



Adults 55+ Programs



Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

The NSMP will be closed from June 18 to August 21 for maintenance

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 1,400 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.

Annual Membership Fees (including taxes):

Residents: \$39.55 | Non-Residents: \$62.15

Non-member guests will be permitted 3 visits to Advisory Board drop-in programs and areas, and then will be required to purchase a membership in order to continue to participate. Drop-in programs include Games Room, Wood Shop, Craft Room.

Membership Benefits:

- Lowest fees available for Registered Programs, Special Events, & Bus Trips
- Reduced hall rental fees
- Seasonal Newsletter
- Email Bulletins
- Access to over 25 weekly drop-in activities
- Ability to register at the same time as residents.

NSMP features include:

- Activity/Meeting Rooms
- Kitchen
- Lounge
- Health Room
- Arts & Crafts Room
- Woodshop
- Games Room (Billiards & Darts)
- Outdoor Patio (sheltered with barbecue)

Please call the NSMP for more information at 905-953-5325

* Adults 55+ Registered Programs

In Person Programs

Monday	Tuesday	Wednesday	Thursday
Zumba Gold 9 to 9:45 a.m. July 4 to July 25 \$16 + HST (4 wks) OTH Auditorium Code: 143916	Line Dancing (Prog) 12:15 to 1:45 p.m. June 28 to July 26 \$37.50 + HST (5 wks) OTH Auditorium Code: 143925	Zumba Toning 10 to 10:45 a.m. June 29 to July 27 \$20 + HST (5 wks) OTH Auditorium Code: 143917	Zumba Gold 10 to 10:45 a.m. June 30 to July 28 \$20 + HST (5 wks) OTH Auditorium Code: 143918
Line Dancing (Int) 10 to 11:30 a.m. June 27 to July 25 \$37.50 + HST (5 wks) OTH Auditorium Code: 143923	Line Dancing (Imp) 2 to 3:30 p.m. June 28 to July 26 \$37.50 + HST (5 wks) OTH Auditorium Code: 143921	Hatha Yoga 11 a.m. to 12:30 p.m. June 29 to July 27 \$37.50 + HST (5 wks) OTH Auditorium Code: 144211	Fit & 55+ 11 a.m. to 12 p.m. June 30 to July 28 \$25 + HST (5 wks) OTH Auditorium Code: 143930
Line Dancing (Beg) 1 to 2:30 p.m. June 27 to July 25 \$37.50 + HST (5 wks) OTH Auditorium Code: 143891	Line Dancing (Beg) 7 to 8:30 p.m. July 5 to August 23 \$60 + HST (8 wks) NCCLH Code: 143892	Line Dancing (Pro) 7 to 8:30 p.m. July 6 to August 3 \$37.50 + HST (5 wks) NCCLH Code: 143926	Seated Yoga 11 a.m. to 12 p.m. June 30 to July 28 \$25 + HST (5 wks) OTH Lounge Code: 143927
	Line Dancing (Imp) 7 to 8:30 p.m. July 5 to August \$37.50 + HST (5 wks) NCCLH Code: 143922	Line Dancing (Int) 7 to 8:30 p.m. July 6 to August 24 \$60 + HST (8 wks) NCCLH Code: 143924	Painting with Pastels 12:30 to 3:30 p.m. June 30 to July 28 \$63.75 + HST (5 wks) OTH Studio Gallery Code: 143932

Old Town Hall (OTH) is located at 460 Botsford Street
 Newmarket Community Centre & Lions Hall (NCCLH) is located at 200 Doug Duncan Drive

Online (Zoom) Programs

Monday	Tuesday	Wednesday	Thursday
Hatha Yoga 1 to 2:30 p.m. July 4 to Aug 29 \$60 + HST (8 wks) Code: 144006	Qi Gong 2 to 3 p.m. July 5 to Aug 30 Free (9 wks) Code: 144005		Hatha Yoga 10 to 11:30 a.m. July 7 to Sept 1 \$67.50 + HST (9 wks) Code: 144007
	Fun Fitness For All 1 to 2 p.m. July 5 to Aug 30 \$45 + HST (9 wks) Code: 144017		Strong & Stable 1 to 2 p.m. July 7 to Sept 1 \$45 + HST (9 wks) Code: 144018
	Osteoporosis Exercise 2:15 to 3:15 p.m. July 12 to Aug 30 \$40 + HST (8 wks) Code: 144008		Osteoporosis Exercise 2:15 to 3:15 p.m. July 14 to Sept. 1 \$40 + HST (8 wks) Code: 144009

Member fees above Non-Member Residents add \$10. Non-Member Non-Residents add \$30 HST Extre. A \$5 RAS fee will be added to each in person registration. The Deadline to register (to meet minimum registration levels) is Wednesday June 28, 2022. Registration is available at the NSMP, online, or by calling Customer Service at 905-953-5300. newmarket.ca/adults55+

* Adults 55+ Programs

Arts & Culture

Painting with Soft Pastels: In Person

Students will work with soft pastel pencils mainly, but pastel sticks may be substituted if you wish. Sanded pastel paper will also be introduced. Students will create two paintings during the course and have subject choice from provided reference options.

Age: 55+ Years

Location: Old Town Hall

Session(s): Summer

Fitness & Wellness

Fit & 55+: In Person

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.

Age: 55+ Years

Location: Old Town Hall

Session(s): Summer

Fun Fitness for All: Online

This class is for anyone wanting to improve their fitness. Start where you are and work to improve strength, endurance, and flexibility. Standing and seated exercises are employed as well as short cardio activities that can be done at your own pace. This class will finish with a stretching routine that will leave you relaxed and invigorated.

Age: 55+ Years

Location: Online Classroom

Session(s): Summer

Line Dancing (Beginner): In Person

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.

Age: 55+ Years

Location: Old Town Hall or Newmarket Community Centre & Lions Hall

Session(s): Summer

Line Dancing (Improver): In Person

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.

Age: 55+ Years

Location: Old Town Hall or Newmarket Community Centre & Lions Hall

Session(s): Summer



To register visit

play.newmarket.ca



Line Dancing (Progressive): In Person

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.

Age: 55+ Years

Location: Old Town Hall or Newmarket Community Centre & Lions Hall

Session(s): Summer

Line Dancing (Intermediate): In Person

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+

Age: 55+ Years

Location: Old Town Hall or Newmarket Community Centre & Lions Hall

Session(s): Summer

Osteoporosis Exercise: Online

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.

Age: 55+ Years

Location: Online Classroom

Session(s): Summer

Qi Gong - Online

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.

Age: 55+ Years

Location: Online Classroom

Session(s): Summer

Strong and Stable - Online

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!

Age: 55+ Years

Location: Online Classroom

Session(s): Summer



To register visit
play.newmarket.ca

Yoga - Hatha Yoga: In Person & Online

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.

Age: 55+ Years

Location: Online Classroom

Session(s): Summer

Yoga - Seated: In Person

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.

Age: 55+ Years

Location: Old Town Hall

Session(s): Summer

Zumba, Zumba Gold & Zumba Toning: In Person

Zumba Gold is a fitness class that's all about 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. 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.

Age: 55+ Years

Location: Old Town Hall

Session(s): Summer



To register visit
play.newmarket.ca

* Adults 55+

Drop-In Programs

Summer 2022 (June 27 to July 29)

Located at Old Town Hall (460 Botsford Street)

Monday	
Bingo	1 p.m. to 3:30 p.m.
Tuesday	
Shuffleboard	9:30 a.m. to 11:30 a.m.
Texas Hold'em	12:30 p.m. to 3:30 p.m.
Bid Euchre	12:30 p.m. to 3:30 p.m.
Wednesday	
Book Club (Last week / month)	10 a.m. to 12 p.m.
Table Tennis	1 p.m. to 3:30 p.m.
Thursday	
Shuffleboard	1 p.m. to 3 p.m.
Friday	
Table Tennis	9:30 a.m. to 12 p.m.
Progressive Bridge	1 p.m. to 3:30 p.m.
Mah-Jong	1 p.m. to 3:30 p.m.

Please Note:

Allow more time to find a parking spot in the area

Games are open during regular operating hours (fees apply).

Locations within the NSMP may change.

New Players are encouraged, and help will be provided for those who would like.

Drop In programs are for NSMP Members only.

Non-members may try a program up to 3 times (paid) before deciding to become a member in order to continue to participate.

To access the Wood Shop, members must complete the Wood Shop Safety Orientation.

474 Davis Drive, Newmarket

905-953-5325

www.newmarket.ca/adults55+