



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.



Winter Guide 2027

SAVE THE DATE

Activity Guide

Registration Begins:
Monday, December 7, 2026

Activity Guide Online:
Monday, November 30, 2026

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Your Questions Matter

Get in touch with us

905-576-6712

Extensions

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

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.
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.

Membership prices (Tax included)
Oshawa residents \$25 and Non-residents \$30

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

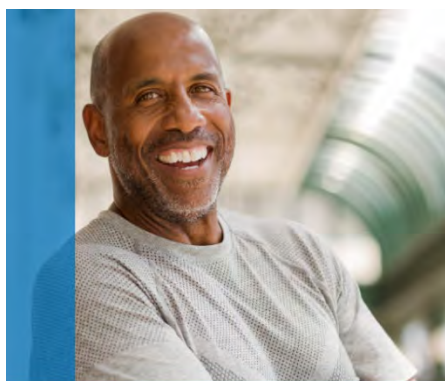
Memberships may also be purchased online via our website.
See below for details or scan the QR code for membership information.



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.

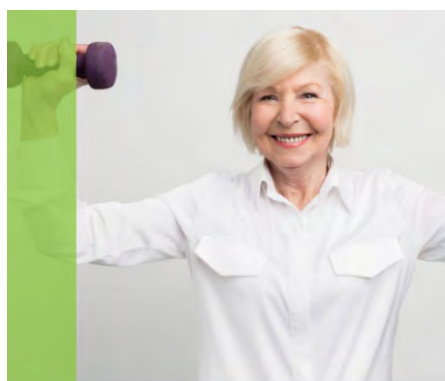
To purchase your membership online, please visit www.oscc.ca/newmember and follow the instructions listed. Next time you are in a branch, pick up your membership card at the front desk.



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.

Registration begins Monday, August 17, 2026, at 8:30 a.m.

Register in-person:

You may register for programs, services, and special events during regular business hours at any of our branch front desks.

Register online:

Online registration is available 24/7, allowing you to view course and event details, register, and purchase programs using a computer, laptop, tablet, or smartphone.

Visit <https://register.oscc.ca/> or scan the QR code for program registration.
Our online registration system uses a queue during high-demand periods to manage traffic, ensure smooth performance, and provide everyone with a fair opportunity to register.

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



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

JOIN US FOR ORIENTATION

Northview

Tuesday, September 15 at 11 a.m.

John Street

Wednesday, October 21 at 2 p.m.

Delpark Homes

Tuesday, December 1 at 2 p.m.

Working? Join us after hours.

Conant Branch

Thursday, December 3 at 5:30 p.m.



SUBSCRIBE TODAY



Let's keep in touch

Subscribe to our news alerts to receive
information on programs, services,
member benefits and more.

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:

OSCC55+ believes that all members should have the ability to take part and enjoy programs and services. Members may be eligible to receive financial assistance based on household income and/or a referral from an approved health care provider, space in programs and available funding. Information and applications for this program are available by email at osccfinance@oshawa.ca, by phone at **Ext. 2830**, or in person at any of our branches.

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

Adult Day Program

A Day Well Spent

Our Adult Day Program is here to support both older adults who need a little extra help staying active and engaged and provide relief for the caregivers who love them.

- Available up to five days per week at four convenient locations.
- Transportation and meal options available.

We can help.

For more information email osccadp@oshawa.ca or call 905-576-6712 Ext. 2853

Spaces available!

Subsidy assistance may be available courtesy of:



Ask if you qualify.

**More care.
More connection.
More peace of mind.**



Meal Services

JOIN US FOR A MEAL

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.

New food provider!



DONGUE CUISINE SANTÉ
— BY CHEF GUY —

Check out the monthly meal calendar online!



Please note: meal services not available at the Sikorski Branch



Community Support Services

Group Exercise/Falls Prevention

Beginner level program consists of light chair exercises and stretching to support balance/range of motion. Classes do not include use of fitness equipment but instead focus on basic movements.

Day	First Class	Last Class	Time	Code
Thursday	September 24	December 17	2 – 2:45 p.m.	61664

Location: South Oshawa Community Centre (Meeting Room 1 and 2)

Cost: Free

Client Referral Program

This free and confidential service assists individuals with accessing community resources. For information call 905-576-6712 Ext 2847 or email osccservices@oshawa.ca

TRANSPORTATION SERVICES



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



- Call 905-576-6712 Ext. 2878 to discuss eligibility and book a ride.
- 48 hours' notice appreciated.

For further information visit oscc.ca/transportation

Foot Care

Registered Nurses provide foot care treatment



Healthy feet are vital for mobility and independence

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

John Street Branch:

905-576-6712, Ext. 2830

Northview Branch:

905-576-6712, Ext. 2840

Conant Branch:

905-576-6712, Ext. 2900

Cost per visit:

Members \$23.00

Non-Members \$28.00

Cancellation policy: If you must cancel your appointment, it is your responsibility to call at least 24 hours in advance. If you do not cancel, you will be charged \$11.50 for your missed appointment.



Community Support Services



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.

Thursdays

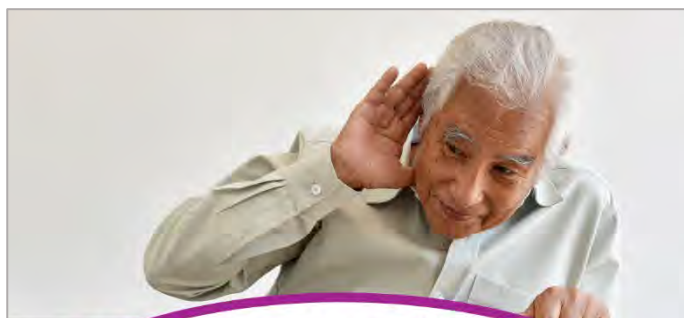
September 17 John Street Branch

October 1 Northview Branch

November 5 John Street Branch

December 3 Northview Branch

10 a.m. – 12 p.m.



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, osccservices@oshawa.ca

Wednesdays

September 16 John Street Branch

October 21 Conant Branch

November 18 John Street Branch

December 16 Conant Branch

9 a.m. – 1 p.m.



John
Street
Branch

Flu Shot Clinic

A licensed, injection-certified Pharmacist from **Compound Creations Pharmacy** will be on site to provide flu shots free of charge. **Register for an appointment** by calling, 905-576-6712 ext 2830 or email, osccservices@oshawa.ca

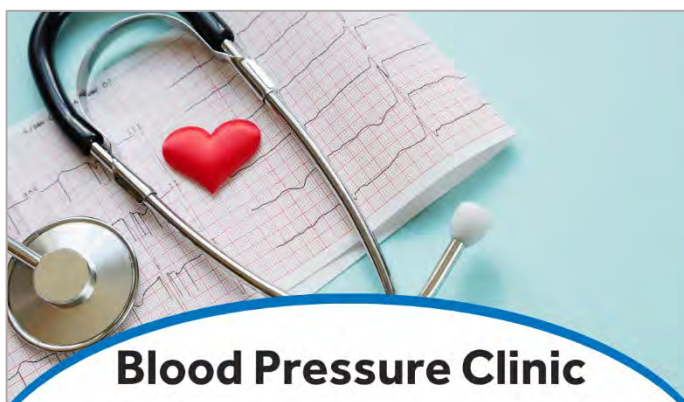
Must bring your health card
High dose shot based on availability

Friday, **October 16**

Friday, **October 30**

Friday, **November 13**

1 – 4 p.m.



Blood Pressure Clinic

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.**

Tuesdays

September 15 Conant Branch

October 20 Northview Branch

November 17 John Street Branch

10 a.m. – 1 p.m.



Arts and Crafts



Supplies needed for this course

Abstract Acrylics

We will continue on our abstract journey, adding new techniques such as layering, adding mixed media elements and abstracting everyday shapes to create new forms or slightly wonky familiar ones. Be ready to expand your artistic horizons by planning a piece of work from start to finish! Students must be familiar with acrylic paint and have had a previous introduction to abstract art.

	Day	Start	Time	Code	Duration
	Thursday	October 15	1 – 3 p.m.	60572	8 Weeks

Instructor: Betty McGowan

Location: Northview Branch

Cost*: \$79.20

Acrylic Painting

Acrylic Painting is a great way to spend a morning. Every week 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 14	10 – 12 p.m.	60621	6 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$54.00

	Day	Start	Time	Code	Duration
	Monday	November 2	10 – 12 p.m.	60701	6 Weeks

Instructor: Olivia Morin

Location: John Street Branch

Cost*: \$54.00

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. No instructor.

Day	Start	Time	Code	Duration
Wednesday	September 9	1:30 – 3:30 p.m.	60454	12 Weeks

Location: John Street Branch

Cost*: \$17.76

Charcoal Drawing

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

	Day	Start	Time	Code	Duration
	Monday	September 14	1 – 3 p.m.	59943	12 Weeks

Instructor: Sandy Mackenzie

Location: John Street Branch

Cost*: \$91.68



Arts and Crafts



Supplies needed for this course

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 14	11 – 12:30 p.m.	59890	10 Weeks

Instructor: Jackie James

Location: John Street Branch

Cost*: \$17.00

Drawing From Life

We will explore the timeless practice of drawing from direct observation. Students will work from carefully arranged still lifes, drapery, natural objects, and live models while learning the foundations of proportion, value, form, composition, and visual storytelling. Through a combination of demonstrations, practical exercises, and longer studio projects, participants will gain confidence in their ability to observe, interpret, and express the world around them. Whether new to drawing or looking to strengthen existing skills, students will leave the course with a deeper understanding of observational drawing and a strong foundation for future artistic growth.

	Day	Start	Time	Code	Duration
	Wednesday	September 9	1 – 3 p.m.	60655	6 Weeks

Instructor: Michael Belezny

Location: John Street Branch

Cost*: \$54.00

Intro to Abstract Acrylics

Have you ever wanted to try your hand at abstract art? This course will show you some of the tips and techniques abstract artists use to create their artworks. You provide the inspiration, we provide the experimentation and the fun!

	Day	Start	Time	Code	Duration
	Thursday	September 10	1 – 3 p.m.	60571	4 Weeks

Instructor: Betty McGowan

Location: Northview Branch

Cost*: \$48.00

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 10	10 – 12 p.m.	60057	6 Weeks

Instructor: Lynn Morrison

Location: Northview Branch

Cost*: \$17.10



Arts and Crafts



Supplies needed for this course

Jewelry Making: Perfect for Beginners!

No experience is needed, just a willingness to try something new while letting your imagination go wild. Enjoying a relaxed, fun, creative atmosphere filled with learning and laughter. A \$50 supply fee is payable to the instructor at the first class.

Day	Start	Time	Code	Duration
Saturday	September 12	10 – 12 p.m.	59945	10 Weeks

Instructor: Sina Corvera

Location: John Street Branch

Cost*: \$17.00

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. There is no instructor for this program. Students must bring their own projects to class.

Day	Start	Time	Code	Duration
Friday	September 11	10 – 12 p.m.	60034	13 Weeks

Location: Northview Branch

Cost*: \$17.29

Knit Happens

A relaxed beginner friendly class taught by a passionate volunteer instructor who loves helping new knitters get started. Dropped stitches are expected, laughter is encouraged, and you'll walk away with skills you didn't know you had. Open to all levels of knitters to join in the fun!

Day	Start	Time	Code	Duration
Friday	September 11	10 – 12 p.m.	59944	10 Weeks

Instructor: Sina Corvera

Location: John Street Branch

Cost*: \$17.00

Nature Journaling: The Garden In Seed

Nature enthusiasts and artists (no experience required), join us on a virtual tour of the autumn garden to explore its secrets. Create journal pages while practicing sketching techniques of plants and animals. Supplies required for each session are pencils, eraser and a sketchbook or four sheets of paper.

Day	Start	Time	Code	Duration
Wednesday	September 16	10 – 12 p.m.	60573	2 Weeks

Instructor: Lena Macleod

Location: Online

Cost*: \$29.68



Arts and Crafts



Supplies needed for this course

Nature Journaling: The Fantastic Fall Forest

Nature enthusiasts and artists (no experience required), join a virtual exploration of the forest layers and learn sketching techniques to create journal pages of forest flora and fauna. Supplies required for each session are pencil, eraser and a sketchbook or four sheets of paper.

Day	Start	Time	Code	Duration
Wednesday	October 14	10 – 12 p.m.	60574	3 Weeks

Instructor: Lena Macleod

Location: Online

Cost*: \$35.40

Nature Journaling: Migrators At The Lake

Nature enthusiasts and artists (no experience required), join us on a virtual tour of the autumn lakeshore to observe and sketch migrating aquatic birds. Supplies required for each session are pencil, eraser and a sketchbook or four sheets of paper.

Day	Start	Time	Code	Duration
Wednesday	November 18	10 – 12 p.m.	60575	2 Weeks

Instructor: Lena Macleod

Location: Online

Cost*: \$29.68

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 11	10:30 – 12:30 p.m.	60033	13 Weeks

Instructor: Sandy Mackenzie

Location: Northview Branch

Cost*: \$117.78

Oil Painting for Beginners

This foundational course will give you the information you need to successfully create your very own oil paintings. Whether you're new to painting, or are a painter looking to try oils for the first time, this course is for you!

	Day	Start	Time	Code	Duration
	Friday	September 11	10 – 12 p.m.	60787	8 Weeks

Instructor: Olivia Morin

Location: Conant Branch

Cost*: \$66.88



Arts and Crafts



Supplies needed for this course

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. Please ask for the supply list.

	Day	Start	Time	Code	Duration
	Monday	October 19	1 – 3 p.m.	60027	8 Weeks

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 19	1 – 3 p.m.	60026	8 Weeks

Instructor: Elaine Witts

Location: Northview Branch

Cost*: \$18.24

One Stroke Painting Open Studio

This class is for advanced one stroke painters. No Instructor.

Day	Start	Time	Code	Duration
Monday	October 19	9 – 12 p.m.	60024	8 Weeks

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
Friday	September 11	1 – 4 p.m.	60733	13 Weeks

Location: Delpark Homes Branch

Cost*: \$17.29

Day	Start	Time	Code	Duration
Monday	September 14	10:30 – 1:30 p.m.	60025	13 Weeks

Location: Northview Branch

Cost*: \$17.29

Painting Expressive Landscape: with Acrylic

Capture the beauty and energy of the landscape through bold colour, expressive brushwork, and creative acrylic painting techniques.

	Day	Start	Time	Code	Duration
	Saturday	September 19	1 – 3 p.m.	60658	2 Weeks



Arts and Crafts



Supplies needed for this course

Instructor: Michael Beleznay

Location: John Street Branch

Cost*: \$28.66

Painting From Life

Focusing on developing strong observational painting skills through direct study from life. Working from still life arrangements, natural objects, drapery, and other carefully observed subjects, students will explore the essential principles of painting, including composition, colour mixing, value, light and shadow, edges, and the creation of form and atmosphere. Through demonstrations, guided exercises, and sustained painting projects, participants will learn how to simplify complex visual information and translate what they see into expressive and convincing paintings. Suitable for both beginners and intermediate painters, the course emphasizes careful observation, sound technical foundations, and the development of a personal artistic voice through the practice of painting from life.

	Day	Start	Time	Code	Duration
	Wednesday	October 28	1 – 3 p.m.	60656	6 Weeks

Instructor: Michael Beleznay

Location: John Street Branch

Cost*: \$54.00

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 14	10:30 – 12:30 p.m.	60448	10 Weeks

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$94.70

Pen & 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 11	10:30 – 12:30 p.m.	60449	10 Weeks

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$94.70



Arts and Crafts



Supplies needed for this course

Portraits in Wet and Dry Media

Explore the art of portraiture using a range of drawing and painting materials while developing your ability to capture character and expression.

	Day	Start	Time	Code	Duration
	Saturday	October 3	1 – 3 p.m.	60659	2 Weeks

Instructor: Michael Belezney

Location: John Street Branch

Cost*: \$28.66

Quilting Open Studio

Work with other quilters on your own projects. For experienced quilters. **No Instructor.**

Day	Start	Time	Code	Duration
Tuesday	September 8	10 – 2 p.m.	60028	14 Weeks

Location: Northview Branch

Cost*: \$17.22

Quilting Open Studio with Instructor

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. A volunteer instructor will be on hand to offer guidance, and a suggested materials list will be provided upon registration.

Day	Start	Time	Code	Duration
Thursday	September 17	10 – 2 p.m.	60719	14 Weeks

Instructor: Carol Geiecker

Location: Delpark Homes Branch

Cost*: \$17.78

Rug Hooking Open Studio

Welcome rug hookers of all levels. Bring your rug hooking projects old or new to work on with fellow hookers, share ideas and socialize. No instructor for this course.

Day	Start	Time	Code	Duration
Thursday	September 10	9:30 – 11:30 a.m.	60464	13 Weeks

Location: Conant Branch

Cost*: \$18.07

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. No instructor for this course.

Day	Start	Time	Code	Duration
Monday	September 14	1 – 4 p.m.	60618	13 Weeks

Location: Delpark Homes Branch

Cost*: \$17.29



Arts and Crafts



Supplies needed for this course

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 as there is no instructor for this group. If you bring your own sewing machine please bring your own power cord.

Day	Start	Time	Code	Duration
Monday	September 14	9:30 – 11:30 a.m.	60460	12 Weeks

Location: Conant Branch

Cost*: \$17.76

Soapstone Carving

Beginners are welcome. Starter kits will be provided by instructor. \$40 payable to instructor for kits at first class.

Day	Start	Time	Code	Duration
Friday	November 13	9:30 – 11:30 a.m.	60457	5 Weeks

Instructor: Peter Martin

Location: Conant Branch

Cost*: \$60.00

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 9	9:30 – 11:30 a.m.	60463	12 Weeks

Location: Conant Branch

Cost*: \$17.76

Day	Start	Time	Code	Duration
Wednesday	September 9	11:30 – 1:30 p.m.	60030	12 Weeks

Location: Northview Branch

Cost*: \$17.76

Watercolour: Splash and Puddle

For those who are intermediate painters, this supportive session allows you to investigate various aspects of watercolour painting. You will have the opportunity to explore colour mixing, colour in light and shadow, colour to create distance, use of texture, tonal values, composition and the 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 prefer. A list of materials is available when enrolling.

 Day	Start	Time	Code	Duration
Thursday	September 17	10 – 12 p.m.	60046	8 Weeks

Instructor: John Bebbington

Location: John Street Branch

Cost*: \$76.48

 Day	Start	Time	Code	Duration
Thursday	September 17	10 – 12 p.m.	60047	8 Weeks

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



Arts and Crafts



Supplies needed for this course

Instructor: John Bebbington

Location: Online

Cost*: \$76.48

Watercolour for Beginners

For those who want to start or dabble in watercolours, this supportive session might be for you since it will allow you to investigate various basic aspects of watercolour painting. You will have the opportunity to explore colour mixing, simple techniques, texture, tonal values, composition and the 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
	Tuesday	November 3	10 – 12 p.m.	60044	7 Weeks

Instructor: John Bebbington

Location: John Street Branch

Cost*: \$70.21

Watercolour for Beginners: Part 2

For those who have completed “Watercolours for Beginners” or have some background in watercolours, this supportive session could be for you. This session presents the opportunity to further explore colour mixing, simple techniques, the use of texture, tonal values, composition and the 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 prefer. A list of materials is available when enrolling.

	Day	Start	Time	Code	Duration
	Tuesday	September 15	10 – 12 p.m.	60048	7 Weeks

Instructor: John Bebbington

Location: John Street Branch

Cost*: \$70.21

Woodcarving Bird Carving

Open to new and experienced carvers, learn the skills to carve a Meadow Lark. For new carvers please wait to purchase tools until after the first class and speaking with the instructor. Cost of blank project is \$30.00 plus cost of feet \$19.00. (\$49.00 total payable to instructor at first class)

Day	Start	Time	Code	Duration
Wednesday	September 9	8 – 11 a.m.	60031	12 Weeks

Instructor: Rodney Maahs

Location: Northview Branch

Cost*: \$109.68

Day	Start	Time	Code	Duration
Wednesday	September 9	5:45 – 8:45 p.m.	60032	12 Weeks

Instructor: Rodney Maahs

Location: Northview Branch

Cost*: \$109.68



Arts and Crafts



Supplies needed for this course

Woodcarving Caricatures

Open to new and experienced carvers. Learn the skills to carve and paint "Texas Troubadour". 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 8	8:30 – 11:30 a.m.	60635	9 Weeks

Instructor: Larry Jeffreys

Location: Delpark Homes Branch

Cost*: \$121.50

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. No instructor for this program.

Day	Start	Time	Code	Duration
Tuesday	September 8	12 – 2 p.m.	60446	14 Weeks

Location: Sikorski Branch

Cost*: \$17.22

Day	Start	Time	Code	Duration
Thursday	September 10	10 – 12 p.m.	60447	14 Weeks

Location: Sikorski Branch

Cost*: \$17.22



ART SHOW & Fundraiser

Celebrate the talent and creativity of our artistic members at the OSCC55+ Art Show and Silent Auction. Members showcase their original creations while guests explore unique artwork and chance to bid on handmade pieces.

All proceeds from the silent auction, will go to supporting OSCC55+ programs and services for older adults.

Monday, November 23, 3 - 7 p.m.

John Street Branch

For details see page 76

Members who wish to donate artwork to the silent auction call 905-576-6712 ext 2857.



Christmas Cake SALE

It's Back!
Get your holiday goodies early this year.

ON SALE Nov 2 while supplies last

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



Computers and Technology

Android Phones & 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	November 18	11 – 1 p.m.	59997	5 Weeks

Instructor: Jan Novada

Location: John Street Branch

Cost*: \$19.10

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 16	12:15 – 2:15 p.m.	60041	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16

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	November 4	12:15 – 2:15 p.m.	60043	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16

Computers for Absolute Beginners

Get equipped with a basic understanding of your windows computer with a new operating system, 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 Windows laptop.

Day	Start	Time	Code	Duration
Wednesday	September 16	9:30 – 11:30 a.m.	60039	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16



Computers and Technology

Computers General

Using current Windows operating systems that are available today. Topics include: layout of the desktop, managing folders in the Document Library, internet basics, using email, safety and security. Bring your own device. Must have computer experience or have previously taken Computers for beginners.

Day	Start	Time	Code	Duration
Monday	September 14	6:30 – 7:30 p.m.	60803	6 Weeks

Instructor: Ajith Panagoda

Location: John Street Branch

Cost*: \$40.26

Day	Start	Time	Code	Duration
Wednesday	November 4	9:30 – 11:30 a.m.	60040	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16

iPad 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 16	4 – 6 p.m.	60042	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16

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	November 4	4 – 6 p.m.	60045	4 Weeks

Instructor: Ajith Panagoda

Location: Northview Branch

Cost*: \$58.16

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.

Free Program.

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



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



Dance

Argentine Tango Beginners

Discover the elegance of Argentine Tango in this welcoming beginner class. This very easy, gentle dance is suitable for all ages. Learn the basics of posture, walking, rhythm, and partner connection in a relaxed environment—no experience needed. Come solo or with a partner and enjoy the music while building confidence on the dance floor.

Day	Start	Time	Code	Duration
Wednesday	September 9	2 – 3 p.m.	60979	10 Weeks

Instructor: Robert Kerby

Location: Sikorski Branch

Cost*: \$56.00

Ballroom Dancing

Grab your dancing shoes and come out to learn ballroom dance in a friendly fun-filled dance class. Dances taught will be discussed the first day of class. Partners are suggested. If you do not have a partner we will do our best to pair you up.

Day	Start	Time	Code	Duration
Tuesday	September 8	2:50 – 3:50 p.m.	60980	10 Weeks

Instructor: Robert Kerby

Location: Sikorski Branch

Cost*: \$56.00

Cardio Salsa

Dancing is a great way to get a full body workout, helping 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 8	11:45 – 12:45 p.m.	60644	12 Weeks

Instructor: Mirna Ornelas

Location: Northview Branch

Cost*: \$63.72

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. Wear comfortable clothes and bring a water bottle!

Day	Start	Time	Code	Duration
Friday	September 11	11 – 12 p.m.	60707	12 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$63.72



Dance

Dance Fusion

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

Day	Start	Time	Code	Duration
Friday	September 18	8:15 – 9:15 a.m.	60375	10 Weeks

Instructor: Katie Bonikowsky

Location: John Street Branch

Cost*: \$56.00

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 29	1 – 2:30 p.m.	60451	11 Weeks

Instructor: Karen Preston

Location: Sikorski Branch

Cost*: \$81.40

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 14	6 – 7 p.m.	60002	9 Weeks

Instructor: Sharon Davidson

Location: John Street Branch

Cost*: \$52.11

Line Dance Beginners

Perfect for those new to line dancing, this fun and welcoming class teaches easy-to-follow steps and simple routines at a comfortable pace. Improve coordination, balance, and confidence while enjoying great music and meeting new friends. No partner or previous dance experience is needed!

Day	Start	Time	Code	Duration
Tuesday	September 15	2 – 3 p.m.	60871	13 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Club House

Cost*: \$67.99

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.



Dance

Day	Start	Time	Code	Duration
Friday	September 18	10:30 – 11:30 a.m.	60019	12 Weeks

Instructor: Barb Wallace

Location: Northview Branch

Cost*: \$63.72

Line Dance Improver/Intermediate

If you've lined danced at the Beginner and/or Beginner Plus level and are ready for a little more challenge with a lot of fun, this class is for you. A great way to exercise your body and your brain and keep a socially active lifestyle

Day	Start	Time	Code	Duration
Thursday	October 1	3:15 – 4:15 p.m.	60696	10 Weeks

Instructor: Nicole Cote

Location: Conant Branch

Cost*: \$56.00

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 18	1 – 4 p.m.	60035	1 Day

Instructor: Barb Wallace, Karen Preston

Location: Conant Branch

Cost*: \$15.00

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	October 1	9:30 – 11 a.m.	60452	11 Weeks

Instructor: Karen Preston

Location: Sikorski Branch

Cost*: \$81.40

Rumba Fit

Rumba Fit is an engaging and joyful dance fitness class. It blends vibrant rhythms, simple dance steps, and balance-focused movements, enhancing cardiovascular health, flexibility, coordination, and stability. Enjoy staying active and connected in a fun and supportive environment!

Day	Start	Time	Code	Duration
Wednesday	September 9	1 – 1:45 p.m.	60468	12 Weeks

Instructor: Gladys Rodriguez

Location: Sikorski Branch

Cost*: \$63.72



Dance

SHiNE Light Dance Fitness™

SHiNE Light Dance Fitness™ brings fun low-impact dance routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a balance of gentle cardio and toning. SHiNE Light is a mood-lifting experience that leaves you feeling capable and confident.

Day	Start	Time	Code	Duration
Wednesday	September 9	1 – 2 p.m.	60715	12 Weeks

Instructor: Birgitta Peterson-Khan

Location: Delpark Homes Branch

Cost*: \$63.72

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 8	1 – 3 p.m.	60586	13 Weeks

Instructor: Barry Clasper

Location: Conant Branch

Cost*: \$100.23

Tap Dance Advanced

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

Day	Start	Time	Code	Duration
Tuesday	September 15	12:45 – 1:45 p.m.	60595	13 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Club House

Cost*: \$67.99

Tap Dance for Beginners

Step into fun with this beginner-friendly tap dance class designed just for seniors! Over thirteen 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 15	10:15 – 11:15 a.m.	60594	13 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Club House

Cost*: \$67.99



Dance

Tap Dance Intermediate

Tap dancing is a style that uses a rhythmic 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 15	11:30 – 12:30 p.m.	60596	13 Weeks

Instructor: Alison Grebenc

Location: North Oshawa Club House

Cost*: \$67.99

LINE DANCE SOCIAL FUNDRAISER

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.

Sunday, October 18, 1 - 4 p.m.

Code: 60035 | Cost: \$15 plus tax | Conant Branch



Join us on the Dance Floor

OPEN TO MEMBERS AND NON-MEMBERS



HALLOWEEN FABULOUS FOURTH FRIDAY

Dress in costume and enjoy a fun-filled spooky night of dancing, refreshments, a cash bar (19+), and music from Step by Step DJ!

Friday, October 23, 7 - 9 p.m.

Code: 60689 | Cost: \$10 plus tax | Conant Branch

Join us on the Dance Floor

OPEN TO MEMBERS AND NON-MEMBERS



Fitness



Icon Denotes a Hybrid Class

15/15/15 Fitness

A fitness class that 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 8	1 – 1:45 p.m.	60643	12 Weeks

Instructor: Mirna Ornelas

Location: Northview Branch

Cost*: \$63.72

 Day	Start	Time	Code	Duration
Thursday	September 10	1 – 1:45 p.m.	60568	12 Weeks

Instructor: Laura MacFayden

Location: Sikorski Branch

Cost*: \$63.72

Day	Start	Time	Code	Duration
Thursday	September 10	1 – 1:45 p.m.	60653	12 Weeks

Instructor: Laura MacFayden

Location: Online

Cost*: \$63.72

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
Thursday	September 10	9 – 9:55 a.m.	60717	13 Weeks

Instructor: Birgitta Peterson-Khan

Location: Delpark Homes Branch

Cost*: \$67.99

Day	Start	Time	Code	Duration
Tuesday	September 15	9:25 – 10:25 a.m.	60636	13 Weeks

Instructor: Nicky Alexander

Location: Delpark Homes Branch

Cost*: \$67.99

Active with Arthritis

This joint-friendly, low-impact workout is designed to help adults with arthritis stay active, strong, and moving with confidence. Using a combination of seated and standing exercises, you'll build balance and strength with the support of fun, easy to use equipment like exercise balls, bands and light weights. Gentle yet effective, this class is suitable for all fitness levels and focuses on improving mobility, reducing stiffness, and boosting overall well-being in a safe and supportive environment!



Fitness



Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Tuesday	September 8	1 – 2 p.m.	60377	14 Weeks

Instructor: Zoe Stirton

Location: John Street Branch

Cost*: \$71.54

Age Reversing Essentrics

Want to feel younger and get that "bounce" back in your step? Through slow, controlled movements and targeted stretches, you will improve posture, strength, balance, and flexibility, while reducing pain and stiffness, and promoting long term mobility. This is a gentle, safe, and effective workout, adaptable for all fitness levels.

Day	Start	Time	Code	Duration
Thursday	September 10	1 – 2 p.m.	60380	14 Weeks

Instructor: Zoe Stirton

Location: John Street Branch

Cost*: \$71.54

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 28	9:45 – 10:30 a.m.	60744	11 Weeks
Monday	September 28	3 – 3:45 p.m.	60745	11 Weeks
Friday	October 2	1 – 1:45 p.m.	60747	11 Weeks

Location: Delpark Homes Branch

Cost*: \$88.00 per session

Day	Start	Time	Code	Duration
Wednesday	October 7	3 – 3:45 p.m.	60746	9 Weeks

Location: Delpark Homes Branch

Cost*: \$73.35

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 9	8:30 – 9:15 a.m.	60567	11 Weeks

Instructor: Tanya Rivers

Location: Conant Branch

Cost*: \$59.84



Fitness



Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Wednesday	September 9	8:30 – 9:15 a.m.	60591	11 Weeks

Instructor: Tanya Rivers

Location: Online

Cost*: \$59.84

Balance and Bloom

A gentle, low-impact class designed to improve balance, strength, and flexibility. Through simple movements and mindful exercises, you'll build stability, boost confidence, and support overall well-being—helping you move safely and bloom from within.

Day	Start	Time	Code	Duration
Wednesday	September 9	3 - 4 p.m.	60716	11 Weeks

Instructor: Marie Vernon-Grant

Location: Delpark Homes Branch

Cost*: \$59.84

Body and Brains Boost

This BBB class incorporates cardio and strength exercises as well as activities that will challenge the brain. This fun class also challenges coordination and balance.

Day	Start	Time	Code	Duration
Thursday	September 10	2 – 2:45 p.m.	60693	12 Weeks

Instructor: Birgitta Peterson-Khan

Location: Sikorski Branch

Cost*: \$63.72

Body Max

This full-body strength workout blends functional movements and muscular conditioning, alternating between upper and lower body to keep you balanced and energized. Includes a mat portion to gradually bring your heart rate down, leaving you feeling relaxed and restored. Each class begins with a warmup and ends with a calming cooldown to support your body from start to finish.

Day	Start	Time	Code	Duration
Friday	September 11	10:15 – 11:15 a.m.	60880	12 Weeks

Instructor: Steve Mahant

Location: Delpark Homes Branch

Cost*: \$63.72

Balance Stretch and Power

A safe, low-impact fitness class focused on flexibility, balance, strength, and mobility.

Day	Start	Time	Code	Duration
Wednesday	September 9	12 – 12:45 p.m.	60645	12 Weeks

Instructor: Gladys Rodriguez

Location: Sikorski Branch

Cost*: \$63.72

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



Fitness



Icon Denotes a Hybrid Class

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 8	9:30 – 10:30 a.m.	60015	14 Weeks

Instructor: Julia Jackson

Location: John Street Branch

Cost*: \$71.54

Chair Body Conditioning

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

	Day	Start	Time	Code	Duration
	Friday	September 11	11 – 12 p.m.	60632	10 Weeks

Instructor: Nicky Alexander

Location: Conant Branch

Cost*: \$56.00

Day	Start	Time	Code	Duration
Friday	September 11	11 – 12 p.m.	60633	10 Weeks

Instructor: Nicky Alexander

Location: Online

Cost*: \$56.00

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 14	2:30 – 3:30 p.m.	60631	12 Weeks

Instructor: Nicky Alexander

Location: Online Only

Cost*: \$63.72

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 10	11:30 – 12:30 p.m.	60029	11 Weeks

Instructor: Jill Akerfeldt

Location: John Street Branch

Cost*: \$59.84



Fitness



Icon Denotes a Hybrid Class

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 9	11:30 – 12:30 p.m.	59995	12 Weeks

Instructor: Sami Khadka

Location: John Street Branch

Cost*: \$63.72

Day	Start	Time	Code	Duration
Thursday	September 10	10 – 10:55 a.m.	60742	13 Weeks

Instructor: Birgitta Peterson-Khan

Location: Delpark Homes Branch

Cost*: \$67.99

Chair 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 8	11 – 12 p.m.	60453	14 Weeks

Instructor: Tanya Rivers

Location: John Street Branch

Cost*: \$71.54

Chair Groove & Move

Music and motivation come together in Groove & Move with energetic moves with a unique twist you can participate fully while seated in a chair or choose to stand. This guided workout will get your heart pumping, your body moving, and your spirits lifted. Come give it a try, you won't be disappointed!

Day	Start	Time	Code	Duration
Tuesday	September 8	9:30 – 10:30 a.m.	60634	14 Weeks

Instructor: Tanya Rivers

Location: John Street Branch

Cost*: \$71.54

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
Friday	September 11	9:45 – 10:45 a.m.	60566	13 Weeks

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



Fitness



Icon Denotes a Hybrid Class

Instructor: Tanya Rivers

Location: John Street Branch

Cost*: \$67.99

Chair 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 21	11 – 12 p.m.	60465	11 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$59.84

Chair 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 18	11 – 12 p.m.	60467	12 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$63.72

Chair Strong Core without the Floor!

Get ready to improve your posture and spinal support, strengthen your abdominal and back muscles, and reduce back strain and stiffness. All without getting on the floor!

Day	Start	Time	Code	Duration
Tuesday	September 8	2:15 – 3:15 p.m.	60379	14 Weeks

Instructor: Zoe Stirton

Location: John Street Branch

Cost*: \$71.54

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 9	2 – 3 p.m.	60016	12 Weeks

Instructor: Kathleen Taylor

Location: Northview Branch

Cost*: \$63.72

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



Fitness



Icon Denotes a Hybrid Class

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. Sami 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 14	9:45 – 10:45 a.m.	59992	12 Weeks

Instructor: Sami Khadka

Location: John Street Branch

Cost*: \$63.72

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
Monday	September 14	10:15 – 11:15 a.m.	60711	10 Weeks

Instructor: Katie Bonikowsky

Location: Delpark Homes Branch

Cost*: \$56.00

Day	Start	Time	Code	Duration
Thursday	September 17	11:30 – 12:30 p.m.	60569	10 Weeks

Instructor: Katie Bonikowsky

Location: Sikorski Branch

Cost*: \$56.00

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
Tuesday	September 8	9:30 – 10:15 a.m.	60641	14 Weeks

Instructor: Mandy Matthews

Location: Online

Cost*: \$71.54

Day	Start	Time	Code	Duration
Tuesday	September 15	11:35 – 12:20 p.m.	60712	10 Weeks

Instructor: Katie Bonikowsky

Location: Delpark Homes Branch

Cost*: \$56.00



Fitness



Icon Denotes a Hybrid Class

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 16	9 – 10 a.m.	60821	11 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$59.84

Easy Fit

This 60 minute at-your-own-pace workout combines cardio with alternating upper and lower body strength exercises to keep you moving and feeling strong. You'll transition to a mat portion that gently lowers your heart rate and helps ease into relaxation. Each class includes a warm-up and a soothing cooldown.

Day	Start	Time	Code	Duration
Monday	September 14	9 – 10 a.m.	60894	12 Weeks

Instructor: Steve Mahant

Location: Conant Branch

Cost*: \$63.72

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 10	1:30 – 2:30 p.m.	60374	14 Weeks

Instructor: Mark Walker

Location: John Street Branch

Cost*: \$71.54

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 16	9:30 – 10:15 a.m.	60589	10 Weeks

Instructor: Katie Bonikowsky

Location: Conant Branch

Cost*: \$56.00

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



Fitness



Icon Denotes a Hybrid Class

Fall-Free Living

Stay strong, steady, and ready for anything. This upbeat class helps adults 55+ boost balance, build strength, and learn smart fall-prevention tips so you can move with confidence and enjoy everyday life with ease.

Day	Start	Time	Code	Duration
Tuesday	September 8	3:30 – 4:30 p.m.	60812	12 Weeks

Instructor: Marie Vernon-Grant – Healthy Theories

Location: John Street Branch

Cost*: \$63.72

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 9	12:40 – 1:25 p.m.	60713	12 Weeks

Instructor: Tanya Rivers

Location: Delpark Homes Branch

Cost*: \$63.72

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
Thursday	September 10	11 – 11:55 a.m.	60738	13 Weeks

Instructor: Tanya Rivers

Location: Delpark Homes Branch

Cost*: \$67.99

Day	Start	Time	Code	Duration
Tuesday	September 15	10:30 – 11:30 a.m.	60637	13 Weeks

Instructor: Nicky Alexander

Location: Delpark Homes Branch

Cost*: \$67.99

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 15	9:15 – 10:15 a.m.	60793	8 Weeks

Instructor: Camille Cherry

Location: Northview Branch

Cost*: \$48.48



Fitness



Icon Denotes a Hybrid Class

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 11	9:15 – 10:15 a.m.	60818	9 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$52.11

Groove Moves 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 9	1:35 – 2:35 p.m.	60714	12 Weeks

Instructor: Tanya Rivers

Location: Delpark Homes Branch

Cost*: \$63.72

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.

Day	Start	Time	Code	Duration
Wednesday	September 9	9:30 – 10:30 a.m.	60017	12 Weeks

Instructor: Julia Jackson

Location: John Street Branch

Cost*: \$63.72

Indoor Baseball

Sharpen your skills in this indoor practice facility. Come shake off some rust by throwing, catching, batting and fielding. Whether you're looking to improve your skills, stay active, or prepare for league play, this practice space offers a great opportunity to get ready for your next season. No instructor. Located at The Yard – Home of Academy Baseball 870 Taunton Rd W, Oshawa, ON L1L 0P1

Day	Start	Time	Code	Duration
Monday	September 7	6 – 7 p.m.	60652	8 Weeks

Location: The Yard

Cost*: \$133.68



Fitness



Icon Denotes a Hybrid Class

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 10	12:15 – 1:15 p.m.	60011	13 weeks

Instructor: Tanya Rivers

Location: Northview Branch

Cost*: \$67.99

Lymphatic Flow & Glow!

This feel-good class is all about gentle flowing movements, reducing stiffness and helping your body feel lighter and more relaxed. You will also learn breathing techniques to encourage the movement of lymph fluid throughout the body. You'll leave feeling looser, more energized, and refreshed – never overworked! Perfect for all levels, especially those looking for a low-impact, joint-friendly class that feels as good as it is beneficial.

Day	Start	Time	Code	Duration
Wednesday	September 9	9 – 10 a.m.	60445	12 Weeks

Instructor: Zoe Stirton

Location: Sikorski Branch

Cost*: \$63.72

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 11	8 – 9 a.m.	60817	9 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$52.11

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 15	8 – 9 a.m.	60815	13 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$67.99



Fitness



Icon Denotes a Hybrid Class

Men's Stretch, Strengthen & 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 16	7:45 – 8:45 a.m.	60820	11 Weeks

Instructor: Nicky Alexander

Location: Northview Branch

Cost*: \$59.84

Mind & Face Fitness Training

A practical, uplifting class that blends facial muscle exercises with simple cognitive boosting techniques. Participants learn how to tone facial muscles, release tension, sharpen focus, and build mental clarity through easy, repeatable routines. This class offers 15 minutes of full body stretching 10-15 minutes of calming, mindful meditation, gentle lymphatic drainage magic, stress-release techniques your nervous system will love, and laughter, the best medicine of all!

Day	Start	Time	Code	Duration
Monday	September 14	9:30 – 10:30 a.m.	60630	12 Weeks

Instructor: Tanya Rivers

Location: John Street Branch

Cost*: \$63.72

Pickleball Beginner

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. Loaner paddles available. No experience necessary.

Day	Start	Time	Code	Duration
Tuesday	September 8	11:45 – 12:45 p.m.	60587	6 Weeks
Tuesday	October 27	11:45 – 12:45 p.m.	60588	6 Weeks

Instructor: Linda Hebert

Location: Conant Branch

Cost*: \$45.48 per session

Day	Start	Time	Code	Duration
Thursday	September 10	5:15 – 6:45 p.m.	60702	6 Weeks
Thursday	October 29	5:15 – 6:45 p.m.	60703	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$60.00 per session



Fitness



Icon Denotes a Hybrid Class

Pickleball Beginner Plus

The next step to improve your pickleball game with instructions in strategy and skills training. Must have completed beginner course or have previous pickleball experience.

Day	Start	Time	Code	Duration
Wednesday	September 9	12 – 1:15 p.m.	60704	6 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$60.00

Day	Start	Time	Code	Duration
Wednesday	October 28	12 – 1:15 p.m.	60705	5 Weeks

Instructor: Gary Willert

Location: Conant Branch

Cost*: \$50.00

Pickleball Intermediate

Designed for more advanced players who demonstrate strong consistency, accuracy and strategic play. Emphasis on refining technique, anticipating shots and enhancing competitive game play. Please bring your own paddle.

Day	Start	Time	Code	Duration
Thursday	September 10	7 – 8:30 p.m.	60801	5 Weeks
Thursday	November 12	7 – 8:30 p.m.	60802	5 Weeks

Instructor: John Sharko

Location: Conant Branch

Cost*: \$53.10 per session

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. It is recommended that participants wear comfortable clothing. Mats are needed, block and bands are recommended.

Day	Start	Time	Code	Duration
Monday	September 21	10:10 – 11:10 a.m.	60597	10 Weeks

Instructor: Deborah Miller

Location: Online

Cost*: \$56.00

Pilates & Strength

A supportive, low-impact class combining mat Pilates, strength training, balance, and mobility work to help improve core strength, posture, stability, and overall functional fitness. This class is designed for all fitness levels and focuses on controlled movement, proper form, and building strength in a welcoming environment.



Fitness



Icon Denotes a Hybrid Class

Day	Start	Time	Code	Duration
Wednesday	September 9	9:45 – 10:30 a.m.	60570	10 Weeks

Instructor: Laura MacFayden

Location: Sikorski Branch

Cost*: \$56.00

Rock 'N' Fit to the 50s

Stay active and energized with this low-impact fitness class set to the classic sounds of the 1950s. Designed for all fitness levels, this easy-to-follow workout focuses on improving strength, balance, mobility, and overall wellness through simple exercises and functional movements. Enjoy a welcoming and supportive environment while working toward your fitness goals.

Day	Start	Time	Code	Duration
Tuesday	September 15	10:35 – 11:35 a.m.	60617	8 Weeks

Instructor: Camille Cherry

Location: Sikorski Branch

Cost*: \$48.48

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
Thursday	September 10	10 – 10:45 a.m.	60626	7 Weeks
Thursday	September 10	11 – 11:45 a.m.	60627	7 Weeks
Thursday	October 29	10 – 10:45 a.m.	60628	7 Weeks
Thursday	October 29	11 – 11:45 a.m.	60629	7 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$85.40 per session

Day	Start	Time	Code	Duration
Monday	September 14	10:30 – 11:15 a.m.	60622	6 Weeks
Monday	September 14	11:30 – 12:15 p.m.	60623	6 Weeks
Monday	November 2	10:30 – 11:15 a.m.	60624	6 Weeks
Monday	November 2	11:30 – 12:15 p.m.	60625	6 Weeks

Instructor: Mandy Matthews

Location: Delpark Homes Branch

Cost*: \$73.20 per session



Fitness



Icon Denotes a Hybrid Class

Strength Training

Experience functional benefits in your daily active living. Maintain and improve body strength, endurance, flexibility and balance with proper alignment and technique.

Day	Start	Time	Code	Duration
Wednesday	September 9	10:10 – 11:10 a.m.	60444	12 Weeks

Instructor: Zoe Stirton

Location: Sikorski Branch

Cost*: \$63.72

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 10	1:30 – 2:30 p.m.	60012	13 Weeks

Instructor: Tanya Rivers

Location: Northview Branch

Cost*: \$67.99

Stretch and Sculpt

Enjoy a full-body workout using light weights, bender balls and resistance bands, with many exercises done from a seated position for comfort and support. Emphasis is placed on proper body alignment to develop strength and endurance, along with slow, mindful stretching to improve flexibility.

	Day	Start	Time	Code	Duration
	Monday	September 14	9 – 10 a.m.	60709	10 Weeks

Instructor: Katie Bonikowsky

Location: Delpark Homes Branch

Cost*: \$56.00

Day	Start	Time	Code	Duration
Monday	September 14	9 – 10 a.m.	60710	10 Weeks

Instructor: Katie Bonikowsky

Location: Online

Cost*: \$56.00

Day	Start	Time	Code	Duration
Friday	September 18	11:45 – 12:45 a.m.	60013	12 Weeks

Instructor: Barb Wallace

Location: Northview Branch

Cost*: \$63.72



Fitness



Icon Denotes a Hybrid Class

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. This class does involve Mat work. Suitable for all fitness levels.

Day	Start	Time	Code	Duration
Wednesday	September 9	7 – 8 p.m.	60014	12 Weeks

Instructor: Sharon Davidson

Location: Northview Branch

Cost*: \$18.36

StrongHER Group Training

A strength training program for women looking to build strength, confidence, balance, and endurance in a supportive environment. Participants will learn safe, effective strength-training techniques using a variety of equipment while improving overall fitness and functional movement for everyday life.

Day	Start	Time	Code	Duration
Wednesday	September 9	10:40 – 11:40 a.m.	60654	10 Weeks

Instructor: Laura MacFayden

Location: Sikorski Branch

Cost*: \$56.00

Tai Chi Beginner Wu

The Wu style 12 form is ideal for beginners. This form takes 6 to 8 weeks to learn emphasizing relaxation in motion. It promotes flexibility, relaxation, and circulation, while enhancing neurological activity in both hemispheres of the brain.

Day	Start	Time	Code	Duration
Wednesday	September 9	8:55 – 9:55 a.m.	60018	12 Weeks

Instructor: Dave Chatham

Location: Northview Branch

Cost*: \$63.72

Tai Chi Beginner Yang

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 14	12 – 1 p.m.	60009	10 Weeks

Instructor: Dr. Lai

Location: Northview Branch

Cost*: \$56.00



Fitness



Icon Denotes a Hybrid Class

Tai Chi Beginner Yang

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
Wednesday	October 7	10:40 – 11:40 a.m.	60593	9 Weeks

Instructor: Sandra Jin

Location: Conant Branch

Cost*: \$52.11

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	October 7	9:30 – 10:30 a.m.	60592	9 Weeks

Instructor: Sandra Jin

Location: Conant Branch

Cost*: \$52.11

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 10	12:10 – 1:10 p.m.	60725	12 Weeks

Instructor: Larry Branigan and Pam Edmonds

Location: Delpark Homes Branch

Cost*: \$17.76

Tai Chi Sword

This practice 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 14	1:10 – 2:10 p.m.	60010	10 Weeks

Instructor: Dr. Lai

Location: Northview Branch

Cost*: \$56.00



Fitness



Icon Denotes a Hybrid Class

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 18	9:30 – 10:30 a.m.	60466	12 Weeks

Instructor: Stephanie Cooke

Location: John Street Branch

Cost*: \$63.72

Urban Pole Walking

Join us for this fast paced full body workout as we use urban poles to walk outside in the community, weather permitting. Class will take place indoors during inclement weather. Poles provided.

Day	Start	Time	Code	Duration
Tuesday	September 22	10:30 – 12 p.m.	60661	12 Weeks

Instructor: Laura Clements

Location: Conant Branch

Cost*: \$85.56

Zumba

Zumba is a low-impact, dance-based fitness class. With easy-to-follow choreography set to upbeat music it feels more like a dance party than exercise. Perfect for anyone looking to improve balance, flexibility and cardiovascular health in a fun, social environment

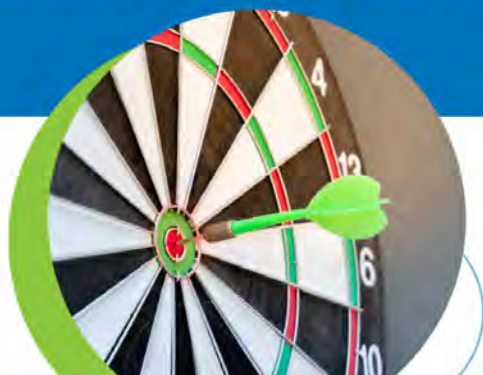
Day	Start	Time	Code	Duration
Thursday	September 10	8:45 – 9:45 a.m.	60585	13 Weeks

Instructor: Sami Khadka

Location: Conant Branch

Cost*: \$67.99

YOUR NEW TUESDAY NIGHT HANGOUT



Northview is
open late
every Tuesday
until 9 p.m.*

Bring your friends or make new ones while enjoying Darts, Progressive Euchre, Auction 45, and plenty of laughter. It's the perfect way to socialize, have fun, and spend your evening.

***Starting September 1**



General Interest

*Please note location Branch vs. Online

American Sign Language

This course focuses on the foundations of basic ASL. Such as ABC's, clothing, family, places.

Day	Start	Time	Code	Duration
Friday	September 11	9 – 10 a.m.	60826	8 Weeks

Instructor: Susan Meadows

Location: Conant Branch

Cost*: \$52.50

Creative Writing

How do writers entice readers to keep turning the page? Tension, suspense and raising the stakes engage readers and excite writers as they create stories. Explore creative writing through in-class exercises, lively discussions and examples and handouts designed to inspire beginners and experienced writers alike. Optional homework keeps the pen moving between classes.

Day	Start	Time	Code	Duration
Tuesday	October 20	10 – 12 p.m.	60077	6 Weeks

Instructor: Ruth E. Walker

Location: Northview Branch

Cost*: \$63.78

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 10	12 – 2 p.m.	60461	14 Weeks

Instructor: No instructor for this program

Location: John Street Branch

Cost*: \$17.22

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, familiarity with foundation rhythms and alternating hands. Opportunity to learn to play the Dun Dun's. Prerequisite: Drumming for Health Intermediate. Drums available.

Day	Start	Time	Code	Duration
Tuesday	September 8	11 – 12 p.m.	60037	12 Weeks

Instructor: Joanne Davison and John Fair

Location: Northview Branch

Cost*: \$17.76

Drumming for Health Beginner

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



General Interest

*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Thursday	September 10	1:30 – 2:30 p.m.	60038	13 Weeks

Instructor: Susan Lee

Location: Northview Branch

Cost*: \$17.29

Drumming for Health Beginner Plus

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

Day	Start	Time	Code	Duration
Tuesday	September 8	2 – 3 p.m.	60090	14 Weeks

Instructor: Meredith Forbes

Location: Northview Branch

Cost*: \$17.22

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 14	1:30 – 2:30 p.m.	60036	11 Weeks

Instructor: Denise Kettela

Location: Northview Branch

Cost*: \$17.60

Eat Smart, Age Strong

Nutritional Guidance, Empowering Minds, Transforming Bodies! Fuel your body and elevate your lifestyle with Marie's expert nutritional guidance. As a dedicated Nutritionist, she makes healthy eating simple, enjoyable, and totally doable.

Day	Start	Time	Code	Duration
Saturday	September 12	9 – 11 a.m.	60813	10 Weeks

Instructor: Marie Vernon-Grant - Healthy Theories

Location: John Street Branch

Cost*: \$79.20

From Tombs to Temples – Meet the Ancient Egyptians

Join us as we delve into the past to the time of the pharaohs. We'll look at the gods and their stories, discover what everyday life was like, and use the Egyptian Book of the Dead to better understand their views on the afterlife. And lots more! Did I forget to mention mummies and pyramids?

Day	Start	Time	Code	Duration
Thursday	September 17	2:15 – 3:45 p.m.	60731	6 Weeks



General Interest

*Please note location Branch vs. Online

Instructor: Kelly Evans

Location: Delpark Homes Branch

Cost*: \$51.90

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 9	10 – 12 p.m.	60058	6 Weeks

Instructor: Lynn Morrison

Location: Northview Branch

Cost*: \$17.10

Golf Simulator

Durham Regions premium indoor golf experience. 480+ Golf Courses, Practice Facilities, Cafe and Bar, as well as On-Site Service, Music, T.V and more. Meet at Golfers Edge - 472 Taunton Rd W Unit 1, Oshawa. No instructor.

Day	Start	Time	Code	Duration
Wednesday	October 7	9 – 11 a.m.	60450	10 Weeks

Location: Golfer's Edge

Cost*: \$148.40

Guided Meditation for Peace and Healing

Join us for Twin Hearts Meditation, a simple yet transformative practice designed to calm the mind, uplift emotions, and promote collective well-being. In this class we start with breathing exercises and gentle physical movements followed by guided meditation. It helps improve focus, mental clarity and reduce stress. No prior experience needed. Meditation can be done seated on the floor mats or chair.

Day	Start	Time	Code	Duration
Thursday	September 10	10 – 11 a.m.	60740	13 Weeks

Instructor: Rachana Chhabra

Location: John Street Branch

Cost*: \$18.07

Guitar for Beginners

This course is designed for students with little to no prior experience playing the guitar. This includes tuning the guitar, learning the basic chords and strumming and picking. Must bring own guitar.

Day	Start	Time	Code	Duration
Tuesday	September 29	2:45 – 4 p.m.	60718	8 Weeks

Instructor: Gord Pritchard

Location: Northview Branch

Cost*: \$55.60



General Interest

*Please note location Branch vs. Online

Hand Reflexology

Learn the holistic healing art of HAND Reflexology. Reflexology relieves tension, improves circulation, balances the body and provides preventative care. Reflexology relieves pains, insomnia, digestive issues and more. Learn which reflexology points on the hands map to your body parts, organs and hormone glands and learn how to stimulate these reflexes to promote better health. Each class is INTERACTIVE and allows you to experience enjoyable mini reflexology treatments by yourself or with a partner! Bring a towel to each class. Supply fee: \$20 includes 1 pair of reflexology gloves and 1 finger massage roller.

Day	Start	Time	Code	Duration
Wednesday	November 18	11 – 12 p.m.	60049	4 Weeks

Instructor: Colleen Dyer

Location: John Street Branch

Cost*: \$32.32

History of Art and Material Culture: From Prehistory to Today

Let's explore human creativity from the earliest cave paintings to contemporary art and design. Moving chronologically through major cultures and periods, the course examines how people have shaped their worlds through painting, sculpture, architecture, and material culture including furniture, ceramics, textiles, manuscripts, and everyday objects that carry the traces of lived experience. Alongside well-known artists and works, the course highlights the contributions of women artists, makers, patrons, and innovators who have often been left out of traditional art history. Through lectures and discussion, students gain a clear understanding of how humans have expressed themselves through images and objects across time.

Day	Start	Time	Code	Duration
Friday	September 11	1 – 3 p.m.	60657	8 Weeks

Instructor: Michael Belezney

Location: John Street Branch

Cost*: \$66.88

History of Objects and Ideas

Discover fascinating insights with Dr. Tess Pierce as she delves into the overlooked history of everyday objects and ideas. Explore how these elements shape our worldview in surprising and profound ways. Join us for an enlightening journey you won't want to miss!

Day	Start	Time	Code	Duration
Wednesday	October 28	9:30 – 11 a.m.	59948	6 Weeks

Instructor: Tess Pierce

Location: John Street Branch

Cost*: \$44.82

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.



General Interest

*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Wednesday	September 9	9:30 – 11 a.m.	59949	6 Weeks

Instructor: Gordon Dowsley and George Rocoski

Location: John Street Branch

Cost*: \$44.82

Piano for Beginners - Keyboard

This beginner-friendly course introduces the basics of playing piano using an electronic keyboard. Participants will learn simple melodies, basic hand positions, rhythm, and how to read easy music in a relaxed, supportive environment. No previous musical experience is required. Use the shared keyboards provided or bring your own.

Day	Start	Time	Code	Duration
Tuesday	September 8	9 – 10 a.m.	60671	6 Weeks

Instructor: Stephany John

Location: Conant Branch

Cost*: \$19.10

Sound Advice on Technology

Take the next step in your hearing health journey with Sound Advice on Technology. This four-week program explores technology, assistive devices, and built-in accessibility features that can help make communication easier and everyday activities more enjoyable. Gain practical skills, boost your confidence with technology, and connect with others who understand the challenges of living with hearing loss.

Day	Start	Time	Code	Duration
Tuesday	October 6	2:15 – 3:45 p.m.	60822	4 Weeks

Instructor: Madison Hencher

Location: Delpark Homes Branch

Cost*: Free

Spanish Conversational Level 2-4

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

Day	Start	Time	Code	Duration
Monday	September 14	11 – 12:30 p.m.	60462	8 Weeks

Instructor: Miriam Spena

Location: John Street Branch

Cost*: \$63.36

The Shakespeare You Never Knew: Unmasking the Social Rebel

Explore Shakespeare as a bold social critic who challenged ideas about gender, race, power, and justice. Through key plays, historical context, and lively discussion, this program reveals the rebellious voice behind the world's most famous playwright.



General Interest

*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Wednesday	September 9	10 – 12 p.m.	60469	4 Weeks

Instructor: Lorraine Aljoe

Location: John Street Branch

Cost*: \$48.00

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 10	9 – 10 a.m.	60455	13 Weeks

Instructor: Bill Collins

Location: Conant Branch

Cost*: \$62.14

Ukulele General

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

Day	Start	Time	Code	Duration
Thursday	September 10	10:15 – 11:45 a.m.	60456	13 Weeks

Instructor: Bill Collins

Location: Conant Branch

Cost*: \$82.29

Same great sale, new name! Formerly known as Clothing Carousel

COMMUNITY CLOSET THRIFT SALE

DONATION WEEKS

Donations can be conveniently dropped off at:

Dymon Storage Drive Thru

285 Taunton Road East, Oshawa

Monday August 10 to Friday August 14, 10 a.m. - 2 p.m.

In Branch

Monday August 17 to Friday August 21

For details visit 

Save the date

Treasures Await at the THRIFT SALE

Wednesday September 9 and Thursday September 10, 9 a.m. - 7 p.m.

Delpark Homes Branch - Leisure Room

Thank you for your support

COSTCO WHOLESALE

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



Yoga

Please note location **Branch vs. Online**

All Levels

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 25	9 – 10 a.m.	60732	10 Weeks

Instructor: Deborah Miller

Location: Delpark Homes Branch

Cost*: \$56.00

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 21	11:30 – 12:30 p.m.	60620	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$63.72

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. This class can be done from a chair or mat.

Day	Start	Time	Code	Duration
Wednesday	September 9	10:15 – 11:15 a.m.	60648	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$63.72

Chair Yoga

With the use of a chair, you can participate in a yoga class without getting up and down from the floor. Online participants will need an armless chair, yoga mat (or carpet), yoga blocks (or books), yoga strap (or towel/tie). It is recommended that participants wear comfortable clothing.

H	Day	Start	Time	Code	Duration
	Thursday	September 10	10:15 – 11:15 a.m.	60376	14 Weeks

Instructor: Mary Dobos (7 weeks) and Marcey Wilson (7 weeks)

Location: Northview Branch

Cost*: \$71.54

Day	Start	Time	Code	Duration
Thursday	September 10	10:15 – 11:15 a.m.	60378	14 Weeks

Instructor: Mary Dobos (7 weeks) and Marcey Wilson (7 weeks)

Location: Online

Cost*: \$71.54



Yoga

Please note location **Branch vs. Online**

Chair Yoga

With the use of a chair, you can participate in a yoga class without getting up and down from the floor. Online participants will need an armless chair, yoga mat (or carpet), yoga blocks (or books), yoga strap (or towel/tie). It is recommended that participants wear comfortable clothing.

H	Day	Start	Time	Code	Duration
	Monday	September 14	9 – 10 a.m.	60347	12 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$63.72

Day	Start	Time	Code	Duration
Monday	September 14	9 – 10 a.m.	60348	12 Weeks

Instructor: Grace Breen

Location: Online

Cost*: \$63.72

Chair Yoga Deep Relaxation

Need to relax and rejuvenate? Come sit with Patricia as she walks you through this yoga practice and helps with your overall well-being. Move through a yoga flow practice from the comfort of a chair. Occasional balance poses will be taken, standing, using the chair for support. Props are provided.

Day	Start	Time	Code	Duration
Thursday	September 10	11:30 – 12:30 p.m.	60706	13 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$79.95

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 9	11:30 – 12:30 p.m.	60688	10 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$56.00

Gentle Flow Hatha

Emphasizing flexibility and relaxation. Patricia will modify poses to suit your needs. This course is suitable for all levels. If you are a beginner, why not try something new! 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 3	9:30 – 10:30 a.m.	60686	9 Weeks

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



Yoga

Please note location **Branch vs. Online**

Instructor: Patricia Browne
Location: John Street Branch
Cost*: \$52.11

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	October 7	11:30 – 12:45 p.m.	60364	8 Weeks

Instructor: Bonnie McIntyre
Location: Northview Branch
Cost*: \$56.64

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 25	10:30 – 11:30 a.m.	60022	10 Weeks

Instructor: Deborah Miller
Location: Northview Branch
Cost*: \$56.00

Outdoor

Continue your yoga practice with us as we move outdoors onto the grass for a tension reducing and energy increasing class. Please bring your own mat. It is recommended that participants wear comfortable clothing. Class will be moved indoors during inclement weather.

Day	Start	Time	Code	Duration
Wednesday	September 9	9 – 10 a.m.	60647	12 Weeks

Instructor: Judy O'Dell
Location: Delpark Homes Branch
Cost*: \$63.72

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 8	10:30 – 12 p.m.	60020	14 Weeks
Thursday	September 10	10:30 – 12 p.m.	60021	14 Weeks

Instructor: Dave Chatham
Location: Northview Branch
Cost*: \$99.12 per session



Yoga

Please note location **Branch vs. Online**

Restorative

Gentle, supported postures help to restore movement and flexibility in your body. Assisted by the use of 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. Participants are recommended to bring a blanket, all other props are provided.

Day	Start	Time	Code	Duration
Monday	September 14	5:30 – 6:30 p.m.	60687	11 Weeks

Instructor: Patricia Browne

Location: John Street Branch

Cost*: \$70.18

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 participants can comfortably get down on the mat to fully engage in this transformative experience.

Day	Start	Time	Code	Duration
Wednesday	September 23	11:30 – 12:30 p.m.	60649	9 Weeks

Instructor: Deborah Miller

Location: Delpark Homes Branch

Cost*: \$52.11

Day	Start	Time	Code	Duration
Thursday	September 24	9:30 – 10:30 a.m.	60729	11 Weeks

Instructor: Deborah Miller

Location: Online

Cost*: \$59.84

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). It is recommended that participants wear comfortable clothing.

(H)	Day	Start	Time	Code	Duration
	Tuesday	September 8	9 – 10 a.m.	60349	14 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$71.54

Day	Start	Time	Code	Duration
Tuesday	September 8	9 – 10 a.m.	60350	14 Weeks

Instructor: Grace Breen

Location: Online

Cost*: \$71.54



Yoga

Please note location **Branch vs. Online**

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). It is recommended that participants wear comfortable clothing.

Day	Start	Time	Code	Duration
Thursday	September 10	2:45 – 3:45 p.m.	60351	14 Weeks

Instructor: Grace Breen

Location: Northview Branch

Cost*: \$71.54

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 21	9 – 10 a.m.	60619	12 Weeks

Instructor: Judy O'Dell

Location: Delpark Homes Branch

Cost*: \$63.72

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 24	12:15 – 1:15 p.m.	60459	11 Weeks

Instructor: Deborah Miller

Location: Conant Branch

Cost*: \$59.84

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
Wednesday	September 23	9:05 – 10:05 a.m.	60651	9 Weeks

Instructor: Deborah Miller

Location: Online

Cost*: \$52.11



Workshops & Seminars

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
Tuesday	September 29	2:30 – 4 p.m.	60985	1-Day

Instructor: Katie Shea

Location: Sikorski Branch

Cost*: Free

Day	Start	Time	Code	Duration
Friday	November 27	1 – 3 p.m.	60990	1-Day

Instructor: Katie Shea

Location: Northview Branch

Cost*: Free

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 11	10:30 – 1 p.m.	60783	1-Day

Instructor: Dianne Darch

Location: Northview Branch

Cost*: \$18.25

Ability Acceptance

Join us for an engaging presentation that explores different types of disabilities, the importance of inclusive allyship, and practical ways to create more welcoming and accessible spaces for everyone. Presented by Grandview Kids Ability Acceptance Presenter and members of the Family Engagement Team, this session aims to build understanding, acceptance, and confidence in supporting people of all abilities, with time included for questions and discussion.

Day	Start	Time	Code	Duration
Wednesday	September 23	2:30 – 3:30 p.m.	61663	1-Day

Instructor: Mitchell Daniels

Location: Delpark Homes Branch

Cost*: Free

Alzheimer's Society: Brain Health

Discover practical ways to support and protect your brain as you age. This session explores the latest research on reducing dementia risk and highlights how everyday lifestyle choices

Day	Start	Time	Code	Duration
Friday	September 11	10 – 11 a.m.	60863	1-Day



Workshops & Seminars

Instructor: Alzheimer's Society

Location: Conant Branch

Cost*: Free

Alzheimer's Society: Aging and the Sense

As we age, changes in vision, hearing, taste, touch, and smell can impact how we experience the world. This session examines common sensory changes and how they may affect daily life. Participants will gain insight into the physical realities of aging and explore strategies to better support independence, safety, and quality of life.

Day	Start	Time	Code	Duration
Friday	October 23	10 – 11 a.m.	60864	1-Day

Instructor: Alzheimer's Society

Location: Conant Branch

Cost*: Free

Alzheimer's Society: Warning signs of Dementia

Learn to recognize the early signs and symptoms of dementia and how they differ from typical aging. This session reviews key changes in memory, thinking, and behavior, including the 10 common warning signs. Participants will also be introduced to helpful resources and supports, empowering them to respond with confidence and seek appropriate assistance when needed.

Day	Start	Time	Code	Duration
Friday	November 20	10 – 11 a.m.	60865	1-Day

Instructor: Alzheimer's Society

Location: Conant Branch

Cost*: Free

Are Your Ducks In A Row

Find out how to get your ducks in a row, including the importance of a will, 9 struggles executors face and how to minimize them, tools to organize estate paperwork and relieve your family of financial and emotional stress, probate issues and costs, what to do if death occurs while traveling, shelter money from the estate and probate, the value of funeral pre-planning, and how to pre-plan for a funeral and final expenses.

Day	Start	Time	Code	Duration
Tuesday	September 15	11 – 12 p.m.	60873	1-Day

Instructor: Canada Purple Shield - Steve Lanys

Location: John Street Branch

Cost: Free

Day	Start	Time	Code	Duration
Wednesday	October 21	1 – 2 p.m.	60877	1-Day

Instructor: Canada Purple Shield - Steve Lanys

Location: Sikorski Branch

Cost: Free



Workshops & Seminars

Beyond the Prescription: The Pharmacist's Role in Minor Ailments and Vaccines

We will explore the expanding scope of pharmacy practice, highlighting how pharmacists play a pivotal role in assessing and managing minor ailments and delivering vaccines within the community. Participants will gain insight into current best practices, patient-centered approaches, and the evolving responsibilities that position pharmacists as accessible frontline healthcare providers. The session includes a focused PowerPoint presentation followed by an interactive question and answer to deepen understanding and address real-world applications.

Day	Start	Time	Code	Duration
Monday	October 5	1:30 – 3 p.m.	60875	1-Day

Instructor: Elham Khalkhali

Location: John Street Branch

Cost: Free

Buddhism 101

Step into the world of Buddhism with a brief introduction about Buddhist philosophy and time for questions and answers.

Day	Start	Time	Code	Duration
Monday	September 14	1:30 – 3:00 p.m.	60788	1-Day

Instructor: Galen Vajra

Location: John Street Branch

Cost*: \$8.75

Candle Making and Fall Craft

Enjoy professional step by step instructions as you hand pour your own 100% organic soy wax candle. Customize your fragrance from a variety of oils or create your own blend. While the candles dry, enjoy a fun fall craft. All materials are included and you will take home your craft and candle, along with expert tips on candle care to maximize its life and scent.

Day	Start	Time	Code	Duration
Thursday	September 24	1 – 3:30 p.m.	60646	1-Day

Instructor: Three Wicks Candles

Location: Conant Branch

Cost*: \$59.35

Candle Making and Holiday Craft

Enjoy professional step by step instructions as you hand pour your own 100% organic soy wax candle. Customize your fragrance from a variety of oils or create your own unique blend. While your candle dries, enjoy painting a holiday ornament. All materials are included and you will take home your craft and candle, along with expert tips on candle care to maximize its life and scent.

Day	Start	Time	Code	Duration
Thursday	November 26	1 – 2:30 p.m.	60650	1-Day

Instructor: Three Wicks Candles

Location: Conant Branch

Cost*: \$59.35



Workshops & Seminars

Cute Kitty

Learn how to create the soft texture of kitten fur using graphite pencils and powder. Add a pop of fun colour and some holiday spirit to this piece for some extra pizzazz. **Supplies will be provided by the instructor.**

Day	Start	Time	Code	Duration
Tuesday	November 24	2:30 – 4:30 p.m.	60829	1-Day

Instructor: Chrissie Wysotski

Location: Northview Branch

Cost*: \$42.00

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	September 11	10:30 – 12 p.m.	59893	1-Day

Instructor: Oshawa Public Library

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	September 24	2:30 – 3:30 p.m.	60734	1-Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free

Estate Planning

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

Day	Start	Time	Code	Duration
Thursday	October 8	2 – 3 p.m.	60874	1-Day

Instructor: Erik Fraser

Location: Conant Branch

Cost*: Free

How to Protect Yourself from Frauds and Scams

Join us for an informative session with local fraud expert retired Sgt. Martin Franssen of the Durham Regional Police Service Senior Support Unit. Sergeant Franssen will outline the latest trends used by fraudsters on seniors and provide helpful tips on how to protect yourself from fraud and safeguard your finances.

Day	Start	Time	Code	Duration
Friday	October 9	1 – 3 p.m.	61701	1-Day

Location: Northview Branch

Cost*: Free



Workshops & Seminars

Hearing Health: Top 5 Reasons for Hearing Health

Join Audiologists from Hear Canada for an engaging and informative session focused on maintaining healthy hearing at every stage of life. This presentation will explore key facts and prevalence of hearing loss, why hearing is vital for communication, cognition, and overall well-being, and how to better understand your hearing test results. Attendees will also learn practical tips for a successful hearing health check and gain insight into today's advanced hearing technologies. Whether you're curious about your own hearing or supporting a loved one, this session offers valuable knowledge to help you stay connected and confident.

Day	Start	Time	Code	Duration
Thursday	October 1	2 – 3 p.m.	60860	1-Day

Instructor: Sarah Ralph

Location: Conant Branch

Cost*: Free

"Hello Fall": Paint your Own Flowerpot or Pumpkin

Paint your own flowerpot or pumpkin to celebrate Fall's bright colors. Using templates provided we will show you how to incorporate fall flowers and pumpkins into a fun piece you can display all season long! The price includes the entire process – the pottery, paints, glazing, and kiln firing. Items are left with us to be glazed and fired and ready for pick up within 1 week.

Day	Start	Time	Code	Duration
Monday	October 5	1 – 3 p.m.	60886	1-Day

Instructor: Crock A Doodle Oshawa

Location: Conant Branch

Cost*: \$44.00

Herb Harvest

This make and take workshop guides participants step-by-step on how to successfully harvest and preserve herbs. The herbs highlighted in this workshop are basil, dill, mint, chives, rosemary, and lavender. Perfect for beginners, you will make a lavender sachet and herb and oil flavour cubes that you can take home and enjoy all winter long.

Day	Start	Time	Code	Duration
Friday	September 25	1 – 2:30 p.m.	60872	1-Day

Instructor: Gardens by Michelle

Location: Conant Branch

Cost*: \$8.75 (\$5 supply fee to be paid to instructor on day of workshop)



Workshops & Seminars

How to Stay in your Home Longer, Safely & Independently

We'll talk about the small things most seniors don't think about until they become a problem, from safety risks to simple changes and the scams that are becoming more common in our communities. You'll learn how to better protect yourself and make your home work for you as you age. The goal is to help you stay independent, confident, and comfortable in your own space.

Day	Start	Time	Code	Duration
Monday	November 2	1:30 – 3:30 p.m.	60885	1-Day

Instructor: Downsizing Daughters Group

Location: John Street Branch

Cost: Free

Day	Start	Time	Code	Duration
Friday	October 23	1:30 – 2:30 p.m.	60997	1-Day

Instructor: Downsizing Daughters Group

Location: Northview Branch

Cost*: Free

Intro to the Art of Henna: Learn, Draw and Create

Join us for a creative and relaxing experience where participants will learn about this natural and festive art and its cultural values from various countries. Participants will have the opportunity to explore henna designs, enjoy hands-on demonstrations, and receive henna applications. The program encourages self-expression and cultural appreciation in a welcoming and enjoyable environment. No prior experience is required. All materials will be provided.

Day	Start	Time	Code	Duration
Friday	October 16	1:30 – 3 p.m.	60903	1-Day

Instructor: Henna Yasir Art

Location: Conant Branch

Cost*: \$28.50

Letters from the Trenches: Oshawa and World War I

During the First World War, countless men and women from Oshawa made the brave decision to serve Canada. Included in that number were Pvt. William Garrow Jr., Pvt. Albert Pankhurst, Lieutenant Nursing Sister Victoria Donevan and Pvt. George Finigan. Using Garrow's letters home as an anchor, we travel through each of these individual's experiences.

Day	Start	Time	Code	Duration
Monday	November 23	1 – 2 p.m.	60805	1-Day

Instructor: Oshawa Museum

Location: John Street Branch

Cost*: \$16.00



Workshops & Seminars

Living well with Diabetes or Pre-Diabetes

Learn practical skills and strategies to better manage diabetes or pre-diabetes in this interactive workshop. Topics include monitoring blood glucose, managing stress, foot care, sick-day planning, communicating with health care providers, healthy eating, and the benefits of regular exercise. Each week, participants will create a personalized action plan to help them take small, achievable steps toward their health goals.

Day	Start	Time	Code	Duration
Monday	September 14	1 – 2 p.m.	60891	6 Weeks

Instructor: Diana MacDonald

Location: Conant Branch

Cost*: Free

Living Well with Chronic Pain

Is your chronic pain holding you back from truly enjoying life? Learn how to take control and make positive lasting changes through weekly action plans. In this class you will learn how different lifestyle choices impact your pain. Topics like pacing and planning, stress and sleep management, distraction techniques, how to effectively communicate our pain to health care providers and family, problem solving and decision making. Exploring the relationship between diet, exercise and pain. You will be invited each week to create a customized action plan to take small steps toward your health goals.

Day	Start	Time	Code	Duration
Friday	October 2	10 – 11 a.m.	60892	6 Weeks

Instructor: Diana MacDonald

Location: Online

Cost*: Free

Mini Blessing Plate

The Mini Blessing Plate (12 cm) The Mini Blessing Plate is a beautiful, 12 cm ceramic keepsake featuring traditional patterned bases that allow anyone to create a stunning piece of art—no prior artistic skills required. To make each piece uniquely yours, these plates come in a variety of pre-designed styles and vibrant edge colours, offering a wonderful selection of options to match your personal taste. Participants paint the plate during the session using specialized, high-quality ceramic paints and take it home the same day. After the workshop, a quick, simple bake in a home oven permanently sets the paint. This ensures the brilliant colours will never fade, making the customized blessing plate durable and perfectly ready for daily use or display.

Day	Start	Time	Code	Duration
Thursday	October 29	1 – 3:30 p.m.	60862	1-Day

Instructor: Art Masterclass

Location: Conant Branch

Cost*: \$ 92.75



Workshops & Seminars

Mourning After: The Celebration of Death

In the Victorian era, the term 'mourning' came to mean more than just grieving for the loss of a loved one, it comprised all of the ways that the Victorians expressed that grief. Through themes such as, Furniture to Funerals, Secure the Shadow, Memento Mori and Under the Black Veil, we compare and contrast the practices that are still alive today.

Day	Start	Time	Code	Duration
Monday	October 19	1 – 2 p.m.	60792	1-Day

Instructor: Oshawa Museum

Location: John Street Branch

Cost*: \$16.00

OPL Presents: Create with Cricut®

Learn about the Library's Cricut® machines and create a personalized bookmark or keychain.

Day	Start	Time	Code	Duration
Thursday	October 15	2 – 3 p.m.	60809	1-Day

Instructor: Oshawa Public Library

Location: Conant Branch

Cost*: Free

Paint your Own Holiday Plates

Paint your own Holiday theme plate for yourself or to gift to friends and family. Using templates provided we will guide you through the painting process. Painters are welcome to bring their own design template to create your own seasonal look. The price includes the entire process – the pottery, paints, glazing, and kiln firing. Items are left with us to be glazed and fired and ready for pick up within 1 week. Once the plate is fired it is food safe, great for all holiday sweets and treats!

Day	Start	Time	Code	Duration
Monday	November 23	1 – 3 p.m.	60887	1-Day

Instructor: Crock A Doodle Oshawa

Location: Conant Branch

Cost*: \$44.00

Pen and Ink Farmer's Market Fare

Capture the vibrant colours and textures of fresh Farmer's Market fare using pen and ink with watercolour. In this workshop you'll learn a variety of inking techniques and gain an understanding of how line weight can create interest and depth. You'll finish off your piece by adding a splash of colour to make your artwork pop! **Supplies will be provided by the instructor.**

Day	Start	Time	Code	Duration
Tuesday	September 29	2:30 – 4:30 p.m.	60828	1-Day

Instructor: Chrissie Wysotski

Location: Northview Branch

Cost*: \$42.00



Workshops & Seminars

Pickleball Strong Start

Improve your serves and returns with this focused pickleball workshop. Participants will learn techniques, consistency and strategic placement to gain advantage from the very first shot. Perfect for players looking to sharpen fundamentals and add new techniques to their play. Participants must be at intermediate level or have completed beginner course with playing experience.

Day	Start	Time	Code	Duration
Thursday	October 15	7 – 8:30 p.m.	60868	1-Day

Instructor: John Sharko

Location: Conant Branch

Cost*: \$18.25

Pickleball Mid Court Mastery

Improve your transition game with instruction focused on the mid-court and volley zone. Learn effective shot selection, positioning, and strategy to move confidently between the baseline and the kitchen line. Participants must be intermediate level or have completed beginner course with playing experience required.

Day	Start	Time	Code	Duration
Thursday	October 22	7 – 8:30 p.m.	60869	1-Day

Instructor: John Sharko

Location: Conant Branch

Cost*: \$18.25

Pickleball Drop, Drive and Dominate

Take your pickleball game to the next level! This workshop will focus on the third shot drop (or drive) and mastering the kitchen line. This session covers smart decision making at the non-volley zone to help you dominate rallies. Players will build confidence transitioning to the net and maintaining control at the kitchen line. Participants must be at an intermediate level or have completed a beginner course with playing experience required.

Day	Start	Time	Code	Duration
Thursday	October 29	7 – 8:30 p.m.	60870	1-Day

Instructor: John Sharko

Location: Conant Branch

Cost*: \$18.25

Planning a Smooth Transition, Free Retirement Home Transition Services

Our network of expert Senior Living Advisors are ready to support seniors and their families by providing straightforward support in finding the best retirement living solution tailored to their specific needs and wants. It is a free service to the senior and their families without any commitment in their search for a retirement residence. With a Visavie Advisor, the process takes only a few hours, depending on the urgency of the situation and our advisors will help you find the right solution for yourself or your loved one.



Workshops & Seminars

Day	Start	Time	Code	Duration
Tuesday	September 29	2:30 – 3:30 p.m.	61001	1-Day

Instructor: Keri Armstrong

Location: Delpark Homes Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	October 8	6 – 7 p.m.	61002	1-Day

Instructor: Keri Armstrong

Location: Delpark Homes Branch

Cost*: Free

Planning Your Legacy: Smart Estate Strategies for Seniors

Join us for an informative and practical session on estate planning designed specifically for retirees and seniors. This seminar will walk you through the key components of a well-structured estate plan, including wills, powers of attorney, beneficiary designations, and strategies to minimize taxes.

Day	Start	Time	Code	Duration
Wednesday	October 7	2:30 – 3:30 p.m.	60998	1-Day

Instructor: Chelsey Chartren & Derek Dutka

Location: Delpark Homes Branch

Cost*: Free

Planning with Clarity

This three-part seminar series gives OSCC55+ members clear, practical guidance on housing, financial planning, and legal readiness later in life. Each session stands alone while contributing to a simple, structured planning path. Led by Daniel Sutherland, Seniors Real Estate Specialist (SRES®), the series offers neutral, educational information and connects members with trusted local professionals.

Aging in Place vs Retirement Living

Day	Start	Time	Code	Duration
Wednesday	September 23	1:30 – 4:30 p.m.	60698	1-Day

Market & Downsizing Strategy

Day	Start	Time	Code	Duration
Wednesday	October 28	1:30 – 4:30 p.m.	60699	1-Day

Essential Affairs & Preparedness

Day	Start	Time	Code	Duration
Wednesday	November 25	1:30 – 4:30 p.m.	60700	1-Day

Instructor: Daniel Sutherland

Location: John Street Branch

Cost*: Free



Workshops & Seminars

Plots and Tales from Union Cemetery

Union Cemetery spans over 30 acres, decades of history, and is the final resting place for prominent locals. This presentation shares stories of remarkable people who are laid to rest here.

Day	Start	Time	Code	Duration
Monday	September 21	1 - 2 p.m.	60804	1-Day

Instructor: Oshawa Museum

Location: John Street Branch

Cost*: \$16.00

Retirement Income Planning: Turning Your Portfolio into a Reliable Paycheque

Worried about having enough income in retirement or running out of money too soon? Join us to learn how to turn your savings into a steady, reliable monthly “paycheque.” This session will explore practical ways to create consistent income, reduce reliance on market timing, and build a sustainable plan designed to last throughout your retirement.

Day	Start	Time	Code	Duration
Monday	September 28	1 – 3 p.m.	60867	1-Day

Instructor: Vanessa Benedict

Location: Northview Branch

Cost*: Free

#Sew Girls Can Go To School

Join us for a meaningful sewing workshop dedicated to helping young girls stay in school. Participants will work together to create essential items using donated quilting cotton, flannel, and other supplies. If you have any 100% quilting cotton or flannel to donate, we will gladly accept it. We also welcome sewing machine needles, girls’ underwear, Ziplock bags, hotel soaps. No sewing machine? No problem, the instructor will bring extras, and no sewing experience is required. Sewists who do bring a machine are encouraged to come with three pre wound bobbins and a pair of scissors to keep the work flowing smoothly. Every stitch makes a difference.

Day	Start	Time	Code	Duration
Wednesday	November 18	10 – 12 p.m.	59891	1-Day

Instructor: Janet Thorsteinson

Location: John Street Branch

Cost*: Free

Smart Moves for Seniors

This seminar is designed to help seniors and their families make informed decisions about downsizing, estate planning, and transitioning to retirement or community living. Attendees will gain practical information, guidance, and resources to navigate these important life changes with confidence. The session combines expert advice with support for the emotional aspects of planning and transition. Participants will leave with a clearer understanding of their options and the next steps available to them.



Workshops & Seminars

Day	Start	Time	Code	Duration
Wednesday	September 23	2:30 – 3:30 p.m.	60879	1-Day

Instructor: Jordan Underwood

Location: Conant Branch

Cost*: Free

Day	Start	Time	Code	Duration
Wednesday	October 14	1 – 2 p.m.	60878	1-Day

Instructor: Jordan Underwood

Location: Sikorski Branch

Cost*: Free

Tax-Smart Retirement Income Strategies

Join us for an engaging and practical session on taxsmart retirement income strategies designed specifically for retirees and those planning for retirement. This seminar will explore how to structure your income in a way that helps minimize taxes while maximizing your overall retirement cash flow.

Day	Start	Time	Code	Duration
Tuesday	September 22	2:30 -3:30 p.m.	61000	1-Day

Instructor: Chelsey Chartren & Derek Dutka

Location: Delpark Homes Branch

Cost*: Free

The AI Boom: How AI Has Changed Our World

In 2026, AI is everywhere. It's in the news, and it's transforming the services we use every day. This workshop looks at our increasingly AI-driven world and the revolutionary AI tools and technologies available to us right now.

Day	Start	Time	Code	Duration
Thursday	September 17	2 – 3 p.m.	60808	1-Day

Instructor: Oshawa Public Library

Location: Conant Branch

Cost*: Free

Day	Start	Time	Code	Duration
Friday	October 2	10:30 – 12 p.m.	59894	1-Day

Instructor: Oshawa Public Library

Location: John Street Branch,

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	October 29	2:30 – 3:30 p.m.	60735	1-Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free



Workshops & Seminars

The AI Future: What's Next for AI Tech

AI has come a long way, but what's next in AI may change our world even more. With the IT sector betting big on an artificially intelligent future, what can we expect from the months and years to come?

Day	Start	Time	Code	Duration
Friday	November 6	10:30 - 12 p.m.	59892	1-Day

Instructor: Oshawa Public Library

Location: John Street Branch

Cost*: Free

Day	Start	Time	Code	Duration
Thursday	November 26	2:30 - 3:30 p.m.	60736	1-Day

Instructor: Oshawa Public Library

Location: Delpark Homes Branch

Cost*: Free

The Sweetness of History

Join us as we explore the surprising, delightful, and sometimes delicious twists of history with the comforting charm of pie, coffee, and tea.

Day	Start	Time	Code	Duration
Friday	September 18	2 – 3 p.m.	60807	1-Day

Instructor: Tess Pierce

Location: John Street Branch

Cost*: \$12.10

Tinkering with Technology

Let's play! 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
Thursday	November 19	2 – 3 p.m.	60810	1-Day

Instructor: Oshawa Public Library

Location: Conant Branch

Cost*: Free

Travel Insurance Seminar

Join Yvonne from Belair Direct for a 30-minute online seminar to learn more about things to consider when deciding on travel insurance to meet your individual needs. The course provides an overview of stability clauses, plan options, and benefit considerations. This seminar is intended to provide some educational insight to guide you to selecting the coverage that is right for you and your family. Bring your questions!

Day	Start	Time	Code	Duration
Monday	October 19	11 – 11:30 a.m.	60995	1-Day

Instructor: Yvonne Brady

Location: Online

Cost*: Free



Workshops & Seminars

Tools for Healing Trauma and Regulating the Nervous System

Learn about nutrition, detoxes, movement, reducing stress and releasing trapped emotions.

Day	Start	Time	Code	Duration
Friday	September 25	1 – 3 p.m.	60660	1-Day

Instructor: Kasia Krajicek

Location: John Street Branch

Cost*: \$14.04

Ukrainian Egg Decorating: Snowflake Ornament

For those who want to experience this ancient Ukrainian tradition in a creative and festive way. Using the wax-resist method (similar to batik), participants will create a snowflake-inspired design on an egg by applying melted beeswax with an electric stylus called a kistka and layering vibrant dyes. In the first week, participants will learn the process, use the traditional tools, and create their ornament. The second week (December 8) will focus on completing the project and adding decorative embellishments to create a beautiful, one-of-a-kind keepsake.

Day	Start	Time	Code	Duration
Tuesday	December 1	1:30 – 3:30 p.m.	60737	2 Weeks

Instructor: Irene Johnston and Doris Cherkas

Location: Delpark Homes Branch

Cost*: \$22.72 (\$20 material fee payable to the teacher)

Waterfall in Fall

Using black and white drawing media on toned paper you'll capture the beauty of water cascading down a rocky outcrop in the middle of a fall forest. With the addition of rich autumn colours this piece is sure to shine. **All supplies will be provided by the instructor.**

Day	Start	Time	Code	Duration
Wednesday	October 28	6 – 8 p.m.	60830	1-Day

Instructor: Chrissie Wysotski

Location: Northview Branch

Cost*: \$42.00

Wellness Night: I Love Me

Take time to celebrate yourself at I Love Me! ♥, a wellness workshop focused on self-care, self-love, and connection. Enjoy a guided meditation, gentle movement and stretching, inspiring affirmation activities, and create a nourishing body scrub to take home. Light refreshments will be provided as you relax, recharge, and embrace the importance of caring for yourself.

Day	Start	Time	Code	Duration
Thursday	October 22	5:30 – 7:30 p.m.	60823	1-Day

Location: Delpark Homes Branch

Cost*: \$24.00



Workshops & Seminars

Wisdom Within

Discover simple tools to help you connect with your intuition. This introductory workshop explores the basics of using pendulums and oracle cards for reflection, insight, and personal growth. Participants will learn how to set intentions, ask meaningful questions, and interpret responses in a supportive, beginner-friendly environment.

Day	Start	Time	Code	Duration
Thursday	October 22	6:30 – 8 p.m.	60967	1-Day

Instructor: Jessica-Lee Bender

Location: Conant Branch

Cost*: \$15.37

Winter Holiday Traditions

When we discuss winter holiday traditions, we usually end up focusing on Christmas. This presentation will explore not only some early traditions of Christmas but also explore other global traditions too! Food, family, and celebration, lets come together and share in the holidays.

Day	Start	Time	Code	Duration
Monday	December 14	1 – 2 p.m.	60806	1-Day

Instructor: Oshawa Museum

Location: John Street Branch

Cost*: \$16.00

Winter Wreath Workshop

Create an evergreen wreath with hands-on instructions, and professional tips, on how to prepare, create and care for it throughout the season. No experience is necessary and everything is provided. Just bring your smile, a pair of gloves to keep your hands clean and take home your stunning creation.

Day	Start	Time	Code	Duration
Thursday	November 26	6 – 8 p.m.	60888	1-Day

Instructor: The Blooming Crate

Location: Conant Branch

Cost*: \$78.00

Wonders of the Wild: Bird Watching

Ecologist and co-founder of the Prince Edward Point Bird Observatory, Brian Joyce brings over 30 years of birding experience. Participants will learn to identify local and migrating songbirds by sight, habitat, size, shape, and song. This knowledge will be applied in the field at a popular migration location along the north shore of Lake Ontario. **Last class is guided 2-hour hike on Saturday, September 26 at Thickson's Woods.**

Day	Start	Time	Code	Duration
Thursday	September 10	6 – 7:30 p.m.	60893	3 Weeks

Instructor: Brian Joyce

Location: Conant Branch

Cost*: \$69.00



Workshops & Seminars

Year End Tax Planning Tips and Tricks

Actionable strategies to help reduce taxes, maximize retirement income, and avoid common pitfalls related to RRSP/RRIF withdrawals, CPP/OAS timing, pension splitting, and tax credits available to seniors. These insights can lead to improved cash flow, greater financial confidence, and better long-term planning outcomes.

Day	Start	Time	Code	Duration
Wednesday	October 28	2:30 – 3:30 p.m.	60999	1-Day

Instructor: Chelsey Chartren & Derek Dutka

Location: Delpark Homes Branch

Cost*: Free

Zentangle

Join us for an afternoon of Zentangle where we will create beautiful, tangled art. Come and play with some familiar tangles and learn some new ones while drawing along with your teacher. All you need is your basic supply kit from a previous class or the items on the materials list. Feel free to bring along any of your favourite supplies such as, gel pens and pencil crayons. The teacher will provide any tiles or other materials or tools required. **Each date will be a different project.** In order to fully enjoy this class it is recommended that participants have taken an Introduction to Zentangle class or have some previous Zentangle drawing experience.

	Day	Start	Time	Code	Duration
	Monday	September 14	12:30 – 3:30 p.m.	60638	1-Day
	Friday	October 16	12:30 – 3:30 p.m.	60639	1-Day
	Friday	December 4	12:30 – 3:30 p.m.	60640	1-Day

Instructor: Sharon West

Location: Northview Branch

Cost*: \$20.63 per session (\$5 material fee payable to the teacher)

Zentangle Mandala

Looking for some calm and meditative Zentangle drawing? Come along and create a beautiful Zentangle inspired mandala. We will begin by learning how to create a circular mandala template using simple geometry tools. Then the exciting part begins as we add a variety of tangles and mandala patterns! We will be working on one project over the two classes. All you need are the items on the materials list, but free to bring along any of your favourite supplies such as, gel pens and pencil crayons too. The teacher will provide any tiles or other materials or tools required. In order to fully enjoy this class it is recommended that participants have taken an Introduction to Zentangle class or have some previous Zentangle drawing experience.

	Day	Start	Time	Code	Duration
	Friday	October 23	12:30 – 3:30 p.m.	60741	2 Weeks

Instructor: Sharon West

Location: Northview Branch

Cost*: \$32.00 (\$5 material fee is payable to the teacher on the first class)



Special Events



Fundraising event

Men's Night Out: Water Treatment Plant

Get the scoop on your poop as we tour the Courtice Water Pollution Control Plant. Followed by a meal back at our Northview branch. NOTE: Please meet at the Courtice Water Pollution Control Plant (100 Osborne Rd, Oshawa, ON L1E 0L1) for 4:00 pm. All participants must wear closed-toed shoes and long pants for safety.

Day	Start	Time	Code	Cost*
Wednesday	September 2	4 – 7 p.m.	60062	\$22.12

Location: Northview Branch

The Great Cake Exchange

Bring your favorite HOMEMADE cake along with a printed copy of your recipe to share. Spend time admiring everyone's beautiful creations, chatting with fellow bakers, and discovering new recipes and inspiration. Once all the cakes have been displayed, we'll hold a random draw. Each participant will leave with a different homemade cake to enjoy at home, along with a recipe booklet featuring every cake entered so you can recreate your favorites anytime!

Day	Start	Time	Code	Cost*
Thursday	September 3	12 – 1:30 p.m.	61660	\$4.43

Location: Northview Branch

Harvest Bingo Bonanza

Enjoy a Harvest themed Bingo with friends for a fun and entertaining afternoon filled with fall spirit. Light refreshments will be served. Bingo chips are limited, so please bring some if you have them.

	Day	Start	Time	Code	Cost*
Member	Friday	September 4	1 – 4 p.m.	60369	\$8.85
Non-Member	Friday	September 4	1 – 4 p.m.	60370	\$11.06

Location: Conant Branch

Travelogue

The OSCC55+ presents monthly travelogues September destination is "Arizona & Utah" with John Smith and Alice Hebb.

Day	Start	Time	Code	Cost*
Wednesday	September 9	2 – 3 p.m.	60760	Free

Location: John Street Branch

Walk Across Canada: Sneakers Kick Off

Sign - up for the 2026 - 2027 season of indoor walking at the Oshawa Center, Food Court. Awards given for walking across Canada.

Day	Start	Time	Code	Cost*
Wednesday	September 9	8 – 10 a.m.	60365	Free

Location: Oshawa Center, Food Court



Special Events



Fundraising event

Afternoon Tea: Book Swap

Your afternoon tea with a twist! Join us for a charming afternoon of tea, treats, and literary surprises. Guests are invited to bring a gently loved book, carefully wrapped to conceal its identity. On the outside, simply write a few clues or the genre, not the title or author, to spark curiosity. Guests will randomly select a mystery book to take home chosen not by cover or author, but by the intrigue of its label.

Day	Start	Time	Code	Cost*
Friday	September 11	1 – 2:30 p.m.	60064	\$13.27

Location: Northview Branch

Cribbage Tournament

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

	Day	Start	Time	Code	Cost*
Member	Friday	September 11	1 – 4 p.m.	60366	\$8.85
Non-Member	Friday	September 11	1 – 4 p.m.	60367	\$11.06

Location: Conant Branch

Wutai Shan Buddhist Garden and Butter Tart Tour in the Kawarthas

Escape to the picturesque Kawarthas for a day of tranquility and tasty treats! Explore the beautiful Wutai Shan Buddhist Garden before indulging in a delicious butter tart tour. This outing combines culture, scenery, and local flavours. Moderate to heavy walking required. Lunch at own expense.

Day	Start	Time	Code	Cost*
Thursday	September 17	8:15 – 4:15 p.m.	60795	\$50.00

Location: Delpark Homes Branch

Ants in My Pants

Join Joyce Perrin author of 'Ants in My Pants' as she shares her unexpected travelling adventures over seven continents.

Day	Start	Time	Code	Cost*
Monday	September 21	6 – 8 p.m.	60780	\$12.39

Location: John Street Branch

Tetley Tea

Tetley proudly presents Vintage Soul this month. Let us know if you're celebrating a birthday.

Day	Start	Time	Code	Cost*
Thursday	September 24	12:30 – 2 p.m.	60769	\$8.85

Location: John Street Branch

Dine and Discover: Servants Stories

Join Samantha George, Curator at Parkwood National Historic Site, for an engaging presentation exploring the lives and stories of the servants who worked behind the scenes in one of Canada's grandest historic homes. Dinner will be served following the presentation.

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



Special Events



Fundraising event

Day	Start	Time	Code	Cost*
Tuesday	September 29	4 – 6 p.m.	60791	\$19.47

Location: Delpark Homes Branch

Paranormal Seekers

Step into the unknown with Durham Region's experienced paranormal investigation team. The Paranormal Seekers. Discover haunted history, paranormal evidence, and afterlife awareness. Real investigations. Historic locations. Unexplained encounters.

Day	Start	Time	Code	Cost*
Monday	October 5	1 – 2 p.m.	60066	\$8.85

Location: Northview Branch

Men's Night Out: Travelogue

Join us for a sumptuous dinner. Then travel to Northern Ireland. Marie Bekessy will take us through a quick history of Ireland and explore two of the hotspots of Belfast and Derry. Mixed in with pictures of the stunning scenery of Northern Ireland, including Dunluce Castle (used in Game of Thrones), The Giant's Causeway, the stunning Antrim Coast, and a visit to Portrush.

Day	Start	Time	Code	Cost*
Wednesday	October 7	5 – 7:30 p.m.	60065	\$22.12

Location: Northview Branch

Day Trip to Bobcaygeon and Show at Globus Theatre: A Women's Love List

Spend a delightful day exploring the charming village of Bobcaygeon before enjoying A Woman's Love List at the Globus Theatre. This heartwarming comedy is filled with laughter, romance, and life lessons about what truly matters. Lunch at own expense. Moderate walking is required.

Day	Start	Time	Code	Cost*
Thursday	October 8	8:15 – 4:15 p.m.	60796	\$50.00

Location: Delpark Homes Branch

Thanksgiving Dinner

Enjoy a Turkey Dinner with all the trimmings alongside musical entertainment by Fine Tuners.

Day	Start	Time	Code	Cost*
Thursday	October 8	5:30 – 7:30 p.m.	60773	\$25.00

Location: John Street Branch

Travelogue

The OSCC55+ presents monthly travelogues October destination is "Sailing the World" with Bruce Clark.

Day	Start	Time	Code	Cost*
Wednesday	October 14	2 – 3 p.m.	60761	Free

Location: John Street Branch

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



Special Events



Fundraising event

Euchre Tournament

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*
Member	Saturday	October 17	1 – 4:30 p.m.	60371	\$8.85
Non-Member	Saturday	October 17	1 – 4:30 p.m.	60372	\$11.06

Location: Conant Branch

Tetley Tea

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 22	12:30 – 2 p.m.	60770	\$8.85

Location: John Street Branch

Halloween Fabulous Fourth Friday

Get ready for a spooktacular Halloween Fabulous Fourth Friday! Dress up in your favorite costume and join us for a fun-filled night of music and dancing. Enjoy refreshments and a cash bar (19+) while dancing to the great sounds of Step by Step DJ. **Open to members and non-members.**

Day	Start	Time	Code	Cost*
Friday	October 23	7 – 9 p.m.	60689	\$10.00

Location: Conant Branch

Elemental Wellness Oil Journey: Creativity and wellness through the elements.

Discover the power of the elements as you create personalized wellness roll-on oils inspired by Earth, Air, Fire, and Water. Through guided reflection and hands-on blending, you'll use essential oils, botanicals, and crystals to create three unique take-home roll-ons that support your personal wellness journey. Light refreshments are included.

Day	Start	Time	Code	Cost*
Thursday	October 29	6 – 8 p.m.	60797	\$46.25

Location: Delpark Homes Branch

Superstitions

Join Lianne Harris for a spooky and fascinating 1-hour journey into the history of superstitions. Explore the origins behind familiar beliefs like black cats, unlucky number 13, and saying “bless you,” all while enjoying a fall treat.

Day	Start	Time	Code	Cost*
Friday	October 30	1:30 – 3 p.m.	60690	\$12.39

Location: Conant Branch



Special Events



Fundraising event

Monster Bingo: Two Time Slots

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*
Member	Saturday	October 31	9 – 12 p.m.	60766	\$8.85
Non-Member	Saturday	October 31	9 – 12 p.m.	60765	\$11.06
Member	Saturday	October 31	1 – 4 p.m.	60767	\$8.85
Non-Member	Saturday	October 31	1 – 4 p.m.	60768	\$11.06

Location: John Street Branch

Men's Night Out: Oshawa Archeology

After a yummy dinner, discover the digs in Oshawa which uncovered the Wendat villages.

Day	Start	Time	Code	Cost*
Wednesday	November 4	5 – 7 p.m.	60824	\$22.12

Location: Northview Branch

Remembrance Concert

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

Day	Start	Time	Code	Cost*
Wednesday	November 4	12:30 - 1:45 p.m.	60775	Free

Location: John Street Branch

Beauty Chat with Betsy

Join Betsy for a fun and engaging beauty chat designed to help you better understand your skin, how it changes with the seasons, and what ingredients to look for when choosing skincare products. Discover simple, practical tips for skincare to help you look and feel your best. Small samples from popular Korean beauty brands will be provided.

Day	Start	Time	Code	Cost*
Thursday	November 12	5 - 7 p.m.	60798	\$9.00

Location: Delpark Homes Branch

Photo Salon

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 12	1 – 2 p.m.	60373	Free

Location: John Street Branch



Special Events



Fundraising event

Holly Jolly Bingo Bonanza

Enjoy a 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 them.

	Day	Start	Time	Code	Cost*
Member	Friday	November 13	1 – 4 p.m.	60691	\$8.85
Non-Member	Friday	November 13	1 – 4 p.m.	60692	\$11.06

Location: Conant Branch

Murder Mystery Dinner

Come out and enjoy an interactive mystery dinner at the John Street Branch. 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 16	5:00 - 7:30 p.m.	60816	\$25.00
Monday	November 23	5:00 - 7:30 p.m.	60819	\$25.00

Location: John Street Branch

Hook and Needle Market

A special two-day event featuring beautifully handmade items created by members of the OSCC55+. From knitted goods and crochet creations to unique handcrafted pieces, every item is made with care and creativity. All proceeds from the market will go toward OSCC55+ fundraising initiatives.

Day	Start	Time	Code	Cost*
Wednesday	November 18	9 – 3 p.m.	No code	Free
Thursday	November 19	9 – 3 p.m.	No code	Free

Location: Northview Branch

Create Your Own Dryer Balls

Create your own set of three eco-friendly wool dryer balls in this fun, hands-on event! Using sheep fleece and wool roving, you'll learn the first steps of the dryer ball making process. The final felting step is completed at home using a washing machine, with instructions provided. Dryer balls are a natural alternative to fabric softeners and dryer sheets, helping to soften fabrics and reduce drying time. All materials are included. Beginners welcomed. Light refreshments served.

Day	Start	Time	Code	Cost*
Thursday	November 19	6 – 9 p.m.	60825	\$58.41

Location: Conant 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 19	7 – 9 p.m.	60814	Free

Location: Conant Branch

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



Special Events



Fundraising event

OSCC55+ Art Show and Fundraiser

Celebrate the creativity of our talented members at the OSCC55+ Art Show & Silent Auction. Members are invited to display their artistic creations from paintings, drawings, crafts, woodworking, soap stone creations, and mixed media pieces. Artists may also offer an art piece for the silent auction, and give guests the chance to take home a unique piece of art. All proceeds from the silent auction support OSCC55+ programs and services, helping to continue to enrich the lives of older adults in our community. Join us for an inspiring showcase of talent, imagination, and OSCC55+ spirit.

Day	Start	Time	Code	Cost*
Monday	November 23	3 – 7 p.m.	60781	Free

Location: John Street Branch

A Little Taste of Japan and Presentation: The Japanese Geisha with Leanne Harris

Enjoy a cultural evening inspired by Japan, beginning with Japanese snacks and green tea to set the atmosphere. The evening continues with an engaging presentation by Leanne Harris on the history, traditions, and artistry of the Japanese geisha, highlighting their cultural significance and enduring legacy.

Day	Start	Time	Code	Cost*
Tuesday	November 24	5 – 8 p.m.	60799	\$12.39

Location: Delpark Homes Branch

Tetley Tea

Tetley proudly presents Frets and Friends this month. Let us know if you're celebrating a birthday.

Day	Start	Time	Code	Cost*
Thursday	November 26	12:30 – 2 p.m.	60771	\$8.85

Location: John Street Branch

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 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*
Friday	November 27	1 – 3 p.m.	60443	\$39.82

Location: Northview Branch

Wreath Making

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*
Friday	November 27	10 – 12 p.m.	60442	\$39.82

Location: Northview Branch



Special Events



Fundraising event

Winter Puzzle Showdown

Join us for a fun Winter Jigsaw Puzzle Tournament! Compete individually or as a team of two in a race against the clock. Choose your own puzzle from our selection and see if you can complete it within the allotted time. All skill levels are welcome. Light refreshments will be served.

Day	Start	Time	Code	Cost*
Monday	November 30	1:30 – 4 p.m.	60697	\$13.27

Location: Conant Branch

Men's Night Out: Pine Ridge Train Club

ALL ABOARD to the Pine Ridge Model Train club. Tour two giant model train layouts and learn about electronics, track work, scenery, prototypical railroad operations and more. Then chug on back to Northview for a great dinner! Meet at 1711 Simcoe street N. Oshawa (Camp Samac) for 4:00 pm. Note: This space is not wheelchair accessible.

Day	Start	Time	Code	Cost*
Wednesday	December 2	4 – 7 p.m.	60075	\$22.12

Location: Northview Branch

Rise and Shine Christmas Breakfast

Start the holiday season with a warm and festive community breakfast. Enjoy a delicious spread featuring pancakes, bacon, baked beans, fresh fruit, yogurt, and a selection of juice/coffee/tea. A cheerful way to gather and celebrate the season with friends.

Day	Start	Time	Code	Cost*
Friday	December 4	8:15 – 9:45 a.m.	60790	\$10.62

Location: Delpark Homes Branch

Christmas Tour of Lights

Tour of Lights Return! Enjoy our tour of Oshawa's and surrounding areas best Christmas lights. Refreshments are included. We depart promptly at 6:00 p.m.

Day	Start	Time	Code	Cost*
Monday	December 7	6 – 8 p.m.	60779	\$15.00

Location: John Street Branch

Christmas Tour at Parkwood Estate

Meet on-site for a festive holiday tour of the Parkwood National Historic Site, featuring beautifully decorated rooms and a celebration of seasonal traditions. Enjoy a cheerful and immersive experience. Leave with a holiday goodie bag and a gift shop discount. NOTE: Please meet at Parkwood Estates (270 Simcoe St N, Oshawa, ON L1G 4T5) for 2:00pm.

Day	Start	Time	Code	Cost*
Wednesday	December 9	2 – 5 p.m.	60800	\$25.00

Location: Delpark Homes Branch



Special Events



Fundraising event

Travelogue

The OSCC55+ presents monthly travelogues December destination is "South Africa" with Marjorie Sorrell

Day	Start	Time	Code	Cost*
Wednesday	December 9	2 – 3 p.m.	60763	Free

Location: John Street 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 11	12 – 2:30 p.m.	60694	\$25.00

Location: Conant Branch

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*
Friday	December 11	12:30 – 3 p.m.	60776	\$8.85

Location: John Street Branch

Christmas Dinner

Enjoy a Turkey Dinner with all the trimmings alongside musical entertainment by Jeanette Vander Vooran.

Day	Start	Time	Code	Cost*
Monday	December 14	5:30 – 7: 30 p.m.	60777	\$25.00

Location: John Street Branch

Christmas Lunch

It's the most wonderful time of the year! Join us for a festive lunch, Christmas treats, and live holiday music.

Day	Start	Time	Code	Cost*
Tuesday	December 15	12 – 2 p.m.	60070	\$17.70

Location: Northview Branch

Christmas Choir Concert

Join the OSCC 55+ choir for our annual Christmas Choir Concert.

Day	Start	Time	Code	Cost*
Wednesday	December 16	12:30 - 1:45 p.m.	60778	Free

Location: John Street Branch



Special Events



Fundraising event

Christmas Tetley Tea

We finish off December with a bang Tetley proudly presents Meredith Cutting. Let us know if you're celebrating a birthday.

Day	Start	Time	Code	Cost*
Thursday	December 17	12:30 – 2 p.m.	60772	\$8.85

Location: John Street Branch

Ring in the New Year

Celebrate the arrival of 2027 with music and unforgettable moments. Enjoy an evening of live DJ music, our signature drink, cash bar, gourmet appetizers, and exclusive door prizes. Membership is not required.

Day	Start	Time	Code	Cost*
Thursday	December 31	8 p.m. – 1 a.m.	60861	\$30.97

Location: Northview Branch

BINGO GAMES



LET'S PLAY BINGO!

Multiple Days. Multiple Chances to Shout "BINGO!"

Fill your card and your social calendar at our fun-filled bingo afternoons. Bring your friends, or make new ones, as you laugh, play, and enjoy a welcoming social atmosphere.

See details:

Harvest Bingo page 70 | Monster Bingo page 74 | Holly Jolly Bingo page 75

RING IN THE *New Year*

Thursday, December 31

8 p.m. - 1 a.m.

Northview Branch

Code: 60861

\$30.97 plus tax

Celebrate the arrival
of 2027 with music
and unforgettable
moments.

OPEN TO MEMBERS AND NON-MEMBERS

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



Recreation

Some programs have additional cost for prize pool

5-Pin Bowling (2-games)			NEB's World
Date	Time	Cost	Code
Monday Sept 28	10:00 a.m.	\$12.25	60895
Monday Oct 26	10:00 a.m.	\$12.25	60896
Monday Nov 30	10:00 a.m.	\$12.25	60897

Shoe rental included.

Auction 45s (120s)			\$1.00
Day	Time	Branch	
NEW Tuesday	6:30 – 8:30 p.m.	Northview	
Thursday	6:30 – 8:30 p.m.	Conant	
Friday	1 – 3 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	
Friday	1 – 2:45 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	

Not the 4th Thursday of the month

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

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

Book Club			Free
Day	Time	Branch	
2 nd Tuesday	2 – 3 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 – 11 a.m.	Conant	
1 st Tuesday	9 – 11 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 – 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	

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

Creative Corner			Free
Day	Time	Branch	
Thursday	12 – 2 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 – 3:30 p.m.	John Street	

Desi Friendship Connect

Join us Saturday October 17, 1 - 3:30 p.m. for an information session at John Street Branch.

Everyone Welcome



Recreation

Some programs have additional cost for prize pool

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

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

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

Euchre (Progressive) \$1.00		
Day	Time	Branch
Wednesday	12:30 – 3:30 p.m.	Conant
Tuesday	1 – 3:30 p.m.	Delpark
NEW Tues.	6:15 – 8:45 p.m.	Northview
Wednesday	1 – 3:30 p.m.	Northview
Friday	1 – 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

Jigsaw Puzzle Drop-in \$1.00		
Day	Time	Branch
NEW Tuesday*	1:30 – 3:30 p.m.	Conant

*Starts Sept. 1

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

*Fourth Monday of the month

Line Dance Social Drop-in \$2.00		
Day	Time	Branch
Friday*	6 – 8 p.m.	John Street

*Monthly Oct. 16, Nov. 13 & Dec. 11

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

Meet and Chat Group NEW Free		
Day	Time	Branch
Tuesday*	10 – 12 p.m.	Conant

*Sept. 8, Oct. 6, Nov. 10 & Dec. 8

News and Views Free		
Day	Time	Branch
Thursday	10 – 11 a.m.	John Street

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

Open Sewing \$2.00		
Day	Time	Branch
Friday*	12 – 4 p.m.	Conant

*Sept. 11, Oct. 2, Nov. 13 and Dec. 4

Pickleball Session Bundle: Conant Branch Pre-registration only.		
Level	Date/Time	Cost/Code
Beginners	Monday Aug 31 11:15 – 1:15 p.m. 15 Weeks	\$30.00 60721
Intermediate	Monday Aug 31 9 – 11 a.m. 15 Weeks	\$30.00 60720
Intermediate	Monday Aug 31 1:30 – 3:30 a.m. 15 Weeks	\$30.00 60722
Intermediate	Thursday Sept 3 8:15 – 10:15 a.m. 16 Weeks	\$32.00 60724
Intermediate	Thursday Sept 3 10:30–12:30 p.m. 16 Weeks	\$32.00 60726

Member price as listed. Non-member price \$5, excludes Duplicate Bridge, Conant Bundled Pickleball and Bowling.



Recreation

Some programs have additional cost for prize pool

Pickleball Session Bundle: Continued		
Intermediate	Friday Sept 4 9 – 11 a.m. 15 Weeks	\$30.00 60727
Intermediate	Friday Sept 4 11:15 – 1:15 p.m. 15 Weeks	\$30.00 60728
Intermediate	Friday Sept 4 1:30 – 3:30 p.m. 15 Weeks	\$30.00 60730
Advanced	Wednesday Sept 2 1:30 – 3:30 p.m. 15 Weeks	\$30.00 60723

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

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

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

Shuffleboard \$1.00		
Day	Time	Branch
Monday NEW	1 – 3 p.m.	John Street
Thursday	9 – 10:30 a.m.	John Street

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

*Starts Sept. 9

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

Stamp Collectors 1.00		
Day	Time	Branch
Friday	10:30– 12:00 p.m.	Delpark

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

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

Texas Hold'Em \$1.00		
Day	Time	Branch
Monday	1 – 3 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 – 3:30 p.m.	Conant

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

*All abilities welcome. Start at John Street

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

*Call Ext. 2903 to register. Various Routes

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

Member price as listed. Non-member price \$5, excludes Duplicate Bridge, Conant Bundled Pickleball and Bowling.

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- Resident care quality: without enough workers on site, patients receive less attention than they should.
- Retention and recruitment: many workers are entertaining leaving for other work sites or other careers.
- Burnout: those who stay are expected to deal with higher workloads.
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 Tuesday October 20 – Northview Branch
 Tuesday November 17 – John Street Branch

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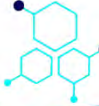
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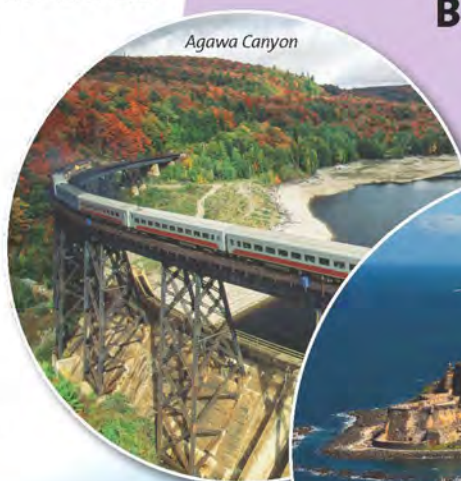
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