

WINTER 2026

Adult

Program Booklet

Registration Dates:

Wednesday, Nov. 26 programs open
for viewing online

Thursday, Dec. 4 at 7 a.m. programs open
for resident registration



burlington.ca/adult



Table of contents

Registration information	Craft.....12-15
Ways to register.....1	Dance.....15-16
General information.....1	Fitness.....16-20
How to register.....2	Games.....20-21
How to drop-in.....2	Socials.....22-23
Drop-in Programs.....3-8	Sport.....24-26
Registered Programs....8-30	Wellness.....27-28
Arts.....8-10	
Continual Learning.....10-12	

Registration information

Season	View online	Resident registration	Non-resident registration
Winter 2026	Nov. 26, 2025	Thursday, Dec. 4, 7 a.m.	Friday, Dec. 12, 9 a.m.
Spring 2026	Jan. 28, 2026	Thursday, Feb. 5, 7 a.m.	Friday, Feb. 13, 9 a.m.

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

Program fees

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

Non-Residents - Non-Resident fee is an additional \$13.20 per course and will be added on at the time of registration where applicable.

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

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

*\$3.03 R - Resident 55+ years of age

\$3.53 R - Resident 19-54 years of age

Recreation Fee Assistance

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

Three ways to register on launch day:



Online

liveandplay.burlington.ca



By phone

905-335-7738

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



In person

- Tansley Woods Community Centre
- Burlington Seniors' Centre

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

To register you will need:

• Your online registration account

If you are new to registration, create your account before launch day. If you already have an account, ensure you know your username and password.

• Your Course ID Number

Browse the booklet or view courses online.

Record the course names and ID numbers (including leading zeros, e.g., 00198256).

• Your Method of Payment

Add and save a credit card or apply account credit in advance to facilitate payment.

• Waitlist

If your preferred course is full, add your name to the waitlist.

• For assistance

Call 905-335-7738 or email liveandplay@burlington.ca.

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

How to register for a course

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

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

3. Choose "Adult" to view Adult Programs.

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

5. Find your course and click "Register."

How to reserve a drop-in program

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

It is recommended to reserve your spot online.

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

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

Steps to register:

1. Select "Adult" under Select an Activity.

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

3. Find your course and click "Register."

Drop-in Programs

Arts

Drop-in Artistic Open Studio 55+

All skill levels and media are welcome! This Drop-in Artistic Open Studio is for art enthusiasts, or participants taking a Learn to Draw or Introduction to Watercolour program. Bring your preferred artistic mediums and join others in this social space for all to express themselves creatively. The instructor is available for guidance, artistic suggestion, and the development of basic fine art skills.

Aldershot Arena

00248487 Th Sep 11-Mar 19 Noon-2pm \$5.20 R

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

00229815 Th Sep 11-Jun 25 1-3pm \$2.80 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.

Tansley Woods Community Centre

00229817 Tu Sep 9-Jun 23 2:30-4:30pm *\$5.20 R
\$6.10 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

00229821 Fr Sep 12-Jun 26 12:30-2:30pm \$5.20 R

Drop-in Pottery Studio

This time is available for current Pottery participants only. Use this time to work on current class projects. This time cannot be used to create any new items.

Burlington Seniors' Centre

00249877 Sa Sep 27-Jun 13 10am-Noon \$5.20 R
*\$6.10 R

Drop-in Pottery Studio 55+

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

00229824 Fr Sep 26-Jun 12 9:15-11:15am \$5.20 R

Craft

Drop-in Bead Boutique 12+

Participants will create a variety of beautiful boutique-style beaded jewelry using basic stringing, knotting, and tool techniques.

Skyway Community Centre

00254334 Fr Sep 26-Jun 26 2-4pm *\$2.80 R
\$3.30 R

Drop-in Crochet 12+

Participants will create stitch sampler patterns (dishcloth, coffee/tea cozy, headband, phone pouch, etc.) with some instructor assistance. Basic crochet is required.

Skyway Community Centre

00254332 Sa Sep 27-Jun 27 1:30-3pm *\$2.40 R
\$2.80 R

Dance

Drop-in Hip Hop 12+

Participants will learn basic hip hop moves and how to execute them in short routines taught in class.

Skyway Community Centre

00253974 Mo Sep 22-Jun 22 6-7pm *\$4.50 R
\$5.70 R

Fitness

Drop-in Boot Camp

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

Skyway Community Centre

00251827 Tu/Th Sep 30-Jun 25 8:30-9:30pm *\$7.10 R
\$9.50 R

Drop-in Cardio/Mobility/Stretch

A workout that consists of a full-body warm-up, including dynamic stretches, followed by a cardio segment and a slow mobility segment focusing on full range of motion movements. Finish with a relaxing stretch and cooldown to restore and energize the body.

Tansley Woods Community Centre

00229605	We	Sep 24-Jun 24	9:15-10:15am	*\$7.10 R \$9.50 R
----------	----	---------------	--------------	-----------------------

Drop-in Cardio/Mobility/Stretch 55+

A workout that consists of a full-body warm-up, including dynamic stretches, followed by a cardio segment and a slow mobility segment focusing on full range of motion movements. Finish with a relaxing stretch and cooldown to restore and energize the body.

Skyway Community Centre

00258604	Th	Jan 8-Jun 18	Noon-1pm	*\$7.10 R \$9.50 R
----------	----	--------------	----------	-----------------------

Drop-in Dance Fit

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

Burlington Seniors' Centre

00229612	Sa	Sep 13-Jun 27	9:30-10:30am	*\$7.10 R \$9.50 R
----------	----	---------------	--------------	-----------------------

Drop-in Men's Fit 55+

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

Skyway Community Centre

00258609	Tu	Jan 6-Jun 16	11:45am-12:45pm	*\$7.10 R \$9.50 R
----------	----	--------------	-----------------	-----------------------

Drop-in Stride, Tone and Stretch

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

Tansley Woods Community Centre

00229604	Mo	Sep 22-Jun 22	8-9am	*\$7.10 R \$9.50 R
00229595	We	Sep 24-Jun 24	8-9am	*\$7.10 R \$9.50 R
00229633	Fr	Sep 26-Jun 26	9:30-10:30am	*\$7.10 R \$9.50 R
00229643	Fr	Sep 26-Jun 26	8-9am	*\$7.10 R \$9.50 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.

Burlington Seniors' Centre

00251597	Fr	Sep 12-Jun 26	6-7pm	*\$7.10 R \$9.50 R
----------	----	---------------	-------	-----------------------

Tansley Woods Community Centre

00229624	Sa	Sep 13-Jun 27	8-9am	*\$7.10 R \$9.50 R
----------	----	---------------	-------	-----------------------

Drop-in Walk Fit with Weights 55+

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

Skyway Community Centre

00258606	Su	Jan 11-Jun 14	8-9am	*\$7.10 R \$9.50 R
----------	----	---------------	-------	-----------------------

Drop-in Zumba

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

Tansley Woods Community Centre

00258465	We	Jan 7-Jun 24	6:15-7:15pm	*\$7.10 R
				\$9.50 R

Burlington Seniors' Centre

00229597	Mo	Sep 8-Jun 22	7-8pm	*\$7.10 R
				\$9.50 R

Skyway Community Centre

00229644	Th	Jan 8-Jun 25	6:45-7:45pm	*\$7.10 R
				\$9.50 R

Drop-in Zumba Gold Chair + Toning 55+

Dance to a mix of lively Latin rhythms, international hits, and well-known favorites all from the comfort of a chair! Part of the class incorporates light resistance training with hand weights, offering a fun and accessible way to boost overall fitness, balance, and muscle strength. This class is especially beneficial for older adults, beginners, or anyone with mobility considerations.

Skyway Community Centre

00258362	Tu	Jan 6-Jun 30	1-2pm	*\$7.10 R
				\$9.50 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

00229820	Fr	Sep 12-Jun 26	2:45-5:15pm	\$3.10 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

00229825	Mo/Fr	Sep 8-Jun 26	11:30am-2pm	\$3.10 R
----------	-------	--------------	-------------	----------

Drop-in Cribbage 55+

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

Burlington Seniors' Centre

00229813	Tu	Sep 9-Jun 23	9:15-11:45am	\$3.10 R
----------	----	--------------	--------------	----------

Drop-in Euchre

Try out this very popular card game held weekly. Experienced players 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

00229816	Mo	Sep 8-Jun 22	6:30-9pm	*\$3.10 R
				\$3.60 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

00229822	We	Sep 10-Jun 24	1-3:30pm	\$3.10 R
----------	----	---------------	----------	----------

Drop-in Snooker 55+

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

Burlington Seniors' Centre

00229826	Mo-Fr	Sep 8-Jun 26	12:45-4:45pm	\$3.40 R
00229814	Mo-We/Fr-Sa	Sep 8-Jun 27	8:30am-12:30pm	\$3.40 R

Indoor Track

Indoor Track

Our indoor track is a welcoming and inclusive space designed for individuals of all ages and abilities. Open year-round and free to use, it offers a healthy and accessible option for walking or rolling in a safe environment. Users are encouraged to be mindful of others, as there are multiple entry points in use. Mobility aids are permitted, and indoor shoes are required. Please note that the track is unsupervised and should be used at your own risk.

Skyway Community Centre

Open Mo-Su Jan 5-Mar 29 6am-10pm Free

Socials

Drop-in Weekly Coffee Chat and Trivia 55+

Meet at the fireside lounge and connect with fellow participants over an assortment of weekly trivia categories, brain teasers, and word puzzles. Continue the conversation over a selection of board and card games or walk the new indoor track. Program includes tea, coffee, and pastry.

Skyway Community Centre

00258621 Tu Oct 21-Mar 17 10:30am-Noon \$4.00 R

Drop-in Bingo for Chocolate and Treasures 55+

The classic social game with a twist. Every player wins. A treasure chest of chocolate and treats for winners and players to choose from. Program includes coffee, tea, conversation, and cookies. Program occurs bi-weekly.

Skyway Community Centre

00258619 Tu Oct 28-Mar 10 12:30-2pm \$5.00 R

Drop-in Mexican Train Dominoes and Euchre Social 55+

Connect with fellow participants over a game of Mexican Train or a round of Euchre. Coffee, tea, and bakery item included.

Skyway Community Centre

00258622 We Jan 14-Mar 18 11am-1pm \$5.00 R

Drop-in Walk and Talk Social 55+

Keep your mind and body active with a weekly walk and talk around the indoor track. Relax in the lounge and try to solve weekly riddles, mysteries, and brain teasers over a cup of coffee with fellow participants. Program includes beverage and pastry. 15 laps is 2km

Skyway Community Centre

00258623 We Jan 14-Mar 18 10-11am \$4.00 R

Free Drop-in Chair Dancing and Brain Health 55+

Celebrate National Seniors' Day with a Free social of toe tapping fun for brain health. Seated, rhythmic, exercise with shared health information and discussion.

Burlington Seniors' Centre

00257252 We Oct 1 9:30-10:15am Free R

Pop Up Bistro and Boutique at Tansley Woods

Monthly engagement hosted by staff and volunteers. Connect with fellow participants at our pop up Bistro Cafe and Boutique sale. Snacks, beverages, activities, and program information shared. Help us build Adult recreation programs at Tansley Woods Community Centre.

Tansley Woods Community Centre

00258718 We Jan 7-Mar 4 9:30-11:30am Free R

Boutique Sale

Spring showcase of handcraft items made by the Boutique Ladies volunteer program.

Burlington Seniors' Centre

00258799 Mo-Fr Mar 23-27 10am-3pm Free 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.

Brant Hills Community Centre

00229634 Tu Sep 9-Jun 23 1-3pm *\$3.80 R

\$4.70 R

00229608 Th Sep 11-Jun 25 1-3pm *\$3.80 R

\$4.70 R

00229619 Fr Sep 12-Jun 26 9:30-11:30am *\$3.80 R

\$4.70 R

Haber Community Centre

00258690 Tu Jan 6-Jun 16 5:45-7:45pm *\$3.80 R

\$4.70 R

Robert Bateman Community Centre

00258688 Mo Jan 12-Jun 15 8-10pm *\$3.80 R

\$4.70 R

Drop-in Badminton - All Levels 55+

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

Robert Bateman Community Centre

00258818	We	Jan 14-Jun 17	1-3pm	\$3.80 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.

Burlington Seniors' Centre

00229645	Sa	Sep 20-Jun 27	9-11am	*\$3.80 R \$4.70 R
00229600	Sa	Sep 20-Jun 27	11:15am-1:15pm	*\$3.80 R \$4.70 R

Central Arena

00229630	Fr	Sep 12-Jun 26	Noon-2pm	*\$3.80 R \$4.70 R
00229606	Fr	Sep 12-Jun 26	2:15-4:15pm	*\$3.80 R \$4.70 R
00229614	Sa	Sep 13-Jun 27	12:15-2:15pm	*\$3.80 R \$4.70 R
00229602	Sa	Sep 13-Jun 27	2:30-4:30pm	*\$3.80 R \$4.70 R

Haber Community Centre

00229642	Mo	Sep 8-Dec 29	11:15am-1:15pm	*\$3.80 R \$4.70 R
00229622	We	Sep 10-Jun 24	11:15am-1:15pm	*\$3.80 R \$4.70 R
00257764	Mo	Jan 5-Jun 22	2:30-4:30pm	*\$3.80 R \$4.70 R

Mainway Ice Centre

00229598	Mo	Sep 8-Jun 22	9-11am	*\$3.80 R \$4.70 R
00229637	Tu	Sep 9-Jun 23	9-11am	*\$3.80 R \$4.70 R
00229610	Tu	Sep 23-Jun 23	1:30-3:30pm	*\$3.80 R \$4.70 R
00229587	Tu	Sep 9-Jun 23	4-6pm	*\$3.80 R \$4.70 R
00229591	We	Sep 10-Jun 24	10am-Noon	*\$3.80 R \$4.70 R
00229641	Th	Sep 11-Jun 25	4:30-6:30pm	*\$3.80 R \$4.70 R
00243981	Th	Jan 8-Jun 25	6:45-8:45pm	*\$3.80 R \$4.70 R
00229638	Fr	Sep 12-Jun 26	9:30-11:30am	*\$3.80 R \$4.70 R

00229594	Fr	Sep 12-Jun 26	4:30-6:30pm	*\$3.80 R \$4.70 R
00229588	Fr	Sep 12-Jun 26	6:45-8:45pm	*\$3.80 R \$4.70 R
00229611	Sa	Sep 13-Jun 27	5:30-7:30pm	*\$3.80 R \$4.70 R
00229603	Sa	Sep 13-Jun 27	7:45-9:45pm	*\$3.80 R \$4.70 R

Skyway Community Centre

00258234	Tu	Jan 6-Jun 23	8-10pm	*\$3.80 R \$4.70 R
00258235	Th	Jan 8-Jun 25	8-10pm	*\$3.80 R \$4.70 R

Tansley Woods Community Centre

00229626	Mo	Sep 22-Jun 22	11am-1pm	*\$3.80 R \$4.70 R
----------	----	---------------	----------	-----------------------

Drop-in Pickleball 10+ Family

Enjoy a casual game of pickleball designed for families to play together in a fun, welcoming environment. This session is intended for adults participating with a child or youth (ages 10-17). It's a great way to stay active, learn together, and enjoy family time on the court. Participants must bring their own paddles and balls. Proper indoor, non-marking footwear is required. Court sharing and rotation may apply when attendance is high. Participants are expected to play safely and respectfully.

Skyway Community Centre

00258236	Su	Jan 11-Jun 28	Noon-1pm	*\$3.80 R \$4.70 R
00258237	Su	Jan 11-Jun 28	1-2pm	*\$3.80 R \$4.70 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

00229593	Mo	Sep 8-Jun 22	9-11am	*\$3.80 R \$4.70 R
00229607	We	Sep 10-Jun 24	9-11am	*\$3.80 R \$4.70 R
00229601	Fr	Sep 12-Jun 26	9-11am	*\$3.80 R \$4.70 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

00229609 Fr Sep 12-Jun 26 2:45-4:45pm \$3.80 R

Drop-in Volleyball - All Levels

Enjoy a game of recreational, non-competitive volleyball. Bring your own ball. All levels welcome.

Brant Hills Community Centre

00229631 Th Sep 11-Jun 25 11am-1pm *\$3.80 R
\$4.70 R

Wellness

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.

Skyway Community Centre

00251811 Mo/We/Fr Sep 22-Jun 26 9:30-10:30am *\$7.10 R
\$9.50 R

Tansley Woods Community Centre

00229589 Th Sep 11-Jun 25 11am-Noon *\$7.10 R
\$9.50 R
00229639 Th Sep 11-Jun 25 12:15-1:15pm *\$7.10 R
\$9.50 R

Drop-in Yoga 55+ Chair

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

Skyway Community Centre

00258331 Mo/We Jan 5-Jun 24 10:45-11:45am *\$7.10 R
\$9.50 R

Registered Programs

Arts

Acoustic Jam Session - Stringed Instruments

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

Burlington Seniors' Centre

00232741 We Jan 7-Mar 18 7-9pm *\$73.70 R
\$90.20 R

Acrylic Painting Floral Skill Builder Series

Improve your acrylic painting skills with this series of skill builders! Each week, we will concentrate on a specific floral element and work in depth to increase our skill. The focus will be on practice and completing a simple project each week. In the final session we will complete a project incorporating all of the lessons in the series.

Burlington Seniors' Centre

00248169 Tu Jan 20-Mar 3 5:30-8:30pm *\$59.40 R
\$61.80 R

Acrylic Painting Workshop - Mini Landscape

This piece depicts a beautiful sky, trees and a wildflower field in the foreground. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A material fee of \$35 covers everything you will need to complete your painting and will be added on at the time of registration.

Burlington Seniors' Centre

00248854 Th Jan 22 5:30-8:30pm *\$29.70 R
\$30.90 R

Acrylic Painting Workshop - Wildflowers and Bees

This piece depicts a field of wildflowers with bees flitting from flower to flower. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A material fee of \$35 covers everything you will need to complete your painting and will be added on at the time of registration.

Burlington Seniors' Centre

00248855 Th Feb 19 5:30-8:30pm *\$29.70 R
\$30.90 R

Bob Ross Style Oil Painting Workshop - Pacific Coastline

This seascape beach scene starts with a blue sky with fluffy clouds and wheeling seagulls, the foreground of the painting contains large rocks offshore. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A material fee of \$35 covers everything you will need to complete your painting and will be added on at the time of registration.

Burlington Seniors' Centre

00248857 Th Mar 5 5:30-8:30pm *\$29.70 R
\$30.90 R

Bob Ross Style Oil Painting Workshop - Through the Window

This winter scene shows a view of trees and snow rendered as if we were looking out a window. Suitable for novice and intermediate painters. The entire painting will be completed in our three hour class. A material fee of \$35 covers everything you will need to complete your painting and will be added on at the time of registration.

Burlington Seniors' Centre

00248856 Th Feb 5 5:30-8:30pm *\$29.70 R
\$30.90 R

Charcoal Creations 55+

Create small projects each week 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

00232551 Mo Jan 5-Mar 16 1:45-3:45pm \$67.00 R

Creative Art Studio 55+

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

Burlington Seniors' Centre

00232722 We Jan 7-Mar 18 1:30-3:30pm \$73.70 R

Guitar Club

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

Burlington Seniors' Centre

00232752 Sa Jan 10-Mar 21 1-3pm *\$73.70 R
\$90.20 R

Introduction to Acrylic Painting

Participants will work with a selection of acrylic paint, learning and practicing new technical skills and theory via small projects during the first few weeks. In the last weeks, participants will focus on their own independent project with instructor guidance. All required materials are provided and covered by the \$20 material fee.

Burlington Seniors' Centre

00232665 Mo Jan 5-Mar 16 4:45-6:45pm *\$67.00 R
\$82.00 R
00232528 Fr Jan 9-Mar 20 5:30-7:30pm *\$73.70 R
\$90.20 R

Introduction to Watercolour 55+

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

Aldershot Arena

00232730 Th Jan 8-Mar 19 9:45-11:45am \$73.70 R

Illustration and Collage Workshop

Learn to combine the art of collage with illustration to complete a piece of art. Explore colour and multimedia techniques to create unique textures to be used in a landscape collage. Materials and tools are provided and are covered by the \$10 material fee.

Tansley Woods Community Centre

00232753 Sat Feb 7 6:30-8:30pm \$20.00 R
\$25.00 R

Learn to Draw 55+

All skill levels are welcome; bring a pen and notepad, and resist purchasing new materials. The material examples presented in this introductory first session will enable informed material choices and where to buy them. Demonstrations teach participants the fundamentals of drawing using graphite pencils and other mediums applied to their favourite subject choices or an assigned one.

Aldershot Arena

00232762	Mo	Jan 5-Mar 16	3:30-5:30pm	\$67.00 R
----------	----	--------------	-------------	-----------

Lego Printmaking Workshop

This program offers an introduction to the relief printmaking process through Lego! Participants will learn to attach flat bricks to baseplates to create unique patterns and images which will allow ink to roll onto the surface. When pressed onto paper with brayers or with your hands, this creates prints! Lego printmaking is a fun and simple way of introducing basic printmaking techniques using unexpected materials. A material fee of \$10 is required and will be added on at the time of registration.

Tansley Woods Community Centre

00246883	Fr	Feb 27	5:30-8:30pm	*\$20.00 R \$25.00 R
00249887	Fr	Mar 6	5:30-8:30pm	*\$20.00 R \$25.00 R

Linocut Printmaking

This program offers an introduction to the relief printmaking process. Participants will learn about linocut printing and printmaking techniques while creating finished works of art.

Burlington Seniors' Centre

00246552	Fr	Jan 9-30	5:15-7:15pm	*\$26.80 R \$32.80 R
----------	----	----------	-------------	-------------------------

Paint Cafe - Abstract Art

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

00232692	Sa	Jan 24	1-4pm	*\$15.00 R \$20.00 R
00232703	Sa	Mar 7	1-4pm	*\$15.00 R \$20.00 R

Sketchbook Studio

This program encourages exploration and intuitive art making in a social and supportive environment. Participants may work on their own projects within their sketchbooks to explore and experiment, try new techniques, collaborate with others and make new friends in the art community. This program is meant to encourage slowing down and making space for consistent creating in our daily routines. Prompts and ideas will be provided.

Tansley Woods Community Centre

00232763	Th	Jan 8-29	10am-Noon	\$26.80 R \$32.80 R
----------	----	----------	-----------	------------------------

Watercolour 55+ Intermediate

In this intermediate watercolour painting program, you will receive personalized guidance on your paintings so you can continue to progress in your work. Previous experience required. A material list outlining what supplies to bring will be sent the week before program starts.

Burlington Seniors' Centre

00232601	Tu	Jan 6-Mar 17	1:30-3:30pm	\$73.70 R
----------	----	--------------	-------------	-----------

Zine Workshop

Learn about zines and zine culture, while creating your own zines using a variety of materials in a collaborative and supportive environment. Refreshments, materials and tools are provided and are covered by the \$10 material fee. Optional - bring any magazines that may interest you.

Tansley Woods Community Centre

00232566	Th	Mar 5	4:30-6:30pm	*\$20.00 R \$25.00 R
----------	----	-------	-------------	-------------------------

Continual Learning

Canadian Songs as Poetry 55+

This class celebrates Canadian songwriters as poets, exploring lyrics from Leonard Cohen, Burton Cummings, K.D. Lang, Stompin' Tom Connors, and more. You may recognize many names, but you will gain a deeper appreciation by reading and listening with fresh perspective. No poetry or literary background needed. Curiosity and a willingness to share ideas.

Burlington Seniors' Centre

00248482	Th	Mar 5-19	2:30-4pm	\$18.30 R
----------	----	----------	----------	-----------

Current Affairs 55+

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

Burlington Seniors' Centre

00232586	Mo	Jan 5-Mar 16	9:15-11:15am	\$28.00 R
00232641	Th	Jan 8-Mar 19	11:15am-1:15pm	\$30.80 R

French Level One

The basics of French language are introduced for those new to the language. Focus on building vocabulary of common items, pronouns, tenses and phrases.

Burlington Seniors' Centre

00232649	Tu	Jan 6-Mar 17	4-5:30pm	*\$67.10 R \$82.50 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. Program occurs bi-weekly.

Burlington Seniors' Centre

00232521	Fr	Jan 9-Mar 20	9:30-11:30am	\$16.80 R
----------	----	--------------	--------------	-----------

History Explorers Club 55+

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

Burlington Seniors' Centre

00232530	Tu	Jan 6-Mar 17	11:30am-1pm	\$14.40 R
----------	----	--------------	-------------	-----------

History of Sculpture 55+

Explore how humans have expressed themselves through sculpture across centuries and materials, from ancient stone to modern plastic. Discover iconic works, architectural integration, and the enduring power of this original art form.

Burlington Seniors' Centre

00232517	Tu	Jan 6-Mar 17	9:15-11:15am	\$73.70 R
----------	----	--------------	--------------	-----------

History of the Automobile 55+

The car, whether a practical tool or a source of joy, has transformed how we shop, socialize, and shape our communities. From North America's utilitarian designs to Europe's elegant craftsmanship, explore the cultural impact and artistry behind the automobile.

Burlington Seniors' Centre

00232650	We	Jan 7-Mar 18	9:30-11:30am	\$73.70 R
----------	----	--------------	--------------	-----------

Investigations in Philosophy

Explore the history and scope of philosophical inquiry throughout the ages! Investigate the great thinkers of history starting with the Socratic philosophers of ancient Greece then continue through the medieval and modern eras. Select contemporary philosophy topics will be explored.

Burlington Seniors' Centre

00232556	Mo	Jan 5-Mar 16	7-9pm	*\$67.00 R \$82.00 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

00232757	Th	Jan 29	9:30-11am	Free R
00232779	Tu	Feb 3	9:30-11am	Free R

Round Table Discussion 55+

This program offers both a relaxing and respectful environment for intellectually stimulating discussion as it relates to trending local, national, or international topics. Participants are encouraged to bring a current topic of interest each week to present for discussion, everyone will have the opportunity to engage in the discussion and exchange opinions, perspectives, ideas, and facts. All participants are required to show respect for the differing opinions of their fellow classmates.

Burlington Seniors' Centre

00232780	Th	Jan 8-Mar 19	11:15am-1:15pm	\$30.80 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 Level One and Two. The objective of this course is to practice what you have learned and use that knowledge in real situations.

Music Centre

00232709 Tu Jan 6-Mar 17 11:15am-12:15pm \$61.60 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

00232740 Mo Jan 12-Mar 2 10-11am \$39.20 R

00232543 Mo Jan 12-Mar 2 12:30-1:30pm \$39.20 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

00232693 Mo Jan 12-Mar 2 11:15am-12:15pm \$39.20 R

Spanish 55+ Level Three

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

Music Centre

00232712 Tu Jan 6-Mar 17 10-11am \$61.60 R

Technology 55+ Smartphones and Tablets

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

Burlington Seniors' Centre

00232623 Th Jan 8-22 1:30-3pm \$18.30 R

Writing Fiction 55+

Expand your writing skills by trying a variety of techniques in this series of fiction-writing workshops. Each class will look at a different approach or technique, and will include a chance to write and receive a respectful critique of your work. No previous writing experience is needed, just a willingness to learn, share, and have fun.

Burlington Seniors' Centre

00232716 Th Jan 8-Mar 12 11:30am-1:30pm \$67.00 R

Writing Poetry 55+

Join this poetry series, designed to help you explore different styles, write freely, and share supportive feedback in a welcoming space. Each week you will explore a variety of styles and genres of writing poetry. No experience needed. Enjoy a love of learning, creating, and connecting with others.

Burlington Seniors' Centre

00232739 Th Jan 8-Mar 19 9-11am \$73.70 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 \$20 material fee.

Burlington Seniors' Centre

00232522 Mo Jan 5-Mar 16 10am-Noon \$67.00 R

00232515 Mo Jan 5-Mar 16 1-3pm \$67.00 R

Bead Weaving 55+ Level Two

Suitable for beaders with basic or intermediate experience; participants will refine essential bead weaving stitches learned in Bead Weaving 55+ Level One using different styles and sizes of beads, and jewelry findings through fun, simple projects which provide foundational skills for making jewelry! Two rings, a bracelet, a pair of earrings, and a necklace will be made using a variety of beads in style and size. Participants will be encouraged to explore within project parameters. Materials and tools are provided and are included in the \$70 material fee.

Burlington Seniors' Centre

00232562 We Jan 7-Mar 4 12:15-2:15pm \$60.30 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

00232644 Th Jan 8-Mar 19 8:30-11am Free R

Crochet 55+ Beginner

Participants will learn how to make and execute basic crochet stitches and use them to create projects following a simple pattern. Right-handed crochet will be taught.

Burlington Seniors' Centre

00232734 Tu Jan 6-Mar 17 1:45-3:45pm \$73.70 R

Crochet 55+ Intermediate

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

Burlington Seniors' Centre

00257966 We Jan 7-Mar 18 1:45-3:45pm \$73.70 R

Cupcake Decorating Workshop

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

Burlington Seniors' Centre

00232738 Sa Jan 17 10am-1pm *\$20.00 R
\$25.00 R

Floating Pearls and Crystals - Necklace Workshop

Create a dazzling Floating Pearls and Crystals - Necklace with fellow craft enthusiasts! With some freshwater pearls, Czech crystals, seed beads, illusion cord, jewelry findings, and basic tools participants will learn the most straightforward of jewelry techniques. Materials, coffee, and snacks are provided with the addition of a \$30 material fee.

Burlington Seniors' Centre

00257719 Sa Feb 28 10am-1pm *\$20.00 R
\$25.00 R

Focaccia Bread Design Workshop

Craft edible art and connect through community. This program blends focaccia bread decorating with shared stories, cultural flair and joy gathering. Learn the history and techniques behind this beloved Italian bread while turning dough into botanical masterpieces. A material fee of \$12 is required and will be added on at the time of registration.

Burlington Seniors' Centre

00258440 Sa Jan 31 10am-1pm *\$20.00 R
\$25.00 R
00258441 Sa Mar 7 10am-1pm *\$20.00 R
\$25.00 R

Knitted Dishcloth - Workshop

Enjoy a dishcloth project, coffee, snacks, and conversation with fellow craft enthusiasts! Using two knitting needles and cotton yarn, participants will learn to knit the easiest kitchen dishcloths ever; suitable for absolute beginners or new to knitting.

Burlington Seniors' Centre

00248512 Fr Jan 16-23 2-4pm *\$15.00 R
\$20.00 R

Knitting - Level One

Suitable for knitters with basic or beginner experience; participants will build off of essential knitting techniques to read and understand written and charted patterns through exploration of shawl design and colourwork. Participants may be encouraged to explore within project parameters. A Materials and tools list will be sent a week before program start, approximate cost is \$30.

Haber Community Centre

00248334 Th Jan 8-Mar 12 6-8pm *\$67.00 R
\$82.00 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

00232720	We	Jan 7-Mar 18	1-3:15pm	\$30.80 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

00232506	Th	Jan 8-Mar 19	9-11am	\$30.80 R
----------	----	--------------	--------	-----------

Pottery - Basics

Learn the basic principles of working with clay using hand building techniques. Course is geared towards those with limited or no experience. Participants will receive one bag of clay. A \$27 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. To ensure equal enrollment, participants are asked to limit per season enrollment to a maximum of one registration in each category of Pottery program. Please see your course registration notes or contact staff for more information.

Burlington Seniors' Centre

00258130	Th	Jan 8-Mar 12	1:30-4:30pm	*\$99.00 R \$103.00 R
00232662	Th	Jan 8-Mar 12	5:30-8:30pm	*\$99.00 R \$103.00 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 pottery class per season. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00232593	Sa	Jan 10-Feb 7	12:30-3:30pm	*\$49.50 R \$51.50 R
00233386	Sa	Feb 14-Mar 14	12:30-3:30pm	*\$49.50 R \$51.50 R

Pottery - Wheel Throwing

Explore using the pottery wheel and learn the basics of throwing a vessel. This program is suitable for beginners as well as those who may have previous experience, looking for a refresher. Clay is provided with the addition of a \$27 material fee. Clay will not be sold during the session.

Burlington Seniors' Centre

00232728	Mo	Jan 5-Feb 2	5:30-8:30pm	*\$49.50 R \$51.50 R
00232884	Mo	Feb 9-Mar 16	5:30-8:30pm	*\$49.50 R \$51.50 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

00232755	We	Jan 7-Mar 11	10am-1pm	\$99.00 R
00232614	We	Jan 7-Mar 11	1:30-4:30pm	\$99.00 R

Pottery 55+ Basics

Learn the basic principles of working with clay using hand building techniques. Course is geared towards those with limited or no experience. Participants will receive one bag of clay. A \$27 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. To ensure equal enrollment, participants are asked to limit per season enrollment to a maximum of one registration in each category of Pottery program. Please see your course registration notes or contact staff for more information.

Burlington Seniors' Centre

00232607	Th	Jan 8-Mar 12	10am-1pm	\$99.00 R
----------	----	--------------	----------	-----------

Pottery 55+ Wheel Throwing

Learn the basics of throwing a vessel on the wheel. This program is suitable for beginners as well as those needing a refresher. Participants will receive one bag of clay. A \$25 material fee is required and will be added on at the time of registration. This covers costs associated with firing, glazing, and clay. Some lifting required. To ensure equal enrollment, participants are asked to limit per season enrollment to a maximum of one registration in each category of Pottery program. Please see your course registration notes or contact staff for more information.

00232610	Fr	Jan 9-Feb 6	11:30am-2:30pm	\$49.50 R
----------	----	-------------	----------------	-----------

Burlington Seniors' Centre

00232548	Fr	Jan 9-Feb 6	3-6pm	\$49.50 R
00258136	Fr	Feb 13-Mar 13	11:30am-2:30pm	\$49.50 R
00258137	Fr	Feb 13-Mar 13	3-6pm	\$49.50 R

Pottery Project - Lamp Making

This hand building course is your opportunity to make something custom that reflects your personal style. Plan and build a ceramic base for a fully functional lamp. Use hand building techniques to complete a one of a kind piece of decor. Assemble and wire the lamp with provided hardware. Ideal for those with some clay experience. Materials are provided and are covered by \$53 material fee.

Burlington Seniors' Centre

00232710	Tu	Jan 6-Feb 10	5:30-8:30pm	*\$59.40 R
				\$61.80 R
00258153	Tu	Feb 17-Mar 17	5:30-8:30pm	*\$49.50 R
				\$51.50 R

Pottery Project - Narrative Boxes

Participants will create a functional form using slab construction techniques, exploring surface design as a way to tell personal stories. Inspired by memories, dreams, and symbolic imagery. Glazing and firing included. Some lifting required. Due to limited studio space, please only register for one pottery class per season. Clay is provided with the addition of a \$27 material fee.

Burlington Seniors' Centre

00232754	Tu	Jan 6-Feb 3	2-5pm	\$49.50 R
				\$51.50 R
00232589	Tu	Feb 17-Mar 17	2-5pm	\$49.50 R
				\$51.50 R

Small Pony Needle Felting Workshop 55+

Participants will create a delightful pony using needle felt techniques and wool. Materials are provided and covered in the cost of registration and include an approximate 8 inch by 8 inch ready-made wire armature and wool needed to create one of the herd.

Burlington Seniors' Centre

00257723	Fr	Feb 20-20	9am-2:30pm	\$33.00 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

00232776	We	Jan 7-Mar 18	12:30-2pm	\$67.10 R
----------	----	--------------	-----------	-----------

Ballroom Line Dance 55+ Level Two

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

Burlington Seniors' Centre

00232764	Fr	Jan 9-Mar 20	1-2:30pm	\$67.10 R
----------	----	--------------	----------	-----------

Hip Hop - Beginner

Participants will learn basic hip hop moves and how to execute them in short routines taught in class.

Tansley Woods Community Centre

00232511	We	Jan 7-Mar 18	7:30-8:30pm	*\$61.60 R
				\$68.20 R

Intermediate Ballroom and Latin Line Dancing Social 55+

Waltz, Tango, Cha Cha, Rumba, Swing and more. Playlist features Jukebox classics from the 50's and 60's in addition to ABBA, Michael Jackson and Backstreet Boys. Build on basic dance steps and routines weekly. Cold drinks and cookies at the break.

Aldershot Arena

00259627	We	Jan 7-Mar 18	1-2:30pm	\$61.60 R
----------	----	--------------	----------	-----------

Line Dancing - 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!

Aldershot Arena

00242166	Th	Jan 8-Feb 12	4-5:30pm	*\$36.60 R \$45.00 R
00242169	Th	Feb 19-Mar 26	4-5:30pm	*\$36.60 R \$45.00 R

Line Dancing 55+ Beginner

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

Burlington Seniors' Centre

00232785	Tu	Jan 6-Mar 17	3:30-5pm	\$67.10 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

00232518	We	Jan 7-Mar 18	3:45-5:15pm	\$67.10 R
----------	----	--------------	-------------	-----------

Fitness

20/20/10

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

Aldershot Arena

00232719	Mo	Jan 5-Mar 16	2:15-3:15pm	*\$69.00 R \$83.00 R
----------	----	--------------	-------------	-------------------------

Brant Hills Community Centre

00232588	Th	Jan 8-Mar 26	9-10am	*\$75.90 R \$91.30 R
----------	----	--------------	--------	-------------------------

Balance and Bone Health 55+

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

Burlington Seniors' Centre

00232696	Mo	Jan 5-Feb 23	3:30-4:30pm	\$48.30 R
----------	----	--------------	-------------	-----------

Barre Fitness

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

Mountainside Community Centre

00257626	Tu	Jan 6-Mar 10	11:30am-12:30pm	*\$69.00 R \$83.00 R
----------	----	--------------	-----------------	-------------------------

Better Bones

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

Mountainside Community Centre

00232558	Mo	Jan 5-Mar 16	9-10am	*\$62.10 R \$74.70 R
00232561	Fr	Jan 9-Mar 20	9-10am	*\$75.90 R \$91.30 R

Better Bones 55+

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

Burlington Seniors' Centre

00232611	We	Jan 7-Mar 18	2:30-3:30pm	\$75.90 R
00232656	Fr	Jan 9-Mar 20	9-10am	\$75.90 R

Boot Camp

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

Tansley Woods Community Centre

00232661	Sa	Jan 10-Mar 21	9:15-10:15am	*\$69.00 R \$83.00 R
----------	----	---------------	--------------	-------------------------

Cardio Sculpt, Balance, and Stretch

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

Mountainside Community Centre

00232636	Mo	Jan 5-Mar 16	10:15-11:15am	*\$62.10 R \$74.70 R
00232621	We	Jan 7-Mar 18	9:15-10:15am	*\$62.10 R \$74.70 R

Chair Fitness

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

Mountainside Community Centre

00232772	Fr	Jan 9-Mar 20	10:15-11:15am	*\$75.90 R \$91.30 R
----------	----	--------------	---------------	-------------------------

Core Strength

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

Aldershot Arena

00232647	We	Jan 7-Mar 18	10:15-11:15am	*\$62.10 R \$74.70 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

00232591	Mo	Jan 5-Mar 23	1-2pm	*\$62.10 R \$74.70 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

00232576	Tu	Jan 6-Mar 17	3:15-4:15pm	\$75.90 R
00232695	Fr	Jan 9-Mar 20	11:45am-12:45pm	\$75.90 R

Easy Does It 55+

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

Burlington Seniors' Centre

00232713	Tu	Jan 6-Mar 17	1:45-2:45pm	\$75.90 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

00232717	Tu	Jan 6-Mar 10	1-2pm	\$69.00 R
----------	----	--------------	-------	-----------

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

00232572	Mo	Jan 5-Mar 16	6-7pm	*\$69.00 R \$83.00 R
----------	----	--------------	-------	-------------------------

HIIT Barre Fitness

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

Burlington Seniors' Centre

00246311	Th	Jan 8-Mar 19	7:15-8:15pm	\$48.30 R
----------	----	--------------	-------------	-----------

Ladies Fit

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

Brant Hills Community Centre

00232733 Mo Jan 5-Mar 23 11:45am-12:45pm *\$62.10 R
\$74.70 R

Tansley Woods Community Centre

00232504 We Jan 7-Mar 18 10:30-11:30am *\$69.00 R
\$83.00 R

Low Impact Training

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

Aldershot Arena

00232688 Mo Jan 5-Mar 16 1-2pm *\$69.00 R
\$83.00 R

Brant Hills Community Centre

00232536 Th Jan 8-Mar 26 10:15-11:15am *\$75.90 R
\$91.30 R

Burlington Seniors' Centre

00232525 Mo Jan 5-Mar 16 7:15-8:15pm *\$69.00 R
\$83.00 R

Low Impact Training 55+

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

Aldershot Arena

00232545 Th Jan 8-Mar 19 2:30-3:30pm \$75.90 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

00232653 Fr Jan 9-Mar 20 10:30-11:30am \$75.90 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

00232625 Tu Jan 6-Mar 17 10-11am *\$75.90 R
\$91.30 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

00232760 Mo Jan 5-Mar 23 11:30am-12:30pm *\$62.10 R
\$74.70 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

00232637 Tu Jan 6-Mar 17 8:30-9:30am \$75.90 R
00232627 We Jan 7-Mar 18 8:30-9:30am \$75.90 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

00232652 Tu Jan 6-Mar 17 9:45-10:45am \$75.90 R
00232602 We Jan 7-Mar 18 9:45-10:45am \$75.90 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

00232605	Mo	Jan 5-Mar 16	8:45-9:45am	\$69.00 R
----------	----	--------------	-------------	-----------

Reel Rhythms

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

Burlington Seniors' Centre

00232742	Tu	Jan 6-Mar 17	7-8pm	*\$75.90 R \$91.30 R
----------	----	--------------	-------	-------------------------

Mountainside Community Centre

00232510	We	Jan 7-Mar 18	6:45-7:45pm	*\$75.90 R \$91.30 R
----------	----	--------------	-------------	-------------------------

Sit Fit

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

Burlington Seniors' Centre

00232550	Sa	Jan 10-Mar 21	11:30am-12:30pm	*\$75.90 R \$91.30 R
----------	----	---------------	-----------------	-------------------------

Sit Fit 55+

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

Burlington Seniors' Centre

00232781	Tu	Jan 6-27	9-10am	\$27.60 R
00246352	Tu	Mar 3-24	9-10am	\$27.60 R

Strength, Balance and Stretch 55+

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

Aldershot Arena

00232544	We	Jan 7-Mar 18	9-10am	\$62.10 R
----------	----	--------------	--------	-----------

STRONG Nation

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

Burlington Seniors' Centre

00232503	Tu	Jan 6-Mar 17	6-7pm	*\$75.90 R \$91.30 R
----------	----	--------------	-------	-------------------------

Total Body Conditioning

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

Burlington Seniors' Centre

00232729	Tu	Jan 6-Mar 17	7:15-8:15pm	*\$75.90 R \$91.30 R
----------	----	--------------	-------------	-------------------------

Mountainside Community Centre

00232590	Mo	Jan 5-Mar 16	7:45-8:45am	*\$69.00 R \$83.00 R
00232654	We	Jan 7-Mar 18	7:45-8:45am	*\$75.90 R \$91.30 R

Total Fit 55+

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

Burlington Seniors' Centre

00232658	Tu	Jan 6-27	10:15-11:15am	\$27.60 R
00246353	Tu	Mar 3-24	10:15-11:15am	\$27.60 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

00232584 Mo Jan 5-Mar 16 2:30-3:30pm \$69.00 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

00232508 We Jan 7-Feb 25 3:15-4:15pm *\$55.20 R
\$66.40 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

00232727 Mo Jan 5-Mar 16 Noon-2pm *\$67.00 R
\$82.00 R

American Mah Jongg - Intermediate

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

Tansley Woods Community Centre

00232723 Mo Jan 5-Mar 16 2:30-4:30pm \$67.00 R

Bridge - Beginner Plus 55+

Learn the basics of Standard American Bridge. This course introduces new bridge players to the basic concepts of bridge, suit bidding, and play of the hand. Students will have an opportunity to play hands each session that allows them to practice what was taught.

Burlington Seniors' Centre

00242553 Th Jan 8-Mar 19 10:30am-12:30pm \$67.00 R

Chicks with Sticks 55+

Join other ladies who play snooker to learn and play this great game. Some instruction will be provided. Limited cues are available, participants are encouraged to bring their own.

Burlington Seniors' Centre

00232560 Th Jan 8-Mar 19 9-11am \$30.80 R

Chinese Connection Dominoes

Learn this popular Chinese Dominoes game that originated during the Song Dynasty around the 12th century. Chinese Connections features forward and backward memory game play allowing participants to utilize strategy while also relying on a little bit of luck. Easy to learn and quick to play!

Burlington Seniors' Centre

00256549 Sa Jan 10-Feb 14 2:30-4:30pm *\$40.20 R
\$49.20 R
00256550 Sa Feb 21-Mar 28 2:30-4:30pm *\$40.20 R
\$49.20 R

Dungeons and Dragons

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

Burlington Seniors' Centre

00256418 Mo Jan 5-Mar 16 7-9pm *\$67.00 R
\$82.00 R
00232697 We Jan 7-Mar 18 7-9pm *\$73.70 R
\$90.20 R

Duplicate Bridge 55+

Standard American Bridge with Five Card Majors will be played in partners. Volunteer 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. For players who know basic conventions and are able to play at a consistent speed.

Burlington Seniors' Centre

00232628 Th Jan 8-Mar 19 1-3:30pm \$34.10 R

Euchre - Beginner

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

Tansley Woods Community Centre

00248091 Th Jan 8-Feb 26 3:30-5:30pm *\$53.60 R
\$65.60 R

Hong Kong Mahjong 55+ Basics

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

Burlington Seniors' Centre

00232718 Tu Jan 6-Mar 17 Noon2pm \$73.70 R

Hong Kong Mahjong 55+ Beginner Plus

This program is customized for those students who have completed Hong Kong Mahjong Beginner or equivalent. The instructor will guide the students in casual Mahjong game play.

Burlington Seniors' Centre

00232704 We Jan 7-Mar 18 Noon2pm \$73.70 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

00232731 Tu Jan 6-Mar 17 2:30-4:30pm \$73.70 R
00256558 Sa Jan 17-Mar 21 10:15am-12:15pm *\$67.00 R
\$82.00 R

Mahjong 55+ Intermediate - Sichuan Style

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

Burlington Seniors' Centre

00232553 We Jan 7-Mar 18 2:30-4:30pm \$73.70 R

Mahjong Hong Kong Style - Rules and Penalties Workshop

This workshop is ideal for those players who are experienced in the Hong Kong Style Mahjong and would like to know more about the rules and penalties.

Burlington Seniors' Centre

00232698 Sa Jan 10-10 10:15am-12:15pm *\$15.00 R
\$18.00 R

Mexican Train Dominoes and Euchre Social 55+

Join us for a fun and friendly game of Mexican Train Dominoes, which requires a bit of strategy, planning, and a little luck but is perfect for all skill levels. Or join us for a hand of Euchre! Coffee, Tea and pastry included.

Aldershot Arena

00232573 Tu Jan 6-Mar 17 9-11am \$46.20 R

Socials

Aldershot Monthly Luncheon 55+

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

Aldershot Arena

00232609	Tu	Jan 13-13	11:45am-1:15pm	\$15.00 R
00232577	Tu	Feb 10-10	Noon-1:30pm	\$15.00 R
00232756	Tu	Mar 10-10	Noon-1:30pm	\$15.00 R

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

00232736	Fr	Jan 16-16	10:30am-Noon	\$10.60 R
00232633	Fr	Feb 13-13	10:30am-Noon	\$10.60 R
00232547	Fr	Mar 13-13	10:30am-Noon	\$10.60 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

00232660	Sa	Jan 24	8:30-11am	\$7.30 R
00232564	Sa	Feb 21	8:30-11am	\$7.30 R
00232770	Sa	Mar 21	8:30-11am	\$7.30 R

Burlington Men's Shed

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

Burlington Seniors' Centre

00258049	Th	Jan 8-Mar 26	9-11am	\$33.60 R
----------	----	--------------	--------	-----------

Coffee and Community Conversation 55+

Monthly presentation and discussion with a guest speaker. Bring your lunch and dine while you learn. January - Burlington Transit

Burlington Seniors' Centre

00258625	Th	Jan 15	Noon-1:30pm	Free R
00258626	Th	Feb 12	Noon-1:30pm	Free R
00258627	Th	Mar 12	Noon-1:30pm	Free R

Mid Winter Dance Social

Shake off the winter time blues and warm up on our large dance floor. Features a volunteer and participant curated playlist. Song requests encouraged. Hip new mocktails, non alcoholic beverages, snacks, and treats available for purchase. Coffee, tea, and cookies included.

Burlington Seniors' Centre

00232568	Sa	Jan 31	1:30-4pm	*\$10.00 R \$13.10 R
----------	----	--------	----------	-------------------------

Movie Social - Downton Abbey - The Grand Finale

The Crawley Family is back for the third and final chapter. Wear your fascinators or top hats and enjoy this watch party with fellow Downton fans. Downton trivia and discussion offered at reception. A beverage, movie snacks and treats provided. Bring your lunch and additional snacks if desired.

Burlington Seniors' Centre

00258813	Fr	Jan 23	1-3:30pm	\$10.80 R
----------	----	--------	----------	-----------

Musical Movie Social - Easter Parade

Sing along to music featured in this movie. A beverage, movie snacks and treats provided. Bring your lunch and additional snacks if desired. Lyrics will be displayed to support singing. Dancing is encouraged. Guests are welcome to dress up and embrace the movie.

Burlington Seniors' Centre

00258816	Fr	Mar 20	1-3:30pm	\$10.80 R
----------	----	--------	----------	-----------

Musical Movie Social - My Fair Lady

Sing along to music featured in this movie. A beverage, movie snacks and treats provided. Bring your lunch and additional snacks if desired. Lyrics will be displayed to support singing. Dancing is encouraged. Guests are welcome to dress up and embrace the movie.

Burlington Seniors' Centre

00258812	Fr	Feb 20	1-3:30pm	\$10.80 R
----------	----	--------	----------	-----------

Late Winter Dance Social

Shake off the winter time blues and warm up on our large dance floor. Features a volunteer and participant curated playlist. Song requests encouraged. Hip new mocktails, non alcoholic beverages, snacks, and treats available for purchase. Coffee, tea, and cookies included.

Burlington Seniors' Centre

00258805	Sa	Feb 28	1:30-4pm	*\$10.00 R \$13.10 R
----------	----	--------	----------	-------------------------

Supper Club Social

Enjoy a beautifully prepared three course meal with friends old and new. Cash bar available for beer and wine sales. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00232516	Th	Feb 12	5-6:45pm	*\$20.60 R \$23.90 R
00232761	Th	Mar 12	5-6:45pm	*\$20.60 R \$23.90 R

Supper Club Social - a nod to Robbie Burns

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

Burlington Seniors' Centre

00232642	Th	Jan 15	5-6:45pm	*\$25.60 R \$28.90 R
----------	----	--------	----------	-------------------------

Thursday Lunch and Dessert Social 55+

This program provides a relaxed and casual environment to enjoy a lunch and dessert with others. Light conversation suggestions and background music available.

Burlington Seniors' Centre

00232507	Th	Jan 8	12:15-1:45pm	\$12.60 R
00232700	Th	Jan 22	12:15-1:45pm	\$12.60 R
00232750	Th	Feb 5	12:15-1:45pm	\$12.60 R
00232608	Th	Feb 19	12:15-1:45pm	\$12.60 R
00232622	Th	Mar 5	12:15-1:45pm	\$12.60 R
00232555	Th	Mar 19	12:15-1:45pm	\$12.60 R

Trivia and Pizza Night

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

Burlington Seniors' Centre

00232570	Th	Jan 29	4:30-6pm	*\$15.90 R \$19.00 R
00232699	Th	Feb 26	4:30-6pm	*\$15.90 R \$19.00 R
00232708	Th	Mar 26	4:30-6pm	*\$15.90 R \$19.00 R

Winter Afternoon Tea Social 55+

Devonshire scones, sandwiches, classic pastries, and an assortment of tea flavours. Wear your fascinator or fancy hat as we celebrate the tradition of afternoon tea. Prizes for best dressed. Games and riddles sprinkled in. Unable to accommodate gluten free diets.

Burlington Seniors' Centre

00233375	Sa	Jan 10-10	2-3:30pm	*\$25.00 R \$28.10 R
----------	----	-----------	----------	-------------------------

Sport

Badminton - All Levels

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

Brant Hills Community Centre

00232691	Sa	Jan 10-Mar 21	6-8pm	*\$30.40 R
				\$37.60 R

Robert Bateman Community Centre

00258299	Mo	Jan 12-Mar 23	8-10pm	*\$38.00 R
				\$47.00 R

Badminton 55+ 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.

Burlington Seniors' Centre

00232766	Mo	Jan 5-Mar 16	1-3pm	\$38.00 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. Game length may need to be adjusted based on capacity. Some knowledge of volleying, scoring and court boundaries required. Please bring your own paddle and ball.

Burlington Seniors' Centre

00232715	Tu	Jan 6-Mar 17	11:30am-1:15pm	\$41.80 R
00232579	Th	Jan 8-Mar 19	8:30-10:30am	\$41.80 R

Pickleball - Level 0.5-1.0

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

Brant Hills Community Centre

00258227	Fr	Jan 9-Mar 27	Noon-2pm	*\$41.80 R
				\$51.70 R

Central Arena

00232596	Tu	Jan 6-Mar 17	9-11am	*\$41.80 R
				\$51.70 R
00232571	Th	Jan 8-Mar 19	9-11am	*\$41.80 R
				\$51.70 R

Pickleball - Level 1.0-2.0

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

Central Arena

00232546	Tu	Jan 6-Mar 17	11:15am-1:15pm	*\$41.80 R
				\$51.70 R
00232659	We	Jan 7-Mar 18	10am-Noon	*\$41.80 R
				\$51.70 R
00232582	Th	Jan 8-Mar 19	11:15am-1:15pm	*\$41.80 R
				\$51.70 R

Haber Community Centre

00232747	Tu	Jan 6-Mar 24	3-5pm	*\$41.80 R
				\$51.70 R
00232559	We	Jan 7-Mar 25	12:15-2:15pm	*\$41.80 R
				\$51.70 R

Mainway Ice Centre

00232758	Mo	Jan 5-Mar 16	11:15am-1:15pm	*\$38.00 R
				\$47.00 R

Pickleball - Level 2.0-3.0

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

Brant Hills Community Centre

00232624	Mo	Jan 5-Mar 23	1:30-3:30pm	*\$34.20 R \$42.30 R
00232514	We	Jan 7-Mar 25	9-11am	*\$41.80 R \$51.70 R

Haber Community Centre

00232574	Mo	Jan 5-Mar 23	9-11am	*\$38.00 R \$47.00 R
00232748	Tu	Jan 6-Mar 24	12:45-2:45pm	*\$41.80 R \$51.70 R
00232663	We	Jan 7-Mar 25	2:30-4:30pm	*\$38.00 R \$47.00 R
00232595	Th	Jan 8-Mar 26	10:30am-12:30pm	*\$38.00 R \$47.00 R
00232539	Fr	Jan 9-Mar 27	11:15am-1:15pm	*\$38.00 R \$47.00 R

Mainway Ice Centre

00232534	Mo	Jan 5-Mar 16	5:30-7:30pm	*\$38.00 R \$47.00 R
00232612	We	Jan 7-Mar 18	8-10pm	*\$41.80 R \$51.70 R
00232626	Th	Jan 8-Mar 19	9-11am	*\$41.80 R \$51.70 R
00232600	Th	Jan 8-Mar 26	2:15-4:15pm	*\$30.40 R \$42.30 R

Pickleball - Level 3.5+

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

Haber Community Centre

00232664	Mo	Jan 5-Mar 23	12:15-2:15pm	*\$38.00 R \$47.00 R
00232784	Tu	Jan 6-Mar 24	9-11am	*\$41.80 R \$51.70 R
00232533	Fr	Jan 9-Mar 27	9-11am	*\$38.00 R \$47.00 R

Mainway Ice Centre

00232535	Mo	Jan 5-Mar 16	8-10pm	*\$38.00 R \$47.00 R
00232751	Tu	Jan 6-Mar 17	11:15am-1:15pm	*\$41.80 R \$51.70 R
00232549	We	Jan 7-Mar 18	5:30-7:30pm	*\$41.80 R \$51.70 R
00232706	Th	Jan 8-Mar 19	11:15am-1:15pm	*\$41.80 R \$51.70 R

Pickleball 55+ Level 0.5-2.0

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

Burlington Seniors' Centre

00232702	Mo	Jan 5-Mar 16	8:30-10:30am	\$38.00 R
----------	----	--------------	--------------	-----------

Pickleball 55+ Level 2.0-3.5

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

Burlington Seniors' Centre

00232631 Mo Jan 5-Mar 16 10:45am-12:45pm \$38.00 R

Pickleball Workshop - Beginner Basics

Designed for participants who want to learn how to play Pickleball. This workshop will teach you the fundamental skills of this game and is suitable for those with either some experience or no experience at all! Topics covered include equipment, grips, safety, court layout, non-volley zone [Kitchen], rules, ready position, basic strokes, serving, scoring, and basic game play.

Haber Community Centre

00243947	Th	Jan 15	1-3pm	*\$13.80 R \$16.50 R
00243948	Th	Feb 12	1-3pm	*\$13.80 R \$16.50 R
00243949	Th	Mar 12	1-3pm	*\$13.80 R \$16.50 R

Mainway Ice Centre

00243971	Th	Jan 15	6:45-8:45pm	*\$13.80 R \$16.50 R
00243976	Th	Jan 29	6:45-8:45pm	*\$13.80 R \$16.50 R
00243978	Th	Feb 12	6:45-8:45pm	*\$13.80 R \$16.50 R
00243979	Th	Feb 26	6:45-8:45pm	*\$13.80 R \$16.50 R
00243980	Th	Mar 12	6:45-8:45pm	*\$13.80 R \$16.50 R

Pickleball Workshop - Beginner Basics Plus

Recommended as a follow up to Beginner Basics and will reinforce what was learned in that workshop. New skills will be introduced. Participants will learn the drop and volley serve, serving rules, return of serve, dinking, positioning, court etiquette, line calling, forehand and backhand shots.

Haber Community Centre

00243950	Th	Jan 22	1-3pm	*\$13.41 R \$16.05 R
----------	----	--------	-------	-------------------------

Pickleball Workshop - Skills and Drills

For those who have a solid understanding of the fundamentals and want to further develop their skills through drilling exercises. Participants will work on strategic serving, volleying, shot accuracy, third shot drop, doubles strategies, blocking, lobs, and overhead smashing.

Haber Community Centre

00243955	Th	Jan 29	1-3pm	*\$13.80 R \$16.50 R
00243956	Th	Feb 26	1-3pm	*\$13.80 R \$16.50 R

Pickleball Workshop - Skills and Drills Advanced

For those looking to learn or develop some new advanced skills such as power serving, footwork (split step/ shuffling/ crossover steps), drives, shutting down bangers, specialty shots, overhead lobs with switching, and a discussion on how, why and when to spin.

Haber Community Centre

00243957	Th	Feb 5	1-3pm	*\$13.80 R \$16.50 R
00243958	Th	Mar 5	1-3pm	*\$13.80 R \$16.50 R

Volleyball - All Levels

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

Haber Community Centre

00232598	Tu	Jan 6-Mar 24	5:45-7:45pm	*\$41.80 R \$51.70 R
----------	----	--------------	-------------	-------------------------

Tansley Woods Community Centre

00232512	Sa	Jan 10-Mar 21	4:30-6:30pm	*\$41.80 R \$51.70 R
----------	----	---------------	-------------	-------------------------

Wellness

Functional Training 55+

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

Burlington Seniors' Centre

00257638	Tu	Jan 6-Feb 10	11am-Noon	\$41.40 R
00257636	Th	Jan 8-Feb 12	11am-Noon	\$41.40 R
00257634	Th	Jan 8-Feb 12	12:15-1:15pm	\$41.40 R
00257639	Tu	Feb 17-Mar 24	11am-Noon	\$41.40 R
00257637	Th	Feb 19-Mar 26	11am-Noon	\$41.40 R
00257635	Th	Feb 19-Mar 26	12:15-1:15pm	\$41.40 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. Please bring your own yoga mat.

Tansley Woods Community Centre

00232783	Mo	Jan 5-Mar 16	9:30-10:30am	*\$69.00 R \$83.00 R
----------	----	--------------	--------------	-------------------------

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. Please bring your own yoga mat.

Burlington Seniors' Centre

00232542	Tu	Jan 5-Mar 17	10:30-11:30am	\$69.00 R
----------	----	--------------	---------------	-----------

Yoga - Foundations

This is the perfect class for anyone wanting to build their experience in the foundations of yoga asana practice, and is suitable for those just starting out as well as those with more experience on the mat. Increase your confidence in correct positioning and the specific use of props to help you align more effectively in each posture. Please bring your own yoga mat.

Burlington Seniors' Centre

00232639	Sa	Jan 10-Mar 21	10:45-11:45am	*\$75.90 R \$91.30 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. Please bring your own yoga mat.

Burlington Seniors' Centre

00232759	Tu	Jan 6-Mar 17	9-10am	\$69.00 R
----------	----	--------------	--------	-----------

Haber Community Centre

00232541	Tu	Jan 6-Mar 17	5:30-6:30pm	*\$62.10 R \$74.70 R
----------	----	--------------	-------------	-------------------------

Mountainside Community Centre

00232597	Tu	Jan 6-Mar 17	12:45-1:45pm	*\$75.90 R \$91.30 R
----------	----	--------------	--------------	-------------------------

Tansley Woods Community Centre

00232735	Fr	Jan 9-Feb 27	Noon-1pm	*\$55.20 R \$66.40 R
----------	----	--------------	----------	-------------------------

Yoga - Low Impact

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

Tansley Woods Community Centre

00232746	Fr	Jan 9-Feb 27	10:45-11:45am	*\$55.20 R \$66.40 R
----------	----	--------------	---------------	-------------------------

Yoga - Yin

Enjoy this slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. Poses are held for a longer period of time to target the connective tissues, such as the ligaments, rather than targeting muscle groups. Please bring your own yoga mat.

Haber Community Centre

00232711	Tu	Jan 6-Mar 17	6:45-7:45pm	*\$69.00 R \$83.00 R
----------	----	--------------	-------------	-------------------------

Mountainside Community Centre

00232615	Tu	Jan 6-Mar 17	2:15-3:15pm	*\$75.90 R \$91.30 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

00232616	Th	Jan 8-Mar 19	8:30-9:30am	\$75.90 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. Please bring your own yoga mat.

Burlington Seniors' Centre

00232686	Mo	Jan 5-Mar 16	10-11am	\$69.00 R
00232737	Mo	Jan 5-Mar 16	11:15am-12:15pm	\$69.00 R
00232523	Fr	Jan 9-Mar 20	10-11am	\$75.90 R
00232687	We	Jan 7-Mar 18	11am-Noon	\$75.90 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. Please bring your own yoga mat.

Burlington Seniors' Centre

00232569	Fr	Jan 9-Mar 20	12:30-1:30pm	\$75.90 R
00232532	Tu	Jan 6-Feb 24	11:45am-12:45pm	\$48.30 R
00232651	Fr	Jan 9-Mar 20	11:15am-12:15pm	\$75.90 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. Please bring your own yoga mat.

Burlington Seniors' Centre

00232768	Th	Jan 8-Mar 19	9:45-10:45am	\$75.90 R
----------	----	--------------	--------------	-----------



Contact Information

Email:
liveandplay@burlington.ca

Phone:
905-335-7738

Website:
burlington.ca/adult



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



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

burlington.ca/adult

