



# Adults 55+ Programs



# Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

## 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
- 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
- Arts & Crafts Room
- Woodshop
- Games Room (Billiards & Darts)
- Outdoor Patio (sheltered with barbecue)

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

# \* Special Events Winter 2023

## Friday Night Social Dances

Newmarket Seniors' Meeting Place (474 Davis Drive)

8 p.m. to 11 p.m.

Pre-Registration: \$10 (Member), \$11 (Non-Member)

### Winter Dates:

January 13 Code: 2206

January 20 Code: 2207

February 10 Code: 2208

February 17 Code: 2209

March 10 Code: 2211

March 17 Code: 2215

Come enjoy a great night, featuring 2 dance floors (Line Dancing & Ballroom / Latin / Social), along with Coffee & Tea, Cash Bar, Theme Nights, and light refreshments.

## Euchre Tournament

Saturday January 14th, 2023

1 to 4 p.m

Fee: \$5 at the door, but you must pre-register.

Code: 2266

Doors will open at noon, and all players must be on site by 12:45 because the tournament starts at 1pm. No late players will be admitted. You must Pre-Register through the office to hold your spot. Refreshments will be available. \$5 will be taken at the door.

## Woodshop Orientation

Newmarket Seniors' Meeting Place (474 Davis Drive)

Thursday January 12, 2023

12:30 to 2 p.m.

FREE, but you must pre-register  
Registration Code: 2267

This orientation is required for any adults 55+ wishing to access our wood shop. It will cover Health & Safety and Guidelines for use.

## Trivia Pub Night

Friday January 27th, 2023

7 to 9 p.m

Member \$10 / Non-Member \$11

Code: 2201

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.

## Name That Tune (60s & 70s)

Wednesday February 8, 2023

2 to 4 p.m

Member \$5 / Non-Member \$6

Code: 2205

Come out for an afternoon combining music and trivia. You'll have the opportunity to listen to a portion of a song from the 60s or 70s, then try to figure out the name of the artist and the name of the song. Register as an individual or team, of up to 4. Light refreshments are included.

## Pancake (Shrove) Tuesday Breakfast

Tuesday February 21, 2023

Early: 9 to 10 a.m Code: 1761

Late: 10 to 11 a.m. Code: 1762

Member \$10 / Non-Member \$11

Includes pancakes, bacon, tea & coffee, juice, fruit, and great live entertainment.



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view program dates and times!

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## St. Patrick's Day Tea

Sunday March 12th, 2023

2 to 4 p.m

Member \$10 / Non-Member \$11

Code: 1765

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

## St. Patrick's Day with the Flailing Shilaleighs

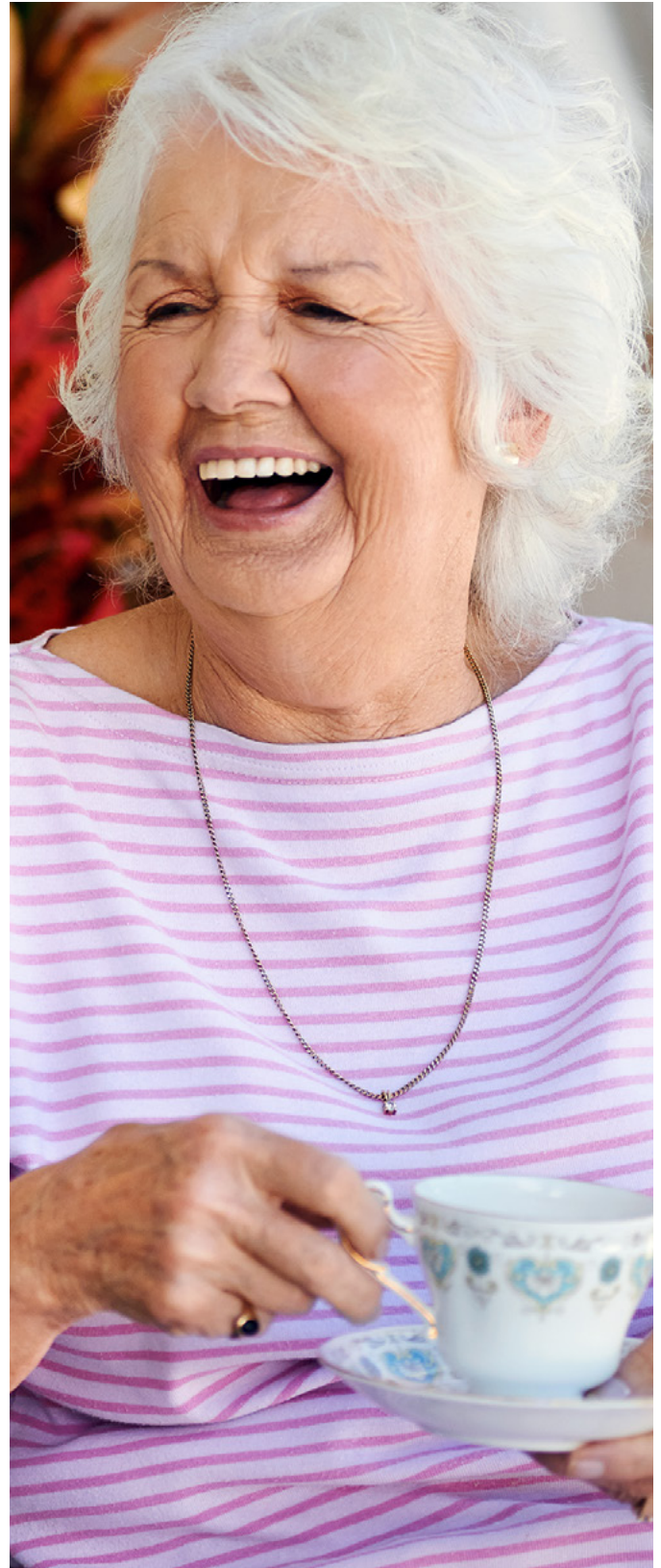
Saturday March 18, 2023

6:30 to 9 p.m.

Member \$20 / Non-Member \$25

Code: 1763

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.



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# \* Adults 55+ Programs

## Arts & Culture

### Abstract Explorations

Join us as we delve into some of the intriguing art mediums, paints and other materials to create unique paintings filled with texture and colour on canvas or your choice of substrate. A fun opportunity to explore textures and venture in new directions. Some of the materials we will explore are alcohol ink, acrylic mediums and gels, crackle paste, gold leaf and much more. Be sure to pick up a supply list from the NSMP office, or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Jackie**

### Acrylic Fine Art – Beginner

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. No Drawing skills required. Be sure to pick up a supply list from the NSMP office or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Cori**

### Acrylic Fine Art - Intermediate

A more challenging course for students with at least 2 years experience at the beginner level. Prior knowledge of brush handling & colour mixing with acrylics is essential. Intermediates will continue learning new techniques in realism, impressionism, abstract & mixed media with helpful demos & critiques. Landscapes, florals, wildlife, & portraiture will be explored. Be sure to pick up a supply list from the NSMP office or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Cori**

### Alcohol Ink Workshop - Home Decor (Wall Plates)

Join us as we explore vibrant fluid Alcohol Ink. It moves in a similar way to watercolor, but we will move the medium with air and create unique tiles. Each of your 4 pieces will be one of a kind wall plate (light switch or outlet). Each artist will choose from a selection of ink colours and add shimmering gold accents. All supplies are provided. The workshop is suitable for any skill level. Alcohol Ink can stain, so it is suggested you bring an apron.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Jackie**

### Alcohol Ink Workshops - 13" Round Canvas (Beginner & Intermediate)

Come explore the vibrant colors achieved with Alcohol Ink, which can be used on non-porous surfaces like glass, metal, yupo and more. This medium behaves a bit like watercolor and can be moved around with air (generally by blowing or canned/pressurized air). Alcohol Ink will smell like isopropyl alcohol while working with it. This is the same smell that is used for disinfecting surfaces. All materials are provided, but you may want to wear an apron. Bring a lunch if you wish. This workshop is suitable for beginners or Intermediate level artists.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Jackie**

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[newmarket.perfectmind.com](http://newmarket.perfectmind.com)

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## Experimental Acrylic Mixed Media - Beginner

This course is designed to give students a basic knowledge of the materials and methods used in creating water base paintings and mixed-media. Through demonstrations and a series of exercises students will become comfortable with handling the materials, mixing colours and composing their images. Critical advice and suggestions will be given individually while works are in progress. Be sure to pick up a supply list from the NSMP office or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Mahtab**

## Painting with Soft Pastels

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 6 week course and have subject choice from provided reference options. Be sure to pick up a supply list from the NSMP office or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Jackie**

## Watercolour - Intermediate

Explore watercolour painting further using a variety of themes: landscapes, still lives and flowers. Instruction in this spontaneous, playful medium includes demonstrations, exercises and feedback. This class allows you to explore and develop your own style of paintings. Be sure to pick up a supply list from the NSMP office or via email request.

**Age: 55+**

**Location: Seniors' Meeting Place**

**Instructor: Mahtab**

## Fitness, Wellness, & Dance

### 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.

**Age: 55+**

**Location: Recreation Youth Centre, Newmarket Community Centre & Lions Hall, and Online Classroom**

### Gentle Fitness

For those just starting out, returning to fitness from an injury/illness, or just looking to maintain a healthy lifestyle, this program is ideal for you. This class will focus on maintaining or increasing your range of motion, focusing on your shoulders and knees, but including all joints in the body! The goal is to keep your body moving well throughout your activities of daily living. Movements are done sitting or standing, with or without the support of a chair. Equipment Required: Chair, bands (or belt / towel), weights (or canned food / water bottles)

**Age: 55+**

**Location: Online Classroom**

### Gentle Stretching

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.

**Age: 55+**

**Location: Recreation Youth Centre & Newmarket Community Centre & Lions Hall**

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## Happy Hoppers Modern Square Dance

Join a healthy activity that incorporates physical, mental, and social wellness. No experience is necessary. You don't need a partner, nor do you need special attire. Just wear comfortable clothing and shoes. Three levels are available to suit all dancers, including Basic, Plus, and Mainstream. Volunteers are available to help new dancers. Experienced, award-winning caller, Doug Holmes, will take students through the paces of the Callerlab Curriculum in a fun and supportive manner. The winter session builds upon the fall program, so students joining in January must have previous experience.

**Age: 40+**

**Location: Seniors' Meeting Place**

## 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 in order to support and protect the joints.

**Age: 55+**

**Location: Seniors' Meeting Place**

## Line Dancing - Beginner

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 both men and women.

**Age: 55+**

**Location: Seniors' Meeting Place**

## 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.

**Age: 55+**

**Location: Seniors' Meeting Place**

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## 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.

**Age: 55+**

**Location: Seniors' Meeting Place**

## 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.

**Age: 55+**

**Location: Seniors' Meeting Place**

## 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 co-ordination skills.

**Age: 55+**

**Location: Seniors' Meeting Place**



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### Pilates with Props

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.

**Age: 55+**

**Location: Recreation Youth Centre & Online Classroom**

### 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.

**Age: 55+**

**Location: Online Classroom**

### 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!

**Age: 55+**

**Location: Seniors' Meeting Place**

### 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.

**Age: 55+**

**Location: Newmarket Community Centre & Lions Hall & Online Classroom**



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## Sweatin to the Oldies

This cardio-based class is low impact and will increase your endurance while moving to the music of the '50s, '60s, '70s. This class includes a warm-up, a minimum of 30min of aerobic training, strength training, balance, and stretching. Bring water and a towel and be prepared to sweat!

**Age: 55+**

**Location: Recreation Youth Centre**

## T.I.M.E. Exercise Program\*

TIME is an exercise program tailored to people with neurological conditions such as Stroke, Acquired Brain Injury (ABI), Parkinson's Disease, Multiple Sclerosis or have challenges with balance and coordination. This exercise program involves moving through circuit stations devised by Toronto Rehabilitation Institute physiotherapists and led by fitness instructors. The focus is on improving balance and coordination abilities. Participants are required to walk independently for 10m with or without a walking aid. The 60-minute class incorporates a warm-up, circuit stations and ends with a cool-down. The ratio of participants to staff is 1:4 & can increase to 1:6 when the participants improve their fitness levels. This is a therapeutic program.

**Age: 55+ Years**

**Location: Magna Centre**

## Total Body Conditioning

As we age, we lose muscle mass. It is vital to maintain our muscle mass to allow us to perform our regular activities. Get ready to work your muscles and challenge yourself by using your body weight and a variety of equipment through a circuit of exercises. Improve your endurance, stability, strength and keep yourself mobile!

**Age: 55+**

**Location: Online Classroom**

## 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.

**Age: 55+**

**Location: Seniors' Meeting Place, Ray Twinney Recreation Centre & Online Classroom**

## Yoga - Seated

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+**

**Location: Seniors' Meeting Place**

## Zumba, Zumba Gold & Zumba Toning

**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+**

**Location: Seniors' Meeting Place & Recreation Youth Centre**

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