

# 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
	<b>29</b> <b>MAY</b>	<b>30</b> <b>MAY</b>	<b>31</b> <b>MAY</b>	<b>1</b>	<b>2</b> Fraud and Scams presented by Hamilton Police Services 10am-12pm @ Sackville  MP Lisa Hefner - coffee and chat 1-2pm @ Sackville	<b>3</b>
<b>4</b>	<b>5</b> 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	<b>6</b> 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	<b>7</b> 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  <b>SUMMER REGISTRATION</b>	<b>8</b> 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	<b>9</b> 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	<b>10</b>
<b>11</b>	<b>12</b> Tech time How to take pictures, edit and share on your phone or device! 1-2pm @ Sackville  IPad 101 1:30-2:30pm @ Bennetto	<b>13</b> 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	<b>14</b> Lobby games 3-4pm @ Sackville  Card Marking workshop 10:30am-12:30pm @ ASAC lobby	<b>15</b> Hamilton Philharmonic Orchestra 2:30 - 3:30pm @ Sackville	<b>16</b> 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	<b>17</b>
<b>18</b>	<b>19</b> Tech time help! 1:30-2:30pm @ Bennetto  Mental Health and Older Adults presented by Canadian Mental Health 10am-12pm @ Sackville	<b>20</b> <b>KICK-OFF EVENT!</b>  Card Playing 10:30am-12:30pm @ Valley Park  Coffee with cops! Hamilton Police Services 11am-1pm @ Sackville	<b>21</b> Lobby games 3-4pm @ Sackville  Games and Craft 10:30am-12:30pm @ ASAC lobby	<b>22</b> Dementia Friendly workshop presented by Alzheimer's Society 10am-12pm @ Sackville  Card Making 11:30am-1pm @ Flamborough  Hamilton Philharmonic Orchestra 1 - 2pm @ Sackville	<b>23</b> Guided Painting 10am-12pm @ Sackville  Frauds and Scam presented by Hamilton Police Services 1-3pm @ Stoney Creek	<b>24</b>
<b>25</b>	<b>26</b> Pickleball clinic 1:30-4pm @ Sackville	<b>27</b> Pickleball clinic 1:30-4pm @ Sackville	<b>28</b> Lobby games 3-4pm @ Sackville  Fraud and Scams presented by Hamilton Police Services @Dundas	<b>29</b> Pickleball clinic 1:30-4pm @ Sackville	<b>30</b> Pickleball clinic 1:30-4pm @ Sackville	<b>31</b>

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

Learn more at: [hamilton.ca/Recreation55](http://hamilton.ca/Recreation55)