

# Seminars & Workshops - Adults 55+

## Spring 2024



Be sure to pre-register for any of the following seminars & workshops at [newmarket.perfectmind.com](https://newmarket.perfectmind.com)

### Introduction to Golf (55+)

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 4 to 5:30 p.m.

📅 Thursday, April 18, 2024 | Code: 34986

📅 Thursday, April 25, 2024 | Code: 34986

**Free admission. Pre-registration required.**

Join us for an indoor introduction to golf session with Derek Pulchinski, Canadian Golf Teachers Federation (CGTF) certified professional instructor. Derek will cater the sessions to adults 55+ wanting to learn the fundamentals of the golf swing and how to improve skills. Learn proper techniques, and tips to become a better golfer. This is an ideal opportunity for those who are interested in the game of golf and want an opportunity to try it out. Please only bring your 7, 8 or 9 iron to start (just one or two clubs). No need to bring the whole set. Our focus is having fun, meeting new people and learning new skills.

### Newmarket Cycles

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 10:30 to 11:30 a.m.

📅 Tuesday, April 23, 2024

**Free admission. Pre-registration required.**

**Registration Code: 32440**

Please join Newmarket Cycles to learn about how we support our community. During this session you will have the opportunity to ask any questions about cycling and share your experiences to help us better serve you! You will get a chance to meet the Program Coordinator, see one of the great electric bicycles that we lend, and get yourself some free safety accessories, as well as some complimentary refreshments.

### Edward Jones Financial:

#### Five Money Questions for Women

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 10:30 to 11:30 a.m.

📅 Thursday, April 25, 2024

**Free admission. Pre-registration required.**

**Registration Code: 34769**

Women face unique financial circumstances, so a strong financial strategy is vital. Here's an opportunity to ensure your financial strategy fits your lifestyle and needs by exploring five money questions critical for women.

### Seniors Discovery Program: Discovery Digital Reading

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 10:30 to 11:30 a.m.

📅 Tuesday, April 30, 2024

**Free admission. Pre-registration required.**

**Registration Code: 34131**

Discover the world of digital reading at Newmarket Public Library with Libby, Hoopla and PressReader! Join us for a quick introduction to these user-friendly apps that make borrowing and enjoying eBooks, audiobooks, eMagazines and eNewspapers easier than ever. Whether you're a seasoned reader or new to digital reading, this program will get you started on your literary journey. Bring your device or use our Samsung tablets provided for the program. Please note that a valid and up-to-date library card or e-access card is required to sign into the apps.

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### Re/max, Moving Seniors Lovingly, & Caldwell Securities: Right-Sizing and Planning For The 55+ Community

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 11:30 a.m. to 1:30 p.m.

📅 Thursday, May 2, 2024

**Free admission. Pre-registration required.**  
**Registration Code: 35249**

Join Re/max Realtron Realty, Moving Seniors Lovingly, and Caldwell Securities. as they discuss strategies for downsizing and planning for the future. Learn about transitional services, Income creation in retirement and more. Light Lunch Provided.

### Heart to Home Meals - Taste Testing

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

📅 Tuesday, May 14, 2024

Join us for one of two sessions:

🕒 9:30 to 10:15 a.m. | Code: 34384

🕒 10:30 to 11:15 a.m. | Code: 34132

**Free admission. Pre-registration required.**

Join Heart to Home Meals in their presentation: Why cook when you can simply enjoy? With over 200 fully prepared frozen meals and free delivery, why not start a new tradition? Come to this presentation to learn more about the program and sample the meals.

### Keller Williams Empowered Realty: Transition with Ease

📍 Newmarket Seniors' Meeting Place  
(474 Davis Drive)

🕒 10 a.m. to 12 p.m.

📅 Part 1: Thursday, May 16, 2024  
Code: 34813

📅 Part 2: Thursday, May 30, 2024  
Code: 34814

**Free admission. Pre-registration required.**

Join Keller Williams Realty as they speak about Level of Care Options when to consider a retirement community, how to choose a retirement community, Cost Analysis (Handout worksheet), and Holistic Strategy and Planning

**Stay in the know!**  
**For events, workshops,**  
**seminars and bus trips visit**  
**[newmarket.ca/adults55+](https://newmarket.ca/adults55+)**