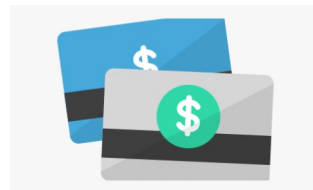




Oct/Nov 2024

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	Oct 1	Oct 22	1:00pm-3:00pm	\$10.00	Bernice Cote
Watercolour-Full	Monday	Sept 16	Nov 11	1:00pm-4:00pm	\$140.00	Debra Bannister
Learn to Draw	Monday	Oct 28	Nov 18	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	Oct 22	Nov 12	2:30pm-3:30pm	\$26.00	Susan Stevenson
Function & Mobility	Wednesday	Oct 16	Nov 6	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	Monday	Oct 7	Nov 4	2:30pm-3:30pm	\$24.00	Natalie Wittek
Line Dance Int Low Traditional/Modern	Monday	Oct 21	Nov 11	12:30pm-2:00pm	\$12.00	Gary Calder
Line Dance Int Low	Thursday	Oct 3	Oct 24	1:00pm-2:00pm	\$12.00	Gary Calder
Beginner Latin Dance Salsa, Bachata, Merengue	Thursday	Oct 31	Dec 5	11:15am-12:30pm	\$60.00	Gabia Ferguson

Hoops

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Beginner Hoops	Wednesday	Oct 23	Nov 13	9:30am-10:15am	\$24.00	Basia Baklinski

Mentastics

User fee applies to programs all at Mapleridge

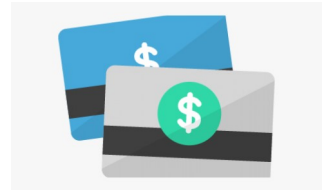
Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	Oct 23	Nov 13	12:15pm-1:00pm	\$25.00	Michelle Godfrey



Oct/Nov 2024

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Registered Programs

Registration fee may apply

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	Oct 28	Nov 18	9:00am-10:00am	\$25.00	Kathryn Matheson

Yoga

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	Oct 28	Nov 18	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Oct 28	Nov 18	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	Oct 29	Nov 19	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	Oct 22	Nov 12	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	Oct 23	Nov 13	10:30am-11:30am	\$26.00	Susan Stevenson
Yoga Stretch & Strength	Thursday	TBA	TBA	4:00pm-5:00pm	\$24.00	Heather Clarke
Yoga Yin Yang	Friday	Oct 11	Nov 1	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	Oct 15	Nov 5	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Oct 17	Nov 7	9:15am-10:00am	\$24.00	Natalie Wittek

Workshops

User fee applies to all programs Mapleridge

Topic	Day	Date	Time	Fee	Presenter
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
Vagus Nerve	Thursday	Oct 24	11:15am-12:30pm	\$8.00	Susan Stevenson

Webinar

No User Fee Required

Topic	Day	Date	Time	Fee	Presenter
Flu Awareness and Prevention	Friday	Oct 18	10:30am-11:30am	Free	Older Adult Centres

Drop In Programs

User fee applies to programs

Shuffleboard

Day	Time
Monday	9:00am, 10:30am, 1:30pm & 3:30pm
Tuesday	9:30am, 11:00am, 1:30pm & 3:30pm
Wednesday	9:30am, 11:00am, 1:30pm & 3:30pm
Thursday	9:30am, 11:30am, 1:30pm & 3:30pm
Friday	9:30am, 11:00am, 1:30pm & 3:30pm

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

Phone: 705-740-3841

Email: rxcist@gmail.com

Winter Shuffleboard Sign Up

Winter Shuffleboard Sign Up for teams is open from Oct 1-Nov15. Sheets with team days and times are located in shuffleboard room. Winter season starts January 2, 2025.

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	Wednesday-Start Oct 2-New Day	3:45pm

Mini Bucks Bid Euchre

Date: Saturday Oct 5 & 19

Doors open at 11:15am

Cards start at 12:30pm


Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



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

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

Choir Practice

Day	Time
Friday	9:00am

Big Bingo

Date: Sunday, October 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.



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

Euchre and Games Night
Friday, October 11
\$2.00 At the Door
Doors Open at 5:00pm
Cards start at 6:00pm

AT THE CAFE 50/50
Slice of Pie \$3 Hamburger or Sausage & Drink \$6

Week at a Glance

Monday

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

Tuesday

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

Wednesday

Program	Time
Billiards	8:30am
Beginners Hoops	9:30am
Shuffleboard	9:30am
Chair Yoga	10:30am
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility	11:45am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Beginner Pickleball	3:45pm

Thursday

Program	Time
Billiards	8:30am
Zumba Light	9:15am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Workshops-see schedule	11:15am
<i>Latin Dance Beg-Oct 31</i>	11:15am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Inter Low	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Shuffleboard	3:30pm
Yoga Stretch	4:00pm

Friday

Program	Time
Billiards	8:30am
Choir	9:00am
Shuffleboard	9:30am
Table Tennis	10:00am
Yoga Gold-Sept 20	10:00am
<i>Webinar- Flu Awareness Oct 18</i>	10:30am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
<i>Euchre & Games -Oct 11</i>	6:00pm

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Oct 5 & 19	12:30pm



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

Jackpot \$200 and \$100

Sunday Oct 27, 2024
1:00pm \$20.00
Everyone Welcome
Pay at the Door
CASH ONLY!
Bring your own dabbers