



Town of Newmarket  
395 Mulock Drive P.O. Box 328,  
Newmarket, Ontario, L3Y 4X7

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## **Adult 55+ Programs 2025 & 2026 Information Report**

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Department(s): Recreation and Culture Services

Author(s): Emily Essensa, Recreation Programmer – Adult 55+ Programs & Events,  
Victoria Kendra, Supervisor, Programs

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In accordance with the Procedure By-law, any member of Council may make a request to the Town Clerk that this Report be placed on an upcoming Committee of the Whole agenda for discussion.

### **Purpose**

In recognition of Seniors Month this June, this report presents Council with an overview of Adult 55+ programming achievements in 2025 and outlines key priorities and opportunities for 2026. It highlights participation trends, community impact, program development, and ongoing efforts to support healthy, active aging in the Town of Newmarket.

### **Background**

Through dedicated spaces such as the Newmarket Seniors' Meeting Place, the Town delivers a wide range of programs that support active living, social connection, and overall well-being of adults aged 55 and older.

Membership and participation continue to demonstrate strong community demand. The Seniors' Meeting Place supports over 1800 older adults, with daily participation across drop-in and registered programs remaining consistently high throughout the year.

Programming is guided by accessibility, inclusion, and lifelong learning, and is designed to meet a broad range of interests and abilities.

Program offerings typically include:

- Fitness & Wellness: Low-impact exercise, yoga, Zumba, strength and balance classes
- Social & Recreational: Cards, games, clubs, and drop-in activities

- Arts & Culture: Painting, crafts, music, and creative workshops
- Educational & Lifestyle: Technology support, health seminars, and safety & fraud prevention sessions
- Special Events: Guest speakers, live music nights, trivia, seasonal celebrations, volunteer appreciation, patio BBQs, and more.
- Bus Trips: Single day trips throughout the GTA along with multi-day trips throughout Ontario, Quebec and into the Maritimes

## **Discussion**

Adult 55+ programs operate year-round and are adjusted continuously based on participation trends, program uptake, and direct feedback from participants. Planning focuses on maintaining access to high-demand programs while adapting offerings to reflect changing interests, seasonal patterns, and emerging community needs.

## **Planning & New Programming**

In 2025, key areas of focus included:

- Expanding wellness-based programming, including meditation, breathwork, and mental health supports
- Increasing access to inclusive and adapted programming
- Enhancing partnerships with community organizations to broaden program offerings
- Continuing to offer a mix of registered and flexible drop-in opportunities

## **Registration & Program Offerings**

A few key details include:

- 95 registered programs and 25+ Drop-in programs offered weekly
- 96 % success rate for registered programs
- Over 1250 Newmarket Seniors' Meeting Place members
- 185 Older Adult Volunteers
- 626 Adult 55+ RecPass Holders
- 30 + Seminars annually
- 60+ Special Events annually ranging from 20 to 250 attendees.

## **Volunteers & Staff**

The Newmarket Seniors' Meeting Place is fortunate to have over 180 senior volunteers that support the operation of drop-in programs, special events and other activities all year round.

Our staff and volunteer teams meet on a regular basis for training on various support strategies when working with older adults. Staff are also offered opportunities to gain experience and certify in healthy aging and older adult-focused training to support their work as Instructors.

## Staff & Volunteer Testimonials

*"It has been a privilege to facilitate meditation, breathwork, and journaling programs for the 55+ community through the Town of Newmarket. These programs support participants in enhancing emotional well-being, reducing stress, and fostering social connection in a safe and inclusive environment. It is rewarding to observe the positive impact these practices have on participants' overall quality of life and sense of community."*

- **Mukin M. (Fitness & Wellness Instructor)**

*"Every time I enter the NSMP and see the smiling faces of those participating in the various activities I am extremely pleased that by volunteering I am able to help in their enjoyment and a sense of belonging."*

- **Grant W. (NSMP Advisory Board Chair)**

## Participant Testimonials

Following each session, participants are invited to complete surveys to provide feedback on customer service, facilities, programming, and staff. Responses are reviewed regularly and inform continuous improvement.

Highlighted feedback includes:

*"I love the variety and number of programs available. Everyone at the Seniors' Meeting Place is always nice and helpful—that means the world!"*

— **General Participant**

*"All well run and a lot of fun... met a lot of nice new people!"*

— **Fitness Program Participant**

*"Thank you so much for all the programs you make available to seniors. We would be lost without a place to keep healthy physically and mentally!"*

— **Fitness Program Participant**

*"The lunch was amazing. The bus driver was great. I love that I don't have to think—just have a great time with my friends!"*

— **Trip Participant**

*"Most of my activities have been for the 55+ group held at NSMP, and the staff, facilities, and programming are all fabulous. The NSMP is a wonderful place to meet, get fit, socialize, and make our retirement years so much fun!"*

— **Program Participant**

## **Community Partnerships**

Partnerships continue to play a key role in program delivery and community engagement. In 2025, collaborations included:

- Fraud prevention and senior safety seminars delivered in partnership with CHATS, Ontario Securities Commission, York Regional Police, and Central York Fire Services
- Technology support seminars delivered by the Newmarket Public Library
- Joint programming and events with local senior-serving organizations
- Community events such as BBQs, live music nights, trivia, and karaoke
- Active Living Fair with local Seniors support service organizations such as York Region Transit (Mobility+), Canadian Hearing Society, Deafblind Ontario Services, etc.

## **Future Plans**

As demand for Adult 55+ programming continues to grow, staff are exploring opportunities to expand offerings and increase capacity in high-demand areas while closely monitoring participation trends and community feedback. Programming is guided by the core pillars of quality, connection, collaboration, and inclusivity, ensuring accessible, high-quality experiences that support healthy aging and foster meaningful social connections for older adults in our community.

## **Consultation**

Not Applicable

## **Conclusion**

Adult 55+ programs play a vital role in fostering a healthy, connected, and inclusive community. These programs support physical and mental well-being, encourage social engagement, and provide meaningful opportunities for lifelong learning.

Through continued investment in programming, partnerships, and community engagement, the Town of Newmarket remains committed to supporting older adults in leading active, fulfilling lives.

## **Council Priority Association**

This report aligns with the following Council Priority: Diverse, Welcoming, and Inclusive Community

## **Human Resource Considerations**

Not Applicable.

## **Budget Impact**

Not Applicable.

## **Attachments**

None.

## **Approval for Distribution**

Meaghan Graham, Manager – Recreation Services

Colin Service, Director – Recreation & Culture

Jeff Payne, Commissioner, Community Services

## **Report Contact**

For more information on this report, contact [info@newmarket.ca](mailto:info@newmarket.ca).