

Recreation & Culture

Adults 55+ Summer 2025 Magazine



Mayor & Council

Message from the Mayor

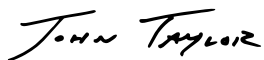
After a tremendous amount of snow this winter, I'm happy to say that Summer is just around the corner and Newmarket offers endless activities and programs to help you and your family make the most of it.

Newmarket provides a variety of recreational and cultural programs for adults 55 and older that cater to a range of interests and can spark joy, encourage growth, and build lasting connections. Take some time to learn more about the programs in our Summer Magazine and save the date for registration on Wednesday, May 7.

And if you aren't a member already, joining the Newmarket Seniors' Meeting Place offers a wide variety of recreational and social opportunities, reduced fees for programs and events, access to drop-in programs and so much more.

We also have an action-packed line-up of exceptional events that I hope to see you at this season. From the Canada Day and Pride festivals to the Thursday night Music Series at Riverwalk Commons and Moonlight Movies in the parks, there is a lot to explore and enjoy in Newmarket!

Sincerely,



John Taylor
Mayor





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2025 Summer Registration

Registration Dates

Resident and NSMP Members Registration

May 7 at 8 a.m.

Non-Resident Registration

May 14 at 8 a.m.



How to Register



Create your Xplor Account today!

How to create your account:

1. newmarket.perfectmind.com
2. Click Sign Up
3. Enter all required information
4. Use your new account to register for recreation programs, drop-in activities, memberships & more!

Important Information

Due to volume of users on registration dates, delays in accessing online registration may occur.

[Click here to create Xplor your account.](#)

Online

What you need:

- Xplor Account login
- Visa/Mastercard/AMEX or credit on your account
- Program ID

What to do:

- Log on to **newmarket.perfectmind.com**
- Select the Activity Tab then registration
- Use the filters and activity categories to find activity
- Select register or 'Waitlist' depending on availability
- Enter your credit card information or apply your credit
- Print your registration confirmation and receipt at time of registration
- If you experience trouble, call the Help Line at 905-953-5154
- View all of your activities under the schedule section of your online account

In-Person

What you need:

- Your Xplor Account Information
- Cash/Cheque/Debit/Visa/Mastercard/AMEX or credit on account
- Program ID or name of program

What to do:

- Visit one of our Customer Service Kiosks during business hours. This registration method reduces your chances of getting into the programs of your choice as programs fill up quickly.

* Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

Imagine...

- Participating in a wide variety of programs and activities
- Taking a class, seminar and learning a new skill
- Getting together with friends
- Taking a bus trip to an exciting destination and meeting new friends
- Attending exciting special events
- A place where you can volunteer and give back to the community
- All these opportunities at a low cost



The Newmarket Seniors' Meeting Place is the place to start! Join today!

The Newmarket Seniors' Meeting Place (NSMP) has over 1200 members that are 55+ years, who actively participate daily in a wide variety of accessible recreational programs, drop-in activities, and social events to maintain a young mind, body and soul. NSMP features include:

- Activity/Meeting Rooms
- Kitchen
- Lounge
- Arts & Crafts Room
- Woodshop
- Games Room (Billiards, Darts)
- Outdoor Patio (sheltered with barbecue)
- Lending Library (books + puzzles)

Membership Options

Take advantage of one or both of the membership options available to you!

NSMP Annual Membership

Residents: \$36.99 + HST | Non-Residents: 56.99 + HST

NSMP Members can access over 40 weekly drop-in activities, free of charge and enjoy reduced fees for NSMP registered programs, bus trips, special events, and hall rentals.

**Non-members are permitted 3 visits to drop-in programs and spaces before being required to purchase a membership.*

RecPass

Monthly Fee for Adults 55+: \$33.50 + HST | a surcharge of \$10/month for Non-Residents applies.

- Unlimited access to our Fitness Centres - Magna Centre & Ray Twinney Recreation
- Unlimited access to group fitness classes and walking/running track.
- Unlimited access to all swimming drop-in sessions, including public swims, lane swims, aquafit and more.
- Unlimited access to all gym sessions, including open gym, basketball, preschool drop-ins, pickleball and more.
- Unlimited access to skating drop-in programs including public skates, shinny and more.
- Ability to register sessionally for Seniors Fitness & Wellness programs.



* Drop-In Programs

Don't have the time to commit to a multi-week program? Interested in just trying out one of our classes? Try one of our drop-in programs!

Public skating, shinny hockey, swimming, fitness classes and a variety of sports available for drop-in style recreation activities to keep you in shape and having fun!



Click the calendar button and check out drop-in schedules and all information for each activity.

Pre-registration is required for Group Fit, Aquafit, Pickleball & Badminton.

All customers must have an Xplor Account in order to participate in a any Drop In Programs.

* Refunds/Withdrawal Policy

Can no longer participate in a registered program? Withdrawals can be completed online at newmarket.perfectmind.com or through our online form.

Please note: Withdrawals for Aquatic Leadership courses cannot be completed online. An online form must be completed.

Cancellation Options	Refund Policy
7 or more days prior to the start of the program	Full refund
6 or less days prior to the start of the program	No refund, unless medical documentation is provided

If you need to withdraw less than 7 days prior to the start date due to a medical reason, please fill out the online form.

How to Withdraw Online:

Visit newmarket.perfectmind.com and log in with your email address and password.

- Click on the client you are looking to withdraw and scroll down to Schedules.
- Click to Switch to List View then find the program you are looking to withdraw from.
- Click on Actions then Withdraw.

FAQ's:

Q: Am I able to withdraw due to a medical reason?

A: You may withdraw at any time with medical documentation. All credits/refunds will be prorated.

Q: I need to withdraw less than 7 days prior to the start of the class, or after the class has begun due to an extenuating circumstance. What should I do?

A: Please submit a withdrawal and refund request via our online form. All approvals will be up to the discretion of the Town of Newmarket.

Q: Will a refund request be considered after a program has ended?

A: Unfortunately requests submitted after the program has ended will not be considered.

Q: Will a refund be issued if I miss a class?

A: In the event that you are unable to attend one or more classes, a make-up class, refund or credit will not be offered unless medical documentation is provided.

Q: My program was cancelled, will I receive a refund?

A: Yes, you will receive a full credit, refund or may be transferred to another available class.

Q: My cheque has insufficient funds. What happens?

A: You will be charged a non-sufficient funds fee of \$50. The repayment must be made in cash, debit or certified cheque prior to attending the next class.

Q: The program has started. Am I too late to register?

A: Some programs allow for late registration. Please contact our Customer Service team for availability at **905-953-5303** or info@newmarket.ca



Creating Accessible Recreation for Everyone

The Town of Newmarket's Care Fund is now available. Give the gift of recreation by donating to the Care Fund today.

The Town of Newmarket aims to "Create Accessible Recreation for Everyone" by offering financial assistance to residents of all ages on any Town of Newmarket Recreation & Culture registered programs. The objective of this program is to offer increased opportunities to those who may require financial assistance that would not otherwise be able to participate in recreation.

Click the buttons below to Apply or Donate to care.



Apply online



**Printable
Application**



Learn more

Subsidy Information

Local Charities

Canadian Tire Jumpstart®

Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4 to 18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self-esteem and confidence.

Eligible – Newmarket Residents between the ages of 4 to 18

Criteria – Application + must demonstrate need for financial assistance with provision of proof of receiving subsidy (EI, OW, OH, GTRI, ODSP)

Frequency – Twice per annum (Jan-June and July-Dec)

Amount – Eligible 100% up to maximum of \$200

Contact – 905-895-5193 ext. 2705 Canadian Tire Jumpstart® - Newmarket Chapter – Contact 905-895-5193 or ctjs@newmarket.ca

York Region Subsidy Programs

York Region offers various types of subsidies for families with low to moderate income.

For more information on programs and eligibility, please visit www.york.ca/children or contact ACCESS YORK AT 1(877) 464-9675.

York Region does not guarantee funding or space in programs or camps.



* Thank you to our naming rights sponsors!



Mercedes-Benz
Newmarket



Reininger
Family





Events

For information on all upcoming events check out newmarket.ca/events

All events are free to the public unless otherwise indicated.



Interested in receiving email updates with news, events, and happenings?
Sign-up at newmarket.ca/recreation

Summer is here!

We have a variety of programs to offer for adults 55+! Try something new this Summer with us, learn more in the pages ahead.

Looking for drop-in programs as well?

Click the button for all schedules and drop-in information







Adult 55+ Programs

Welcome to Adults 55+ Programs for Summer 2025!

The Town of Newmarket has a wide variety of recreational and social opportunities for adults 55+. While the Newmarket Seniors' Meeting Place (NSMP) serves as the primary hub of programs and events, over the years we have expanded into other Newmarket facilities as well.

Arts and Culture

Event, Trips & Seminars


Fitness & Wellness

Virtual

NSMP Summer Drop In Schedule

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins May 7 at 8 a.m.
- Non-resident registration begins May 14 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.

A group of approximately ten women are participating in a fitness class in a large, well-lit gymnasium. They are standing in a line, facing right, and performing a synchronized movement with their arms extended forward. The women are dressed in casual athletic wear, including t-shirts, leggings, and sneakers. The gymnasium has a wooden floor with white lines and a light-colored wall with a blue vertical pillar. The lighting is bright, coming from recessed ceiling lights.

Stay active this summer with a variety of fitness / wellness classes at the Seniors' Meeting Place.

Enjoy Line Dancing, Zumba, Fit & 55+, Pilates, Yoga, and so much more. And be sure to check out our summer patio BBQs on Mondays and Thursdays at noon.

* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Pre-Registration:

Member: \$10 | Non-Member: \$11

- May 16 - Code: 55039
- June 6 - Code: 55040
- June 20 - Code: 55041
- July 18 - Code: 62333
- August 15 - Code: 62334

Come enjoy a great night, featuring 2 dance floors (Line Dancing & Ballroom / Latin / Social), along with Coffee & Tea, Cash Bar, Theme Nights, and light refreshments.

Seniors Karaoke Night

Friday May 23

6 to 8 p.m.

Code: 56109

Member: \$5 | Non-Member: \$6

Enjoy a fun filled night of music and good times. Step up to the mic to sing or simply enjoy a variety of performances. Pre-registration is required. A cash bar is available. Includes table snacks.

Sponsor: Amica Aurora

Seniors Jeopardy

Friday, May 30

6:30 to 9:30 p.m.

Code: 55042

Member: \$10 | Non-Member: \$11

Will you be the next Jeopardy Champion? Try your hand at America's favourite quiz show! Come out for a night of fun with friends and test your knowledge in true Jeopardy fashion. Pizza is provided, and a cash bar is available. Register as a team (up to 4) or as an individual.

Sponsor: Coldwell Banker



Click here to view full program information and register online

KnowledgeFlow Cybersafety Foundation - Digital Safety Workshop

Thursday, June 5

10:30 a.m. to 12 p.m.

Code: 61444

Learn how to be #UnHackable with KnowledgeFlow Cybersafety Foundation's Digital Safety Workshop. This session is tailored to help older adults master how to secure your accounts, your personal information, and to protect your data. You will learn how to recognize scams with confidence whether they come through email, social media, by text or by phone. The workshop will be a lively and interactive discussion so be sure to bring your questions and comments!

Line Dance Workshop

Sunday, June 8

1 to 5 p.m.

Code: 56891

\$ 35 (Member), \$40 (Non-Member)
Seniors' Meeting Place Line Dance instructors Dianne and Jill, along with fabulous guest instructors (to be announced), will host this exciting afternoon of line dancing. This is not a "learn to dance" workshop, but is suitable for accomplished students who have at least taken Absolute Beginner / Beginner classes. The registration fee includes a workshop booklet, light refreshments and door prizes.

Seniors Karaoke Night

Friday June 13

6 to 8 p.m.

Code: 56111

Member: \$5 | Non-Member: \$6

Enjoy a fun filled night of music and good times. Step up to the mic to sing or simply enjoy a variety of performances. Pre-registration is required. A cash bar is available. Includes table snacks.

Sponsor: Amica Aurora



Live Music Night: Cheryn Lyn and The Catalysts

Saturday, June 14

6:30 to 9 p.m.

Code: 55049

Member: \$30 Non-Member: \$35

Cheryn Lyn and The Catalysts is a 5 piece Super Classic Band known for high energy and engaging music. Their June performance will celebrate the music of women from the 60's to the 80's including many genres like R&B, Pop, Blues and Country. You will definitely be singing along and/or up dancing or both.

Sponsor: TBD

Pride Parade Seniors Walking Float

Saturday June 21

Building on last years great turnout, we're inviting more people to join us this year. Let us know if you would like to walk with the Seniors' Meeting Place float in the 2025 Pride Parade.

Grillin' & Chillin'

Tuesday, July 22

5 to 8 p.m.

Code: 61738

Member: \$10 | Non-Member: \$11

Join us for a relaxing evening on our beautiful patio and enjoy a delicious barbecue, live music, and great company in a warm, welcoming atmosphere. Savor the flavors, tap your toes, and make wonderful memories! The registration includes your choice of hot dog or burger (beef, chicken or veggie), salad, dessert, and entertainment. Cash bar available.

Sponsored by Amica Aurora

Grillin' & Chillin'

Tuesday, August 12

5 to 8 p.m.

Code: 56628

Member: \$10 | Non-Member: \$11

Join us for a relaxing evening on our beautiful patio and enjoy a delicious barbecue, live music, and great company in a warm, welcoming atmosphere. Savor the flavors, tap your toes, and make wonderful memories! The registration includes your choice of hot dog or burger (beef, chicken or veggie), salad, dessert, and entertainment. Cash bar available.

Sponsored by Amica Aurora

Fall BBQ

Thursday September 25

5 p.m. to 8 p.m.

Code: 62335

Member: \$10 | Non-Member: \$11

Join us for a relaxing evening on our beautiful patio and enjoy a delicious barbecue and great company in a warm, welcoming atmosphere. Savor the flavors, tap your toes, and make wonderful memories! The registration includes your choice of hot dog or burger (beef, chicken or veggie), salad, and dessert. Cash bar available.



**Click here to view full
program information
and register online**

* Adults 55+ Programs

Arts & Culture

Introduction to Soft Pastel

These soft pastel lessons are designed to introduce you to the vibrant and expressive world of pastel painting, covering materials, techniques, and composition, suitable for beginners and those looking to expand their artistic skills. Explore various pastel techniques, including blending, layering. Learn how to plan and complete a pastel painting from start to finish.

Instructor: Jackie

Location: Seniors' Meeting Place

Mixed Media Abstract Expressions

Join in our Mixed Media classes as we explore the exciting world of combining different art materials and techniques to create unique and expressive artwork. We will use stencils and other materials to create unique 3D collages on canvas and more.

Instructor: Jackie

Location: Seniors' Meeting Place

Alcohol Ink Flower Cards Workshop

Join us for this workshop if you'd like to learn an Alcohol ink technique for creating flowers with this beautiful medium. We will be creating 4 of them in various colours on Yupo paper which we can then attach to cardstock with matching envelopes. All supplies are included and an apron is suggested. INSTRUCTOR: Jackie

Location: Seniors' Meeting Place



Click here to view full program information and register online

The Story of My Life (Journaling)

What will be the title of your life story? With fun, interactive, and engaging sessions, The Story of my Life journaling workshop series will put pen to paper to authenticate your life history.

Through thoughtfully curated themed sessions, personalized journaling workbooks, and the power of shared storytelling, participants embark on a journey of healing, self-empowerment, and the creation of a meaningful legacy gift.

Reminisce with themes such as Bucket List, where we will reflect on past experiences and create a new list of experiences to explore moving forward. Travel back in world history, with the theme Generation Gap, to events that impacted you and your loved ones.

Other themes include: Character Traits, Life Well Lived, My Guesthouse, hear me Roar!, Life's Lessons, Aha!, and Who am I?. One-time fee of \$25 for workbook due in the first class.

Instructor: Shelley

Location: Seniors' Meeting Place

Fitness, Wellness, & Dance

Barre Fitness

Barre is a full body workout that transforms you physically and mentally. It's a toning, body weight workout that targets muscles that you normally don't use. It will improve your balance, build strength, work your flexibility, burn calories, and improve your stability. It focuses on high reps and low impact movements making it a powerful workout.

Location: Seniors' Meeting Place

BollyX® Low Intensity

A Bollywood-inspired dance-fitness program that combines dynamic choreography. A light cardio workout that includes a balance of upper and lower body movements with lower-intensity dance sequences to get you moving, sweating, and smiling.

Location: Seniors' Meeting Place

Fit & 55+

Enjoy an hour of exercise that includes aerobic activities designed to tone and stretch your muscles, increase your energy and promote a healthy lifestyle. Movements are done standing with a minimum of 20 min of cardio (low or high intensity easy to follow steps). There is a strength training component using weights followed by balance exercises, cool down and stretch. Bring a towel.

Location: Seniors' Meeting Place

Fusion FIT 55+

Focus: Total Body Balance. Blend of cardio, strength and flexibility through various style of exercise such as dance, yoga and kickboxing and muscle conditioning. Each class would either be circuit training of 15 minutes on each style or two only (i.e. dance + yoga or kickboxing & yoga or muscle conditioning & dance etc.). Yoga mat required.

Location: Seniors' Meeting Place

Gentle Stretch & Tone

Stretching is an important part of a person's flexibility and will help participants remain active and independent. In this stretching class, learn how to safely increase range of motion and relieve tension. A variety of stretches will be offered for the whole body some standing, sitting on a chair or on a mat. Equipment Required A mat, water, and comfortable clothing.

Location: Seniors' Meeting Place



Click here to view full program information and register online

Knee and Hip Fitness

Don't let achy knees stop you from exercising! In this class we will use gentle exercises to strengthen the muscles of the legs in order to support and protect the joints.

Location: Seniors' Meeting Place

Line Dancing – Absolute Beginner

This class is for the participant who has never had any instruction in line dancing before. This level is an introduction to basic steps and a must before you progress to the next levels of line dancing.

Location: Seniors' Meeting Place

Line Dancing - Beginner

A great starting point for those who wish to learn line dancing. Social dance steps will be taught to popular music in a relaxed atmosphere with an emphasis on fun filled exercise.

This class is great for men and women of all age groups.

Location: Seniors' Meeting Place

Line Dancing - Improver

This program is designed for Line Dancers with previous experience or those who have graduated from the Beginner level, and who would like an additional challenge before they continue to a Progressive class.

Location: Seniors' Meeting Place

Line Dancing - Progressive

Step up to our third level of line dance fun! This welcoming class is for those who know the basic line dance steps and want a challenge. Sign up early as this class is very popular.

Location: Seniors' Meeting Place

Line Dancing - Intermediate

Students at this level are competent dancers who have completed the Progressive level. This class offers higher level intermediate dances with more twists and turns. It is a popular class with men and women 55+

Location: Seniors' Meeting Place

Low Impact Kickboxing

Learn the basics of kickboxing through low impact arm and leg movements to help boost confidence, build cardio, strength, flexibility, balance and coordination. Tone up your body, strengthen lungs, increase energy, muscle mass and have better joint movement. Interactive and fun! Running shoes required.

Location: Seniors' Meeting Place

Mobility and Core Strengthening

This class will help to improve total body strength and increase range of motion in the joints and spine. Using weights, resistance bands and a variety of movement patterns to help you strengthen, lengthen and condition postural alignment, this class is open to all levels of fitness.

Location: Seniors' Meeting Place

Osteoporosis Exercise

We are pleased to provide this therapeutic exercise program for people with a diagnosis of osteoporosis or osteopenia. A physician's referral is recommended to indicate the participant is able to exercise. This hour-long fitness class focuses on stretching and posture, arm and leg strengthening, exercises as well as balance and co-ordination skills.

Location: Seniors' Meeting Place

Pilates

Explore the fundamentals of pilates movements to develop core strength, align the spine and create better posture resulting in less aches and pains. This class incorporates a variety of props such as bands, balls, gliders and weights to add a variety of resistance and intensity.

Location: Seniors' Meeting Place



Click here to view full program information and register online

Qi Gong

CFQ Qigong is a gentle set of movements that reduce physical and mental stress and restores health and vitality to the body. CFQ Qigong is easily learned in a short period of time and is suitable for people who are unable to do vigorous physical exercise.

Location: Online Classroom

Strength Release 1 - Seated Position

In partnership with Olive Recreational Therapy, participants will engage each of their major muscle groups, as well as their brain, through interesting movement combinations. Instructor will start with a gradual cardiovascular warm-up, followed by upper and lower body tracks, and ends with a full body stretch. Participants will use hand-held weights, and resistance bands.

Location: Seniors' Meeting Place

Strength Release 2 - Seated Position

In partnership with Olive Recreational Therapy, participants will engage each of their major muscle groups, as well as their brain, through interesting movement combinations. Instructor will start with a gradual cardiovascular warm-up, followed by upper and lower body tracks, and ends with a full body stretch. This class will include the use of hand weights and resistance bands.

Location: Seniors' Meeting Place

Strength & Mobility

In this class, participants focus on building strength in the different muscle groups within the body. Mobility, balance and control are also incorporated so movement and stability become easier throughout the tasks of everyday life. Dumbbells, balls resistance bands and chairs are included to help participants discover different levels of intensity, to suit their needs for any given day. From the warm up to the cool down, you can guarantee a suitable workout to leave you feeling strong, successful and centered.

Location: Seniors' Meeting Place

Strong Bones & Balance

This class focuses a lot on posture, balance, strengthening the back muscles and lower body to improve balance. By improving your balance you can prevent falls and continue to enjoy your activities of daily living! You will build and maintain bone density by using body weight, hand-held weights, balls and resistance bands. Feel stronger and walk taller.

Location: Seniors' Meeting Place

Tai Chi (Yang Style)

If you learned the Yang short form in an earlier session at the NSMP, this class allows you to practice what you learned in the fall and winter sessions. We will practice the entire form, as well as concentrating on specific sections as suggested by the participants. Beginners are welcome since we will be reviewing all parts of the form. This class will provide a good basis for future Tai Chi Courses at NSMP. This is a volunteer lead program.

Location: Seniors' Meeting Place

Tone, Stretch and Soothe

A slow, full body, stretch and tone exercise workout. This is a low impact workout that focuses on flexibility, stability, balance, and strength. A perfect evening workout.

Location: Seniors' Meeting Place

Yoga - Hatha

Suitable for all levels, participants will work at their own personal limits to improve flexibility, muscle tone, balance, and circulation. Breathing and relaxation techniques are employed to show participants how to conserve energy and reduce stress. Yoga mat and comfortable clothing are required.

Location: Seniors' Meeting Place & Online Classroom

Yoga Flow

Mindful sequenced movements of easy yoga poses combined with breathwork to help improve strength, muscle tone, endurance, balance, stability, lower anxiety and manage stress both on and off the mat.

Location: Seniors' Meeting Place

Yoga - Chair

A gentle introduction to Yoga for anyone needing extra support. The class focuses on very simple, gentle stretching and strengthening of the body while the student is seated or standing by a chair for support. Breathing, relaxation and visualizations are integrated into every class.

Location: Seniors' Meeting Place

Yoga - Laughter

In partnership with Olive Recreational Therapy, laughter yoga uses lighthearted movement and deep breathing to encourage intentional laughter. It combines laughter exercises with yoga breathing techniques which brings more oxygen to our body and brain making us feel more energetic and healthy. It helps reduce stress, make your immune system stronger and keep your mind positive during challenging times.

Location: Seniors' Meeting Place

Zumba

ZUMBA takes the 'work' out of workout, by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. It covers all elements of fitness - cardio, muscle conditioning, balance and flexibility. Active clothing and running shoes are required.

Location: Seniors' Meeting Place



Click here to view full program information and register online

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Fitness & Wellness					
Barre Fitness	July 10 - Aug 28 (8)	Thu	11 to 12 p.m.	SMP 45	59630
BollyX Low Intensity	July 9 - Aug 27 (8)	Wed	9 to 10 a.m.	SMP 12	59636
Chair Yoga	July 9 - Aug 27 (8)	Wed	1130 a.m. to 1230 p.m.	SMP 12	59621
Chair Yoga	July 8 - Aug 26 (8)	Tue	11 a.m. to 12 p.m.	SMP 12	59652
Chair Yoga	July 10 - Aug 28 (8)	Thu	11 a.m. to 12 p.m.	SMP 3	59676
Fit & 55+	July 8 - Aug 26 (8)	Tue	9 to 10 a.m.	SMP 45	59685
Fit & 55+	July 10 - Aug 28 (8)	Thu	830 to 930 a.m.	SMP 12	59686
Fit & 55+	July 11 - Aug 29 (8)	Fri	9 to 10 a.m.	SMP 3	59687
Fit & 55+	July 8 - Aug 26 (8)	Tue	5:45 to 6:45 p.m.	SMP 45	59684
FusionFIT 55+	July 11 - Aug 29 (8)	Fri	9 to 10 a.m.	SMP 12	59637
Gentle Stretch & Tone	July 8 - Aug 26 (8)	Tue	1130 a.m. to 1230 p.m.	SMP 45	59641
Gentle Stretch & Tone	July 9 - Aug 27 (8)	Wed	7 to 8 p.m.	SMP 12	59653
Hatha Yoga	July 7 - Aug 25 (7)	Mon	6:30 to 8 p.m.	Craft	59627
Hatha Yoga	July 9 - Aug 27 (8)	Wed	5:30 to 6:45 p.m.	SMP 12	59628
Knee & Hip Fitness	July 8 - Aug 26 (8)	Tue	1 to 2 p.m.	SMP 45	60178
Laughter Yoga	July 7 - Aug 25 (7)	Mon	5:45 to 6:15 p.m.	SMP 12	59680
Laughter Yoga	July 9 - Aug 27 (8)	Wed	4:30 to 5 p.m.	SMP 5	59681
Line Dancing (Absolute Beginner)	July 14 - Aug 11 (4)	Mon	2:45 to 3:45 p.m.	SMP 3	59554
Line Dancing (Absolute Beginner)	July 15 - Aug 12 (5)	Tues	3:45 to 4:45 p.m.	SMP 3	59557
Line Dancing (Absolute Beginner)	July 8 - Aug 26 (8)	Tue	6 to 7 p.m.	SMP 3	59560
Line Dancing (Beginner)	July 14 - Aug 11 (4)	Mon	1 to 2:30 p.m.	SMP 3	59552
Line Dancing (Beginner)	July 8 - Aug 26 (8)	Tue	7 to 830 p.m.	SMP 3	59565
Line Dancing (Improver)	July 15 - Aug 12 (5)	Tues	2 to 3:30 p.m.	SMP 3	59556
Line Dancing (Improver)	July 15 - Aug 12 (5)	Tue	7 to 830 p.m.	SMP 12	59558
Line Dancing (Progressive)	July 15 - Aug 12 (5)	Tues	12:15 to 1:45 p.m.	SMP 3	59555
Line Dancing (Progressive)	July 16 - Aug 13 (5)	Wed	7 to 830 p.m.	SMP 45	59559

Program	Start	Day	Time	Place	Code
Line Dancing (Intermediate)	July 14 - Aug 11 (4)	Mon	10 to 11:30 a.m.	SMP 45	59551
Line Dancing (Intermediate)	July 9 - Aug 27 (8)	Wed	7 to 8:30 p.m.	SMP 3	59568
Low Impact Kickboxing	July 11 - Aug 29 (8)	Fri	10:15 to 11:15 a.m.	SMP 12	59638
Mobility and Core Strengthening	July 8 - Aug 26 (8)	Tue	10:15 to 11:15 a.m.	SMP 45	59634
Mobility and Core Strengthening	July 11 - Aug 29 (8)	Fri	11:30 a.m. to 12:30 p.m.	SMP 3	59635
Osteoporosis Exercise	July 8 - Aug 26 (8)	Tue	2:15 to 3:15 p.m.	SMP 45	60179
Osteoporosis Exercise	July 10 - Aug 28 (8)	Thu	2:15 to 3:15 p.m.	SMP 45	60181
Pilates	July 10 - Aug 28 (8)	Thu	9:45 to 10:45 a.m.	SMP 12	59649
Pilates	July 11 - Aug 29 (8)	Fri	10:15 to 11:15 a.m.	SMP 3	59645
Strength & Mobility	July 10 - Aug 28 (8)	Thu	12:15 to 1:15 p.m.	SMP 45	59632
Strength Release 1 - Seated	July 7 - Aug 25 (7)	Mon	4:30 to 5:30 p.m.	SMP12	59656
Strength Release 2 - Seated	July 9 - Aug 27 (8)	Wed	5:15 to 6:15 p.m.	SMP 5	59682
Strong Bones & Balance	July 8 - Aug 26 (8)	Tue	3:30 to 4:30 p.m.	SMP 45	60185
Tai Chi	July 9 - Aug 27 (8)	Wed	11 a.m. to 12 p.m.	SMP 45	61398
Tone, Stretch and Soothe	July 8 - Aug 26 (8)	Tue	7 to 8 p.m.	SMP 45	59654
Yoga Flow	July 9 - Aug 27 (8)	Wed	10:15 to 11:15 a.m.	SMP 12	59612
Yoga Flow	July 11 - Aug 29 (8)	Fri	11:30 a.m. to 12:30 p.m.	SMP 12	59605
Zumba	July 10 - Aug 28 (8)	Thur	9:45 to 10:30 a.m.	SMP 45	59573
Zumba	July 8 - Aug 26 (8)	Tue	10 to 10:45 a.m.	SMP 12	59577
Zumba	July 7 - Aug 25 (7)	Mon	9 to 9:45 a.m.	SMP 45	59580
Zumba	July 9 - Aug 27 (8)	Wed	10 to 10:45 a.m.	SMP 45	59584
Zumba	July 12 - Aug 30 (8)	Sat	9 to 9:45 a.m.	SMP 45	62761
Online Programs					
Hatha Yoga	July 7 - Aug 25 (7)	Mon	1 to 2:30 p.m.	Zoom	59588
Hatha Yoga	July 10 - Aug 28 (8)	Thu	10 to 11:30 a.m.	Zoom	59585
Qi Gong	July 8 - Aug 26 (8)	Tue	2 to 3 p.m.	Zoom	59597

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Art Classes					
Introduction to Soft Pastel	July 9 - Aug 27 (8)	Wed	1 to 4 p.m.	SMP 4	59671
Mixed Media Abstract Expressions	July 10 - Aug 28 (8)	Thu	2 to 5 p.m.	SMP 12	59673
Alcohol Ink Flower Cards Workshop	July 14 (1)	Mon	6:30 to 9:30 p.m.	SMP 12	59674
Alcohol Ink Flower Cards Workshop	Aug 11 (1)	Mon	6:30 to 9:30p.m.	SMP 12	59675
The Story of My Life (Journaling)	July 9 - Aug 27 (8)	Wed	7 to 830 p.m.	SMP CR	59683
SMP	Newmarket Seniors' Meeting Place		474 Davis Drive		
Zoom	Online Classes using Zoom				



Newmarket Seniors' Meeting Place Presents



Cirque du Soleil's OVO is a vibrant, high-energy performance that explores the colorful and dynamic world of insects. This spectacular show combines breathtaking acrobatics, mesmerizing visuals, and a whimsical storyline. The performance follows the discovery of a mysterious egg ("ovo") that captivates the insect community, symbolizing life and renewal. Audiences can expect dazzling costumes, gravity-defying stunts, and an enchanting musical score that brings this fantastical ecosystem to life. OVO is an unforgettable experience celebrating nature's beauty and creativity.

Date: Friday, May 23, 2025

Return: Arrival in Newmarket approx.
7:00 p.m.

Depart: 10:30 a.m. Ray Twinney
Recreation Complex

Price: Member: \$249.00 per person
Non Member: \$259.00 per person

Lunch: 12:00 p.m. - 1:30 p.m.
Enjoy a delicious lunch at the
Hot House Restaurant. All meals
include a salad, dessert, and tea or
coffee.

Inclusions: Return transportation via deluxe
coach, lunch, reserved seating,
driver gratuity, gratuity on meal,
and all taxes.

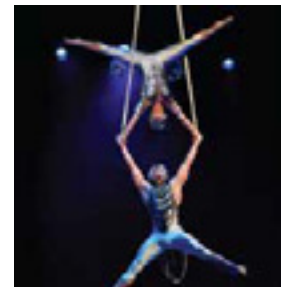
Entree options:

- 1) Chicken Parmesan
- 2) Cannelloni
- 3) Roasted Pork Loin

To Book: Register at
newmarket.perfectmind.com
Registration Code: 54218

Market: 1:30 p.m. - 2:30 p.m.
Free time at the St. Lawrence Market

Show: 3:30 p.m. - 5:30 p.m.
Reserved seating for the performance
of OVO



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

250 Consumers Road #715
North York ON
M2J 1P9

P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: craiglugsdin@bellnet.ca
www.yearroundtravel.com

Newmarket Seniors' Meeting Place Presents

Dundurn Castle, Elements Casino & Whistling Gardens

Our day begins with a guided tour of the Dundurn Castle. A costumed interpreter will guide you through this early 19th century home, complete with period furniture and décor. This 40-room Italian style villa was built in the 1830's on Burlington Heights. Once home to Sir Allan Napier MacNab and his family, today Dundurn Castle tells the story of the family who lived above stairs and the servants who lived and worked below stairs to support their affluent lifestyle. Lunch in on your own at the Elements Casino. Our next stop is at Canada's only privately run botanical gardens, Whistling Gardens. It's home to the largest public collection of conifers in the world with over 2,500 species, hybrids and cultivars on site. One of the many highlights at Whistling Gardens is the "fountain amphitheatre". The fountain display features over 100 individual fountains that have been choreographed to music composed by owner Darren Heimbecker.

- Date:** Tuesday, June 10, 2025
- Depart:** 8:30 a.m. Ray Twinney Recreation Complex
- Castle:** 10:00 a.m. - 11:30 a.m.
One hour guided tour of Dundurn Castle
- Casino:** 12:00 p.m. - 2:00 p.m.
Free time for lunch (not included), then take a spin on a slot machine or take a seat at a table game.
- Gardens:** 2:30 p.m. - 5:00 p.m.
Visit to Whistling Gardens in Wilsonville
- Return:** Arrival in Newmarket approx. 7:00 p.m.
- Inclusions:** Return transportation via deluxe coach, tour of Dundurn Castle, (**lunch not included**), admission to Whistling Gardens, driver gratuity, **snack on the way home**, and all taxes.
- Price:** Member: \$114.00 per person
Non Member: \$124.00 per person
- To Book:** Register at newmarket.perfectmind.com
Registration Code: 59140



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Newmarket Seniors' Meeting Place Presents

Grand River Cruise

Begin your day at "The Landing" with complimentary coffee and muffin plus shopping in the large Craft Shop. Enjoy an interesting audiovisual presentation about the Grand River followed by a fabulous live Music Show featuring "The Blazing Fiddles". You will then embark on a 2 1/2 hour cruise featuring a sumptuous 3-course lunch. During your cruise your captain gives an informative narration about the Grand River and refreshments are served before returning to the dock.

Date: Thursday, July 10, 2025

Depart: 8:30 a.m. Ray Twinney Recreation Complex

Cruise: 10:45 a.m. - 11:15 a.m.
Complimentary coffee and muffin plus visit to the Craft Shop
11:30 a.m. Live music show featuring "The Blazing Fiddles"
12:30 p.m. - 3:00 p.m.
Enjoy a 2 1/2 hour luncheon cruise on the Grand River. All meals include home baked bread, garden salad, vegetables, mashed potatoes, home baked apple pie, and tea or coffee
Entree choice of 1) Beef 2) Chicken 3) Vegetarian Chili

NOTE: MEAL SELECTION DUE UPON BOOKING

Market: 3:45 p.m. - 4:30 p.m.
Visit to the Windmill Country Market

Return: Arrival in Newmarket approx. 6:30 p.m.

Price: Member: \$159.00 per person
Non Member: \$169.00 per person

Inclusions: Return transportation via deluxe coach, luncheon cruise, visit to the Windmill Country Market, gratuity on meal, driver gratuity, and all taxes.

To Book: Register at newmarket.perfectmind.com
Registration Code: 59147



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Newmarket Seniors' Meeting Place Presents

The Sonny & Cher Show at the Walters Family Theatre

The Walters Family Theatre is an incredible spot to enjoy the very best in live music. Shows are handpicked from all over the world to entertain you. Every seat is close to the action, and you retain a big concert-like setting with an incredible sound and lighting experience in a small intimate space. **Sonny & Cher:** Join us for a sensational tribute to the beloved Sonny and Cher, where Kara Chandler and Marty Stelnick will present their uncanny recreation of the Sonny and Cher variety show. From the iconic "I Got You Babe" to the timeless "Baby Don't Go" and "All I Ever Need Is You," this dynamic duo, along with their comedy, costumes and surprise guests will have you smiling and singing along in this incredible performance!

Date: Wednesday, July 23, 2025

Depart: 9:00 a.m. Ray Twinney Recreation Complex

Lunch: 11:30 a.m. - 1:00 p.m.
Enjoy a delicious buffet lunch at Quehl's Restaurant, Tavistock

Show: 2:00 p.m. - 4:30 p.m.
Reserved seat for The Sonny & Cher Show at the Walters Family Theatre

Return: Arrival in Newmarket approx 6:30 p.m.

Price: Member: \$175.00 per person
Non Member: \$185.00 per person

Inclusions: Return transportation via deluxe coach, lunch at Quehl's Restaurant, Four by Four performance at the Walters Dinner Theatre, driver gratuity, gratuity on meals, and all taxes.

To Book: Register at
newmarket.perfectmind.com
Registration Code: 56967



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Newmarket Seniors' Meeting Place Presents

PETERBOROUGH LIFTLOCK & RIVER BOAT CRUISE

This two hour Peterborough Liftlock Cruise offers a unique and unforgettable experience, taking visitors on a scenic journey through the historic Trent-Severn Waterway in Peterborough. The highlight of this cruise is the passage through the iconic Liftlock. The vessel is raised or lowered 65 feet, an experience that combines breathtaking views with a sense of awe for this engineering masterpiece. After the cruise, we will have a delicious lunch and then visit the Whetung Ojibwa Craft & Art Gallery. The Craft Store is more than a shopping experience—it's a cultural journey that connects visitors to the heritage and creativity of the First Nations people. Visitors can learn about the history and significance of these creations through informative displays and the welcoming staff, who are passionate about sharing their culture.

Date: Tuesday, August 12, 2025

Depart: 8:30 a.m. Ray Twinney Recreation Complex

Cruise: 10:30 a.m. - 12:30 p.m.
Enjoy a two hour cruise

Lunch: 12:45 p.m. - 2:00 p.m.
Enjoy a delicious meal at Jack's Restaurant. All meals include salad, dessert, tea or coffee. Choice of:
1) Fish & Chips
2) Hot Chicken open face sandwich
Meal selection due upon booking.

Crafts: 2:30 p.m. - 3:30 p.m.
Visit to the Whetung Ojibwa Craft Store

Return: Arrival in Newmarket approx. 5:30 p.m.

Inclusions: Return transportation via deluxe coach, cruise, lunch, visit to Whetung Ojibwa Craft Store, gratuity on meal, driver gratuity, and all taxes.

Price: Member \$149.00 per person
Non Member \$159.00 per person

To Book: Register at newmarket.perfectmind.com
Registration Code: 56962



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Newmarket Seniors' Meeting Place Presents

Agawa Canyon

Join us on this four day colour tour to Northern Ontario and the Agawa Canyon. We view the spectacular fall colours, as they can only be seen by taking an incredible journey on the Algoma Central Railway through Agawa Canyon. Chugging up into the hills we look down on the Algoma Steel Mill, International Bridge and Upper St. Mary's River. Through the Bellevue Valley and past Searchmount, we continue to Lake Achigan. After crossing the Batchawana River, we reach the mighty Montreal River, which we cross via a trestle.....a thrill you will long remember as the rugged beauty unfolds before us! Passing Lake Superior, the train starts its descent to reach the floor of the famous Canyon. After stopping at the Canyon Park, where we have lunch and time to explore, it's time to rebound and start our journey back to Sault Ste. Marie.

TOUR INCLUSIONS

- * Return transportation via deluxe coach
(departure from Ray Twinney Recreation Complex)
- * 2 nights accommodation in Sault Ste. Marie
- * 1 night accommodation in Sudbury
- * 3 breakfasts
- * 1 lunch
- * 2 dinners
- * Visit to the Bushplane Heritage Centre
- * Picture stop at Big Nickel Mine
- * Agawa Canyon Train Excursion
- * Optional casino visit
- * Baggage handling
- * All taxes and service charges
- * All gratuities on included meals
- * Tour escort



October 5 to 8, 2025

Price per person in Canadian Dollars

TWIN \$1339.00 SINGLE \$1769.00

\$200.00 deposit due upon booking.

Balance due 60 days prior to departure.



To book contact Year Round Travel at 416-499-1444 and advise you're a member of the Newmarket Seniors' Meeting Place

Optional Cancellation Insurance \$96.00 per person



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Newmarket Seniors' Meeting Place Presents



Lawrence Jameson is no stranger to the high life—he's lived it for years by separating lonely rich ladies from their fortunes in a swanky Riviera town. When he and his chief competitor in the con business, Freddy Benson, make a bet to swindle an heiress out of \$50,000, the professional scoundrels soon discover they may not always be the smartest people in the room. Inspired by the hit 1988 film *Dirty Rotten Scoundrels*, the musical comedy earned 11 Tony Award nominations for its hilarious hijinks and frivolity—beautifully reminiscent of an earlier age. Performance at the Avon Theatre, Stratford.

- Date:** Tuesday, October 7, 2025
- Return:** Arrival in Newmarket by 7:30 pm
- Depart:** 9:00 a.m. Ray Twinney Complex
- Price:** Member: \$199.00 per person
Non Member: \$209.00 per person
- Lunch:** 11:30 a.m. - 1:00 p.m.
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee. Choice of:
1) Grilled Chicken Breast, Smokey Bacon and Mushroom Cream
2) Sesame Crusted Salmon, Ginger and Scallion Vinaigrette
3) Chef's Choice Vegetarian Creation
MEAL SELECTION REQUIRED UPON BOOKING
- Inclusions:** Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.
- Show:** 2:00 p.m. - 5:00 p.m.
Reserved orchestra seating for Dirty Rotten Scoundrels at the Avon Theatre
- To Book:** Register at newmarket.perfectmind.com
Registration Code: 54214



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Facilities

Municipal Offices

395 Mulock Drive
P.O. Box 328, Station Main,
Newmarket, Ontario
L3Y 4X7

Facility Information

Community Centre & Lions Hall

200 Doug Duncan Drive | CCLH
905-895-5193

Elman W. Campbell Museum

134 Main Street South | ECM

Gorman Outdoor Pool (Summer Only)

424 D'Arcy Street | GOP | 905-895-5193

Lawn Bowling (Indoor/Outdoor)

400 D'Arcy Street | 905-895-1265

Magna Centre and telMAX Outdoor Skatepark

800 Mulock Drive | MC | 905-895-5193

Newmarket Seniors' Meeting Place

474 Davis Drive | 905-953-5325

NewRoads Performing Arts Centre

505 Pickering Crescent | 905-953-5122

Newmarket Public Library

438 Park Avenue | NPL | 905-953-5110

Old Town Hall

460 Botsford Street | OTH | 905-895-5193

Ray Twinney Recreation Complex

100 Eagle Street West | RTRC | 905-895-5193

Recreation Youth Centre and telMAX Indoor Skate Park

56 Charles Street | RYC | 905-953-5120



Phone. 905-895-5193 | **Fax.** 905-953-5113 | **Website.** newmarket.ca



Recreation & Culture
newmarket.ca/recreation

