1085 Brealey Drive, Peterborough, Ontario K9K 0C1 Centre for adults 50+ Phone: (705) 742-1481 heather.mcginn@mapleridgerecreationcentre.com

Susan.king@mapleridgerecreationcentre.com Facebook

www.mapleridgerecreationcentre.com



Inte

Nov/Dec2024

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

Ai to	User lee applies to all programs at mapieriuge					
Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	Nov 26	Dec 17	1:00pm-3:00pm	\$10.00	Bernice Cote
Learn to Draw	Monday	Nov 25	Dec 16	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 Nov 19 Dec 10 2:30pm-3:30pm \$26.00 Susan Stevenson Tuesday & Balance \$24.00 **Function & Mobility** Wednesday Nov 13 Dec 4 11:45am-12:30pm Natalie Wittek

Dance	User fee applies to all programs at Mapleridge					
Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre-Beginner	Monday	Nov 11	Dec 2	2:30pm-3:30pm	\$24.00	Natalie Wittek
Line Dance Modern Beginner/Improver	Monday	Nov 18	Dec 16	1:00pm-2:00pm	\$15.00	Gary Calder
Line Dance Traditional	Thursday	Oct 31 Dec 5	Nov 28 Dec 19	1:00pm-2:00pm 1:00pm-2:00pm	\$12.00 \$9.00	Gary Calder Gary Calder

Mentastics	User fee applies to programs all at Mapleridge					
Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	Nov 19	Dec 10	12:15pm-1:00pm	\$25.00	Michelle Godfrey



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Workshops

Nov/Dec 2024

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Registered Programs

Registration fee may apply

Meditation	User fee applies to programs all at Mapleridge					t Mapleridge
Program	Day	Start	End	Time	Fee	Instructor
Meditation Intro	Tuesday	Nov 19	Dec 10	1:30pm-2:15pm	\$25.00	Michelle Godfrev

Tai Chi/Qigong User fee applies to all programs at Mapleridge Start **Program** End **Time** Fee Instructor Day Tai Chi Nov 21 Dec 12 2:30pm-3:30pm \$8.00 Michael Campbell Thursday Nov 25 9:00am-10:00am \$25.00 Qigong Monday Dec 16 Kathryn Matheson

Mol. Walloha	User fee applies to all programs mapieriage					
Topic	Day	Date	Time	Fee	Presenter	
Meditation	Tuesday	Nov 12	1:30pm-2:15pm	\$8.00	Michelle Godfrey	
Line Dance Inter	Friday	Dec 13	9:00am-11:00am	\$5.00	Cyndie Forget	

Yoga User fee applies to all programs at Ma					Mapleridge	
Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	Nov 25	Dec 16	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Nov 25	Dec 16	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	Nov 26	Dec 17	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	Nov 19	Dec 10	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	Nov 20	Dec 11	10:30am-11:30am	\$26.00	Susan Stevenson
Yoga Stretch & Strength	Thursday	Nov 21	Dec 12	4:00pm-5:00pm	\$24.00	Heather Clarke
Yoga Yin Yang	Friday	Nov 8	Dec 6	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	Nov 19	Dec 10	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Nov 21	Dec 12	9:15am-10:00am	\$24.00	Natalie Wittek



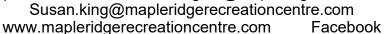
Robbie Burns Dinner
Sunday January 12, 2025 \$25

12:30 pm Piping & Address to the Haggis
Dinner to follow
2:00 pm a performance by the Country
Scottish Dancers

Menu: Sausage rolls, Tatties, Neeps, Haggis

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Drop In Programs

Shuffleboard

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

705-740-3841 Phone: 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

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			

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Game	Day	Time			
Bid Euchre	Saturday	10:30am			

User fee applies to programs

Pickleball For Fun Drop In

Level	Day	Time
Beginner	Wednesday	3:45pm

Darts

Level	Day	Time
Beginner	Tuesdays– Nov 19	3:15pm

Contact Helen Hamblin for more information helenhamblin@icloud.com Email:

Billiards Schedule

8:30am-10:00am 10:30am-12:00pm
8:30am-10:00am 10:30am-12:00pm 12:30pm-2:00pm
8:30am-10:00am 10:30am-12:00pm 1:00pm-2:30pm
8:30am-10:00am 10:30am-12:00pm 12:30pm-2:00pm
8:30am-10:00am
11:00am-12:30pm

Mini Bucks Bid Euchre

Date: Saturday Nov 2 & 30 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, Nov 24 Doors open at Noon Bingo starts at 1:00pm Cost: \$20.00 per person **Everyone Welcome** Pay at the door, cash only Café open.



Week at a Glance

Monday

Tuesday

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

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Stretch-Sept 24	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-Sept 3	1:00pm
Shuffleboard	1:30pm
Meditation Intro-Nov 12	1:30pm
Bone Building Strength & Balance	2:30pm
Beginners Darts	3:15pm
Gentle Yoga	4:00pm

Wednesday

11001100000	
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
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate	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
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Euchre & Games –Nov 8 Dec 13	6:00pm

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Nov 2 & 30	12:30pm





