



Mission Statement

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

Land Acknowledgement

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



Save the date Winter 2025

Activity Guide

Registration Begins:

Monday, December 8, 2025

Activity Guide Online:

Monday, December 1, 2025

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Contact Us

905-576-6712

Branch Extensions

John Street Branch	Ext. 2830
Northview Branch	Ext. 2840
Delpark Homes Branch	Ext. 5842
Conant Branch	Ext. 2900

Email: info@oscc.ca

www.oscc.ca

Member Information

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

Membership prices (Tax included)

Oshawa residents \$25 and Non-residents \$30

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

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

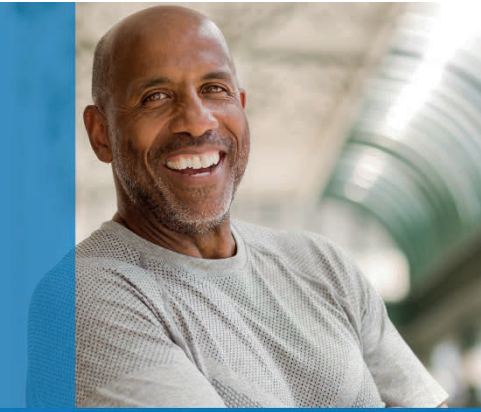
Memberships may also be purchased online via our website.
See below for details:



New Members - Hello and Welcome!

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

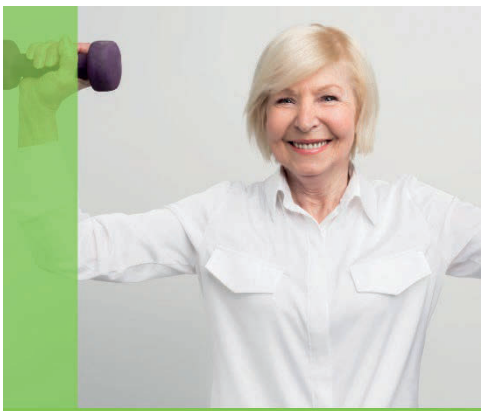
To purchase your membership online, please visit www.oscc.ca/newmember and follow the instructions listed. Next time you are in a branch, pick up your membership card at the front desk.



Renewing Members - Don't Risk Missing Out!

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

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



Returning Members - We've Missed You!

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

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

Registration Information

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

Online Program Registration: Begins Monday, August 18th, 2025 at 8:30 a.m.

- 1) Visit <https://register.oscc.ca/> to register online for programs or events. You can register using the email address associated with your membership account and password you provide. Not sure what email is on file? Call us at 905-576-6712 and we can look up this information for you.
- 2) Follow the step by step instructions listed at oscc.ca/register to complete your registration. An email confirmation will be sent upon successful registration.

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

In-Person Program Registration: Begins Monday, August 18th, 2025 at 8:30 a.m.

Administration staff will be available to assist with registration. We ask for your patience as customers will be served on a first come, first served basis.



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

JOIN US FOR ORIENTATION

Northview Branch

September 23rd at 11:00 a.m.

John Street Branch

October 28th at 11:00 a.m.

Delpark Homes Branch

November 25th at 11:00 a.m.

Conant Branch

December 16th at 11:00 a.m.

Important Information

Prices in this Guide:

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

Program Cancellation:

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

Returned Payments:

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

Financial Support:

Oshawa residents may be eligible to receive financial assistance based on annual income to assist with the cost of participation in select programs and services. Information and applications for this program are available by contacting the Manager, Administration & Finance, asmith@oshawa.ca or ext. 2813.

Accessible Customer Service:

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

Credits on Accounts:

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

Refund Information:

If a program is cancelled by OSCC55+ prior to the start date, participants will receive a refund or credit on account.

Cheques and cash payments are refunded by cheque with no cash refunds.

Credit cards processed in-branch can only be refunded in person at any branch.

Non-attendance does not constitute a notice of withdrawal.

Special Event registrations will not be refunded unless the event has been cancelled or is sold out with a waitlist and the spot can be resold.

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

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



Community Support Services and Clinics

Adult Day Program

A healthy way
to spend the day.

Are you a caregiver in need of support?

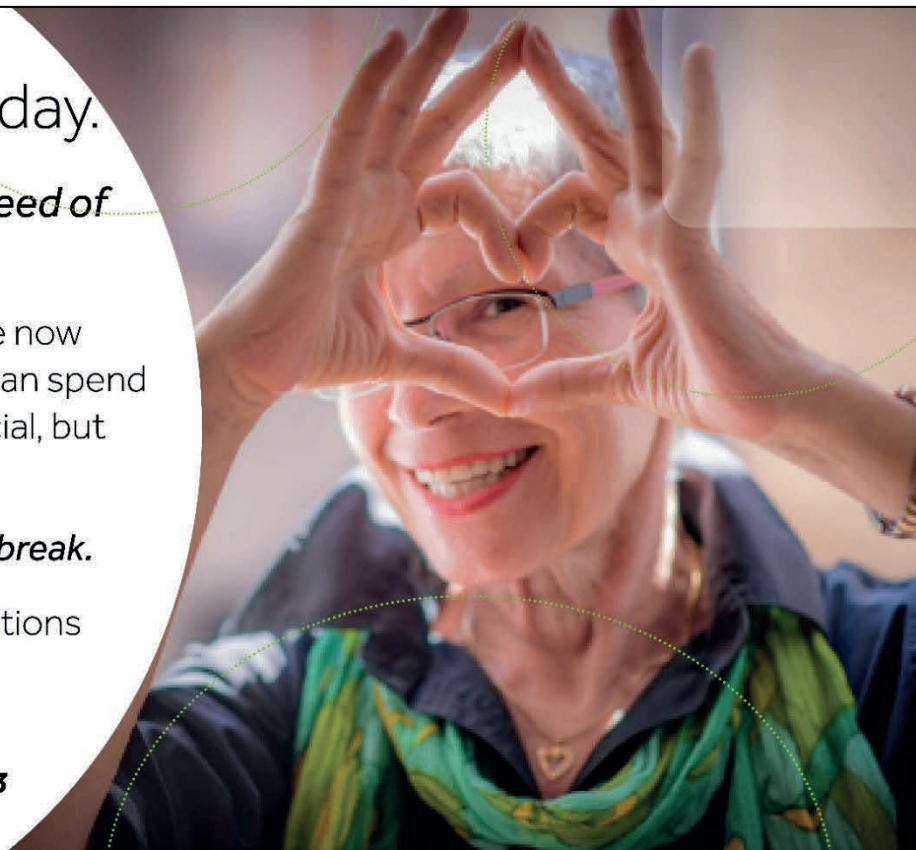
Our Adult Day Programs are now accepting new clients. Seniors can spend time with us being active, social, but above all, safe.

You can have a well-deserved break.

Transportation and meal options available.

We can help.

**Call 905-576-6712 Ext. 2853
for more information.**



Meal Services

JOIN US FOR A MEAL

NEW
food
provider!



Get ready to enjoy a delicious variety of fresh, healthy, and affordable meals, salads, soups, sandwiches and desserts.

Cafeteria Hours:

Monday - Friday

9:30 a.m. - 1:30 p.m.

Saturday (John Street Branch only)

9:30 a.m. - 1:30 p.m.

Check out the
monthly meal
calendar
online!



Please note: meal services not available at the Sikorski Branch



Community Support Services and Clinics

Group Exercise/Falls Prevention

General exercises to maintain function and range of motion. Beginner Level

Day	Start	Time	Code	First Class	Last Class
Thursday	September 11	2:00 – 2:45 p.m.	54958	September 11	December 11

Location: South Oshawa Community Centre

Cost: FREE

Tickets can
be purchased
at OSCC55+
Front desks

TRAVEL WITH EASE Van Service

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

Inquire about our shuttle service Monday to Friday 10:30 - 12:30 p.m. This is a scheduled service that requires 24 - 48 hours notice.



Transportation Services

Book a ride today!

Please call 905-576-6712 ext. 2878

Foot Care

Regular treatment
supports
**diabetic & pain
management**



Healthy feet are vital for mobility and independence

Registered Nurses provide foot care treatment to OSCC55+ members with a current participation card.

John Street Branch:

905-576-6712, Ext. 2830

Northview Branch:

905-576-6712, Ext. 2840

Conant Branch:

905-576-6712, Ext. 2900

Each visit is \$23.00

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

Cancellation policy: 24 hours' notice required or a fee of 50% of the service cost will be applied.



Community Support Services and Clinics

John Street Branch

Hearing Clinic

A technician from Hear Canada will provide a **FREE** hearing health check at the John Street Branch.

Register for an appointment by calling,
905-576-6712, ext 2847 or email,
svrantsidis@oshawa.ca

Wednesday, September 17

Wednesday, October 15th

Wednesday, November 19th

Wednesday, December 17th

9:00 a.m. – 1:00 p.m.

Free
to all
Members



Mobility Clinic

A technician from Durham Medical will adjust, inspect and perform minor repairs to your mobility equipment.

No appointment necessary.

Thursday September 4th John Street Branch

Thursday, October 2nd Northview Branch

Thursday, November 6th John Street Branch

Thursday, December 4th Northview Branch

10:00 a.m. – 12:00 p.m.



Blood Pressure Clinic

The NURSE NEXT DOOR is offering **FREE** blood pressure clinics, providing an opportunity for individuals to get their blood pressure checked and to receive guidance on maintaining healthy levels.

No appointment necessary.

Tuesday, September 16th Delpark Homes Branch

Tuesday, October 14th Northview Branch

Tuesday, November 18th John Street Branch

Tuesday, December 16th Delpark Homes Branch

10:00 a.m. – 1:00 p.m.

Client Referral Program

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

For more information or book an appointment call
905-576-6712, Ext. 2847.



Arts and Crafts



Supplies needed for this course

Abstract Acrylic Art

- Join abstract artist Betty McGowan as she leads you through a series of exercises designed to help you discover your own unique abstract style.

Day	Start	Time	Code	Duration
Thursday	October 2	10:30 – 12:30 p.m.	54881	8 Weeks

Instructor: Betty McGowan

Location: Northview Branch

Cost*: \$78.56

Acrylic Painting

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

Day	Start	Time	Code	Duration
Monday	September 8	5:00 – 7:00 p.m.	55191	4 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$ 40.80

Day	Start	Time	Code	Duration
Monday	October 6	5:00 – 7:00 p.m.	55192	4 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$ 40.80

Day	Start	Time	Code	Duration
Monday	November 10	5:00 – 7:00 p.m.	55193	4 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$ 40.80

Acrylic Painting for Beginners

This program is designed to introduce absolute beginners to the vibrant world of acrylic painting, providing step-by-step guidance and hands-on practice. Participants will learn basic techniques, explore colour mixing, and create their first masterpieces in a supportive and encouraging environment. No prior experience is necessary - just bring your enthusiasm and a willingness to explore your creative potential!

Day	Start	Time	Code	Duration
Tuesday	October 14	11:30 – 1:30 p.m.	54871	6 Weeks

Instructor: Menka Close

Location: Conant Branch

Cost*: \$62.52

Bunka Open Studio

Come meet others that create beautiful Bunka art. Open studio is a good time to utilize and ask each other questions and socialize while you work on your projects.

Day	Start	Time	Code	Duration
Wednesday	September 10	1:30 – 3:30 p.m.	54618	14 Weeks



Arts and Crafts



Supplies needed for this course

No instructor

Location: John Street Branch

Cost*: \$16.38

Charcoal Drawing



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

Day	Start	Time	Code	Duration
Monday	September 8	1:00 – 3:00 p.m.	54613	13 Weeks

Instructor: Sandy Mackenzie

Location: John Street Branch

Cost*: \$96.85

Crochet

Beginning and experienced students welcome. Beginners should bring a ball of light-coloured medium/worsted weight (4) yarn (e.g., Red Heart Super Saver or similar yarn) and a suitable hook, usually 5 mm, to the first class.

Day	Start	Time	Code	Duration
Monday	September 8	11:00 –12:30 p.m.	54617	10 Weeks

Instructor: Jackie James

Location: John Street Branch

Cost*: \$16.00

Drawing Portraits



Discover and practice the art of drawing portraits with artist Olivia Morin. Learning and practicing methods and theories of drawing the face together, this hands-on portrait workshop is a great way to learn more about the art of portraiture.

Day	Start	Time	Code	Duration
Wednesday	September 10	10:00 –12:00 p.m.	54877	3 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$35.40

Jewelry Making



Learn to make, repair or remake jewelry. Jewelry-making tools and a towel are required. Create necklaces, earrings, bracelets and more. \$50.00 for supplies payable to instructor at first class.

Day	Start	Time	Code	Duration
Thursday	September 11	10:00 –12:00 p.m.	54665	6 Weeks

Instructor: Lynn Morrison

Location: Northview Branch

Cost*: \$16.32

Knit and Crochet Open Studio

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

Day	Start	Time	Code	Duration
Friday	September 12	10:00 –12:00 p.m.	54611	13 Weeks



Arts and Crafts



Supplies needed for this course

Location: Northview Branch

Cost*: \$15.99

Knitting Norwegian Style Christmas Stocking



Some previous knitting experience is required in knitting in the round. Pattern will be provided. This is a 'toe up' pattern with an afterthought heel. You will need a set of 3.5mm and 4.00mm double pointed needles. 100g balls of worsted wool (not acrylic) in red, green and white.

Day	Start	Time	Code	Duration
Monday	October 20	2:00 – 3:30 p.m.	54874	8 Weeks

Instructor: Annie Dunleavy

Location: John Street Branch

Cost*: \$53.52

Oil Painting



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

Day	Start	Time	Code	Duration
Friday	September 12	10:30 – 12:30 p.m.	54666	13 Weeks

Instructor: Sandy Mackenzie

Location: Northview Branch

Cost*: \$116.48

Oil Painting for Beginners

In this immersive 4-week course, you'll be given the knowledge of tools and techniques used to create your own realistic oil studies. This oil painting course is designed for beginner painters, with little or no painting experience. During this course, you'll be given 1-on-1 feedback from an experienced oil painting instructor, as well as learning the history of the medium of oil painting, and the tools and techniques to oil paint safely. At the end of the course, you'll walk away with a better understanding of oil painting techniques, as well as a multitude of finished studies of your own.

Day	Start	Time	Code	Duration
Wednesday	October 1	10:00 – 12:00 p.m.	54951	4 Weeks

Instructor: Michael Belezny

Location: John Street Branch

Cost*: \$40.80

Day	Start	Time	Code	Duration
Wednesday	November 5	10:00 – 12:00 p.m.	54952	4 Weeks

Instructor: Michael Belezny

Location: John Street Branch

Cost*: \$40.80

One Stroke Beginner



If you've never painted before this class is for you! Teaches Donna Dewberry's technique of one stroke painting. For Beginners only. \$27 to be paid to the instructor for brushes. Ask for supply list.

Day	Start	Time	Code	Duration
Monday	October 6	1:00 – 3:00 p.m.	54698	8 Weeks



Arts and Crafts



Supplies needed for this course

Instructor: Geri McLaren

Location: Northview Branch

Cost*: \$18.24

One Stroke Painting Intermediate

Donna Dewberry's technique of one stroke painting. This class is for intermediate one stroke painters only. Must have completed the beginners course before taking intermediate.

Day	Start	Time	Code	Duration
Monday	October 6	1:00 – 3:00 p.m.	54699	8 Weeks

Instructor: Elaine Witts

Location: Northview Branch

Cost*: \$18.24

One Stroke Painting Advanced

Teaches Donna Dewberry's technique of one stroke painting. This class is for advanced one stroke painters only.

Day	Start	Time	Code	Duration
Monday	October 6	9:00 – 12:00 p.m.	54697	8 Weeks

Instructor: Elsa Pogue

Location: Northview Branch

Cost*: \$18.24

Open Art Studio

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

Day	Start	Time	Code	Duration
Monday	September 8	10:30 – 1:30 p.m.	54610	13 Weeks

Location: Northview Branch

Cost*: \$15.99

Day	Start	Time	Code	Duration
Friday	September 12	1:00 – 4:00 p.m.	54647	13 Weeks

Location: Delpark Homes Branch

Cost*: \$15.99

Palette Knife Painting



Palette knife painting for beginners or advanced. Learn technique, and colour mixing. Have fun and let your imagination go wild with colour. Acrylics will be used.

Day	Start	Time	Code	Duration
Monday	September 8	10:00 – 12:00 p.m.	54614	13 Weeks

Instructor: Sandy Mackenzie

Location: John Street Branch

Cost*: \$96.85

Pen & Ink Beginner



Work step by step with Dianne using basic strokes to add value and contrast to your artwork. Line drawings will be provided by email prior to class so we can concentrate on the inking process. Suitable for beginners or those wanting a slower pace.

Day	Start	Time	Code	Duration
Monday	September 15	10:30 – 12:30 p.m.	54795	10 Weeks



Arts and Crafts



Supplies needed for this course

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$94.30

Pen and Ink with Pastel

Explore the dynamic combination of pen and ink with pastels in this creative, mixed-media class.



Learn to build expressive line work and rich textures using ink, then bring your pieces to life with the vibrant colour and softness of pastels. Perfect for beginners and experienced artists alike, this class encourages experimentation, personal style, and guidance in a supportive environment. Supplies extra.

Day	Start	Time	Code	Duration
Tuesday	September 16	1:30 – 3:30 p.m.	54933	10 Weeks

Instructor: Carol Pullen

Location: Delpark Homes Branch

Cost*: \$92.90

Pen and Ink Intermediate



Work step by step with Dianne using basic strokes to add value and contrast to your artwork. Line drawings will be provided by email prior to class so we can concentrate on the inking Process. This class is designed for students who have previous experience with Pen & Ink.

Day	Start	Time	Code	Duration
Friday	September 12	10:30 – 12:30 p.m.	54774	10 Weeks

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$94.30

Pencil Drawing for Beginners



Over this 4 week course, we start from the basics of drawing techniques for beginners, covering value, form, shadow, and more, and move onto rendering different subjects with pencil. Whether you're a newer artist or more seasoned, our studio sessions are sure to give you lots of practice and boost your drawing skills. This will be a mix of learning theory and studio time!

Day	Start	Time	Code	Duration
Wednesday	October 1	1:00 – 3:00 p.m.	54953	4 Weeks

Instructor: Michael Beleznyay

Location: John Street Branch

Cost*: \$40.80

Day	Start	Time	Code	Duration
Wednesday	November 5	1:00 – 3:00 p.m.	54954	4 Weeks

Instructor: Michael Beleznyay

Location: John Street Branch

Cost*: \$40.80

Quilting Open Studio

Work with other quilters on your own projects. This studio is for experienced quilters only.

Day	Start	Time	Code	Duration
Tuesday	September 9	10:00 – 2:00 p.m.	54654	12 Weeks

Location: Northview Branch

Cost*: \$15.96



Arts and Crafts



Supplies needed for this course

Quilting Open Studio

Join fellow quilters in a collaborative space to work on your own projects. Some quilting experience and a good working order sewing machine are required.

Day	Start	Time	Code	Duration
Thursday	September 11	10:00 – 2:00 p.m.	54642	14 Weeks

Location: Delpark Homes Branch

Cost*: \$16.38

Rug Hooking Open Studio

Welcome rug hookers of all levels. Bring your rug hooking projects old or new to work with fellow hookers, share ideas and socialize.

Day	Start	Time	Code	Duration
Thursday	September 11	9:30 – 11:30 a.m.	54696	14 Weeks

No instructor

Location: Conant Branch

Cost*: \$16.38

Scrapbooking Open Studio

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

Day	Start	Time	Code	Duration
Monday	September 8	1:00 – 4:00 p.m.	54635	14 Weeks

Location: Delpark Homes Branch

Cost*: \$16.38

Sewing Open Studio

This is a fun and social group! Bring in a project from home or work on one as a group. Experienced sewers only. If you bring your own sewing machine, please bring your own power cord.

Day	Start	Time	Code	Duration
Monday	September 8	9:30 – 11:30 a.m.	54694	14 Weeks

No instructor

Location: Conant Branch

Cost*: \$16.38

Soapstone Carving



Beginners are welcome. Starter kits will be provided by the instructor. \$40 payable to instructor for kits at first class. Project is a choice of Orca Killer Whale or Penguin

Day	Start	Time	Code	Duration
Friday	September 12	9:30 – 11:30 a.m.	54790	4 Weeks

Instructor: Peter Martin

Location: Conant Branch

Cost*: \$47.08

Swedish Weaving Beginner



Beginners are welcome. Beginner kits are available for purchase for \$15, payable to the instructor at first class. Returning/experienced weavers welcome in Swedish Weaving Advanced.



Arts and Crafts



Supplies needed for this course

Day	Start	Time	Code	Duration
Wednesday	September 10	11:30 – 1:30 p.m.	54728	14 Weeks

Instructor: Kathy Mackinnon

Location: Northview Branch

Cost*: \$16.38

Swedish Weaving Advanced

Join us each week for socialization and to get help with your Swedish Weaving works of art!

Day	Start	Time	Code	Duration
Wednesday	September 10	11:30 – 1:30 p.m.	54729	14 Weeks

Instructor: Kathy Mackinnon

Location: Northview Branch

Cost*: \$16.38

Swedish Weaving Open Studio

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

Day	Start	Time	Code	Duration
Wednesday	September 10	9:30 – 11:30 a.m.	54695	14 Weeks

Location: Conant Branch

Cost*: \$16.38

Watercolour Painting Splash and Puddle

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

Day	Start	Time	Code	Duration
Thursday	November 20	10:00 – 12:30 p.m.	54821	5 Weeks

Instructor: John Bebbington

Location: John Street Branch

Cost*: \$75.40

Woodcarving Bird Carving

Open to new and experienced carvers, learn the skills to carve a Least Sandpiper (Life Size) For new carvers please wait to purchase tools until after the first class and speaking with the instructor. Cost of cut out \$25.00 to be collected by instructor at the first class. (eye drawings included) Extra cost for feet if you want them ordered.

Day	Start	Time	Code	Duration
Wednesday	September 10	8:00 – 11:00 a.m.	54663	13 Weeks

Instructor: Rodney Maahs

Location: Northview Branch

Cost*: \$116.48

Day	Start	Time	Code	Duration
Wednesday	September 10	5:45 – 8:45 p.m.	54664	13 Weeks



Arts and Crafts



Supplies needed for this course

Instructor: Rodney Maahs
Location: Northview Branch
Cost*: \$116.48

Woodcarving Caricatures

Open to new and experienced carvers. Learn the skills to carve and paint "Grandma in the Garden". Wood carving tools are required. For new carvers the instructor can loan a few basic tools for the first few weeks. Cost of the cut out is \$30.00 to be collected by the instructor at the first class.

Day	Start	Time	Code	Duration
Tuesday	September 9	8:30 – 11:30 a.m.	54932	8 Weeks

Instructor: Larry Jeffreys
Location: Delpark Homes Branch
Cost*: \$99.04

Woodcarving Open Studio

Open studio time for all levels of Woodcarvers. Bring your work in progress and enjoy the company of other carvers, connect and socialize.

Day	Start	Time	Code	Duration
Tuesday	September 9	12:00 – 2:00 p.m.	54615	14 Weeks

No instructor
Location: Sikorski Branch
Cost*: \$16.38

Day	Start	Time	Code	Duration
Thursday	September 11	10:00 – 12:00 p.m.	54616	14 Weeks

No Instructor
Location: Sikorski Branch
Cost*: \$16.38

Zentangle®

Here is an opportunity to further your Zentangle practice while continuing to follow the Zentangle® Method. We will be taking our knowledge of Zentomology further by exploring new tangles and learning how to combine them into beautiful art tiles while adding a variety of enhancements. We will also play with tangle fragments and how they can be manipulated within a framework. It is recommended to complete an introductory Zentangle class from a Certified Zentangle Teacher (CZT) before attending this class. Material costs: \$22 for a supply kit or \$7 for tiles only.

Day	Start	Time	Code	Duration
Thursday	September 11	1:00 – 3:00 p.m.	54928	8 Weeks

Instructor: Sharon West CZT
Location: Northview Branch
Cost*: \$78.56



LOOKING FOR TRAVELOGUE PRESENTERS

Do you have amazing travel adventure stories? Share your travel experiences with our community and take us on a journey to the places you've explored.

If interested in presenting, please call 905-576-6712 ext 2858



Computers and Technology

Android Phones and Tablets for Beginners

Just got a new Android phone or tablet? This beginner-friendly session will help you get comfortable with the basics! Learn how to set up and use a Google account, navigate the home screen, understand common icons and buttons, and explore essential features to help you get started with confidence. Perfect for first-time users.

Day	Start	Time	Code	Duration
Wednesday	October 22	11:00 – 1:00 p.m.	54805	4 Weeks

Instructor: Jan Novada

Location: John Street Branch

Cost*: \$16.00

Android Phones and Tablets Plus

Build on your basic skills and take your Android experience to the next level ! This follow-up session is ideal for those who have completed the beginner course or are already comfortable with the basics. We'll explore advanced settings, personalization options, and tips to enhance your user experience. Includes guided practice and support for individual learning needs—perfect for users ready to go beyond the basics at their own pace.

Day	Start	Time	Code	Duration
Wednesday	November 19	11:00 – 1:00 p.m.	54807	4 Weeks

Instructor: Jan Novada

Location: John Street Branch

Cost*: \$16.00

Android Tablet and Cell Phone Basics

This course will cover basic operation of android devices; learn more about pre-installed apps, play store, fulfill your future needs and how to minimize your monthly cell phone service cost. Bring your own device.

Day	Start	Time	Code	Duration
Wednesday	September 10	12:15 – 2:15 p.m.	54903	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

Android Tablet and Cell Phone Intermediate

Open to experienced android smart device users. Learn more about Google drive, cloud storage and backup personal information to your own memory stick, connect to the world using apps etc.

Day	Start	Time	Code	Duration
Wednesday	October 15	12:15 – 2:15 p.m.	54905	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

Computer Essentials

Learn how to connect your Laptop/Desktop computer to a mobile phone or Tablet using cables, Bluetooth or Wi-Fi, much more about USB memory sticks, external storage backups, cloud storage and internet service providers. Laptop and memory stick required for weeks 3 and 4.



Computers and Technology

Day	Start	Time	Code	Duration
Wednesday	October 15	9:30 – 11:30 a.m.	54902	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

Computers for Absolute Beginners

Get equipped with a basic understanding of computers, even if you have never used one before. Learn how to connect with the world and have fun using your computer! Must bring your own laptop with any windows version.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:30 – 11:30 a.m.	54907	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

iPad and iPhone Basics

This course will cover basic operation of Apple devices; learn more about pre installed apps, app store, and device care. Bring your own device.

Day	Start	Time	Code	Duration
Wednesday	September 10	4:00 – 6:00 p.m.	54904	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

iPad iPhone Intermediate

Open to experienced Apple smart device users. Learn more about icloud storage and backup personal information to your own memory stick, connect to the world using apps etc.

Day	Start	Time	Code	Duration
Wednesday	October 15	4:00 – 6:00 p.m.	54906	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$57.32

DO YOU NEED ASSISTANCE
WITH TECHNOLOGY?

Please call 905-576-6712 ext 2858.
We will call you back to schedule an appointment or drop by on Tuesday and Thursday afternoons in the computer lab at John Street.

Do you have a
smart phone,
tablet, or laptop,
and you want to use
your device better?

Free Program



Dance

Beginner Ballet

This gentle and fun ballet class is designed specifically for seniors. Focusing on building strength, flexibility, and balance while introducing the basics of ballet. The movements are adapted to suit all fitness levels, helping to enhance mobility and enjoy the rhythm and grace of ballet.

Day	Start	Time	Code	Duration
Tuesday	September 9	10:15– 11:15 a.m.	54706	14 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Clubhouse

Cost*: \$70.14

Cardio Salsa

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

Day	Start	Time	Code	Duration
Tuesday	September 9	11:45 –12:45 p.m.	54713	11 Weeks

Instructor: Mirna Ornelas

Location: Northview Branch

Cost*: \$58.63

Choreo Dance Yoga

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

Day	Start	Time	Code	Duration
Friday	September 12	11:00– 12:00 p.m.	54824	12 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$74.04

Dance Fusion

Class features 20 minutes of dance fit cardio, then 40 minutes of light weight training and stretching.

Day	Start	Time	Code	Duration
Friday	September 19	8:15 – 9:15 a.m.	54675	12 Weeks

Instructor: Katie Bonikowsky

Location: John Street Branch

Cost*: \$62.76

Line Dance

Learn dance steps to a variety of music. Previous experience required for this class.

Day	Start	Time	Code	Duration
Thursday	September 11	3:15 – 4:15 p.m.	55047	12 Weeks

Instructor: Nicole Cote

Location: Conant Branch

Cost*: \$62.76



Dance

Line Dance Beginners

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

Day	Start	Time	Code	Duration
Monday	September 15	5:30 – 6:30 p.m.	54798	10 Weeks
Monday	September 15	6:45 – 7:45 p.m.	55215	10 Weeks

Instructor: Sharon Davidson

Location: John Street Branch

Cost*: \$55.00

Line Dance Beginner Plus

A fun way to exercise and improve memory while dancing to a wide variety of music. Previous Beginner Level Line Dance required.

Day	Start	Time	Code	Duration
Tuesday	September 9	1:00 – 2:30 p.m.	54707	14 Weeks

Instructor: Karen Preston

Location: Sikorski Branch

Cost*: \$96.60

Line Dance Ultra Beginner/Beginner

Exercise Your Body and Brain. Learn Beginner Line Dance Steps in conjunction Beginner Line Dances, to a wide genre of music. This class is designed for New Dancers and All Beginner Level Dancers.

Day	Start	Time	Code	Duration
Thursday	September 11	9:30 – 11:00 a.m.	54708	14 Weeks

Instructor: Karen Preston

Location: Sikorski Branch

Cost*: \$96.60

Line Dance Improver

A fun way to exercise and improve memory while dancing to a wide variety of music. Best suited for high beginners/improvers. It is recommended that participants have danced at a beginner level.

Day	Start	Time	Code	Duration
Friday	September 19	10:30 – 11:30 a.m.	54660	12 Weeks

Instructor: Barb Wallace

Location: Northview Branch

Cost*: \$62.76

Line Dance Social

Enjoy an afternoon of line dancing to a variety of dances and music! This social event is instructor led and open to all levels of dancers. This is a **fundraiser** and is **open to non-members**.

Day	Start	Time	Code	Duration
Sunday	October 26	1:00 – 4:00 p.m.	54845	1 Day

Instructor: Barb Wallace and Karen Preston

Location: Conant Branch

Cost*: \$15.00



Dance

Square Dance Plus

Modern western square dancing using the CALLERLAB plus program. Participants must already be familiar with all the calls on the plus list.

Day	Start	Time	Code	Duration
Tuesday	September 16	1:00 – 3:00 p.m.	54890	11 Weeks

Instructor: Barry Clasper

Location: Conant Branch

Cost*: \$86.90

Tap Dance for Beginners

Step into fun with this beginner-friendly tap dance class designed just for seniors! Over four weeks, you'll learn basic tap steps, improve coordination, and boost balance and flexibility—all in a relaxed, supportive setting. No experience needed—just a love of music and movement. Join us for a low-impact, high-spirited way to stay active!

Day	Start	Time	Code	Duration
Tuesday	September 9	9:00 – 10:00 a.m.	54714	4 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Clubhouse

Cost*: \$32.00

Tap Dance Intermediate

Tap dancing is a style that uses a rhythmical combination of movement and sound. This class can enhance your balance and your mind. Tap dancing classes keep seniors on their toes mentally and physically. Tap shoes or hard soled shoes are required.

Day	Start	Time	Code	Duration
Tuesday	September 9	11:30 – 12:30 p.m.	54779	14 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Clubhouse

Cost*: \$70.14

Tap Dance Advanced

At a moderate pace, combine the tap steps learned in intermediate with basic choreography.

Day	Start	Time	Code	Duration
Tuesday	September 9	12:45 – 1:45 p.m.	54780	14 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Clubhouse

Cost*: \$70.14

BACK BY
POPULAR
DEMAND

OPEN TO MEMBERS AND NON-MEMBERS

LINE DANCE SOCIAL FUNDRAISER

Sunday, October 26th, 1:00 - 4:00 pm

See page 19 for details.



Fitness



* Icon Denotes a Hybrid Class

15/15/15 Fitness

This 45-minute class features 15 minutes of cardio, 15 minutes of strength training and 15 minutes of stretching for a full body workout.

Day	Start	Time	Code	Duration
Tuesday	September 9	1:00 – 1:45 p.m.	54711	11 Weeks

Instructor: Mirna Ornelas

Location: Northview Branch

Cost*: \$58.63

Day	Start	Time	Code	Duration
Thursday	September 11	1:00 – 1:45 p.m.	54709	14 Weeks

Instructor: Nikki Hines

Location: Sikorski Branch

Cost*: \$70.14



Day	Start	Time	Code	Duration
Thursday	September 11	1:00 – 1:45 p.m.	54710	14 Weeks

Instructor: Nikki Hines

Location: Online

Cost*: \$70.14

20/20/20 Fitness

A high-intensity fitness class that features 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and balance for a full body workout. Mat work will be done in Thursday class.

Day	Start	Time	Code	Duration
Tuesday	September 9	9:25 – 10:25 a.m.	54720	11 Weeks

Instructor: Nicky Alexander

Location: Delpark Homes Branch

Cost*: \$58.63

Day	Start	Time	Code	Duration
Thursday	September 11	9:00 – 10:00 a.m.	54937	13 Weeks

Instructor: Nikki Hines

Location: Delpark Homes Branch

Cost*: \$66.43

Aquafit

This shallow water workout is recommended for participants that may have arthritis, osteoporosis, and knee or hip replacements. Improve cardio and pulmonary strength and endurance.

Day	Start	Time	Code	Duration
Monday	September 29	9:45 – 10:30 a.m.	54762	11 Weeks

Location: Delpark Branch

Cost*: \$79.75

Day	Start	Time	Code	Duration
Monday	September 29	3:00 – 3:45 p.m.	54763	11 Weeks

Location: Delpark Branch

Cost*: \$79.75

Day	Start	Time	Code	Duration
Wednesday	October 1	3:00 – 3:45 p.m.	54764	11 Weeks



Fitness



* Icon Denotes a Hybrid Class

Location: Delpark Homes Branch

Cost*: \$79.75

Day	Start	Time	Code	Duration
Friday	October 3	1:00 – 1:45 p.m.	54765	11 Weeks

Location: Delpark Homes Branch

Cost*: \$79.75

Arms, Abs and Booties

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

Day	Start	Time	Code	Duration
Wednesday	September 10	8:30 – 9:15 a.m.	54896	12 Weeks

Instructor: Tanya Rivers

Location: Conant Branch

Cost*: \$62.76

Day	Start	Time	Code	Duration
Wednesday	September 10	8:30 – 9:15 a.m.	54897	12 Weeks

Instructor: Tanya Rivers

Location: Online

Cost*: \$62.76

Boot Camp

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

Day	Start	Time	Code	Duration
Tuesday	September 9	9:30 – 10:30 a.m.	54668	11 Weeks

Instructor: Julia Jackson

Location: John Street Branch

Cost*: \$58.63

Chair Body Conditioning

Join this fun class that combines cardio and resistance work to an energetic beat to work out your whole body while seated in a chair.

Day	Start	Time	Code	Duration
Friday	September 12	11:00 – 12:00 p.m.	54915	10 Weeks

Instructor: Nicky Alexander

Location: Conant Branch

Cost*: \$55.00

Day	Start	Time	Code	Duration
Friday	September 12	11:00 – 12:00 p.m.	54916	10 Weeks

Instructor: Nicky Alexander

Location: Online

Cost*: \$55.00



Fitness



* Icon Denotes a Hybrid Class

Chair Easy Fit

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

Day	Start	Time	Code	Duration
Monday	September 8	2:30 - 3:30 p.m.	54917	13 Weeks

Instructor: Nicky Alexander

Location: Online Only

Cost*: \$66.56

Chair Exercise

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

Day	Start	Time	Code	Duration
Thursday	September 11	11:00 –12:00 p.m.	54809	12 Weeks

Instructor: Jill Akerfeldt

Location: John Street Branch

Cost*: \$62.76

Chair Exercise – Shape Up

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

Day	Start	Time	Code	Duration
Monday	September 8	11:00 –12:00 p.m.	54802	12 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$62.76

Chair Exercise – Strength in Motion

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

Day	Start	Time	Code	Duration
Friday	September 12	11:00 –12:00 p.m.	54862	11 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$58.63

Chair Fit and Fun!

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

Day	Start	Time	Code	Duration
Wednesday	September 10	11:00– 12:00 p.m.	54808	12 Weeks

Instructor: Jill Akerfeldt

Location: John Street Branch

Cost*: \$62.76



Fitness



* Icon Denotes a Hybrid Class

Chair Fitness Fusion

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

Day	Start	Time	Code	Duration
Tuesday	September 9	11:00– 12:00 p.m.	54860	11 Weeks

Instructor: Tanya Rivers

Location: John Street Branch

Cost*: \$58.63

Chair Pilates

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

Day	Start	Time	Code	Duration
Tuesday	September 9	9:15 – 10:00 a.m.	54791	14 Weeks

Instructor: Nikki Hines

Location: Sikorski Branch

Cost*: \$70.14

Day	Start	Time	Code	Duration
Friday	September 12	9:45 – 10:45 a.m.	54812	11 Weeks

Instructor: Nikki Hines

Location: John Street Branch

Cost*: \$69.30

Chair Total Body Seated Workout

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

Day	Start	Time	Code	Duration
Wednesday	September 10	2:00 – 3:00 p.m.	54718	14 Weeks

Instructor: Kathleen Taylor

Location: Northview Branch

Cost*: \$70.14

Chair Zumba

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

Day	Start	Time	Code	Duration
Monday	September 8	9:45 – 10:30 a.m.	54800	11 Weeks

Instructor: Nikki Hines

Location: John Street Branch

Cost*: \$58.63



Fitness



* Icon Denotes a Hybrid Class

Circuit Training

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

Day	Start	Time	Code	Duration
Monday	September 15	10:15–11:15 a.m.	54929	12 Weeks

Instructor: Katie Bonikowsky

Location: Delpark Homes Branch

Cost*: \$62.76

Day	Start	Time	Code	Duration
Wednesday	September 10	10:00– 10:45 a.m.	54792	14 Weeks

Instructor: Nikki Hines

Location: Sikorski Branch

Cost*: \$70.14

Day	Start	Time	Code	Duration
Thursday	September 18	2:00 – 3:00 p.m.	54701	12 Weeks

Instructor: Katie Bonikowsky

Location: Sikorski Branch

Cost*: \$62.76

Circuit Training Express

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

Day	Start	Time	Code	Duration
Monday	September 8	8:45 – 9:30 a.m.	54803	11 Weeks

Instructor: Nikki Hines

Location: John Street Branch

Cost*: \$58.63

Day	Start	Time	Code	Duration
Tuesday	September 9	9:30 – 10:15 a.m.	54641	12 Weeks

Instructor: Mandy Matthews

Location: Online

Cost*: \$62.76

Day	Start	Time	Code	Duration
Tuesday	September 16	11:35– 12:20 p.m.	54934	11 Weeks

Instructor: Katie Bonikowsky

Location: Delpark Homes Branch

Cost*: \$58.63

Core Strength and Balance with Balls

We'll have fun with big stability balls and little Bender balls in this class! We will include a little bit of everything...cardio, strength and balance. But our real focus will be on crucial core strength, using balls, and body weight. Mats will be used in this class as well. Bring your own stability ball.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:00 – 10:00 a.m.	54924	13 Weeks

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



Fitness



* Icon Denotes a Hybrid Class

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$66.43

ELDOA Method

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

Day	Start	Time	Code	Duration
Thursday	September 11	1:30 – 2:30 p.m.	54672	14 Weeks

Instructor: Mark Walker

Location: John Street Branch

Cost*: \$70.14

Express Fit

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

Day	Start	Time	Code	Duration
Wednesday	September 17	9:30 – 10:15 a.m.	54738	12 Weeks

Instructor: Katie Bonikowsky

Location: Conant Branch

Cost*: \$62.76

Fit and Flex Express

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

Day	Start	Time	Code	Duration
Wednesday	September 10	12:40 – 1:25 p.m.	54813	13 Weeks

Instructor: Tanya Rivers

Location: Delpark Homes Branch

Cost*: \$66.43

Fitness for Arthritis

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

Day	Start	Time	Code	Duration
Tuesday	September 9	10:30– 11:30 a.m.	54721	11 Weeks

Instructor: Nicky Alexander

Location: Delpark Homes Branch

Cost*: \$58.63

Day	Start	Time	Code	Duration
Thursday	September 11	10:10– 11:10 a.m.	54938	13 Weeks



Fitness



* Icon Denotes a Hybrid Class

Instructor: Nikki Hines

Location: Delpark Homes Branch

Cost*: \$66.43

Fitness For Arthritis / Osteo

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

Day	Start	Time	Code	Duration
Tuesday	September 9	9:15 – 10:15 a.m.	54838	8 Weeks

Instructor: Camille Cherry

Location: Northview Branch

Cost*: \$47.36

Fresh Start Fitness

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

Day	Start	Time	Code	Duration
Friday	September 12	9:15 – 10:15 a.m.	54920	11 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$58.63

FUNctional Fitness

This online FUNctional fitness class includes joint mobility, balance, core and more! Equipment needed is a pole (mop handle), medium dumbbell, golfball, stretchy fitness band, or equivalents.

Day	Start	Time	Code	Duration
Friday	September 19	8:45 – 9:45 a.m.	54837	11 Weeks

Instructor: Jean Brown

Location: Online

Cost*: \$59.29

Groove Move with Weights

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

Day	Start	Time	Code	Duration
Wednesday	September 10	1:35 – 2:35 p.m.	54814	13 Weeks

Instructor: Tanya Rivers

Location: Delpark Homes Branch

Cost*: \$66.43

HIIT–High Intensity Interval Training

HIIT is a high-energy workout that combines full-body interval training with strengthening exercises designed to keep your joints durable and functional. This class is for anyone who loves to work hard but wants their focus to be on building long-lasting strength in key areas like the hips, shoulders, knees, and core. This class involves mat work.



Fitness



* Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Thursday	September 11	9:30 – 10:30 a.m.	54823	13 Weeks

Instructor: Julia Jackson

Location: John Street Branch

Cost*: \$77.74

Low Impact Walk and Weights

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

Day	Start	Time	Code	Duration
Thursday	September 11	12:15 – 1:15 p.m.	54656	14 Weeks

Instructor: Tanya Rivers

Location: Northview Branch

Cost*: \$70.14

Men's Circuit Training

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

Day	Start	Time	Code	Duration
Friday	September 12	8:00 – 9:00 a.m.	54921	11 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$58.63

Men's Fitness

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

Day	Start	Time	Code	Duration
Tuesday	September 9	8:00 – 9:00 a.m.	54919	11 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$58.63

Men's Stretch, Strengthen and Core Stability

A fun class focusing on strengthening important core stabilizing muscles, which will increase back strength. We will include upper-body strength exercises, as well as mobility work for all joints, and stretching. There will be some mat work in each class, which will include some body weight exercises.

Day	Start	Time	Code	Duration
Wednesday	September 10	7:45 – 8:45 a.m.	54922	13 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$66.43



Fitness



* Icon Denotes a Hybrid Class

Pickleball – Beginners

Pickleball is an exciting, social court sport combining the characteristics of tennis, badminton and table tennis. If you are new to the sport or beginning and in need of some assistance, come and join us. Requirements: court shoes. Loaner paddles available. No experience necessary.

Day	Start	Time	Code	Duration
Thursday	September 4	6:30 – 8:00 p.m.	54702	4 Weeks

Instructor: John Sharko

Location: Conant Branch

Cost*: \$44.52

Day	Start	Time	Code	Duration
Tuesday	September 9	11:45– 12:45 p.m.	54736	6 Weeks

Instructor: Linda Hebert

Location: Conant Branch

Cost*: \$38.88

Day	Start	Time	Code	Duration
Tuesday	October 28	11:45– 12:45 p.m.	54737	6 Weeks

Instructor: Linda Hebert

Location: Conant Branch

Cost*: \$38.88

Day	Start	Time	Code	Duration
Wednesday	September 10	10:45– 11:45 a.m.	54908	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$38.88

Day	Start	Time	Code	Duration
Wednesday	September 10	11:50– 12:50 p.m.	54909	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$38.88

Day	Start	Time	Code	Duration
Wednesday	November 5	10:45– 11:45 a.m.	54910	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$38.88

Day	Start	Time	Code	Duration
Wednesday	November 5	11:50– 12:50 p.m.	54911	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$38.88

Pickleball – 1 Day Beginner Clinic

Topics include description and history of the game, court layout, basic rules, resources, places to play in Oshawa, safety and equipment, basic techniques-grip, serve, dinkin, and playing with a partner.

Day	Start	Time	Code	Duration
Wednesday	October 22	10:45– 12:45 p.m.	54918	1 Day



Fitness



* Icon Denotes a Hybrid Class

Instructor: Gary Willert
Location: Conant Branch
Cost*: \$25.50

Pickleball – 1 Day FAQ Clinic

Get all your Frequently Asked Questions answered. Boost your confidence, meet fellow players, and enjoy one of the fastest-growing sports in the country. No equipment? No problem—we'll provide everything you need. Just come ready to move, learn, and have fun!

Day	Start	Time	Code	Duration
Wednesday	October 29	10:45– 12:45 p.m.	54923	1 Day

Instructor: Gary Willert
Location: Conant Branch
Cost*: \$25.50

Pilates

Drawn from therapeutic roots, pilates adapts to any and all body issues and aims to strengthen muscles while improving postural alignment and flexibility. This class is done entirely on mats. Mats are needed as this class is done entirely on the floor. Blocks and bands are recommended.

Day	Start	Time	Code	Duration
Monday	September 22	10:10– 11:10 a.m.	54781	10 Weeks

Instructor: Deborah Miller
Location: Online
Cost*: \$55.00

Rock N' Fit to the 50's

A fun, low-impact workout for all fitness levels, set to upbeat 50s music. Enjoy a stress-free, feel-good class that gently tones and energizes your body—more like a dance party than a workout!

Day	Start	Time	Code	Duration
Tuesday	September 9	10:35– 11:35 a.m.	54841	8 Weeks

Instructor: Camille Cherry
Location: Sikorski Branch
Cost*: \$47.36

Small Group Personal Training

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

Day	Start	Time	Code	Duration
Monday	September 8	10:30– 11:15 a.m.	54637	7 Weeks

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

Day	Start	Time	Code	Duration
Monday	September 8	11:30– 12:15 p.m.	54638	7 Weeks

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



Fitness



* Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Thursday	September 11	10:00 –10:45 a.m.	54643	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Day	Start	Time	Code	Duration
Thursday	September 11	11:00 –11:45 a.m.	54644	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Day	Start	Time	Code	Duration
Thursday	October 30	10:00– 10:45 a.m.	54645	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Day	Start	Time	Code	Duration
Thursday	October 30	11:00– 11:45 a.m.	54646	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Day	Start	Time	Code	Duration
Monday	November 3	10:30– 11:15 a.m.	54639	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Day	Start	Time	Code	Duration
Monday	November 3	11:30– 12:15 p.m.	54640	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$82.81

Step It Up!

Step exercise classes are cardio–based workouts using a raised platform for basic easy to follow movements. They target the lower body, improving strength, endurance, and cardiovascular fitness. With steps set to rhythmic music, these classes help burn calories, boost stamina, and enhance coordination, making them fun and effective for all fitness levels. May include mat work.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:30 – 10:30 a.m.	54674	13 Weeks

Instructor: Julia Jackson

Location: John Street Branch

Cost*: \$66.43

Strengthen and Stretch

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

Day	Start	Time	Code	Duration
Thursday	September 11	1:30 – 2:30 p.m.	54657	14 Weeks



Fitness



* Icon Denotes a Hybrid Class

Instructor: Tanya Rivers
Location: Northview Branch
Cost*: \$70.14

Stretch and Sculpt

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

Day	Start	Time	Code	Duration
Monday	September 15	9:00 – 10:00 a.m.	54926	12 Weeks

Instructor: Katie Bonikowsky
Location: Delpark Homes Branch
Cost*: \$62.76

Day	Start	Time	Code	Duration
Monday	September 15	9:00 – 10:00 a.m.	54927	12 Weeks

Instructor: Katie Bonikowsky
Location: Online Only
Cost*: \$62.76

Day	Start	Time	Code	Duration
Friday	September 19	11:45– 12:45 p.m.	54658	12 Weeks

Instructor: Barb Wallace
Location: Northview Branch
Cost*: \$62.76

Stretch and Tone

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

Day	Start	Time	Code	Duration
Wednesday	September 10	7:00 – 8:00 p.m.	54659	14 Weeks

Instructor: Sharon Davidson
Location: Northview Branch**
Cost*: \$16.38

Day	Start	Time	Code	Duration
Thursday	September 18	1:30 – 2:30 p.m.	54835	11 Weeks

Instructor: Jean Brown
Location: Conant Branch
Cost*: \$59.29

Day	Start	Time	Code	Duration
Monday	September 22	12:15 – 1:15 p.m.	54836	10 Weeks

Instructor: Jean Brown
Location: Conant Branch
Cost*: \$55.00



Fitness



* Icon Denotes a Hybrid Class

Tai Chi Beginner

The gentle movements of this powerful Chinese exercise are practiced by people of all ages and fitness levels to improve health. It improves flexibility, blood pressure, arthritis, stress and much more. Yang 24 simplified form.

Day	Start	Time	Code	Duration
Monday	September 8	12:00 – 1:00 p.m.	54716	12 Weeks

Instructor: Dr. Lai

Location: Northview Branch

Cost*: \$62.76

Day	Start	Time	Code	Duration
Wednesday	September 10	8:55 – 9:55 a.m.	54717	14 Weeks

Instructor: Dave Chatham

Location: Northview Branch

Cost*: \$70.14

Day	Start	Time	Code	Duration
Wednesday	September 10	12:10 – 1:10 p.m.	55037	12 Weeks

Instructor: Sandra Jin

Location: Conant Branch

Cost*: \$62.76

Tai Chi General

The gentle movements of this powerful Chinese exercise have been practiced by people of all ages and fitness levels to improve health. Health practitioners recommend it to boost energy, reduce stress, and to treat arthritis, high blood pressure and osteoporosis, to name a few.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:30 – 10:30 a.m.	55036	12 Weeks

Instructor: Sandra Jin

Location: Conant Branch

Cost*: \$62.76

Tai Chi Intermediate

The slow, rhythmic movements of this powerful Eastern exercise/art improve the physical condition, boost energy and relieve stress helping participants to relax and sleep better. Yang 24 short form. Must have taken a beginner class prior to taking this class. If instructors are absent, class will be an open practice session.

Day	Start	Time	Code	Duration
Thursday	September 11	12:10 – 1:10 p.m.	54816	12 Weeks

Instructor: Larry Branigan and Pam Edmonds

Location: Delpark Homes Branch

Cost*: \$16.68

Tai Chi Sword

This is one of nuance and grace. It fosters careful attention to the movements, position and inclinations of the hand that manifest themselves through the sword. Must have Tai Chi experience.

Day	Start	Time	Code	Duration
Monday	September 8	1:10 – 2:10 p.m.	54685	12 Weeks



Fitness



* Icon Denotes a Hybrid Class

Instructor: Dr. Lai

Location: Northview Branch

Cost*: \$62.76

Toning and Shaping Chair Exercises

A great way to ease into your exercise program. Movements will incorporate gentle resistance to improve strength and stamina. Your choice of sitting in a chair or standing.

Day	Start	Time	Code	Duration
Tuesday	September 9	10:45 –11:45 a.m.	54734	10 Weeks

H

Instructor: Carolina Batika

Location: Conant Branch

Cost*: \$55.00

Day	Start	Time	Code	Duration
Tuesday	September 9	10:45 –11:45 a.m.	54735	10 Weeks

Instructor: Carolina Batika

Location: Online

Cost*: \$55.00

Total Body Boost

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

Day	Start	Time	Code	Duration
Friday	September 12	9:30 – 10:30 a.m.	54861	11 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$58.63

Urban Pole Walking - Introduction

Join a relaxed walk to learn the wonderful benefits of urban poling; enhance balance, stability, improved upper body and core strength, better posture and higher calorie burn than walking without poles. Poles available for use.

Day	Start	Time	Code	Duration
Tuesday	September 16	1:30 - 2:30 p.m.	55068	1 Day

Instructor: Laura Clements

Location: Conant Branch

Cost*: \$19.80

Urban Pole Walking

Urban pole walking is a low-impact, full-body exercise using specially designed poles to engage both upper and lower body muscles. It improves posture, balance, and cardiovascular health while reducing joint strain. Suitable for all fitness levels, it's a great way to stay active and social.

Day	Start	Time	Code	Duration
Tuesday	September 16	11:00– 12:30 p.m.	55069	3 Weeks

Instructor: Laura Clements

Location: Conant Branch

Cost*: \$33.39



Fitness



* Icon Denotes a Hybrid Class

Zumba

Features routines of interval training where fast and slow rhythm and resistance training are combined to tone and sculpt your body while burning fat.

Day	Start	Time	Code	Duration
Monday	September 8	1:00 – 2:00 p.m.	54636	13 Weeks

Instructor: Carolina Batca

Location: Delpark Homes Branch

Cost*: \$66.43

Day	Start	Time	Code	Duration
Tuesday	September 9	9:30 – 10:30 a.m.	54732	10 Weeks

Instructor: Carolina Batca

Location: Conant Branch

Cost*: \$55.00

Day	Start	Time	Code	Duration
Tuesday	September 9	9:30 – 10:30 a.m.	54733	10 Weeks

Instructor: Carolina Batca

Location: Online

Cost*: \$55.00

RING IN THE *New Year*

Wednesday,

December 31st

8:00 p.m. – 1:00 a.m.

Northview Branch

See page 72 for details.

Celebrate the arrival
of 2026 with music
and unforgettable
moments.



New this Session!



Men's Stretch, Strength & Stability

Empower your body: Build strength and enhance mobility.

A fun class designed to strengthen core stabilizing muscles and increase back strength. Includes upperbody strength exercises, joint mobility work, and stretching. Each session features mat work with bodyweight exercises.

Date: Starting Wednesday, September 10th

Time: 7:45 a.m. – 8:45 a.m.

Code: 54922

Northview Branch

See page 28 for details

Fitness



Choreo Dance Yoga

Have you ever thought of combining dance and yoga?

Join Patricia Browne for a fun cardio dance/yoga workout! Each week, learn basic dance and yoga sequences to popular music, exploring styles like contemporary, jazz, hip-hop, swing, and more. No experience needed!

Date: Starting Friday, September 12th

Time: 11:00 a.m. – 12:00 p.m.

Code: 54824

John Street Branch

See page 18 for details

Dance



Foodie Fundamentals

A series of workshops designed to bring out your inner chef!

Spend a few hours with a Durham College chef in an intimate 12-person class setting to learn the fundamentals of culinary delights. Join us for one session or all six fun-filled learning experiences

September 12th Craft Cocktails - 54979

September 26th Jams and Preserves - 55980

October 3rd Lattice Pie - 55038

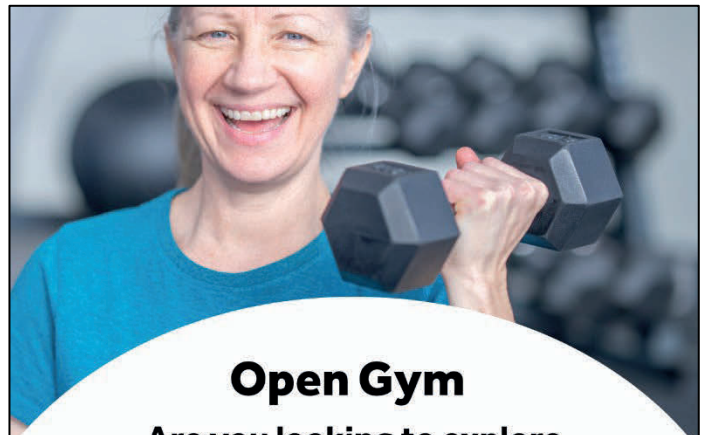
October 17th Focaccia Art - 55039

November 14th Flatbread - 55040

December 5th Charcuterie Design - 55041

See page 53-54 for details

**Durham
College
Chef**



Open Gym

Are you looking to explore different gym options and try out various equipment?

Drop-in and enjoy our weekly open Open Gym. Use our workout equipment, including weights, therabands, and more, at your leisure. Just come in and start your workout!

Date: Starting Friday September 12th

Time: 1:00 p.m. – 2:45 p.m.

Northview Branch

See page 74 for details

**Weekly
Drop-in**



New this Session!



Meet the Tudors

England's Most Notorious Family
Want to know why the Tudors are still so popular?

Take a trip back in time and delve into the reigns of one of Britain's most infamous families; the Tudors. Learn their history. Why are so many books still being written about them? Why are TV shows still being made? All of the kings and queens will be covered, along with a few surprises.

Date: Starting Thursday September 18th

Time: 2:15 p.m. – 4:15 p.m.

Code: 54815

Delpark Homes Branch

See page 42 for details

General
Interest



Karaoke Night

Ready to rock the mic?

Calling all singers. Join us monthly in the Diamond Cafe at John Street Branch for a fun evening of karaoke. Whether you're a seasoned singer or a newbie, grab the mic and belt out your favourite songs.

Date: Monday, September 22nd, October 27th, November 24th and December 22nd

Time: 5:30 p.m. - 7:30 p.m.

John Street Branch

See page 74 for details

Monthly
Drop-in



Autumn Escape Small Town Bus Tour

A scenic journey through charming towns and hidden gems!

Join our comfortable coach bus for a delightful fall day trip through Ontario's charming small towns!

Visit The Big Apple for treats and photos, enjoy the scenic Lake on the Mountain, and explore the shops, cafes, and galleries in Picton and Cobourg.

Bagged lunch from Farmboy included in the tour.

Date: Tuesday, October 7th

Time: 8:15 a.m. – 5:30 p.m.

Code: 55046

See page 66 for details

Day
Trip



Christmas Gnome

Join this holiday workshop and create a festive Christmas Gnome.

With Cindy from Pretty and Sweet Co. you'll learn how to make a customized gnome holding a personalized cookie/hot cocoa tray. Enjoy a fun-filled 2-hour session with all materials provided!

No sewing experience needed.

Date: Tuesday, November 25th

Time: 1:30 p.m. - 3:30 p.m.

Code: 54793

Conant Branch

See page 70 for details

Special
Events



General Interest

*Please note location Branch vs. Online

Art History Lecture

Join us for a relaxed and inspiring 4-week journey through the history of art! Each week, we'll explore a different era—from ancient wonders to modern masterpieces—through beautiful visuals and engaging stories. No prior knowledge needed—just curiosity and a love for creativity. Perfect for sparking conversation and fresh appreciation for the world of art!

Day	Start	Time	Code	Duration
Thursday	September 11	10:00– 12:00 p.m.	54967	4 Weeks

Instructor: Michael Beleznyay

Location: John Street Branch

Cost*: \$40.80

American Sign Language – Everyday Conversations

Helps participants build foundational conversational skills in a new language. Covers basic greetings and introductions, common questions and responses, and emotions and polite expressions. Perfect for beginners looking to start communicating with confidence.

Day	Start	Time	Code	Duration
Friday	September 19	9:30 – 10:30 a.m.	54787	3 Weeks

Instructor: Susan Meadows

Location: Conant Branch

Cost*: \$25.50

American Sign Language – Food & Dining

Participants will learn essential signs related to food and dining. Introduces food and drink vocabulary, communicating at a restaurant—including ordering and asking for the bill and cooking and grocery shopping. Ideal for those looking to expand their everyday ASL communication skills.

Day	Start	Time	Code	Duration
Friday	October 17	9:30 – 10:30 a.m.	54788	3 Weeks

Instructor: Susan Meadows

Location: Conant Branch

Cost*: \$25.50

American Sign Language – Holidays and Traditions

Explores vocabulary and expressions related to holidays and cultural traditions. Signs for major holidays like Christmas, Thanksgiving, and birthdays, family gatherings, celebrations and special events. Perfect for learners who want to connect and communicate during meaningful occasions.

Day	Start	Time	Code	Duration
Friday	November 14	9:30 – 10:30 a.m.	54789	3 Weeks

Instructor: Susan Meadows

Location: Conant Branch

Cost*: \$25.50

Connecting Through Scene Study

Staying sharp and social with classic acting techniques. Do you marvel at the ability of your favourite actors to create interesting and complex characters. Are you curious about the process of how they go from words on a page to characters? Interested in exercising your brain in a new way and building communication skills? Explore short scenes, discuss and try out techniques actors employ. The classes are informal and relaxed, and don't require any previous acting experience. Two Instructors are professional theatre artists from Theatre on the Ridge.



General Interest

*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Monday	September 15	8:45 – 10:15 a.m.	55042	5 Weeks

Instructor: Theatre on the Ridge

Location: Conant Branch

Cost*: \$106.00

Connecting Through Scene Study – Second Act

Staying sharp and social with classic acting techniques. Enhance the skills learned in the last session and continue to have fun learning. Instructors are professional theatre artists in association with Theatre on the Ridge. Two instructors for a more enriched experience.

Day	Start	Time	Code	Duration
Monday	October 27	8:45 – 10:15 a.m.	55043	5 Weeks

Instructor: Theatre on the Ridge

Location: Conant Branch

Cost*: \$106.00

Creative Writing

Playing with Words: Creative Writing: Join author, editor, and creative writing coach, Ruth E. Walker, to explore the written word in a variety of forms. In-class prompts and take-home exercises will inspire new ideas or refresh old ones. Discussions and sharing will energize your page. No writing experience required.

Day	Start	Time	Code	Duration
Tuesday	October 7	10:30– 12:30 p.m.	54864	6 Weeks

Instructor: Ruth E. Walker

Location: Northview Branch

Cost*: \$62.52

Creative Writing Open Studio

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

Day	Start	Time	Code	Duration
Thursday	September 11	12:00 – 2:00 p.m.	54612	14 Weeks

No Instructor

Location: John Street Branch

Cost*: \$16.38

Drumming for Health Beginner

This class will teach you how to play a Djembe Drum. You will learn Tone and Base notes, and Foundation rhythms. Our method – if you can say it, you can play it. Join us for fun, relaxation and most of all the beauty of this amazing musical instrument. No experience necessary. Drums available.

Day	Start	Time	Code	Duration
Thursday	September 11	1:30 – 2:30 p.m.	54722	13 Weeks

Instructor: Susan Lee

Location: Northview Branch

Cost*: \$15.99



General Interest

*Please note location Branch vs. Online

Drumming for Health Advanced

Continuation of complex rhythms. You will need to know – Base, Tone, Double Tones, Slap, Flam & Muffled notes, able to pick up handing with little or no instruction, and familiarity with foundation rhythms. Opportunity to learn to play the Dun Dun's. Prerequisite: Drumming for Health Intermediate. Drums available.

Day	Start	Time	Code	Duration
Tuesday	September 9	11:00– 12:00 p.m.	54725	12 Weeks

Instructor: Joanne Davison and John Fair

Location: Northview Branch

Cost*: \$15.96

Drumming for Health Beginner Plus

Review Foundation rhythms and learn new rhythms, including 2– and 3–part rhythms. You will learn Slap and Double Tone notes. Opportunity to play other percussion instruments. Prerequisite: Drumming for Health Beginner. Drums available.

Day	Start	Time	Code	Duration
Wednesday	September 10	3:30 – 4:30 p.m.	54723	14 Weeks

Instructor: Meredith Forbes

Location: Northview Branch

Cost*: \$16.38

Drumming for Health Intermediate

Learn more complex rhythms and polyrhythms. You will learn Flam & Muffled notes. Improve your relational skills. Experience the Dun Dun's. Reduce stress, energize, relax & have fun. Prerequisite: Drumming for Health Beginner Plus. Drums available.

Day	Start	Time	Code	Duration
Monday	September 8	1:30 – 2:30 p.m.	54724	13 Weeks

Instructor: Denise Kettela

Location: Northview Branch

Cost*: \$15.99

Genealogy

Learn to research your family tree using many resources including free websites on your computer. Must have some computer experience.

Day	Start	Time	Code	Duration
Wednesday	September 10	10:00– 12:00 p.m.	54671	6 Weeks

Instructor: Lynn Morrison

Location: Northview Branch

Cost*: \$16.32

Golf

Learn how to play golf or brush up on your game at Harmony Creek. These courses are designed for all levels of players. Students pay for buckets of balls weekly. A small is \$9 per basket including tax and a large is \$13 per basket including tax.

Day	Start	Time	Code	Duration
Tuesday	September 9	1:30 – 2:30 p.m.	54894	4 Weeks



General Interest

*Please note location Branch vs. Online

Instructor: Russ McCaul

Location: Harmony Creek Golf Course

Cost*: \$35.12

Day	Start	Time	Code	Duration
Thursday	September 11	1:30 – 2:30 p.m.	54895	5 Weeks

Instructor: Russ McCaul

Location: Harmony Creek Golf Course

Cost*: \$39.60

Golf Simulator

New Price

With 4 world class golfing simulators (Trackman iO), complimented by top-of-the-line game play software, you are guaranteed to have an exceptional time here. No Instructor. Meet at Golfers Edge - 472 Taunton Rd W Unit 1, Oshawa. **No instructor**

Day	Start	Time	Code	Duration
Wednesday	October 8	9:00 – 11:00 a.m.	54700	10 Weeks

Location: Golfers Edge

Cost*: \$143.30

Guitar for Beginners

This course is designed for students with little to no prior experience playing the guitar. Starting from the absolute basics and gradually moving to more advanced techniques. Part of the class will be strumming chords to songs. Please bring your own guitar to class.

Day	Start	Time	Code	Duration
Tuesday	October 14	2:45 – 4:00 p.m.	54669	8 Weeks

Instructor: Gord Pritchard

Location: Northview Branch

Cost*: \$55.04

Hand Reflexology

Reflexology relieves tension, improves circulation, balances the body, and provides preventative care helping with pain, insomnia, digestive issues, and more. Learn which reflexology points on the hands map to your body parts and how to stimulate these reflexes to promote better health. Each class includes enjoyable mini treatments.

Day	Start	Time	Code	Duration
Saturday	September 13	1:00 – 2:00 p.m.	54676	4 Weeks

Instructor: Colleen Dyer

Location: John Street Branch

Cost*: \$31.40

Hi Lo Bid Euchre Lessons

Join us Thursday mornings and learn how to play High/Low Bid Euchre! Must already know how to play euchre.

Day	Start	Time	Code	Duration
Thursday	October 16	10:00– 12:00 p.m.	54715	6 Weeks

Instructor: Rhea Hache

Location: Northview Branch

Cost*: \$16.32



General Interest

*Please note location Branch vs. Online

History of Objects and Ideas

Discover fascinating insights with Dr. Tess Pierce as she explores the overlooked history of everyday objects and ideas. Uncover the hidden power and profound influence these elements have on our worldview. Join us on this journey to understand the hidden power of these elements and their profound influence on our worldview. Don't miss out on this enlightening experience!

Day	Start	Time	Code	Duration
Wednesday	October 22	9:30 – 11:00 a.m.	54804	6 Weeks

Instructor: Dr. Tess Pierce

Location: John Street Branch

Cost*: \$44.04

History Potpourri

A series of talks on unrelated topics in history, geography and art, including topics that were never mentioned in school. Old topics may be discussed.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:30 – 11:00 a.m.	54677	6 Weeks

Instructor: Gord Dowsley and George Rocoski

Location: John Street Branch

Cost*: \$44.04

Journalling the Story of My Life

What will be the title of your life story? With fun, interactive and engaging sessions, The Story of my Life journaling workshop series will put pen to paper to authenticate your life history. Through thoughtfully curated themed sessions, personalized journaling workbooks, and the power of shared storytelling, participants embark on a journey of healing, self-empowerment, and the creation of a meaningful legacy gift. One-time fee of \$25 for workbook due in the first class.

Day	Start	Time	Code	Duration
Wednesday	September 24	1:30 – 3:00 p.m.	54768	10 Weeks

Instructor: Shelley Weiss

Location: Delpark Homes Centre

Cost*: \$74.50

Meditative Space

Join in our meditation space. Each week the time will begin with a time of Pranayama (breathwork) and a guided meditation. Participants are then welcome to engage in their own practice. Meditative tools such as malas, worry stones, candles, and more will be provided. Chairs, mats, bolsters, and eye-towels are also available. Please bring your own blanket if desired.

Day	Start	Time	Code	Duration
Monday	September 8	9:30 – 10:30 a.m.	54799	12 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$85.56

Meet the Tudors: England's Most Notorious Family

Take a trip back in time and delve into the reigns of one of Britain's most infamous families, the Tudors. Learn the history and come away with a better understanding of why the Tudors, to this day, are still so popular. Why are so many books still being written about them? Why are tv shows still being made? All of the kings and queens will be covered, along with a few surprises.



General Interest

*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Thursday	September 18	2:15 – 4:15 p.m.	54815	6 Weeks

Instructor: Kelly Evans

Location: Delpark Homes Centre

Cost*: \$62.52

Spanish Conversational Level 2–4

The main topic will be progressing on writing, reading and focus on conversation, putting sentences together, and using the right structure and words. Basic Spanish is required.

Day	Start	Time	Code	Duration
Monday	September 8	11:00– 12:30 p.m.	54801	8 Weeks

Instructor: Miriam Spena

Location: John Street Branch

Cost*: \$62.80

Ukulele Beginner

Introduction to Ukulele – Easy, portable, lightweight, and versatile. Play songs first day. Basic chords and strumming. No experience needed. No need to read music. Bring your own ukulele.

Day	Start	Time	Code	Duration
Thursday	September 11	9:00 – 10:00 a.m.	54726	14 Weeks

Instructor: Bill Collins

Location: Conant Branch

Cost*: \$75.60

Ukulele General

For those who know a few basic ukulele chords or already play the guitar. Learn chords, strumming, music styles, and repertoire. No need to read music. Bring your own ukulele.

Day	Start	Time	Code	Duration
Thursday	September 11	10:15– 11:45 a.m.	54727	14 Weeks

Instructor: Bill Collins



Location: Conant Branch


Cost*: \$102.76

Shape Oshawa

September 24
10 a.m. to 9 p.m.

Visit us in front of
Old Navy at the
Oshawa Centre!





Seniors, share your creative writing story, inspired by the theme "Adventure," with us by September 22.

Join us to celebrate the winners at the Tell Tale Tea:
Wednesday / Oct 22 / 2-3:30 pm
OSCC, John Street Branch

For more details, visit:
oshawalibrary.ca/annual-writing-competition

oscc.ca | (905) 576-6712
oshawalibrary.ca | (905) 579-6111



All Levels Yoga

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

Day	Start	Time	Code	Duration
Friday	September 19	9:00 – 10:00 a.m.	54786	10 Weeks

Instructor: Deborah Miller

Location: Delpark Homes Branch

Cost*: \$55.00

Arthritis and Joint

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

Day	Start	Time	Code	Duration
Monday	September 8	11:30– 12:30 p.m.	54931	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$62.76

Chair

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

Day	Start	Time	Code	Duration
Monday	September 15	9:00 – 10:00 a.m.	54731	12 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$62.76

Day	Start	Time	Code	Duration
Monday	September 15	9:00 – 10:00 a.m.	54730	12 Weeks

Instructor: Grace Breen

Location: Online

Cost*: \$62.76

Day	Start	Time	Code	Duration
Thursday	October 2	10:15 – 11:15 a.m.	54745	9 Weeks

Instructor: Mary Dobos

Location: Northview Branch

Cost*: \$51.12

Day	Start	Time	Code	Duration
Thursday	October 2	10:15 – 11:15 a.m.	54744	9 Weeks

Instructor: Mary Dobos

Location: Online

Cost*: \$51.12



Chair Therapeutic

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

Day	Start	Time	Code	Duration
Wednesday	September 10	10:15 –11:15 a.m.	54936	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$62.76

Chair Deep Relaxation

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

Day	Start	Time	Code	Duration
Thursday	September 11	11:30– 12:30 p.m.	54670	13 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$78.78

Flow Hatha

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

Day	Start	Time	Code	Duration
Wednesday	September 10	11:30– 12:30 p.m.	54822	13 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$78.78

Gentle Flow Hatha

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

Day	Start	Time	Code	Duration
Saturday	October 11	9:30 – 10:30 a.m.	54673	10 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$64.40

Gentle Hatha

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

Day	Start	Time	Code	Duration
Wednesday	September 17	11:30– 12:45 p.m.	54785	12 Weeks



Instructor: Bonnie McIntyre

Location: Northview Branch

Cost*: \$74.04

Intermediate

A moderate level of physical ability is encouraged. Flow through a gentle sequence incorporating lunges and transitions from standing to seated or lying down positions. Move at your own pace, fostering strength, flexibility and a sense of well-being. Equipment available in branch.

Day	Start	Time	Code	Duration
Friday	September 19	10:30 – 11:30 a.m.	54775	11 Weeks

Instructor: Deborah Miller

Location: Northview Branch

Cost*: \$58.63

Outdoor

Continue your yoga practice with us as we move outdoors onto the grass for a tension reducing and energy increasing class. Class will be indoors during inclement weather.

Day	Start	Time	Code	Duration
Wednesday	September 10	9:00 – 10:00 a.m.	54935	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$62.76

Qigong

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

Day	Start	Time	Code	Duration
Tuesday	September 9	10:30– 12:00 p.m.	54661	12 Weeks

Instructor: Dave Chatham

Location: Northview Branch

Cost*: \$85.56

Day	Start	Time	Code	Duration
Thursday	September 11	10:30– 12:00 p.m.	54662	14 Weeks

Instructor: Dave Chatham

Location: Northview Branch

Cost*: \$99.12

Restorative

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

Day	Start	Time	Code	Duration
Monday	September 8	5:30 – 6:30 p.m.	54667	12 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$74.04



Stretch and Restore

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

Day	Start	Time	Code	Duration
Wednesday	September 17	11:30– 12:30 p.m.	54782	10 Weeks

Instructor: Deborah Miller

Location: Delpark Homes Branch

Cost*: \$55.00

Day	Start	Time	Code	Duration
Thursday	September 18	9:30 – 10:30 a.m.	54784	12 Weeks

Instructor: Deborah Miller

Location: Online

Cost*: \$62.76

Vinyasa

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

Day	Start	Time	Code	Duration
Tuesday	September 16	9:00 – 10:00 a.m.	54747	11 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$58.63

Day	Start	Time	Code	Duration
Tuesday	September 16	9:00 – 10:00 a.m.	54746	11 Weeks

Instructor: Grace Breen

Location: Online

Cost*: \$58.63

Day	Start	Time	Code	Duration
Thursday	September 18	2:45 – 3:45 p.m.	54748	13 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$66.43

Yin

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

Day	Start	Time	Code	Duration
Monday	September 8	9:00 – 10:00 a.m.	54930	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$62.76



Yogalates

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

Day	Start	Time	Code	Duration
Thursday	September 18	12:15 – 1:15 p.m.	54870	11 Weeks

Instructor: Deborah Miller

Location: Conant

Cost*: \$58.63

Day	Start	Time	Code	Duration
Wednesday	September 17	9:05 – 10:05 a.m.	54783	10 Weeks

Instructor: Deborah Miller

Location: Online

Cost*: \$55.00

BACK BY
POPULAR
DEMAND

JOIN US FOR A

CLOTHING CAROUSEL EVENT

Donations can be dropped off
Monday September 15th to Friday
September 19th **at any branch location.**

Shop for Your Next Perfect Outfit

Snack Bar will be open for purchases.

Friday, October 17th, 9:00 - 4:00 pm

Saturday, October 18th, 9:00 - 4:00 pm

Location: Delpark Homes Branch

See page 65 - 66 for donation tips and event details.





LET'S RAISE SOME 'DOUGH'!

DOUGHNUT FUNDRAISER

**Purchase a half dozen of Pingle's Farm
Market made-in-house doughnuts for
\$10.50**

Choose one variety from Apple Cider,
Pumpkin Spice or Powdered Chocolate

Place your orders between September 2nd and October
2nd at any branch location. Pick up your orders on
Thursday October 9th at John Street Branch 11 - 3:30 p.m.



Workshops & Seminars

6 Steps to a Simplified Estate

A free workshop to help simplify your Executor's job. Remove some of the stress of estate settlement, and learn how preplanning can help alleviate uncertainty and emotional overspending. Door prizes and refreshments will be provided.

Day	Start	Time	Code	Duration
Friday	October 24	1:00 – 2:30 p.m.	54969	1 Day

Instructor: Shael Greenwood and Marty Greenspoon

Location: John Street Branch

Cost*: Free

Abundant Relief

We will discuss the differences between CBD and THC and the wellness benefits of CBD for seniors. The workshop will include dosing and side effects, reducing Chronic Inflammation, The Endocannabinoid system, different Types of CBD and what's best for you. There will be a question-and-answer period after.

Day	Start	Time	Code	Duration
Wednesday	September 10	1:00 – 3:30 p.m.	54843	1 Day

Instructor: Katie Shea

Location: Sikorski Branch

Cost*: Free

Abstract Painting with Acrylics

Express yourself boldly with colour! During this 3-hour program, you will be guided through multiple acrylic painting techniques to create colourful abstract works of art. This workshop is all about using Acrylics loosely to express yourself, however that may be. Perfect for beginner painters, each participant will be given the instructions to create multiple paintings on canvas and paper, using palette knife techniques, mediums, and more!

Day	Start	Time	Code	Duration
Tuesday	September 23	10:00 – 1:00 p.m.	54875	1 Day

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$19.45

Day	Start	Time	Code	Duration
Tuesday	November 18	10:00 – 1:00 p.m.	54876	1 Day

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$19.45

Adding Watercolour to Pen and Ink

This class is open to students who participated in Dianne's fall intermediate and beginner pen and ink classes. We will select one project from this past session, and you will be guided through the process of adding watercolour to bring your image to life.

Day	Start	Time	Code	Duration
Friday	December 5	10:30 – 1:00 p.m.	54794	1 Day

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$17.70



Workshops & Seminars

Ask an SRES®: Real Estate Q&A for Seniors

Join me for a relaxed and informative session designed for Seniors who want to better understand their housing options, both now and in the future. As a Seniors Real Estate Specialist®, I will share local market insights and answer any Real Estate questions you may have. We will also talk about trusted professionals who can help you stay in your home safely and comfortably, for as long as possible, and to help you plan ahead in case your needs change. This is a no pressure, honest and friendly session.

Day	Start	Time	Code	Duration
Wednesday	September 10	11:00 – 12:00 p.m.	54839	1 Day

Instructor: Daniel Sutherland

Location: Sikorski Branch

Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	October 8	10:30 – 11:30 a.m.	54914	1 Day

Instructor: Daniel Sutherland

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	November 13	1:30 – 2:30 p.m.	54983	1 Day

Instructor: Daniel Sutherland

Location: Conant Branch

Cost*: Free

Birdhouse House Building

Help your feathered friends stay warm this winter. Volunteer Tom will provide instruction and supplies to put together a birdhouse for chickadees/wrens. Please bring a hammer.

Day	Start	Time	Code	Duration
Wednesday	October 15	2:00 – 3:30 p.m.	55054	1 Day

Instructor: Tom Loftus

Location: Conant Branch

Cost*: \$11.00

Breathing Easy

Join our Respiratory Therapist for a discussion on lung health. Learn how your lungs change with age, how to spot early signs of common conditions like COPD and sleep apnea, and simple ways to improve your breathing every day. You'll get a chance to try some easy breathing exercises, and we will answer all your respiratory questions. This interactive session is perfect for seniors who want to take charge of their lung health.

Day	Start	Time	Code	Duration
Thursday	October 9	1:00-2:00 p.m.	55092	1 Day

Instructor: Krista Ashick, Registered Respiratory Therapist

Location: John Street Branch

Cost*: Free

Unlocking the Power of Charitable Giving

This seminar is designed to provide attendees with practical strategies and insights on charitable giving, regardless of their wealth level. Participants will learn how to align their giving with their values while understanding the financial and societal impacts of their contributions.



Workshops & Seminars

Day	Start	Time	Code	Duration
Thursday	November 27	2:30 – 3:30 p.m.	54948	1 Day

Instructor: Vanessa Benedict

Location: Delpark Homes Branch

Cost*: FREE

Clay Christmas Ornaments Workshop

This is a guided workshop where you will be given the tools and instructions to create your own beautiful air dry clay Christmas ornaments, hand painted and decorated to perfection! Each student will create 2 ornaments with the expert help of a local artist and instructor.

Day	Start	Time	Code	Duration
Saturday	December 6	11:00 – 1:00 p.m.	54883	1 Day

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$15.27 - Additional \$15.00 supply fee to be paid to the instructor the day of workshop.

Closet Stories: Letting Go, Holding On

Why do we hang on to clothes we no longer wear? From beloved sweaters to worn-out jeans, our wardrobes often hold more than fabric—they hold memories. In this thoughtful session, we'll explore the emotional ties we form with clothing, how our closets become personal time capsules, and what these attachments say about identity and change. Learn practical tips for clearing space while honouring your past and discover how your evolving wardrobe can reflect your present self with compassion and intention. Coffee/tea and refreshments served at 2:45 p.m.

Day	Start	Time	Code	Duration
Wednesday	September 17	3:00 – 4:00 p.m.	54946	1 Day

Instructor: Organizing Lives

Location: Harmony Hill Retirement Community

Cost*: Free

Coloured Pencil with Watercolour Poinsettia

Get excited to draw and paint these beautiful, seasonal plants! You'll use watercolours with coloured pencil to create the vibrant yet delicate forms and textures of the poinsettia plant. Learn new techniques and how to successfully use these two mediums together, creating a fabulous, finished work of art. All materials are provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	November 18	2:30 – 4:30 p.m.	54893	1 Day

Instructor: Chrissie Wysotki

Location: Northview Branch

Cost*: \$42.00

Cottage Succession Planning

This seminar will address the emotionally and financially complex question of cottage succession for Canadian families. With rising property values and shifting family dynamics, the decision to pass along or sell the family cottage has become more challenging. By exploring practical frameworks and offering thoughtful guidance, this seminar aims to help families make informed decisions.

Day	Start	Time	Code	Duration
Monday	September 22	1:30 – 3:00 p.m.	54944	1 Day



Workshops & Seminars

Instructor: Vanessa Benedict

Location: Northview Branch

Cost*: Free

Discover Your Library

Library staff will share all the amazing services that are available for free at the library with your library card! Learn how you can access the library from the comfort of your own home and hear about the newest exciting services we have to offer.

Day	Start	Time	Code	Duration
Friday	November 14	10:30 – 12:00 p.m.	54965	1 Day

Instructor: Oshawa Public Library

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	December 11	2:30 – 3:30 p.m.	54955	1 Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free

Elder Care 101

This workshop will cover: The stages of aging and retirement, The care conversation, Managing the caregiving experience, Care options, How we've helped clients navigate these issues.

Day	Start	Time	Code	Duration
Wednesday	October 22	1:30 – 2:30 p.m.	55033	1 Day

Instructor: Derek Dutka

Location: Sikorski Branch

Cost*: Free

Estate Planning

A local lawyer will discuss Wills & Power of Attorney. Come prepared with questions as time will be permitted at the end of the presentation.

Day	Start	Time	Code	Duration
Thursday	September 18	1:00 – 3:30 p.m.	54898	1 Day

Instructor: Erik Fraser

Location: John Street Branch

Cost*: FREE

Executorship – What You Need to Know

During the session you will learn from licensed professionals the elements that go into Pre Planning and customizing your funeral and final resting place. Learn about the many options we offer to celebrate your Legacy. Save money and protect your loved ones from sudden expenses and difficult decisions. Light refreshments will be provided.

Day	Start	Time	Code	Duration
Tuesday	September 23	2:00 – 3:30 p.m.	54968	1 Day

Instructor: Francine Hackshaw

Location: John Street Branch

Cost*: Free



Workshops & Seminars

Falls – Minimizing the Risk of Injury

In this session on "falling" environmental awareness will be discussed to see dangers before they turn into falls & injuries. Bob will be talking about balance when performing activities such as walking, shopping, and carrying. He will also be showing the group what to do in the event of one begins to fall, so as to eliminate or minimize personal injury.

Day	Start	Time	Code	Duration
Wednesday	September 24	1:30 – 3:00 p.m.	54778	1 Day

Instructor: Bob Burnett

Location: Sikorski Branch

Cost*: \$15.56

Floral Arranging

Unleash your creativity with beautiful blooms. Get hands-on instructions to create your own fresh floral arrangement to enjoy in your home. Learn basic design principles and professional tips on how to care for your blooms for an extended life. No experience is necessary and everything is provided. Blooms and vessel are selected based on availability. Blooms grown by local flower farmers are used when in season. Retail value of finished piece is \$125 to \$150 CDN.

Day	Start	Time	Code	Duration
Thursday	September 18	5:30 – 7:30 p.m.	54820	1 Day

Instructor: The Blooming Crate – Dahila Dream Theme

Location: Northview Branch

Cost*: \$62.70

Day	Start	Time	Code	Duration
Tuesday	October 21	5:30 – 7:30 p.m.	54945	1 Day

Instructor: The Blooming Crate – Harvest Happiness

Location: Delpark Homes Branch

Cost*: \$62.70

Day	Start	Time	Code	Duration
Thursday	November 20	6:30 – 8:30 p.m.	54872	1 Day

Instructor: The Blooming Crate – Festive Florals

Location: Conant Branch

Cost*: \$62.70

Foodie Fundamentals – Craft Cocktails

Shake things up in this fun and interactive session! Learn the fundamentals of cocktail development, flavour balancing, and using seasonal ingredients—then create 2–3 signature drinks of your own. Small class size of 12. Class is at 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). **The registration deadline is Sept 2nd.**

Day	Start	Time	Code	Duration
Friday	September 12	1:30 – 3:30 p.m.	54979	1 Day

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$47.55



Workshops & Seminars

Foodie Fundamentals – Seasonal Jams and Preserves

Capture the taste of the season by making your own jam or preserve. Using fresh, seasonal ingredients, participants will prepare and jar 1–2 preserves to take home. Small class size of 12. Class is at 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). **The registration deadline is September 16**

Day	Start	Time	Code	Duration
Friday	September 26	10:00 – 12:00 p.m.	54980	1 Day

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$40.77

Foodie Fundamentals – Lattice Pie

Just in time for Thanksgiving! Participant will make their own handcrafted fruit pie, baked fresh with a golden, flaky lattice crust. **The registration deadline is September 16**

Day	Start	Time	Code	Duration
Friday	October 3	10:00 – 12:00 p.m.	55038	1 Day

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$39.07

Foodie Fundamentals – Focaccia Art

Turn bread into a canvas in this creative workshop! Each participant gets dough and mis en place prepared to craft their own beautiful and tasty focaccia design. Small class size of 12. Class is at 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). **The registration deadline is Sept 16**

Day	Start	Time	Code	Duration
Friday	October 17	10:00 – 12:00 p.m.	55039	1 Day

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$37.38

Foodie Fundamentals – Flatbread

Make your own delicious 12" flatbread with a selection of fresh meat and vegetable toppings. A hands-on experience that's as satisfying to eat as it is to make! Class is at 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). **The registration deadline is October 10.**

Day	Start	Time	Code	Duration
Friday	November 14	10:00 – 12:00 p.m.	55040	1 Day

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$39.07

Foodie Fundamentals – Charcuterie Design

Learn how to craft a beautiful and balanced charcuterie board using premium meats and Ontario cheeses. This hands-on session will leave you with a stunning creation to take home—perfect for hosting or bringing to your next holiday get-together! Small class size of 12. 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). **The registration deadline is November 4.**

Day	Start	Time	Code	Duration
Friday	December 5	10:00 – 12:00 p.m.	55041	1 Day



Workshops & Seminars

Instructor: Durham College Chef

Location: 1604 Champlain Avenue (Bistro 67)

Cost*: \$41.90

Forest Bathing

Explore the health benefits of Forest Bathing, a nature-based wellness practice from Japan. Learn how time in nature supports well-being, how to practice it outdoors, bring nature indoors, and access helpful resources.

Day	Start	Time	Code	Duration
Wednesday	September 17	10:00 – 11:30 a.m.	54844	1 Day

Instructor: Dianna MacDonald

Location: Sikorski

Cost*: Free

Frauds and Scams

Join DRPS as they discuss current frauds and scams and how to protect yourself from falling for the traps.

Day	Start	Time	Code	Duration
Thursday	October 16	1:30 – 3:30 p.m.	55055	1 Day

Instructor: DRPS

Location: Conant Branch

Cost*: Free

Living well with Chronic Pain

Is chronic pain affecting your quality of life? This series of classes helps you explore how lifestyle choices impact pain and teaches strategies like pacing, stress and sleep management, communication, and more. Each week, create a personalized action plan to support lasting, positive changes toward your health goals.

Day	Start	Time	Code	Duration
Wednesday	October 15	10:00 – 12:30 p.m.	54776	6 Weeks

Instructor: Dianna Macdonald

Location: Sikorski Branch

Cost*: Free

Longevity Smooth Moves

Join this fun and interactive workshop highlighting the most effective ways to walk, sit, move, stretch, and tone-up with a view to being active, mobile, fit and flexible for decades to come. Suitable for all fitness levels with permission to selectively observe some moves, as we will be doing a few mat exercises. Please wear comfortable clothes and bring a water bottle.

Day	Start	Time	Code	Duration
Monday	September 15	1:30 – 3:30 p.m.	55067	1 Day

Instructor: Laura Clements

Location: Conant Branch

Cost*: \$15.27



Workshops & Seminars

Magnificent Moth

The “Spongy Moth” has made its presence known in North America in recent years. The devastating nature of its cycle can often overshadow the beauty of the creature. In this workshop you will learn how to draw using basic shapes and how to create a variety of textures and tones using black and white charcoal on toned paper to capture its delicate patterns and form. All supplies will be provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	September 23	2:30 – 4:30 p.m.	54891	1 Day

Instructor: Chrissie Wysocki

Location: Northview Branch

Cost*: \$42.00

Mandala Art

Discover the calming and creative art of dot mandala painting! In this hands-on workshop, you'll learn how to design and paint beautiful mandalas using simple dotting techniques. No previous experience is necessary - bring your curiosity and a desire to create. All materials are provided, and you'll leave with your own unique mandala artwork to take home. **Registration deadline is September 18th.**

Day	Start	Time	Code	Duration
Monday	September 29	1:45 – 3:45 p.m.	55059	1 Day

Instructor: Datable Mandalas

Location: Conant Branch

Cost*: \$48.00

Men's Health Matters: Awareness & Action

The Walnut Foundation aims to raise prostate health awareness in men. Gain knowledge and resources by learning about the initiative, PSA Detect & Protect. Find out how to access free support and testing.

Day	Start	Time	Code	Duration
Saturday	October 11	1:30 – 2:30 p.m.	54704	1 Day

Instructor: Paul Idokoko

Location: John Street Branch

Cost*: Free

Mourning After

Mourning After: The Victorian Celebration of Death explores 19th century death and funeral customs and will include stories of museum staff paranormal experience.

Day	Start	Time	Code	Duration
Thursday	October 23	1:30 – 2:30 p.m.	54834	1 Day

Instructor: Oshawa Museum

Location: Conant Branch

Cost*: \$15.56

Online Safety and Scam Awareness

This highly interactive session focuses on cybersecurity basics, scam awareness, and social media safety. Activities may include: Email scam identification games, Social media safety scenarios, Password creation challenges, Tips for secure online shopping, using MFA, and recognizing AI-related frauds. We also guide through adjusting phone settings, reviewing privacy controls, and setting up secure habits in a hands-on way.



Workshops & Seminars

Day	Start	Time	Code	Duration
Wednesday	October 1	11:00 – 1:00 p.m.	55045	1 Day

Instructor: Nabil Saleh

Location: Sikorski Branch

Cost*: Free

Painting a Landscape in Acrylic on Canvas

Learn quick techniques and how to layer/glaze the paint. The painting will be completed in the one workshop. Tony will provide a photo and everyone will paint the same picture. Please ask for the supply list when you register. This class is not a beginner class, must have previous experience painting in acrylics.

Day	Start	Time	Code	Duration
Sunday	October 26	10:30 – 3:30 p.m.	54868	1 Day

Instructor: Tony Johnson

Location: Conant Branch

Cost*: \$28.08

Day	Start	Time	Code	Duration
Saturday	November 22	9:00 – 2:00 p.m.	54869	1 Day

Instructor: Tony Johnson

Location: John Street Branch

Cost*: \$28.08

Painting a Van Gogh

Join artist Olivia Morin as we create a master copy of one of the true masters of painting, Vincent Van Gogh. During this class, we will be recreating Vincent Van Gogh's "Bedroom in Arles" together with Acrylic Paint.

Day	Start	Time	Code	Duration
Saturday	October 25	10:00 – 2:00 p.m.	54882	1 Day

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$22.00

Painting Expressive Landscape – with Acrylic

This expressive landscape painting session will introduce you to the joy of creating bold landscapes with acrylic paint! In 3 hours, you will go through each step to create a finished landscape in acrylic paint on canvas. This workshop will go through colour theory and the tools and techniques of landscape painting with acrylic paint. If you're a newer artist looking to begin your journey painting landscapes with acrylics, this will be perfect for you!

Day	Start	Time	Code	Duration
Tuesday	October 7	10:00 – 1:00 p.m.	54963	1 Day

Instructor: Michael Beleznyay

Location: John Street Branch

Cost*: \$19.45

Day	Start	Time	Code	Duration
Tuesday	November 4	10:00 – 1:00 p.m.	54961	1 Day

Instructor: Michael Beleznyay

Location: John Street Branch

Cost*: \$19.45



Workshops & Seminars

Paint Your Own Pottery – Fall Snack Bowl (6 inch)

Get creative! Paint a 6-inch-deep snack bowl. Choose from either fall leaves or Halloween treats. All supplies and instructions provided by Crock a Doodle.

Day	Start	Time	Code	Duration
Monday	October 20	1:30 - 3:30 p.m.	55057	1 Day

Instructor: Crock a Doodle

Location: Conant Branch

Cost*: \$44.00

Paint Your Own Pottery – Fall Snack Bowl (8 inch)

Get creative! Paint an 8-inch-deep snack bowl. Choose from either fall leaves or Halloween treats. All supplies and instructions provided by Crock a Doodle.

Day	Start	Time	Code	Duration
Monday	October 20	1:30 - 3:30 p.m.	55058	1 Day

Instructor: Crock a Doodle

Location: Conant Branch

Cost*: \$58.00

Pathway to Healing: Discovering Joy and Resilience

Join us for a compassionate, healing experience featuring four powerful sessions designed to support emotional well-being, resilience, and joy. Explore how grief and trauma shape our lives with Jennifer McCrae in Grief, Trauma & Healing, a gentle, informative discussion on healing at any age. Discover the transformative power of personal narrative with Shelley Weiss as she leads a heartfelt journey in Healing through Storytelling. Join Eilyn Reyes for Embracing Joy through Emotional Alchemy, a soulful, practical session that helps shift challenging emotions into joy. Finally, connect to inner calm through Guided Meditation and Sound Healing, where singing bowls offer deep relaxation and balance. Light lunch and refreshments will be provided. All are welcome—come as you are. \$10 guest pass available for non-members.

Day	Start	Time	Code	Duration
Wednesday	November 5	9:30 – 3:00 p.m.	54939	1 Day

Instructor: Various

Location: Delpark Homes Branch

Cost*: \$48.00

Pen and Ink Maritime Still Life with Watercolour

From lobster traps, to boats, to historic memorabilia, look forward to bringing the iconic images of the Maritimes to life using pen and ink techniques and a splash of watercolour. Learn how to create contrast and interest using varied line weights, textures and values with pen and ink. All supplies will be provided by the instructor.

Day	Start	Time	Code	Duration
Wednesday	October 29	6:30 – 8:30 p.m.	54892	1 Day

Instructor: Chrissie Wysocki

Location: Northview Branch

Cost*: \$42.00



Workshops & Seminars

Pet Program

Oshawa Animal Services programs encompass a range of initiatives designed to care for, protect, and rehome animals, particularly those that are lost, abandoned, or surrendered. Join us for a fun info session to learn more and perhaps cuddle a creature or two.

Day	Start	Time	Code	Duration
Tuesday	November 4	10:30 – 11:30 a.m.	54900	1 Day

Instructor: Oshawa Animal Services

Location: Conant Branch

Cost*: Free

Plant Based Nutrition

Nicole Osinga, RD will guide you through how to meet your nutritional requirements on a plant-based diet, along with the health benefits this eating pattern brings. You will also feel more confident with meal planning and prepping – and walk away with plant-based meal plans for you to follow at home!

Day	Start	Time	Code	Duration
Friday	November 21	1:30 – 3:30 p.m.	54833	1 Day

Instructor: Nicole Osinga

Location: Conant Branch

Cost*: \$58.00

Powerful Tools for Caregivers

They could be your parents, partner, sibling friend or neighbour, when we take on the role of helping to support them in any way, we have taken on the role of a caregiver. The role can be very rewarding and at the same time difficult to manage, especially emotionally. Caregiving and stress go hand-in-hand, but it can be easier to manage the stress in a healthy way when you're prepared.

Day	Start	Time	Code	Duration
Wednesday	December 3	10:00 – 11:30 a.m.	54777	1 Day

Instructor: Dianna MacDonald

Location: Sikorski Branch

Cost*: Free

Reverse Mortgages

Unlock the equity in your home without making any payments! Join us for a coffee or tea where we will help you understand the workings of this opportunity, dispel misconceptions and explore how it can positively influence your life.

Day	Start	Time	Code	Duration
Thursday	November 13	2:30 – 3:30 p.m.	54949	1 Day

Instructor: Diana Iskander

Location: Delpark Homes Branch

Cost*: Free

Day	Start	Time	Code	Duration
Tuesday	September 23	1:30 – 2:30 p.m.	54982	1 Day

Instructor: Byran Peters

Location: Conant Branch

Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	September 24	11:00 – 12:00 p.m.	54863	1 Day



Workshops & Seminars

Instructor: Byran Peters

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	October 15	11:00 – 12:00 p.m.	54842	1 Day

Instructor: Byran Peters

Location: Sikorski Branch

Cost*: Free

Day	Start	Time	Code	Duration
Friday	October 17	2:00 – 3:00 p.m.	54943	1 Day

Instructor: Miriam Gobran

Location: Northview Branch

Cost*: Free

Self Defence Workshop

Learn Self-Defense techniques, importance of observing your surroundings, and awareness. We looked at how to block a circle punch, how to get off the attack line of a push, shirt/lapel grab, how to defend a choke, and how to defend wrist grabs. We also worked on non-violent distraction techniques from a martial arts expert and teacher.

Day	Start	Time	Code	Duration
Wednesday	September 17	1:30 – 2:30 p.m.	54743	1 Day

Instructor: Bob Burnett

Location: Sikorski Branch

Cost*: \$15.56

Sourdough Starter Workshop

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

Day	Start	Time	Code	Duration
Thursday	September 25	1:00 – 3:30 p.m.	54912	1 Day

Instructor: Sourdough Simplified

Location: Conant Branch

Cost*: \$78.00

Streamlining Your Legacy – Essential Information

Executor information. Learn the benefits of planning your final arrangements ahead of time and how to receive your complimentary estate planning materials.

Day	Start	Time	Code	Duration
Tuesday	October 7	1:30 – 2:30 p.m.	54981	1 Day

Instructor: Francine Hackshaw

Location: Conant Branch

Cost*: Free



Workshops & Seminars

Support Your Children and Grandchildren

This workshop will cover effective ways to provide a 'hand up' instead of a 'hand-out'. Tax-efficient strategies: direct and indirect, Legal, financial, and emotional considerations, Case studies.

Day	Start	Time	Code	Duration
Wednesday	October 29	1:30 – 2:30 p.m..	55034	1 Day

Instructor: Derek Dutka

Location: Sikorski Branch

Cost*: Free

The Housing Dilemma in Retirement

Should you stay, sell, rent, or move into retirement living? This seminar addresses one of the most emotional and practical decisions retirees face: determining what to do with the family home. We provide balanced guidance on the financial, lifestyle, and emotional aspects of staying put, downsizing, renting, or transitioning to retirement living. Our goal is to help participants make thoughtful, informed decisions about their next chapter.

Day	Start	Time	Code	Duration
Thursday	October 30	2:30 – 3:30 p.m.	54947	1 Day

Instructor: Vanessa Benedict

Location: Delpark Homes Branch

Cost*: Free

Tinkering with Technology

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

Day	Start	Time	Code	Duration
Friday	December 5	10:30 – 12:00 p.m.	54966	1 Day

Instructor: Oshawa Public Library

Location: John Street Branch

Cost*: Free

Tour of Pioneer Harbour Cemetery

Hear the history of the relocation of the cemetery and members of the Henry, Guy, and Robinson families, whose homes still stand within the park, are buried here.

Day	Start	Time	Code	Duration
Thursday	October 30	10:30 – 11:30 a.m.	54840	1 Day

Instructor: Oshawa Museum

Location: Lakewood Parks Lookout (Details to be provided)

Cost*: \$18.25

Understanding AI for Beginners

This presentation introduces seniors to ChatGPT, a user-friendly artificial intelligence tool that can assist with everyday tasks. The session explains what ChatGPT is—an online assistant you can talk to—and how it works, emphasizing that while it mimics conversation, it doesn't think or feel like a human. Attendees learn how to use it safely, see examples, and get step-by-step instructions. Attendees are welcome to bring their smartphones or tablets to this interactive session.

Day	Start	Time	Code	Duration
Tuesday	October 14	2:30 – 3:30 p.m.	54950	1 Day

Instructor: Emily Keevill

Location: Northview Branch

Cost*: Free



Workshops & Seminars

Understanding Dementia

Join us for a thoughtful and informative session focused on building awareness and breaking down the stigma surrounding dementia. Through open discussion and shared insights, we'll explore how dementia affects individuals and families, and how we can foster a more compassionate and inclusive community.

Day	Start	Time	Code	Duration
Tuesday	September 16	1:30 – 2:30 p.m.	55056	1 Day

Instructor: Carol O'Neil – Alzheimer's Society of Durham

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	November 6	2:30 – 3:30 p.m.	55053	1 Day

Instructor: Carol O'Neil – Alzheimer's Society of Durham

Location: Delpark Homes Branch

Cost*: Free

VR Tours

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

Day	Start	Time	Code	Duration
Friday	October 3	10:30 – 12:00 p.m.	54964	1 Day

Instructor: Oshawa Public Library

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	November 20	2:30 – 3:30 p.m.	54956	1 Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free

What is VLS?

Learn more about the Library's Visiting Library Services. They deliver items directly to customers who don't have access to the library for free! Personalized items are selected and delivered directly to you. Curious? Want to learn more? Come meet the team.!

Day	Start	Time	Code	Duration
Thursday	September 11	2:30 – 3:30 p.m.	54957	1 Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free

Wonders of the Wild Series - Your Friendly Raptors

Naturalist/Ornithologist Brian Joyce shares his experiences of the natural world in an educating and humorous way that educates the public on the importance of protecting our natural environment. We are not talking about dinosaurs or basketball but those predators of the sky! Come learn more about these fascinating fine feathered friends and how they are a big part of our ecosystem.

Day	Start	Time	Code	Duration
Thursday	September 11	6:00 – 7:30 p.m.	54739	1 Day



Workshops & Seminars

Instructor: Brian Joyce
Location: Conant Branch
Cost*: \$23.00

Wonders of the Wild Series - Mammals, Creatures Great and Small

Brian returns to explore Ontario's diverse group of mammals! From our tiniest creature to the big guys both gentle and ferocious and even a few stinky ones! How each is important to our environment, what unique traits they each have and what signs to look for in the winter months. Brian will also share some entertaining encounters with a variety of these mammals throughout the workshop.

Day	Start	Time	Code	Duration
Thursday	September 18	6:00 – 7:30 p.m.	54740	1 Day

Instructor: Brian Joyce
Location: Conant Branch
Cost*: \$23.00

Wonders of the Wild Series - Wildflowers and Trees

Ontario is home to many species of wildflowers and trees. Several different types of ecosystems contribute to the diversity of our plants. From Carolinian Forests, Frontenac Axis and Boreal Forests Brian will teach you techniques to identify trees and wildflowers and why they are not only important part of their habitat and the surrounding wildlife but their immense value to humans.

Day	Start	Time	Code	Duration
Thursday	September 25	6:00 – 7:30 p.m.	54741	1 Day

Instructor: Brian Joyce
Location: Conant Branch
Cost*: \$23.00

Wonders of the Wild Series - Guided Nature Hike

Join Brian for a leisurely, engaging walk through Thickson's Woods. *Meet at Thickson's Woods Whitby Along the trail, Brian will bring the forest to life with insights into raptors, mammals, wildflowers, and trees. Discover who's soaring above, who's hiding in the underbrush, and the vital role each plays in our local ecosystem. A perfect outing for nature lovers.

Day	Start	Time	Code	Duration
Saturday	October 4	10:00 – 12:00 p.m.	54742	1 Day

Instructor: Brian Joyce
Location: Thickson Wood's (2503 Thickson Road South)
Cost*: \$23.00

Year-End Tax Tips & Tricks

This workshop focuses on how to maximize your investments and minimize your taxes before 2025 ends. Canada's tax system simplified, The four D's of tax planning, Year-end tax optimization, changes in tax laws for 2025.

Day	Start	Time	Code	Duration
Wednesday	November 12	1:30 – 2:30 p.m.	55035	1 Day

Instructor: Derek Dutka
Location: Sikorski Branch
Cost*: FREE



Special Events



Fundraising event

Walk Across Canada – Sneakers Kick off

Sign – up for the 2025–2026 season of indoor walking at the Oshawa Centre. Awards given for walking across Canada.

Day	Start	Time	Code	Cost*
Wednesday	September 3	8:00 – 11:00 a.m.	54648	Free

Location: Oshawa Centre

Men's Night Out - DRPS

Truth, tech, and tactics meet the specialists who crack the case! Starting the night off with a yummy dinner then venturing beyond the badge to discover the secrets of specialized police services.

Day	Start	Time	Code	Cost*
Wednesday	September 3	5:00 – 7:00 p.m.	54678	\$22.12

Location: Northview Branch

Breakfast With Mayor

Start Your Day with Insight & Community Connection. Join us for a morning of meaningful conversation, hot coffee, and community spirit. Menu: Quiche, yogurt, and pastries.

Day	Start	Time	Code	Cost*
Friday	September 5	9:00 – 11:00 a.m.	54682	\$10.62

Location: Northview Branch

Cribbage Tournament

Enjoy an afternoon of friendly cribbage competition. Refreshments and prizes included.

Day	Start	Time	Code	Cost*
Friday	September 5	1:00 – 4:00 p.m.	54649	\$8.85

Location: Conant Branch

Travelogue

Our September travelogue destination is "Images of the North" with Leif Peterson

Day	Start	Time	Code	Cost*
Wednesday	September 10	2:00 – 3:00 p.m.	54750	Free

Location: John Street Branch

Friendly Feuds Trivia

Think you know it all? Prove it! Friendly Feuds Trivia, where the snacks are tasty, the questions are tricky, and the competition is mostly friendly! Flex those brain muscles and get ready for an evening of laughs, light pub–style bites, and a little friendly rivalry. No need to phone a friend, we've got all the fun you need right here. Smartphone (iphone or android), tablet, or ipad, required to play. Open to all ages 19+. Cash bar is available.

Day	Start	Time	Code	Cost*
Friday	September 12	7:00 – 9:00 p.m.	51499	\$8.85

Location: Northview Branch

Roll into Fun

Play two games of 5 pin bowling, shoe rental included. Meet at NEBS at 9:45 a.m

Day	Start	Time	Code	Cost*
Monday	September 15	10:00 – 12:00 p.m.	55091	\$11.50

Location: NEBS Funworld



Special Events



Fundraising event

Clothing Carousel – Donation Week



Clothing, purses and jewelry donations can be dropped off at any branch from September 15th to September 19th. All items must be washed, without stains, tears or significant wear. Not accepting shoes, pj's and undergarments. Event date October 17th and October 18th.

Day	Start	Time	Code
Monday - Friday	September 15 – September 19	8:30 – 4:00 p.m.	No code

Location: All Branches

Ultimate Jigsaw Puzzle Showdown

Join us for a fun Jigsaw Puzzle tournament, where puzzle lovers of all skill levels can compete head-to-head in a race against the clock! Teams or individuals will be given the identical puzzles and a set time to complete them. Sign up in a group of max 3 or individual. Refreshments served.

Day	Start	Time	Code	Cost*
Tuesday	September 16	1:30 – 3:30 p.m.	54650	\$10.00

Location: Conant Branch

Car Rally

Rev up your engines and join us for a fun-filled day, where teams follow a trail of clever clues and pit stops! Gather your friends or family and hit the road in search of hidden hints and surprises. Price is per person and includes a road snack and ends with a BBQ lunch. Meet in north parking lot (arena side).

Day	Start	Time	Code	Cost*
Thursday	September 18	9:00 – 3:00 p.m.	54581	\$13.27

Location: Delpark Homes Branch

Tetley Tea

For our September Tetley we bring back by popular demand “West” of “60”.

Day	Start	Time	Code	Cost*
Thursday	September 25	12:30 – 2:00 p.m.	54753	\$8.85

Location: John Street Branch

Men's Night Out - AI

The future is now, and it's thinking for itself. Enjoy a delicious dinner followed by a presentation on artificial intelligence with Paul O'Hagan.

Day	Start	Time	Code	Cost*
Wednesday	October 1	5:00 – 7:00 p.m.	54679	\$22.12

Location: Northview Branch

Messages from the Beyond - A Group Medium Reading

Join us for a powerful and uplifting afternoon as an experienced psychic medium brings messages from the other side in an intimate group setting. Even if you don't receive a direct message, witnessing the connections can be a deeply moving and healing experience.

Day	Start	Time	Code	Cost*
Friday	October 3	1:00 – 3:00 p.m.	54719	\$13.27

Location: Northview Branch



Special Events



Fundraising event

Harvest Moon Serenade

Join us for a cozy evening, where the flavours of fall and the smooth sounds of instrumental jazz by the Just Us duo, come together in perfect harmony. Enjoy a delicious autumn-inspired meal featuring hearty seasonal favourites, followed by a slice of classic apple pie and a glass of warm or chilled cider.

Day	Start	Time	Code	Cost*
Thursday	October 2	5:30 – 7:30 p.m.	54633	\$22.12

Location: Delpark Homes Branch

Autumn Escape: Small Town

Climb aboard a comfortable coach bus with a washroom for a delightful fall day trip through some of Ontario's charming small towns! This guided tour takes you to The Big Apple for fresh baked treats and photo ops, followed by a scenic stop at the breathtaking Lake on the Mountain. Next, enjoy free time exploring the quaint shops, cafes, and galleries in Picton and Cobourg. *Bagged lunch from Farmboy included in the tour price. Time is given to dine at your leisure.

Day	Start	Time	Code	Cost*
Tuesday	October 7	8:15 – 5:30 p.m.	55046	\$77.43

Location: Delpark Homes Branch

Travelogue

Our October travelogue destination is "Asia and Beyond" by Otto Peter

Day	Start	Time	Code	Cost*
Wednesday	October 8	2:00 – 3:00 p.m.	54751	Free

Location: John Street Branch

Thanksgiving Dinner

Enjoy a traditional Teddy's Restaurant catered turkey dinner alongside musical entertainment by Fine Tuners.

Day	Start	Time	Code	Cost*
Thursday	October 9	5:30 – 7:30 p.m.	54771	\$25.00

Location: John Street Branch

Clothing Carousel



Join us for our 2nd annual dynamic and community-driven event where you can buy clothing and accessories! Whether you're looking to refresh your wardrobe, find unique fashion pieces, or support a good cause, our Clothing Carousel event has something for everyone. Snack Bar will be open to purchase snacks and beverages.

Day	Start	Time	Code	Cost*
Friday	October 17	9:00 – 4:00 p.m.	No code	Free Admission
Saturday	October 18	9:00 – 4:00 p.m.	No code	Free Admission

Location: Delpark Homes Branch

Progressive Euchre Party



If euchre is your game then this is the place to be! Door prizes, fun play, light refreshments and more.

Registration Required.

Day	Start	Time	Code	Cost*
Saturday	October 18	1:00 – 4:30 p.m.	54651	\$8.85

Location: Conant Branch



Special Events



Fundraising event

Tell Tale Tea

Join us this afternoon as we award the winners of this year's Senior Writing Competition. Proudly brought to you by Oshawa Public Library and OSCC55+.

Day	Start	Time	Code	Cost*
Wednesday	October 22	2:00 – 3:30 p.m.	54655	Free

Location: John Street Branch

Tetley Tea Halloween Edition

We proudly present a Halloween Tetley Tea featuring Singer, Songwriter, and entertainer extraordinaire Deidrey Francois. Costumes are strongly encouraged with great prizes.

Day	Start	Time	Code	Cost*
Thursday	October 23	12:30 – 2:00 p.m.	54754	\$8.85

Location: John Street Branch

Fabulous Fourth Fridays - Country Night



Join us for our Fall Fabulous Fourth Friday featuring DJ Step by Step, spinning all your favourite country hits. Refreshments and cash bar (19+). Membership is not required to attend this event.

Day	Start	Time	Code	Cost*
Friday	October 24	7:00 – 9:00 p.m.	54652	\$8.85

Location: Conant Branch – **NEW location**

Monster Morning Halloween Bingo



Happiness is calling BINGO! Bring your friends for a fun and entertaining morning of Bingo. You are guaranteed 10 games and a Jackpot. Prizes for the best Costume will also be awarded.

Day	Start	Time	Code	Cost*
Saturday	October 25	9:00–12:30 p.m.	54757	\$8.85

Location: John Street Branch

Monster Afternoon Halloween Bingo



Happiness is calling BINGO! Bring your friends for a fun and entertaining afternoon of Bingo. You are guaranteed 10 games and a Jackpot. Prizes for the best Costume will also be awarded.

Day	Start	Time	Code	Cost*
Saturday	October 25	1:30–5:00 p.m.	54758	\$8.85

Location: John Street Branch

Progressive Euchre Party



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

Day	Start	Time	Code	Cost*
Saturday	November 1	12:30 – 4:30 p.m.	54901	\$8.85

Location: Northview Branch

Canvas Creations



Follow Liesel as she takes you step by step in creating a winter painting. It's the cutest tree delivery featuring a pup in a red truck bringing home a tree just in time for the holidays. This event is open to anyone 18+.



Special Events



Fundraising event

Day	Start	Time	Code	Cost*
Tuesday	November 4	6:00 – 8:00 p.m.	54628	\$30.97

Location: Delpark Homes Branch

Choir Concert – Remembrance Concert

Join the OSCC55+ choir for a special Remembrance Concert featuring amazing war time songs.

Day	Start	Time	Code	Cost*
Wednesday	November 5	1:00 – 2:00 p.m.	54767	Free

Location: John Street Branch

Men's Night Out - Drumming

Get ready to feel the power through the rhythms of West African djembe drumming! Starting with dinner that will hit the spot! Followed by a fun, hands-on drumming class.

Day	Start	Time	Code	Cost*
Wednesday	November 5	5:00 – 7:00 p.m.	54680	\$22.12

Location: Northview Branch

Photo Salon Camera Club

Come and view some great photos created by our talented OSCC55+ Camera Club members. Light refreshments will be served.

Day	Start	Time	Code	Cost*
Thursday	November 6	1:00 – 2:30 p.m.	54761	Free

Location: John Street Branch

We Remember Tea

We are proud to present the return of our “We Remember Tea”. Enjoy readings, poems, and light refreshments.

Day	Start	Time	Code	Cost*
Friday	November 8	1:00 – 2:00 p.m.	54766	\$5.00

Location: John Street Branch

Murder Mystery

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

Day	Start	Time	Code	Cost*
Monday	November 10	5:30 – 8:00 p.m.	54759	\$23.00
Day	Start	Time	Code	Cost*
Monday	November 17	5:30 – 8:00 p.m.	54760	\$23.00

Location: John Street Branch

Travelogue

Our November travelogue destination is Western Canada with Cathy Spraklin from Canexplore Travel

Day	Start	Time	Code	Cost*
Wednesday	November 12	2:00 – 3:00 p.m.	54752	Free

Location: John Street Branch



Special Events



Fundraising event

Hook and Needle Market



Discover unique, handmade knit and crochet creations from members of our open craft program! From cozy mittens to cute socks, find the perfect gift for you or a family member!

Day	Start	Time	Code	Cost*
Wednesday	November 12	9:00 – 3:30 p.m.	No code	Free
Thursday	November 13	9:00 – 3:30 p.m.	No Code	Free

Location: Northview Branch

Dine and Discover

Who Likes a Big Nap? The surprising secrets of hibernation and winter survival. When the temperature drops, some animals hit snooze—for months! But who's really hibernating, and who's just pretending? From deep sleepers to light nappers, we'll dig into the quirky winter habits of wildlife. The presentation will be followed by dinner.

Day	Start	Time	Code	Cost*
Tuesday	November 18	4:00 – 6:30 p.m.	54634	\$19.47

Location: Delpark Homes Branch

Photo Salon

Come and view great photos created by our talented OSCC55+ members. Refreshments will be served.

Day	Start	Time	Code	Cost*
Thursday	November 20	7:00 – 9:00 p.m.	54797	Free

Location: Conant Branch

Christmas Wreaths

Join us for a cozy and creative holiday experience! In this hands-on wreath-making class, you'll craft your own beautiful, festive wreath using fresh seasonal greenery and decorative accents — all materials are provided, so just bring your holiday spirit. Tea and coffee served.

Day	Start	Time	Code	Cost*
Thursday	November 20	9:00 – 11:00 a.m.	54959	\$39.82

Location: Northview Branch

Christmas Centre Pieces

Join us for a cozy and creative holiday experience! In this hands-on centre piece-making class, you'll craft your own beautiful, festive centre piece using fresh seasonal greenery and decorative accents — all materials are provided, so just bring your holiday spirit. Tea and coffee served.

Day	Start	Time	Code	Cost*
Friday	November 21	9:00 – 11:00 a.m.	54960	\$39.82

Location: Northview Branch

Holly Jolly Bingo



Enjoy Christmas themed Bingo. Bring your friends for a fun and entertaining afternoon of Bingo. Light refreshments will be served. Bingo chips are limited; please bring some if you have any.

Day	Start	Time	Code	Cost*
Friday	November 21	1:00 – 4:00 p.m.	54653	\$8.85

Location: Conant Branch



Special Events



Fundraising event

Create Your Own Christmas Gnome

Come make a Christmas gnome with Cindy from pretty and sweet co! In the fun filled 2hrs, you will be learning how to make a customized gnome holding a personalized cookie/hot cocoa tray. No sewing experience needed. All materials are provided. **Last day to sign up is November 12th.**

Day	Start	Time	Code	Cost*
Tuesday	November 25	1:30 – 3:30 p.m.	54793	\$88.50

Location: Conant Branch

Photo Salon Camera Club – Zoom Presentation

Zoom in to view some great photos created by our talented OSCC55+ Camera Club members. Link will be available the week of Nov 24th on OSCC.ca.

Day	Start	Time	Code	Cost*
Thursday	November 27	7:00 – 8:30 p.m.	No code	Free

Location: Online

Tetley Tea

Tetley proudly presents Jack Garson this month. Let us know if you're celebrating a birthday!

Day	Start	Time	Code	Cost*
Thursday	November 27	12:30 – 2:00 p.m.	54755	\$8.85

Location: John Street Branch

Sleigh the Runway

Treat yourself to styles from Kelly's on Queen (Port Perry) featuring Canadian Made Rapzwear. Savour hot chocolate or apple cider and Christmas Pudding (sauce optional) while watching our models sleigh the runway!

Day	Start	Time	Code	Cost*
Monday	December 1	1:30 – 3:00 p.m.	54630	\$8.85

Location: Delpark Homes Branch

Men's Night Out - HOPA

Hop on board! Enjoy a hearty meal and then explore the heart of local industry with the Hamilton–Oshawa Port Authority! Learn how the Oshawa Port keeps goods moving, supports our economy, and connects our community to the world.

Day	Start	Time	Code	Cost*
Wednesday	December 3	5:00 – 7:00 p.m.	54681	\$22.12

Location: Northview Branch

Christmas Lunch

Enjoy a traditional Teddy's Restaurant catered Christmas Meal of turkey, potatoes, stuffing, cranberry sauce, and the famous coconut cream pie for dessert. Then test your Christmas knowledge, with some festive trivia.

Day	Start	Time	Code	Cost*
Friday	December 5	12:00 – 2:30 p.m.	54796	\$25.00

Location: Conant Branch



Special Events



Fundraising event

Christmas Tour of Lights

Tour of Lights Returns! Enjoy our tour of Oshawa's and surrounding areas best Christmas lights. Refreshments are included.

Day	Start	Time	Code	Cost*
Monday	December 8	6:00 – 8:00 p.m.	54769	\$13.05

Location: John Street Branch

Italian Christmas Cannoli Make and Take

Wow your guests this holiday season by making your own homemade Italian cannoli! You will learn the art of making cannoli shells and how fill them. All supplies included. You will have samples to take home.

Day	Start	Time	Code	Cost*

Location: Conant Branch THIS PROGRAM IS NO LONGER RUNNING

Christmas Variety Show

This show highlights the tremendous talent in our community. Be sure to get your tickets early as this is one event you don't want to miss.

Day	Start	Time	Code	Cost*
Wednesday	December 10	12:30 – 3:00 p.m.	54770	\$8.85

Location: John Street Branch

Travelogue

Our December travelogue destination is Panama with Pat Schieffler

Day	Start	Time	Code	Cost*
Wednesday	December 10	2:00 – 3:00 p.m.	54749	Free

Location: John Street Branch

Jolly Jukebox Breakfast

Savour all the flavours of a buffet breakfast and Christmas songs with Rosita Stone.

Day	Start	Time	Code	Cost*
Thursday	December 11	9:30 – 11:15 p.m.	54629	\$17.70

Location: Delpark Homes Branch

Christmas Dinner

Enjoy a traditional Teddy's Restaurant catered Christmas dinner of turkey, potatoes, stuffing, cranberry sauce, and the famous coconut cream pie for dessert, alongside musical entertainment by Jeanette Vander Vooran.

Day	Start	Time	Code	Cost*
Monday	December 15	5:30 – 7:30 p.m.	54772	\$25.00

Location: John Street Branch

Christmas Luncheon

'Tis the Season for Good Friends, Great Food & Festive Tunes! Celebrate the holidays in style at our annual Christmas Luncheon featuring the wonderful Craig Brtnik. Enjoy a holiday meal, cheerful company, and live music that will have you tapping your toes and singing along. It's a merry afternoon made for memories.



Special Events



Fundraising event

Day	Start	Time	Code	Cost*
Tuesday	December 16	12:30 – 2:30 p.m.	54684	\$17.70

Location: Northview Branch

Christmas Choir Concert

Join the OSCC55+ Choir for our annual Christmas Choir Concert.

Day	Start	Time	Code	Cost*
Wednesday	December 17	1:00 – 2:00 p.m.	54773	Free

Location: John Street Branch

Tetley Tea Christmas Edition

We finish off December with a bang! Tetley proudly presents Frets and Friends. Let us know if you're celebrating a birthday!

Day	Start	Time	Code	Cost*
Thursday	December 18	12:30 – 2:00 p.m.	54756	\$8.85

Location: John Street Branch

Ring in the New Year

Celebrate the arrival of 2026 with music and unforgettable moments. Enjoy an evening of live DJ music, our signature drink, cash bar, gourmet appetizers, and exclusive door prizes. Membership not required.

Day	Start	Time	Code	Cost*
Wednesday	December 31	8:00 p.m.–1:00 a.m.	55044	\$31.00

Location: Northview Branch

YOU'RE INVITED TO OUR

**OPEN
HOUSE
Party**

**THURSDAY
SEPTEMBER 4TH, 2025
Northview Branch**

**2 to 6
p.m.**

**THINKING OF JOINING?
NOW'S THE PERFECT TIME!**

**COME AND PLAY, AS WE
SHOWCASE OUR OFFERINGS
FOR FALL**

Live Class **DEMOS**
Interactive **GAMES** and Fun
Meet our Staff
Enter our draw to receive your
membership for **FREE!**

**BRING A BUDDY, GET A BONUS!
GOOD FRIENDS MAKE GREAT MEMBERS.
BRING A FRIEND, AND YOU BOTH BENEFIT!**



Recreation

* some programs have additional cost for prize pool

Auction 45s \$1.00		
Day	Time	Branch
Thursday	6:30 – 8:30 p.m.	Conant
Friday	1:00 – 3:00 p.m.	Delpark

Badminton \$2.00		
Day	Time	Branch
Tuesday	9:30 – 11:30 a.m.	Conant
Monday	9:30 – 11:30 a.m.	Northview
Wednesday	12:30 – 2:30 p.m.	Northview

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

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

*Bingo does not run on the 4th Thursday of the month in Fall session.

Bollywood Karaoke \$2.00		
Day	Time	Branch
1 st Saturday	12:00 – 3:30 p.m.	John Street

Book Chats Free		
Day	Time	Branch
3 rd Tuesday	9:30 – 11:00 a.m.	John Street

Book Club Free		
Day	Time	Branch
2 nd Tuesday	2:00 – 3:00 p.m.	Northview

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

Camera Club Free		
Day	Time	Branch
3 rd Tuesday	9:00 – 11:00 a.m.	Conant
1 st Tuesday	9:00 – 11:00 a.m.	John Street

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

Choir FREE		
Day	Time	Branch
Wednesday	1:00 – 2:30 p.m.	John Street

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

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

Cornhole* (New) \$2.00		
Day	Time	Branch
Friday	1:00 – 2:45 p.m.	Northview

*Starts September 12th

Conversational French Circle Free		
Day	Time	Branch
Tuesday	10:00 – 11:00 a.m.	John Street

Creative Corner Free		
Day	Time	Branch
Thursday	12:00 – 2:00 p.m.	Conant

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

Desi Friendship Connect Free		
Day	Time	Branch
3 rd Saturday	1:00 – 3:30 p.m.	John Street

Darts \$1.00		
Day	Time	Branch
*Thursday	6:30 – 8:30 p.m.	Conant
Monday	1:30 – 3:30 p.m.	Delpark
Tuesday	6:00 – 8:00 p.m.	Delpark
Wednesday	1:30 – 3:30 p.m.	John Street

*Starts November 6th

Dominoes \$1.00		
Day	Time	Branch
Monday	9:00 – 11:00 a.m.	Delpark

*Call Ext. 5840 to register.



Recreation

* some programs have additional cost for prize pool

Duplicate Bridge \$5.00		
Day	Time	Branch
Tuesday	1:00 – 3:30 p.m.	Northview
Thursday	1:00 – 4:00 p.m.	Northview

Euchre (Bid Hi-Lo) \$1.00		
Day	Time	Branch
Monday	1:00 – 3:30 p.m.	Northview
Thursday	1:00 – 3:30 p.m.	Northview
Wednesday	6:15 – 8:50 p.m.	Northview

Euchre (Progressive) \$1.00		
Day	Time	Branch
Wednesday	12:30 – 3:30 p.m.	Conant
Tuesday	1:00 – 3:30 p.m.	Delpark
Wednesday	1:00 – 3:30 p.m.	Northview
Friday	1:00 – 3:30 p.m.	Northview
Tuesday	1:30 – 3:30 p.m.	John Street
Friday	5:30 – 7:30 p.m.	John Street

Guitar/Music Jam \$1.00		
Day	Time	Branch
Tuesday	1:30 – 3:30 p.m.	John Street
Thursday	6:00 – 8:00 p.m.	Conant

Hiking FREE		
Day	Time	Branch
4 th Monday*	9:30 a.m.	Delpark

* Call Ext. 5840 to register for trail information.
Meet at Delpark.

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

*Fourth Monday of the month.

Mahjong \$1.00		
Day	Time	Branch
Monday	2:00 – 4:00 p.m.	Northview

News and Views Free		
Day	Time	Branch
Thursday	10:00 – 11:00 a.m.	John Street
*Friday	11:00 – 12:00 p.m.	Online

*1st and 3rd Fridays. Call 3640 for zoom link

Open Crafts Free		
Day	Time	Branch
Wednesday	9:00 – 11:00 a.m.	Northview
Tuesday	12:00 – 2:00 p.m.	John Street

Open Gym (New) \$2.00		
Day	Time	Branch
Friday	1:00 – 2:45 p.m.	Northview

*Starts September 12th

Pickleball \$2.00		
Day	Time	Branch
Wednesday	6:15 – 8:15 p.m.	Northview
Thursday	8:15 – 10:15 a.m.	Northview
*Thursday	6:30 – 8:30 p.m.	Conant

*October 2nd to December 18th

Pickleball Session Bundle: Conant Branch Pre-registration only.		
Level	Date/Time	Cost/Code
Beginners	Monday 11:15 – 1:15 p.m. Begins Sept 15 th 14 Weeks	\$28.00 54847
Intermediate	Monday 9:00 – 11:00 a.m. Begins Sept 15 th 14 Weeks	\$28.00 54846
Intermediate	Thursday 8:15 – 10:15 a.m. Begins Sept 4 th 16 Weeks	\$32.00 54849
Intermediate	Thursday 10:30 – 12:30 p.m. Begins Sept 4 th 16 Weeks	\$32.00 54850
Intermediate	Friday 9:00 – 11:00 a.m. Begins Sept 5 th 14 Weeks	\$28.00 54851
Intermediate	Friday 1:30 – 3:30 p.m. Begins Sept 5 th 14 Weeks	\$28.00 54853
Advanced	Wednesday 1:15 – 3:15 p.m. Begins Sept 3 rd 16 Weeks	\$32.00 54848
Advanced	Friday 11:15 – 1:15 p.m. Begins Sept 5 th 14 Weeks	\$28.00 54852

Rummoli \$1.00		
Day	Time	Branch
Tuesday	1:30 – 3:30 p.m.	Conant
Thursday	1:00 – 3:30 p.m.	Northview



Recreation

* some programs have additional cost for prize pool

Scrabble - Social \$1.00		
Day	Time	Branch
Monday	1:30 – 3:45 p.m.	Delpark*

*Starts September 8th

Scrabble \$1.00		
Day	Time	Branch
Friday	12:45 – 4:00 p.m.	John Street

Shuffleboard \$1.00		
Day	Time	Branch
Tuesday	9:00 – 10:30 a.m.	John Street
Thursday	9:00 – 10:30 a.m.	John Street

*Not the first Tuesday of the month in Fall session

Sneakers Free		
Day	Time	Branch
Mon-Fri	7:30 – 9:30 a.m.	Oshawa Centre

*Starts September 3rd

Social Bridge \$2.00		
Day	Time	Branch
Friday	1:00 – 3:30 p.m.	John Street

Stampers \$1.00		
Day	Time	Branch
Friday	10:30 – 12:00 p.m.	Delpark

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

Tech Tutors Free		
Day	Time	Branch
Tuesday	1:00 – 4:00 p.m.	John Street
Thursday	1:00 – 4:00 p.m.	John Street

Texas Hold'Em \$1.00		
Day	Time	Branch
Monday	1:00 – 3:00 p.m.	Delpark

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

Volleyball \$2.00		
Day	Time	Branch
Thursday	1:00 – 3:30 p.m.	Conant

Walking Outdoors Free		
Day	Time	Branch
Wednesday	10:00 a.m.	John Street

*All abilities welcome

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

*Please call Ext. 2903 to register

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

Learn to Play Free		
Conant Branch		
Day	Time	Code
Badminton	Monday 9:15 – 11:15 a.m. Sept 8 th	54865
Progressive Euchre	Thursday 1:30 – 3:30 p.m. Sept 11 th and 18 th	54866
Darts	Thursday 6:30 – 8:30 p.m. October 23 rd and 30 th	54867
Cribbage	Thursday 1:30 – 3:30 p.m. Sept 25 th	54925

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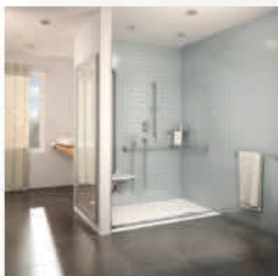
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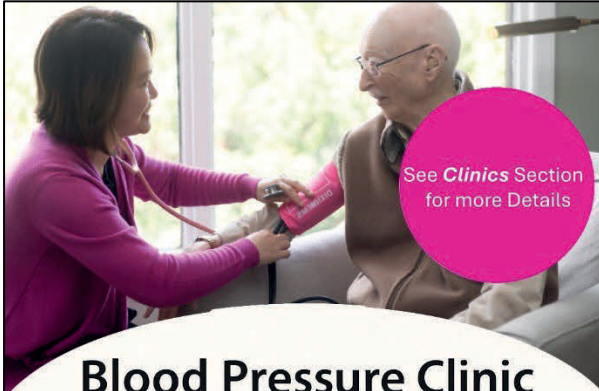


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