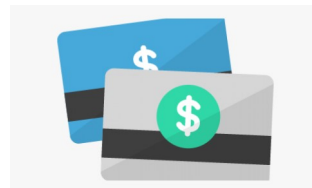




July/Aug 2024

User Fee Cards are available for purchase from the office. The cards come in denominations of \$10 and \$20.

Each time a member enters Mapleridge and checks-in to a program (either drop in or registered), the front door volunteer will punch the card to indicate the \$2 user has been paid.



Registered Programs

Registration fee may apply

Exercise-Light Weight User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	July 23	Aug 13	2:45pm-3:45pm	\$26.00	Susan Stevenson
		Aug 20	Sept 10	2:45pm-3:45pm	\$26.00	Susan Stevenson

Line Dance

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Line Dance Intermediate Low	Monday	July 8	July 29	1:00pm-2:00pm	\$12.00	Gary Calder
	Monday	Aug 12	Sept 9	1:00pm-2:00pm	\$12.00	Gary Calder
Line Dance Intermediate	Thursday	June 27	July 18	1:00pm-2:00pm	\$12.00	Cyndie Lamrock
	Thursday	Aug 1	Aug 22	1:00pm-2:00pm	\$12.00	Cyndie Lamrock

Mentastics

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	July 9	Aug 6	12:15pm-1:00pm	\$25.00	Michelle Godfrey

Qigong

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Qigong	Monday	July 29	Aug 26	9:00am-10:00am	\$25.00	Kathryn Matheson

Pickleball

User fee applies to programs only at Mapleridge

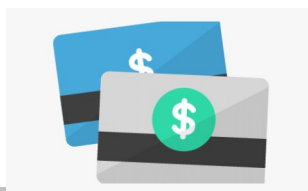
Program	Day	Start	End	Time	Fee	Instructor
Pickleball Recreation/ Intermediate Westdale United Church	Friday	Sept 27	Dec 6	1:00pm-3:30pm	\$90.00	No Instructor
				None on Oct 18		
				Nov 8 & 15		
Pickleball Recreation/ Intermediate Westdale United Church	Friday	Sept 27	Dec 6	3:30pm-6:00pm	\$90.00	No Instructor
				None on Oct 18		
				Nov 8 & 15		
Pickleball Recreation/ Intermediate Westdale United Church	Friday	Sept 27	Dec 6	6:00pm-9:00pm	\$108.00	No Instructor
				None on Oct 18		
				Nov 8 & 15		



July/Aug 2024

User Fee Cards are available for purchase from the office. The cards come in denominations of \$10 and \$20.

Each time a member enters Mapleridge and checks-in to a program (either drop in or registered), the front door volunteer will punch the card to indicate the \$2 user has been paid.



Registered Programs

Registration fee may apply

Yoga

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Yoga Gentle	Tuesday	July 23	Aug 13	4:00pm-5:00pm	\$26.00	Susan Stevenson
		Aug 20	Sept 10	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	July 24	Aug 14	10:30am-11:30am	\$26.00	Susan Stevenson
		Aug 28	Sept 11	10:30am-11:30am	\$20.00	Susan Stevenson
Yoga Flow & Restore NEW	Thursday	July 4	Aug 1	4:00pm-5:00pm	\$24.00	Kim MacLean
		Aug 8	Aug 29	4:00pm-5:00pm	\$24.00	Kim MacLean
Yoga Yin Yang	Friday	July 5	July 26	11:15am-12:15pm	\$24.00	Josee Caron

Yoga Flow & Restore– This is a slow-paced Restorative yoga practice beginning with breathwork & mindful movements, gentle seated warm up stretches and then settling into 2 Restorative poses and final savasana. This class will focus on mindfulness, compassionate awareness and guided meditation with an occasional yoga nidra.

New Yoga for Starters

User fee applies to programs at

Program	Day	Start	Time	Fee	Instructor
Yoga for Starters	Monday	July 29, Aug 19, Aug 26	10:15am-11:15am	\$6.00 per class	Kim MacLean

This class is a basic Hatha Yoga style suited for beginner or newish students. Includes breathwork slow mindful movement with a focus on foundations and yoga alignment.

New Yoga Gold

User fee applies to programs at Mapleridge

Program	Day	Start	Time	Fee	Instructor
Yoga Gold	Monday	July 22, Aug 12, Sept 9	10:15am-11:15am	\$6.00 per class	Vicki Barkla

Yoga Gold is designed especially for the second half of life and moving with the bodies we are living in now. The class practices postures of yoga gently and with an alertness to our breath, ensuring that we are feeling own body as we are practicing.

Yoga Rise & Stretch

User fee applies to programs at

Program	Day	Start	Time	Fee	Instructor
Yoga Rise & Stretch	Tuesday	July 30, Aug 20, Aug 27	9:00am-10:00am	\$6.00 per class	Kim MacLean

Yoga Rise & Stretch is similar to Heather Clarke's Stretch & Strength

Zumba

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Zumba Light	Tuesday	July 16	Aug 13	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	July 18	Aug 15	9:15am-10:00am	\$24.00	Natalie Wittek

Drop In Programs

User fee applies to programs

Recreation & Leisure

Program	Day	Time
Bingo	Friday	1:00pm
Bocci Ball	Monday	10:00am
Exercises	Tues & Thurs	10:15am
Table Tennis	Mon, & Fri	10:00am

Shuffleboard

Day	Time
Monday	10:30am & 1:30pm
Tuesday	11:00am & 1:30pm
Wednesday	9:30am, 11:00am, 1:30pm
Thursday	11:30am & 1:30pm
Friday	9:30am, 11:00am & 1:30pm

Contact Ed Hughes for more information on joining a shuffleboard team.

Phone: 705-740-3841

Email: rxcist@gmail.com

Pickleball For Fun Drop In

Level	Day	Time
Beginner	Monday	3:00pm

Tai-Chi Summer drop in

Day	Time
Thursday	2:30pm


Cards & Games

Game	Day	Time
Bid Euchre	Tuesday Thursday	1:00pm 1:00pm
Bridge (Beg)	Tuesday	9:00am
Bridge	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm

Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am

Billiards Schedule

Monday 	8:30am-10:00am 10:30am-12:00pm
Tuesday	8:30am-10:00am 10:30am-12:00pm 12:30pm-2:00pm
Wednesday	8:30am-10:00am 10:30am-12:00pm 1:00pm-2:30pm
Thursday	8:30am-10:00am 10:30am-12:00pm 12:30pm-2:00pm
Friday	8:30am-10:00am
Saturday	11:00am-12:30pm

Big Bingo

Date: Sunday, July 28

Doors open at Noon

Bingo starts at 1:00pm

Cost: \$20.00 per person

Everyone Welcome

Pay at the door, cash only

Café open.



Mini Bucks Bid Euchre

Date: Saturday July 6 & 20

Doors open at 11:15am

Cards start at 12:30pm

Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



Choir New Day in September

Day	Time
Friday	9:30am

CAFE
10am-3pm Monday-Wednesday
10am-1:30pm- Thursday
11am-2:30pm Friday



Soup & Sandwich
available on Tuesdays
and Wednesdays
11:30 am

Soup & Roll \$5.00
Sandwich \$5.00
**Soup/Sandwich
Combo \$9.00**

AT THE CAFE
Slice of Pie \$3



Hamburger or Sausage & Drink \$6

**Euchre & Board Games
Night**
\$2.00 At the Door
Friday, July 12
Doors Open at 5:00pm
Cards start at 6:00pm
50/50

Mini Bucks Bid Euchre

\$5.00 At the Door

Saturday, July 6 & 20

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please



Week at a Glance

Monday

Program	Time
Billiards	8:30am
Qigong	9:00am
Bocci Ball	10:00am
Table Tennis	10:00am
Yoga for Starters July 8 & 29	10:15am
Billiards	10:30am
Shuffleboard	10:30am
Cribbage	1:00pm
Line Dance Inter Low	1:00pm
Shuffleboard	1:30pm
Beginner Pickleball for Fun Drop In	3:00pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Rise & Stretch July 9 & 30	9:00am
Exercises	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:00am
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka	1:00pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:45pm
Gentle Yoga	4:00pm

Wednesday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Chair Yoga	10:30am
Billiards	10:30am
Shuffleboard	11:00am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm

Thursday

Program	Time
Billiards	8:30am
Zumba Light	9:15am
Exercises	10:15am
Billiards	10:30am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Yoga Slow Flow&Restore	4:00pm

Friday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Table Tennis	10:00am
Super Hoops	10:15am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
<i>Euchre & Games – July 12</i>	<i>6:00pm</i>

Saturday

Program	Time
Choir	9:30am
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks July 6 & 20	12:30pm

Mapleridge
Saturday Night Dance
July 27 DJ . 50/50
 Cash Bar
\$12 Pre-register Snacks for Sale
\$15 cash at the door **7:00pm-11:00pm**
705-742-1481 *Doors open at 6:30pm*
1085 Brealey Drive Peterborough



Jackpot \$200 and \$100 **Sunday July 28, 2024**
1:00pm \$20.00
Everyone Welcome
Pay at the Door
CASH ONLY!
 Bring your own dabbers

