

Recreation & Culture

Adults 55+ Spring 2025 Magazine



Mayor & Council

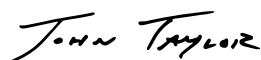
Message from the Mayor

Spring is almost here, bringing longer days, warmer weather, and a fresh burst of energy and excitement. It's the perfect time to get outdoors, meet new people, and try new activities.

Newmarket is excited to provide a variety of recreational and cultural programs for adults 55 and older that can help you to remain active and healthy this Spring! If you aren't a member already, consider joining the Newmarket Seniors' Meeting Place for a wide variety of recreational and social opportunities, reduced fees for programs and events, access to drop-in programs and more.

Take a moment to browse through the Spring Magazine, find some favorites, and mark your calendar – registration begins March 5 at 8 a.m. Whether you're looking to try something new or revisit a classic, there's something for everyone.

Sincerely,



John Taylor
Mayor



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2025 Spring Registration

Registration Dates

Resident and NSMP Members Registration

March 5 at 8 a.m.

Non-Resident Registration

March 12 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.
- Unlimited access to NSMP Fitness & Wellness Programs



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

This tea marks the 30th Anniversary of the Newmarket Seniors' Meeting Place. You are invited to spend a festive afternoon enjoying a performance by the 303 Children's Choir, light refreshments, tea / coffee, and door prizes. Register with friends or meet new people at this exciting social senior's tea.

Sponsored by



newmarket.ca/adults55+
newmarket.perfectmind.com



* Drop-In Programs

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

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



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

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

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

* Refunds/Withdrawal Policy

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

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

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

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

How to Withdraw Online:

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

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

FAQ's:

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

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

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

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

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

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

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

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

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

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

Q: My cheque has insufficient funds. What happens?

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

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

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



Creating Accessible Recreation for Everyone

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

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

Click the buttons below to Apply or Donate to care.



Apply online



**Printable
Application**



Learn more

Subsidy Information

Local Charities

Canadian Tire Jumpstart®

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

Eligible – Newmarket Residents between the ages of 4 to 18

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

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

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

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

York Region Subsidy Programs

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

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

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



* Thank you to our naming rights sponsors!



Mercedes-Benz
Newmarket



Reininger
Family





Events

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

All events are free to the public unless otherwise indicated.



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

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







Adult 55+ Programs

Welcome to Adults 55+ Programs for Spring 2025!

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

Arts and Culture

Event, Trips & Seminars

Fitness & Wellness

Virtual

NSMP Spring Drop In Schedule

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins Wednesday, March 5 at 8 a.m.
- Non-resident registration begins Wednesday, March 12 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



The NSMP offers a variety of Art & Craft opportunities, including:

- Story of My Life (Journaling)
- Experimental Acrylic Mixed Media
- Watercolour (Beginner & Intermediate)
- Acrylic Fine Art (Beginner & Advanced)
- Life Drawing
- Various Clay, Mixed Media and Alcohol Ink workshops
- An active Art & Craft room offering various opportunities for members to work on personal and/or centre projects.
- Senior's Art Gallery

* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Pre-Registration:

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

April 4 Code: 55037

May 2 Code: 55038

May 16 Code: 55039

June 6 Code: 55040

June 20 Code: 55041

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.

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

Saturday, March 15

6:30 to 9 p.m.

Member \$30 | Non-Member \$35

Code: 48350

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.

Sponsor: Taylor Funeral Homes

Seniors' Information Fair & Open House

Wednesday, April 2

10 a.m. to 2 p.m.

FREE

Plan to come out for an exciting day that promotes and celebrates a healthy active life for older adults. There will be plenty to see and do at this year's event. Be sure to attend any of our informative presentations or stroll through the vendor tradeshow area. The Wood Shop and Craft Room will be open for tours and questions. Guests can also enjoy playing pool, billiards or darts in the games room. The lounge will also be available for you to simply relax and enjoy a cup of coffee or plan to borrow a book or puzzle through our free lending library.

Sponsor: Residences on Yonge

DJ Dance Party

Saturday, April 12

7 to 10 p.m.

Member \$30 | Non-Member \$35

Code: 47525

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.



Click here to view full program information and register online



Progressive Euchre Tournament

Saturday, May 3

1 to 4 p.m.

(All players must be on site by 12:45 p.m.)

Fee: \$5 at the door (but you must pre-register)

Registration Code: 54606

Progressive Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. No late players will be admitted. You must Pre-Register through the office to hold your spot.

Refreshments will be available. \$5 will be taken at the door. Space is limited. Tea & coffee will be available at the halfway break.



Click here to view full program information and register online

Live Music Night – Soul Town

Saturday, May 10

6:30 to 9 p.m.

Member \$30 | Non-Member \$35

Code: 47524

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: Chartwell Retirement Residences



Keynotes Spring Concert

Sunday, May 4

2 p.m.

FREE (Pre-registration is not required)

This year's theme for the Keynotes' Senior Choir spring concert is "As Long as I have Music". We will offer an eclectic mix of the best-loved songs from the past two decades, as well as some new material, the title of which is our theme. Guest musicians will be singers from the vocal music program of Huron Heights Secondary School. There is no admission charge for this; only a free-will offering to support our musical heritage. Please join us for this special musical tribute.

Seniors Karaoke Night

Friday, May 23

6 to 8 p.m.

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

Code: 56109

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

Sponsor: Amica Aurora

Seniors Jeopardy

Friday, May 30

6:30 to 9:30 p.m.

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

Code: 55042

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

Line Dance Workshop

Sunday, June 8

1 to 5 p.m.

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

Code: 56891

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

Seniors Karaoke Night

Friday, June 13

6 to 8 pm

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

Code: 56111

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

Live Music Night:

Cheryn Lyn and The Catalysts

Saturday, June 14

6:30 to 9 p.m.

Member \$30 | Non-Member \$35

Code: 55049

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

Brain Fitness Lunch & Learn

Wednesday, June 25

11 a.m. to 1 p.m.

FREE (pre-registration required)

Code: 53915

This free, fun and stimulating workshop will feature guided brain fitness exercises led by Victoria Muir-Burcea. Following the workshop, attendees will enjoy a delicious lunch provided by Amica. All supplies are included. Victoria is the founder of www.myrecreo.health, the co-host of the Let's Relieve Regret Podcast, and an award-winning community wellness programmer. She holds a Health Promotion degree from Queens University and is a certified wellness coach, personal trainer, and brain fitness instructor.
Sponsor: Amica Aurora



**Come play BINGO with us this
Spring at the NSMP!**

* Adults 55+ Programs

Arts & Culture

Acrylic Fine Art – Beginner

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. No Drawing skills required. Please pick up a list of supplies when you register.

Location: Seniors' Meeting Place

Instructor: Cori

Acrylic Fine Art - Advanced

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. Pick up your list of supplies at the office.

Location: Seniors' Meeting Place

Instructor: Cori

Elevate Your Art: Acrylic and Mixed Media - Beginner

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!

Location: Seniors' Meeting Place

Instructor: Mahtab



Click here to view full program information and register online

Watercolour Essentials for Beginners

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. Remember to pick up your supply list at the NSMP office

Location: Seniors' Meeting Place

Instructor: Mahtab

Watercolour (Intermediate)

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

Location: Seniors' Meeting Place

Instructor: Fiona

The Story of My Life (Journaling)

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

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

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

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

Location: Seniors' Meeting Place

Instructor: Shelley

Mixed Media:

Dancing Crane Workshop

Beautiful, colourful wall art on 8 x 20 inch canvas. This project will use a glue guns, acrylic paints and water based mediums.

All supplies included.

Location: Seniors' Meeting Place

Instructor: Jackie



Click here to view full program information and register online

Mixed Media:

Field Poppies Workshop

Lovely floral theme with rich reds and gold accents wall painting featuring Poppies with abstract background on 8 x 20 inch canvas. We will use a glue guns, acrylic paints and water based mediums. All supplies included.

Location: Seniors' Meeting Place

Instructor: Jackie

Mixed Media:

Under the Sea Whale Workshop

Deep sea scene with whale as focal. This is a 12 inch round wall art project. We will use a glue guns, acrylic paints and water based mediums. All supplies included.

Location: Seniors' Meeting Place

Instructor: Jackie

Introduction to Soft Pastel Workshop

We will be using soft pastel pencils and sticks with easy to follow tips and techniques in applying this beautiful medium to soft pastel paper. I will introduce and discuss basic tools and how to use them. Reference image and other items will be supplied and I will demonstrate techniques as you learn basic skills. All supplies included.

Location: Seniors' Meeting Place

Instructor: Jackie

Intermediate Soft Pastel

Join us as we explore more soft pastel techniques with a selection of references that I supply, or bring your own. Critiques will be offered as your artwork develops. I will have individual sheets of sanded pastel paper with me in class if any wish to buy it that way rather than a pack. Materials List available at NSMP Office at signup.

Location: Seniors' Meeting Place

Instructor: Jackie

Life Drawing (Beginner)

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

Location: Seniors' Meeting Place

Instructor: Will

Watercolour Focus: Skies in the Landscape

Get Creative! Watercolour is a playground. These 4-week blocks offer a chance to dive a little more deeply into a particular theme or subject. These sessions let you focus and refresh your skills as we cover essentials, build on existing approaches and explore other exciting techniques. The atmosphere is supportive, relaxing and fun. Some experience with watercolour is helpful.

Location: Seniors' Meeting Place

Instructor: Anni

Watercolour Focus: Florals & Washes

Get Creative! Watercolour is a playground. These 4-week blocks offer a chance to dive a little more deeply into a particular theme or subject. These sessions let you focus and refresh your skills as we cover essentials, build on existing approaches and explore other exciting techniques. The atmosphere is supportive, relaxing and fun. Some experience with watercolour is helpful.

Location: Seniors' Meeting Place

Instructor: Anni

Dip & Sip Paint Nights

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.

Location: Seniors' Meeting Place

Instructor: Anni

Fitness, Wellness, & Dance

Barre Fitness

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

Location: Newmarket Community Centre & Lions Hall

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: Newmarket Community Centre & Lions Hall



Click here to view full program information and register online

Cardio Dance Fusion Fitness

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

Location: Seniors' Meeting Place

Complete Body Tone

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

Location: Newmarket Community Centre & Lions Hall

Fit & 55+

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

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

Fusion FIT 55+

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

Location: Newmarket Community Centre & Lions Hall

Gentle Stretch & Tone

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

Location: Recreation Youth Centre & Seniors' Meeting Place

Knee and Hip Fitness

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

Location: Seniors' Meeting Place

Line Dancing – Absolute Beginner

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

Location: Seniors' Meeting Place

Line Dancing - Beginner

A great starting point for those who wish to learn line dancing. Social dance steps will be taught to popular music in a relaxed atmosphere with an emphasis on fun filled exercise. This class is great for men and women of all age groups.

Location: Seniors' Meeting Place



Click here to view full program information and register online

Line Dancing - Improver

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

Location: Seniors' Meeting Place

Line Dancing - Progressive

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

Location: Seniors' Meeting Place

Line Dancing - Intermediate

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

Location: Seniors' Meeting Place

Low Impact Kickboxing

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

Location: Newmarket Community Centre & Lions Hall

Mobility and Core Strengthening

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

Location: Recreation Youth Centre

Osteoporosis Exercise

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

Location: Seniors' Meeting Place

Pilates

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

Location: Recreation Youth Centre & Newmarket Community Centre & Lions Hall

Pilates & Chill

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

Location: Seniors' Meeting Place

Qi Gong

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

Location: Online Classroom



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.

Location: Seniors' Meeting Place

Strength Release 2 - Seated Position

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

Location: Seniors' Meeting Place

Strong & Stable

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

Location: Seniors' Meeting Place

Strong Bones & Balance

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

Location: Seniors' Meeting Place

Tai Chi (Yang Style) 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.

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

Yoga Flow

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

Location: Newmarket Community Centre & Lions Hall



Yoga - Chair

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

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

Yoga - Laughter

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

Location: Seniors' Meeting Place

Zumba

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

Location: Seniors' Meeting Place

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					
Barre Fitness	Apr 3 to Jun 19	Thu	11:30 a.m. to 12:30 p.m.	CCLH	48735
BollyX Low Intensity	Apr 2 to Jun 18	Wed	9 to 10 a.m.	CCLH	48737
Cardio Dance Fusion Fitness	Apr 8 to Jun 24	Tues	9:30 to 10:30 a.m.	SMP	54984
Chair Yoga	Apr 2 to Jun 18	Wed	11:30 a.m. to 12:30 p.m.	CCLH	48742
Chair Yoga	Mar 31 to Jun 16	Mon	10:15 to 11:15 a.m.	CCLH	48794
Chair Yoga	Apr 8 to Jun 24	Tue	11 a.m. to 12 p.m.	SMP	55025
Chair Yoga	Apr 10 to Jun 26	Thu	11 a.m. to 12 p.m.	SMP	55021
Chair Yoga	Apr 11 to Jun 13	Fri	1 to 2 p.m.	SMP	55024
Chair Yoga	Apr 7 to Jun 23	Mon	4 to 5 p.m.	SMP	55016
Chair Yoga	Apr 11 to Jun 27	Fri	3:45 to 4:45 p.m.	SMP	55018
Complete Body Tone	Apr 7 to Jun 16	Mon	9 to 10 a.m.	CCLH	48792
Fit & 55+	Apr 1 to Jun 24	Tue	9 to 10 a.m.	RYC	55003
Fit & 55+	Apr 3 to Jun 19	Thu	8:30 to 9:30 a.m.	CCLH	48793
Fit & 55+	Apr 4 to Jun 27	Fri	9 to 10 a.m.	RYC	55007
Fit & 55+	Apr 8 to Jun 24	Tue	6 to 7 p.m.	SMP	55009
Fit & 55+	Apr 9 to Jun 25	Wed	8:30 to 9:30 a.m.	SMP	55015
FusionFIT 55+	Apr 4 to Jun 20	Fri	9 to 10 a.m.	CCLH	48787
Gentle Stretch & Tone	Apr 1 to Jun 24	Tue	11:30 a.m. to 12:30 p.m.	RYC	54973
Gentle Stretch & Tone	Mar 31 to Jun 16	Mon	11:30 a.m. to 12:30 p.m.	CCLH	54977
Gentle Stretch & Tone	Apr 9 to Jun 25	Wed	7 to 8 p.m.	SMP	54974
Hatha Yoga	Mar 31 to Jun 16	Mon	1 to 2:30 p.m.	CCLH	48790
Hatha Yoga	Apr 7 to Jun 23	Mon	6:30 to 8 p.m.	Craft	55027
Hatha Yoga	Apr 9 to Jun 25	Wed	5:30 to 6:45 p.m.	SMP	55030
Knee & Hip Fitness	Apr 8 to Jun 24	Tue	1 to 2 p.m.	SMP	54991
Laughter Yoga	Apr 7 to Jun 23	Mon	5:45 to 6:15 pm	SMP	54998
Laughter Yoga	Apr 9 to Jun 25	Wed	4:30 to 5 p.m.	SMP	55000
Line Dancing (Absolute Beginner)	Apr 7 to Jun 16	Mon	2:45 to 3:45 p.m.	SMP	54896
Line Dancing (Absolute Beginner)	Apr 8 to Jun 17	Tues	3:45 to 4:45 p.m.	SMP	54900
Line Dancing (Absolute Beginner)	Apr 8 to Jun 17	Tue	6 to 7 p.m.	SMP	54904
Line Dancing (Beginner)	Apr 7 to Jun 16	Mon	1 to 2:30 p.m.	SMP	54895

* Adults 55+ Program Charts

Program	Start	Day	Time	Place	Code
Line Dancing (Beginner)	Apr 8 to Jun 17	Tue	7 to 8:30 p.m.	SMP	54906
Line Dancing (Improver)	Apr 8 to Jun 17	Tues	2 to 3:30 p.m.	SMP	54899
Line Dancing (Improver)	Apr 8 to Jun 17	Tue	7 to 8:30 p.m.	SMP	54901
Line Dancing (Progressive)	Apr 8 to Jun 17	Tues	12:15 to 1:45 p.m.	SMP	54897
Line Dancing (Progressive)	Apr 9 to Jun 18	Wed	7 to 8:30 p.m.	SMP	54903
Line Dancing (Intermediate)	Apr 7 to Jun 16	Mon	10 to 11:30 a.m.	SMP	54894
Line Dancing (Intermediate)	Apr 9 to Jun 18	Wed	7 to 8:30 p.m.	SMP	54909
Low Impact Kickboxing	Apr 4 to Jun 20	Fri	10:15 to 11:15 a.m.	CCLH	48788
Mobility and Core Strengthening	Apr 1 to Jun 24	Tue	10:15 to 11:15 a.m.	RYC	54971
Mobility and Core Strengthening	Apr 4 to Jun 27	Fri	11:30 a.m. to 12:30 p.m.	RYC	54972
Osteoporosis Exercise	Apr 8 to Jun 24	Tue	2:15 to 3:15 p.m.	SMP	54981
Osteoporosis Exercise	Apr 10 to Jun 26	Thu	2:15 to 3:15 p.m.	SMP	54983
Pilates	Apr 3 to Jun 19	Thu	9:45 to 10:45 a.m.	CCLH	48791
Pilates	Apr 4 to Jun 27	Fri	10:15 to 11:15 a.m.	RYC	54968
Pilates & Chill	Apr 7 to Jun 23	Mon	6:30 to 7:30 p.m.	SMP	54965
Strength Release 1 to Seated	Apr 7 to Jun 23	Mon	4:30 to 5:30 p.m.	SMP	54994
Strength Release 2 to Seated	Apr 9 to Jun 25	Wed	5:15 to 6:15 p.m.	SMP	54995
Strong and Stable	Apr 10 to Jun 26	Thu	1 to 2 p.m.	SMP	54988
Strong Bones & Balance	Apr 8 to Jun 24	Tue	3:30 to 4:30 p.m.	SMP	54989
Tai Chi (Yang Style)	Apr 9 to Jun 25	Wed	11 a.m. to 12 p.m.	SMP	54884
Tone, Stretch and Sooth	Apr 8 to Jun 24	Tue	7:15 to 8:15 p.m.	SMP	54993
Yoga Flow	Apr 2 to Jun 18	Wed	10:15 to 11:15 a.m.	CCLH	48739
Yoga Flow	Apr 4 to Jun 20	Fri	11:30 a.m. to 12:30 p.m.	CCLH	48789
Zumba	Apr 5 to Jun 28	Sat	9 to 9:45 a.m.	SMP	54882
Zumba Gold	Apr 7 to Jun 23	Mon	9 to 9:45 a.m.	SMP	54875

Program	Start	Day	Time	Place	Code
Zumba Gold	Apr 10 to Jun 26	Thu	10 to 10:45 a.m.	SMP	54881
Zumba Toning	Apr 9 to Jun 25	Wed	10 to 10:45 a.m.	SMP	54876
Online Fitness					
Qi Gong	Apr 1 to Jun 24	Tue	2 to 3 p.m.	Zoom	54887
Hatha Yoga	Apr 10 to Jun 26	Thu	10 to 11:30 a.m.	Zoom	54886
Chair Yoga	Apr 8 to Jun 24	Tue	3:30 to 4:30 p.m.	Zoom	55474
Art Classes					
Exp. Acrylic Mixed Media	Apr 16 to Jun 18	Wed	9 a.m. to 12 p.m.	SMP	54853
Watercolour Essentials Beginner	Apr 16 to Jun 18	Wed	1 to 4 p.m.	SMP	54855
Acrylic Fine Art (Beginner)	Apr 3 to May 29	Thu	9 a.m. to 12 p.m.	SMP	54857
Acrylic Fine Art (Advanced)	Apr 3 to May 29	Thu	1 to 4 p.m.	SMP	54858
Watercolour Intermediate	Apr 11 to Jun 6	Fri	9 a.m. to 12 p.m.	SMP	54862
Watercolour Focus: Skies in the Landscape	Apr 17 to May 8	Thu	6 to 8:30 p.m.	SMP	55454
Watercolour Focus: Florals & Washes	May 15 to Jun 5	Thu	6 to 8:30 p.m.	SMP	55455
Dip & Sip Paint Night	Apr 10	Thu	6:30 to 9:30 p.m.	SMP	55458
Dip & Sip Paint Night	June 19	Thu	6:30 to 9:30 p.m.	SMP	55460
Life Drawing	Apr 14 to Jun 16	Mon	7 to 9 p.m.	SMP	54851
Introduction to Soft Pastel	Apr 9	Wed	1 to 5 p.m.	SMP	54868
Mixed Media to Dancing Crane	Apr 16	Wed	1 to 5 p.m.	SMP	54869
Intermediate Soft Pastel	Apr 23 to Jun 11	Wed	1 to 4 p.m.	SMP	54864
Mixed Media to Under the Sea Whale	Jun 18	Wed	1 to 5 p.m.	SMP	54870
Mixed Media to Field Poppies	Jun 25	Wed	1 to 5 p.m.	SMP	54871
The Story of My Life (Journaling)	Apr 9 to Jun 11	Wed	7 to 8:30 p.m.	SMP	54446
SMP	Newmarket Seniors' Meeting Place		474 Davis Drive		
NCCLH	Newmarket Community Centre & Lions Hall		200 Doug Duncan Blvd.		
RYC	Recreation Youth Centre & telMAX Indoor Skate Park		56 Charles Street		
Zoom	Online Classes using Zoom				

Newmarket Seniors' Meeting Place Presents

Toronto City Tour & Ripley's Aquarium

With a deep passion for Toronto's history, architecture, and culture, Bruce shares fascinating stories about the city's past, including its founding, development, and key landmarks. His tours offer a unique and entertaining perspective, making history come alive while highlighting the city's diverse heritage. Bruce's enthusiasm and expertise have earned him a loyal following among both locals and tourists. After lunch, immerse yourself in a world of 20,000 aquatic animals and discover your own underwater adventure. The Aquarium boasts more than 5.7 million litres of water, North America's longest underwater viewing tunnel, and more than 100 interactive opportunities! Get up close and personal with several touch exhibits featuring scarlet cleaner shrimp and stingrays. This awe-inspiring attraction consists of ten carefully curated galleries showcasing a cross section of saltwater and freshwater environments from around the world, starting with species from Toronto's backyard, the Great Lakes basin.

Date: Wednesday, April 9, 2025
Price: Member: \$154.00 per person
Non Member: \$164.00 per person

Depart: 8:30 a.m. Ray Twinney Recreation Complex
To Book: Register at newmarket.perfectmind.com
Registration Code: 54816

City Tour: 10:00 a.m. - 12:00 noon
City tour with Bruce Bell

Lunch: 12:00 p.m. - 1:30 p.m.
Enjoy a delicious meal at the Hot House Cafe
Meal selections made upon arrival

Ripley's: 1:45 p.m. - 3:30 p.m.
Visit to Ripley's Aquarium

Return: Arrival in Newmarket by 5:00 p.m.

Inclusions: Return transportation via deluxe coach, city tour with Bruce Bell, lunch, admission to aquarium, gratuity on meal, driver gratuity, & taxes.



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

715 - 250 Consumers Rd.
North York ON
M2J 4V6

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

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

Newmarket Seniors' Meeting Place Presents

ANNIE

Annie has reigned as one of the world's most beloved family musicals since its original six-year Broadway run. Annie Bennett is the iconic mop-topped orphan who knows the sun will come out tomorrow for her, no matter how dark it gets today. (Even if "today" is under the domain of Miss Hannigan, the caretaker of the orphanage and an over-the-top misopedist.) When Annie and her scrappy dog, Sandy, are taken in by the secretary of the billionaire Daddy Warbucks, the girl's lifelong search to find her birth parents sets off a chain of wacky, heartwarming adventures.

- Date:** Tuesday, May 6, 2025
- Price:** Member: \$199.00 per person
Non Member: \$209.00 per person
- Depart:** 9:00 a.m. Ray Twinney Complex
- Lunch:** 11:30 a.m. - 1:00 p.m.
Enjoy a delicious lunch at The Parlour. All meals include salad, dessert, and tea or coffee.
Choice of:
1) Grilled Chicken Breast, Smokey Bacon and Mushroom Cream
2) Sesame Crusted Salmon, Ginger and Scallion Vinaigrette
3) Chef's Choice Vegetarian Creation
MEAL SELECTION REQUIRED UPON BOOKING
- Inclusions:** Return transportation via deluxe coach, lunch at The Parlour, reserved orchestra seating, driver gratuity, gratuity on meal, and all taxes.
- To Book:** Register at newmarket.perfectmind.com
Registration Code: 54222
- Show:** 2:00 p.m. - 5:00 p.m.
Reserved orchestra seating for Annie at the Stratford Festival Theatre
- Return:** Arrival in Newmarket by 7:30 p.m.



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Newmarket Seniors' Meeting Place Presents



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

Date: Friday, May 23, 2025

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

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

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

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

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

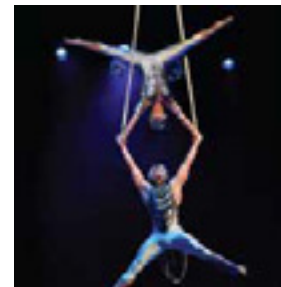
Entree options:

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

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

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

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



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Email: craiglugsdin@bellnet.ca
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Newmarket Seniors' Meeting Place Presents

Kingston 1000 Islands Cruise

The world-famous 1000 Islands begin in Kingston and span the St. Lawrence River for miles. The Island Star cruises its way through the small cottage islands of the Admiralty group featuring Napoleon's Hat, Wanderer's Channel, the Bateau Channel, the opulent Mandalay Mansion and the historic sights of Kingston. The Heart of the Islands Cruise is the most in-depth cruise in the 1000 Islands. It's the perfect way to explore the remarkable scenery that has made the region famous throughout the world. Onboard you will enjoy live entertainment and commentary which describes the history and folklore as you pass by spectacular scenery and island homes.

Date: Thursday, June 26, 2025

Depart: 8:00 a.m. Ray Twinney Recreation Complex

Coffee: 10:00 a.m. - 10:30 a.m.
Coffee break at The Big Apple

Cruise: 12:30 p.m. - 3:30 p.m.
Boarding begins at noon, sails at 12:30 p.m.
Enjoy a three hour narrated cruise with live entertainment. The Spencer Evans Trio will be playing the best in Abba, Bee Gees, Diana Ross, Barry White and hits from the Disco Era. A delicious plated meal will feature: Arugula dressed in a red pepper and citrus vinaigrette.
Entrée choice: 1) Braised Short Ribs with roasted mini potatoes, seasonal vegetables and peppercorn demi-glace
2) Chicken Supreme, roasted chicken thigh with house-made rosemary cream sauce. Served with roasted mini potatoes, and seasonal vegetables.
3) Red Snapper, fillet of Atlantic Red Snapper, served on a bed of Mediterranean couscous, and topped with a Sicilian salad.
4) Vegetarian option (TBA)

Coffee: 6:00 p.m. - 6:30 p.m.
Coffee break & washroom stop, Newcastle

Return: Arrival in Newmarket approx. 8:00 p.m.

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

Inclusions: Return transportation via deluxe coach, 3 hour luncheon cruise with entertainment, driver gratuity, and all taxes

To Book register at
newmarket.perfectmind.com
Registration Code: 54331



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Email: craiglugsdin@bellnet.ca
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Newmarket Seniors' Meeting Place Presents

The Sonny & Cher Show at the Walters Family Theatre

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

Date: Wednesday, July 23, 2025

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

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

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

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

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

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

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



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Newmarket Seniors' Meeting Place Presents

PETERBOROUGH LIFTLOCK & RIVER BOAT CRUISE

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

Date: Tuesday, August 12, 2025

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

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

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

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

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

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

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

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



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North York ON
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Newmarket Seniors' Meeting Place Presents

FALLSVIEW CASINO

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.

Date: Wednesday, August 20, 2025

Depart: 9:00 a.m. Ray Twinney Recreation Complex
100 Eagle St. W., Newmarket

Casino: 11:00 a.m. - 4:00 p.m.
Enjoy a five hour visit to Niagara Fallsview
Casino & receive **\$35.00 in slot play**

Return: Arrival in Newmarket approx. 6:00 p.m.

Inclusions: Return transportation via deluxe coach
including the 407, five hour visit to Fallsview
Casino, \$35.00 in slot play, and all taxes.

Price: Members: \$50.00 (includes HST)
Non Members: \$60.00 (includes HST)

To Book: Register at newmarket.perfectmind.com
Registration Code: 56960

NOTE: Passengers must be 19 years of age or older
with valid government photo I.D. in order to
receive casino incentive

FALLSVIEW.
CASINO RESORT



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F: 416-499-1448
TF: 1-888-804-8841

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

* Facilities

Municipal Offices

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

Facility Information

Community Centre & Lions Hall

200 Doug Duncan Drive | CCLH
905-895-5193

Elman W. Campbell Museum

134 Main Street South | ECM

Gorman Outdoor Pool (Summer Only)

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

Lawn Bowling (Indoor/Outdoor)

400 D'Arcy Street | 905-895-1265

Magna Centre and telMAX Outdoor Skatepark

800 Mulock Drive | MC | 905-895-5193

Newmarket Seniors' Meeting Place

474 Davis Drive | 905-953-5325

NewRoads Performing Arts Centre

505 Pickering Crescent | 905-953-5122

Newmarket Public Library

438 Park Avenue | NPL | 905-953-5110

Old Town Hall

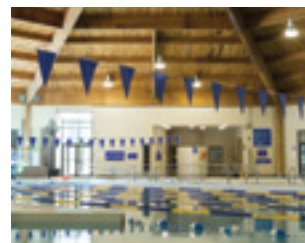
460 Botsford Street | OTH | 905-895-5193

Ray Twinney Recreation Complex

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

Recreation Youth Centre and telMAX Indoor Skate Park

56 Charles Street | RYC | 905-953-5120



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



Recreation & Culture
newmarket.ca/recreation

