

# Seniors' Meeting Place – Drop In Programs & Descriptions

474 Davis Drive, Newmarket, ON, L3Y 2P1 - 905-953-5325 - [www.newmarket.ca/adults55+](http://www.newmarket.ca/adults55+)

MONDAY	
Wood Carving	9 a.m. to 12 p.m.
Shuffleboard	9:30 a.m. to 11:30 a.m.
Bingo	1 p.m. to 3 p.m.
Mah-Jong (Hong Kong style)	1 p.m. to 3:30 p.m.
Indoor Archery	10 a.m. to 11 a.m.
Table Tennis	6:30 to 9:30pm
TUESDAY	
Badminton	8:30 a.m. to 11:30 a.m.
Wood Shop	9 a.m. to 12 p.m.
Texas Hold'em	12:30 p.m. to 3:30 p.m.
Euchre (Bid)	12:30 p.m. to 3:30 p.m.
Craft Room	9 a.m. to 12 p.m. AND 1 p.m. to 4 p.m.
WEDNESDAY	
Wood Carving	9 a.m. to 12 p.m.
Kurling	9:30 a.m. to 11 a.m.
Book Club	10 a.m. to 12 p.m. (Last Wednesday of the month)
Table Tennis	1 p.m. to 3:30 p.m.
Craft Room	9 a.m. to 12 p.m. AND 1 p.m. to 4 p.m.
THURSDAY	
Badminton	8:30 a.m. to 11:30 a.m.
Wood Shop	9 a.m. to 12 p.m.
Shuffleboard	1 p.m. to 3 p.m.
Craft Room	9 a.m. to 12 p.m. AND 1 p.m. to 4 p.m.
Qi Gong	3:30 p.m. to 4:30 p.m.
Cribbage	7 p.m. to 9:30 p.m.
FRIDAY	
Keynotes Choir	10 a.m. to 12 p.m. (Sept. to June)
Table Tennis	9:30 am to 11:30 am
Bridge (Progressive)	1 p.m. to 3:30 p.m.
Mah-Jong (Hong Kong style)	1 p.m. to 3:30 p.m.
Cribbage	1 p.m. to 3:30 p.m.
Art Drop In	1 p.m. to 3:30 p.m.
Badminton	1 p.m. to 4 p.m.
Euchre (Progressive)	7 p.m. to 10 p.m.

- There are currently no fees being charged for drop in programs; however, if it is an activity that awards a prize, the Convener may charge a nominal fee for the prize pool.
- The **Games Room** (Billiards, Pool, & Darts) is open during regular operating hours.
- New players are encouraged in drop in programs, and help will be provided for those who would like it.
- Drop In programs are for NSMP Members only. Non-members may try a program up to 3 times before deciding to become a member in order to continue to participate.
- To access the **Wood Shop**, members must complete a Wood Shop Safety Orientation.

# Drop In Program Descriptions

## **Badminton**

Badminton is a fun activity for all skill levels, even those with no experience! Join our friendly group and you will enjoy socializing, acquire some fitness and be amazed at how quickly your skills will develop!

## **Bingo**

A very good exercise for the mind you have to cover the numbers I call to the one on the card so therefore you have to really concentrate it is also beneficial for seniors to get out of the house so that gives a little bit of physical exercise

## **Book Club**

The club meets monthly on the last Wednesday of the month. Books are chosen in December for the following year. We discuss one book per month. The discussions often bring much additional insight to the book in a very relaxed atmosphere.

## **Craft Room**

For members to work on whatever projects they choose, take a program, or just to socialize.

## **Cribbage**

A card game with a board and pegs, played by 2 to 4 players. Each player tries to form various counting combinations of cards to move their pegs along, and you must be able to count to 31. A hand continues until all dealt cards are played. Additional points are counted at the end of a played hand. Cards are counted in public so that no one misses any points, because we want players to enjoy the game

## **Euchre (Bid)**

This card game is a combination of regular euchre and bidding, as in Bridge. If you have never played before, but are curious about this game, please drop in and watch us play. Lessons can be arranged.

## **Euchre (Progressive)**

A card game requiring little skill, so if you're looking to have fun, meet new people, and have a laugh or two, this might be the game for you. After each game, the winners move to the next table, while winners stay. Either way, everyone gets a new partner to play each game. Lessons can be arranged.

## **Keynotes Choir**

This choir meets from 10 to noon every Friday, September to June for a morning of enjoyable singing and fellowship. Our music includes popular, classical, spiritual, traditional, show music and many others, all in four part harmony. No audition needed: just show up and give us a try. Expect a warm welcome.

## **Mah Jong (Hong Kong style)**

An interesting and fun form of card games, played with "tiles". Mahjong is very popular in the Orient and gaining popularity throughout the world. We play with 4 people per table and provide lessons throughout the year. If you love playing card games you will love playing Mahjong.

## **Qigong**

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.

## **Table Tennis**

This is a program for people to enjoy a friendly table tennis competition, a place to practice standard table tennis rules and regulation, to exchange knowledge of table tennis equipment, and to make new friends. Come out for a great time and play a wonderful sport.

## **Wood Carving**

In the Woodcarving room, you will be taught the fundamental details of Woodcarving. The program will allow some tools for use but mostly you use your own. Newcomers will be taught by professional carvers who have years of experience. In addition, some wood can be supplied as well as a wealth of books and patterns. Anyone wishing to use the wood shop, must first take the Wood Shop Safety orientation.