

Recreation & Culture

Adults 55+ Winter 2026 Magazine



Recreation & Culture
newmarket.ca/recreation

Mayor & Council

Message from the Mayor

Building on a season that offers many opportunities for people to get together, Newmarket's Recreation and Culture programs offer even more ways to enjoy the Winter. Whether you're lacing up your skates, joining a fitness class, or exploring a new creative hobby, our Recreation & Culture Winter Magazine is your first stop for staying active, engaged and connected.

These programs are built with our community in mind, and I encourage you to explore the options and then mark your calendars for registration on Thursday, December 4.

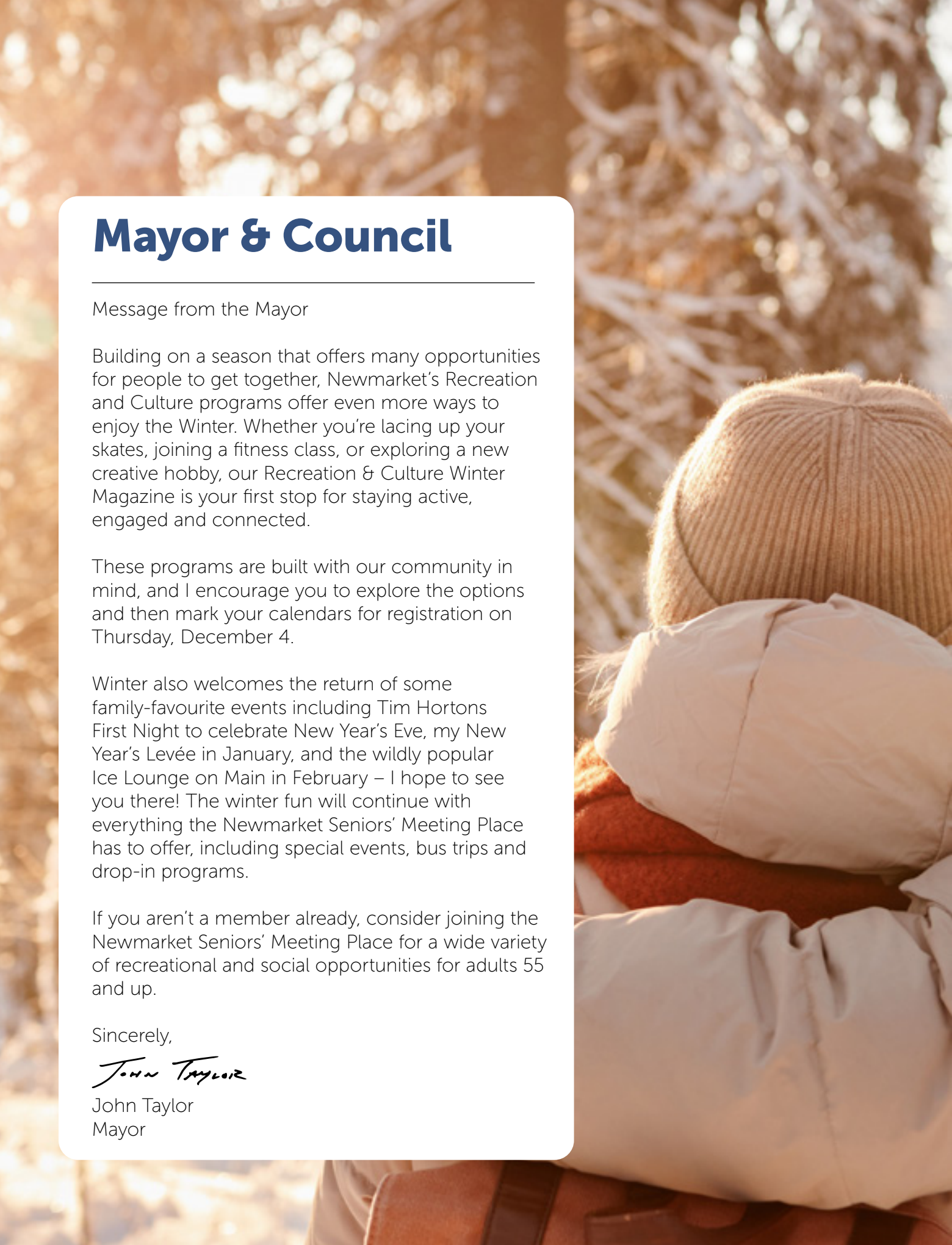
Winter also welcomes the return of some family-favourite events including Tim Hortons First Night to celebrate New Year's Eve, my New Year's Levée in January, and the wildly popular Ice Lounge on Main in February – I hope to see you there! The winter fun will continue with everything the Newmarket Seniors' 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 Winter Registration

Registration Dates

Resident and NSMP Members Registration

December 4 at 8 a.m.

Non-Resident Registration

December 11 at 8 a.m.



How to Register



Create your Xplor Account today!

How to create your account:

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

Important Information

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

Click here to create Xplor your account.

Online

What you need:

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

What to do:

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

In-Person

What you need:

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

What to do:

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

* Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

Imagine...

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

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

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

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

Membership Options

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

NSMP Annual Membership

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

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

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

RecPass

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

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





* Drop-In Programs

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

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



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

Pre-registration is required for Group Fit, Aquafit, Pickleball, 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



Winter is here!

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

Looking for drop-in programs as well?

Click the button for all schedules and drop-in information







Adult 55+ Programs

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

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins December 4 at 8 a.m.
- Non-resident registration begins December 11 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



Happy New Year! We're thrilled to welcome back all participants to the NSMP for another exciting season! As winter settles in, we've got a packed calendar full of fun to keep the cold at bay — from Pancake Tuesday, to tapping your toes at our Flailing Shilaleighs Live Music Night, and testing your card skills in our Progressive Euchre Tournament. There's something for everyone, and we can't wait to see you and share in the good times ahead!

* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Pre-Registration: Member: \$10 |

Non-Member: \$11

Winter Dates:

January 16 Code: 77717

February 06 Code: 77238

February 20 Code: 77239

March 06 Code: 77240

March 20 Code: 77241

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.

Pancake Tuesday Breakfast

Tuesday, February 17, 2026

Early: 9 to 10 a.m. Code: 74452

Late: 10 to 11 a.m. Code: 74453

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

Includes pancakes, sausage, tea & coffee, juice, fruit, and great live entertainment.

Trivia Pub Night

Friday, February 27, 2026

6:30 to 8:30 p.m.

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

Code: 77237

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.

Progressive Euchre Tournament

Saturday, February 28, 2026

12:30 to 4:30 p.m.

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

Code: 74169

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. Players should pre-register online or at Seniors' Meeting Place to guarantee your spot. Refreshments will be available. \$5 admission will be taken at the door. Space is limited. Tea & coffee will be available at the halfway break.

St. Patrick's Day Tea

Sunday, March 8, 2026

2 to 4 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.



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

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.

The evening event includes light refreshments. A cash bar will also be available.

DJ Dance Party

Saturday, April 11, 2026

7 to 11 p.m.

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

Code: 77421

DJ Darin, from Sonisphere Entertainment, will host this special event featuring a large video screen and all of your favourite music from the 60s, 70s, & 80s which will be sure to keep you dancing and singing along all night. Tickets include a light snack, tea & coffee.

Cash bar available.

Progressive Euchre Tournament

Saturday, May 2, 2026

12:30 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. Players should pre-register online or at Seniors' Meeting Place to guarantee your spot. Refreshments will be available. \$5 admission will be taken at the door. Space is limited. Tea & coffee will be available at the halfway break.

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.



Click here to view full program information and register online

* Trips and Tours

Mrs. Doubtfire & Hothouse Restaurant

Wednesday, January 14 2026

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

Member: \$204 (includes HST)

Non Member: \$214 (includes HST)

Registration Code: 76505

After a delicious lunch at the Hothouse restaurant, enjoy everyone's favourite Scottish nanny that is headed to Toronto's Princess of Wales Theatre! Based on the beloved film, **Mrs. Doubtfire** tells the hysterical and heartfelt story of an out-of-work actor who will do anything for his kids. It's the lovable, big-hearted musical comedy!

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,"

Fallsview Casino

Tuesday, March 10, 2026

9 a.m. to 6 p.m.

Member: \$50 (includes HST)

Non Member: \$60 (includes HST)

Registration Code: 77429

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. Enjoy a 5-hour visit to Niagara Fallsview Casino & receive \$35 in slot play.



Click here to view full program information and register online



Adult 55+

Join Us for Pancake Tuesday!

Tuesday, February 17, 2026

Early: 9 to 10 a.m. Code: 74452

Late: 10 to 11 a.m. Code: 74453

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

Includes pancakes, sausage, tea & coffee,
juice, fruit, and great live entertainment.

* 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

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. A cash bar and snacks will be available. 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



Click here to view full program information and register online

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: Community Centre & Lions Hall

Instructor: Matt

Drawing to Watercolour

This course is a follow up to Beginner drawing, students will take their final drawings from beginner drawing and transfer them to watercolour paper and create a full colour watercolour painting of their original drawing, no watercolour experience necessary. All steps will be covered in the course. Requirements fine tip water colour brush and simple water colour set. Be sure to pick up a supply list from the NSMP office or via email request.

Location: Community Centre & Lions Hall

Instructor: Matt

Life Drawing

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

Location: Seniors' Meeting Place

Instructor: Will

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 Focus: Uplevel: Pouring & Watercolour

Get Creative! Watercolour is a playground. These 5-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. Be sure to pick up a supply list from the NSMP office or via email request,

Location: Seniors' Meeting Place

Instructor: Anni

Watercolour Intermediate

Explore watercolour painting further using a variety of themes landscapes, still lifes 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

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: Ray Twinney Recreation Complex



Click here to view full program information and register online

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.

Multiple Locations

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

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

DROM for Seniors

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

Location: Seniors' Meeting Place

Fit & 55+

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

Multiple Locations

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.

Multiple Locations



Click here to view full program information and register online

Knee and Hip Fitness

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

Location: Seniors' Meeting Place

Line Dancing – Absolute Beginner

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

Location: Seniors' Meeting Place

Line Dancing - Beginner

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.

Location: Seniors' Meeting Place

Line Dancing - Improver

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

Location: Seniors' Meeting Place

Line Dancing - Progressive

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

Location: Seniors' Meeting Place

Line Dancing - Intermediate

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

Location: Seniors' Meeting Place

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.

Location: Seniors' Meeting Place

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).

Location: Seniors' Meeting Place

Mobility and Core Strengthening

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

Multiple Locations



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

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.

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.

Multiple Locations

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.

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

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

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



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

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 Bones & Balance

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

Location: Seniors' Meeting Place

Tai Chi:

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: Seniors' Meeting Place



**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: Seniors' Meeting Place

Tone, Stretch and Soothe

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

Location: Seniors' Meeting Place

Yoga - Hatha

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

Multiple Locations

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.

Multiple Locations

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.

Multiple Locations

Yoga – Chair to Mat

A gentle and empowering class designed to help you move with confidence from chair to mat and back again. Build strength, balance, and flexibility at your own pace while connecting breath, body, and mind. Perfect for those ready to expand their mobility and deepen their yoga practice safely and joyfully.

Location: Ray Twinney Recreation Complex

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



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

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Fitness & Wellness					
Balance & Stability	Jan 9 - March 20	Fri	1:15 - 2:15 p.m.	RTRC 1	74886
Barre Fitness	Jan 7 - March 25	Wed	11 a.m. - 12 p.m.	SMP 45	74891
Barre Fitness	Jan 8 - March 19	Thu	12:15 - 1:15 p.m.	RTRC 2	74760
BollyX Low Intensity	Jan 7 - March 25	Wed	9 - 10 a.m.	RTRC 2	74842
BollyX Low Intensity	Jan 9 - March 20	Fri	10:15 - 11:15 a.m. a.m.	RTRC 2	74844
Chair Pilates	Jan 8 - March 26	Thur	2:15 - 3:15 p.m.	SMP 5	74890
Chair Pilates	Jan 9 - March 27	Fri	2:15 - 3:15 p.m.	SMP 3	74887
Chair to Mat Yoga	Jan 9 - March 20	Fri	2:30 - 3:30 p.m.	RTRC 1	76475
Chair Yoga	Jan 7 - March 25	Wed	11:30 - 12:30 p.m.	RTRC 2	74847
Chair Yoga	Jan 8 - March 26	Thu	2:30 - 3:30 p.m.	Magna	74858
Chair Yoga	Jan 12 - March 23	Mon	10:15 - 11:15 a.m.	RTRC 2	74772
Chair Yoga	Jan 13 - March 24	Tue	11 a.m. - 12 p.m.	SMP12	74899
Chair Yoga	Jan 8 - March 26	Thu	11 a.m. - 12 p.m.	SMP45	74902
Chair Yoga	Jan 9 - March 27	Fri	1 - 2 p.m.	SMP3	74903
Chair Yoga	Jan 5 - March 23	Mon	4 - 5 p.m.	SMP45	74897
Chair Yoga	Jan 9 - March 27	Fri	3:45 - 4:45 p.m.	SMP 4	74901
Circl Mobility	Jan 5 - March 23	Mon	9 - 9:30 a.m.	SMP 12	74867
Circuit Movement for Wellness	Jan 5 - March 23	Mon	5:45 - 6:15 p.m.	SMP12	76962
DROM for Seniors	Jan 7 - March 25	Wed	9 - 9:30 a.m.	SMP45	74882
Fit & 55+	Jan 5 - March 23	Mon	9 - 10 a.m.	RTRC 2	74769
Fit & 55+	Jan 8 - March 26	Thur	9 - 10 a.m.	CCLH 1	74849
Fit & 55+	Jan 5 - March 30	Mon	1:15 - 2 p.m.	Magna	74855
Fit & 55+	Jan 9 - March 27	Fri	1 - 2 p.m.	Magna	74853
Fit & 55+	Jan 6 - March 24	Tue	9 - 10 a.m.	RYC	74860
Fit & 55+	Jan 8 - March 19	Thu	8:30 - 9:30 a.m.	RTRC 2	74767
Fit & 55+	Jan 6 - March 24	Tue	5:30 - 6:30 p.m.	SMP45	74880
Fit & 55+	Jan 10 - March 28	Sat	8:30 - 9:30 a.m.	SMP 12	74895
Fit & 55+	Jan 9 - March 27	Fri	9 - 10 a.m.	RYC	74863
FusionFIT 55+	Jan 9 - March 20	Fri	9 - 10 a.m.	RTRC 2	74843
Gentle Stretch & Tone	Jan 6 - March 31	Tue	11:30 a.m. - 12:30 p.m.	RYC	74862
Gentle Stretch & Tone	Jan 12 - March 23	Mon	11:30 a.m. - 12:30 p.m.	RTRC 2	74771
Gentle Stretch & Tone	Jan 14 - March 25	Wed	7 - 8 p.m.	SMP12	74883
Gentle Stretch & Tone	Jan 8 - March 26	Thur	10:15 - 11:15a.m.	CCLH 1	74850

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Hatha Yoga	Jan 5 - March 23	Mon	1 - 2:30p.m.	RTRC 2	74845
Hatha Yoga	Jan 12 - March 23	Mon	6:30 - 8p.m.	Craft	74898
Hatha Yoga	Jan 14 - March 25	Wed	5:30 - 6:45p.m.	SMP12	74900
Knee & Hip Fitness	Jan 6 - March 24	Tue	1p.m. - 2p.m.	SMP45	74877
Line Dancing (Absolute Beginner)	Jan 6 - March 24	Tue	6 - 7p.m.	SMP3	74468
Line Dancing (Absolute Beginner)	Jan 12 - March 23	Mon	2:45 - 3:45	SMP3	74464
Line Dancing (Absolute Beginner)	Jan 13 - March 17	Tues	3:45 - 4:45 p.m.	SMP3	74467
Line Dancing (Beginner)	Jan 6 - March 24	Tue	7 - 8: 30 p.m.	SMP3	74754
Line Dancing (Beginner)	Jan 12 - March 23	Mon	1 - 2:30 p.m.	SMP3	74463
Line Dancing (Improver)	Jan 13 - March 17	Tues	2 - 3:30 p.m.	SMP3	74466
Line Dancing (Improver)	Jan 13 - March 17	Tue	7 - 8: 30 p.m.	SMP12	74753
Line Dancing (Intermediate)	Jan 12 - March 23	Mon	10 - 11:30 a.m.	SMP45	74462
Line Dancing (Intermediate)	Jan 7 - Mar 25	Wed	7 - 8: 30 p.m.	SMP3	74759
Line Dancing (Progressive)	Jan 13 - March 17	Tues	12:15 - 1:45 p.m.	SMP3	74465
Line Dancing (Progressive)	Jan 14 - Mar 18	Wed	7 - 8: 30 p.m.	SMP45	74758
Meditation for Everyday Peace	Jan 6 - March 24	Tues	11:15 - 12:15p.m.	SMP 6	76961
Mindful Breathing Practices: A path to wellness	Jan 6 - March 24	Tues	10 - 11 a.m.	SMP 6	74894
Mobility and Core Strengthening	Jan 9 - March 27	Fri	10:30 - 11:30a.m.	RYC	74865
Mobility and Core Strengthening	Jan 5 - March 30	Mon	2:15 - 3 p.m.	Magna	74856
Mobility and Core Strengthening	Jan 6 - March 24	Tue	10:15 - 11:15 a.m.	RYC	74861

Program	Start	Day	Time	Place	Code
Osteoporosis Exercise	Jan 6 - March 24	Tue	2:15 - 3:15 p.m.	SMP45	74878
Osteoporosis Exercise	Jan 8 - March 26	Thu	2:15 - 3:15 p.m.	SMP4	74885
Pilates	Jan 5 - March 23	Mon	3:15 - 4p.m.	Magna	74857
Pilates	Jan 9 - March 27	Fri	2:15 - 3:15p.m.	Magna	74854
Pilates	Jan 8 - March 19	Thu	9:45 - 10:45 a.m.	RTRC 2	74768
Pilates	Jan 8 - March 26	Thur	1 - 2 p.m.	SMP 5	74889
Square Dancing Basic	Jan 8 - May 28	Thur	7:30 - 8:30 p.m.	SMP3	76763
Square Dancing - Mainstream	Jan 8 - May 28	Thur	8:30 - 9:30 p.m.	SMP3	76767
Square Dancing - Plus	Jan 8 - May 28	Thur	6:30 - 7:30 p.m.	SMP3	76768
Strength Release 1 - Seated Position	Jan 5 - March 23	Mon	4:30 - 5:30 p.m.	SMP12	74892
Strength Release 2 - Seated Position	Jan 7 - March 25	Wed	5:15 - 6:15 p.m.	SMP5	74893
Strong and Stable	Jan 9 - March 27	Fri	3:30 - 4:30 p.m.	SMP 3	74888
Strong and Stable	Jan 8 - March 26	Thu	1p.m. - 2p.m.	SMP 4	74884
Strong Bones & Balance	Jan 6 - March 24	Tue	3:30 - 4:30 p.m.	SMP45	74879
Tai Chi - Intro to Yang Style short form	Jan 6 - March 24	Tues	8:30 - 9:30a.m.	SMP12	74851
Tai Chi - Refinements Yang Style	Jan 6 - March 24	Tues	945 - 1045a.m.	SMP12	74852
Tone, Stretch and Soothe	Jan 6 - March 24	Tue	6:45 - 7:45p.m.	SMP45	74881
Tone, Stretch and Soothe	Jan 10 - March 28	Sat	9:45 - 10:45 a.m.	SMP 12	74896
Yoga Flow	Jan 7 - March 25	Wed	10:15 - 11:15 a.m.	RTRC 2	74846
Yoga Flow	Jan 8 - March 26	Thu	1:15 - 2:15p.m.	Magna	74859
Yoga Flow	Jan 9 - March 20	Fri	11:30 - 12:30	RTRC 2	74848
Zumba	Jan 10 - March 28	Sat	9 - 9:45a.m.	SMP45	74871
Zumba Gold	Jan 5 - March 23	Mon	9 - 9:45 a.m.	SMP45	74868
Zumba Gold	Jan 8 - March 26	Thu	10 - 10:45a.m.	SMP45	74870
Zumba Gold	Jan 5 - March 23	Mon	8:00 - 8:45 a.m.	SMP 12	74866
Zumba Toning	Jan 7 - March 25	Wed	10 - 10:45 a.m.	SMP45	74869
Online Fitness					
Hatha Yoga	Jan 8 - March 12	Thu	10 - 11:30 a.m.	Zoom	76483
Qi Gong	Jan 6 - March 24	Tue	2 - 3p.m.	Zoom	74904

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Art Classes					
Acrylic Fine Art (Advanced)	Jan 8 - March 12	Thu	1 - 4 p.m.	SMP 12	74873
Acrylic Fine Art (Beginner)	Jan 8 - March 12	Thu	9 - 12 p.m.	SMP 12	74872
Dip & Discover Paint Night	Feb 19	Thu	6 - 9 p.m.	SMP 12	76494
Dip & Discover Paint Night	April 16	Thu	6 - 9 p.m.	SMP 12	76495
Drawing (Beginner)	Jan 7 - March 25	Wed	9 - 10:30 a.m.	CCLH 1	74876
Drawing to Watercolour	Jan 7 - March 25	Wed	10:45 - 12:15 p.m.	CCLH 1	76923
Life Drawing	Jan 19- March 16	Mon	7 - 9 p.m.	SMP12	76985
Paint & Express!, Acrylic Art for the Soul	Jan 7 - March 25	Wed	9 - 12 p.m.	SMP 12	76942
Watercolour Essentials Beginner	Jan 7 - March 25	Wed	1 - 4 p.m.	SMP12	74874
Watercolour Focus: Loose & Lovely Bouquets	Feb 24 - March 24	Tues	5 - 8p.m.	SMP CR	76960
Watercolour Focus: Uplevel: Pouring & Watercolour	Jan 13 - Feb 10	Tues	5 - 8p.m.	SMP CR	76958
Watercolour Intermediate	Jan 9 - March 27	Fri	9 - 12 p.m.	SMP12	74875

* 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 (Winter 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

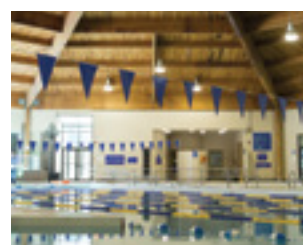
460 Botsford Street | OTH | 905-895-5193

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



Everyone's favourite Scottish nanny is headed to Toronto in this internationally acclaimed hit musical critics call "wonderful, heart-warming, and laugh-out-loud funny" (Manchester Evening News) and "a feel-good, family-friendly comedy that delivers" (The Hollywood Reporter). Based on the beloved film, MRS. DOUBTFIRE tells the hysterical and heartfelt story of an out-of-work actor who will do anything for his kids. It's "the lovable, big-hearted musical comedy we need right now," raves the Chicago Tribune – one that proves we're better together.

Date:	Wednesday, January 14, 2026	Return:	Arrival in Newmarket by 5:30 p.m.
Depart:	10:00 a.m. Ray Twinney Complex 100 Eagle St. W., Newmarket	Inclusions:	Return transportation via deluxe coach, lunch at the Hot House Restaurant, reserved orchestra seating, gratuity on meal, driver gratuity, and all taxes.
Lunch:	11:30 a.m. - 1:00 p.m. Enjoy a delicious meal at the Hot House Restaurant. Choice of: 1) Chicken Parmesan 2) Cannelloni 3) Roasted Pork Loin All meals include bread, salad, dessert, and tea or coffee	Price:	Member: \$204.00 per person Non Member: \$214.00 per person
Show:	1:30 p.m. - 4:00 p.m. Reserved orchestra seating at the Princess of Wales Theatre	To Book:	Register at newmarket.perfectmind.com Registration Code: 76505



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Road
North York ON
M2J 1P9

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

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



Created in collaboration with Neil Diamond himself, A BEAUTIFUL NOISE is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock & Roll Halls of Fame, a Grammy® Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway — and head out on the road across North America.

Date:	Wednesday, May 13, 2026	Return:	Arrival in Newmarket by 5:30 p.m.
Depart:	10:00 a.m. Ray Twinney Complex 100 Eagle St. W., Newmarket	Inclusions:	Return transportation via deluxe coach, lunch at the Hot House Restaurant, reserved orchestra seating, gratuity on meal, driver gratuity, and all taxes.
Lunch:	11:15 a.m. - 1:00 p.m. Enjoy a delicious meal at the Hot House Restaurant. Choice of: 1) Chicken Parmesan 2) Cappelletti 3) Pork Souvlaki All meals include bread, salad, dessert, and tea or coffee	Price:	Member: \$235.00 per person Non Member: \$245.00 per person
Show:	1:30 p.m. - 4:00 p.m. Reserved orchestra seating at the Princess of Wales Theatre	To Book:	Register at newmarket.perfectmind.com Registration Code: 76911



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Recreation & Culture
newmarket.ca/recreation

