



## 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.



# Summer Guide 2026

## SAVE THE DATE

### Activity Guide

**Registration Begins:**  
Monday, June 15, 2026

**Activity Guide Online:**  
Monday, June 8, 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](mailto:info@oscc.ca)

 [www.oscc.ca](http://www.oscc.ca)

# Member Information

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

## **Membership prices (Tax included)**

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

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

**All memberships may be purchased in-person at any OSCC55+ front desk.**

You will be required to fill out the membership form and pay during that time.

**Memberships may also be purchased online via our website.**

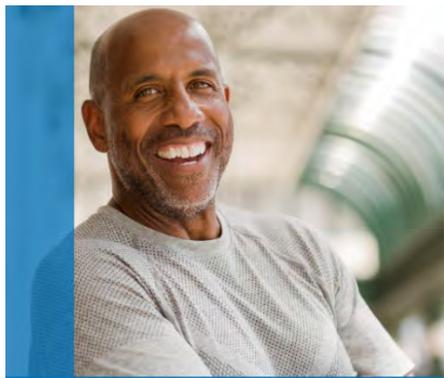
See below for details:



## **New Members - Hello and Welcome!**

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

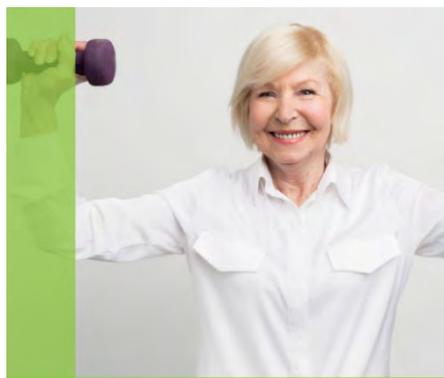
To purchase your membership online, please visit [www.oscc.ca/newmember](http://www.oscc.ca/newmember) and follow the instructions listed. Next time you are in a branch, pick up your membership card at the front desk.



## **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](http://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](http://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, March 16, 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.

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**

### **Conant Branch**

Tuesday, April 28 at 11 a.m.

### **Northview Branch**

Tuesday, May 26 at 11 a.m.

### **John Street Branch**

Tuesday, June 30 at 11 a.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](mailto: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](mailto:osccadp@oshawa.ca) or call 905-576-6712 Ext. 2853



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.

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	April 16	June 11	2 – 2:45 p.m.	57403

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

**Cost:** Free

## TRANSPORTATION SERVICES

Tickets can be purchased at OSCC55+ Front desks

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.

Please provide 24 hours' notice.



**Book a ride today!**

Round trip \$12.00 (Plus HST)

## Community Volunteer Income Tax Program

Eligible OSCC55+ members may call 905.576.6712 Ext. 2900 to book an appointment for the current tax year. Service available until April 30.

This is a volunteer service. As per CRA guidelines, individuals must have a modest income and a simple tax situation.

Single: Less than \$35,000  
Married: Less than \$45,000

Donation of \$5.00 is appreciated.





# 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.**

**Thursday, April 2** Northview Branch  
**Thursday, May 7** John Street Branch  
**Thursday, June 4** Northview Branch

10:00 a.m. – 12:00 p.m.

John  
Street  
Branch



## Hearing Clinic

A technician from Hear Canada will provide a **FREE** hearing health check at the John Street Branch.  
Register for an appointment by calling,  
905-576-6712, ext 2847 or email,  
osccservices@oshawa.ca

**Wednesday, April 15**  
**Wednesday, May 20**  
**Wednesday, June 17**

9:00 a.m. – 1:00 p.m.



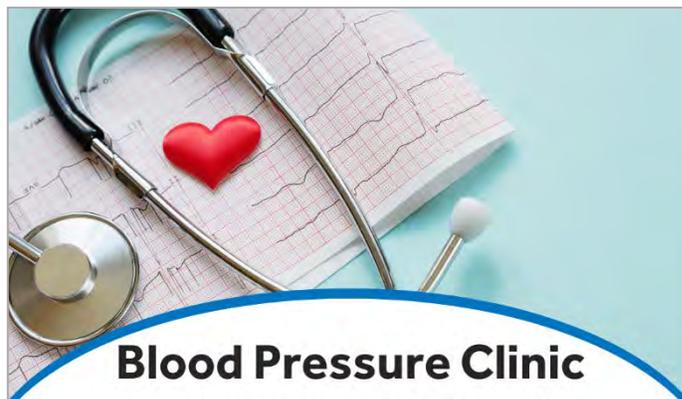
John  
Street  
Branch

## Denture Clinic

Smile with confidence. **SAL DIRECT DENTURE CARE** is offering **FREE** professional initial denture consultation. Please note this is not a dental visit.  
Register for an appointment by calling,  
905-576-6712, ext 2847 or email,  
osccservices@oshawa.ca

**Friday, April 17**  
**Friday, May 8**  
**Friday, June 12**

10:30 a.m. – 12:30 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

**April 21** Northview Branch  
**May 19** John Street Branch  
**June 16** Delpark Homes Branch

10:00 a.m. – 1:00 p.m.



# Community Support Services

## Foot Care

Regular treatment supports **diabetic & pain management**

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

TAKE STEPS TOWARD BETTER HEALTH—AND EARN A FREE VISIT!

## Rewards Program

**When you book and attend 9 foot care appointments within a calendar year, your 10th visit is FREE!**

**Cancellation policy:**

24 hours' notice required or a fee of 50% of the service cost will be applied on account.



## Client Referral Program

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

For more information call 905-576-6712, Ext. 2847  
or email [osccservices@oshawa.ca](mailto:osccservices@oshawa.ca)



# Arts and Crafts



Supplies needed for this course

## Acrylic Painting - Beginners

Learn the basics of acrylic painting in a fun, relaxed setting! Perfect for beginners — explore colour mixing, brush techniques, and simple compositions to build your confidence and creativity.

	Day	Start	Time	Code	Duration
	Tuesday	May 19	11:30 – 1:30 p.m.	57666	5 Weeks

**Instructor:** Menka Close

**Location:** Conant Branch

**Cost\*:** \$55.70 (\$10 kit fee payable to instructor at first class)

## Acrylic Painting

Acrylic Painting is a great way to spend the 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	April 13	10 – 12 p.m.	57276	10 Weeks

**Instructor:** Olivia Morin

**Location:** John Street Branch

**Cost\*:** \$79.20

## 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	April 8	1:30 – 3:30 p.m.	57112	12 Weeks

**Location:** John Street Branch

**Cost\*:** \$17.00

## Charcoal Drawing

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

	Day	Start	Time	Code	Duration
	Monday	April 13	1 – 3 p.m.	57196	10 Weeks

**Instructor:** Sandy Mackenzie

**Location:** John Street Branch

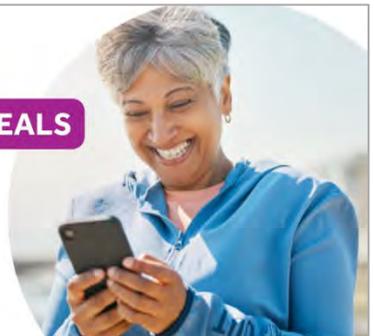
**Cost\*:** \$79.20

## MEMBERSHIP HAS ITS PERKS

OSCC55+ Members enjoy exclusive discounts and special offers from a variety of organizations and businesses.



[VIEW DEALS](#)



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



# Arts and Crafts



Supplies needed for this course

## Crochet

All levels welcome. Beginners: Learn basic crochet stitches and how to combine them. Bring a ball of light-coloured medium/worsted/(4) weight yarn and a 5 mm crochet hook to the first class. Projects may include a dishcloth, a granny square, and an item of your own choosing.

Experienced crocheters: Bring your work in progress or start something new.

Day	Start	Time	Code	Duration
Monday	April 13	11 – 12:30 p.m.	57108	10 Weeks

**Instructor:** Jackie James

**Location:** John Street Branch

**Cost\*:** \$17.00

## Intro to Drawing

Discover the joy of drawing in this relaxed beginner class. All supplies are provided, and you don't need any background in art.

	Day	Start	Time	Code	Duration
	Wednesday	May 13	1 – 3 p.m.	57377	5 Weeks

**Instructor:** Michael Beleznay

**Location:** John Street Branch

**Cost\*:** \$ 47.80

## Intro to Painting

A beginner-friendly class where you will explore the basics of oil and acrylic painting. All supplies are provided and absolutely no prior experience is required.

	Day	Start	Time	Code	Duration
	Wednesday	April 8	1 – 3 p.m.	57376	5 Weeks

**Instructor:** Michael Beleznay

**Location:** John Street Branch

**Cost\*:** \$ 47.80

## Jewelry Making

Learn to make, repair or remake jewelry. Jewelry-making tools and a towel are required. Create necklaces, earrings, bracelets and more.

	Day	Start	Time	Code	Duration
	Thursday	May 14	10 – 12 p.m.	57077	6 Weeks

**Instructor:** Lynn Morrison

**Location:** Northview Branch

**Cost\*:** \$17.10 (\$50 for supplies payable to instructor at first class)

## Knit and Crochet Open Studio

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

Day	Start	Time	Code	Duration
Friday	April 10	10 – 12 p.m.	56954	11 Weeks

**Location:** Northview Branch

**Cost\*:** \$17.00

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



# Arts and Crafts

Supplies needed for this course

## 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.

	Day	Start	Time	Code	Duration
	Friday	April 10	10:30 –12:30 p.m.	57026	11 Weeks

**Instructor:** Sandy Mackenzie

**Location:** Northview Branch

**Cost\*:** \$ 102.19

## 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. Ask for supply list.

	Day	Start	Time	Code	Duration
	Monday	April 13	1 – 3 p.m.	56951	6 Weeks

**Instructor:** Geri McLaren

**Location:** Northview Branch

**Cost\*:** \$18.72

## 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 beginner's course before taking intermediate.

Day	Start	Time	Code	Duration
Monday	April 13	1 – 3 p.m.	56950	6 Weeks

**Instructor:** Elaine Witts

**Location:** Northview Branch

**Cost\*:** \$18.72

## One Stroke Painting Open Studio

This class is for advanced one stroke painters. **No instructor** for this program.

Day	Start	Time	Code	Duration
Monday	April 13	9 – 12 p.m.	56949	6 Weeks

**Location:** Northview Branch

**Cost\*:** \$18.72

## Open Art Studio

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

Day	Start	Time	Code	Duration
Friday	April 10	1 – 4 p.m.	57225	10 Weeks

**Location:** Delpark Homes Branch

**Cost\*:** \$ 17.00

Day	Start	Time	Code	Duration
Monday	April 13	10:30 - 1:30 pm	56948	10 Weeks

**Location:** Northview Branch

**Cost\*:** \$17.00

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



# Arts and Crafts



Supplies needed for this course

## 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	April 13	10:30 –12:30 p.m.	57074	10 Weeks

**Instructor:** Dianne Darch

**Location:** Northview Branch

**Cost\*:** \$94.70

## Pen and Ink Intermediate

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

Day	Start	Time	Code	Duration
Friday	April 10	10:30 –12:30 p.m.	57075	10 Weeks

**Instructor:** Dianne Darch

**Location:** Northview Branch

**Cost\*:** \$94.70

## Quilting Open Studio

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

Day	Start	Time	Code	Duration
Tuesday	April 7	10 – 2 p.m.	56952	12 Weeks

**Location:** Northview Branch

**Cost\*:** \$ 17.76

## Quilting Open Studio with Instructor

Work on quilting projects in a collaborative space. Quilting experience and working sewing machine are required. Volunteer instructor Carol Geiecker will be available for guidance.

Day	Start	Time	Code	Duration
Thursday	April 9	10 – 2 p.m.	57283	11 Weeks

**Instructor:** Carol Geiecker

**Location:** Delpark Homes Branch

**Cost\*:** \$ 17.60

## Rug Hooking Open Studio

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

Day	Start	Time	Code	Duration
Thursday	April 9	9:30 – 11:30 a.m.	57058	11 Weeks

**Location:** Conant Branch

**Cost\*:** \$17.60

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



# Arts and Crafts

Supplies needed for this course

## 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.**

Day	Start	Time	Code	Duration
Monday	April 13	1 – 4 p.m.	57028	10 Weeks

**Location:** Delpark Homes Branch

**Cost\*:** \$ 17.00

## Sewing Open Studio

This is a fun and social group! Bring in a project from home or work on one as a group. Experienced sewers only. If you bring your own sewing machine, please bring your own power cord. **No instructor** for this program.

Day	Start	Time	Code	Duration
Monday	April 13	9:30 – 11:30 a.m.	56988	10 Weeks

**Location:** Conant Branch

**Cost\*:** \$17.00

## Soapstone Carving

Beginners are welcome. Starter kits will be provided by instructor. Project is Mounted Maple Leaf or Butterfly in Brazil Stone.

Day	Start	Time	Code	Duration
Friday	April 17	9:30 – 11:30 a.m.	57359	4 Weeks

**Instructor:** Peter Martin

**Location:** Conant Branch

**Cost\*:** \$48.00 (\$40 payable to instructor for kits at first class)

## 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. **No instructor**

Day	Start	Time	Code	Duration
Wednesday	April 8	9:30 – 11:30 a.m.	57054	11 Weeks

**Location:** Conant Branch

**Cost\*:** \$17.60

Day	Start	Time	Code	Duration
Wednesday	April 8	11:30 – 1:30 p.m.	56953	11 Weeks

**Location:** Northview Branch

**Cost\*:** \$ 17.60



## LOOKING FOR TRAVELOGUE PRESENTERS

Have an unforgettable travel story? Share your adventures with our community and take us along to the places you've explored.

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



# Arts and Crafts

Supplies needed for this course

## 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. 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.

	Day	Start	Time	Code	Duration
	Tuesday	April 14	10 –12 p.m.	57220	7 Weeks

**Instructor:** John Bebbington

**Location:** John Street Branch

**Cost\*:** \$70.20

## 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 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 wish.

	Day	Start	Time	Code	Duration
	Thursday	April 9	10 –12:30 p.m.	57114	8 Weeks

**Instructor:** John Bebbington

**Location:** John Street Branch

**Cost\*:** \$93.52

	Day	Start	Time	Code	Duration
	Thursday	April 9	10 –12:30 p.m.	57115	8 Weeks

**Instructor:** John Bebbington

**Location:** Online Only

**Cost\*:** \$93.52

## Woodcarving Bird Carving

Open to new and experienced carvers, learn the skills to carve a Red Breasted Grosbeak. For new carvers please wait to purchase tools until after the first class and speaking with the instructor. Eye drawings included. Extra cost for feet if you want them ordered.

Day	Start	Time	Code	Duration
Wednesday	April 8	8 – 11 a.m.	57023	9 Weeks
Wednesday	April 8	5:45 – 8:45 p.m.	57025	9 Weeks

**Instructor:** Rodney Maahs

**Location:** Northview Branch

**Cost\*:** \$88.38 per session (\$30 payable to instructor for cut out at first class)



# Arts and Crafts

Supplies needed for this course

## Woodcarving Caricatures

Open to new and experienced carvers. Learn the skills to carve and paint a frog “Happy Hopper” Wood carving tools are required. For new carvers the instructor can loan a few basic tools for the first few weeks.

Day	Start	Time	Code	Duration
Tuesday	April 7	8:30 – 11:30 a.m.	57045	10 Weeks

**Instructor:** Larry Jeffreys

**Location:** Delpark Homes Branch

**Cost\*:** \$120.00 per session (\$30 payable to instructor for cut out at first class)

## 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	April 7	12 – 2 p.m.	56966	10 Weeks
Thursday	April 9	10 –12 p.m.	56967	10 Weeks

**Location:** Sikorski Branch

**Cost\*:** \$17.00

## Zentangle®

For this session we will continue to use the Zentangle® method of eight steps to create traditional black and white tiles while learning new tangles and strings. We will also explore new substrates to tangle on, such as three dimensional objects and incorporating different colour mediums into our art. It is recommended to complete an introductory Zentangle® class before attending this class.

	Day	Start	Time	Code	Duration
	Thursday	April 9	1 – 3 p.m.	57353	8 Weeks

**Instructor:** Sharon West CZT

**Location:** Northview Branch

**Cost\*:** \$79.20 (Material costs - students can purchase a supply kit from the instructor for \$23 or bring their own supplies and pay the instructor \$10 for the tiles)

**AVAILABLE FOR PURCHASE AT THE FRONT DESK.**

SELECTION OF TEES, LONG SLEEVES, AND HOODIES FOR SALE IN BLACK AND WHITE.

**EXCLUSIVE OSCC55+ MERCHANDISE**



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



# Computers and Technology

## Android Phones and Tablets for Beginners

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

Day	Start	Time	Code	Duration
Wednesday	April 8	11 – 1 p.m.	57437	4 Weeks

**Instructor:** Jan Novada

**Location:** John Street Branch

**Cost\*:** \$17.00

## Android Phones and Tablets Plus

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

Day	Start	Time	Code	Duration
Wednesday	May 6	11 – 1 p.m.	57438	4 Weeks

**Instructor:** Jan Novada

**Location:** John Street Branch

**Cost\*:** \$17.00

## Android Tablet and Cell Phone Basics

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

Day	Start	Time	Code	Duration
Wednesday	April 8	12:15 – 2:15 p.m.	57537	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	May 13	12:15 – 2:15 p.m.	57540	4 Weeks

**Instructor:** Ajith Panagoda

**Location:** Northview Branch

**Cost\*:** \$58.16

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



# Computers and Technology

## Computers for Absolute Beginners

Get equipped with a basic understanding of your 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 laptop.

Day	Start	Time	Code	Duration
Wednesday	April 8	9:30 – 11:30 a.m.	57536	4 Weeks

**Instructor:** Ajith Panagoda

**Location:** Northview Branch

**Cost\*:** \$58.16

## 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 taken the Beginners course.

Day	Start	Time	Code	Duration
Wednesday	May 13	9:30 – 11:30 a.m.	57539	4 Weeks

**Instructor:** Ajith Panagoda

**Location:** Northview Branch

**Cost\*:** \$58.16

## iPad and iPhone Basics

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

Day	Start	Time	Code	Duration
Wednesday	April 8	4 – 6 p.m.	57538	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	May 13	4 – 6 p.m.	57542	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

## Beginner Ballet

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

Day	Start	Time	Code	Duration
Tuesday	April 7	10:15 – 11:15 a.m.	57233	10 Weeks

**Instructor:** Alison Grebenc

**Location:** North Oshawa Clubhouse

**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 Latin rhythms. You will have so much fun you'll forget you're exercising!

Day	Start	Time	Code	Duration
Tuesday	April 7	11:45 – 12:45 p.m.	57100	11 Weeks

**Instructor:** Mirna Ornelas

**Location:** Northview Branch

**Cost\*:** \$ 59.84

## Choreo Dance Yoga

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

Day	Start	Time	Code	Duration
Friday	April 10	11 – 12 p.m.	57332	11 Weeks

**Instructor:** Patricia Browne

**Location:** John Street Branch

**Cost\*:** \$59.84

## Dance Fusion

Class includes 20 minutes of dance cardio followed by 40 minutes of light weights and stretching.

Day	Start	Time	Code	Duration
Friday	April 10	8:15 – 9:15 a.m.	57186	10 Weeks

**Instructor:** Katie Bonikowsky

**Location:** John Street Branch

**Cost\*:** \$56.00

## Line Dance

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

Day	Start	Time	Code	Duration
Thursday	April 10	3:15 – 4:15 p.m.	57428	10 Weeks

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



# Dance

**Instructor:** Nicole Cote

**Location:** Conant Branch

**Cost\*:** \$ 52.60

## 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	April 13	6 – 7 p.m.	57201	9 Weeks

**Instructor:** Sharon Davidson

**Location:** John Street Branch

**Cost\*:** \$52.11

## 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	April 7	1 – 2:30 p.m.	57122	10 Weeks

**Instructor:** Karen Preston

**Location:** Sikorski Branch

**Cost\*:** \$75.00

## 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	April 9	9:30 – 11 a.m.	57123	10 Weeks

**Instructor:** Karen Preston

**Location:** Sikorski Branch

**Cost\*:** \$75.00

## 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. Participants are advised to have danced at a beginner level.

Day	Start	Time	Code	Duration
Friday	April 10	10:30 – 11:30 a.m.	57131	11 Weeks

**Instructor:** Barb Wallace

**Location:** Northview Branch

**Cost\*:** \$ 59.84



# Dance

## 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	June 14	1 – 4 p.m.	57185	1 Day

**Instructor:** Barb Wallace and Karen Preston

**Location:** Conant Branch

**Cost\*:** \$15.00

## 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	April 8	1 – 1:45 p.m.	57190	10 Weeks

**Instructor:** Gladys Rodriguez

**Location:** Sikorski Branch

**Cost\*:** \$ 56.00

## 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	April 7	1 – 3 p.m.	57541	11 Weeks

**Instructor:** Barry Clasper

**Location:** Conant Branch

**Cost\*:** \$77.88

## Tap Dance for Beginners

Step into fun with this beginner-friendly tap dance class designed just for seniors! 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	April 7	9 – 10 a.m.	57231	6 Weeks

**Instructor:** Alison Grebenc

**Location:** North Oshawa Clubhouse

**Cost\*:** \$40.80



# Dance

## Tap Dance Intermediate

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

Day	Start	Time	Code	Duration
Tuesday	April 7	11:30 – 12:30 p.m.	57232	10 Weeks

**Instructor:** Alison Grebenc

**Location:** North Oshawa Clubhouse

**Cost\*:** \$56.00

## Tap Dance Advance

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

Day	Start	Time	Code	Duration
Tuesday	April 7	12:45 – 1:45 p.m.	57230	10 Weeks

**Instructor:** Alison Grebenc

**Location:** North Oshawa Clubhouse

**Cost\*:** \$ 56.00

## LINE DANCE SOCIAL FUNDRAISERS

Everyone welcome

### Line Dance Social

An afternoon of line dancing to a variety of dances and music!

Instructor led and open to all levels of dancers.

**Sunday, March 8, 1:00 - 4:00 pm**

FOR DETAILS SEE PAGE 20

### Line Dance Social Drop-in

Kick up your heels and join us for a fun, beginner-friendly line dancing session.

**Monthly - Friday, April 24, May 22  
and June 19, 6:00 - 8:00 pm**

FOR DETAILS SEE PAGE 72



## ZUMBATHON Fundraiser

We're teaming up with fantastic guest instructors for a dynamic dance experience.

Everyone welcome



You'll groove through three energizing 30-minute dance workouts with a quick refreshment break in between to keep the momentum going.

**Sunday, April 12, 10 - 12 pm**

FOR DETAILS SEE PAGE 38



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



# 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	April 7	1 – 1:45 p.m.	57099	11 Weeks

**Instructor:** Mirna Ornelas

**Location:** Northview Branch

**Cost\*:** \$ 59.84

 Day	Start	Time	Code	Duration
Thursday	April 9	1 – 1:45 p.m.	57228	10 Weeks

**Instructor:** Laura MacFayden

**Location:** Sikorski Branch

**Cost\*:** \$ 56.00

Day	Start	Time	Code	Duration
Thursday	April 9	1 – 1:45 p.m.	57229	10 Weeks

**Instructor:** Laura MacFayden

**Location:** Online

**Cost\*:** \$56.00

## 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 in Thursday class.

Day	Start	Time	Code	Duration
Thursday	April 9	9 – 9:55 a.m.	57557	11 Weeks

**Instructor:** Birgitta Peterson-Khan

**Location:** Delpark Homes Branch

**Cost\*:** \$ 59.84

Day	Start	Time	Code	Duration
Tuesday	April 14	9:25 – 10:25 a.m.	57046	10 Weeks

**Instructor:** Nicky Alexander

**Location:** Delpark Homes Branch

**Cost\*:** \$ 56.00

## 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	April 9	1 - 2 p.m.	57329	11 Weeks

**Instructor:** Zoe Stirton

**Location:** John Street Branch

**Cost\*:** \$ 59.84

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



# Fitness



Icon Denotes a Hybrid Class

## 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
Wednesday	April 8	3 – 3:45 p.m.	57223	10 Weeks
Friday	April 10	1 – 1:45 p.m.	57224	10 Weeks

**Location:** Delpark Homes Branch

**Cost\*:** \$80.00 per session

Day	Start	Time	Code	Duration
Monday	April 13	9:45 – 10:30 a.m.	57221	9 Weeks
Monday	April 13	3 – 3:45 p.m.	57222	9 Weeks

**Location:** Delpark Homes Branch

**Cost\*:** \$73.35 per session

## 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	April 8	8:30 – 9:15 a.m.	57086	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Conant Branch

**Cost\*:** \$59.84

Day	Start	Time	Code	Duration
Wednesday	April 8	8:30 – 9:15 a.m.	57087	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Online

**Cost\*:** \$59.84

## Active with Arthritis

This joint-friendly, low-impact workout helps 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!

Day	Start	Time	Code	Duration
Tuesday	April 14	1 - 2 p.m.	57324	10 Weeks

**Instructor:** Zoe Stirton

**Location:** John Street Branch

**Cost\*:** \$56.00

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



# Fitness



Icon Denotes a Hybrid Class

## Body and Brain 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
	Tuesday	April 14	8:30– 9:15 a.m.	57372	10 Weeks

**Instructor:** Birgitta Peterson-Kahn

**Location:** Conant Branch

**Cost\*:** \$56.00

Day	Start	Time	Code	Duration
Tuesday	April 14	8:30– 9:15 a.m.	57373	10 Weeks

**Instructor:** Birgitta Peterson-Kahn

**Location:** Online

**Cost\*:** \$56.00

## Body Flow

A fun, low-impact fitness class. This energizing session combines light cardio, muscle conditioning, and gentle stretching to improve strength, balance, and flexibility. Move to the rhythm, boost your energy, and feel amazing — every class leaves you stronger, happier, and more confident!

Day	Start	Time	Code	Duration
Wednesday	April 8	1:50 – 2:35 p.m.	57192	10 Weeks

**Instructor:** Gladys Rodriguez

**Location:** Sikorski Branch

**Cost\*:** \$56.00

## 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	April 7	9:30 – 10:30 a.m.	57191	11 Weeks

**Instructor:** Julia Jackson

**Location:** John Street Branch

**Cost\*:** \$59.84

## Chair Groove and Move

Music and motivation come together in Groove and Move, featuring energetic moves with a unique twist. Participate fully while seated or standing. This guided workout gets your heart pumping, your body moving, and your spirits lifted. Give it a try!

Day	Start	Time	Code	Duration
Monday	April 13	9:45 – 10:45 a.m.	57431	10 Weeks

**Instructor:** Tanya Rivers

**Location:** John Street Branch

**Cost\*:** \$56.00

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



# Fitness



Icon Denotes a Hybrid Class

## 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	May 8	11 – 12 p.m.	57358	7 Weeks

**Instructor:** Nicky Alexander

**Location:** Conant Branch

**Cost\*:** \$44.66

Day	Start	Time	Code	Duration
Friday	May 8	11 – 12 p.m.	57360	7 Weeks

**Instructor:** Nicky Alexander

**Location:** Online

**Cost\*:** \$44.66

## 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	April 13	2:30 - 3:30 p.m.	57357	9 Weeks

**Instructor:** Nicky Alexander

**Location:** Online Only

**Cost\*:** \$52.11

## 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	April 9	11 – 12 p.m.	57213	11 Weeks

**Instructor:** Jill Akerfeldt

**Location:** John Street Branch

**Cost\*:** \$ 59.84

## 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	April 8	11 – 12 p.m.	57212	11 Weeks

**Instructor:** Jill Akerfeldt

**Location:** John Street Branch

**Cost\*:** \$ 59.84

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



# Fitness



Icon Denotes a Hybrid Class

## Chair Fit with Flair

Chair based fitness class with a mix of cardio, strength, and flexibility exercises for all fitness levels. Programmed to fun, upbeat music!

Day	Start	Time	Code	Duration
Wednesday	April 8	11:40 – 12:40 p.m.	57370	10 Weeks

**Instructor:** Zoe Stirton

**Location:** Sikorski Branch

**Cost\*:** \$ 56.00

Day	Start	Time	Code	Duration
Monday	April 13	1– 2 p.m.	57322	10 Weeks

**Instructor:** Zoe Stirton

**Location:** John Street Branch

**Cost\*:** \$ 56.00

## 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	April 7	11 – 12 p.m.	57211	11 Weeks

**Instructor:** Tanya Rivers

**Location:** John Street Branch

**Cost\*:** \$ 59.84

## 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	April 10	9:45 – 10:45 a.m.	57215	11 Weeks

**Instructor:** Tanya Rivers

**Location:** John Street Branch

**Cost\*:** \$59.84

## 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	April 13	11 – 12 p.m.	57203	9 Weeks

**Instructor:** Stephanie Cooke

**Location:** John Street Branch

**Cost\*:** \$52.11

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



# Fitness



Icon Denotes a Hybrid Class

## Chair Strength in Motion

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

Day	Start	Time	Code	Duration
Friday	April 17	11 –12 p.m.	57206	10 Weeks

**Instructor:** Stephanie Cooke  
**Location:** John Street Branch  
**Cost\*:** \$56.00

## 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	April 14	2:15 – 3:15 p.m.	57325	10 Weeks

**Instructor:** Zoe Stirton  
**Location:** John Street Branch  
**Cost\*:** \$56.00

## 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	April 8	2 – 3 p.m.	57120	9 Weeks

**Instructor:** Kathleen Taylor  
**Location:** Northview Branch  
**Cost\*:** \$52.11

## 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
Thursday	April 9	11:15 – 12:15 p.m.	57183	10 Weeks

**Instructor:** Katie Bonikowsky  
**Location:** Sikorski Branch  
**Cost\*:** \$56.00

Day	Start	Time	Code	Duration
Monday	April 13	10:15–11:15 a.m.	57033	9 Weeks

**Instructor:** Katie Bonikowsky  
**Location:** Delpark Homes Branch  
**Cost\*:** \$52.11

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



# Fitness



Icon Denotes a Hybrid Class

## 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.

Day	Start	Time	Code	Duration
Tuesday	April 7	9:30 – 10:15 a.m.	57048	11 Weeks

**Instructor:** Mandy Matthews

**Location:** Online

**Cost\*:** \$ 59.84

Day	Start	Time	Code	Duration
Tuesday	April 7	11:35– 12:20 p.m.	57049	11 Weeks

**Instructor:** Katie Bonikowsky

**Location:** Delpark Homes Branch

**Cost\*:** \$59.84

## 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	April 15	9 – 10 a.m.	57269	8 Weeks

**Instructor:** Nicky Alexander

**Location:** Northview Branch

**Cost\*:** \$ 48.48

## ELDOA Method

Discover the ELDOA Method, a fun and engaging way to feel your best, created by the famous osteopath Dr. Guy Voyer. These 60-second poses blend muscle contraction with stretching to give your joints more space and ease tension. 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.

Day	Start	Time	Code	Duration
Thursday	April 9	1:30 – 2:30 p.m.	57214	11 Weeks

**Instructor:** Mark Walker

**Location:** John Street Branch

**Cost\*:** \$59.84

	<p>Tuesday May 12, 10am-6pm Harmony Event Centre 11011 Bloor St. E., Oshawa <b>FREE ADMISSION • FREE PARKING</b></p>
	<p>DISCOVER THE LATEST IN RETIREMENT LIVING, ENTERTAINMENT, RECREATION, TRAVEL, HOME IMPROVEMENT, ESTATE PLANNING, FINANCIAL SERVICES AND MORE.</p> <p> </p>

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



# Fitness



Icon Denotes a Hybrid Class

## Empower 45

A 45-minute full-body strength class is built to empower your body, mind, and nervous system. We use controlled movements, intentional pacing, and supportive coaching to help you lift with confidence, reduce stress, and build strength that lasts

Day	Start	Time	Code	Duration
Thursday	April 9	2 – 2:45 p.m.	57256	10 Weeks

**Instructor:** Laura MacFayden

**Location:** Sikorski Branch

**Cost\*:** \$56.00

## 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	April 8	9:30 – 10:15 a.m.	57361	11 Weeks

**Instructor:** Katie Bonikowsky

**Location:** Conant Branch

**Cost\*:** \$59.84

## 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	April 8	12:40 – 1:25 p.m.	57320	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Delpark Homes Branch

**Cost\*:** \$59.84

## 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	April 9	11 – 11:55 a.m.	57385	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Delpark Homes Branch

**Cost\*:** \$59.84

Day	Start	Time	Code	Duration
Tuesday	April 14	10:30 – 11:30 a.m.	57047	10 Weeks

**Instructor:** Nicky Alexander

**Location:** Delpark Homes Branch

**Cost\*:** \$56.00

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



# Fitness



Icon Denotes a Hybrid Class

## 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	April 21	9:15 – 10:15 a.m.	57137	8 Weeks

**Instructor:** Camille Cherry

**Location:** Northview Branch

**Cost\*:** \$48.48

## Fresh Start Fitness

We'll focus on regaining the strength, coordination, balance, and confidence you may have lost over the past couple of years. We'll use body weight, balls, weights, and chairs for balance.

Day	Start	Time	Code	Duration
Friday	May 8	9:15 – 10:15 a.m.	57270	7 Weeks

**Instructor:** Nicky Alexander

**Location:** Northview Branch

**Cost\*:** \$44.66

## Groove Move with Weights

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

Day	Start	Time	Code	Duration
Wednesday	April 8	1:35 – 2:35 p.m.	57321	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Delpark Homes Branch

**Cost\*:** \$59.84

## 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
Thursday	April 9	9:30 – 10:30 a.m.	57194	11 Weeks

**Instructor:** Julia Jackson

**Location:** John Street Branch

**Cost\*:** \$59.84

## 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	April 9	12:15 – 1:15 p.m.	57059	11 Weeks

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



# Fitness



Icon Denotes a Hybrid Class

**Instructor:** Tanya Rivers

**Location:** Northview Branch

**Cost\*:** \$59.84

## 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	May 8	8 – 9 a.m.	57271	7 Weeks

**Instructor:** Nicky Alexander

**Location:** Northview Branch

**Cost\*:** \$44.66

## 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	April 14	8 – 9 a.m.	57260	10 Weeks

**Instructor:** Nicky Alexander

**Location:** Northview Branch

**Cost\*:** \$56.00

## Men's Stretch, Strengthen and Core Stability

A fun class on strengthening important core stabilizing muscles, which will increase back strength. Includes 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	April 15	7:45 – 8:45 a.m.	57268	8 Weeks

**Instructor:** Nicky Alexander

**Location:** Northview Branch

**Cost\*:** \$ 48.48

## Mind and 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.

Day	Start	Time	Code	Duration
Monday	April 13	11 – 12 p.m.	57424	10 Weeks

**Instructor:** Tanya Rivers

**Location:** John Street Branch

**Cost\*:** \$ 56.00

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



# Fitness



Icon Denotes a Hybrid Class

## 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. Requirements: court shoes. Loaner paddles available. No experience necessary.

Day	Start	Time	Code	Duration
Thursday	April 2	5:15 – 6:45 p.m.	57387	6 Weeks

**Instructor:** Gary Willert

**Location:** Conant Branch

**Cost\*:** \$60.00

Day	Start	Time	Code	Duration
Tuesday	April 7	11:45 – 12:45 p.m.	57531	6 Weeks

**Instructor:** Linda Hebert

**Location:** Conant Branch

**Cost\*:** \$45.48

Day	Start	Time	Code	Duration
Thursday	May 14	5:15 – 6:45 p.m.	57530	5 Weeks

**Instructor:** Gary Willert

**Location:** Conant Branch

**Cost\*:** \$50.00

Day	Start	Time	Code	Duration
Tuesday	May 19	11:45 – 12:45 p.m.	57532	6 Weeks

**Instructor:** Linda Hebert

**Location:** Conant Branch

**Cost\*:** \$45.48

## Pickleball Beginner Plus

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

Day	Start	Time	Code	Duration
Wednesday	April 8	12 – 1:15 p.m.	57383	5 Weeks

**Instructor:** Gary Willert

**Location:** Conant Branch

**Cost\*:** \$46.45

Day	Start	Time	Code	Duration
Wednesday	May 20	12 – 1:15 p.m.	57384	5 Weeks

**Instructor:** Gary Willert

**Location:** Conant Branch

**Cost\*:** \$46.45

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



# Fitness



Icon Denotes a Hybrid Class

## Pickleball Intermediate

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

Day	Start	Time	Code	Duration
Thursday	May 14	7 – 8:30 p.m.	57483	5 Weeks

**Instructor:** John Sharko

**Location:** Conant Branch

**Cost\*:** \$50.00

## Pilates

Drawn from therapeutic roots, Pilates adapts to any and all body issues and aims to strengthen muscles while improving postural alignment and flexibility Mats are needed, block and bands are recommended.

Day	Start	Time	Code	Duration
Monday	April 13	10:10– 11:10 a.m.	57030	10 Weeks

**Instructor:** Deborah Miller

**Location:** Online

**Cost\*:** \$56.00

## Rock N' Fit to the 50's

Rock 'N Fit to the 50's is a fitness experience designed for all levels. Let the upbeat tunes of the 50's accompany you on a journey to a healthier, happier you. This class is all about making fitness easy and enjoyable. Whether you're a beginner or just looking for a low-impact workout, Rock 'N Fit offers a stress-free environment where you can gently tone and energize your body. Join us for a laid-back yet effective fitness session that feels more like a party than a workout.

Day	Start	Time	Code	Duration
Tuesday	April 21	10:35– 11:35 a.m.	57138	8 Weeks

**Instructor:** Camille Cherry

**Location:** Sikorski Branch

**Cost\*:** \$48.48

## Retro Rhythms Cardio Dance

Improve your cardiovascular health, coordination, and overall mobility in this fun, low-impact cardio dance class. Enjoy easy to follow steps and feel-good music from the 50's -90's. No experience needed, just bring your smile and enjoy moving to the music you know and love!

Day	Start	Time	Code	Duration
Monday	April 13	2:30 – 3:30 p.m.	57562	10 Weeks

**Instructor:** Zoe Stirton

**Location:** Delpark Homes Branch

**Cost\*:** \$ 56.00

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



# Fitness



Icon Denotes a Hybrid Class

## SHiNE 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
Thursday	April 9	10 – 10:55 a.m.	57560	11 Weeks

**Instructor:** Birgitta Peterson-Khan

**Location:** Delpark Homes Branch

**Cost\*:** \$ 59.84

## 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	April 9	10 –10:45 a.m.	57041	6 Weeks
Thursday	April 9	11 –11:45 a.m.	57042	6 Weeks

**Instructor:** Mandy Matthews

**Location:** Delpark Homes Branch

**Cost\*:** \$73.20 per session

Day	Start	Time	Code	Duration
Monday	April 13	10:30– 11:15 a.m.	57037	5 Weeks
Monday	April 13	11:30– 12:15 p.m.	57038	5 Weeks
Thursday	May 21	10 – 10:45 a.m.	57043	5 Weeks
Thursday	May 21	11 – 11:45 a.m.	57044	5 Weeks
Monday	May 25	10:30– 11:15 a.m.	57039	5 Weeks
Monday	May 25	11:30– 12:15 p.m.	57040	5 Weeks

**Instructor:** Mandy Matthews

**Location:** Delpark Homes Branch

**Cost\*:** \$61.00 per session

## Step It Up!

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

Day	Start	Time	Code	Duration
Wednesday	April 8	9:30 – 10:30 a.m.	57193	11 Weeks

**Instructor:** Julia Jackson

**Location:** John Street Branch

**Cost\*:** \$59.84

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



# Fitness



Icon Denotes a Hybrid Class

## Strength Training

Build Strength, boost energy, and have fun! Improve muscle tone, bone health, and everyday strength, all set to motivating, upbeat music! With options for all fitness levels, you'll leave feeling strong and more confident!

Day	Start	Time	Code	Duration
Wednesday	April 8	9 – 10 a.m.	57184	10 Weeks

**Instructor:** Zoe Stirton

**Location:** Sikorski Branch

**Cost\*:** \$56.00

## 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	April 9	1:30 – 2:30 p.m.	57060	11 Weeks

**Instructor:** Tanya Rivers

**Location:** Northview Branch

**Cost\*:** \$59.84

## Stretch and Sculpt

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 placed on proper body alignment to develop strength and endurance, along with slow, mindful stretching to improve flexibility.

Day	Start	Time	Code	Duration
Friday	April 10	11:45– 12:45 p.m.	57130	11 Weeks

**Instructor:** Barb Wallace

**Location:** Northview Branch

**Cost\*:** \$59.84

	Day	Start	Time	Code	Duration
	Monday	April 13	9 – 10 a.m.	57031	9 Weeks

**Instructor:** Katie Bonikowsky

**Location:** Delpark Homes Branch

**Cost\*:** \$52.11

Day	Start	Time	Code	Duration
Monday	April 13	9 – 10 a.m.	57032	9 Weeks

**Instructor:** Katie Bonikowsky

**Location:** Online Only

**Cost\*:** \$52.11

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



# 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. Suitable for all fitness levels. This class involves mat work.

Day	Start	Time	Code	Duration
Wednesday	April 8	7 – 8 p.m.	57319	10 Weeks

**Instructor:** Sharon Davidson

**Location:** Northview Branch

**Cost\*:** \$17.00

## 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	April 8	8:55 – 9:55 a.m.	57105	8 Weeks

**Instructor:** Dave Chatham

**Location:** Northview Branch

**Cost\*:** \$48.48

## 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	April 8	9:30 – 10:30 a.m.	57382	11 Weeks

**Instructor:** Sandra Jin

**Location:** Conant Branch

**Cost\*:** \$59.84

Monday	April 13	12 – 1 p.m.	57078	11 Weeks
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**Instructor:** Dr. Lai

**Location:** Northview Branch

**Cost\*:** \$59.84

## 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	April 8	10:40 – 11:40 a.m.	57382	11 Weeks

**Instructor:** Sandra Jin

**Location:** Conant Branch

**Cost\*:** \$59.84

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



# Fitness



Icon Denotes a Hybrid Class

## 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	April 9	12:10 – 1:10 p.m.	57257	11 Weeks

**Instructor:** Larry Branigan and Pam Edmonds

**Location:** Delpark Homes Branch

**Cost\*:** \$17.60

## Tai Chi Sword

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

Day	Start	Time	Code	Duration
Monday	April 13	1:10 – 2:10 p.m.	57079	11 Weeks

**Instructor:** Dr. Lai

**Location:** Northview Branch

**Cost\*:** \$59.84

## Toning and Shaping - Chair Option

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

 Day	Start	Time	Code	Duration
Tuesday	May 5	9:30 – 10:30 a.m.	57535	5 Weeks

**Instructor:** Laura Clements

**Location:** Conant Branch

**Cost\*:** \$37.00

Day	Start	Time	Code	Duration
Tuesday	May 5	9:30 – 10:30 a.m.	57543	5 Weeks

**Instructor:** Laura Clements

**Location:** Online

**Cost\*:** \$37.00

## Total Body Boost

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

Day	Start	Time	Code	Duration
Friday	April 17	9:30 – 10:30 a.m.	57205	10 Weeks

**Instructor:** Stephanie Cooke

**Location:** John Street Branch

**Cost\*:** \$56.00

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



# Fitness



Icon Denotes a Hybrid Class

## Total Body Tone

This energizing total body circuit training class uses weights, bands, and floor mats working the entire body, building strength, improving posture, and targeting the core for better balance and stability. You'll tone muscles from head to toe, increase confidence in movement, and leave feeling strong and accomplished!

Day	Start	Time	Code	Duration
Tuesday	April 7	11:40– 12:40 p.m.	57216	10 Weeks

**Instructor:** Zoe Stirton

**Location:** Sikorski Branch

**Cost\*:** \$56.00

## Urban Pole Walking

Come and join us on a weekly walk exploring various Durham trails, while getting a full body workout using Urban Poles. List of trails will be provided; **first class meets at Conant branch**. Poles available to borrow if needed. Please come prepared to walk in any outdoor weather.

Day	Start	Time	Code	Duration
Tuesday	April 14	11 – 12:30 p.m.	57381	11 Weeks

**Instructor:** Laura Clements

**Location:** Various Trails

**Cost\*:** \$79.95

## Zumbathon

Kick off your morning with upbeat Zumba sessions led by fantastic guest instructors. We'll dance through three energizing 30-minute classes with a quick refreshment break in between. Bring your best moves and enjoy a great time for a great cause! This fundraiser supports OSCC55+, and we'll also have a 50/50 draw and gift-basket donation draws. Everyone is welcome

	Day	Start	Time	Code	Duration
	Sunday	April 12	10 – 12 p.m.	57331	1 Day

**Instructor:** Patsi Szabo, Kassandra Swinimer, Taylor Kelly (George)

**Location:** Conant Branch

**Cost\*:** \$25.00

**SAVE THE DATE!**

OSCC55+ **PICKLEBALL 4 All**

**ALL AGES ALL RALLIES**

KEEP YOUR EYES ON THE BALL

REGISTRATION OPENS **APRIL 2026**

[WWW.OSCC.CA/PICKLEBALL4ALL](http://WWW.OSCC.CA/PICKLEBALL4ALL)

Wednesday **17 June**

AM OR PM SESSIONS AVAILABLE

 Ontario Tech UNIVERSITY Athletic Centre

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



## Check this out!

### Sikorski Branch

- **Eat Well, Age Well** - Explains how nutrition needs change as we age. Details page 53.
- **Rumba Fit** - Dance your way to strength and stability. Details page 20.
- **Body Flow** - A fun, low-impact fitness class. Details page 24.
- **Empower 45** - A 45-minute full-body strength class. Details page 29.



### Conant Branch

- **Active Minds** - Fitness for the brain. Details page 40.
- **Healthy Balance** - Practical nutrition for everyday living. Details page 42.
- **True Crime Toronto** - Discover the city's criminal side. Details page 64.
- **Spring Fabulous Fourth Friday** - Fun, night out with R&B band The Marauders. Details page 65.



### Delpark Homes Branch

- **Terrific Tours** - Discover local adventures. Details page 66 and 68.
- **SHiNE Light Dance Fitness™** - Low impact dance routines. Details page 34.
- **Retro Rythms Cardio Dance** - Easy feel-good dance. Details page 33.
- **Vikings** - Pillaging Thugs or Just Misunderstood? Details page 44.



### John Street Branch

- **Lunch and Learn with Dr. Tess Pierce** - Forces that shape our thought. Details page 56.
- **The Shakespeare You Never Knew** - Unmasking the Social Rebel. Details page 43.
- **Classical Music Night** - In honour of John Beaton. Details page 64.
- **Monthly Karaoke** - Grab the mic, join the fun! Details page 72.



### Northview Branch

- **Learn to Lawn Bowl** - Learn basic skills and rules. Details page 43.
- **Core Strength and Balance with Balls** - Class includes cardio, strength and balance. Details page 28.
- **Mahjong** - Classic game of skill and luck. Details page 72.
- **Cribbage** - Cards, counting, clever strategy. Details on page 71





# General Interest

\*Please note location Branch vs. Online

## Active Minds - Brain Health Series

Keep your mind active and engaged through movement, learning, and creativity. This 9-week series offers a variety of gentle fitness, brain games, nutrition, healthy habits, managing anxiety and art therapy that supports cognitive health.

Day	Start	Time	Code	Duration
Thursday	April 16	1:30 – 3 p.m.	57084	9 Weeks

**Instructor:** Various Instructors

**Location:** Conant Branch

**Cost\*:** \$58.23

## Art History

Ever wonder how artists read a painting? Join this engaging talk to explore Western art history and see famous paintings in a new light.

Day	Start	Time	Code	Duration
Friday	April 10	1 – 3 p.m.	57378	6 Weeks

**Instructor:** Michael Belezny

**Location:** John Street Branch

**Cost\*:** \$54.00

## Creative Writing

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

Day	Start	Time	Code	Duration
Tuesday	April 7	10 – 12 p.m.	57076	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, allowing your imagination to be the only limit. Dive in and let's write together! **No instructor** for this program.

Day	Start	Time	Code	Duration
Thursday	April 9	12 – 2 p.m.	57113	12 Weeks

**Location:** John Street Branch

**Cost\*:** \$17.00

## Drumming for Health Beginner

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



# General Interest

\*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Thursday	April 9	1:30 – 2:30 p.m.	57022	10 Weeks

**Instructor:** Susan Lee

**Location:** Northview Branch

**Cost\*:** \$17.00

## Drumming for Health Beginner Plus

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

Day	Start	Time	Code	Duration
Wednesday	April 8	3:15 – 4:15 p.m.	57020	10 Weeks

**Instructor:** Meredith Forbes

**Location:** Northview Branch

**Cost\*:** \$17.00

## Drumming for Health Intermediate

Learn more complex rhythms and polyrhythms. You will learn Flam & Muffled notes. Improve your relational skills. Experience the Dun Duns. Reduce stress, energize, relax & have fun.

Prerequisite: Drumming for Health Beginner Plus. Drums available.

Day	Start	Time	Code	Duration
Monday	April 13	1:30 – 2:30 p.m.	57018	8 Weeks

**Instructor:** Denise Kettela

**Location:** Northview Branch

**Cost\*:** \$17.44

## Drumming for Health Advanced

Continuation of complex rhythms. You will need to know – base, tone, double tones, slap, flam and muffled notes, able to pick up handing with little or no instruction, and familiarity with foundation rhythms. Opportunity to learn to play the Dun Duns. Prerequisite: Drumming for Health Intermediate. Drums available.

Day	Start	Time	Code	Duration
Tuesday	April 7	11 – 12 p.m.	57128	10 Weeks

**Instructor:** Joanne Davison and John Fair

**Location:** Northview Branch

**Cost\*:** \$17.19

## Exploring Oshawa's Past

Discover Oshawa's history—from Indigenous origins to its industrial rise—through engaging stories, artifacts, and insights that vividly bring the city's rich and diverse past to life.

Day	Start	Time	Code	Duration
Monday	April 13	1 – 2 p.m.	57583	10 Weeks

**Instructor:** Jill Passmore Oshawa Museum

**Location:** John Street Branch

**Cost\*:** \$17.00

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



# General Interest

\*Please note location Branch vs. Online

## Healthy Balance – Practical Nutrition for Everyday Living

Participants will explore simple, realistic food choices that support energy, strength, and overall well-being. The focus is on balance, confidence, and sustainable habits for daily life.

Day	Start	Time	Code	Duration
Monday	April 13	9 – 10 a.m.	57362	4 Weeks

**Instructor:** Marcey Wilson

**Location:** Conant Branch

**Cost\*:** \$59.36

## Hi Lo Bid Euchre Lessons

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

Day	Start	Time	Code	Duration
Thursday	April 9	10 – 12 p.m.	57364	6 Weeks

**Instructor:** Rhea Hache

**Location:** Northview Branch

**Cost\*:** \$17.10

## History of Objects and Ideas

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

Day	Start	Time	Code	Duration
Wednesday	May 20	9:30 – 11 a.m.	57111	5 Weeks

**Instructor:** Dr. Tess Pierce

**Location:** John Street Branch

**Cost\*:** \$40.15

## History Potpourri

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

Day	Start	Time	Code	Duration
Wednesday	April 8	9:30 – 11 a.m.	57110	6 Weeks

**Instructor:** Gord Dowsley and George Rocoski

**Location:** John Street Branch

**Cost\*:** \$44.82

## Journalling the Story of My Life

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



## General Interest

\*Please note location Branch vs. Online

Day	Start	Time	Code	Duration
Wednesday	April 15	1:30 – 3:00 p.m.	57396	8 Weeks

**Instructor:** Shelley Weiss

**Location:** Delpark Homes Centre

**Cost\*:** \$63.36 (\$25 for workbook payable at first class)

### Learn to Lawn Bowl

Lawn Bowling is a fun, social outdoor sport played on grass. Learn basic rules and techniques for 3-player games, with time to practice through drills and mini-games. No experience needed; equipment provided. Flat-soled shoes required. For safety and to protect the playing surface, mobility aids such as walkers and canes cannot be used on the playing green.

Day	Start	Time	Code	Duration
Monday	May 25	4 – 5:30 p.m.	57402	4 Weeks

**Instructor:** Oshawa Lawn Bowling Club

**Location:** Northview Branch

**Cost\*:** \$ 51.32

### 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.

Day	Start	Time	Code	Duration
Tuesday	April 14	9:30 – 10:30 a.m.	57121	9 Weeks

**Instructor:** Stephany John

**Location:** Conant Branch

**Cost\*:** \$20.97

### 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	April 13	11 – 12:30 p.m.	57218	6 Weeks

**Instructor:** Miriam Spena

**Location:** John Street Branch

**Cost\*:** \$44.90

### 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.

Day	Start	Time	Code	Duration
Wednesday	April 8	10 – 12 p.m.	57432	4 Weeks

**Instructor:** Lorraine Aljoe

**Location:** John Street Branch

**Cost\*:** \$48.00

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



# General Interest

\*Please note location Branch vs. Online

## Ukulele Beginner

The ukelele - easy, portable, light weight, and versatile. Play songs on the first day. Basic chords and strumming. No experience needed. No need to read music. Bring your own ukelele.

Day	Start	Time	Code	Duration
Thursday	April 9	9 – 10 a.m.	57480	10 Weeks

**Instructor:** Bill Collins

**Location:** Conant Branch

**Cost\*:** \$60.80

## Ukulele General

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

Day	Start	Time	Code	Duration
Thursday	April 9	10:15– 11:45 a.m.	57482	10 Weeks

**Instructor:** Bill Collins

**Location:** Conant Branch

**Cost\*:** \$80.00

## Vikings - Pillaging Thugs or Just Misunderstood?

Meet the Vikings and discover things (pings) that may surprise you! Topics include their beliefs and traditions (including the Norse gods and the Sagas), their extensive travel, lucrative trading, and day-to-day lives. We'll dispel myths about the Vikings and look at their entertainment, including the Viking version of a rap battle!

Day	Start	Time	Code	Duration
Thursday	April 9	2:15 – 3:45 p.m.	57236	6 Weeks

**Instructor:** Kelly Evans

**Location:** Delpark Homes Centre

**Cost\*:** \$51.90

**Seniors ART Competition & Exhibition**

**Opening Reception:**  
Tuesday, August 18 at 2:30 pm  
The Robert McLaughlin Gallery, Gallery A

**Exhibition:**  
August 14 to September 24, 2026

**Featured Theme:** *That Summer*

Seniors, you're invited to submit your work to the annual Seniors Art Competition and Exhibition.

Submission Drop-off:  
The Robert McLaughlin Gallery  
August 11 / 10 am-4 pm

For more details, visit [oshawalibrary.ca/seniors-art-competition](http://oshawalibrary.ca/seniors-art-competition)

**The Robert McLaughlin Gallery** | **OSCC55+** | **OSHAWA PUBLIC LIBRARIES**

So glad you're here!  
**Tap in and join the fun!**

Don't forget to scan your membership card



# 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	April 17	9 – 10 a.m.	57219	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	April 20	11:30– 12:30 p.m.	57035	9 Weeks

**Instructor:** Judy O'Dell

**Location:** Delpark Homes Branch

**Cost\*:** \$52.11

## Chair

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).

H	Day	Start	Time	Code	Duration
	Thursday	April 9	10:15 – 11:15 a.m.	57547	10 Weeks

**Instructor:** Mary Dobos / Marcey Wilson

**Location:** Northview Branch

**Cost\*:** \$56.00

Day	Start	Time	Code	Duration
Thursday	April 9	10:15 – 11:15 a.m.	57549	10 Weeks

**Instructor:** Mary Dobos / Marcey Wilson

**Location:** Online

**Cost\*:** \$56.00

H	Day	Start	Time	Code	Duration
	Monday	April 13	9 – 10 a.m.	57397	10 Weeks

**Instructor:** Grace Breen

**Location:** Northview Branch

**Cost\*:** \$56.00

Day	Start	Time	Code	Duration
Monday	April 13	9 – 10 a.m.	57398	10 Weeks

**Instructor:** Grace Breen

**Location:** Online

**Cost\*:** \$56.00

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



# Yoga

Please note location **Branch vs. Online**

## Chair Therapeutic

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

Day	Start	Time	Code	Duration
Wednesday	April 22	10:15 – 11:15 a.m.	57051	9 Weeks

**Instructor:** Judy O'Dell

**Location:** Delpark Homes Branch

**Cost\*:** \$52.11

## Chair Deep Relaxation

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

Day	Start	Time	Code	Duration
Thursday	April 9	11:30 – 12:30 p.m.	57330	11 Weeks

**Instructor:** Patricia Browne

**Location:** John Street Branch

**Cost\*:** \$59.84

## 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	April 8	11:30 – 12:30 p.m.	57328	11 Weeks

**Instructor:** Patricia Browne

**Location:** John Street Branch

**Cost\*:** \$59.84

## Gentle Flow Hatha

Practice yoga at your own pace. 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!

Day	Start	Time	Code	Duration
Saturday	April 11	9:30 – 10:30 a.m.	57333	9 Weeks

**Instructor:** Patricia Browne

**Location:** John Street Branch

**Cost\*:** \$52.11



# Yoga

Please note location **Branch vs. Online**

## 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	April 8	11:30– 12:45 p.m.	57563	9 Weeks

**Instructor:** Bonnie McIntyre  
**Location:** Northview Branch  
**Cost\*:** \$60.75

## 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	April 17	10:30 – 11:30 a.m.	57129	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	April 22	9 – 10 a.m.	57050	9 Weeks

**Instructor:** Judy O'Dell  
**Location:** Delpark Homes Branch  
**Cost\*:** \$52.11

## 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	April 7	10:30 – 12 p.m.	57106	9 Weeks

**Instructor:** Dave Chatham  
**Location:** Northview Branch  
**Cost\*:** \$69.39

Day	Start	Time	Code	Duration
Thursday	April 9	10:30 – 12 p.m.	57107	8 Weeks

**Instructor:** Dave Chatham  
**Location:** Northview Branch  
**Cost\*:** \$63.20

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



# Yoga

Please note location **Branch vs. Online**

## Restorative

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

Day	Start	Time	Code	Duration
Monday	April 13	5:30 – 6:30 p.m.	57323	10 Weeks

**Instructor:** Patricia Browne

**Location:** John Street Branch

**Cost\*:** \$56.00

## Stretch and Restore

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

Day	Start	Time	Code	Duration
Wednesday	April 15	11:30 – 12:30 p.m.	57052	10 Weeks

**Instructor:** Deborah Miller

**Location:** Delpark Homes Branch

**Cost\*:** \$56.00

Day	Start	Time	Code	Duration
Thursday	April 16	9:30 – 10:30 a.m.	57217	10 Weeks

**Instructor:** Deborah Miller

**Location:** Online

**Cost\*:** \$56.00

## Vinyasa

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

 Day	Start	Time	Code	Duration
Tuesday	April 7	9 – 10 a.m.	57399	11 Weeks

**Instructor:** Grace Breen

**Location:** Northview Branch

**Cost\*:** \$59.84

Day	Start	Time	Code	Duration
Tuesday	April 7	9 – 10 a.m.	57400	11 Weeks

**Instructor:** Grace Breen

**Location:** Online

**Cost\*:** \$59.84

Day	Start	Time	Code	Duration
Thursday	April 9	2:45 – 3:45 p.m.	57401	11 Weeks

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



# Yoga

Please note location **Branch vs. Online**

**Instructor:** Grace Breen  
**Location:** Northview Branch  
**Cost\*:** \$59.84

## Yin

Yin Yoga is the perfect addition to your practice if you wish 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	April 20	9 – 10 a.m.	57034	9 Weeks

**Instructor:** Judy O’Dell  
**Location:** Delpark Homes Branch  
**Cost\*:** \$52.11

## 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	April 23	12:15 – 1:15 p.m.	57386	9 Weeks

**Instructor:** Deborah Miller  
**Location:** Conant Branch  
**Cost\*:** \$52.11

Day	Start	Time	Code	Duration
Wednesday	April 15	9:05 – 10:05 a.m.	57053	10 Weeks

**Instructor:** Deborah Miller  
**Location:** Online  
**Cost\*:** \$56.00



## All Fun and Games!

Be a part of a fun afternoon or evening of cards or games, and friendly competition! Enjoy cribbage showdowns, euchre for the enthusiasts, and the always-joyful call of Bingo. Bring your friends—or make new ones—as you laugh, play, and enjoy a welcoming social atmosphere.

**Look through our Special Events section page 63 - 69 for the full event details**

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



# 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
Friday	April 24	1 – 3 p.m.	57681	1 Day

**Instructor:** Katie Shea

**Location:** Northview

**Cost\*:** Free

## Adding Watercolour to Pen and Ink

This class is open to students who participated in Dianne's winter 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
	Wednesday	June 24	10:30 – 1:00 p.m.	57682	1 Day

**Instructor:** Dianne Darch

**Location:** Northview Branch

**Cost\*:** \$17.70

## 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
Monday	April 13	2:30 – 3:30 p.m.	57554	1 Day

**Instructor:** Canada Purple Shield - Steve Lanys

**Location:** John Street Branch

**Cost\*:** Free

## A “Walk in the Park” - A Reminiscence Workshop

Take a trip down memory lane with the Oshawa Museum, remembering the histories of parks in Oshawa. In this workshop, the Oshawa Museum will be sharing stories and photos of parks in Oshawa, and we ask you to reflect on your own experiences in Oshawa's parks.

Day	Start	Time	Code	Duration
Friday	April 10	10 – 11 a.m.	57119	1 Day

**Instructor:** Lisa Terech - Oshawa Museum

**Location:** John Street Branch

**Cost\*:** Free



# Workshops & Seminars

## Balcony Gardening with Durham Master Gardeners

This workshop gives participants the knowledge to successfully grow flowers and vegetables in containers. Topics include starting from seed, choosing containers, soils and mixes, what to grow, design and site needs, and companion planting.

Day	Start	Time	Code	Duration
Tuesday	April 07	1 – 3 p.m.	57082	1 Day

**Instructor:** Helen Vander Byl

**Location:** Conant Branch

**Cost\*:** \$ 28.50

## 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	April 27	1:30 – 3 p.m.	57662	1 Day

**Instructor:** Galen Vajra

**Location:** Conant Branch

**Cost\*:** \$8.85

## Candle Making

Looking for a fun, creative afternoon? Join us for an exciting hands-on candle-making workshop. Enjoy professional, step-by-step instruction as you hand-pour your own 100% organic soy wax candle, customizing your fragrance from a variety of oils or creating a unique blend. All materials are included, and you'll take home your finished candle along with expert tips on candle care to maximize its life and scent. Candles will need to cure-pick up available the next day.

### 6 oz Candle Option

Day	Start	Time	Code	Duration
Monday	May 11	1:30 – 3:30 p.m.	56993	1 Day

**Instructor:** Three Wicks Candles

**Location:** Conant Branch

**Cost\*:** \$48.00

### 10 oz Candle Option

Day	Start	Time	Code	Duration
Monday	May 11	1:30 – 3:30 p.m.	57080	1 Day

**Instructor:** Three Wicks Candles

**Location:** Conant Branch

**Cost\*:** \$59.35

## Communication and Positive Thinking Skills

Life changes can impact our health and relationships. This workshop focuses on building strong communication skills to express needs clearly and maintain supportive connections. Participants will learn about “I” statements, communication styles, expressing needs, and using positivity to support mental and physical well-being.



# Workshops & Seminars

Day	Start	Time	Code	Duration
Wednesday	May 6	9 – 10:30 a.m.	57442	1 Day

**Instructor:** Diana MacDonald

**Location:** Online

**Cost\*:** Free

## Create Your Own Jewelry Tray

Create fun, hands-on air-dry clay jewelry trays with Olivia as you learn to shape, sculpt, and decorate your own piece. Perfect for beginners, you'll be guided through forming, texturing, coloring, and finishing a unique, functional tray to take home.

Day	Start	Time	Code	Duration
Saturday	May 16	12 – 3 p.m.	57367	1 Day

**Instructor:** Olivia Morin

**Location:** John Street Branch

**Cost\*:** \$17.70 (\$15 for supplies payable to instructor day of workshop)

## Designing Bathrooms for Safety and Style

Discover how to make your bathroom safer without sacrificing style. Learn about barrier-free showers, walk-in tubs, slip-resistant flooring, grab bars, better lighting, and layouts that make daily life easier. Perfect for seniors, caregivers, and families looking to upgrade for comfort, independence, and confidence at home.

Day	Start	Time	Code	Duration
Tuesday	April 21	2:30 – 3:30 p.m.	58502	1 Day

**Instructor:** Victor Jose

**Location:** Delpark Homes Branch

**Cost\*:** Free

## Diabetes Canada

This seminar focuses on empowering people to manage or prevent diabetes through education on insulin, blood sugar, nutrition and lifestyle.

Day	Start	Time	Code	Duration
Tuesday	April 28	1:30 – 3:30 p.m.	57395	1 Day

**Instructor:** Diabetes Canada (Provided by Chartwell Retirement)

**Location:** Conant Branch

**Cost\*:** Free

## Discover Your Library

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

Day	Start	Time	Code	Duration
Friday	April 10	10:30 – 12 p.m.	57116	1 Day

**Instructor:** Oshawa Public Library

**Location:** John Street Branch

**Cost\*:** Free



# Workshops & Seminars

Day	Start	Time	Code	Duration
Thursday	June 25	2:30 – 3:30 p.m.	57287	1 Day

**Instructor:** Oshawa Public Library

**Location:** Delpark Homes Branch

**Cost\*:** Free

## Eat Well, Age Well: Nutrition for Healthy Aging

A practical session on simple nutrition strategies to support energy, digestion, bone health, and blood sugar — without restrictive dieting.

Day	Start	Time	Code	Duration
Wednesday	April 8	10 – 11 p.m.	57258	1 Day

**Instructor:** Laura MacFayden

**Location:** Sikorski Hall

**Cost\*:** \$30.75

## Estate Planning

A local lawyer will discuss Wills & 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
Tuesday	May 12	2:30 – 3:30 p.m.	57395	1 Day

**Instructor:** Erik Fraser

**Location:** Delpark Homes Branch

**Cost\*:** Free

## Floral Arranging

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

Day	Start	Time	Code	Duration
Tuesday	June 11	6 – 8 p.m.	57085	1 Day

**Instructor:** The Blooming Crate

**Location:** Conant Branch

**Cost\*:** \$84.76

## Finding YOUR Right Time for Real Estate

Ask an SRES®: Real Estate Q&A for Seniors. Join me for a relaxed and informative session designed for Seniors who want to better understand their housing options, both now and in the future. As a Seniors Real Estate Specialist®, I will share local market insights and answer any Real Estate questions you may have. We will also talk about trusted professionals who can help you stay in your home safely and comfortably, for as long as possible, and to help you plan ahead in case your needs change. This is a no pressure, honest and friendly session to help you make the decisions that are right for you. "Because Everyone Needs a Friend in Real Estate!"™



# Workshops & Seminars

Day	Start	Time	Code	Duration
Monday	April 20	12:30 – 1: 30 p.m.	57665	1 Day

**Instructor:** Daniel Sutherland

**Location:** Conant Branch

**Cost\*:** Free

Day	Start	Time	Code	Duration
Thursday	May 28	2:15 – 3:15 p.m.	58501	1 Day

**Instructor:** Daniel Sutherland

**Location:** Delpark Homes Branch

**Cost\*:** Free

Day	Start	Time	Code	Duration
Friday	June 12	12:30 – 1:30 p.m.	57903	1 Day

**Instructor:** Daniel Sutherland

**Location:** John Street Branch

**Cost\*:** Free

## Foodie Fundamentals – Focaccia Art

This hands-on workshop combines baking and creativity. Participants will decorate focaccia bread using vegetables and herbs grown at the Centre for Food farm, to create beautiful, edible designs. A fun and relaxed class that results in a delicious masterpiece to take home. Class is at 1604 Champlain Avenue (Durham Centre for Food/Bistro 67). Parking fees are waived.

Day	Start	Time	Code	Duration
Friday	May 29	10 – 12 p.m.	57670	1 Day

**Instructor:** Durham College Chef Ron

**Location:** 1604 Champlain Avenue (Bistro 67)

**Cost\*:** \$44.00 **Registration deadline is April 28**

## Foodie Fundamentals – Fresh Pasta

Learn the basics of making fresh pasta from scratch. Participants will mix, roll, and shape pasta dough while discovering simple techniques they can use at home. The workshop ends with tips for cooking and pairing pasta with easy sauces. Class is held at 1604 Champlain Avenue (Bistro 67). Parking fees are waived.

Day	Start	Time	Code	Duration
Friday	May 15	10 – 12 p.m.	57668	1 Day

**Instructor:** Durham College Chef Ron

**Location:** 1604 Champlain Avenue (Bistro 67)

**Cost\*:** \$47.55 **Registration deadline is April 14**

Day	Start	Time	Code	Duration
Friday	June 26	10 – 12 p.m.	57669	1 Day

**Instructor:** Durham College Chef Ron

**Location:** 1604 Champlain Avenue (Bistro 67)

**Cost\*:** \$47.55 **Registration deadline is May 24**



# Workshops & Seminars

## Foodie Fundamentals – Hors D’Ouevres

Explore a variety of simple, flavourful appetizers perfect for entertaining or everyday snacking. Participants will prepare small bites that focus on fresh ingredients, presentation, and easy preparation techniques. Parking fees are waived.

Day	Start	Time	Code	Duration
Friday	June 12	10 – 12 p.m.	57671	1 Day

**Instructor:** Durham College Chef

**Location:** 1604 Champlain Avenue (Bistro 67)

**Cost\*:** \$50.94 **Registration deadline is May 11**

## Fraud Awareness Town Hall with Rhonda Kirkland MP

Join Rhonda Kirkland, MP for Oshawa and a member of the Standing Committee on Public Safety and National Security, alongside Detective Franssen for a Fraud Awareness Town Hall in recognition of Fraud Awareness Month. As scams and fraud continue to rise across Canada, this seminar will feature practical tips from police on how to recognize common and current scams, guidance on safeguarding your personal information, steps to take if you’re targeted, and a Q&A session.

Day	Start	Time	Code	Duration
Tuesday	March 31	1:30 – 3:30 p.m.	57429	1 Day

**Instructor:** DRPS

**Location:** Conant Branch

**Cost\*:** Free

## Health Products, Prescription and Non-Prescription

Learn how to manage prescription, over-the-counter, and natural health products safely. Topics include storage, travel, costs, online purchases, aging-related risks, and keeping a personal medication record.

Day	Start	Time	Code	Duration
Wednesday	June 3	9 – 10:30 a.m.	57443	1 Day

**Instructor:** Diana MacDonald

**Location:** Online

**Cost\*:** Free

## How to Read Food Labels to Support Healthy Eating

This workshop explores the many factors that influence our food choices, with a focus on how the food industry markets processed foods; why ultra-processed foods are linked to chronic health conditions; and what to look for on food labels—including the ingredient list, nutrition claims, health claims, and the nutrition facts table. We will also practice reading labels and consider which eating habits support a healthy eating pattern.

Day	Start	Time	Code	Duration
Wednesday	June 10	9 – 10:30 a.m.	57440	1 Day

**Instructor:** Diana MacDonald

**Location:** Online

**Cost\*:** Free



# Workshops & Seminars

## Lunch and Learn with Dr. Tess Pierce

Dr. Pierce reveals the hidden forces that shape our thoughts and quietly guide our decisions. A sharp glimpse into mind control woven into everyday life.

Day	Start	Time	Code	Duration
Wednesday	June 24	11 – 12:30 p.m.	57326	1 Day

**Instructor:** Tess Pierce

**Location:** John Street Branch

**Cost\*:** \$13.50

## Lush Landscape in Soft Pastel

Capture the vibrant colours and textures of windswept spring fields using soft pastels. Learn layering techniques and how to create the textures and serene mood found in a beautiful landscape. All materials are provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	June 30	2:30 – 4:30 p.m.	57390	1 Day

**Instructor:** Chrissie Wysotki

**Location:** Northview Branch

**Cost\*:** \$ 42.00

## Majestic Elephant using Charcoal

Using soft, rich black charcoal, this majestic creature will emerge from your paper. Learn basic drawing methods as well as how to use charcoal and reductive techniques to create rich, deep textures and values. All supplies will be provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	April 7	2:30 – 4:30 p.m.	57388	1 Day

**Instructor:** Chrissie Wysotki

**Location:** Northview Branch

**Cost\*:** \$ 42.00

## Mindful Eating

This one-hour virtual session offers a gentle, inclusive look at health, food, and well-being in older adulthood. We'll explore mindful and intuitive eating, introduce the Health At Every Size® HAES® framework, and discuss how connection, access, and life experiences shape health. We'll also reflect on diet culture's impact later in life and how to move toward more ease, nourishment, and respect in our relationship with food and our bodies.

Day	Start	Time	Code	Duration
Monday	May 4	1 – 2 p.m.	57533	1 Day

**Instructor:** Atheana Brown, RD

**Location:** Conant Branch (Watch party)

**Cost\*:** \$40.93

Day	Start	Time	Code	Duration
Monday	May 4	1 – 2 p.m.	57534	1 Day

**Instructor:** Atheana Brown, RD

**Location:** Online

**Cost\*:** \$40.93

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



# Workshops & Seminars

## Oshawa Public Library Presents: Create with Cricut®

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

Day	Start	Time	Code	Duration
Thursday	May 28	2:30 – 3:30 p.m.	57284	1 Day

**Instructor:** Oshawa Public Library

**Location:** Delpark Homes Branch

**Cost\*:** Free

## Preparing for your Next Chapter with DRPS

Completing the Family Registry. A place for everything and everything in its place. This seminar will focus on completing a complimentary booklet with the details of all your information about where you keep your important documents. How to ensure your POA and executor carry out your wishes. Who do you choose? The DRPS will also be present to give information on how to keep your assets secure.

Day	Start	Time	Code	Duration
Wednesday	June 10	10:30 – 11:30 a.m.	57908	1 Day

**Instructor:** DRPS (Francine Hackshaw)

**Location:** Sikorski Branch

**Cost\*:** Free

Day	Start	Time	Code	Duration
Monday	April 27	2:30 – 4 p.m.	57907	1 Day

**Instructor:** DRPS (Francine Hackshaw)

**Location:** John Street Branch

**Cost\*:** Free

## Paint Your Own Pottery

Paint a pear-shaped vase to add to your home décor. Led by the experts at Crock a Doodle.

Day	Start	Time	Code	Duration
Monday	April 13	1:30 – 3:30 p.m.	57363	1 Day

**Instructor:** Crock A Doodle

**Location:** Conant Branch

**Cost\*:** \$36.50

## Painting Acrylic on Canvas

Learn quick techniques and how to layer/glaze the paint. Complete painting in the one workshop. Instructor will provide a photo and everyone will paint the same picture. This is not a beginner class, must have previous experience painting in acrylics.

	Day	Start	Time	Code	Duration
	Saturday	April 25	9:30 – 2:30 p.m.	57103	1 Day

**Instructor:** Tony Johnson

**Location:** John Street Branch

**Cost\*:** \$29.29

	Day	Start	Time	Code	Duration
	Tuesday	June 9	1 – 4 p.m.	57393	1 Day

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



# Workshops & Seminars

**Instructor:** Carol Pullen

**Location:** Delpark Homes Branch

**Cost\*:** \$24.00 (Includes a prepped canvas)

## Painting Acrylic on Canvas – Paint your Pet

Create a Custom Portrait of Your Beloved Fur-Baby (or Scaly or Feathery Friend)! Join us for a fun and creative experience at our Paint Your Pet Workshop! Whether your best friend has fur, scales, or feathers, we will guide you through each step to help you paint a beautiful portrait of your pet. Will need to provide a digital pic of pet.

Day	Start	Time	Code	Duration
Monday	May 25	1:30 – 3:30 p.m.	57081	1 Day

**Instructor:** Words on Wood

**Location:** Conant Branch

**Cost\*:** \$99.44

## Painting Expressive Landscape – with Acrylic

Explore colour, texture, and emotion as you paint vibrant landscapes in acrylic. All painter levels welcome.

	Day	Start	Time	Code	Duration
	Friday	May 29	1 – 4 p.m.	57379	1 Day

**Instructor:** Michael Belezny

**Location:** John Street Branch

**Cost\*:** \$17.70

## Pen and Ink with Watercolour

Explore the timeless art of pen and ink in this relaxed three-hour workshop. Learn to create expressive lines, texture, and shading, then bring your drawing to life with delicate watercolour washes. Leave with a finished piece that beautifully blends ink and colour.

	Day	Start	Time	Code	Duration
	Tuesday	May 5	1 – 4 p.m.	57394	1 Day

**Instructor:** Carol Pullen

**Location:** Delpark Homes Branch

**Cost\*:** \$20.00

## Plant Based Nutrition – Level Up

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

Day	Start	Time	Code	Duration
Thursday	April 23	6 – 8 p.m.	57083	1 Day

**Instructor:** Nicole Osinga

**Location:** Conant Branch

**Cost\*:** \$78.67



# Workshops & Seminars

## Powerful Tools for Caregivers

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

Day	Start	Time	Code	Duration
Tuesday	April 28	1 – 2:30 p.m.	57441	6 Weeks

**Instructor:** Diana MacDonald

**Location:** Online

**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	April 15	10 – 12 p.m.	57371	1 Day

**Instructor:** Janet Thorsteins

**Location:** John Street Branch

**Cost\*:** Free

## Smart Moves for Seniors

Opportunity to talk about everything real estate - buying, selling, working with an agent, the role of an agent, who else is working in your corner. So you have owned your home for thirty years and you are wondering if it is time for the next move? You bought your home 20 years ago and you are unsure of what the process is now for selling your house. We would do an interactive session with lots of Q&A.

Day	Start	Time	Code	Duration
Wednesday	April 15	11:30– 12:30 p.m.	58961	1 Day

**Instructor:** Jeanette Barrett and Christina Arcangioli

**Location:** Sikorski Branch

**Cost\*:** Free



# Workshops & Seminars

## Social Media Introduction

Learn about the different platforms, what's trending, what to look out for and how to stay in touch with the latest news from the Library and around the world.

Day	Start	Time	Code	Duration
Tuesday	April 28	2:30 – 3:30 p.m.	57368	1 Day

**Instructor:** Oshawa Public Library

**Location:** Delpark Homes Branch

**Cost\*:** Free

Day	Start	Time	Code	Duration
Friday	June 5	10:30 – 12 p.m.	57118	1 Day

**Instructor:** Oshawa Public Library

**Location:** John Street Branch

**Cost\*:** Free

## Spring Bird using Pen with Coloured Pencil

Using coloured ballpoint pens and coloured pencils, you'll learn how to combine these two mediums to create vibrant textures and colours. This fun and exciting technique will bring a colourful spring bird to life! All supplies will be provided by the instructor.

Day	Start	Time	Code	Duration
Tuesday	May 26	2:30 – 4:30 p.m.	57389	1 Day

**Instructor:** Chrissie Wysotki

**Location:** Northview Branch

**Cost\*:** \$42.00

## Stay Strong, Stay Independent

This educational session highlights why strength training is one of the best tools for staying active and confident as we age. We'll discuss how lifting safely improves bone density, balance, joint health, posture, metabolism, and mood — and how to get started even with arthritis, back pain, or previous injuries. Participants will leave with simple guidelines, example exercises, and realistic ways to progress without overdoing it. No workout required.

Day	Start	Time	Code	Duration
Wednesday	May 13	10 – 11 a.m.	57259	1 Day

**Instructor:** Laura MacFayden

**Location:** Sikorski Branch

**Cost\*:** \$30.75



# Workshops & Seminars

## Ukrainian Egg Decorating - Pysanka

The Pysanka Workshop is for those who want to experience this ancient Ukrainian tradition. The wax resist method (similar to batik) involves writing designs on a clean white chicken egg with melted beeswax which flows through an electric stylus called a kistka. Participants will learn the process, how to use the tools, and finish the workshop with a creative unique Pysanka.

Day	Start	Time	Code	Duration
Wednesday	April 1	1:30 – 4 p.m.	57392	1 Day

**Instructor:** Irene Johnston

**Location:** Delpark Homes Branch

**Cost\*:** \$20.63 (\$15 for supplies payable to instructor day of workshop)

## Virtual Reality Tours

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

Day	Start	Time	Code	Duration
Friday	May 1	10:30 – 12 p.m.	57117	1 Day

**Instructor:** Oshawa Public Library

**Location:** John Street Branch

**Cost\*:** Free

## Wellness Starts with a Smile - Mobile Dental Hygiene

An engaging seminar focused on the connection between oral health and overall well-being. This session highlights how mobile dental hygiene care makes preventive dentistry more accessible and convenient.

Day	Start	Time	Code	Duration
Friday	April 17	12:30 – 1:30 p.m.	57404	1 Day

**Instructor:** Astrid RDH Mint and Glow Mobile Dental Hygiene

**Location:** John Street Branch

**Cost\*:** Free

## Wonders of the Wild Series – Feathers, Shapes and Songs

Ecologist and co-founder of the Prince Edward Point Bird Observatory, Brian Joyce brings over 30 years of birding experience to host workshops on bird identification for beginner and amateur birders. Birders will learn to identify local and migrating songbirds by sight, habitat, size, shape, and song, then apply these skills at a popular spring migration site along Lake Ontario's north shore. Last class is a guided 3-hour hike on Sat, May 6 at 9:30 a.m. in Thickson's Woods.

Day	Start	Time	Code	Duration
Thursday	April 9	6 – 7:30 p.m.	57430	5 Weeks

**Instructor:** Brian Joyce

**Location:** Conant Branch

**Cost\*:** \$110.00



# Workshops & Seminars

## Wonders of the Wild Series – Leaf into Nature

In this presentation we will explore the relationship between Nature and your Health. What are the benefits of getting outside? What environment and sounds of nature do you prefer? We will look at studies done all over the world on the health benefits nature can provide and what you can do yourself to profit from this exposure to our natural world.

Day	Start	Time	Code	Duration
Monday	June 1	2 – 3:30 p.m.	57429	1 Day

**Instructor:** Brian Joyce

**Location:** Conant Branch

**Cost\*:** \$28.08

## Meet our newest **Instructors**

### Marcey Wilson

Marcey specializes in Kripalu/Hatha, Yin, Chair yoga, and meditation. She supports older adults with accessible variations, focusing on breath, movement, and awareness to build strength, mobility, and wellness. Her uplifting approach celebrates connection and joy.



### Lorraine Aljoe

I believe lifelong learning supports cognitive health and keeps the mind active. I hold an Honours BA and an MA in English Literature and have always loved literature, especially drama. I've taught at the university level with a strong commitment to expanding knowledge.



### Laura MacFayden

Hi! I'm Laura, a registered practical nurse with 11+ years experience and a certified fitness and holistic wellness coach. I'm passionate about helping adults stay strong, mobile, and confident through full-body strength, balance, flexibility, and fun movement. It's never too late to feel your best.



### Zoe Stirton

A passionate fitness instructor helping older adults move with confidence, and strength. With expertise in Arthritis Foundation, Age Reverse Eccentrics, OsteoFit, Spin, and Total Body Toning, Zoe brings energy and encouragement to every session. Her inclusive approach makes everyone feel welcome.



### Birgitta Peterson-Khan

Birgitta is a Certified Fitness Instructor Specialist with a degree in Physical and Health Education. With a dance-fitness, education, and hospitality background, she brings energy and warmth to every class, helping adults 55+ build strength, balance, and brain health.



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



# Special Events



Fundraising event

## Men's Night Out – Robert McLaughlin Gallery

Tour the Robert McLaughlin Gallery with us! A vibrant cultural hub where local stories and artistic voices come to life. The gallery proudly showcases compelling local and Canadian art while building meaningful relationships with diverse artists and communities. Followed by a yummy meal back at our Northview Branch. **Meet at the gallery (72 Queen St, Oshawa) for 4 p.m.**

Day	Start	Time	Code	Cost*
Wednesday	April 1	4 – 7 p.m.	57342	\$22.12

**Location:** Northview Branch

## Travelogue

Our April is the Birds of Brazil. Proudly presented by Otto Peter

Day	Start	Time	Code	Cost*
Wednesday	April 15	2 – 3 p.m.	57406	Free

**Location:** John Street Branch

## Friendly Feuds

Think you know it all? Prove it! Flex those brain muscles and get ready for an afternoon of friendly trivia fun. Snacks provided. **\*\*No technology needed\*\***

Day	Start	Time	Code	Cost*
Thursday	April 2	1 – 3 p.m.	57661	\$8.85

**Location:** Northview Branch

## Bingo Bonanza

Happiness is calling Bingo! Bring your friends for an entertaining night of Bingo. You are guaranteed 10 games and great jackpots. Light refreshments will be served.

	Day	Start	Time	Code	Cost*
<b>Member</b>	Thursday	April 9	5 – 8 p.m.	57419	\$8.85
<b>Non-Member</b>	Thursday	April 9	5 – 8 p.m.	57418	\$11.06

**Location:** John Street Branch

## Cribbage Tournament

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

	Day	Start	Time	Code	Cost*
<b>Member</b>	Friday	April 10	1 – 4 p.m.	57285	\$8.85
<b>Non-Member</b>	Friday	April 10	1 – 4 p.m.	57286	\$11.06

**Location:** Conant Branch

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



# Special Events



Fundraising event

## Dine and Discover

Samantha George, Curator at Parkwood National Historic Site, offers a behind-the-scenes glimpse of the renowned filming location, known for its well-preserved architecture and grounds. Sam discusses her experiences with the film industry, highlighting the challenges of balancing filming with museum preservation to safeguard the estate for future generations.

Day	Start	Time	Code	Cost*
Tuesday	April 14	4 – 6:15 p.m.	57092	\$19.47

**Location:** Delpark Homes Branch

## True Crime Toronto

Discover the darker, criminal side of Toronto in this engaging presentation led by former detectives. Through compelling stories drawn from Toronto's earliest days to the present, they explore the city's rebellious, sinister, and sometimes frightening past. This presentation offers a fascinating way to experience Toronto's history and uncover hidden aspects of its social fabric that many people often overlook.

Day	Start	Time	Code	Cost*
Thursday	April 16	1:30 – 3 p.m.	57207	\$ 12.39

**Location:** Conant Branch

## DYI: Spring Door Mats

Welcome guests into your home with your own personalized door mat! An afternoon of fun by creating a custom door mat. All materials provided.

Day	Start	Time	Code	Cost*
Friday	April 17	1:30 – 3:30 p.m.	57343	\$39.82

**Location:** Northview Branch

## Rise and Shine Breakfast

Spring into another great breakfast! Enjoy pancakes, bacon, beans, fruit and yogurt and juice/tea/coffee.

Day	Start	Time	Code	Cost*
Friday	April 17	8:15 – 9:45 a.m.	57354	\$10.62

**Location:** Delpark Homes Branch

## Classical Music Night in Honour of John Beaton

John Beaton was instrumental in promoting and supporting classical music throughout Durham Region. Join us for an evening featuring live classical music in his memory.

Day	Start	Time	Code	Cost*
Monday	April 20	5:30 – 8 p.m.	57420	\$10.62

**Location:** John Street Branch

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



# Special Events



Fundraising event

## Tetley Tea

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

Day	Start	Time	Code	Cost*
Thursday	April 23	12:30 – 2 p.m.	57410	\$8.85

**Location:** John Street Branch

## Spring Fabulous Fourth Friday – R&B Night: The Marauders

Join us for our Spring Fabulous Fourth Friday featuring R&B Band, The Marauders. Refreshments and cash bar (19+). Membership is not required to attend this event.

	Day	Start	Time	Code	Cost*
	Friday	April 24	7 – 9 p.m.	57199	\$8.85

**Location:** Conant Branch

## Men's Night Out – Oshawa Greenhouse

Explore the City's greenhouse, one of the few remaining city-run glass greenhouses in Ontario. It is dedicated to housing tropical collections and producing annual bedding plants for city parks, gardens, City Hall, the Oshawa Valley Botanical Garden, and downtown planters/hanging baskets. Followed by a yummy meal back at our Northview Branch. **Meet at 919 Farewell St, Oshawa for 4 p.m.**

Day	Start	Time	Code	Cost*
Wednesday	May 6	4 – 7 p.m.	57341	\$22.12

**Location:** Northview Branch

## Travelogue

Our May destination is Morocco. Proudly presented by Marjorie Sorrell.

Day	Start	Time	Code	Cost*
Wednesday	May 6	2 – 3 p.m.	57407	Free

**Location:** John Street Branch

## Mental Health & Recreation

We welcome Sandi Bradley a Recreational Therapist on the Senior Support Team with DMHS and Lakeridge Health speaking on the importance of leisure and recreational experiences with regards to mental health. Tea, Coffee, and Cookies served.

Day	Start	Time	Code	Cost*
Friday	May 8	1:30 – 2:30 p.m.	57344	\$8.85

**Location:** Northview Branch

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



# Special Events



Fundraising event

## Progressive 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*
<b>Member</b>	Saturday	May 9	1 – 4:30 p.m.	57272	\$8.85
<b>Non-Member</b>	Saturday	May 9	1 – 4:30 p.m.	57273	\$11.06

**Location:** Conant Branch

## Old English Fish and Chip Night

We proudly present amazing Fish and Chips and the popular duo Amanda & Steve.

Day	Start	Time	Code	Cost*
Monday	May 11	5 – 7:30 p.m.	57422	\$25.00

**Location:** John Street Branch

## Strings & Strudels - Sunflower String Art

Create a beautiful sunflower string art piece in this relaxed, beginner-friendly event. Enjoy step-by-step guidance by Sally Baubles. All materials provided and enjoy delicious local strudels while you craft. Come for creativity, stay for the treats.

Day	Start	Time	Code	Cost*
Tuesday	May 12	1:30 – 4 p.m.	57200	\$ 25.00

**Location:** Conant Branch

## OSCC 55+ Choir Concert

Join the OSCC 55+ choir for our annual spring concert. Free to attend includes refreshments.

Day	Start	Time	Code	Cost*
Wednesday	May 13	12:30 – 1:30 p.m.	57423	Free

**Location:** John Street Branch

## May Flowers Bingo

Happiness is calling Bingo! Bring your friends for an entertaining night of Bingo. You are guaranteed 10 games and great jackpots. Light refreshments will be served.

	Day	Start	Time	Code	Cost*
<b>Member</b>	Wednesday	May 13	5:30 – 8:30 p.m.	57093	\$8.85
<b>Non-Member</b>	Wednesday	May 13	5:30 – 8:30 p.m.	57094	\$11.06

**Location:** Delpark Homes Branch

## Terrific Tours - Tanger Outlet

Treat yourself to a shopping escape at Tanger Outlets! From fashion and accessories to home and lifestyle brands, there's something for everyone. Travel with us for a relaxed, fun-filled day of bargains, browsing, and good company. Coach bus. Lunch is not included. Moderate-heavy walking depending on how many stores you visit. Meet in NORTH parking lot by 8:15 a.m.

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



# Special Events



Fundraising event

Day	Start	Time	Code	Cost*
Thursday	May 21	8:15 – 4 p.m.	57552	\$66.37

**Location:** Delpark Homes Branch

## Tetley Tea

Tetley proudly presents Brian Gordon this month. Let us know if you are celebrating a birthday.

Day	Start	Time	Code	Cost*
Thursday	May 28	12:30 – 2 p.m.	57411	\$8.85

**Location:** John Street Branch

## Men's Night Out – The Final Gangster Talk

The final chapter: Join us for our last gangster talk of the series. Dinner followed by a presentation on the prohibition in New York with gangsters Arnold Rothstein, Meyer Lansky, Frank Costello, Lucky Luciano and Bugsy Siegel.

Day	Start	Time	Code	Cost*
Wednesday	June 3	5 – 7 p.m.	57352	\$22.12

**Location:** Northview Branch

## Beach Blanket Bingo

Happiness is calling 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.

	Day	Start	Time	Code	Cost*
<b>Member</b>	Friday	June 5	1 – 4 p.m.	57274	\$8.85
<b>Non-Member</b>	Friday	June 5	1 – 4 p.m.	57275	\$11.06

**Location:** Conant Branch

## Rise and Shine Breakfast

Spring into another great breakfast! Enjoy pancakes, bacon, beans, fruit and yogurt and juice/tea/coffee.

Day	Start	Time	Code	Cost*
Friday	June 5	8:15 – 9:45 a.m.	57544	\$10.62

**Location:** Delpark Homes Branch

## Travelogue

We celebrate June with a Canadian destination, the spectacular Rockies. Proudly presented by John Smith & Alice Hebb.

Day	Start	Time	Code	Cost*
Wednesday	June 10	2 – 3 p.m.	57408	Free

**Location:** John Street Branch

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



# Special Events



Fundraising event

## Terrific Tours – St. Jacobs Option 1

We'll explore downtown St. Jacobs, with time to browse charming local shops and boutiques, stop at Picard's Foods for their famous treats, and visit the St. Jacobs Market to enjoy fresh foods, local vendors, and unique finds. Enjoy a day of shopping, strolling, and discovering one of the region's favourite destinations. Coach bus. No lunch provided. Moderate to heavy walking.

Day	Start	Time	Code	Cost*
Thursday	June 18	7:15 – 6 p.m.	57553	\$68.61

**Location:** Delpark Homes Branch

## Terrific Tours - St Jacobs Option 2 with Lens Mill Stop

Includes everything in St. Jacobs Option 1 **plus a second stop at Lens Mill Craft Store** for those interested in fabrics, yarn, and craft supplies.

Day	Start	Time	Code	Cost*
Thursday	June 18	7:15 – 6 p.m.	57555	\$68.61

**Location:** Delpark Homes Branch

## Tetley Tea

Tetley proudly presents a Strawberry Social featuring The Singasons. Let us know if you are celebrating a birthday.

Day	Start	Time	Code	Cost*
Thursday	June 25	12:30 – 2 p.m.	57412	\$8.85

**Location:** John Street Branch

## Recreation BBQ

Come celebrate Parks and Recreation Month with us! Join us at Northview on the back patio for a fun-filled BBQ and lawn games. Bring your friends and your competitive spirit! Note: The event is free; BBQ lunch costs extra, cash only.

	Day	Start	Time	Code	Cost*
	Tuesday	June 23	12:30 – 2:30 p.m.	57365	Free

**Location:** Northview Branch

## Summer Soirée

Celebrate Seniors Month in style at our Summer Soirée. Enjoy delicious light bites, indulge at our sweets table, and sip from the cash bar featuring refreshing signature drinks. Whether you're coming solo, with friends, or as a couple, this lively summer soirée promises fun, dancing, and unforgettable moments.

	Day	Start	Time	Code	Cost*
	Friday	June 26	7 – 10 p.m.	57356	\$17.70

**Location:** Northview Branch

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



# Special Events



Fundraising event

## Growing Pains of Canada

Join Lianne Harris for a lively presentation on life in Canada from 1885 to 1918, a period of challenge, change, and growth. Enjoy vivid stories, memorable characters, and a taste of history with famous Canadian butter tarts served.

Day	Start	Time	Code	Cost*
Tuesday	June 30	1:30 – 3 p.m.	57204	\$12.39

**Location:** Conant Branch

## CELEBRATE PRIDE DRAG SHOW

Join Kali Kontour and Drag Queen friends for a show of singing, dancing, performing and FUN!  
Register with code: 57288. Free. Conant Branch.

WEDNESDAY,  
JUNE 19,  
1 - 2 P.M.



YOU'RE INVITED

SAVE THE DATE

## BRANCH CRAWL

WEDNESDAY  
JUNE 10, 2025

Join the branch crawl and visit multiple  
OSCC55+ locations. Come and play, as  
we showcase our offerings.

## Summer Soiree

Friday, June 26, 2025  
7 - 10 p.m.

Enjoy light bites, sweet treats, and signature drinks at a lively summer soiree filled with dancing. Whether you come solo, with friends, or as a couple, it's sure to be unforgettable.

For details see page 68.



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



# Outdoor Recreation

## GET ACTIVE OUTSIDE!



### Cycling

**10 to 15 km**

**Day:** Thursday

**Time:** 9 – 11 a.m.

**Duration:** May 21 – September 24

**Cost:** \$4.75 / person

**Code:** 57427

**20 to 25 km**

**Day:** Tuesday

**Time:** 9 – 11 a.m.

**Duration:** May 19 – September 22

**Cost:** \$4.75 / person

**Code:** 57426

Registration in-person or online.

Meet and greet for all players Tuesday, May 12 at 11 – 12:30 p.m. at Northview Branch

### Paddle Group (Canoe and Kayak)

**Day:** Wednesday

**Duration:** May 6 – September 9

**Cost:** \$5.00 / person

**Code:** 57366

Registration in-person only.

Meet Northview upper parking lot

Mandatory information session at Northview Branch, Wednesday, April 1, 10 – 12 p.m.

### Tennis

**Day:** Tuesdays and Thursdays

**Time:** 9 – 11 a.m.

**Duration:** May 12 – September 10

**Cost:** \$54.00 / person

**Code:** 57439

Meet at Mary Street North Tennis Courts

### Slo-Pitch

Registration in person: Opens Tuesday March 17 and ends Tuesday April 22

**Competitive League\***

**Day:** Tuesday

**Start:** May 12

**Game start time:** 9 a.m.

**Cost:** \$31.50 / person

**Code:** 57546

**Recreation League**

**Day:** Thursday

**Start:** May 14

**Game start time:** Div 1 - 8:45 a.m. / Div 2 - 9 a.m.

**Cost:** \$78.75 / person

**Code:** 57545

\*All players required to register for Recreation League

**All Leagues Practice**

**Date:** April 28, April 30, May 5 and May 7

**Time:** 9:30 – 11:30 a.m.

**Location:** Lakefront west fields



# Recreation

Some programs have additional cost for prize pool

5-Pin Bowling		NEW
NEB's World		
Date	Time	Cost/Code
Monday April 27	10:00 a.m. 2 – games	\$12.25 <b>57556</b>
Monday May 25	10:00 a.m. 2 – games	\$12.25 <b>57558</b>
Monday June 22	10:00 a.m. 2 - games	\$12.25 <b>57559</b>

Shoe rental included.

Auction 45s (120s)		\$1.00
Day	Time	Branch
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 4<sup>th</sup> Thursday of the month

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

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

Book Club		Free
Day	Time	Branch
2 <sup>nd</sup> 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 <sup>rd</sup> Tuesday	9 – 11 a.m.	Conant
1 <sup>st</sup> 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

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

Desi Friendship Connect		Free
Day	Time	Branch
3 <sup>rd</sup> Saturday	1 – 3:30 p.m.	John Street

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

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 April 24, May 22 and June 19

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

News and Views		Free
Day	Time	Branch
Thursday	10 – 11 a.m.	John Street
Friday*	12:15 – 1:15 p.m.	Northview

\*Every other Friday Call Ext. 3640

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

\*April 10, May 1, and June 5

Pickleball Session Bundle: Conant Branch Pre-registration only.		
Level	Date/Time	Cost/Code
Beginners	Monday 11:15 – 1:15 p.m. Begins April 13 11 Weeks	\$22.00 <b>57188</b>
Intermediate	Monday 9 – 11 a.m. Begins April 13 11 Weeks	\$22.00 <b>57187</b>
Intermediate	Monday 1:30 – 3:30 a.m. Begins April 13 11 Weeks	\$22.00 <b>57189</b>
Intermediate	Thursday 8:15 – 10:15 a.m. Begins April 9 11 Weeks	\$22.00 <b>57197</b>
Intermediate	Thursday 10:30 – 12:30 p.m. Begins April 9 11 Weeks	\$22.00 <b>57198</b>

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 9 – 11 a.m. Begins April 10 11 Weeks	\$22.00 <b>57208</b>
Intermediate	Friday 1:30 – 3:30 p.m. Begins April 10 11 Weeks	\$22.00 <b>57210</b>
Advanced	Wednesday 1:30 – 3:30 p.m. Begins April 8 12 Weeks	\$24.00 <b>57195</b>
Advanced	Friday 11:15 – 1:15 p.m. Begins April 10 11 Weeks	\$22.00 <b>57209</b>

Pickleball \$2.00		
Day	Time	Branch
Wednesday	6:15 – 8:15 p.m.	Northview
Thursday	8:15 – 10:15 a.m.	Northview
*Thursday	7 – 9 p.m.	Conant

\*March 5 – May 7

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
*Tuesday	9 – 10:30 a.m.	John Street
Thursday	9 – 10:30 a.m.	John Street

\*Not the first Tuesday of the month

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

\*Final walk May 29

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
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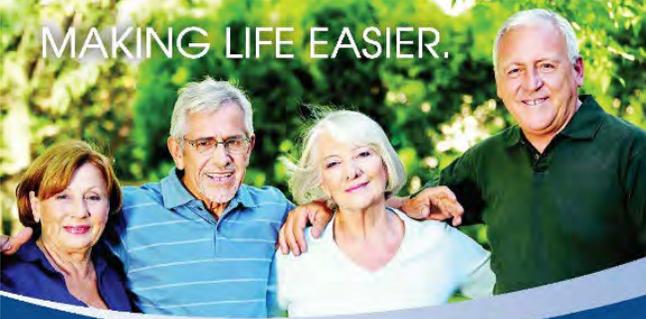
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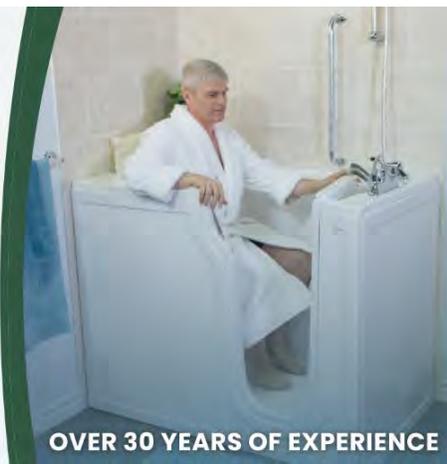
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