

# Adult 55+ Programs

## Fall 2021



Fees below are for Members. Non-Member Residents add \$10. Non-Member Non-Residents add \$30 + HST.  
Please take note of the location of your program. A \$5 RAS surcharge will be added to each registration.

### In Person Programs

Effective November 22 to December 18, 2021. Subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zumba Gold</b> 9 to 9:45 a.m. NSMP - Halls 1 & 2	<b>Fit &amp; 55+</b> 9:30 to 10:30 a.m. Youth Centre Gym	<b>Zumba Toning</b> 10 to 10:45 a.m. NSMP - Halls 4 & 5	<b>Zumba Gold</b> 9 to 9:45 a.m. \$28 + HST NSMP - Halls 1 & 2	<b>Watercolour (Int)</b> 9 to 12 p.m. NSMP - Halls 1 & 2	<b>Zumba</b> 9 to 9:45 a.m. Youth Centre Gym
<b>Line Dancing (Intermediate)</b> 10 to 11:30 a.m. NSMP - Halls 4 & 5	<b>Gentle Stretch</b> 10:45 to 11:45 a.m. Youth Centre Gym	<b>Tai Chi (Beginner)</b> 1 to 2 p.m. NSMP - Halls 4 & 5	<b>Chair Yoga</b> 11 a.m. to 12 p.m. NSMP - Halls 1 & 2	<b>Fit &amp; 55+</b> 9:30 to 10:30 a.m. Youth Centre Gym	
<b>Line Dancing (Beginner)</b> 1 to 2:30 p.m. NSMP - Hall 3	<b>Line Dancing (Progressive)</b> 12:15 to 1:45 p.m. NSMP - Hall 3	<b>Tai Chi (Advanced)</b> 2:15 to 3:15 p.m. NSMP - Halls 4 & 5	<b>Paint with Pastels</b> 12:30 to 3:30 p.m. NSMP - Halls 1 & 2	<b>Pilates</b> 10:45 to 11:45 a.m. Youth Centre Gym	
<b>Hatha Yoga</b> 1 to 2:30 p.m. RTRC Multi-Purpose Room	<b>Line Dancing (Beginner Plus)</b> 2 to 3:30 p.m. NSMP - Hall 3		<b>Osteoporosis Exercise</b> 2:15 to 3:15 p.m. NSMP - Halls 4 & 5		
			<b>Line Dancing (Beginner)</b> 6:45 to 7:45 p.m. NCCLH – Lounge 1		
			<b>Line Dancing (Beginner Plus)</b> 6:45 to 7:45 p.m. NCCLH – Lounge 2		
			<b>Line Dancing (Intermediate)</b> 8 to 9 p.m. NCCLH – Lounge 1		
			<b>Line Dancing (Progressive)</b> 8 to 9 p.m. NCCLH – Lounge 2		

[newmarket.ca/adults55+](http://newmarket.ca/adults55+)

Recreation Youth Centre & Sk8 Park (RYC) 56 Charles Street  
Newmarket Community Centre & Lions Hall (NCCLH) 200 Doug Duncan Drive  
Ray Twinney Recreation Complex (RTRC) 100 Eagle Street West

Updated November 23, 2021

# Adult 55+ Programs

## Fall 2021



Fees below are for Members. Non-Member Residents add \$10. Non-Member Non-Residents add \$30 (plus HST).

### Online Programs

Effective November 22 to December 18, 2021. Subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fit &amp; 55+</b> 9:30 to 10:30 a.m. \$35 + HST Code: 138286 Nov. 1 (7 weeks)	<b>Chair Yoga</b> 11 a.m. to 12 p.m. \$45 + HST Code: 138701 Oct 19 (9 weeks)	<b>Fit &amp; 55+</b> 10:30 to 11:30 a.m. \$35 + HST Code: 138288 Nov. 3 (7 weeks)	<b>Hatha Yoga</b> 10 to 11:30 a.m. \$52.50 + HST Code: 138235 Nov. 4 (7 weeks)		<b>Rise &amp; Shine Yoga</b> 9 to 10:30 a.m. \$52.50 + HST Code: 138237 Nov. 6 (7 weeks)
<b>Pilates</b> 10:45 to 11:45 a.m. \$35 + HST Code: 138243 Nov. 1 (7 weeks)	<b>Osteoporosis Exercise</b> 2:15 to 3:15 p.m. \$35 + HST Code: 138238 Nov. 2 (7 weeks)		<b>Fit &amp; 55+</b> 10 to 11 a.m. \$35 + HST Code: 138289 Nov. 4 (7 weeks)		
	<b>Strong Bones</b> 3:30 to 4:30 p.m. \$35 + HST Code: 138253 Nov. 2 (7 weeks)		<b>Strong Bones</b> 11:15 to 12:15 p.m. \$35 + HST Code: 138254 Nov. 4 (7 weeks)		
	<b>Qi Gong</b> 2 to 3 p.m. Free Code: 138255 Nov. 2 (7 weeks)				

### Seniors' Advisory Board Programs - In Person

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Shuffleboard</b> 10 a.m. to 12 p.m. Hall 3	<b>Badminton</b> 9:30 to 11:30 a.m. Hall 3, 4, 5	<b>Kurling</b> 9:30 to 11 a.m. Hall 3	<b>Badminton</b> 9:30 to 11:30 a.m. Hall 3, 4, 5	<b>Keynotes Choir</b> 10 a.m. to 12 p.m. Hall 3, 4, 5	
<b>Wood Carvers</b> 9:30 a.m. to 12 p.m. Wood Shop	<b>Wood Shop</b> 9:30 a.m. to 12 p.m. Wood Shop	<b>Wood Carvers</b> 9:30 a.m. to 12 p.m. Wood Shop	<b>Wood Shop</b> 9:30 a.m. to 12 p.m. Wood Shop	<b>Mah Jong</b> 1 to 3:30 p.m. Halls 5	
<b>Bingo</b> 1 to 3:30 p.m. Halls 1 & 2	<b>Texas Hold'em</b> 12:30 to 3:30 p.m. Hall 1	<b>Book Club</b> 10 a.m. to 12 p.m. Hall 6 (Nov. 24) (Computer Room)	<b>Shuffleboard</b> 1 to 3 p.m. Hall 3	<b>Progressive Bridge</b> 1 to 3:30 p.m. Hall 1	
<b>Mah Jong</b> 12 to 3 p.m. Hall 5	<b>Bid Euchre</b> 12:30 to 3:30 p.m. Hall 2	<b>Table Tennis</b> 1:00 to 3:30 p.m. Hall 3		<b>Badminton</b> 1:30 to 3:30 p.m. Hall 3	

NSMP Members wishing to participate in these drop in programs are not required to pre-register, but as space within each program is limited, participants are encouraged to sign up for their program the week before, or call the NSMP during business hours, Monday to Friday from 9am to 3:30pm, to put their name on the attendance sheet 905-953-5325. You can also email seniors@newmarket.ca

All participants and visitors to the NSMP will be required to provide proof of double vaccination every time they visit the centre, and will be screened for covid symptoms at the door.

The Games Room is available from Monday to Friday, from 9 a.m. to 3:30 p.m.