NSMP ADVISORY BOARD
Chair  Frank James
Vice Chair & Constitution  Micheline Koumi
Treasurer  To be announced
Finance Chair  To be announced
Activities Chair  Mo Cleland
Property & Planning Chair  Valerie Foti
Games Chair  To be announced
Public Relations  Carol Fairley
Newsletter Editor  Joy Ribbons
Special Events & Fundraising  Mo Cleland & Micheline Koumi
Kitchen & Catering  Ann Kernohan
Recording Secretary  Nancy Moriarty-Hussey
Members at large  Patricia Berry, Joan Pelham, Colin Skinner, Donald Trivette

TOWN STAFF
Programmer  Jason Malone
Admin Co-ord.  Bianca Mendes
Clerk  Denise Cook

Advisory Board Chair Message
Greetings Everyone

I hope you all had an enjoyable Holiday Season and that 2017 provides everyone with health and happiness.

I was pleased to see that a large number of people showed up at the AGM in November. Six new members were elected to the Advisory Board, who along with the six returnees will be the 2017 Board.

The Advisory Board is recognized as the official voice of the Members and will liaise with the Town of Newmarket through the Parks and Recreation Dept. Staff on all matters relating to members.

I was chosen at the Dec 20th 2016 meeting to be the chair for the coming year. I look forward to the challenges that may face us, but the entire Board will keep the best interests of the membership at the forefront.

In closing I would thank all the conveners and volunteers for their past and continued efforts and support for the coming year.

Frank James

Programmer Message

The NSMP has plenty to offer throughout 2017, including annual programs and events, but we also look forward to a number of new opportunities. The Live Music Series beginning this spring will be amazing, and I am optimistic you’ll love the bus trips we’ve put together. And don’t forget we offer over 80 programs and seminars to help keep you moving and enjoying time with friends. If you’re not already on our email bulletin list, be sure to give the office your email address so you can be kept up to date on the latest programs, trips and events.

Jason Malone

Newsletter Editor Message

AGM: The meeting was well attended and the candidates had the opportunity to speak directly to the audience. Mayor Van Bynan was present and gave his full support to the Advisory Board, praising the job they have done over the years. Director of Recreation, Colin Service, also gave assurance that continued dialog and feedback
from the members would be listened to and acted upon where possible.

With the growing numbers of members, and the percentage of members present at the AGM, the board would like to hear back from members, old and new, regarding future AGM’s. Would the membership be better served if the meeting was in the evening or on Saturday? How should voting be done for the future? Would you attend a candidate’s meeting prior to the AGM? Please send us your thoughts and suggestions.

The board meets the 3rd Tuesday of the month and members are invited to submit questions and requests about the drop-in programs offered at the center. Written inquiries may be left at the front desk, email inquiries can be submitted to me referenced NSMP.

Our New Board  from left to right:

Bob Sullivan (past chair) Donald Trivette, Joy Ribbans, Colin Skinner, Carol Fairly, Frank James, Mo Cleland, Anne Kournohan, Joan Pelham, Nancy Moriartey-Hussey, Micheline Koumi, Valerie Foti, Patricia Berry (absent)

Joy Ribbans (jiribbans@gmail.com)

Welcome to Our New Members:

On behalf of Jason Malone, Recreation Programmer, the Advisory Board and the members of Newmarket Seniors’ Meeting Place, we extend a warm and sincere welcome to our new members:

HALLOWEEN
For the first time, ever NSMP had a Room of Doom! It was quite scary! Several people joined in the spirit and dressed up for the occasion.

The room was quite scary when you didn’t know what to expect! There were boxes to put your hands in to see if you could feel and discover the contents. Some felt like slimy worms, there was this figure standing perfectly still we thought it was a dummy. TILL IT MOVED! Who knew!!!!
Jason! You again you did a good job, it was lots of fun!

Joan Pelham
Volunteer Appreciation Dinner:

The Volunteer’s Appreciation Dinner was held on Saturday November 5th at Newmarket Seniors’ Meeting Place. There were well over one hundred volunteers present. Jason thanked the volunteers for all their hard work during the year. The Mayor also complimented the volunteers for the work they do and remarked that there were, in fact, over 140 volunteers registered at NSMP alone, the Mayor also quoted that NSMP would not run without them.

O’Malley’s catered the dinner and there was a choice of roast beef, chicken or a vegetarian dish. It was table service and everyone enjoyed being waited on. It was so nice for a change rather than buffet service. As always O’Malley’s did a superb job of catering and the meal was lovely.

Five, Ten, and Fifteen year pins were awarded to deserving recipients before the entertainment began.

The Entertainment was excellent, our own MARTHA BURCOMBE, entertained with her Irish comedy, dressed up with her skirt tucked into her red bloomers. Martha had the audience in hysterics as she sang her own words to Irish ditties and told her funny stories and jokes.

Martha was followed by the Flailing Shilaleighs, an East Coast traditional Irish musical group that kept toes tapping for the rest of the evening. A late-night snack was served and a great night was had by all who attended. Kudos to Jason and his staff for a grand sit down served meal which was subsidized by the NSMP Board.

Thank you
The Holiday Season

Christmas Tea

Our Sunday Christmas Tea was held on Sunday November 27th. I always say each tea we do seems to get better and better, the team know their jobs, work magnificently together and we always seem to improve each time.
The entertainment and the centre pieces were sponsored by Wes Playter, his wife Juli and their baby daughter Millicent so once again a thank you to them.

Our entertainment was The York Region Police Chorus. What a wonderful performance they all gave. During the second half of the show they sang Christmas carols and songs and had all the audience participate, it was a great warm up to the Christmas Season.

Don’t worry the teapot was empty!
Making the Trees for the Tea

As Chair of the Teas I get ideas from the committee which are sometimes very good! This time it was Heather Bunn, “It’s Christmas, why don’t we buy little trees and dress them up?” I thought about it discussed it with my partner Ann, who I co-chair the tea with! She also thought it was a good idea so we got together at my place and decorated the trees!

A great deal of work went into making the trees this is how they started, NAKED!

We have been working hard where is the tea?
“What are you doing Joan? Nothing as usual!!!

Where is Joan? I am making the tea! Darn it!

Finished article

A few days after the trees were finished I received a phone call: Joan it’s Heather,” me, “Yes what’s up?” Heather, “I don’t like the trees!” me: “What do you mean you don’t like the trees?” Heather: “Too much white wire showing.” me: “mutter, mutter, mutter.” Heather: “What did you say?” me: “Nothing! What do you want to do?” Heather: “Get some tinsel on them to cover the wire.” me: “They are all boxed up ready.” Heather: “Well we will just have to unbox them and fix them!” So, that’s what we did, the trees looked lovely on the tables we put the lights out and just had the tree lights on. People that won them really liked them. They especially loved the tinsel!!!

Joan Pelham
The Tree

The preparation for the holiday events in December began with the raising of the tree in Hall 3 on the weekend of December 3rd. The “Zumba Coffee Clutch Cuties” were on hand to add the decorations and the finished result was spectacular. Well done!

“Zumba Coffee Clutch Cuties”

Turkey Luncheon

This year’s Turkey Luncheon was another hit, as 200 people attended a delicious meal, prepared by O’Malley’s catering. We also enjoyed a wonderful performance by Sari Featherstone, who sang a variety of holiday classics as well as some favourites from the 60s and 70s.

Christmas Dinner Dance

The evening of December 9th saw the annual Christmas Dinner Dance underway. Doors opened at 5:30pm and over 160 participants were welcomed by the Town Staff who organized, set up and ran the evening. A big thank you for a wonderful evening.

Once again O’Malleys catered the evening with a Prime Rib dinner with all the usual sides, or chicken for those who opted, with Lemon Meringue to follow. Tea, Coffee and sweet snacks were available into the evening.

Taking the comments from last year into account regarding serving wait time, the buffet line was relocated in front of the bar and kitchen enabling a quicker serve time for the catering staff. Unfortunately, this meant that dinner tables had to be located on the dance floor area requiring tables to be moved back before dancing could commence. Our thanks to those who were supportive of being moved and the patience of the remainder. We hope it was fairly painless!
Unfortunately, there is no perfect way to accomplish both eating and dancing for the number of people who wish to attend our event.

During dessert, we were entertained by the Vintage Road Band who played and sang a medley of Christmas and other songs for us while the caterers cleared away the buffet.

The Vintage Road Band

As the band packed up Jason and Bianca held the first Door Prize giveaways. These wonderful baskets and Poinsettias were donated by The Roxborough Retirement Center. A big Thank You to them. (Sorry, no pictures, I was moving tables!) For the next two and a half hours, Jill and Dianne acted as our DJ's playing all genres of music to allow plenty of chance to dance.

In between enjoying the evening myself, I did manage to get one shot that worked of the Line Dance side of the room, they all move in unison, or mostly, keeping in focus better. The ballroom, social side was also very active as can be seen in the photographs that Jason managed to get.

Perhaps we'll be able to add video for the online Newsletter one day. Now that would be entertaining!

Joy Ribbans
The Grandparent Connection

"All I can say is "WOW!" 148 stockings, some amazing contributions to four other organizations, over 200 signed Christmas cards and some great handmade cards and artwork by some special students at Rogers PS and Prince Charles PS.

It's been a crazy, hectic few weeks but so worth it.

The gifts from NSMP

Thank you again to every group, especially the members of the Newmarket Seniors Meeting Place, businesses, individuals, schools and our "elves" for doing so much to help us this year. Your involvement means so much to so many people and makes the world a little brighter. I wish you all a very HAPPY NEW YEAR! The best for 2017!

Thank You all, and Valerie at The Grandparent Connection

Nursing Homes and alone in their own homes. Well done members of NSMP and WELL DONE VALERIE.
What a wonderful organization you are running.

Joan Pelham

Lovely full stockings for lovely people

These pictures show just a few of the stockings and gift bags that were given out to seniors in

Dr. Olivia Greenspan ND
Naturopathic Doctor

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5 Cool Ways to Beat the Winter Blues  
*Dr. Olivia Greenspan, ND*  
Registered Nurse, Naturopathic Doctor

For many people depressed moods and lower energy blow in along with snowstorms and cold fronts during this time of year. While the cause is still not entirely clear, the winter blues, also called seasonal affective disorder (SAD) seems to be related to a lack of bright light. Along with depressed mood, those suffering from the winter blues may also notice irritability, fatigue, increased sleep, loss of interest in sex, loss of interest in socializing, decreased or increased appetite and overeating. Often these symptoms will subside during the spring and summer months and increase during the winter months.

You’ve probably already begun counting down the weeks until spring. Well, like it or not old man winter is sticking around for a while so here are some tips to get you through and beat those winter blues:

1. **Get at least 1 hour of outdoor sun exposure daily.** Sit next to a window that has lots of light if you can’t get outside. You can also purchase an indoor light that is specific for SAD and keep it next to your desk at work or at home. Research has shown that light therapy can be as effective as anti-depressants, but with less side effects. Look for a fluorescent, full spectrum light source without ultraviolet wavelengths.

2. **Stay active!** Getting at least 40 minutes of physical activity 3 or more times a week has been shown to help manage depressed mood. Try and embrace what winter has to offer. After all, it’s here no matter what so you might as well bundle up, get out there and enjoy it! Heck, you’d be surprised how many calories you can burn building a snowman. Walking, hiking, snow shoeing, cross-country and downhill skiing, and skating are great activities to help stay in shape, and have fun with the friends and family. Physical activity increases mood boosting chemicals which hang around long after exercise.

3. **Feed your brain.** Eat quality protein with every meal and a variety of vegetables, fruit, healthy grains, nuts and seeds. This will help to ensure you are getting the necessary nutrients to produce those happy neurotransmitters. Try to include fatty fish such as salmon, sardines, mackerel, and herring 1-2 times/week to get those omega-3’s which are not only great for your brain and mood but also benefit the joints, heart, and skin.

4. **Reduce or eliminate alcohol.** Alcohol acts as a depressant so if your mood is already low it’s best to stay away. While most people can handle a moderate amount of alcohol, binge drinking, leaves you feeling more down, tired and depleted, especially the morning after.

5. **Stay Social.** When we are feeling blue our automatic reaction is to withdraw from those around us. Though it may be a natural response, research has shown that those who lack social support are more at risk for depression. On the other hand, high level social support buffers or protects against mental and physical illness, and improves our resiliency to stress. Try to connect with loved ones as regularly as possible. When you’re feeling down in the dumps, it will also give you something to look forward to.

As the temperature and your mood begin to fall, try these tips to help lighten up!

**References**

What are your New Year’s Resolutions? Planning to Downsize Your Home?

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Internet Safety – Be Aware, Be Safe
By Patti Shevlin

In today’s technological world, there are many benefits to being “online” and using the internet. It allows you to stay connected to distant family and friends, research any topic of interest, book your next vacation and shop, shop, shop. However, it’s very important to understand how to use the internet safely and to protect your personal information. Here are some tips to help you protect yourself.

How can you protect yourself?
1. Be careful – ask questions. Remember that not everything on the internet is true or friendly.
2. Make your passwords tricky. Include special characters, numbers, capitals, substitute numbers or symbols for letters. Always use a different password for your online banking
3. Never click on a link in an e-mail that is suspicious. Just delete the email – simply receiving the email is harmless.
4. Never give out personal information unless you have gone directly to a secure website. Legitimate organizations needing this information already have it.
5. Never wire money to anyone you don’t know.
6. Never give in to demands for gift cards to “pay” a debt. Creditors do not accept gift cards from another company to pay an outstanding balance.
7. Install anti-virus software. Anti-virus software can be downloaded for free from a variety of suppliers. Remember to run a “scan” regularly to check for viruses. Paid versions are also available and run continuously (in “real-time”).
8. Always go directly to the website yourself by typing the website address into your browser (such as Google Chrome, Microsoft Edge or Apple Safari). Do not click on a link in an e-mail unless you are absolutely sure the email is safe.
9. Look for the green padlock beside the website address during the checkout process.
10. Go to your bank’s website to register for a service such as: Visa Checkout or MasterCard MasterPass. Each is owned by Visa or MasterCard and allows you to save your credit card information with a user-id and password on their site. This saves you the time of re-entering your credit card number for every purchase, but more importantly, your credit card information is kept within your bank’s website.
New Year’s Eve

The Advisory Board Special Events committee under the direction of Mo Cleland and Carol Fairly, planned and executed an amazing New Year’s Eve party at the NSMP center. The evening ran from 8pm until 12:30am and Jill and Dianne, our DJ’s, created a great playlist of songs for everyone to dance to. Over 100 people attended the event and enjoyed a marvelous buffet late in the evening as well as Champaign and chocolates at midnight to welcome in 2017. Donations of beautiful door prizes were given by: Amica Mature Lifestyles, Chartwell Barton Retirement Residences, Big Daddy's, Camelot Hair Design, The Crows Nest, Dulux Paints, Home Hardware, Lomer Nails and Spa, M&M Food Market, Mandarin, No Frills, North York Farmers, Sutton Group- Carol McCrudden, Steam Whistle and The Community Housing Management Network. Those who attended were very appreciative of all the hard work carried out by our hosts. We look forward to next year’s event!
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Crossword

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<th>ACROSS</th>
<th>1 Had aspirations</th>
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DOWN 7 None too convincing 8 Animated 9 Ben-Hur star 10 Good quality 11 Meadow 12 Meadow 13 Meadow 14 Meadow 15 Meadow 16 Meadow 17 Meadow 18 Meadow 19 Meadow 20 Meadow 21 Meadow 22 Meadow 23 Meadow 24 Meadow 25 Meadow 26 Meadow 27 Meadow 28 Meadow 29 Meadow 30 Meadow 31 Meadow 32 Meadow 33 Meadow 34 Meadow 35 Meadow 36 Meadow 37 Meadow 38 Meadow 39 Meadow 40 Meadow 41 Meadow 42 Meadow 43 Meadow 44 Meadow 45 Meadow 46 Meadow 47 Meadow 48 Meadow 49 Meadow 50 Meadow 51 Meadow

Sudoku

Answers: on page 17
Beverley E. Varcoe  
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HAROLD McCLEAN

ATHLETE - INDUCTED NOVEMBER 13, 2016 (posthumously)

Past Member of NSMP

As a young person growing up, Harold played many games and different sports. Over time he mastered one sport, Handball. He practiced his game at Crescent Town and the Mayfair Tennis and Racket Ball club. Being able to only use your hand, the sport is one of the most intense games there is, especially the four-wall version.

After winning numerous Regional and Provincial Championships, he then began competing for and won several Canadian Championships.

In 1976 Harold moved to Newmarket with his Family where he continued his winning ways. Over the next few years he built up his accomplishments. He compiled a list of 3 Canadian Doubles, 4 Canadian Masters Singles, and 4 Canadian Masters Doubles Championships.

Harold went international and won an invitational event in Baltimore early in his career. His crowning achievement was winning the Waterford Crystal World Handball Championships in Ireland, where he was one of over 620 players from 11 different countries. He competed and won the Super Masters Division for players 65 and over. Playing from the age of 11, Harold has over 100 trophies to show for his efforts.

2 articles: link to read more.


https://newmarket.snapd.com/event/998153#

Keynotes Choir

Keith Profit leads the 50 voice Keynotes choir who are members of Newmarket Seniors Meeting Place. Drawing on an extensive library of sheet music, singers enjoy seasonal favourites, classic tunes, popular modern music and novelty numbers. As always, Eugene Burda provides a spirited piano accompaniment.

The Keynotes choir, now in its 19th year, meets every Friday morning at 10am at the Newmarket Seniors’ Meeting Place on Davis Drive. Would you enjoy two hours of fellowship, fun and music? Singers of all levels are welcome to try us out.

Puzzle Answers: flip page
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>Happy New Year!!</td>
<td>Centre Closed</td>
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<td>6 Happy Valley Square Dance $6 per person</td>
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<td>8</td>
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<td>Winter Session Registered Programs Start Today</td>
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<td>13 Friday Night Social Dance 8 to 11 p.m. $5 Mem. $6 Non-Mem.</td>
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<td>18 10am – Noon Photogs Meeting</td>
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<td>24 Casino Rama Bus Trip $7 member $10 non-member</td>
<td>25 Book Club 10am – 11:30 am</td>
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<td>27 Trivia Pub Night 7-10pm $5 members $10 non-members</td>
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<td>Arts &amp; Craft Room</td>
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<td>Lunch or BBQ</td>
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<td>Progressive Bridge</td>
<td>Hall 1</td>
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<td>Table Tennis</td>
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<td>Bingo</td>
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<td>Duplicate Bridge</td>
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<td>Mah-jong</td>
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<td>Computer &amp; Tech Workshop - 2nd Tuesday</td>
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<td>Hall 1 &amp; 2</td>
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<td>Tech Support or Classes</td>
<td>Computer Room</td>
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<td>$1</td>
<td>1 to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Carpet Bowling</td>
<td>Hall 4, 5</td>
<td>t.b.d</td>
<td>7 to 9 pm</td>
</tr>
<tr>
<td></td>
<td>Wood Carvers</td>
<td>Wood Shop</td>
<td>$1</td>
<td>9 a.m. to Noon</td>
</tr>
<tr>
<td></td>
<td>Computer Room Access</td>
<td>Computer Room</td>
<td>$5</td>
<td>Noon to 9 pm</td>
</tr>
<tr>
<td></td>
<td>Art &amp; Craft Room</td>
<td>Craft Room</td>
<td>- E -</td>
<td>9 a.m. to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Curling</td>
<td>Hall 3</td>
<td>$5</td>
<td>9:30 - 11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>Qi Gong</td>
<td>Hall 4</td>
<td>$1</td>
<td>1 pm to 2:30 pm</td>
</tr>
<tr>
<td></td>
<td>SMP In House Band Practice</td>
<td>Craft Room</td>
<td>t.b.d</td>
<td>6pm to 8pm</td>
</tr>
<tr>
<td></td>
<td>Book Club - Last Wednesday</td>
<td>Hall 4</td>
<td>t.b.d</td>
<td>10:00 am</td>
</tr>
<tr>
<td></td>
<td>Photos Workshop - 3rd Wednesday</td>
<td>Hall 4</td>
<td>$1</td>
<td>10 am to noon</td>
</tr>
<tr>
<td></td>
<td>Table Tennis</td>
<td>Hall 3</td>
<td>t.b.d</td>
<td>1 to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Computer Room Access</td>
<td>Computer Room</td>
<td>$5</td>
<td>9am to 2pm &amp; 4pm to 9pm</td>
</tr>
<tr>
<td></td>
<td>Tech Support</td>
<td>Computer Room</td>
<td>$1</td>
<td>2pm to 4pm</td>
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<tr>
<td></td>
<td>Wood Shop</td>
<td>Wood Shop</td>
<td>$1</td>
<td>9 a.m. to noon</td>
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<tr>
<td></td>
<td>Lunch or BBQ</td>
<td>Hall 1 &amp; 2</td>
<td>$2 - 5</td>
<td>noon to 1 p.m.</td>
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<tr>
<td></td>
<td>Tai Chi Practice Time</td>
<td>Hall 4 &amp; 5</td>
<td>$5</td>
<td>11 am - noon</td>
</tr>
<tr>
<td></td>
<td>Bid Euchre</td>
<td>Hall 1</td>
<td>t.b.d</td>
<td>1:30 to 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>Adult Colouring</td>
<td>Hall 2</td>
<td>$1</td>
<td>1:30 to 4pm</td>
</tr>
<tr>
<td></td>
<td>Cribbage</td>
<td>Hall 1</td>
<td>$1</td>
<td>7 to 9:30 pm</td>
</tr>
<tr>
<td></td>
<td>Art &amp; Craft Room</td>
<td>Craft Room</td>
<td>- E -</td>
<td>9 a.m. to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Computer Room Access</td>
<td>Computer Room</td>
<td>$5</td>
<td>9 a.m. to 9 p.m.</td>
</tr>
<tr>
<td></td>
<td>Scrabble</td>
<td>Hall 1</td>
<td>$1</td>
<td>9:30 to noon</td>
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<tr>
<td></td>
<td>Key Notes Choir</td>
<td>Hall 3</td>
<td>$10/yr</td>
<td>10 a.m. to Noon</td>
</tr>
<tr>
<td></td>
<td>Progressive Bridge</td>
<td>Hall 1</td>
<td>$1</td>
<td>12:30 to 3:30 p.m.</td>
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<tr>
<td></td>
<td>Mah-jong</td>
<td>Hall 5</td>
<td>$5</td>
<td>1 to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>Carpet Bowling</td>
<td>Hall 3</td>
<td>t.b.d</td>
<td>1:30 to 4 p.m.</td>
</tr>
<tr>
<td></td>
<td>SMP In House Band Practice</td>
<td>Hall 3</td>
<td>t.b.d</td>
<td>4 pm to 6 pm</td>
</tr>
<tr>
<td></td>
<td>Progressive Euchre</td>
<td>Craft Room</td>
<td>t.b.d</td>
<td>7 to 10 p.m</td>
</tr>
<tr>
<td></td>
<td>Friday Night Social Dance (2nd &amp; 3rd Friday)</td>
<td>Halls 1 - 5</td>
<td>$5/$6</td>
<td>8 pm to 11 pm</td>
</tr>
<tr>
<td></td>
<td>Happy Valley Dance (1st Friday) (Oct – May)</td>
<td>Halls 1 - 5</td>
<td>$6</td>
<td>8 pm to 11 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>Badminton (Early)</td>
<td>Hall 3, 4 &amp; 5</td>
<td>$25</td>
<td>8:30 to 10:00 a.m</td>
</tr>
<tr>
<td></td>
<td>Badminton (Late)</td>
<td>Hall 3, 4 &amp; 5</td>
<td>$25</td>
<td>10:30 am to noon</td>
</tr>
<tr>
<td></td>
<td>Computer Room Access</td>
<td>Computer Room</td>
<td>$5</td>
<td>9am to 11am</td>
</tr>
</tbody>
</table>

A. Locations within the NSMP are subject to change.
B. New players are encouraged, and help will be provided for anyone interested.
C. Prices above are for NSMP Members. A Drop-In Day pass must be purchased by Non-Members ($2).
D. The Wood Shop can only be used by members who have completed the Wood Shop Safety Orientation.
E. The Craft Room is free when being used to create pieces to benefit the NSMP; otherwise, $2 per day.
F. Many Registered Programs have Drop In options. Contact the office for information.