

Mapleridge Recreation  
Centre for adults 50+

*"Engaging you in a welcoming and vibrant  
community that empowers members to  
live active healthy and fulfilling lives."*



# September 2024



Monday 8am-5pm, Tuesday 8am-5pm  
Wednesday 8am-5pm, Thursday 8am-5pm  
Friday 8am –4pm  
Saturday 11am-3:30pm

1085 Brealey Drive, Peterborough, Ontario K9K 0C1  
Phone: (705) 742-1481

**Email:** [heather.mcginn@mapleridgerecreationcentre.com](mailto:heather.mcginn@mapleridgerecreationcentre.com)  
Or

[susan.king@mapleridgerecreationcentre.com](mailto:susan.king@mapleridgerecreationcentre.com)



# From the Desk of.....

Welcome to the month of September

We are excited to introduce some new programs at our Open House on September 12. Mapleridge is very fortunate to have top notch certified instructors who have a wealth of knowledge not only in their perspective field, but also expertise in a variety of health and wellness topics. Throughout the fall season you can join workshops ranging from topics that include: Mindful Meditation, Pranayama Breath Work, Trager/Mentastics, Vagus Nerve, and Nutrition. Age Friendly Peterborough will be offering a “Be Prepared Workshop” for members and the community on Sept 25 at 6pm. We are grateful to have a representative from Curve Lake to speak on Residential Schools in honour for National Truth and Reconciliation Day.

## New Programs & Workshops

Try from a variety of art programs, including Watercolour, Learn to Draw and Acrylic Paint Pouring workshop. We are offering a wide range of fitness programs for all levels including a variety of yogas, chair exercises, strength and stretch classes, Tai Chi, Qigong and Mentastics. You are never too old to try something once and look forward to members joining our new Ballet Barre and Beginner Hoops program. Ballet Barre is a great way to improve posture, balance and stretch muscles, and hooping is an excellent cardio workout that improves muscle tone, coordination and balance.

If dancing is your passion, we offer Line Dancing and Beginner Latin Dancing. You can take your new dance skills to our monthly Saturday Nights dances that we offer and open to guests and the community. It is a great way to meet new people and make friends.

## Drop in Programs

Don't forget to join some of our regular drop in programs that includes card games, shuffleboard, table tennis, billiards, exercises and pickleball.

## New Horizon Grant

We were fortunate to receive a New Horizon Grant this year. 18 members and two community members participated in 12 sessions over a six week period in July and August “Senior In Motion Program.” We partnered with Trent Health in Motion to allow older adults to participate in a free low impact exercise and health program that included hydrotherapy sessions, chair yoga, and healthy living workshop.



## By-Law Meeting

Don't forget to register for the By-Law Meeting on Monday Sept 16 at 9:30am. Membership is required to review and approved the changes. Draft copies are available at the office. Upon request.

Until next time.....

Heather McGinn– General Manager

## Board of Directors 2024/2025

Name	Position
Ollie Bakelaar	President
Charlaine Schwass	Vice President
Sharla Trudell	Treasurer
Mary Hopkins	Secretary
Gary Cornell	Director
Joan Michaels	Director
Debby Lovegrove	Director
Doug Loney	Director
Ron Smith	Director

**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**

# Partnerships & Community Events



We can't predict the future,  
but we can prepare for it.

## Be Prepared Workshop 2nd edition



Have you thought about emergency and personal safety planning?



Have you considered your future options or arranged an advanced care plan?



Do you have your life documents and emergency contacts in order?

**Having a plan for the future allows for the enjoyment of today!**

Preparation provides us with clarity, peace of mind, and organization if an emergency were to arise. That's why AFP has developed the **Be Prepared Workbook**, a tool with checklists, prompting questions and resources to help you take control in the chaos of life's uncertainties.

We invite older adults to attend a *free* Be Prepared Workshop where you will:

- Receive your own Be Prepared Workbook
- Learn how to use the workbook
- Discover and discuss preparation strategies

Workshop Host: *Mapleridge Recreation Centre*  
Location: *1085 Brealey Drive, Peterborough*

**Date: Sept 25, 2024**  
**6:00pm-7:30pm**

**Call 705-742-1481 to register**

Thank you to United Way Peterborough & District for funding the Be Prepared project



United Way  
Peterborough & District

**TORONTO MAPLE LEAFS BINGO**

**20 PAIRS OF TICKETS TO BE WON!**

**THURSDAY, SEPTEMBER 26, 2024**

**\$40**

DELTA BINGO GAMING

DELTA BINGO GAMING  
DELTA BINGO - EVENTBRITE.CA

**IT'S ALMOST HERE!**

**DRAG BINGO**

COMEDY SHOW

MISS DIVALICIOUS

"It's a Drag! It's a Party! It's a Fun-Love-DRAG QUARTZ!"

**"SUPERHEROES & VILLAINS"**

with  
MISS DIVALICIOUS & MS. MADGE ERHAT

**SATURDAY, SEPTEMBER 7TH 2024**

**DELTA BINGO PETERBOROUGH**

Tickets available NOW at Delta Bingo or Eventbrite.com



**Delta**  
BINGO - GAMING

## Guest Speaker

# Guest Speaker: Arnold Taylor

**Tuesday September 17 at  
2:00pm. Register at  
Malplerridge Office.**

**In Honour of National Day for Truth  
and Reconciliation on Sept 30,  
join Arnold Taylor for a talk about  
Residential Schools in Ontario and  
across Canada.**



## Webinars

### OACAO 2024 SUMMER WEBINAR

**FREE**



**WED  
SEPT  
18TH**



**1PM  
- 2PM  
EDT**

Mapleridge Recreation  
Centre for adults 50+



#### WHY WE SHOULD PAY ATTENTION TO SHARED LIVING

Join us for a webinar on the benefits and possibilities of shared living! With housing costs rising and cities becoming more crowded, shared living is a smart solution. In this session, we'll cover:

- **Benefits of Shared Living:** Learn how shared living can save money, build community, and support sustainable living.
- **Top 5 Concerns:** Find out the main worries people have about shared living and how to deal with them.
- **Affordable Housing:** See how shared living can help solve the affordable housing crisis.

We'll finish with a Q&A session where you can ask questions and get expert advice.

Pat Dunn is the founder and Executive Director of Senior Women Living Together, a non profit organization that helps senior women find compatible homemates. Through her personal experience of living with other senior women and building a program for senior women to create their own successful shared living arrangements, she has become a strong advocate for living together as the best option for many people. Pat is a retired public health nurse.

**Register at Mapleridge Office**

**Location– Activity Room Lower Level of Mapleridge  
Bring Pen & Paper to take notes**

1085 Brealey Drive, Peterborough, Ontario K9K 0C1 Phone: (705) 742-1481

Older Adult Centre Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



# Notices & General Inquiries

## Emails

The office sends out regular emails to its members. Using our software "My Senior Centre" the emails come from the following address:

[null@myactivitycenter.com](mailto:null@myactivitycenter.com)

Members may need to check their junk mail as some email providers detect it as spam.

Some internet providers block our emails from being sent and unfortunately Mapleridge has no control over this and members are encouraged to visit our website for up-to-date information.

[www.mapleridgerecreationcentre.com](http://www.mapleridgerecreationcentre.com)

## No Program Trials

Mapleridge does not provide trials for any programs. Anyone wishing to join our programs must be a paid member. Membership forms are available in person or on our website:  
[mapleridgerecreationcentre.com](http://mapleridgerecreationcentre.com)

## Guests

Guests are welcome for meals and special events. Please call to register if interested in attending.

## Volunteers

We are always looking for volunteers in the following areas:

- Front Door
- Kitchen Clean Up
- Cafe
- Special Event Leads
- Delta Bingo

Contact the office for more information.

## Key Tags

Be sure to bring your key tag as everyone must sign in. This enables us to contact trace and better manage programs.



## Front Door

There is a volunteer located at the front door. This volunteer will scan each member's key tag to check into My Senior Centre (MSC) and hole punch the User Fee Card.

**New to You Table  
Holiday Market**

We are looking for gently used items for our New to You table at the Holiday Market. Items donated will be sold at a reduced price for this fundraising event. We do not need any items for the penny auction table at this time. We appreciate your support.



Donations

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



**FRAGRANCE FREE**

**Fragrance Free Building**

Perfumes, After Shaves & other scented beauty products may cause allergic reactions. Please avoid wearing scented personal products when in the building.



# General Information & Upcoming Events

## Payments

Mapleridge accepts MC, Visa, American Express, Debit as well as Cash and Cheques. Phone the office if you prefer to pay over the phone by credit card. We are sorry to inform our members and guests that the office does not accept \$100 dollar bills.

The office is not able to make change for \$50 and \$20 bills



without a payment. It is appreciated if you need to change your larger bills, you do so before arriving at the centre.

## User Fee Cards

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



*Be considerate of others.*

*If you are feeling under the weather, please stay at home.*



## Holiday Facility Closure

Please note that Mapleridge will be closed on statutory holidays. Please check our website, Facebook and email blast for announcements.

Prizes

# Mapleridge HALLOWEEN DANCE

Dress in costume

**Saturday Oct 26**  
\$10 cash at the door  
Doors open at 6:30pm  
7:00pm-11:00pm  
DJ . 50/50  
Cash Bar  
Snacks for Sale

## 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

# HOLIDAY MARKET

**Friday, Nov 15 4pm-8pm**  
**Saturday, Nov 16 9am-1pm**

Vendors, Penny Auction,  
New to You, Cafe, Bake Room

**McDougall**  
INSURANCE & FINANCIAL  
Sponsor  
Real people working for you, since 1946

Mapleridge Recreation Centre  1085 Brealey Drive  
Peterborough  
705-742-1481

# Member Information

## Membership Information

If members have any changes to address, phone or contact information please call the centre. Emergency contact is also important to keep updated.

Memberships are non-refundable. The fee is \$30.00 per year and is subject to change.

## Lifetime Members

Individuals who are 90 years of age or older, or are turning 90 in the year are excluded from paying the membership fee.

## Library

The library is open for book and puzzle exchange. Members need to check-in at the front door when attending the library.



## New and Renewed Memberships

Membership forms are available at the centre or on the website: [mapleridgerecreationcentre.com](http://mapleridgerecreationcentre.com)  
Must be a member to participate in registered programs and drop in programs.

*Payments for memberships must be made within 3 business days in person or over the phone.*

CAFE	
10am-3pm Monday-Wednesday	<b>Soup &amp; Sandwich</b>
10am-1:30pm Thursday	available on Tuesdays and Wednesdays
9am-3pm Friday	11:30 am
	<b>Soup &amp; Roll \$5.00</b>
	<b>Sandwich \$5.00</b>
	<b>Soup/Sandwich</b>
	<b>Combo \$9.00</b>

## Program Registration

- Registration is required for some programs.
- Register for programs over the phone or in person
- Programs start on time.
- There is no transferring of programs
- Being a past participant in a class does not guarantee a spot in a future series. Always register in advance to avoid disappointment.

## Program Fees

- Program fee for most registered programs.
- When attending a program (registered or drop in) there is a \$2.00 non-refundable fee.
- "User Fee Cards" can be purchased from the office.
- Payments must be made within three business days.
- Refund request is accepted prior to program start date.
- No refunds for missed classes.
- Full refunds will be provided if programs are cancelled before it starts.
- Staff reserve the right to cancel.



**INTERESTED  
IN PLAYING  
DARTS?**

Contact Helen  
[helenhamblin@jcloud.com](mailto:helenhamblin@jcloud.com)

**Christmas Baking**

**Baking Supplies Needed for Holiday Market**

We are in need of unopened, fresh baking supplies for our bake room at the Holiday Market. If you are interested in donating flour, sugar, butter etc please drop off at the cafe. Monetary donations are greatly appreciated. Your support is appreciated.



# Book Club



**Peterborough  
Public Library**

One Book, One Ptbo aims to build community through the shared experience of reading the same book and participating in programs and events inspired by our 2024 One Book, One Ptbo selection, *The Story of Us* by Catherine Hernandez. Join us for a Librarian-led book discussion and share your thoughts in a fun and friendly atmosphere. Print copies of the book will be available at Maperidge starting September 13. You can also access digital copies through cloudLibrary, a free library app for ebooks and audiobooks, <https://www.ptbolibrary.ca/en/whats-happening/one-book-one-ptbo.aspx>

- Books can be signed out at the Maperidge Office starting Friday Sep 13.
- Book Club will meet on Thursday Oct 10 from 2-3pm Lower Level at Maperidge to discuss book.

## About the Author, Catherine Hernandez

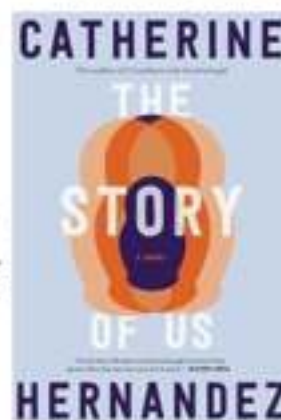


Catherine Hernandez (she/her) is an award-winning author and screenwriter. She is a proud queer woman who is of Filipino, Spanish, Chinese and Indian descent and married into the Navajo Nation. Her first novel, *Scarborough*, won the Jim Wong-Chu Award for the unpublished manuscript and was a finalist for several awards including Canada Reads 2022. She wrote the screenplay for the film adaptation of *Scarborough*, which was nominated for 11 Canadian Screen Awards and won 8 including Best Picture and Best Adapted Screenplay. Her second novel, *Crosshairs*, was shortlisted for the Toronto Book Award and made several Best-Of lists of 2020. Her third novel, *The Story of Us*, was an instant national bestseller. She is currently working on a few television projects. Her fourth novel, *Behind You*, about a young girl growing

up in Scarborough when a serial killer was at large, was just published on May 7 by HarperCollins Canada.

## The Story of Us by Catherine Hernandez

Like many Overseas Filipino Workers, Mary Grace Concepcion has lived a life of sacrifices. First, she left her husband, Ale, to be a caregiver in Hong Kong. Now, she has travelled even farther, to Canada, in the hopes of one day sponsoring Ale and having children of their own. Beautifully narrated by the all-seeing eye of Mary Grace's newborn baby, *The Story of Us* is a novel about sisterhood, about blood and chosen family, and about how belonging can be found where we least expect it.



# Volunteer Opportunities

## Front Door Reception Volunteers Needed

Thursday Morning & Afternoon

8:30am-12pm

12pm-4pm

Mon-Sat fill-ins

Call the office for more  
information 705-742-1481



## Looking for Cafe Volunteers

Mon-Sat

Morning & Afternoon Shifts

Fill-Ins Needed

Call the office 705-742-1481



# Support Mapleridge

We are asking you to consider supporting Mapleridge with a tax deductible financial donation. Please consider one of the following options:

- **One Time Contribution.** One time gifts are always appreciated.
- **In Honour Donations.** A great way to recognize a friend who doesn't need more 'stuff'. Your friend would receive a card acknowledging your gift to Mapleridge in his/her honour.
- **Canada Helps.** An online donation technology for registered charities. Tax receipts are emailed immediately. Visit [www.mapleridgerecreationcentre.com](http://www.mapleridgerecreationcentre.com) and click on the **DONATE** button on the top right hand corner.
- **Company Matching.** Some employers will match charitable donations of current and/or re-tired employees. Does yours?

Your donation ensures that our active and dynamic recreation centre continues to be a healthy, vibrant one. For more information, please contact the office AT 705-712-1481

## September Events

**Mini Bucks Bid Euchre**  
\$5.00 At the Door  
**Saturday, Sept 7 & 21**  
Doors Open at 11:15 am  
Cards start at 12:30 pm  
Pies & Sandwiches for Sale  
No Beginners Please



**Mapleridge Recreation Centre**  
1085 Brealey Drive  
705-742-1481  
[mapleridgerecreationcentre.com](http://mapleridgerecreationcentre.com)

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



**AT THE CAFE** **Euchre & Board Games Night**  
Hamburger or Sausage **\$2.00 At the Door**  
Plus drink \$6  
Slice of Pie \$3  
**Friday, Sept 13**  
Doors Open at 5:00pm  
Cards start at 6:00pm  
**50/50**



**Jackpot \$200 and \$100**  
**Sunday Sept 22, 2024**  
1:00pm **\$20.00**  
Everyone Welcome  
Pay at the Door  
**CASH ONLY!**  
Bring your own dabbers



# Bus Trips– Showplace



**PETERBOROUGH SYMPHONY ORCHESTRA**  
MUSIC DIRECTOR  
MICHAEL NEWNHAM

## ROMANTIC FLAMES

BALFOUR | DVORAK | RACHMANINOV

**SATURDAY, NOVEMBER 2, 2024**  
7:30PM  
SHOWPLACE PERFORMANCE CENTRE

DAVID JALBERT, PIANO  
MICHAEL NEWNHAM, CONDUCTOR



Two of the most iconic pieces of the Romantic era: Dvorak's Symphony no. 8 and Rachmaninov's Third Piano Concerto.

**Courtesy of:**  
**Mapleridge Recreation Centre**

- 1 Ticket included with purchase!
- 2 Bus from Mapleridge to Showplace both ways
- 3 Bus leaves Mapleridge at 6:45PM, 45 minutes before showtime



**Register At:**  
Mapleridge Recreation Centre  
1085 Brealey Drive  
705-742-1481.

**\$50**

## DID YOU KNOW?

Peterborough Symphony Orchestra is a non-profit charity located in downtown Peterborough, Ontario that is committed to serving our community through high quality orchestral performances, education and engagement. For over 50 years, the PSO has been a cultural cornerstone of the Peterborough area and has a reputation as one of the finest community-based orchestras in Canada.



**Friday Dec 6**  
**@ Showplace**  
**8 pm Show**  
**\$49**  
**Bus pickup**  
**7:15 pm**

**Mapleridge Registration Required**