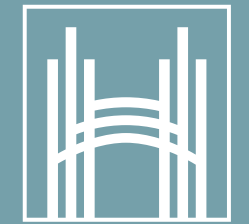


Celebrate Seniors' Month with Recreation June 1 - June 30



Hamilton

FREE activities, programs and workshops for adults 55+, offered by Recreation division and community partners, across the City of Hamilton.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 MAY	30 MAY	31 MAY	1	2 Fraud and Scams presented by Hamilton Police Services 10am-12pm @ Sackville MP Lisa Hefner - coffee and chat 1-2pm @ Sackville	3
4	5 Guided Painting 6-8pm @ Sackville Try it Fitness - Cardio Balance and Strength 1-2pm @ Bernie Morelli Gardening workshop 10am-12pm @ ASAC Help with Tech (connect to Wi-Fi and Bluetooth and navigate apps) 1-2pm @ Sackville	6 Nordic walking REG 1-2pm @ Bernie Morelli Scrapbook card making and knitting/games at the Inclusion Coffee house 10am-1pm @ Bernie Morelli Card Playing 10:30am-12:30pm @ Valley Park	7 Lobby games 3-4pm @ Sackville Planting the Seeds of Belonging Workshop presented by Neighbour to Neighbour Hamilton Community Food Centre 11am-1pm @ Sackville Open Tech Help 11am-12pm @ Bernie Morelli Mental Health and Older Adults presented by Canadian Mental Health 1-3pm @ Bennetto Guided Painting 1:30-3:30pm @ Huntington SUMMER REGISTRATION	8 Try it Fitness - Yoga Introduction 1-2pm @ Bernie Morelli Planting the Seeds of Belonging Workshop presented by Neighbour to Neighbour Hamilton Community Food Centre 1-3pm @ Bennetto Webinar - Credits, benefits and other programs available to support lower-income seniors in Ontario presented by Ministry of Finance (Free) 2-3pm @ Sackville	9 Try it Fitness - Cardio Dance 11:30-12:30pm @ Bernie Morelli Story Walk presented by Hamilton Public Library @ Sackville Try it Fitness - Chair Yoga 1:30 - 2:30pm @ Huntington	10
11	12 Tech time How to take pictures, edit and share on your phone or device! 1-2pm @ Sackville IPad 101 1:30-2:30pm @ Bennetto	13 Clutter relief service presented by Judy Anne Rickey (boardroom) 1-3pm @ Sackville Second Wind Concert (non-perishable food donation requested for admission) 1:30pm @ Grand Hall ASAC Card making 10:30am -12:30pm @ Valley Park	14 Lobby games 3-4pm @ Sackville Card Marking workshop 10:30am-12:30pm @ ASAC lobby	15 Hamilton Philharmonic Orchestra @ Sackville	16 Card making 9:30-11:30am and 1:00-3:00pm @ Sackville Card making 11am-12pm @ Dundas Tai Chi 1:30-2:30pm @ Valley Park	17
18	19 Tech time help! 1:30-2:30pm @ Bennetto Mental Health and Older Adults presented by Canadian Mental Health 10am-12pm @ Sackville	20 KICK-OFF EVENT! Card Playing 10:30am-12:30pm @ Valley Park Coffee with cops! Hamilton Police Services 11am-1pm @ Sackville	21 Lobby games 3-4pm @ Sackville Games and Craft 10:30am-12:30pm @ ASAC lobby	22 Dementia Friendly workshop presented by Alzheimer's Society 10am-12pm @ Sackville Card Making 11:30am-1pm @ Flamborough Hamilton Philharmonic Orchestra @ Sackville	23 Guided Painting 10am-12pm @ Sackville Frauds and Scam presented by Hamilton Police Services 1-3pm @ Stoney Creek	24
25	26 Pickleball clinic 1:30-4pm @ Sackville	27 Pickleball clinic 1:30-4pm @ Sackville	28 Lobby games 3-4pm @ Sackville Fraud and Scams presented by Hamilton Police Services @Dundas	29 Pickleball clinic 1:30-4pm @ Sackville	30 Pickleball clinic 1:30-4pm @ Sackville	31

Visit your local library or other recreation providers for more 55+ fun in the community.

Learn more at: hamilton.ca/Recreation55