

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."*

March 2023



Monday 8am-8pm, Tuesday 8am-5pm
Wednesday 8am-4pm, Thursday 8am-7pm
Friday 8am -4pm
Saturday 11am-3:30pm

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Facebook

President Message

Hello Everyone!!

Is winter ever going to leave? As I am writing this we are again expecting another winter storm in Peterborough and surrounding areas. Spring can happen anytime soon.

Information Meeting February 9/23

The Board members were happy to see so many members interested in what we had to report to you! Thank you to those that took the time to attend. All the questions that came from the membership were recorded and we will review them all.

Food Costs

Due to increased food costs there will be an increase in the price of meals commencing April 1. This is the reality of the times we now are living.

Food Handlers Course

Are you interested in working in the kitchen at a Special Event or in the Cafe? Volunteers are welcomed. Are you willing to take the Food Handlers Course through Public Health? This is a must these days. **If you are interested please talk to Mary Hopkins.** It is so important to follow Food Handling Practices expected by Public Health.

Survey for Membership – Related to Focus Group Findings

I stated at the Information meeting that a summary of Focus Group would be posted in the library. Upon reviewing it again, we decided that it would better serve the membership and the Board if a survey was presented to the membership based on the findings of the Focus Group. It is totally anonymous. **The volunteer at the Front Door will provide members with the survey to be completed and returned no later than March 10.** We thank you in advance for your participation.

Volunteer Need

Since the request for volunteers at the meeting, I am happy to report that we have had a few people respond to this request. If you are not sure where you could volunteer, please talk to me on Thursday mornings (I am at the front the door) or early Thursday afternoon after my shift. The office staff are always available to you as well. You will be seeing some new faces at the Front Door. We are happy these people have stepped up for this important volunteer position.

Delta Bingo Volunteers

We offer this volunteer position to anyone interested in doing a 2 1/4 Hr. shift with another member from Mapleridge. There is some training involved. If you are interested, please talk to me or the office staff. I am usually in the building on Thursday morning on the front door and am available later in the day as well. As I volunteer at Delta Bingo myself, I would be happy to tell you what is expected. This is a very important revenue generating resource for Mapleridge. You would be helping our centre by giving us your time.

Ad Hoc Committee/ Members and Board – Topics – (1)Trials before Joining and (2) Coffee/ Table Downstairs

The committee will meet on the first topic “Trials before Joining” and then the second topic “Coffee/ Table Downstairs” will be discussed at another meeting. The findings will be presented to the Board. We will inform the membership of the results. I want to thank the 4 members who agreed to be on the Ad Hoc Committee along with 3 Board members and one staff. Their input will be very valuable.

As your President, I am finding that the challenge to please everyone is not possible. I like open dialogue, ideas, and opinions. I learned a long time ago that “listening” and “hearing” what a person is trying to convey is a skill. I am a volunteer too and want this centre to succeed into the future. Let us work together to make that happen.

Sincerely

Ollie Bakelaar, President.

Stay Active this Spring

Swim Passes



Stay active this spring in the warmth of the indoor pools at the Peterborough Sports & Wellness Centre. With two pools to choose from and a variety of "Drop In" times you will be sure to enjoy a leisurely swim or relaxing time in the therapy pool. Swim passes can be purchased from the Mapleridge office for \$5.00 a swim and swim schedule will be provided. For more information contact Mapleridge Office.

Line Dance

Mapleridge is very fortunate to have a group of talented instructors who are committed to teaching and cueing classes. We are pleased to offer a variety of levels and hope our members will take advantage of trying one of the series. It's a great way to stay active and have fun.



Improver– Teaching Class

Date: Mondays– Start March 27
Time: 1:00pm-4:00pm
Registration Fee: \$12.00
Duration: 8 weeks
Instructor: Cyndie Lamrock

Intermediate– Non Teaching

Date: Thursdays– Start April 6
Time: 11:15am-12:15pm
Registration Fee: \$6.00
Duration: 4 weeks
Instructor: Cyndie Lamrock

Advance– Non Teaching

Date: Friday– April 14
Time: 9:30am-11:00am
Registration Fee: \$6.00
Duration: 4 Weeks
Instructor: Bev & Jane

We are looking for a Beginner Line Dance teacher. Please contact the office for more information.

Pickleball

Pickleball is one of the fastest growing sport around and we are pleased to provide a variety of levels for everyone. Contact the office for more information and to register for the next series.

Intro to Pickleball

Date: Mondays at 7:15pm
Duration: 4 weeks
Cost: \$2.00 User Fee
Location: Main Hall
Instructor: Diane Allen



Beginner Pickleball

Date: Thursdays at 6:00pm
Duration: 4 weeks
Cost: \$2.00 User Fee
Location: Main Hall
Instructor: Dian Allen

Pickleball for Fun

Date: TBA
Duration: 4 Weeks
Cost: \$2.00 User Fee
Location: Main hall
No instructor

Registration is required for all series. For advance players please contact the office and inquire about the Pickleball offered at the Peterborough Sports and Wellness Centre.

Beginner Equilibrium Program

Dates: Mondays & Wednesday
Start Date: Contact the Office
6 sessions
Time 3:15pm-4:00pm
Cost: \$45.00
Location– Lower Level



A program encompassing strengthen, flexibility/range of motion, standing/walking balance and guided meditations. Hand weights, exercise bands, yoga props and info handouts will be materials incorporated throughout this programs. Program is geared towards BEGINNER fitness levels. If you are reliant on a walking aid, this is not the program for you. Register by phone or in person.

Upcoming Events

Royal Celebration & Tea

Date: Sunday April 30
 Time: 2:00pm-3:00pm
 Cost: \$12.00



In honour of the late Queen Elizabeth II and in celebration of the King Charles III Coronation, join us on Sunday April 30 at 2:00pm with our very own Jane Ann Thompson and her associate Ronda Moran. Both will be sharing their expertise of Queen Elizabeth II and the Royal Family. Jane will share her 30 years experience of traveling with Her Majesty along with a collection of royal memorabilia to view.

Have some fun taking a picture with a cut-out of King Charles III and as a special keepsake everyone will receive a flag pin to take home as a memento of special occasion.

Pre-registration is require at the office in person or by phone.
 Hope to see you there!



**St. Patrick's \$20
 Dinner & Entertainment**

**Friday, March 17
 Dinner 5pm Doors open 4pm**

**Entertainment:
 Four Lanes Wide at 6 pm**

**Menu: Irish Beef Stew, Irish Soda Bread, Green
 Salad, Dessert, Tea/Coffee**



**Mini Bucks Bid Euchre
 \$5.00 At the Door
 Saturday Mar 4 & 18, 2023**

**Doors Open at 11 am
 Cards start at 12:30 pm**

**Pies & Sandwiches for Sale
 No Beginners Please**

**Mapleridge
 Dances**
 March 25
 Music & Theme from
 the 50's & 60's
**Saturday
 Nights**

7:00pm-11:00pm
 Doors open at 6:30pm
 \$12 Pre-register
 \$15 cash at the door
 705-742-1481
 1085 Brealey Drive
 Peterborough

DJ • 50/50 Tickets
 SNACKS For Sale • CASH Bar

Jackpot \$200 and \$100

Sunday Mar 26, 2023

1:00pm \$20.00
 Everyone Welcome
 Pay at the Door
CASH ONLY!
 Bring your own dabbers
 Cafe Open

Bus Trips & More...



Easter Dinner \$25
Sunday, April 2 at 1:00 pm

Doors open at 12:00 pm

Glazed Ham, Cheesy Scalloped Potatoes, Veggies, Garden Salad, Roll, Dessert, Tea/Coffee

Cash Bar, 50/50



The Fab Four 7:30 pm
Sat. March 18 @ Showplace
\$40 Includes ride to & from

Bus pickup at Mapleridge
6:45 pm

Join the wait list

Mapleridge Registration Required
Seniors Only

The Fab Four - The Touring
Years 1963-1966



Brass Transit 7:30 pm
Chicago Tribute

Sun. May 28 @ Showplace
\$37 Includes ride to & from

Mapleridge Registration Required
Seniors Only

Bus pickup at Mapleridge
6:45 pm

Member Information

Membership Information

If members have any changes to address, phone or contact information please call the centre. Emergency contact is also important to keep updated.

Memberships are non-refundable. The fee is \$30.00 per year and is subject to change.

Lifetime Members

Individuals who are 90 years of age or older, or are turning 90 in the year are excluded from paying the membership fee.

Library

The library is open for book and puzzle exchange. Members need to check-in at the front door when attending the library.



New and Renewed Memberships

Membership forms are available at the centre or on the website:
mapleridgerecreationcentre.com
Must be a member to participate in registered programs and drop in programs.

Payments for memberships must be made within 3 business days in person or over the phone.



Cafe Hours
10 am - 3:30 pm
Monday to Friday

**Soup available on
Tuesdays & Wednesdays**

11:30 am \$5.00

Program Registration

- Registration is required for some programs.
- Register for programs over the phone or in person
- Programs start on time.
- Bring your own equipment eg. Yoga Mat.
- Bring your own refreshments

Program Fees

- Program fee for most registered programs.
- When attending a program (registered or drop in) there is a \$2.00 non-refundable fee.
- "User Fee Cards" can be purchased from the office.
- Payments must be made within three business days.
- Refund request is accepted prior to program start date.
- No refunds for missed classes.
- Full refunds will be provided if programs are cancelled before it starts.

Board of Directors 2022/2023

Name	Position
Ollie Bakelaar	President
John Muise	Vice President
Marv Wrightly	Treasurer
Edward Hughes	Secretary
Diane Allen	Director
Gail Trotter	Director
Mandy Peckover	Director
Betty Sommers	Director
Mary Hopkins	Director

Notices & General Inquiries

Emails

The office sends out regular emails to its members. Using our software "My Senior Centre" the emails come from the following address:

null@myactivitycenter.com

Members may need to check their junk mail as some email providers detect it as spam.

The office was made aware that members of Bell and Sympatico were not receiving email. Unfortunately Mapleridge has no control over this and members are encouraged to visit our website for up to date information.

www.mapleridgerecreationcentre.com

No Program Trials

Mapleridge does not provide trials for any of programs. Anyone wishing to join our programs must be a paid member. Membership forms are available in person or on our website:
mapleridgerecreationcentre.com

Guests

Guests are welcome for meals and special events. Please call to register if interested in attending.

Cancelations & Building Closures

With the unpredictable winter weather here for awhile, it is important to remember that programs may be cancelled due to the weather. With the "My Senior Centre" software we are able to send out "robo calls" to all members if a program is cancelled or the centre is closed. Also please remember that the morning after a large snowfall, it takes time to clear the sidewalks and parking lot. We ask you to be patient and allow time for proper snow removal on these days.



Volunteers

We are always looking for volunteers in the following areas:

- Front Door
- Kitchen Clean Up
- Cafe
- Special Event Leads
- Delta Bingo

Contact the office for more information.

Key Tags

Be sure to bring your key tag as everyone must sign in. This enables us to contact trace and better manage programs.



Front Door

There is a volunteer located at the front door. This volunteer will scan each member's key tag to check into My Senior Centre (MSC) and hole punch the User Fee Card.

User Fee Cards

"User Fee Cards" are available for purchase from the office. The cards come in denominations of \$10 and \$20.



*Be considerate of others.
If you are feeling under the weather, please stay at home.*



Notices & General Inquiries

Donations

One Time Contribution. One time gifts always appreciated.

In Honour Donations

A great way to recognize a friend who doesn't need more 'stuff'. Your friend would receive a card acknowledging your gift to Mapleridge in his/her honour.

Canada Helps

An online donation technology for registered charities. Tax receipts are emailed immediately. Visit www.mapleridgerecreationcentre.com and click on the **DONATE** button on the top right hand corner.

Company Matching

Some employers will match charitable donations of current and/or retired employees. Does yours?

Your donation ensures that our active and dynamic recreation centre continues to be a healthy, vibrant one in 2023.

For more information, please contact the office or any member of our volunteer Board of Directors



Don't forget to turn your clocks ahead 1 hour before you go to bed on Saturday March 11

Shuffleboard

If you interested in joining this program please contact Gail, Shuffleboard Coordinator twoboycats@hotmail.com 705-292-6271



Payments

Mapleridge accepts MC, Visa, American Express, Debit as well as Cash and Cheques. Phone the office if you prefer to pay over the phone by credit card. We are sorry to inform our members and guests that the office no longer accepts \$100 dollar bills.



Drag Bingo
Spring Fling

April 15th | 7pm | \$40*

- Cash prizes
- Hilarious entertainment
- Giveaways
- DJ & more!

Get your ticket now!

Delta
BINGO GAMING

[DeltaBingo.com](https://www.DeltaBingo.com)

1019 Clonsilla Ave., Peterborough, ON. 705-745-1124