lovers, learn to make origami style pop-up cards, featuring 2 designs! No origami experience is required. Origami paper, cardstock, glue, double-sided tape, stickers, and washi tape are provided are covered by \$8 material fee.

Burlington Seniors' Centre

00203488	Sa	Nov 30	11am-2pm	*\$15.00 R \$20.00 R
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Weekend Workshops - Spiral Necklace

Get your glam on! Create a sophisticated necklace made of glass seed beads, in spiral herringbone. Participants will receive a kit containing all the materials needed to create a spiral rope-beaded necklace. A material kit is provided with the addition of a \$45 material fee. The kit includes seed beads, bead thread, bead mat, bead needles, clasp/findings, and instruction sheet.

Burlington Seniors' Centre

00203539	Sa	Nov 2-9	11am-2pm	*\$40.00 R \$50.00 R
00203545	Sa	Jan 11-18	11:30am-2:30pm	*\$40.00 R \$50.00 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