

# 55+ Aging Well Together

## Free Programs in the Park for Adult 55+

Programs in the Park for 55+ are free outdoor programs that will be offered to Seniors once a week at George Ashe Library and Community Centre and Esplanade Park.

Programs in the park will run every Tuesday between 9:00am - 11:00am with the rain date being Wednesday. Art in the Park programs will run





every Thursday from 9:00am - 11:00am with the rain date being Friday.

All Tuesday programming will take place at the Basketball court at George Ashe LCC. Art in the Park programs will be held at Esplanade Park in the Gazebo area every Thursday.



All programs will follow the Provincial and Health Department guidelines. Prescreening will be required before the start of every program and maximum numbers will be adhered to.

Sign up today!

Date	Program	Description	Activity Code
Tuesday, August 4	Crocheting/ Knitting 	Learn the basic stitches, how to change colour, and basic patterning. This class is perfect for beginners or those looking to refresh your skills.	24866
Thursday, August 6	Art in the Park 	Take part in a new Art in the Park project each week. Supplies are provided.	25083
Tuesday, August 11	Latin Line Dance 	Learn dances such as the Cha-cha, Merengue, and Salsa without needing a background in dance. The best part is, you do not require a partner!	24867
Thursday, August 13	Art in the Park 	Take part in a new Art in the Park project each week. Supplies are provided.	25140

Tuesday,  
August 18

### Guitar



Learn the fundamentals of Guitar playing. How to handle the guitar, tuning and develop performance skills as you learn to read music and play popular songs. Participants are required to bring their own classical guitar. **24868**

Thursday,  
August 20

### Art in the Park



Take part in a new Art in the Park project each week. Supplies are provided. **25141**

Tuesday,  
August 25

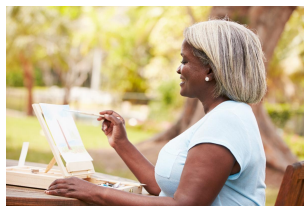
### Pickleball (singles)



This popular sport is a combination of table tennis, tennis and badminton. It is easy to learn, fun, and great exercise. Participants can play at their own pace. Come on out and see what everyone is talking about! **25070**

Thursday,  
August 27

### Art in the Park



Take part in a new Art in the Park project each week. Supplies are provided. **25142**

© The Corporation of the City of Pickering  
One The Esplanade, Pickering, Ontario, Canada L1V 6K7  
T. 905.683.7575  
[pickering.ca](http://pickering.ca)

City of Pickering, One The Esplanade, Pickering, Ontario L1V 6K7 Canada