

# Recreation & Culture

*Adults 55+ Spring 2026 Activities*



Recreation & Culture  
[newmarket.ca/recreation](https://newmarket.ca/recreation)



# Mayor & Council

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## Message from the Mayor

Spring is all about new possibilities and Newmarket is ready to help you make the most of them! Whether you're looking to learn a new skill, get active, or explore your creative side, there's an activity waiting for you.

From swimming and pickleball to cooking and mindful meditation, there's a variety of programs to choose from, no matter your age or experience level.

Browse the magazine, select a few favourites and then save the date for resident registration on Thursday, February 26 at 8 a.m.

The fun continues with everything the Newmarket Seniors' Meeting Place has to offer, including special events, 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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# 2026 Spring Registration

## Registration Dates

### **Resident and NSMP Members Registration**

February 26 at 8 a.m.

### **Non-Resident Registration**

March 5 at 8 a.m.



# How to Register



## Create your Xplor Account today!

### How to create your account:

1. [newmarket.perfectmind.com](https://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](https://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 Membership

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

- 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.
- Access to NSMP Fitness & Wellness Programs (Pre-registration required)







# \* 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](https://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](mailto: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](mailto: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](http://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](https://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](https://newmarket.ca/recreation)

# Spring is here!

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









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## Welcome to Adults 55+ Programs for Spring 2026!

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  
Spring Drop  
In Schedule**

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## Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins February 26 at 8 a.m.
- Non-resident registration begins March 5 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



Springtime's calling, feel the groove,  
 At NSMP we've got ways to move.  
 Step, stretch, it's time to start,  
 Body in motion, mind in art.  
**DJ spinning**, dance floor bright,  
**Soul Town** hits on a smooth spring night.  
**Keynotes concert**, sing along,  
 Good vibes rolling, all season long.  
 Move your body, spark your mind,  
 Friends and fun you're sure to find.  
 This spring, come enjoy the flow,  
 NSMP's the place to go!





# \* Special Events

## Friday Night Social Dances

Newmarket Seniors' Meeting Place

8 to 11 p.m.

Member \$10 / Non-Member \$11

Spring Dates:

April 17 Code: 83357

May 1 Code: 83358

May 15 Code: 83359

June 5 Code: 83360

June 19 Code: 83361

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.

## St. Patrick's Day Tea

Sunday, March 8, 2026

2 to 3:30 p.m.

Member \$7 / Non-Member \$10

Code: 74454

Filled with festive decorations, entertainment, and complete with light refreshments, this event is always a great way to celebrate a fun holiday.

## Live Music Night - St. Patrick's with the Flailing Shilaleighs

Saturday, March 14, 2026

6:30 to 9 p.m.

Member \$30 / Non-Member \$35

Code: 74456

The Flailing Shilaleighs perform a perfect blend of East Coast and Traditional Irish music, along with some popular tunes done with a Celtic Twist. Covering Canadian artists such as The Rankins, Stan Rogers, Great Big Sea, Gordon Lightfoot, Leonard Cohen, The Irish Descendants, and many more. Tickets include a light snack, tea & coffee. Cash bar available.

**Sponsor: Kingsway Place**

## Bid Euchre Tournament

Saturday, March 21, 2026

12:30 to 4 p.m.

Fee: \$5 at the door, but you must pre-register.

Code: 84305

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. Pre-register through the office (905-953-5325) to hold your spot. Space is limited. If you cannot attend, please withdraw or let staff know to allow for another person to take your spot. Tea & coffee will be available at the halfway break.

## Progressive Euchre Tournament

Saturday, April 18, 2026

12 to 4:30 p.m.

Fee: \$5 at the door, but you must pre-register.

Code: 74170

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. Pre-register through the office (905-953-5325) to hold your spot. Space is limited. If you cannot attend, please withdraw or let staff know to allow for another person to take your spot. Tea & coffee will be available at the halfway break. Players must be on-site by 12:45 p.m.



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



## Keynotes Spring Concert

Newmarket Seniors' Meeting Place

Sunday, May 2, 2026

2 p.m.

**FREE (Pre-registration is not required)**

Come join the Keynotes Seniors' Choir as they present their spring concert, themed 'Singing Light into Our World'. Enjoy familiar favourites, seasonal selections, novelty numbers, sacred choral works, and toe-tapping rhythms as the choir brings the light of inspirational music into your life. We hope to have the award-winning singers from Huron Heights Secondary School join us once again bringing their joyous sounds to the performance. There is no admission charge for this concert, only a free-will offering to support our musical heritage

## Live Music Night – Soul Town

Saturday, May 9, 2026

6:30 to 9 p.m.

**Member \$30 / Non-Member \$35**

**Code: 77422**

Soul Town is a show that features Motown and Soul hit's of the 60's, 70's and present day such as Smokey Robinson, Supremes, Earth Wind and Fire, Etta James, The Jackson Five, Martha Reeves and many others. George St. Kitts along with his dynamic singers with their powerful strong voices harmonizing and delivering pure sensational Motown and Soul music! This show is engaging and fun. Soul-Town is guaranteed to take you back to a time when music was filled with 'soul', rhythm and joy. Come and dance and sing to your favourite's all over again. Tickets include a light snack, tea & coffee. Cash bar available. **Sponsor: Kingsway Place**

## Seniors Jeopardy

Newmarket Seniors' Meeting Place

Friday, May 29, 2026

6:30 to 9:30 p.m.

**Registration Code: 83362**

**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.

## Line Dance Workshop

Newmarket Seniors' Meeting Place

Sunday, June 28, 2026

1 to 5 p.m.

**Registration Code: 83373**

**Member \$35 / Non-Member \$40**

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.



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

# \*Trips

## **Dear Evan Hansen & Golf's Steak House**

**Thursday March 26th, 2026**

**10 a.m. to 6:30 p.m.**

**Members: \$194 (includes HST)**

**Non-Member: \$204 (includes HST)**

**Registration Code: 84757**

After a delicious lunch at Golf's Steak House, enjoy the musical hailed by The Washington Post as "one of the most remarkable shows in musical theatre history" and praised by The New York Times as "a gut-punching, breathtaking knockout". Dear Evan Hansen is a deeply contemporary musical about life in the digital age. The story follows anxious teenager Evan Hansen, who feels invisible until a tragic event thrusts him into the spotlight—and gives him the chance to finally be seen. A powerful, poignant story for anyone who has ever felt like an outsider, Dear Evan Hansen explores how we find connection, belonging, and ourselves.

## **The Price is Right & Fallsview Casino**

**Sunday, April 19, 2026**

**9 a.m. to 7 p.m.**

**Members: \$109 (includes HST)**

**Non-Member: \$119 (includes HST)**

**Registration Code: 83891**

Step into the spotlight and play the classic games you know and love from TV—Plinko, Cliffhangers, The Big Wheel, and more! With nonstop laughs, exciting prizes, and all the energy of the hit game show, it's the perfect night out where anyone in the audience could be the next big winner. Enjoy a six-hour visit to Niagara Fallsview Casino, including \$35.00 in slot play and reserved seating at the OLG Stage at Fallsview Casino for The Price Is Right Live!

## **Neil Diamond Musical & Hothouse Restaurant**

**Wednesday May 13 2026**

**10 a.m. to 5:30 p.m.**

**Member: \$235 (includes HST)**

**Non Member: \$245 (includes HST)**

**Registration Code: 76911**

After a delicious lunch at the Hothouse restaurant, enjoy the musical created in collaboration with Neil Diamond himself. A BEAUTIFUL NOISE is the uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline,"



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



## **The Great Gatsby Musical & Hothouse Restaurant**

**Wednesday, August 12, 2026**

**10:00 a.m. to 5:30 p.m.**

**Member: \$209 (includes HST)**

**Non-Member: \$219 (includes HST)**

**Registration Code: 78421**

After a delicious lunch at the Hothouse restaurant, enjoy THE GREAT GATSBY - a "Broadway extravaganza that explodes with life and energy" (Entertainment Weekly). Based on the classic American novel by F. Scott Fitzgerald, the Tony Award®-winning new musical is an unforgettable journey of love, wealth and tragedy that brings the Roaring Twenties to life on stage.

## **Guys & Dolls Musical & The Parlour Restaurant**

**Thursday June 4, 2026**

**9:00 a.m. to 7:00 p.m.**

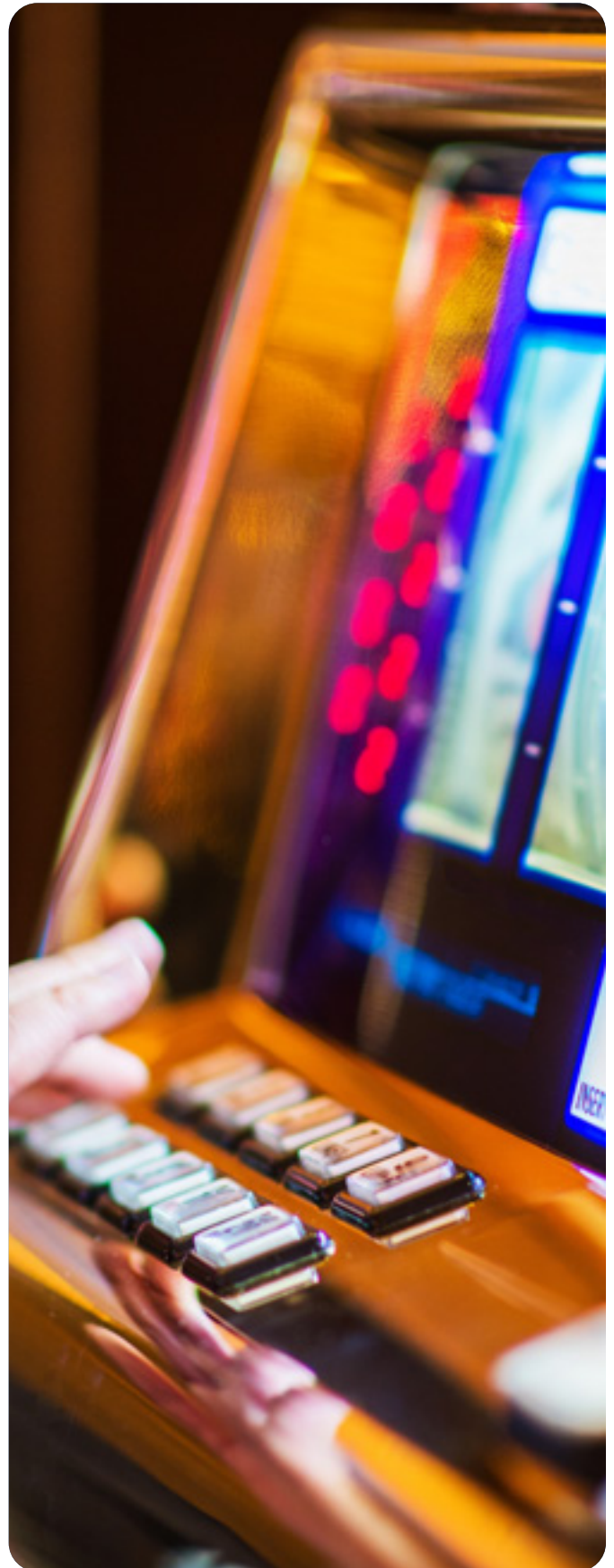
**Member: \$214.00 (includes HST)**

**Non-Member: \$224.00 (includes HST)**

**Registration Code: 83764** Guys & Dolls is a timeless Broadway musical bursting with charm and high-spirited fun. Set in 1950s New York, it follows gamblers, showgirls, and unlikely romances as Sky Masterson makes a daring bet and Nathan Detroit tries to save his floating crap game—and his engagement. Filled with classic songs and humour, it's a delightful tale of love, luck, and happiness. Enjoy a delicious lunch at The Parlour.



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



# \* Adults 55+ Programs

## Arts & Culture

### 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**

### 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**

### Creative Acrylics: Relax, Paint, and Enjoy

Enjoy a relaxed and welcoming acrylic painting experience where creativity comes first. This class emphasizes exploration and personal style rather than perfection. Optional mixed media techniques are offered to enhance paintings and inspire experimentation. All skill levels are welcome.

**Location: Seniors' Meeting Place**

**Instructor: Mahtab**



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

### Dip & Discover 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. Be sure to pick up a supply list from the NSMP office or via email request.

**Location: Seniors' Meeting Place**

**Instructor: Anni**

### 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. Be sure to pick up a supply list from the NSMP office or via email request.

**Location: Seniors' Meeting Place**

**Instructor: Matt**

### Drawing to Watercolour (Intermediate)

Students will take their drawings and transfer them to watercolour paper and create a full colour watercolour painting of their original drawing. This is an intermediate level class. All steps will be covered in the course. Requirements: fine tip watercolour brush and simple water colour set. Be sure to pick up a supply list from the NSMP office or via email request.

**Location: Seniors' Meeting Place**

**Instructor: Matt**

## Life Drawing (Intermediate)

This is an Intermediate Level course. You must have completed the Beginners' Level course to master this content. Each session will be two hours, divided into several topics. Every class will start with warm-up gesture drawings, build towards a main goal, and end with final drawings.

**Location: Seniors' Meeting Place**

**Instructor: Will**

## 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 Focus Workshop

Get Creative! Watercolour is a playground. These classes 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. Be sure to pick up a supply list from the NSMP office or via email request.

**Location: Seniors' Meeting Place**

**Instructor: Anni**

## Watercolour Intermediate / Advanced

This watercolour painting class will enhance your existing skills through a variety of themes including landscape, still life, cityscapes, flowers, and more. Instruction in this spontaneous, playful medium includes demonstrations, exercises, critiques and feedback. This class allows you to explore and further develop your own style of painting. Please note: Students must have a solid understanding of watercolour principles and be prepared to work independently, with guidance and feedback only. In order to be prepared for this class it is important to read the supply list- students need the correct (1/4 sheet) recommended paper, artists' quality paints, and a large brush(es). Be sure to pick up a supply list from the NSMP office or via email request.

**Location: Seniors' Meeting Place**

**Instructor: Fiona**



**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.

### BollyX®

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.

### 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.

### 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.



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

### 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.

### DROM for Seniors

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

### 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.

### 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.

### 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.

## 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.

## 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.

## Line Dancing - Beginner

For those who have completed the Absolute beginner class and are ready to learn more intricate steps and dances. This class is great for men and women of all age groups.

## 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.

## 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.

## 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+

## Meditation for Everyday Peace

This gentle yet transformative series introduces participants to mindfulness meditation, fostering calmness, clarity, and greater awareness of the present moment. The skills developed in these sessions naturally extend into daily life, helping individuals navigate challenging situations with greater ease and resilience.

## Mindful Breathing Practices: A path to wellness

Participants will learn core practices such as mindful breathing, body scans, and sitting meditation, while also exploring ways to bring mindfulness into ordinary routines—walking, eating, communicating, and handling stress. Designed to help participants navigate daily challenges with greater calm and clarity, this program draws from trusted sources, including Fully Present by Diana Winston (UCLA).

## 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.

## 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 coordination skills.



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

## 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.

## Pilates - Chair

Chair Pilates (with Osteoporosis considerations) 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 and bones. 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.

## 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.

## 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



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

## 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.

## 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 free weights, resistance bands and small balls.

## 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!

## 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.





### **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.

### **Wall Workout**

A low-impact wall workout to improve balance, posture, mobility, strength and muscle toning through supported exercises that use only the wall - perfect for all fitness levels. Running shoes required.

### **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.

### **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.

### **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.

### **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.

### **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!

### **Zumba Toning**

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



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

# \* Adults 55+ Program Charts

Program	Dates	Excludes	Day	Time	Place	Code
Fitness & Wellness						
Balance & Stability	April 10 - June 26		Fri	2:30 - 3:30 p.m.	RTRC 2	83255
BollyX	April 8 - June 24		Wed	1:15 - 2:15 p.m.	RTRC 2	83250
BollyX	April 10 - June 26		Fri	10:15 - 11:15 a.m.	RTRC 2	83246
Cardio Dance Fusion Fitness	April 14 - June 23	April 21	Tue	9:45 - 10:45 a.m.	SMP12	83279
Cardio Dance Fusion Fitness	April 9 - June 18		Thu	9 - 10 a.m.	CCLH 2	83278
Chair Pilates	April 16 - June 25		Thu	2:15 - 3:15 p.m.	SMP 5	83273
Chair Pilates	April 17 - June 26		Fri	2:15 - 3:15 p.m.	SMP 3	83274
Chair Yoga	April 8 - June 24		Wed	11:30 - 12:30 p.m.	RTRC 2	83248
Chair Yoga	April 9 - June 25		Thu	2:30 - 3:30 p.m.	MC FS	83252
Chair Yoga	April 13 - June 22	May 18	Mon	4 - 5 p.m.	SMP45	83257
Chair Yoga	April 17 - June 26		Fri	3:45 - 4:45 p.m.	SMP 4	83258
Chair Yoga	June 5 - June 26		Fri	1 - 2 p.m.	SMP3	83713
Chair Yoga	April 13- June 22	May 18, 25	Mon	10:15 - 11:15 a.m.	RTRC 2	83281
Chair Yoga	April 14 - June 23	April 21	Tue	11 a.m. - 12 p.m.	SMP12	83285
Chair Yoga	April 16 - June 25		Thu	11 - 12 p.m.	SMP45	83286
Chair Yoga	April 17 - May 29		Fri	1 - 2 p.m.	SMP3	83287
Circuit Movement for Wellness	April 20 - June 22	May 18	Mon	5:45 - 6:15 p.m.	SMP12	83353
Complete Body Tone	April 13- June 22	May 18, 25	Mon	9 - 10 a.m.	RTRC 2	83276
Complete Body Tone	April 9 - June 18		Thu	10:15 - 11:15 a.m.	CCLH 2	83277
Complete Body Tone	April 14 - June 23		Tue	8:30 - 9:30 a.m.	SMP12	83275
DROM for Seniors	April 20 - June 22	May 18	Mon	9 - 9:30 a.m.	SMP 12	83355
Fit & 55+	April 9 - June 25		Thu	11 a.m. - 12 p.m.	RTRC 2	83990
Fit & 55+	April 9 - June 25		Thu	1215 - 1:15 p.m.	RTRC 2	83264
Fit & 55+	April 10 - June 26	June 5	Fri	9 - 10 a.m.	RYC	83267
Fit & 55+	April 15 - June 24		Wed	8:30 - 9:30 a.m.	SMP45	83280
Fit & 55+	April 13 - June 22	May 18	Mon	1:15 - 2 p.m.	MC FS	83330
Fit & 55+	April 10 - June 26		Fri	1 - 2 p.m.	MC FS	83331
Fit & 55+	April 7 - June 23		Tue	9 - 10 a.m.	RYC	83339

Program	Dates	Excludes	Day	Time	Place	Code
Fit & 55+	April 9 - June 25		Thu	8:30 - 9:30 a.m.	RTRC 2	83332
Fit & 55+	April 14 - June 23		Tue	5:30 - 6:30 p.m.	SMP45	83340
Fit & 55+	April 18 - June 27	April 25	Sat	8:30 - 9:30 a.m.	SMP 12	83268
FusionFIT 55+	April 10 - June 26		Fri	9 - 10 a.m.	RTRC 2	83253
FusionFIT 55+	April 8 - June 24		Wed	9 - 10 a.m.	RTRC 2	83245
Gentle Stretch & Tone	April 13- June 22	May 18, 25	Mon	11:30 - 12:30 a.m.	RTRC 2	83282
Gentle Stretch & Tone	April 15 - June 24		Wed	7 - 8 p.m.	SMP12	83295
Gentle Stretch & Tone	April 7 - June 23		Tue	11:30 - 12:30 a.m.	RYC	83290
Hatha Yoga	April 13-June 22	May 18, 25	Mon	1 - 2:30 p.m.	RTRC 2	83270
Hatha Yoga	April 13- June 22		Mon	6:30 -8 p.m.	Craft	83283
Hatha Yoga	April 15 - June 24		Wed	5:30 - 6:45 p.m.	SMP12	83284
Knee & Hip Fitness	April 14 - June 23	April 21	Tue	1 - 2p.m.	SMP45	83322
Line Dance (Absolute Beginner)	May 4 - June 22	May 18	Mon	3 - 4 p.m.	SMP3	82962
Line Dance (Absolute Beginner)	May 5 - June 23		Tue	4 - 5 p.m.	SMP3	83242
Line Dance (Beginner)	May 4 - June 22	May 18	Mon	1 - 2:30 p.m.	SMP3	82961
Line Dance (Improver)	May 5 - June 23		Tue	2 - 3:30 p.m.	SMP3	83241
Line Dance (Improver)	May 5 - June 23		Tue	7 - 8:30 p.m.	SMP12	83243
Line Dance (Intermediate)	May 4 - June 22	May 18	Mon	10-11:30 a.m.	SMP45	82960
Line Dance (Progressive)	May 5 - June 23		Tue	12:15 a.m. - 1:45 p.m.	SMP3	83240
Line Dancing (Absolute Beginner)	May 5 - June 23		Tue	6 - 7 p.m.	SMP3	82957
Line Dancing (Beginner)	May 5 - June 23		Tue	7 - 8:30 p.m.	SMP3	82958
Line Dancing (Intermediate)	May 6 - June 24		Wed	7 - 8:30 p.m.	SMP3	83244



# \* Adults 55+ Program Charts

Program	Dates	Excludes	Day	Time	Place	Code
Line Dancing (Progressive)	May 6 - June 24		Wed	7 - 8:30 p.m.	SMP45	82959
Meditation for Everyday Peace	April 14 - June 23	April 21	Tue	11:15 - 12:15p.m.	SMP 6	83316
Mindful Breathing Practices: A path to wellness	April 14 - June 23	April 21	Tue	10 - 11 a.m.	SMP 6	83321
Mobility and Core Strengthening	April 13 - June 22	May 18	Mon	2:15 - 3 p.m.	MC FS	83328
Mobility and Core Strengthening	April 7 - June 23		Tue	10:15 - 11:15 a.m.	RYC	83329
Osteoporosis Exercise	April 16 - June 25		Thu	2:15 - 3:15 p.m.	SMP4	83262
Osteoporosis Exercise	April 14 - June 23	April 21	Tue	2:15 - 3:15 p.m.	SMP45	83263
Pilates	April 16 - June 25		Thu	1 - 2 p.m.	SMP 5	83272
Pilates	April 13 - June 22	May 18	Mon	3:15 - 4 p.m.	MC FS	83337
Pilates	April 10 - June 26		Fri	2:15 - 3:15 p.m.	MC FS	83338
Pilates	April 9 - June 25		Thu	9:45 - 10:45 a.m.	RTRC 2	83349
Square Dancing - Basic	Jan 22 - May 28		Thu	7:30 - 8:30 p.m.	SMP3	76763
Square Dancing - Mainstream	Jan 22 - May 28		Thu	8:30 - 9:30 p.m.	SMP3	76767
Square Dancing - Plus	Jan 22 - May 28		Thu	6:30 - 7:30 p.m.	SMP3	76768
Strength Release 1 - Seated Position	April 20 - June 22	May 18	Mon	4:30 - 5:30 p.m.	SMP12	83352
Strength Release 2 - Seated Position	April 22 - June 24		Wed	5:15 - 6:15 p.m.	SMP5	83351
Strong & Stable	April 17 - June 26		Fri	3:30 - 4:30 p.m.	SMP 3	83260
Strong and Stable	April 16 - June 25		Thu	1 - 2 p.m.	SMP 4	83259
Strong Bones & Balance	April 14 - June 23		Tue	3:30 - 4:30 p.m.	SMP45	83261
Tone, Stretch and Sooth	April 14 - June 23		Tue	6:45 - 7:45 p.m.	SMP45	83344
Tone, Stretch and Sooth	April 18 - June 27	April 25	Sat	9:45 - 10:45 a.m.	SMP 12	83346

Program	Dates	Excludes	Day	Time	Place	Code
Wall Workout	April 8 - June 24		Wed	2:30 - 3:30 p.m.	RTRC 2	83249
Wall Workout	April 10 - June 26		Fri	1:15 - 2:15 p.m.	RTRC 2	83256
Yoga Flow	April 8 - June 24		Wed	10:15 - 11:15 a.m.	RTRC 2	83247
Yoga Flow	April 9 - June 25		Thu	1:15 - 2:15 p.m.	MC FS	83251
Yoga Flow	April 10 - June 26		Fri	11:30 - 12:30 p.m.	RTRC 2	83254
Zumba	April 18- June 27	April 25	Sat	9 - 9:45 a.m.	SMP45	82956
Zumba Gold	April 13- June 22	May 18	Mon	9 - 9:45 a.m.	SMP45	83306
Zumba Gold	April 16 - June 25		Thu	10 - 10:45 a.m.	SMP45	83312
Zumba Toning	April 15 - June 24		Wed	10 - 10:45 a.m.	SMP45	83307
Online Fitness						
Hatha Yoga	April 9 - June 25		Thu	10 - 11:30 a.m.	Zoom	83271
Qi Gong	April 7 - June 22		Tue	2 - 3 p.m.	Zoom	82955
Art Classes						
Acrylic Fine Art (Advanced)	April 16 - May 28		Thu	1 - 4 p.m.	SMP 12	83327
Acrylic Fine Art (Beginner)	April 16 - May 28		Thu	9 a.m. - 12 p.m.	SMP 12	83326
Creative Acrylics: Relax, Paint, and Enjoy	April 15 - June 24		Wed	9 a.m. - 12 p.m.	SMP 12	82954
Dip & Discover Paint Night	15-Apr		Wed	6 - 9 p.m.	SMP CR	76495
Dip & Discover Paint Night	11-Jun		Thu	6 - 9 p.m.	SMP 12	83377
Drawing (Beginner)	April 15 - June 24		Wed	11:30 - 1p.m.	SMP 4	82951
Drawing to Watercolour Intermediate	April 15 - June 24		Wed	1:30 - 3 p.m.	SMP 4	82952
Life Drawing	April 13 - June 22	May 18	Mon	7 - 9 p.m.	SMP12	83299
Watercolour Essentials Beginner	April 15 - June 24		Wed	1 - 4 p.m.	SMP12	82953
Watercolour Focus: Paint Daffodils	April 14 - 21		Tue	5 - 8 p.m.	SMP CR	84491
Watercolour Focus: White in Watercolour Daisies	June 9 - 23		Tue	5 - 8 p.m.	SMP CR	83378

## \* Adults 55+ Program Charts

Program	Dates	Excludes	Day	Time	Place	Code
Watercolour Intermediate/Advanced	April 17 - May 29	May 15	Fri	9 a.m. - 12 p.m.	SMP12	83265
Watercolour Intermediate/Advanced	April 17 - May 29	May 15	Fri	1 - 4 p.m.	SMP6	83266





# \* 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

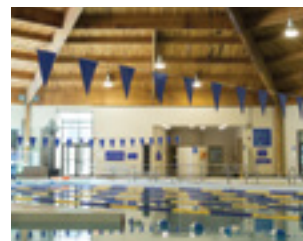
460 Botsford Street | OTH | 905-895-5193

### 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





An elderly couple is shown from the back, embracing each other in a lush green park. The man on the left has short white hair and is wearing a light blue polo shirt. The woman on the right has long, wavy blonde hair and is wearing a light green hoodie. They are both smiling and looking towards the right. The background is filled with vibrant green trees and foliage, with a blurred building visible in the distance.

**Recreation & Culture**  
[newmarket.ca/recreation](http://newmarket.ca/recreation)

