

June Seniors Month 2025

FREE activities, programs and workshops offered by Recreation Division and Community Partners, across the City of Hamilton.

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2	3	4	5	6
Sackville Acting 101 2-4pm	Dalewood 55+ Swim 9:45-10:45am	Senior KICK OFF 10am – 3pm Carmen's Event Centre Register at hamilton.ca/seniorskickoff	ASAC Card making 10:30am-12:30pm Registration required (20760) Sackville Paint night 5-7pm Registration required (20649)	Bennetto 55+ Swim 11:15am-12pm ASAC Free Brain Health Workshop (Cogniciti/Baycrest Academy for Research and Education) 10-11am & 11:30am-12:30pm Registration Required (20773 & 20774)
9	10	11	12	13
Flamborough Fraud prevention (4Sure Healthcare) 1:30 - 3:30pm Registration required (refreshments provided) (20775) Sackville Acting 101 2-4pm	ASAC Painting 10am - 12pm Registration required (20783) Central Memorial 55+ Swim 10-11am Dalewood 55+ Swim 9:45am-10:45am	Sackville Planters! 10-11:30am & 12-1:30pm Registration required (20836) & (20837)	Valley Park Chair Yoga 9-10am Registration required (12223) ASAC Planters! 10am-12pm Registration required (20777) Sackville pop up table sharing info about a clean and green Hamilton! 10am-2pm Central Memorial 55+Swim 10-11am	Bennetto 55+ Swim 11:15am-12pm ASAC Fraud prevention (4sure Healthcare) 10am-12pm Registration required (refreshments provided) (20778) Stoney Creek Free Brain Health Workshop (Cogniciti/Baycrest Academy for Research and Education) 12:30 - 1:30pm & 2-3pm Registration required (22077 & 22078)
16	17	18	19	20
Sackville Fraud prevention (4Sure Healthcare) 11am- 1pm Registration required (refreshments provided) (20775) Sackville Acting 101 2-4pm	ASAC Recorders Performance 1:00 - 3:30pm Registration Required (21045) Sackville Belly Danicng with Tahira Goddess Emerging 10-11:30am Registration required (21250) Sackville Yoga Chair 12-1pm Registration required (20341) Sackville Yoga Intro 1:15-2:15pm Registration required (20342) Sackville Yoga Restorative 2:30-3:30pm Registration required (20343) Dalewood 55+ Swim 9:45-10:45am	ASAC Card making 10:30am -12:30pm Registration required (20779) Sackville Pilates 1 9:30-10:30am registation required (20346) Sackville Pilates Chair 10:45-11:45am Registration required (20347) Sackville Tai Chi Fundamentals 12-1pm Registration required (20348)	Sackville Card making workshop 10am-12pm Registration required (20838)	Stoney Creek Fraud prevention (4Sure Healthcare) 2-4pm Registration required (refreshments provided) Bennetto 55+ Swim 11:15am-12pm (22076)
23	24	25	26	27
Sackville Free Brain Health Workshop (Cogniciti/Baycrest Academy for Research and Education) 1-2pm & 2:30-3:30pm Registration required (21251 & 21252) Sackville Cardio Dance 9:30-10:30am Registration required (20349) Sackville Cardio Dance Weights 10:45-11:45am Registration required (20350) Sackville Boot Camp 12-1pm Registration required (20351) Sackville Acting 101 2-4pm	Sackville Painting 10am - 12pm Registration required (20654) Sackville Chair Fit 10:45-11:45am Registration required (20352) Sackville Yoga Hatha 12-1pm Registration required (20353) Dalewood 55+ Swim 9:45-10:45am	Sackville Stability, Strength and Tone 9:30-10:30am Registration required (20354) Sackville Cardio, Balance and Strength 10:45-11:45am Registration required (20355) Sackville Core 12-1pm Registration required (20356) Sackville Mobile Hearing Clinic by Ears To You Registration required at front customer service	Flamborough Card Making 9:30-11:30am Registration required (20780) Sackville Service Canada 10am-12pm	Bennetto 55+ Swim 11:15am-12pm
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Sackville Acting 101 2-4pm				

Registration is required for some programs.
To register, visit hamilton.ca/recreation55 and use codes listed below, unless otherwise noted.