

Mapleridge Recreation
Centre for adults 50+

*"Our mission is to provide friendship,
programs and opportunities for adults 50 plus
to enjoy social, recreational and educational
activities."*



November 2021

1085 Brealey Drive, Peterborough, Ontario K9K 0C1

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www.mapleridgerecreationcentre.com

Facebook

Recreation & Leisure

Program	Day	Start Date	End Date	Time	Total Fee
Billiards	Monday	Nov 22	Dec 13	8:30am-10:00am	\$8.00
Billiards	Monday	Nov 22	Dec 13	1:00pm-2:30pm	\$8.00
Billiards	Wednesday	Nov 3	Nov 24	8:30am-10:00am	\$8.00
Bingo	Friday	Nov 12	Dec 3	12:30pm-3:30pm	\$40.00
Pickle Ball	Tuesday	Nov 2	Nov 23	1:00pm-2:00pm	\$8.00
Pickle Ball	Wednesday	Nov 10	Dec 1	3:00pm - 4:00 pm	\$8.00
Pickle Ball	Thursday	Nov 4	Nov 25	1:00pm-2:00pm	\$8.00
Table Tennis	Wednesday	Nov 10	Dec 1	1:00pm-2:30pm	\$8.00
Shuffleboard	Monday	Nov 22	Dec 13	10:30am-12:00pm	\$8.00
Shuffleboard	Monday	Nov 22	Dec 13	1:00pm-2:30pm	\$8.00
Shuffleboard	Wednesday	Nov 3	Nov 24	10:30am-12:00pm	\$8.00
Shuffleboard	Thursday	Nov 11	Dec 2	10:30am-12:00pm	\$8.00
Shuffleboard	Thursday	Nov 4	Nov 25	1:00pm-2:30pm	\$8.00

Wellness & Fitness

Program	Day	Start Date	End Date	Time	Total Fee	Instructor
Exercises	Tuesday	Nov 2	Nov 23	11am-12pm	\$8.00	
Exercises	Thursday	Nov 4	Nov 25	11am-12pm	\$8.00	
Tai-Chi	Monday	Nov 22	Dec 13	10:30-11:30	\$15.00	Marg/Mary
Yoga Better Bones	Thursday	Nov 4	Nov 25	3pm-4pm	\$32.00	Heather Clarke
Yoga Chair	Wednesday	Nov 17	Dec 8	11am-12pm	\$34.00	Susan Stevenson
Yoga Gentle	Tuesday	Nov 16	Dec 7	3pm-4pm	\$34.00	Susan Stevenson
Yoga Restorative	Monday	Nov 1	Nov 22	3pm-4pm	\$28.00	Jose Caron
Yoga Stretch & Strength	Tuesday	Nov 2	Nov 23	9am-10am	\$32.00	Heather Clarke
Yin Yang Yoga	Friday	Oct 29	Nov 19	3pm-4pm	\$28.00	Jose Caron
Zumba	Wednesday	Nov 10	Dec 1	5:30-6:30pm	\$30.00	Natalie

Dance & The Arts

Program	Day	Start Date	End Date	Time	Total Fee	Instructor
Bunka	Tuesday	Nov 23	Dec 14	1pm-2:30pm	\$16.00	Bernice Cote
Line Dance	Monday	Nov 22	Dec 13	1pm-2pm	\$14.00	Fran Cole
Line Dance	Wednesday	Nov 3	Nov 24	9am-10am	\$14.00	Jane Elliot
Line Dance Easy	Wednesday	Nov 3	Nov 24	1pm-2pm	\$14.00	Cyndie Lamrock
Line Dance	Thursday	Nov 4	Nov 25	9am-10am	\$14.00	Bev Thompson
Line Dance Beg	Friday	Nov 5	Nov 26	9:30-11:00am	\$14.00	Jane Northey
Swedish Weaving	Tuesday	Nov 9	Nov 30	10:30am-12pm	\$8.00	Marilyn Dallin
Woodworking	Tuesday	Nov 2	Nov 23	8:30-10am	\$8.00	