

February/March 2025

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	Feb 4	Feb 25	1:00pm-3:00pm	\$10.00	Bernice Cote
		Mar 4	Mar 25	1:00pm-3:00pm	\$10.00	Bernice Cote
Learn to Draw	Tuesday	Feb 4	Feb 25	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	Feb 4	Feb 25	2:30pm-3:30pm	\$26.00	Susan Stevenson
	Tuesday	Mar 11	April 1	2:30pm-3:30pm	\$26.00	Susan Stevenson
Function & Mobility- New Time	Wednesday	Feb 5	Feb 26	11:15am-12:00pm	\$24.00	Natalie Wittek
		Mar 5	Mar 19	11:15am-12:00pm	\$18.00	Natalie Wittek

Dance

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre-Beginner	Monday	Feb 24	Mar 17	2:30pm-3:30pm	\$24.00	Natalie Wittek
Line Dance Modern	Monday	Feb 10	Mar 10	1:00pm-2:00pm	\$12.00	Gary Calder
Line Dance Traditional	Thursday	Feb 6	Mar 13	1:00pm-2:00pm NoDanceFeb20& 27	\$12.00	Gary Calder

Mentastics

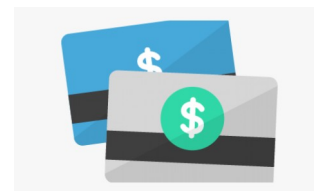
User fee applies to programs all at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	Feb 11	Mar 4	12:15pm-1:00pm	\$25.00	Michelle Godfrey

February/March 2025

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

Tai Chi/Qigong User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	Jan 9	Mar 6	2:30pm-3:30pm	\$16.00	Michael Campbell
	Thursday	Mar 13	May 1	2:30pm-3:30pm	\$16.00	Michale Campbell
Qigong – New Time	Monday	Feb 10	Mar 10	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	Feb 10	Mar 10	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Feb 10	Mar 10	11:15am-12:15pm	\$24.00	Heather Clarke
	Monday	Mar 17	April 7	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength No Yoga Mar 4 & 11	Tuesday	Feb 4	Feb 25	9:00am-10:00am	\$24.00	Heather Clarke
	Tuesday	Mar 18	April 8	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	Feb 4	Feb 25	4:00pm-5:00pm	\$26.00	Susan Stevenson
	Tuesday	Mar 11	April 1	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	Feb 12	Mar 5	10:00am-11:00am	\$26.00	Susan Stevenson
	Wednesday	Mar 12	April 2	10:00am-11:00am	\$26.00	Susan Stevenson
Yoga Stretch & Strength No Yoga Mar 13	Thursday	Feb 6	Mar 6	4:00pm -5:00pm	\$24.00	Heather Clarke
	Thursday	Mar 20	April 10	4:00pm– 5:00pm	\$24.00	Heather Clarke
Yoga Yin Yang	Friday	Feb 21	Mar 21	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	Jan 28	Feb 18	11:15am-12:00pm	\$24.00	Natalie Wittek
		Mar 4	Mar 25	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Jan 30	Feb 20	9:15am-10:00am	\$24.00	Natalie Wittek
		Mar 6	Mar 27	9:15am-10:00am	\$24.00	Natalie Wittek

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: rxclist@gmail.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

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

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

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

Big Bingo

Date: Sunday, Feb 23 & Mar 23

Doors open at Noon

Bingo starts at 1:00pm

Cost: \$20.00 per person

Everyone Welcome

Pay at the door, cash only

Café open.



Mini Bucks Bid Euchre

Date: Feb 15, Mar 1, 15, 29

Doors open at 11:15am

Cards start at 12:30pm

Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



Week at a Glance

Monday

Program	Time
Billiards	8:30am
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
Cribbage	1:00pm
Shuffleboard	1:30pm
Ballet Barre Beginner	2:30pm
Shuffleboard	3:30pm
Qigong	3:45pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Stretch	9:00am
Shuffleboard	9:30am
Learn to Draw Exercises	9:30am
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
Beginners Darts	3:15pm
Gentle Yoga	4:00pm

Wednesday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Chair Yoga	10:00am
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility	11:15am
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
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	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 & Games –Feb 14</i>	<i>6:00pm</i>

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Feb 15 Mar 1, 15, 29	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