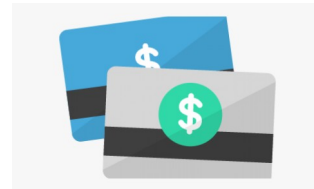


# March/April 2025

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	Mar 4	Mar 25	1:00pm-3:00pm	\$10.00	Bernice Cote
Learn to Draw New Day	Monday Monday	Mar 3 Mar 31	Mar 24 April 28	9:30am-11:30am 9:30am-11:30am	\$10.00 \$12.00	Barry Johnson 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 Tuesday	Mar 11 April 8	April 1 April 29	2:30pm-3:30pm 2:30pm-3:30pm	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Function & Mobility	Wednesday	Mar 12	Mar 26	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 Monday	Feb 24 Mar 31	Mar 17 April 21	2:30pm-3:30pm 2:30pm-3:30pm	\$24.00 \$24.00	Natalie Wittek Natalie Wittek
Line Dance Modern	Monday	Mar 17	April 7	1:00pm-2:00pm	\$12.00	Gary Calder
Line Dance Traditional	Thursday	Mar 20	April 10	1:00pm-2:00pm NoDanceFeb20& 27	\$12.00	Gary Calder

*Rhythmic Fun for Everyone*  
Friday, March 21 2 pm to 3 pm  
\$10 registration required

join Julie Ditta for  
this interactive drum  
circle.



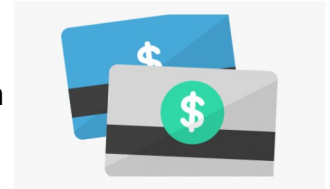
*Modern Line Dance*  
Bootcamp  
Saturday, March 22  
10 am - 12 pm Cost \$10  
Registration Required



# March/April 2025

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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	Mar 13	May 1	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong	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	Mar 17	April 7	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Mar 17	April 7	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	Mar 18	April 8	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday Tuesday	Mar 11 April 8	April 1 April 29	4:00pm-5:00pm 4:00pm-5:00pm	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Chair	Wednesday Wednesday	Mar 12 April 9	April 2 April 30	10:00am-11:00am 10:00am-11:00am	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Stretch & Strength	Thursday	Mar 20	April 5	4:00pm -5:00pm	\$24.00	Heather Clarke
Yoga Yin Yang	Friday	Feb 21 Mar 28	Mar 21 April 25	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	Mar 4 April 8	Mar 25 April 29	11:15am-12:00pm 11:15am-12:00pm	\$24.00 \$24.00	Natalie Wittek Natalie Wittek
Zumba Light	Thursday	Mar 13 April 10	April 13 May 1	9:15am-10:00am 9:15am-10:00am	\$24.00 \$24.00	Natalie Wittek 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](mailto: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](mailto: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, March 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: 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
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
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
Exercises	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:00am
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 &amp; Games –Mar 14</i>	<i>6:00pm</i>

## Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Mar 1, 15 & 29	12:30pm
<i>Modern Line Dance</i> <i>Boot Camp-Mar 22</i>	<i>10:00am</i>

**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**

