



Sept/Oct 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

Arts

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	Sept 3	Sept 24	1:00pm-3:00pm	\$10.00	Bernice Cote
Watercolour	Monday	Sept 19	Nov 11	1:00pm-4:00pm	\$140.00	Debra Bannister
Learn to Draw	Monday	Sept 23	Oct 21	9:30am-11:30am	\$10.00	Barry Johnson

Exercise-Light Weight

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	Sept 24	Oct 15	2:30pm-3:30pm	\$26.00	Susan Stevenson
Strength,Stretch&Sweat	Wednesday	Sept 18	Oct 9	11:45am-12:30pm	\$24.00	Natalie Wittek

Dance

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre-Beginner Workshop	Monday	Sept 30	Sept 30	3:45pm-4:45pm	\$6.00	Natalie Wittek
Ballet Barre-Beginner	Monday	Oct 7	Nov 4	3:45pm-4:45pm	\$24.00	Natalie Wittek
Line Dance Int Low Traditional/Modern	Monday	Sept 16 Oct 21	Oct 7 Nov 11	12:30pm-2:00pm	\$12.00	Gary Calder
Beginners Salsa, Bachata, Merengue	Monday	Sept 23	Nov 18	2:30pm-3:30pm	\$60.00	Gabia Ferguson
Line Dance Intermediate	Thursday Thursday	Aug 29 Oct 3	Sept 26 Oct 24	1:00pm-2:00pm 1:00pm-2:00pm	\$12.00 \$12.00	Gary Calder Gary Calder

Guest Speaker

Program	Day	Date	Time	Fee	Speaker
Residential Schools	Tuesday	Sept 17	2:00pm	Free	Arnold Taylor

Hoops

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Beginner Hoops Workshop	Wednesday	Sept 18	Sept 18	9:30am-10:15am	\$6.00	Basia Baklinski
Beginner Hoops	Wednesday	Sept 25	Oct 16	9:30am-10:15am	\$24.00	Basia Baklinski



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Registered Programs

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Memoir Writing

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Program	Day	Start	End	Time	Fee	Instructor
Story of My Life	Wednesday	Sept 25	Nov 27	10:30am-12:00pm	\$145.00	Shelley Weiss

Mentastics

User fee applies to programs all at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	Sept 24	Oct 15	12:15pm-1:00pm	\$25.00	Michelle Godfrey

Tai Chi/Qigong

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	Sept 19	Nov 7	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong	Monday	Sept 23	Oct 21	9:00am-10:00am	\$25.00	Kathryn Matheson

Workshops

User fee applies to all programs Mapleridge

Topic	Day	Date	Time	Fee	Presenter
Painting Workshop Acrylic Pouring	Tuesday	Sept 24	6:00pm-8:30pm	\$50.00	Lesley Hamilton
Be Prepared Workshop	Wednesday	Sept 25	6:00pm-8:00pm	Free	Age Friendly Peterboro
Trager/Mentastics Approach	Thursday	Sept 26	11:15am-12:30pm	\$8.00	Michelle Godfrey
Food for Thought	Thursday	Oct 3	11:15am-12:30pm	\$8.00	Kathryn Matheson
Mindful Meditation	Thursday	Oct 10	11:15am-12:30pm	\$8.00	Susan Stevenson
Pranayama Breath Work	Thursday	Oct 17	11:15am-12:30pm	\$8.00	Josee Caron
Vegus Nerve	Thursday	Oct 24	11:15am-12:30pm	\$8.00	Susan Stevenson

Webinar

No User Fee Required

Topic	Day	Date	Time	Fee	Presenter
Shared Living	Wednesday	Sept 18	1:00pm-2:00pm	Free	Older Adult Centre Ontario "Senior Women Living Together"



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Registered Programs

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Yoga

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Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	Sept 23	Oct 21	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Sept 23	Oct 21	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	Sept 24	Oct 15	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	Sept 24	Oct 15	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday Wednesday	Sept 4 Sept 25	Sept 11 Oct 16	10:30am-11:30am 10:30am-11:30am	\$13.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Stretch & Strength	Thursday	Sept 26	Oct 17	4:00pm-5:00pm	\$24.00	Heather Clarke
Yoga Gold	Friday	Sept 20	Oct 11	10:15am-11:00am	\$24.00	Vicki Barkla
Yoga Yin Yang	Friday	Sept 13	Oct 4	11:15am-12:15pm	\$24.00	Josee Caron

Zumba

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Zumba Light	Tuesday	Sept 17	Oct 8	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Sept 19	Oct 10	9:15am-10:00am	\$24.00	Natalie Wittek

Drop In Programs

User fee applies to programs

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

Choir New Day in September

Day	Time
Friday	9:00am

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

Pickleball For Fun Drop In

Level	Day	Time
Beginner	Monday– last day Sept 16	3:00pm
Beginner	Wednesday-Start Oct 2-New Day	3:45pm

Drop In Programs

User fee applies to programs

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

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

Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am

Mini Bucks Bid Euchre

Date: Saturday Sept 7 & 21
 Doors open at 11:15am
 Cards start at 12:30pm
 Cost: \$5.00 per person
NO BEGINNERS PLEASE
 Sandwiches & pies to purchase.



Big Bingo

Date: Sunday, September 22
 Doors open at Noon
 Bingo starts at 1:00pm
 Cost: \$20.00 per person
 Everyone Welcome
 Pay at the door, cash only
 Café open.





**Mapleridge
Recreation Centre**
 1085 Brealey Drive
 705-742-1481
mapleridgerecreationcentre.com



OPEN HOUSE
 Thursday
 September 12
 5:00pm-7:30pm
 Tour the building, meet our instructors
 and try a demo program.

Mapleridge
Saturday Night Dance \$10 cash at the door
 Doors open at 6:30pm
Sept 28 7:00pm-11:00pm
 DJ . 50/50
 Cash Bar
 Snacks for Sale
 705-742-1481
 1085 Brealey Drive Peterborough



meeting
 NOTICE

**By-law Meeting for
 Member Approval
 Monday September 16
 9:30am Main Hall**

Updated by-law changes & Letter of
 Patent to ensure they are compliant to
 the Not for Profit Corporation Act
**Draft Copies of By-laws will be available
 on request closer to the date**

**Thanksgiving
 Dinner** **Sunday October 6**
 Doors open at 12:00pm
Dinner at 1:00pm Cost \$25
 Turkey Dinner with all the fixings



Sponsored by 
Kawartha Heights
 Retirement Living

50/50 and Cash Bar
 Register by phone or in person

Week at a Glance

Monday

Program	Time
Billiards	8:30am
Qigong-Sept 23	9:00am
Learn to Draw Sept 23	9:30am
Bocci Ball	10:00am
Table Tennis	10:00am
Yoga for Balance & Strength-Sept 23	10:15am
Billiards	10:30am
Shuffleboard	10:30am
Yoga for Better Bones- Sept 23	11:15am
Line Dance Inter Low Trad/Modern	12:30pm
Watercolour-Sept 19	1:00pm
Cribbage	1:00pm
Shuffleboard	1:30pm
Beginner Latin Sept 23	2:30pm
Ballet Barre Beginner Sept 30	3:45pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Stretch-Sept 24	9:00am
Exercises	10:15am
Billiards	10:30am
Zumba Light-Sept 17	11:15am
Shuffleboard	11:00am
Mentastics-Sept 24	12:15pm
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka-Sept 3	1:00pm
Shuffleboard	1:30pm
Bone Building Strength & Balance -Sept 24	2:30pm
Gentle Yoga-Sept 24	4:00pm
Acrylic Paint Pouring Workshop	6:00pm

Wednesday

Program	Time
Billiards	8:30am
Beginners Hoops-Sept 18	9:30am
Shuffleboard	9:30am
Chair Yoga	10:30am
Billiards	10:30am
Story of my Life-Sept 25	10:30am
Shuffleboard	11:00am
Strength, Stretch, Sweat Sept 18	11:45am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm
Be Prepared Workshop Sept 25	6:00pm

Thursday

Program	Time
Billiards	8:30am
Zumba Light-Sept 19	9:15am
Exercises	10:15am
Billiards	10:30am
Workshops-see schedule	11:15am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Yoga Stretch-Sept 26	4:00pm

Friday

Program	Time
Billiards	8:30am
Choir	9:00am
Shuffleboard	9:30am
Table Tennis	10:00am
Yoga Gold-Sept 20	10:00am
Shuffleboard	11:00am
Yin Yang Yoga-Sept 13	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
<i>Euchre & Games -Sept 13</i>	<i>6:00pm</i>

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Sept 7 & 21	12:30pm

Euchre & Board Games Night Doors Open at 5:00pm
Cards start at 6:00pm

\$2.00 At the Door **50/50**

Friday, Sept 13

AT THE CAFE
Slice of Pie \$3
Hamburger or Sausage & Drink \$6



Jackpot \$200 and \$100

Sunday Sept 22, 2024
1:00pm \$20.00

Everyone Welcome
Pay at the Door
CASH ONLY!
Bring your own dabbers

