

Recreation & Culture

Adults 55+ Fall 2025 Magazine



Mayor & Council

Message from the Mayor

Even though we're still enjoying long summer days, fall will be here before we know it, so it's the perfect time to start planning with Newmarket's Recreation & Culture Fall Magazine. We offer a wide variety of programs that offer opportunities to have fun, meet new people, stay active and be creative.

Take some time to browse the magazine and learn about the programs. Then mark your calendars for registration on Wednesday, August 20.

There's plenty of time left to enjoy summer in Newmarket and I hope to see you all at our newest event, Summerfest on Main, August 21 to 24, where you can enjoy live music, performances, shopping and family-friendly activities. The fun will continue into fall with everything the Newmarket Seniors' Meeting Place has to offer, including bus trips and drop-in programs.

If you aren't a member already, consider joining the Newmarket Seniors' Meeting Place for a wide variety of recreational and social opportunities for adults 55 and up.

Sincerely,



John Taylor
Mayor





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2025 Fall Registration

Registration Dates

Resident and NSMP Members Registration

August 20 at 8 a.m.

Non-Resident Registration

August 27 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.




Newmarket Seniors' Meeting Place
30th Anniversary Tea
Sunday, December 8, 2024 | 2 to 4 p.m.
Seniors' Meeting Place (474 Davis Drive)
Members: FREE | Non-members: \$6
Registration code: 43095
Registration opens September 16, 2024 | Register by December 2, 2024

This tea marks the 30th anniversary of the Newmarket Seniors' Meeting Place. We are invited to spend a festive afternoon enjoying a performance by the 2024 Children's Choir, light refreshments, tea & coffee, and door prizes. Register your family or meet new people at this exciting social event!

 Sponsored by
 **Charitwell**
Community Foundation

newmarket.ca/adults55+
newmarket.perfectmind.com



* 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, Volleyball & Badminton.

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

* Pre-registered Drop-In Program Refunds/Withdrawal Policy

How to Withdraw:

Can no longer attend a pre-registered drop in program you have registered for? No problem! Withdrawals for any pre-registered drop-in program can occur up to the start of your program. Withdrawals can be completed online through your [Xplor Account](#) or by calling our Customer Service Kiosk at 905-953-5303 or 905-953-5301. You can also reach us via email at info@newmarket.ca. Please note this inbox is only monitored Monday to Friday, 8:30 a.m. to 4:30 p.m. Failure to attend a pre-registered drop-in without withdrawing ahead of time will result in a \$10 no-show fee added to your account.

* Registered 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

Fall is here!

We have a variety of programs to offer for adults 55+! Try something new this Fall 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







Welcome to Adults 55+ Programs for Fall 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 Fall
Drop In
Schedule**

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins August 20 at 8 a.m.
- Non-resident registration begins August 27 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



At the Seniors' Meeting Place, the fun's alive,
Plenty of chances to dance and jive!
Live Music Nights, the crowd's in cheer,
With laughter, joy, and friends so near.

Line dancing kicks up happy feet,
BBQs and trivia can't be beat.
Social dances light the floor—
Each event leaves us wanting more!

* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Fall Dates:

- September 5 Code: 70188
- September 19 Code: 70189
- October 3 Code: 70190
- October 17 Code: 70191
- November 7 Code: 70192
- November 21 Code: 70193

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

Day of (If available): \$15 (Everyone)

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.

Happy Hoppers Modern Square Dance - Open House

Thursday, August 28

7 p.m. to 9 p.m.

Free Event: Pre-registration is required.

Registration Code: 70196

Come and try us out and see how much fun it is! Please remember you only need casual attire, indoor shoes and a big smile!

Happy Hoppers Modern Square Dance – Season Kick-Off Potluck

Thursday, September 4

5:30 p.m. to 9:30 p.m.

Free Event – Pre-registration is required.

Registration Code: 67414

Join us September 4 as a pre-season kick-off potluck dinner. This is open to new and returning members. There will be a social gathering at 530 pm followed by dinner at 6 then dancing to start around 7. It will be a mix of beginner/basic, mainstream and plus dances. Dress is casual, and please ensure shoes are dry and clean; in other words, if raining, you may want to bring another pair. Coffee, tea and lemonade will be provided. Please bring a dish to share (could be main, side or dessert), your plates, cutlery and cups or glasses. We will be doing a pass-the-hat to cover the cost of the caller that evening.

Bid Euchre Tournament

Saturday, September 20

12:30 to 4:30 p.m.

(All players must be on site by 12:15)

Registration Fee: \$5 at the door

(pre-registration required)

Code: 69252

Bid Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. Bid Euchre is an 8 card game using 2 decks of cards. No late players will be admitted. You should pre-register through the office to hold your spot. Refreshments will be available. \$5 will be taken at the door. Space is limited. Tea & coffee will be available at the half way break.



Click here to view full program information and register online

Cups of Culture Tea

Sunday September 21

1 to 4 p.m.

Free Event – Pre-registration in required.

Registration Code: 69070

You're invited to enjoy an afternoon of cultural connection featuring a variety of culturally inspired performances, coffee/tea and light refreshments. Register with friends or meet new people at this exciting event. A celebration of tradition, rhythm and community. Pre-registration is required. This event is in partnership with the Women's Centre of York Region.

Seniors BBQ

Thursday, September 25

5 to 8 p.m.

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

Registration Code: 62335

Great food and fun are sure to be had during our final BBQ of the season. The fee includes your choice of hamburger, hot dog, or sausage, along with a non-alcoholic drink, salad, and dessert. Enjoy an opportunity to socialize and listen to some music.

Sponsor: Roxborough Retirement Residence – Verve Senior Living

Line Dancing Student Appreciation

Sunday, September 28

12:30 to 5 p.m.

Member: \$35 | Non-Member: \$40

Registration Code: 67328

The Line Dance Student Appreciation is intended for all students who have been taught by our instructors - Jill & Dianne. It's a great opportunity to catch up and socialize with other line dancers, as you enjoy great music and fun dance steps. Bring your dancing shoes and smiles and be prepared for a great afternoon of line dancing excitement. Light refreshments are included.

Sponsor: Sunrise Aurora

Progressive Euchre Tournament

Saturday, October 18

12:30 to 4:30 p.m.

(All players must be on site by 12:15)

Fee: \$5 at the door (pre-registration required)

Registration Code: 54609

Progressive Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. No late players will be admitted. You should pre-register through the office to hold your spot. Refreshments will be available. \$5 will be taken at the door. Space is limited. Tea & coffee will be available at the half way break.

Trivia Pub Night

Friday October 24

6:30 to 8:30 p.m.

Registration Code: 70197

\$ 5 (Member), \$6 (Non-Member)

Come out for a night of fun with friends, answer 40 mildly challenging questions, enjoy pizza and relax. Register as a team (up to 4) or individual. A cash bar is available.

Sponsor: Sunrise Aurora

Arctic Blondes - Live Music Night

Saturday October 25

6:30 to 9 p.m.

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

Registration Code: 70199

Playing a variety of classic rock and roll, dance songs everybody knows and favourites from the 50s through to the 80s. Admission includes light refreshments, tea / coffee, and entertainment.

Cash bar available.

Sponsor: Amica Aurora



Click here to view full program information and register online

Jukebox Classics - Live Music Night

Saturday November 15

6:30 to 9 p.m.

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

Registration Code: 70202

Join the Flailing Shilaleighs for a Jukebox Saturday Night. A musical journey through some of the best Rock & Roll, Country and Celtic hits of our time. Pre-registration is required. A cash bar is available. Tickets include entertainment, tea & coffee and light refreshments.

Seniors Jeopardy

Friday November 28

6:30 to 9:30 p.m.

Registration Code: 70198

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: Residences on Yonge

Holiday Social Tea

Sunday, December 7

2 to 4 p.m.

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

Registration Code: 62757

Spend a festive afternoon enjoying music, light refreshments, tea and coffee, and a great group of friends. Pre-register by December 1.

Sponsor: Chartwell

Winter Wonderland Dinner & Dance

Friday, December 12

5 to 11 p.m.

Member: \$35 | Non-Member: \$50

Registration Code: 70203

A great night, starting with a delicious buffet dinner. Then dance the night away on two dance floors, Ballroom & Latin dancing and the other for Line Dancing. Be sure to purchase your tickets by December 4. Pre-registration is required. Cash bar is available.

Sponsor: Delmanor Aurora

Turkey Luncheon

Tuesday, December 16

11:30 a.m. to 2:00 p.m.

Member: \$15 / Non-Member: \$35

Registration Code: 66983

Our Annual Turkey Luncheon will feature a delicious turkey lunch with vegetables, mashed potatoes, stuffing, cranberry sauce, salad, dessert, and tea/coffee. Live entertainment will follow lunch. A cash bar will be available.

Pre-registration is required by December 8.

No take-away option available.

Sponsors: Chartwell, Coldwell Banker, Roxborough, Taylor Funeral Home, Amica Aurora

New Year's Eve Dance

Wednesday, December 31

8 p.m. to 1 a.m.



Click here to view full program information and register online



Join Us for a Holiday Favourite!

Don't miss our Annual Turkey Luncheon, good food, great company, and festive cheer.

Tuesday, December 16

See page 18 for all the details.

* Trips and Tours

Muskoka Steamship & Windermere House Resort

Monday, September 22

9:30 a.m. to 7:30 p.m.

Member: \$199.00 (includes HST)

Non-Member: \$209.00 (includes HST)

Registration Code: 66439

Step aboard the Wenonah II, a modern replica of a classic Muskoka steamship, and cruise in comfort through the stunning landscapes of Lakes Rosseau and Muskoka. Built in 2002, the vessel blends vintage charm with modern amenities, offering three spacious decks with panoramic views of pristine waters, lush forests, and historic shoreline cottages. Enjoy warm hospitality from the crew and a delicious buffet lunch at Windermere House Resort, featuring Sicilian Chicken, Pasta a la Vodka, Italian Roasted Potatoes, Sicilian Salad, dessert squares, and tea or coffee. This 3.5-hour one-way cruise includes passage through the Port Carling Locks and showcases the timeless beauty and history of Muskoka's iconic lake district

Dirty Rotten Scoundrels (Stratford)

Tuesday, October 7

9 a.m to 7:30 p.m.

Member: \$199.00 (includes HST)

Non Member: \$209.00 (includes HST)

Registration Code: 54214

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. Enjoy a delicious lunch at The Parlour.

Bala Cranberry Festival & Muskoka Lakes Farm & Winery

Friday, October 17

9 a.m to 6 p.m.

Member: \$124.00 (includes HST)

Non Member: \$134.00 (includes HST)

Registration Code: 68855

Celebrate the season at the Bala Cranberry Festival, a lively three-day event held the weekend after Canadian Thanksgiving in Ontario's "Cranberry Capital." This beloved Muskoka tradition transforms the village of Bala into a bustling fall fair, with hundreds of artisan vendors, gourmet cranberry treats, live music, street performers, and family-friendly fun. Stroll down Maple Avenue to shop handcrafted goods, enjoy local food from candied cranberries to fresh crepes and soak in the festive atmosphere. Perfect for couples, families, and craft lovers alike, it's a vibrant celebration of autumn and small-town charm. After the festival, visit Muskoka Lakes Farm & Winery for a scenic wagon ride, wine tasting, and a chance to browse local products.



Click here to view full program information and register online

Niagara Fallsview Casino, Skylon Tower, & Christmas Lights

Thursday, November 20

9 a.m to 8:30 p.m.

Member: \$134.00 (includes HST)

Non Member: \$144.00 (includes HST)

Registration Code: 67992

Get dealt into the action at Fallsview Casino Resort! Built on a cliff overlooking the world-famous Horseshoe Falls, Fallsview Casino Resort is the largest and most elegant gaming resort facility in Canada. The crown jewel in Niagara's stunning array of wonders, Fallsview offers a world-class casino with over 3,500 slot machines, 130 Table Games such as Baccarat, Roulette, Craps and Blackjack. There's never a dull moment at Niagara Fallsview Casino Resort. \$35 slot play included. Afterward, enjoy a delicious meal at the Skylon Tower (select your meal at booking), then travel along the Niagara Parkway and view the Christmas Lights.

St. Jacobs Market, Golf's Steak House*, Christkindl Market

Thursday, December 4

8:30 a.m to 7 p.m.

Member: \$129 (includes HST)

Non-Member: \$139 (includes HST)

Registration Code: 70678

Start your day at St. Jacob's Market, Canada's largest year-round market, featuring hundreds of local vendors with fresh produce, artisanal foods, and unique handmade goods. Enjoy lunch at Golf's Steak House. Then head to Downtown Kitchener for the annual Christkindl Market at City Hall, inspired by traditional German Christmas markets. Explore 80–90 vendors offering handcrafted gifts, festive foods, and holiday décor. The festive atmosphere includes twinkling lights, a giant Christmas tree, free skating, maple taffy on snow, fire performers, and a model train display inside City Hall.

Holiday Pops (Toronto Symphony Orchestra) & Hothouse Restaurant

Thursday, December 11

9:30 a.m. to 5:30 p.m.

Member: \$199.00 (includes HST)

Non Member: \$209.00 (includes HST)

Registration Code: 68239

Enjoy a delicious meal at the Hot House Restaurant, which includes salad, dessert, tea or coffee, then Jingle all the way with your Toronto Symphony Orchestra! This year's festive spectacular is led by guest conductor Sarah Hicks, joined by the radiant Mikaela Bennett, who lends her soaring vocals to timeless classics and traditional favourites. From sparkling melodies to rousing choruses and a carol singalong, make holiday memories that will last a lifetime at this symphonic celebration of the season! Reserved orchestra seating at Roy Thomson Hall for the performance of Holiday Pops. **To Book: Register at newmarket.perfectmind.com**



Click here to view full program information and register online

* Adults 55+ Programs

Arts & Culture

Acrylic Fine Art – Beginner

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. No Drawing skills required. Be sure to pick up a supply list from the NSMP office or via email request.

Location: Seniors' Meeting Place

Instructor: Cori

Acrylic Fine Art - Advanced

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. Be sure to pick up a supply list from the NSMP office or via email request.

Location: Seniors' Meeting Place

Instructor: Cori

Life Drawing (Beginner)

All sessions will start with half an hour of warm-up gesture drawing, leading to a main weekly topic, including an introduction to figure drawing (visual introduction, anatomy, proportion, and balance). Then students will learn about lever systems and shading techniques with dry, wet, and mixed media. We'll also investigate points of view, rules of perspective and composition. Remember to pick up your supply list from the NSMP office.

Location: Newmarket Seniors Meeting Place

Instructor: Will



Click here to view full program information and register online

Paint & Express!

Acrylic Art for the Soul

Discover your unique artistic voice in this inspiring acrylic and mixed media class. With personalized guidance, you'll explore new painting techniques, experiment with materials, and gain the skills to create work that truly reflects you. This course is helping you find your path as an artist. Let's take your art to the next level! Be sure to pick up a supply list from the NSMP office or via email request.

Location: Seniors' Meeting Place

Instructor: Mahtab

Watercolour Essentials Beginner

Discover the captivating world of watercolour painting in this comprehensive beginner's course. Whether you're an aspiring artist looking to explore a new medium or a creative soul seeking a relaxing and expressive hobby, this course will provide you with the fundamental skills and techniques needed to create stunning watercolour artworks. Throughout this course, you'll be guided step-by-step by experienced watercolour artists, who will help you develop a solid foundation in this versatile and beautiful medium. From understanding the materials and tools required to mastering essential techniques, this course is designed to equip you with the knowledge and confidence to bring your artistic visions to life. Be sure to pick up a supply list from the NSMP office or via email request.

Location: Seniors' Meeting Place

Instructor: Mahtab

Watercolour Intermediate

Explore watercolour painting further using a variety of themes landscapes, still lives and flowers. Instruction in this spontaneous, playful medium includes demonstrations, exercises and feedback. This class allows you to explore and develop your own style of paintings. Be sure to pick up a supply list from the NSMP office or via email request.

Location: Seniors' Meeting Place

Instructor: Fiona

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

Watercolour: Wet-in-Wet Landscape

Get Creative! Watercolour is a playground. These 4-week blocks offer a chance to dive a little more deeply into a particular theme or subject.

These sessions let you focus and refresh your skills as we cover essentials, build on existing approaches and explore other exciting techniques. The atmosphere is supportive, relaxing and fun. Some experience with watercolour is helpful, but not necessary.

Instructor: Anni

Location: Seniors' Meeting Place

Watercolour:

Big Florals: Glazes & Washes

Get Creative! Watercolour is a playground. These 4-week blocks offer a chance to dive a little more deeply into a particular theme or subject.

These sessions let you focus and refresh your skills as we cover essentials, build on existing approaches and explore other exciting techniques. The atmosphere is supportive, relaxing and fun. Some experience with watercolour is helpful, but not necessary.

Instructor: Anni

Location: Seniors' Meeting Place

Drawing (Beginner)

The class will cover many topics from basic shapes both 2 dimensional and 3 dimensional as well as animals and faces. Using simple geometry to create various elements without reference. Composition for landscapes will be covered as well as some basic perspective and an introduction to lettering.

Location: Seniors' Meeting Place

Instructor: Matt

Dip & Design Paint Night

Our social Paint Nights are back! Whether you paint all the time or never have, give this completely guided painting experience a try. It's a fun, light, you-can't--get-it-wrong atmosphere. Everything you need is supplied, and no art experience is needed. A professional artist will help you along the way. Make friends or bring friends. Unleash your inner artist and let's see what's hiding at the end of that brush.

Location: Seniors' Meeting Place

Instructor: Anni



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

Fitness, Wellness, & Dance

Balance & Stability

Improve your balance, posture, and coordination using simple, bodyweight-only movements. This class focuses on slow, controlled exercises that strengthen your core, legs, and ankles — helping you move with greater confidence and ease. No equipment needed — just your body, a chair for support if needed, and a willingness to stay strong on your feet.

Location: Seniors' Meeting Place, Magna Fitness Studio

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: Ray Twinney Recreation Complex

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: Ray Twinney Recreation Complex

Cardio Dance Fusion Fitness

This type of fitness dance class is a low impact workout designed to promote overall flexibility, mobility, strengthening and toning techniques for the core and hips; It's all about getting a sweat on and having fun while moving around to the rhythms of various styles of music including Latin dance, belly dance, and a variety of other genres throughout the world.

Location: Seniors' Meeting Place, Community Centre & Lions Hall

Circl Mobility

CIRCL Mobility™ is a fitness program that focuses on improving flexibility, breath work and overall mobility through functional movement exercises. It aims to help individuals release stress, restore their range of motion, and enhance their ability to move effectively. The program is designed for all levels and draws inspiration from techniques like yoga, Pilates, and Tai Chi.

Location: Seniors' Meeting Place

Circuit Movement for Wellness

Circuit Movement for Wellness begins with a cardiovascular warm-up, followed by cardiovascular, muscular strengthening, coordination with a full body stretch. It has a big focus on coordination and hand strength and dexterity. Participants will increase their mobility and balance with strengthening exercises and stretch focused movement.

Location: Seniors' Meeting Place

Complete Body Tone

Designed to slow down and focus on technique & isolation. You will condition, strengthen and tone the largest muscle groups while giving the smaller muscle groups attention through isolation and target focused exercises. This program includes floor work, so participants will spend half the program on the floor on mats. Remember to bring a mat / towel and water.

Location: Seniors' Meeting Place, Ray Twinney Recreation Complex

DROM for Seniors

A combination of drumming, movement, music and cool-down/stretching exercises. The exercise can be performed seated and in standing position.

Location: Seniors' Meeting Place



Click here to view full program information and register online

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, Recreation Youth Centre & telMAX Indoor Skate Park, Ray Twinney Complex

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: Ray Twinney Recreation Complex

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, Ray Twinney Recreation Complex

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 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 is a must before you progress to the next levels of line dancing.

Location: Seniors' Meeting Place

Line Dancing - Beginner

This program is the next level after graduating from Absolute Beginner 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 fourth 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



Click here to view full program information and register online

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: Ray Twinney Complex

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: Recreation Youth Centre

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

Pilates - Chair

Chair Pilates is a low-impact exercise that adapts traditional Pilates to be performed on a chair. This makes it safe for seniors and beginners and focuses on improving strength, flexibility, balance, and posture while minimizing stress on joints. This class can be easily modified to accommodate various fitness levels and physical limitations, making it a great option for those seeking a gentle yet effective workout.

Location: Seniors' Meeting Place

Pilates & Chill

Perfect way to end the day. A class combining movement with slow intentional breath work. Set in a dim lit room with slow music and candlelight. While maintaining use of our muscles but balancing the workout with gentle stretches as well. Be prepared to leave feeling grounded, connected and beautifully relaxed.

Location: Seniors' Meeting Place

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

Strong & Stable

You may have heard that strengthening your core will improve balance, but did you know it has also been shown to increase coordination, agility, and endurance? This fun and effective class focuses on exercises for the core muscles of the torso (legs, abs, back, shoulders) combined with flexibility exercises for ease of movement and targeted balance activities to help you build a body that is strong, stable, and ready to meet the challenges of everyday life!

Location: Seniors' Meeting Place

Strong Steps:

Fall Prevention Essentials

Learn how to move safely and confidently with simple, equipment-free exercises that strengthen your legs, hips, and core. This class focuses on improving coordination, body awareness, and walking stability using everyday movements. No gear needed — just your body, your breath, and your desire to stay independent.

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

Square Dancing – Basic, Mainstream & Plus

Join a healthy activity that incorporates physical, mental, and social wellness. No experience is necessary to start at the basic level. You don't need a partner, nor do you need special attire. Wear comfortable clothing and shoes. An experienced caller takes students through the paces of the Callerlab Curriculum in a stepped fun and supportive manner, gradually working the way thru 3 levels over several dance sessions

Location: Seniors' Meeting Place

Tai Chi:

Intro to Yang Style Short Form

Tai chi is an internal martial art that is often referred to as "moving meditation". This low-impact exercise will improve posture alignment, balance and inner peace. In three months, you will learn a Yang style short form. In each class you will learn a new set of movements and detailed explanation of their meaning and how to execute each move. Gradually you will build the individual movements into a complete set of movements you can practice on your own anywhere.

Location: Community Centre & Lions Hall



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

Tai Chi (Yang Style) Refinements

If you learned the Yang short form in an earlier session at the NSMP, this class picks up from there and will present a more complex explanation of Tai Chi so students can gain a deeper understanding. In this class the entire form is practiced from beginning to end during the first part of the class. Then, a set of moves within the form are broken down and refined to improve your form. This process is repeated from the first set of moves through the entire form. If you have learned the short form in the first term, this class will build on that knowledge to refine those moves. If you are just starting Tai Chi, you can learn the form as we go.

Location: Community Centre & Lions Hall

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 and Ray Twinney Recreation Complex

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

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

Zumba Gold

FUN! It offers active older adults a chance to experience the rhythms of Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, and Rock & Roll, while getting fit and having the time of their life! This program is designed so everyone can do it!

Location: Seniors' Meeting Place

Zumba Toning

Enjoy the same great workout with emphasis on toning your muscles. 1-pound weights will be used during the class.

Location: Seniors' Meeting Place

Zumba / Yoga Fusion

Get the best of both worlds in this energizing 45-minute class! Start with 30 minutes of high energy Zumba rhythms to boost your mood and get your heart pumping, then unwind with 15 minutes of gentle yoga flow to stretch, relax, and restore. A perfect balance. No experience needed, just bring your smile and a yoga mat!

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					
Balance & Stability	Sept 12 - Dec 19 (15)	Fri	1:15 - 2:15 p.m.	SMP 6	70614
Balance & Stability	Sept 11 - Dec 18 (15)	Thu	2:30 - 3:30 p.m.	MC FS	70593
Barre Fitness	Oct 2 - Dec 19 (12)	Thu	12:15 - 1:15 p.m.	RTRC 2	66955
BollyX Low Intensity	Oct 1 - Dec 17 (12)	Wed	9 - 10 a.m.	RTRC 2	66968
Cardio Dance Fusion Fitness	Sept 9 - Dec 9 (14)	Tues	9:45 - 10:45 a.m.	SMP12	67208
Cardio Dance Fusion Fitness	Sept 11 - Dec 18 (13)	Thur	9 - 10 a.m.	CCLH 2	67507
Chair Yoga	Oct 1 - Dec 17 (12)	Wed	11:30 a.m. - 12:30 p.m.	RTRC 2	67299
Chair Yoga	Sept 29 - Dec 8 (10)	Mon	10:15 - 11:15	RTRC 2	67295
Chair Yoga	Sept 9 - Dec 9 (14)	Tue	11 - Noon	SMP12	67298
Chair Yoga	Sept 18 - Dec 18 (14)	Thu	11 - Noon	SMP45	67291
Chair Yoga	Oct 3 - Dec 19 (12)	Fri	1 - 2 p.m.	SMP3	67292
Chair Yoga	Sept 8 - Dec 15 (15)	Mon	4 - 5 p.m.	SMP45	67288
Chair Yoga	Sept 12 - Dec 19 (15)	Fri	3:45 - 4:45 p.m.	SMP 4	67289
Circl Mobility	Sept 8 - Dec 15 (14)	Mon	7:45 - 8:30 p.m.	SMP 45	67532
Circl Mobility	Sept 10 - Dec 17 (15)	Wed	2:30 - 3:15 p.m.	SMP 4	67531
Circuit Movement for Wellness	Sept 8 - Dec 15 (14)	Mon	5:45 - 6:15 p.m.	SMP12	67222
Complete Body Tone	Sept 29 - Dec 15 (11)	Mon	9 - 10 a.m.	RTRC 2	67204
Complete Body Tone	Sept 11 - Dec 18 (13)	Thur	10:15 - 11:15 a.m.	CCLH 2	67506
Complete Body Tone	Sept 9 - Dec 9 (14)	Tues	8:30 - 9:30 a.m.	SMP12	67206
DROM for Seniors	Sept 10 - Dec 17 (15)	Wed	4:30 - 5 p.m.	SMP5	67225
Fit & 55+	Sept 8 - Oct 6 (5)	Mon	1 - 1:45 p.m.	MC FS	70412
Fit & 55+	Sept 5 - Oct 24 (8)	Fri	1 - 2 p.m.	MC FS	70436
Fit & 55+	Oct 21 - Dec 16 (9)	Tue	9 - 10 a.m.	RYC	67300
Fit & 55+	Oct 2 - Dec 18 (12)	Thu	8:30 - 9:30	RTRC 2	67302
Fit & 55+	Oct 31 - Dec 19 (8)	Fri	9 - 10 a.m.	RYC	67301
Fit & 55+	Sept 9 - Dec 16 (15)	Tue	5:45 - 6:45 p.m.	SMP45	67303
Fit & 55+	Sept 13 - Dec 20 (15)	Sat	9 - 10 a.m.	SMP 12	67305
Fit & 55+	Sept 10 - Dec 17 (15)	Wed	8:30 - 9:30 a.m.	SMP45	67306
FusionFIT 55+	Oct. 3 - Dec 19 (12)	Fri	9 - 10 a.m.	RTRC 2	67209
Gentle Stretch & Tone	Oct 21 - Dec 16 (9)	Tue	11:30 a.m. - 12:30 p.m.	RYC	66967

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Gentle Stretch & Tone	Sept 29 - Dec 8 (10)	Mon	11:30 a.m. - 12:30 p.m.	RTRC 2	67214
Gentle Stretch & Tone	Sept 10 - Dec 10 (14)	Wed	7 - 8 p.m.	SMP12	67218
Hatha Yoga	Sept 29 - Dec 15 (11)	Mon	1 - 2:30 p.m.	RTRC 2	67226
Hatha Yoga	Sept 8 - Dec 8 (13)	Mon	6:30 - 8p.m.	Craft	67258
Hatha Yoga	Sept 10 - Dec 10 (14)	Wed	5:30 - 6:45p.m.	SMP12	67284
Knee & Hip Fitness	Sept 9 - Dec 9 (14)	Tue	1 - 2 p.m.	SMP45	67220
Line Dance (Absolute Beginner)	Sept 8 - Nov 17 (10)	Mon	2:45 - 3:45	SMP3	66730
Line Dance (Absolute Beginner)	Sept 9 - Nov 18 (11)	Tues	3:45 - 4:45 p.m.	SMP3	66736
Line Dance (Beginner)	Sept 8 - Nov 17 (10)	Mon	1 - 2:30 p.m.	SMP3	66729
Line Dance (Improver)	Sept 9 - Nov 18 (11)	Tues	2 - 3:30 p.m.	SMP3	66734
Line Dance (Improver)	Sept 9 - Nov 18 (11)	Tue	7 - 8:30 p.m.	SMP12	66738
Line Dance (Intermediate)	Sept 8 - Nov 19 (10)	Mon	10 - 11:30 a.m.	SMP45	66728
Line Dance (Progressive)	Sept 9 - Nov 18 (11)	Tues	12:15 - 1:45 p.m.	SMP3	66732
Line Dancing (Absolute Beginner)	Sept 9 - Dec 16 (14)	Tue	6 - 7 p.m.	SMP3	66763
Line Dancing (Beginner)	Sept 9 - Dec 16 (14)	Tue	7 - 8:30 p.m.	SMP3	66765
Line Dancing (Intermediate)	Sept 10 - Dec 17 (14)	Wed	7 - 8:30 p.m.	SMP3	66767
Line Dancing (Progressive)	Sept 10 - Nov 19 (11)	Wed	7 - 8:30 p.m.	SMP45	66741
Low Impact Kickboxing	Oct. 3 - Dec 19 (12)	Fri	10:15 - 11:15 a.m.	RTRC 2	66975
Mobility and Core Strengthening	Sept 8 - Oct 6 (5)	Mon	2 - 2:45 p.m.	MC FS	70413
Mobility and Core Strengthening	Oct 21 - Dec 16 (9)	Tue	10:15 - 11:15 a.m.	RYC	66960
Mobility and Core Strengthening	Oct 31 - Dec 19 (8)	Fri	11:30 a.m. - 12:30 p.m.	RYC	66961
Osteoporosis Exercise	Sept 9 - Dec 9 (14)	Tue	2:15 - 3:15 p.m.	SMP45	66981
Osteoporosis Exercise	Sept 12 - Dec 19 (15)	Fri	2:15 - 3:15 p.m.	SMP 3	67325
Osteoporosis Exercise	Sept 11 - Dec 18 (15)	Thu	2:15 - 3:15 p.m.	SMP4	66982
Pilates	Sept 8 - Oct 6 (5)	Mon	3 - 3:45p.m.	MC FS	70414

Program	Start	Day	Time	Place	Code
Pilates	Sept 5 - Oct 24 (8)	Fri	2:15 - 3p.m.	MC FS	70415
Pilates	Oct 2 - Dec 18 (12)	Thu	945 - 10.45	RTRC 2	66965
Pilates	Oct 31 - Dec 19 (8)	Fri	10:15 - 11:15a.m.	RYC	66966
Pilates	Sept 18 - Dec. 18 (14)	Thur	1 - 2 p.m.	SMP 5	67500
Chair Pilates	Sept 18 - Dec. 18 (14)	Thur	2:15 - 3:15 p.m.	SMP 5	67501
Pilates & Chill	Sept 8 - Dec 15 (14)	Mon	6:30 - 7:30 p.m.	SMP45	66957
Square Dancing - Basic	Sept 11 to Dec 18 (15)	Thur	7:30 - 8:30 p.m.	SMP3	67195
Square Dancing - Mainstream	Sept 11 to Dec 18 (15)	Thur	8:30 - 9:30 p.m.	SMP3	67196
Square Dancing - Plus	Sept 11 to Dec 18 (15)	Thur	6:30 - 7:30 p.m.	SMP3	67194
Strength Release 1 - Seated Position	Sept 8 - Dec 15 (14)	Mon	4:30 - 5:30 p.m.	SMP12	67223
Strength Release 2 - Seated Position	Sept 10 - Dec 17 (15)	Wed	5:15 - 6:15 p.m.	SMP5	67224
Strong & Stable	Sept 12 - Dec 19 (15)	Fri	3:30 - 4:30 p.m.	SMP 3	67326
Strong and Stable	Sept 11 - Dec 18 (15)	Thu	1 - 2 p.m.	SMP 4	67308
Strong Bones & Balance	Sept 9 - Dec 9 (14)	Tue	3:30 - 4:30 p.m.	SMP45	67221
Strong Steps: Fall Prevention Essentials	Sept 12 - Dec 19 (15)	Fri	2:15 - 3:15 p.m.	SMP 6	70616
Strong Steps: Fall Prevention Essentials	Sept 11 - Dec 18 (15)	Thu	1:15 - 2:15 p.m.	MC FS	70590
Tai Chi - Intro to Yang Style short form	Sept 10 - Dec 17 (13)	Wed	10 - 11a.m.	CCLH 2	67324
Tai Chi - Refinements Yang Style	Sept 10 - Dec 17 (13)	Wed	11:15 - 12:15 p.m.	CCLH 2	67323
Tone, Stretch and Sooth	Sept 9 - Dec 16 (15)	Tue	7 - 8 p.m.	SMP45	67200
Tone, Stretch and Sooth	Sept 13 - Dec 20 (15)	Sat	10:15 - 11:15 a.m.	SMP 12	67203
Yoga Flow	Oct 1 - Dec 17 (12)	Wed	10:15 - 11:15 a.m.	RTRC 2	67197
Yoga Flow	Oct. 3 - Dec 19 (12)	Fri	1130 - 1230	RTRC 2	67198
Zumba	Sept 13 - Dec 20 (15)	Sat	9 - 9:45 a.m.	SMP45	66770
Zumba / Yoga Fusion	Sept 10 - Dec 17 (15)	Wed	3:30 - 4:15 p.m.	SMP 4	67534
Zumba Gold	Sept 8 - Nov 17 (10)	Mon	9 - 9:45 a.m.	SMP45	66721
Zumba Gold	Sept 11 - Nov 20 (11)	Thu	10 - 10:45 a.m.	SMP45	66723
Zumba Toning	Sept 10 - Nov 19 (11)	Wed	10 - 10:45 a.m.	SMP45	66722
Zumba Toning	Sept 8 - Dec. 15 (14)	Mon	8:30 - 9:15 a.m.	SMP 12	67530
Zumba Toning	Sept 10 - Dec 17 (15)	Wed	1:30 - 2:15 p.m.	SMP 4	67533

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Online Fitness					
Qi Gong	Sept 9 - Dec 16 (15)	Tue	2 - 3 p.m.	Zoom	66771
Hatha Yoga	Sept 11 - Dec 18 (15)	Thu	10 - 11:30 a.m.	Zoom	67287
Art Classes					
Acrylic Fine Art (Advanced)	Sept 11 - Nov 27 (12)	Thu	1 - 4 p.m.	SMP 12	66937
Acrylic Fine Art (Beginner)	Sept 11 - Nov 27 (12)	Thu	9 a.m. - 12 p.m.	SMP 12	66936
Dip & Design Paint Night	Sept 18 2025	Thu	6 - 9 p.m.	SMP 12	66951
Dip & Design Paint Night	Dec 4 2025	Thu	6 - 9 p.m.	SMP 12	66952
Drawing (Beginner)	Sept 15 - Dec 8 (12)	Mon	1 - 2:30 p.m.	SMP 6	67502
Life Drawing	Oct 20 - Dec 8 (8)	Mon	7 - 9 p.m.	SMP12	66948
Paint & Express!, Acrylic Art for the Soul	Sept 17 - Nov 19 (10)	Wed	9 a.m. - 12 p.m.	SMP 12	66935
The Story of My Life (Journaling)	Sept 17 - Nov 19 (10)	Wed	7 - 8:30 p.m.	SMP CR	67508
Watercolour Essentials Beginner	Sept 17 - Nov 19 (10)	Wed	1 - 4 p.m.	SMP12	66934
Watercolour Essentials Intermediate	Sept 19 - Nov 21 (10)	Fri	9 a.m. - 12 p.m.	SMP12	66947
Watercolour: Big Florals: Glazes & Washes	Nov 6 - 27 (4)	Thu	6 - 8:30 p.m.	SMP 12	66954
Watercolour: Wet-in - Wet Landscape	Oct 2 - 23 (4)	Thu	6 - 8:30 p.m.	SMP 12	66953

* 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 (Fall Only)

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

Lawn Bowling (Indoor/Outdoor)

400 D'Arcy Street | 905-895-1265

Magna Centre

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

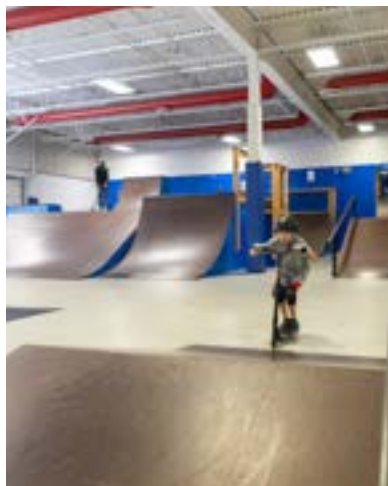
460 Botsford Street | OTH | 905-895-5193

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

