



June is Seniors Month!

Register for a variety of workshops available throughout the City.

hamilton.ca/seniors Stay Active Safely with Recreation



| Program | Description |
|---|---|
| Game Day | Drop in and play a variety of games with friends. Activities vary at each centre. These workshops are intended for older adults. |
| Fitness Try It | Drop in to meet one of our fitness instructors and demo some of the Fitness programs that the City of Hamilton offers. These workshops are intended for older adults. |
| Open Tech Help | Bring in your smart phone or tablet and a staff will be there to help answer any questions. |
| Card Making | Join us for a fun filled session of card making. During the session we will be creating greeting cards. Instructions will be provided on how to create cards and offer variations, personal touches and fun creations. All program supplies will be provided. These workshops are intended for older adults. |
| Herb Growing | Learn to grow and use herbs at home. Join us for an introductory class for growing herb plants from seed. All supplies are provided. These workshops are intended for older adults. |
| Guided Painting | Ignite your creativity while creating an abstract city scape. Join us for a step-by-step guided acrylic painting workshop. All levels welcome, no experience needed. All program supplies will be provided. These workshops are intended for older adults. |
| Story Walk and Courtyard games | With Summer break starting, this is a program that you can attend with your grandkids. Join us in the courtyard to do a story walk and games. These workshops are intended for older adults. |
| CMHA - The New Normal | Globally, life as we knew it was changed forever as a result of the pandemic. In Canada, the effects of nation-wide shutdowns, lockdowns, hospitalizations, mandatory isolation, and vast economic decline have impacted individuals, families and communities greatly. This presentation explores the impact of COVID-19 on mental health and what we can do to maintain our mental health during this time. |
| Hamilton Police - Frauds and Scams | Learn the warnings signs and things to look out for when it comes to frauds and scams and how to react if you have been victim to a fraud. |

Questions? or To Register 905-546-3747

| Workshop | Date | Time | Location | Short Code |
|---|-----------------------|---------------------|--|-------------------|
| Hamilton Police - Fraud and Scams | Thurs June 2, 2022 | 1:00-2:00 PM | Stoney Creek Recreation Centre | 00047152 |
| Card Making | Fri June 3, 2022 | 2:00-4:00 PM | Bernie Morelli Recreation Centre | 00046999 |
| Open Tech Help | Mon June 6, 2022 | 11:00 AM-2:00 PM | Dundas Lions Memorial Community Centre | 00047149 |
| CMHA - The New Normal | Tues June 7, 2022 | 11:00 AM - 12:00 PM | Ryerson Recreation Centre | 00047012 |
| Game Day | Tues June 7, 2022 | 1:30-3:30 PM | Dundas Lions Memorial Community Centre | 00047147 |
| Fitness Try It | Wed June 8, 2022 | 1:00 - 2:00 PM | Huntington Park Recreation Centre | 00047187 |
| Card Making | Thurs June 9, 2022 | 11:00 AM-1:00 PM | Ancaster Seniors Achievement Centre | 00047619 |
| Fitness Try It | Thurs June 9, 2022 | 6:00-7:00 PM | Ryerson Recreation Centre | 00047008 |
| Game Day | Fri June 10, 2022 | 10:30-11:30 AM | Ancaster Seniors Achievement Centre | 00047620 |
| Guided Painting | Fri June 10, 2022 | 1:30-3:30 PM | Sir Allan MacNab Recreation Centre | 00047022 |
| Open Tech Help | Mon June 13, 2022 | 11:00 AM-2:00 PM | Dundas Lions Memorial Community Centre | 00047150 |
| Guided Painting | Mon June 13, 2022 | 2:30-4:30 PM | Westmount Recreation Cetnre | 00047825 |
| Guided Painting | Mon June 13, 2022 | 5:00-7:00 PM | Dalewood Recreation Centre | 00047021 |
| Card Making | Tues June 14, 2022 | 12:00-2:00 PM | Ryerson Recreation Centre | 00047009 |
| Card Making | Tues June 14, 2022 | 1:00-3:00 PM | Flamborough Senior Centre | 00047597 |
| Fitness Try It | Tues June 14, 2022 | 1:30-2:30 PM | Dundas Lions Memorial Community Centre | 00047017 |
| Guided Painting | Wed June 15, 2022 | 6:00-8:00 PM | Bernie Morelli Recreation Centre | 00047018 |
| Hamilton Police - Frauds and Scams | Thurs June 16, 2022 | 3:00 - 4:00 PM | Ancaster Rotary Centre | 00047878 |
| Card Making - Virtual | Fri June 17, 2022 | 10:30-11:30 AM | Virtual | 00047609 |
| Card Making | Fri June 17, 2022 | 1:30-3:30 PM | Sackville Hill Senior Centre | 00047587 |
| Open Tech Help | Mon June 20, 2022 | 11:00 AM-2:00 PM | Dundas Lions Memorial Community Centre | 00047151 |
| Game Day | Tues June 21, 2022 | 12:00-2:00 PM | Dalewood Recreation Centre | 00047146 |
| Game Day | Tuesday June 21, 2022 | 1:30-3:30 PM | Dundas Lions Memorial Community Centre | 00047148 |
| Fitness Try It | Wed June 22, 2022 | 1:30 - 2:30 PM | Valley Park Community Centre | 00047826 |
| Herb Growing Workshop | Thurs June 23, 2022 | 10:00 AM-12:00PM | Sackville Hill Senior Centre | 00047590 |
| Fitness Try It | Fri June 24, 2022 | 9:00 - 10:00 AM | Valley Park Community Centre | 00047827 |
| Game Day | Fri June 24, 2022 | 10:00 AM-12:00 PM | Sackville Hill Senior Centre | 00047591 |
| Game Day | Mon June 27, 2022 | 12:30-1:30 PM | Flamborough Senior Centre | 00047598 |
| Card Making | Tues June 28, 2022 | 10:30 AM-12:30 PM | Ancaster Seniors Achievement Centre | 00047621 |
| Story Walk and Courtyard Games | Thurs June 30, 2022 | 1:00-3:00 PM | Sackville Hill Senior Centre | 00047588 |

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