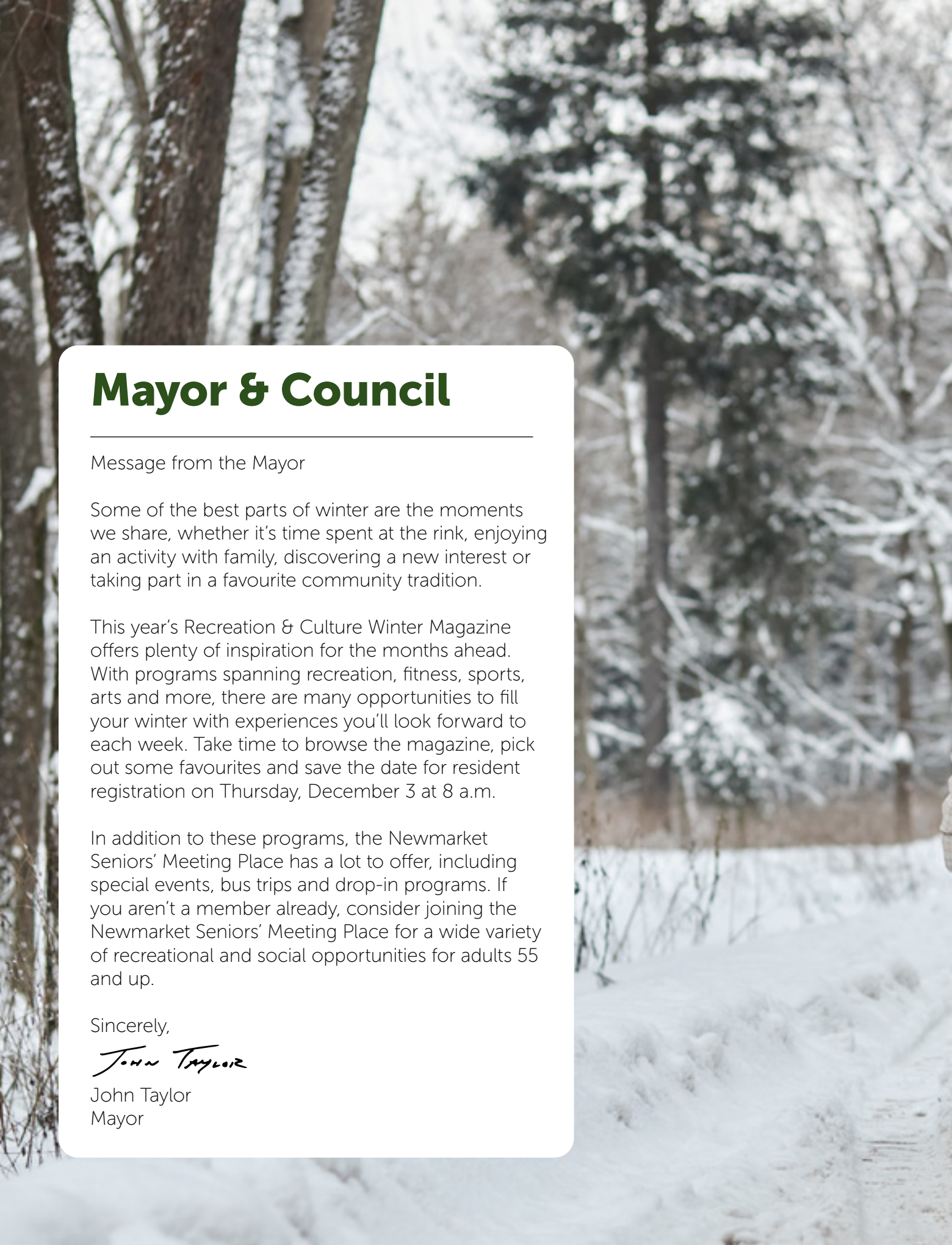
Recreation & Culture

Adults 55+ Winter 2027 Activities



Recreation & Culture
newmarket.ca/recreation

Newmarket



Mayor & Council

Message from the Mayor

Some of the best parts of winter are the moments we share, whether it's time spent at the rink, enjoying an activity with family, discovering a new interest or taking part in a favourite community tradition.

This year's Recreation & Culture Winter Magazine offers plenty of inspiration for the months ahead. With programs spanning recreation, fitness, sports, arts and more, there are many opportunities to fill your winter with experiences you'll look forward to each week. Take time to browse the magazine, pick out some favourites and save the date for resident registration on Thursday, December 3 at 8 a.m.

In addition to these programs, the Newmarket Seniors' Meeting Place has a lot to offer, including special events, bus trips and drop-in programs. If you aren't a member already, consider joining the Newmarket Seniors' Meeting Place for a wide variety of recreational and social opportunities for adults 55 and up.

Sincerely,

John Taylor

John Taylor
Mayor



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2027 Winter Registration

Registration Dates

Resident and NSMP Members Registration
December 3 at 8 a.m.

Non-Resident Registration
December 10 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

Discover, Connect, and Thrive!

Imagine a place where every day brings a new opportunity...

- Explore a wide variety of programs, activities, and social opportunities
- Learn something new through classes, workshops, and educational seminars
- Connect with friends and build new friendships
- Travel to exciting destinations on organized day trips and excursions
- Enjoy special events, entertainment, and community celebrations
- Share your talents through meaningful volunteer opportunities
- Experience all of this in a welcoming, inclusive environment at an affordable cost

Come see why so many adults 55+ call our centre their home away from home.

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

The Newmarket Seniors' Meeting Place (NSMP) has over 1300 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 Membership

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.* ***Residents - $38.48 + HST | Non-Residents - $50.02 + HST*

RecPass

- 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.
- Access to NSMP Fitness & Wellness Programs (Pre-registration required)










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**



care

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!

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SERPA Motor Sports Powersports & Marine

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GLOBAL PET FOODS eat.play.love.

Lions International

Scotiabank

Reininger Family

North Newmarket Lions International

www.northnewmarketlions.ca



Events

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

All events are free to the public unless otherwise indicated.

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



Winter is here!

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

Looking for drop-in programs as well?
Click the button for all schedules and drop-in information





Adult 55+ Programs

Welcome to Adults 55+ Programs for Winter 2027!

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

Drop In Programs

Event, Trips & Seminars

Fitness, Wellness & Sport

Virtual

Registration Reminders!

- Newmarket resident & Seniors' Meeting Place member registration begins December 3 at 8 a.m.
- Non-resident registration begins December 10 at 8 a.m.
- Have your Xplor account created and ready to go before registration opens.



New this winter! Walking Soccer

Looking for a fun way to stay active, meet new people, and enjoy the excitement of soccer at a comfortable pace? Walking Soccer is a low-impact sport designed specifically for older adults, helping improve fitness, balance, coordination, and social connections. This modified version of the game, where running is not allowed, makes it accessible for a wide range of fitness and experience levels. Whether you're new to the sport, a former player, or simply looking for a fun way to stay active, come give it a try in a welcoming and supportive environment. Join us for a great workout, plenty of laughs, and the opportunity to make new friends while learning a growing sport. All the fun of soccer, at a pace everyone can enjoy.
Register at **newmarket.perfectmind.com**

Special Events

Friday Night Social Dances

7 to 10 p.m.
Pre-Registration: $13 + HST (Member), $14 + HST (Non-Member), $20 at the door
Winter Dates:
January 15 Code: 107854
February 19 Code: 107862
March 19 Code: 107864

Come enjoy a great night, featuring 2 dance floors (Line Dancing & Ballroom / Latin / Social), along with a Cash Bar, Theme Nights, Spotlight lessons, Coffee & Tea, and light refreshments. Registration by the Thursday before the social dance at 4pm. Register online, in-person or call 905-955-5300.

Trivia Night: The Year 2026 in Review

Friday, January 22
6:30 to 8:30 p.m.
Member $13/ Non Member $14
Code: 112352

How closely were you paying attention in 2026? Join us for a fun and engaging evening as we look back on the stories, people, and events that made the year memorable. From headline-making news and fascinating discoveries to sports highlights, entertainment, technology, and surprising facts, this trivia challenge will test your knowledge of all things 2026. Enjoy friendly competition, great conversation, and a chance to relive the moments that captured our attention throughout the year. Gather your team and see who will earn the title of 2026 Trivia Champion! What made headlines, sparked conversations, and defined 2026? Let's find out together. For those 50+, register as a team (up to 4) or as an individual. Treats & pizza included. Cash bar available.

Click here to view full program information and register online

Progressive Euchre Tournament

12:30 to 4:30 p.m.
Fee: $5 at the door, but you must pre-register.
January 30, 2027 Code: 109601
May 1, 2027 Code: 109602

Progressive Euchre is a great game, where players get the chance to play with a variety of other players during the tournament. Doors will open at 12:15 pm, and all players must be on site by 12:45. The tournament will start promptly at 1 pm. No late players will be admitted. Space is limited. Make sure to pre-register through the office to hold your spot. Refreshments will be available. $5 will be taken at the door. Tea & coffee will be available at the halfway break.

Pancake Tuesday Breakfast

Tuesday, February 9
Early: 9 to 10 a.m. Code: 107637
Late: 10 to 11 a.m. Code: 107638
Member $10 / Non-Member $11

Includes pancakes, sausage, tea & coffee, juice, fruit, and great live entertainment. Mimosas will be available to purchase.

Trivia Pub Night

Friday, February 26
6:30 to 8:30 p.m.
Member $13 / Non-Member $14
Code: 107855

Come out for a night of fun with friends, answer 40 mildly challenging questions, enjoy pizza and relax. Register as a team (up to 4) or individual. A cash bar is available.

St. Patrick's Day Tea

Sunday, March 7
2 to 4 p.m.
Member $10 / Non-Member $11
Code: 107856

Filled with festive decorations, entertainment, and complete with light refreshments, this event is always a great way to celebrate a fun holiday.

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

Saturday, March 13
6:30 to 9 p.m.
Member $35 +HST / Non-Member $40 +HST
Code: 107857
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.

Live Music Night – Vinyl Vision

Saturday, April 10
7 to 11 p.m.
Member $35 +HST / Non-Member $40 +HST
Code: 107859
Join the band Vinyl Vision as they bring your jukebox favourites to life! From the 50s through the 80s, enjoy an entertaining mix of country, rock & roll, blues, and more! Get ready to tap your toes, sing along, and dance the night away to the timeless hits you know and love. Tickets include a light snack, tea & coffee.
Cash bar available.

Live Music Night – Daniel Panetta & The Midnight Company

Saturday, May 15
6:30 to 9 p.m.
Member $35 +HST / Non-Member $40 +HST
Code: 107860
Get ready for a night of electrifying music and soulful nostalgia with Daniel Panetta and The Midnight Company! This high-energy tribute to Motown brings the timeless hits of legends to life with passion and authenticity. Tickets include a light snack, tea & coffee. Cash bar available.

Winter Trips

Cirque Alice & Hothouse Restaurant

Wednesday, January 20
10 a.m. to 5 p.m.
Member: $224.00 (includes HST)
Non-Member: $234(includes HST)
Registration Code: 106814
After enjoying a delicious lunch at the Hot House Restaurant, step into the magical world of CIRQUE ALICE! From the creators of The Illusionists and Circus 1903 comes an extraordinary new show that brings Lewis Carroll's classic Alice in Wonderland adventures to life. Prepare to be amazed by breathtaking acrobatics, dazzling performances, and gravity-defying feats as this spectacular production takes you on an unforgettable journey down the rabbit hole!

Fallsview Casino

Wednesday, March 10
9 a.m. to 6 p.m.
Member: $50 (includes HST)
Non-Member: $60 (includes HST)
Register at newmarket.perfectmind.com
Get dealt into the action at Fallsview Casino Resort! Built on a cliff overlooking the world-famous Horseshoe Falls, Fallsview Casino Resort is the largest and most elegant gaming resort facility in Canada. The crown jewel in Niagara's stunning array of wonders, Fallsview offers a world-class casino with over 3,500 slot machines, 130 Table Games such as Baccarat, Roulette, Craps and Blackjack. There's never a dull moment at Niagara Fallsview Casino Resort. Enjoy a 5-hour visit to Niagara Fallsview Casino & receive $35.00 in slot play.

Click here to view full program information and register online

✱ Adults 55+ Programs

Arts & Culture

Acrylic Fine Art - Advanced

This comprehensive program is for students that have completed at least 3 years (9 sessions) in the Beginner Acrylic Fine Art program. You must have a solid understanding of colour theory, brush handling & composition in various styles of art, especially realism. This course is less structured ... geared towards the more independent artist. You will continue learning to develop your own style, while still painting projects from my artwork and other famous past masters, as well as creating your own masterpieces from Reference photos. Step by step handouts, demonstrations, & critiquing will be available by a professional artist with 60 years experience. You will complete two paintings per session. Each additional session adds new techniques & genres to your creative experience. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Cori

Acrylic Fine Art – Beginner

In this extensive program, you can expect to learn all about acrylic paints, mediums, brushes, colour mixing, values, composition & perspective in many different styles of art including Realism, Impressionism, Reductionism, & Mixed Media in a pleasant & relaxing atmosphere. The focus is on Painting! Drawing skills are not required.

You will complete two paintings per session with individual attention, demonstrations and step by step handouts for each project taught by a professional artist with 60 years experience. Each additional session builds on what you have already learned and adds new techniques & skills to prepare you for the next session. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Cori

Dip & Discover Paint Night

Our social Paint Nights are back! Whether you paint all the time or never have, give this completely guided painting experience a try. It's a fun, light, you-can't--get-it-wrong atmosphere. Everything you need is supplied, and no art experience is needed. A professional artist will help you along the way. Make friends or bring friends. Unleash your inner artist and let's see what's hiding at the end of that brush. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Anni

Drawing (Beginner)

The class will cover many topics from basic shapes both 2 dimensional and 3 dimensional as well as animals and faces. Using simple geometry to create various elements without reference. Composition for landscapes will be covered as well as some basic perspective and an introduction to lettering. Be sure to pick up a supply list from the NSMP office or via email request.

Instructor: Matt

Drawing to Watercolour Intermediate

Students will take their drawings and transfer them to watercolour paper to create a full colour watercolour painting of their original drawing. All steps will be covered in the course. Requirements fine tip water colour brush and simple water colour set. This is an intermediate class.

Instructor: Matt

Life Drawing Intermediate

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. The is intermediate course not suitable for beginners. Be sure to pick up a supply list from the NSMP office or via email request.
Instructor: Will

Watercolour Fundamentals I – Learn the Language of Watercolour

Discover the joy of watercolour in this welcoming beginner-friendly course. Learn essential techniques, including brushwork, paper and pigment selection, colour mixing, washes and textures through step-by-step demonstrations and fun projects exploring landscapes, florals and simple compositions. No previous experience is required. Pick up a supply list from the NSMP office or request one by email.
Instructor: Mahtab

Watercolour Fundamentals II - Build Your Artistic Voice

Take your watercolour skills beyond the basics in this course designed for students with beginner-level experience. Strengthen your technique while exploring more advanced concepts, including composition, colour harmony, atmospheric perspective, expressive brushwork and personal style. Through guided exercises and creative projects, you'll explore a variety of subjects and develop confidence in making your own artistic decisions. Pick up a supply list from the NSMP office or request one by email.
Instructor: Mahtab

Watercolour Focus

Watercolour is a magic-making playground. Build confidence and improve your skills as we cover essentials. Loosen up as you explore existing approaches and techniques like mixing on palette or paper, charging and lifting. Enjoy warm-ups, exercises, demos and guidance. Classes will offer a chance to explore themes and subjects. Some experience helpful but not necessary. The atmosphere is supportive, relaxing and fun.
Instructor: Anni

Watercolour Intermediate / Advanced

Further develop your watercolour skills and personal style while exploring a variety of subjects, including landscapes, still life, cityscapes and florals. Through demonstrations, exercises, critiques and feedback, you'll experiment with this spontaneous and playful medium. Students must have a solid understanding of watercolour principles and be comfortable working independently with instructor guidance. A supply list is essential, as students will need recommended 1/4-sheet paper, artist-quality paints and large brushes. Pick up a supply list from the NSMP office or request one by email.
Instructor: Fiona

Click here to view full program information and register online

Write Your Way Home – Journaling for Joy & Insight

This inspiring course is based on the acclaimed "Journal to the Self" program, teaching various journaling techniques to enhance self-awareness, reduce stress, and explore creativity. Participants will learn to use writing for reflection, memory keeping, and emotional well-being. No writing experience is necessary—only a willingness to explore and enjoy the journey.

Writing Through Life Transitions: Journaling for Reflection and Insight

Life transitions such as loss, relationship changes, retirement, and relocation can bring uncertainty as well as opportunities for growth. Through guided journaling, group dialogue, and creative expression, participants will explore change, gain new perspectives, and cultivate resilience and a renewed sense of direction. Drawing on established transition models and evidence-based practices, this program offers a welcoming space for reflection and connection. No writing experience is necessary. Writers and non-writers alike are welcome

Click here to view full program information and register online

Fitness, Wellness, & Sport

Balance & Stability

Improve your balance, posture, and coordination using simple, bodyweight-only movements. This class focuses on slow, controlled exercises that strengthen your core, legs, and ankles — helping you move with greater confidence and ease. No equipment needed — just your body, a chair for support if needed, and a willingness to stay strong on your feet.

Barre

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.

BollyX®

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.

CIRCL Mobility

CIRCL Mobility™ is a fitness program that focuses on improving flexibility, breath work and overall mobility through functional movement exercises. It aims to help individuals release stress, restore their range of motion, and enhance their ability to move effectively. The program is designed for all levels and draws inspiration from techniques like yoga, Pilates, and Tai Chi.

Fascia Flow
Fascia is the web of connective tissue that runs throughout your body, surrounding muscles and other structures. When it becomes restricted or less flexible, it can affect how freely you move. Through gentle, flowing body-weight movements, we will release tension and improve mobility, flexibility and ease of movement. No equipment needed — just your body and a willingness to move!

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.

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.

Click here to view full program information and register online

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.

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

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.

Line Dancing - Beginner
For those who have completed the Absolute beginner class and are ready to learn more intricate steps and dances. This class is great for men and women of all age groups.

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.

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.

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+

Meditation for Everyday Peace

This gentle yet transformative series introduces participants to mindfulness meditation, fostering calmness, clarity, and greater awareness of the present moment. The skills developed in these sessions naturally extend into daily life, helping individuals navigate challenging situations with greater ease and resilience.

Mindful Breathing Practices: A path to wellness

Participants will learn core practices such as mindful breathing, body scans, and sitting meditation, while also exploring ways to bring mindfulness into ordinary routines—walking, eating, communicating, and handling stress. Designed to help participants navigate daily challenges with greater calm and clarity, this program draws from trusted sources, including Fully Present by Diana Winston (UCLA).

Click here to view full program information and register online

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.

Osteoporosis Exercise

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

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.

Pilates - Chair

Chair Pilates (with Osteoporosis considerations) is a low-impact exercise that adapts traditional Pilates to be performed on a chair. This makes it safe for seniors and beginners and focuses on improving strength, flexibility, balance, and posture while minimizing stress on joints and bones. This class can be easily modified to accommodate various fitness levels and physical limitations, making it a great option for those seeking a gentle yet effective workout.

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.

Square Dancing – Basic, Mainstream & Plus

Join a healthy activity that incorporates physical, mental, and social wellness. No experience is necessary to start at the basic level. You don't need a partner, nor do you need special attire. Wear comfortable clothing and shoes. An experienced caller takes students through the paces of the Callerlab Curriculum in a stepped fun and supportive manner, gradually working the way thru 3 levels over several dance sessions

Strength Release 1 - Seated Position

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

Strength Release 2 - Seated Position

In partnership with Olive Recreational Therapy, Participants will engage all major muscle groups while stimulating cognitive function through engaging movement combinations. Each session will begin with a gradual cardiovascular warm-up, followed by upper and lower body exercise tracks using weights, elastic resistance bands and 9" soft balls, and conclude with a full body stretch. Four sessions will also incorporate some balance exercises to promote stability and coordination.

Click here to view full program information and register online

Strength & Balance

The program helps strengthen muscles, improve coordination and balance, increase mobility and confidence, and reduce the risk of falls, allowing seniors to perform daily activities more safely and maintain their independence.

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!

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.

Tai Chi: Intro to Yang Style Short Form

Tai chi is an internal martial art that is often referred to as "moving meditation". This low-impact exercise will improve posture alignment, balance and inner peace. In three months, you will learn a Yang style short form. In each class you will learn a new set of movements and detailed explanation of their meaning and how to execute each move. Gradually you will build the individual movements into a complete set of movements you can practice on your own anywhere.

Tai Chi (Yang Style) Refinements

If you have 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. The entire form is practiced during the first part of the class. Then, a series of moves within the form are broken down so students can gain a deeper understanding of the movements. This process is repeated from the first set of moves through to the last set of moves. Tai chi focuses on internal energy and using internal or core muscles. This makes tai chi extremely beneficial to the well-being of the body. It is an unending journey of learning and self-discovery.

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.

Walking Soccer

Looking for a fun way to stay active, meet new people, and enjoy the excitement of soccer at a comfortable pace? Walking Soccer is a low-impact sport designed specifically for older adults, helping improve fitness, balance, coordination, and social connections. This modified version of the game, where running is not allowed, makes it accessible for a wide range of fitness and experience levels. Whether you're new to the sport, a former player, or simply looking for a fun way to stay active, come give it a try in a welcoming and supportive environment. Join us for a great workout, plenty of laughs, and the opportunity to make new friends while learning a growing sport. All the fun of soccer, at a pace everyone can enjoy.

Wall Workout

A low-impact wall workout to improve balance, posture, mobility, strength and muscle toning through supported exercises that use only the wall - perfect for all fitness levels. Running shoes required.

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.

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.

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.

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.

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!

Zumba Toning

Enjoy the same great workout with emphasis on toning your muscles. 1-pound weights will be used during the class.

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Adults 55+ Program Charts

Program	Dates	Day	Time	Place	Code
Fitness, Wellness & Sport					
Balance & Stability	Jan 11 - March 22	Mon	3:30 - 4:30 p.m.	MC	109742
Balance & Stability	Jan 12 - March 23	Tue	3:30 - 4:30 p.m.	MC	109745
Balance & Stability	Jan 15 - March 19	Fri	3:30 - 4:30 p.m.	RTRC 2	110076
Barre	Jan 11 - March 22	Mon	9 - 10 a.m.	RTRC 2	109171
Barre	Jan 13 - March 24	Wed	8:30 - 9:30 a.m.	CCLH	109172
Bolly X	Jan 13 - March 24	Wed	10:15 - 11:15 a.m.	RTRC 2	110063
BollyX	Jan 15 - March 19	Fri	10:15 - 11:15 a.m.	RTRC 2	110072
Chair Yoga	Jan 11 - March 22	Mon	2:15 - 3:15 p.m.	MC	109741
Chair Yoga	Jan 12 - March 23	Tue	2:15 - 3:15 p.m.	MC	109744
Chair Yoga	Jan 13 - March 24	Wed	1 - 2 p.m.	RTRC 2	110065
Chair Yoga	Jan 14 - March 25	Thu	3:30 - 4:30 p.m.	MC	110070
Chair Yoga	Jan 11 - March 22	Mon	4 - 5 p.m.	SMP 45	110085
Chair Yoga	Jan 15 - March 19	Fri	3:45 - 4:45 p.m.	SMP 4	110087
Chair Yoga	Jan 11 - March 22	Mon	10:15 - 11:15 a.m.	RTRC 2	110112
Chair Yoga	Jan 12 - March 23	Tue	11 a.m. - 12 p.m.	SMP 12	110115
Chair Yoga	Jan 14 - March 25	Thu	11 a.m. - 12 p.m.	SMP 45	108165
Chair Yoga	Jan 15 - March 19	Fri	1 - 2 p.m.	SMP 3	108166
Circl Mobility	Feb 1 - March 8	Mon	9 - 9:30 a.m.	SMP 12	110231
Fascia Flow	Jan 13 - March 24	Wed	3:30 - 4:30 p.m.	RTRC 2	110067
Fascia Flow	Jan 14 - March 25	Thu	2:15 - 3:15 p.m.	MC	110069
Fascia Flow	Jan 15 - March 19	Fri	2:15 - 3:15 p.m.	RTRC 2	110075
Fit & 55+	Jan 22 - March 19	Fri	8:45 - 9:45 a.m.	RYC	110097
Fit & 55+	Jan 11 - March 22	Mon	1:15 - 2 p.m.	MC	110197
Fit & 55+	Jan 12 - March 23	Tue	9 - 10 a.m.	RYC	110200
Fit & 55+	Jan 14 - March 25	Thu	8:30 - 9:30 a.m.	RTRC 2	110205
Fit & 55+	Jan 15 - March 19	Fri	1 - 2 p.m.	MC	110207
Fit & 55+	Jan 12 - March 23	Tue	6:45 - 7:45 p.m.	SMP 45	110213
Fit & 55+	Jan 16 - March 27	Sat	8:15 - 9:15 a.m.	SMP 12	110215
FusionFIT 55+	Jan 15 - March 19	Fri	9 - 10 a.m.	RTRC 2	110071
FusionFIT 55+	Jan 13 - March 24	Wed	9 - 10 a.m.	RTRC 2	110062
Gentle Stretch & Tone	Jan 14 - March 25	Thu	3:30 - 4:30 p.m.	SMP 4	110092
Gentle Stretch & Tone	Jan 11 - March 22	Mon	11:30 - 12:30 a.m.	RTRC 2	110113
Gentle Stretch & Tone	Jan 13 - March 24	Wed	7 - 8 p.m.	SMP 12	110124
Gentle Stretch & Tone	Jan 12 - March 23	Tue	11:30 - 12:30 a.m.	RYC	110202

Program	Dates	Day	Time	Place	Code
Hatha Yoga	Jan 11 - March 22	Mon	1 - 2:30 p.m.	RTRC 2	109175
Hatha Yoga	Jan 14 - March 25	Thu	1215 - 1:15 p.m.	RTRC 2	110111
Hatha Yoga	Jan 11 - March 22	Mon	5:30 - 7 p.m.	Craft	110114
Hatha Yoga	Jan 13 - March 24	Wed	5:30 - 6:45 p.m.	SMP 12	110122
Knee & Hip Fitness	Jan 12 - March 23	Tue	1 - 2 p.m.	SMP 45	110130
Line Dance (Absolute Beginner)	Jan 12 - March 23	Tue	6 - 7 p.m.	SMP 3	109737
Line Dance (Absolute Beginner)	Jan 11 - March 22	Mon	3 - 4 p.m.	SMP 3	110079
Line Dance (Absolute Beginner)	Jan 12 - March 23	Tues	4 - 5 p.m.	SMP 3	110083
Line Dance (Beginner)	Jan 12 - March 23	Tue	7:15 - 8:15 p.m.	SMP 3	109738
Line Dance (Beginner)	Jan 11 - March 22	Mon	1 - 2:30 p.m.	SMP 3	110078
Line Dance (Improver)	Jan 12 - March 23	Tues	2 - 3:30 p.m.	SMP 3	110082
Line Dance (Improver)	Jan 12 - March 23	Tues	7 - 8:30 p.m.	SMP 12	110084
Line Dance (Intermediate)	Jan 13 - March 24	Wed	7 - 8:30 p.m.	SMP 3	109739
Line Dance (Intermediate)	Jan 11 - March 22	Mon	10 - 11:30 a.m.	SMP 45	110077
Line Dance (Progressive)	Jan 11 - March 22	Mon	6 - 7:30 p.m.	SMP 45	110080
Line Dance (Progressive)	Jan 12 - March 23	Tues	12:15 - 1:45 p.m.	SMP 3	110081
Meditation for Everyday Peace	Jan 12 - March 23	Tues	11:15 - 12:15 p.m.	SMP 6	110211
Mindful Breathing Practices: A path to wellness	Jan 12 - March 23	Tues	10 - 11 a.m.	SMP 6	110210
Mobility and Core Strengthening	Jan 22 - March 19	Fri	10:15 - 11:15 a.m.	RYC	110098
Mobility and Core Strengthening	Jan 11 - March 22	Mon	2:15 - 3 p.m.	MC	110198
Mobility and Core Strengthening	Jan 12 - March 23	Tue	10:15 - 11:15 a.m.	RYC	110201
Osteoporosis Exercise	Jan 14 - March 25	Thu	2:15 - 3:15 p.m.	SMP 4	110091
Osteoporosis Exercise	Jan 12 - March 23	Tue	2:15 - 3:15 p.m.	SMP 45	110131
Pilates	Jan 22 - March 19	Fri	11:30 a.m. - 12:30 p.m	RYC	110110
Pilates	Jan 11 - March 22	Mon	3:15 - 4 p.m.	MC	110199
Pilates	Jan 14 - March 25	Thu	9:45 - 10:45 a.m.	RTRC 2	110206
Pilates	Jan 15 - March 19	Fri	2:15 - 3:15 p.m.	MC	110208

Adults 55+ Program Charts

Program	Dates	Day	Time	Place	Code
Square Dancing - Basic	Jan 7 - May 27 (21)	Thur	7 - 8:30 p.m.	SMP 3	110233
Square Dancing - Mainstream	Jan 7 - May 27 (21)	Thur	8:30 - 9:30 p.m.	SMP 3	110234
Square Dancing - Plus	Jan 7 - May 27 (21)	Thur	6:30 - 7:30 p.m.	SMP 3	110232
Strength & Balance	Jan 11 - March 22	Mon	5:45 - 6:30 p.m.	SMP 12	110218
Strength Release 1 - Seated Position	Jan 11 - March 22	Mon	4:30 - 5:30 p.m.	SMP 12	110217
Strength Release 2 - Seated Position	Jan 13 - March 24	Wed	5:15 - 6:15 p.m.	SMP 5	110219
Strong and Stable	Jan 14 - March 25	Thu	1 - 2 p.m.	SMP 4	110090
Strong Bones & Balance	Jan 12 - March 23	Tue	3:30 - 4:30 p.m.	SMP 45	110132
Sweat and Sculpt NEW	Jan 13 - March 24	Wed	9:35 - 10:35 a.m.	CCLH	109173
Tai Chi - Intro to Yang Style short form	Jan 13 - March 24	Wed	8 - 8:50 a.m.	SMP 45	110094
Tai Chi - Refinements Yang Style	Jan 13 - March 24	Wed	9 - 9:50 a.m.	SMP 45	110095
Tone, Stretch and Soothe	Jan 12 - March 23	Tue	7:50 - 9:05 p.m.	SMP 45	110214
Tone, Stretch and Soothe	Jan 16 - March 27	Sat	9:20 - 10:35 a.m.	SMP 12	110216
Walking Soccer	Jan 13 - March 3	Wed	6:30 - 8:30 p.m.	MLPS	113474
Wall Workout	Jan 11 - March 22	Mon	1 - 2 p.m.	MC	109740
Wall Workout	Jan 12 - March 23	Tue	1 - 2 p.m.	MC	109743
Wall Workout	Jan 13 - March 24	Wed	2:15 - 3:15 p.m.	RTRC 2	110066
Wall Workout	Jan 14 - March 25	Thu	1 - 2 p.m.	MC	110068
Wall Workout	Jan 15 - March 19	Fri	1 - 2 p.m.	RTRC 2	110074
Yoga Flow	Jan 13 - March 24	Wed	11:30 a.m. - 12:30 p.m.	RTRC 2	110064
Yoga Flow	Jan 15 - March 19	Fri	11:30 a.m. - 12:30 p.m.	RTRC 2	110073
Yoga Flow	Jan 13 - March 24	Wed	11 a.m. - 12 p.m.	CCLH	110086
Zumba Gold	Jan 11 - March 22	Mon	9 - 9:45 a.m.	SMP 45	108169
Zumba Gold	Jan 14 - March 25	Thu	10 - 10:45 a.m.	SMP 45	108167
Zumba Gold Toning	Feb 1 - March 8	Mon	8 - 8:45 a.m.	SMP 12	110230
Zumba Toning	Jan 13 - March 24	Wed	10 - 10:45 a.m.	SMP 45	108168
Online Fitness	Dates	Day	Time	Place	Code
Hatha Yoga	Jan 14 - March 25	Thu	10 - 11:30 a.m.	Zoom	109176
Qi Gong	Jan 12 - March 23	Tue	2 - 3 p.m.	Zoom	109736

Program	Dates	Day	Time	Place	Code
Art Classes					
Acrylic Advanced	Jan 15 - March 19	Fri	1 - 4 p.m.	SMP 4	110264
Acrylic Fine Art (Advanced)	Jan 14 - March 25	Thu	1 - 4 p.m.	SMP 12	109170
Acrylic Fine Art (Beginner)	Jan 14 - March 25	Thu	9 - 12 p.m.	SMP 12	108170
Dip & Discover Paint Night	February 10 2027	Wed	6 - 9 p.m.	SMP 12	110088
Dip & Discover Paint Night	April 14 2027	Wed	6 - 9 p.m.	SMP 12	110089
Drawing (Beginner)	Jan 13 - March 24	Wed	11:30 a.m. - 1 p.m.	SMP 4	110099
Drawing to Watercolour Intermediate	Jan 13 - March 24	Wed	1:30 - 3 p.m.	SMP 4	110100
Life Drawing Intermediate	Jan 11 - March 22	Mon	7 - 9 p.m.	SMP 12	110128
Watercolour Focus	Jan 11 - Feb 9	Tues	6 - 8:30 p.m.	SMP CR	110262
Watercolour Focus	Feb 16 - March 16	Tues	6 - 8:30 p.m.	SMP CR	110263
Watercolour Fundamentals 1	Jan 13 - March 24	Wed	9 a.m. - 12 p.m.	SMP 12	109735
Watercolour Fundamentals 2	Jan 13 - March 24	Wed	1 - 4 p.m.	SMP 12	109734
Watercolour Intermediate/Advanced	Jan 15 - March 19	Fri	9 a.m. - 12 p.m.	SMP12	110096
Write Your Way Home - Journaling for Joy & Insight	Jan 13 - March 24	Wed	10:30 a.m. - 12 p.m.	MC	110212
Writing Through Life Transitions	Jan 14 - March 25	Thu	9:30 a.m. - 11 a.m.	CCLH	111559

Newmarket Seniors' Meeting Place Presents

CIRQUE ALICE

AN ACROBATIC ADVENTURE IN WONDERLAND

AN EXTRAORDINARY NEW SHOW FROM THE CREATORS OF THE ILLUSIONISTS AND CIRCUS 1903!



Step into magical 'Wonderland' as Cirque Alice reimagines Lewis Carroll's classic adventures with breathtaking twists and astonishing, gravity-defying feats. Starring the greatest acrobatic performers from around the globe, this magnificent spectacle features stunning performances by mesmerising aerialists, mind-bending contortionists, exquisite puppetry, dancers and special guest musical and comedic artists – set against an enthralling soundtrack of newly arranged contemporary renditions of some of the world's favourite classical hits. A joyous acrobatic adventure filled with heart-stopping moments and unforgettable performances, Cirque Alice is a fantastical extravaganza for all ages!

Wednesday, January 20, 2027

YOUR DAY INCLUDES

DEPART
10:00 a.m. – Ray Twinney Recreation Complex

LUNCH
11:00 a.m. – 12:30 p.m.
Enjoy a delicious lunch at the Hot House Restaurant.

SHOW
1:30 p.m. – 3:30 p.m.
Reserved orchestra seating for Cirque Alice at the Ed Mirvish CAA Theatre.

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

LUNCH AT THE HOT HOUSE RESTAURANT

ENTRÉE CHOICES



Coq au Vin
Tender chicken braised with wine, bacon lardons, mushrooms and pearl onions. Served with mashed potatoes.



Gnocchi Pomodoro
Delicate potato gnocchi tossed in a rich tomato sauce.



Cape D'Or Salmon
Organic Newfoundland Atlantic Salmon, lemon rice, & seasonal vegetables.

A delicious lunch before a spectacular show!

INCLUSIONS:

Return transportation via deluxe coach, lunch, reserved orchestra seating, driver gratuity, gratuity on meal, & all taxes.

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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 I CCLH
905-895-5193

Elman W. Campbell Museum
134 Main Street South I ECM

Gorman Outdoor Pool (Winter Only)
424 D'Arcy Street I GOP | 905-895-5193

Lawn Bowling (Indoor/Outdoor)
400 D'Arcy Street I 905-895-1265

Magna Centre
and telMAX Outdoor Skatepark
800 Mulock Drive I MC | 905-895-5193

Newmarket Seniors' Meeting Place
474 Davis Drive I 905-953-5325

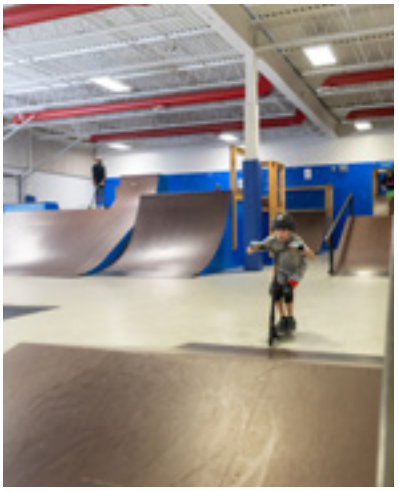
NewRoads Performing Arts Centre
505 Pickering Crescent I 905-953-5122

Newmarket Public Library
438 Park Avenue I NPL | 905-953-5110

Old Town Hall
460 Botsford Street I OTH | 905-895-5193

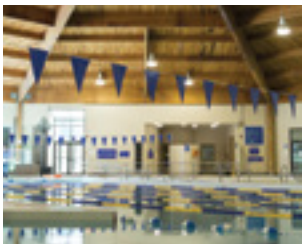
Ray Twinney Recreation Complex
100 Eagle Street West I RTRC | 905-895-5193

Recreation Youth Centre and
Indoor Skate Park
56 Charles Street I RYC | 905-953-5120













Recreation & Culture

newmarket.ca/recreation

Newmarket