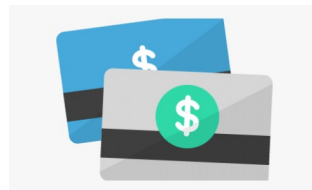




# January/February 2025

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## Registered Programs

Registration fee may apply

### Arts

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	Jan 7	Jan 28	1:00pm-3:00pm	\$10.00	Bernice Cote
		Feb 4	Feb 25	1:00pm-3:00pm	\$10.00	Bernice Cote
Learn to Draw	Tuesday	Jan 7	Jan 28	9:30am-11:30am	\$10.00	Barry Johnson
	Tuesday	Feb 4	Feb 25	9:30am-11:30am	\$10.00	Barry Johnson
Watercolour Class	Monday	Jan 20	Feb 10	1:00pm-4:00pm	\$70.00	Debra Bannister

### Exercise-Light Weight

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Chair Exercise Workshop Chair Exercise	Monday	Jan 20	Jan 20	9:00am-10:00am	\$8.00	Ashton Swinnerton
	Monday	Jan 27	Feb 24	9:00am-10:00am	\$25.00	Ashton Swinnerton
Bone Building Strength & Balance	Tuesday	Jan 7	Jan 28	2:30pm-3:30pm	\$26.00	Susan Stevenson
		Feb 4	Feb 25	2:30pm-3:30pm	\$26.00	Susan Stevenson
Function & Mobility- <b>New Time</b>	Wednesday	Jan 29	Feb 19	11:15am-12:00pm	\$24.00	Natalie Wittek
		Feb 26	Mar 19	11:15am-12:00pm	\$24.00	Natalie Wittek

### Dance

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre-Beginner	Monday	Jan 20	Feb 10	2:30pm-3:30pm	\$24.00	Natalie Wittek
		Feb 24	Mar 17	2:30pm-3:30pm	\$24.00	Natalie Wittek
Line Dance Modern	Monday	Jan 13	Feb 3	1:00pm-2:00pm	\$12.00	Gary Calder
		Feb 10	Mar 10	1:00pm-2:00pm	\$12.00	Gary Calder
Rhythm & Flo Dance Workshop	Thursday	Jan 23	Jan 23	11:15am-12:00pm	\$8.00	Ashton Swinnerton
Rhythm & Flo Dance	Thursday	Jan 30	Feb 20	11:15am-12:00pm	\$25.00	Ashton Swinnerton
Line Dance Traditional	Thursday	Jan 9	Jan 30	1:00pm-2:00pm	\$12.00	Gary Calder
		Feb 6	Feb 27	1:00pm-2:00pm	\$12.00	Gary Calder

### Mentastics

User fee applies to programs all at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	Jan 7	Jan 28	12:15pm-1:00pm	\$25.00	Michelle Godfrey
		Feb 4	Feb 25	12:15pm-1:00pm	\$25.00	Michelle Godfrey

### Meditation

User fee applies to programs all at Mapleridge

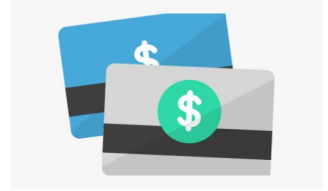
Program	Day	Start	End	Time	Fee	Instructor
Meditation Intro	Tuesday	Jan 7	Jan 28	1:30pm-2:15pm	\$25.00	Michelle Godfrey



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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	Jan 9	Feb 27	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong –New Time	Monday	Jan 13	Feb 3	3:45pm-4:45pm	\$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	Jan 6 Feb 3	Jan 27 Mar 3	10:15am-11:00am 10:15am-11:00am	\$24.00 \$24.00	Josee Caron Josee Caron
Yoga Better Bones	Monday	Jan 6 Feb 3	Jan 27 Mar 3	11:15am-12:15pm 11:15am-12:15pm	\$24.00 \$24.00	Heather Clarke Heather Clarke
Yoga Stretch & Strength	Tuesday	Jan 7 Feb 4	Jan 28 Feb 25	9:00am-10:00am 9:00am-10:00am	\$24.00 \$24.00	Heather Clarke Heather Clarke
Yoga Gentle	Tuesday	Jan 7 Feb 4	Jan 28 Feb 25	4:00pm-5:00pm 4:00pm-5:00pm	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Chair	Wednesday	Jan 8 Feb 5	Jan 29 Feb 26	10:00am-11:00am 10:00am-11:00am	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Stretch & Strength	Thursday	Jan 9	Jan 30	4:00pm—5:00pm	\$18.00	Heather Clarke
Yoga Yin Yang	Friday	Jan 17 Feb 21	Feb 14 Mar 14	11:15am-12:15pm 11:15am-12:15pm	\$24.00 \$24.00	Josee Caron Josee Caron

### Zumba User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Zumba Light	Tuesday	Jan 28 Feb 25	Feb 18 Mar 18	11:15am-12:00pm 11:15am-12:00pm	\$24.00 \$24.00	Natalie Wittek Natalie Wittek
Zumba Light	Thursday	Jan 30 Feb 27	Feb 20 Mar 20	9:15am-10:00am 9:15am-10:00am	\$24.00 \$24.00	Natalie Wittek Natalie Wittek

Jackpot \$200  
and \$100

**BINGO**

Sunday Jan 26, 2025  
1:00pm \$20.00

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

Mapleridge  
Saturday Night Dance  
Jan 25

DJ . 50/50  
Cash Bar  
Snacks for Sale

\$10 cash at the door  
Why not bring a friend?!

Doors open at 6:30pm  
7:00pm-11:00pm

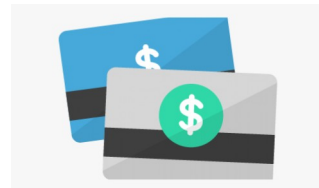
705-742-1481  
1085 Brealey Drive Peterborough



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## 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
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

### Pickleball For Fun Drop In

Level	Day	Time
Beginner	Wednesday	3:45pm

### Darts

Level	Day	Time
Beginner	Tuesdays	3:15pm

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

### 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

### 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

### Mini Bucks Bid Euchre

Date: Jan 4, 18

Doors open at 11:15am

Cards start at 12:30pm

Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



### Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am

### Big Bingo

Date: Sunday, Jan 26

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

Program	Time
Billiards	8:30am
<i>Chair Exercises Jan 20–New Program</i>	9:00am
Shuffleboard	9:00am
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
Modern Line Dance	1:00pm
Watercolour	1:00pm
Cribbage	1:00pm
Shuffleboard	1:30pm
Ballet Barre Beginner	2:30pm
Shuffleboard	3:30pm
<i>Qigong–New Time</i>	3:45pm

## Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Stretch	9:00am
Shuffleboard	9:30am
Learn to Draw	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
Meditation Intro	1:30pm
Bone Building Strength & Balance	2:30pm
Beginners Darts	3:15pm
Gentle Yoga	4:00pm

## Wednesday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Chair Yoga– <b>New Time</b>	<b>10:00am</b>
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility– <b>New Time</b>	<b>11:15am</b>
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
<b>Rhythm &amp; Flow Dance Jan 23– New Program</b>	<b>11:15am</b>
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Traditional Line Dance	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Shuffleboard	3:30pm
Yoga Stretch	4:00pm

## Friday

Program	Time
Billiards	8:30am
Choir–No practice Jan 31	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
<i>Euchre &amp; Games –Jan 10</i>	6:00pm

## Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Jan 4 & 18	12:30pm

**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**



**it's GAME NIGHT!**  
**Euchre and Games Night**  
**Friday, Jan 10**  
 \$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

CASH BAR Join Us For 50/50  
**ST. PATRICK'S DAY DANCE**  
**\$10**  
**SATURDAY, MARCH 15**  
**\$10** 7-11pm, Doors open at 6:30pm  
**Performance by Four Lanes Wide \$10**  
 Register by phone or in person at Mapleridge Office