

June is Seniors' Month throughout the City - 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For information on these or other activities contact: Burlington.ca/liveandplay Or Call – 905-335-7888		Legend (\$-Paid) (F-Free) (C-Complementary) (FS- Fun Suggestions)	1 Knit 'n' Natter 1-3pm Brant Hills Library Join this knitting group for fun conversations	2 Queen's Jubilee – 70 Hats for 70 Years Exhibit 2-4pm St. Matthew on the Plains Church	3 Shinny 55+ 9:30am-11am Appleby Ice Centre Casual hockey	4 Spring Open House 10am-4pm Burlington Model Railway Club
5 Lowville Park Have a Picnic with your Family or Friends enjoy Lowville Park	6 Public Skate 10-11:30am Appleby Ice Centre	7 Healing Waters 55+ 12-1:30pm Aldershot Pool Enjoy this comforting water therapy program	8 Borrow-A-Bike 9am-4pm Burlington Seniors' Centre *Available Monday-Friday	9 Let's Talk About Community Gardens 1-1:30pm TelePALS (Phone-In)	10 Drop-In Exercise (Wogging and Weights) 9:30-10:30am Tansley Woods	11 Antique Appraisal Event 12-4pm Joseph Brant Museum
12 City View Park Enjoy the view and new Pavilion *Open Daily	13 Just Breathe Noon-1:30pm Tansley Woods Library Join this guided meditation	14 Trivia Tuesday Social 6-8pm Burlington Seniors' Centre	15 Burlington Seniors' Centre Bistro Open Daily 10am-2pm Join us for lunch	16 Healing Waters 55+ 2-3pm Tansley Woods Community Centre Enjoy this comforting water therapy program	17 Burloak Waterfront Park Try the Outdoor Fitness Equipment	18 Sound of Music Festival Spencer Smith Park June 12-19
19 Concert in the Park – Burlington Teen Tour Band 7:30-9:30pm Central Park Bandshell	20 Drop-In Exercise (Wogging and Weights) 9:30-10:30am Tansley Woods	21 Stick and Pucks 55+ 9:30-10:30am Appleby Ice Centre Cool off in the arena	22 Intro to Lawn Bowling 7:30pm Burlington Lawn Bowling Club *Available Weekly	23 Drop-In Exercise (Walk Fit 55+) 10:30-11:30am Beside Central Arena Parking Lot	24 Lap Swim 55+ 11am-Noon Centennial Pool	25 Disc Golf Workshop 2-4pm Tansley Woods Community Centre
26 Concert in the Park – Milton Show Band 7:30-9:30pm Central Park Bandshell	27 June Celebration Social Noon-2pm Burlington Seniors' Centre	28 Music Moments for Brain Power 3-3:30pm TelePALS (Phone-In)	29 Concert in the Park – Burlington Welsh Ladies Chorus 7:30-9:30pm Central Park Bandshell	30 Play in the Splash Pad 3:30-7:30pm Nelson Pool *Free for the month of June only	If you are interested in Volunteer Opportunities with the City of Burlington contact: Adult@Burlington.ca	