

HEADLINES



& happenings



Engaging you in a welcoming and vibrant community that empowers members to live active, healthy and fulfilling lives.

1085 Brealey Drive
Peterborough, ON K9K 0C1
705 742-1481

OFFICE HOURS
MON-THUR:
8:00AM-4:00PM
FRI 8:00AM-1:00PM

2026

MAY

CLOSED MONDAY, MAY 18 - VICTORIA DAY

ROYAL GARDEN PARTY

SUPPORTING EMOTIONAL WELL-BEING

Homeguard Presentation

Dedication: Galloway Hall



Mapleridge

Recreation Centre for Adults 50+
A thriving inclusive community



Ontario

A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

April showers bring May flowers, and it finally feels like we are stepping into a new season! Wishing everyone a wonderful and safe Spring ahead.

We wanted to take a moment to provide a bit more context around the “Partnership Programs” section in our monthly schedule, as it is a little different from the rest of our offerings.

Partnership Programs are offered by independent organizers who rent space in our facility to run their own classes, workshops, or services. For example, Dancing with the Drakes uses our hall on Mondays and Tuesdays to run their dance classes. While these programs take place in our space and are shared in our schedule, they are planned and delivered by those organizers directly.

In contrast, the remainder of the programs in our schedule are organized and run by the Mapleridge team, primarily during daytime hours and on select Saturdays.

Perhaps you have attended one of these Partnership Programs and noticed participants who are not seniors. These programs are open to the broader community, which is why you may see a wider range of ages participating.

If you have questions about a specific Partnership Program, we encourage you to connect with organizers directly and we are always happy to help point you in the right direction if you need help getting connected.

Hopefully this helps to clarify the difference so the next time you take a look at the schedule, that section makes a bit more sense.

Jess

**MAPLERIDGE
RECREATION
CENTRE**

Games Night

DOORS OPEN 4:30 PM | DINNER 5:00 PM |
GAMES 6:00 PM - 8:00 PM
\$15.00 DINNER | \$2.00 GAMES



EUCHRE | SHUFFLEBOARD | TABLE TENNIS | CORN HOLE | AND MORE!

FRIDAY, MAY 8

BBQ MEATBALLS, RICE, MIXED VEGETABLES, DESSERT, TEA OR COFFEE

FRIDAY, MAY 22

BBQ HAMBURGERS, SALAD, DESSERT, TEA OR COFFEE

**REGISTER FOR DINNER
WITH THE OFFICE OR ON MAC**

SATURDAY, MAY 9

12:00 PM - 3:00 PM

YOU ARE CORDIALLY INVITED TO
JOIN US FOR
A ROYAL GARDEN PARTY
IN HONOUR OF
QUEEN ELIZABETH II,
CELEBRATING HER LIFE AND LEGACY
ON WHAT WOULD HAVE BEEN HER
100TH BIRTHDAY.

\$25.00

MEMORABILIA | GUEST SPEAKERS
LIVE PIPER | DOOR PRIZES
LUNCH AND TEA

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PETERBOROUGH
GALLOWAY HALL

MINI BUCKS

Saturday, May 2

Saturday, May 16

Saturday, May 30

Doors Open at 11:15 AM

Cards Begin at 12:30 PM

\$5.00 At the Door

Sandwiches and Pie Available For Purchase



Experienced Players Only

BIG BINGO



SUNDAY, MAY 24

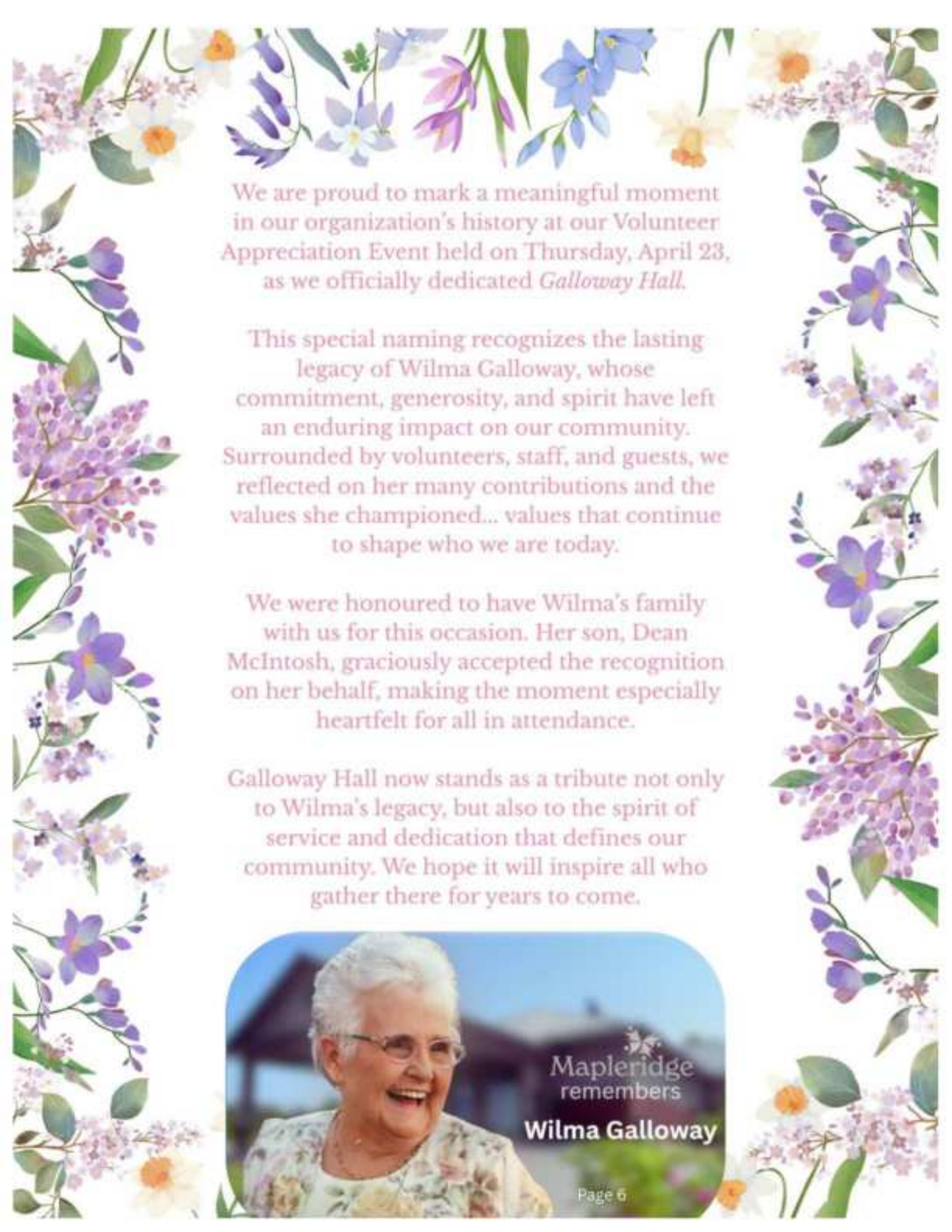
12:30 PM

JACKPOTS

\$100.00 and \$200.00

BRING YOUR OWN DABBER

CASH ONLY - \$20.00



We are proud to mark a meaningful moment in our organization's history at our Volunteer Appreciation Event held on Thursday, April 23, as we officially dedicated *Galloway Hall*.

This special naming recognizes the lasting legacy of Wilma Galloway, whose commitment, generosity, and spirit have left an enduring impact on our community. Surrounded by volunteers, staff, and guests, we reflected on her many contributions and the values she championed... values that continue to shape who we are today.

We were honoured to have Wilma's family with us for this occasion. Her son, Dean McIntosh, graciously accepted the recognition on her behalf, making the moment especially heartfelt for all in attendance.

Galloway Hall now stands as a tribute not only to Wilma's legacy, but also to the spirit of service and dedication that defines our community. We hope it will inspire all who gather there for years to come.





THANK YOU
VOLUNTEERS
You are appreciated



OUR VOLUNTEER APPRECIATION EVENT WAS A WONDERFUL AFTERNOON SPENT CELEBRATING THE INCREDIBLE PEOPLE WHO GIVE THEIR TIME, ENERGY, AND HEART TO OUR COMMUNITY HERE AT MAPLERIDGE RECREATION CENTRE.

WE WERE PROUD TO MARK THE OFFICIAL NAMING OF GALLOWAY HALL, A MEANINGFUL MOMENT THAT MADE THE DAY EVEN MORE SPECIAL. WE WERE ALSO HONOURED TO WELCOME LOIS TUFFIN FROM VOLUNTEER PETERBOROUGH AS OUR GUEST SPEAKER. THANK YOU, LOIS, FOR SHARING YOUR INSIGHT AND INSPIRATION WITH US.

MOST IMPORTANTLY, WE EXTEND OUR SINCERE THANKS TO ALL WHO ATTENDED AND CONTINUE TO SUPPORT OUR ORGANIZATION THROUGH THEIR VOLUNTEER EFFORTS. YOUR COMMITMENT, GENEROSITY, AND COMMUNITY SPIRIT ARE WHAT MAKE EVERYTHING WE DO POSSIBLE.

IT WAS A JOY TO COME TOGETHER, CELEBRATE, AND SHOW OUR APPRECIATION. THANK YOU FOR BEING SUCH AN IMPORTANT PART OF OUR COMMUNITY.





Mapleridge Recreation Centre Annual General Meeting Notice

We invite all members to attend our Annual General Meeting (AGM) on **Wednesday, June 24 at 10:00 AM** in Galloway Hall.

The AGM is a chance to look back on the past year, share key updates, and provide a brief overview of finances and operations as a not for profit organization.

We encourage your attendance and participation as we continue working together to support our community.

We look forward to seeing you there.

Meet Mapleridge

Come learn about Mapleridge, its activities, and ways to participate or volunteer.

<p>How do I volunteer?</p>	<p>What is the difference between drop-in and registered programs?</p>	<p>What is Games Night?</p>
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New and existing members welcome!

Next Session:

Wednesday, May 13, 2026

Mapleridge Recreation Centre | 1085 Brealey Drive


Library | 11:00 AM



RIDDLE ME THIS!

Alive without a breath, as cold as death, clad in mail never clinking, never thirsty and ever drinking. What am I?

Answer at the top right of the page



Our Fashion Fiesta was a tremendous success, and we are thrilled to share that together we raised over \$5,000 in support of Mapleridge programs and services.

This event would not have been possible without the dedication of our incredible volunteers, extending a massive thank you to Cyndie Lamrock and Betsy Healey for their dedication to the success of this event. Additionally, with more than 45 individuals generously giving their time and energy, every detail came together to create a truly memorable experience.

A special thank you goes to our MC, Denis, for stepping in and delivering a performance that was as unexpected as it was hilarious. Your energy brought an extra spark to the event. We would also like to extend our sincere thanks to our comedian, Jen Grant, whose talent and humour had everyone laughing and added so much to the celebration.

fashion Fiesta

A massive thank you to our presenting sponsor, Rubidge Retirement Residence, whose generosity truly blew us away. From raffle items to swag bags and door prizes, your support went above and beyond. We are also grateful to Cora Breakfast and Lunch, McDougall Insurance, and That's a Wrap Catering for sponsoring Fashion Fiesta and helping bring this event to life.

Finally, thank you to the 25th unit Girl Guides of Peterborough, the many small businesses, vendors, and community members who contributed to our raffle and door prizes. It was because of all of these efforts, contributions, and helping hands that this event was such a success.

To everyone who attended and supported Fashion Fiesta, thank you for being part of such a special and impactful event.





MAPLERIDGE PRESENTS

STRAWBERRY SOCIAL

COLD PLATES
STRAWBERRY SHORTCAKE

**SATURDAY,
JUNE 27**

12:30 PM
GALLOWAY HALL

\$25.00

TICKETS ON SALE NOW
AVAILABLE AT THE OFFICE OR
THROUGH MAC

BARRE BALANCE

-Workshop-

WITH NATALIE WITTEK

Barre Balance is a 45-minute, slow-paced class focused on improving balance, stability, and mobility. Using the support of a ballet barre (no dance experience required), this class helps strengthen the smaller muscle groups that support posture, joint health, and everyday movement.

This is a beginner-level class, with options offered for those who would like a bit more challenge – making it welcoming and accessible for all levels.

This is not a cardio class; movements are controlled, mindful, and easy to follow.

The class will also involve gentle breathwork to promote relaxation, body awareness, and a sense of calm and balance.

Registration
Required

No User Fee

Open to
Non-Members

MONDAY, MAY 25

2:30 PM – 3:15 PM

\$6.00

ONLY 18 SPACES AVAILABLE

THE WINNER
OF THE
USER CARD
FOR THE
APRIL DRAW
IS...

**LINDA
DORSETT**

PLEASE VISIT THE
OFFICE TO COLLECT
YOUR PRIZE

PETERBOROUGH

GLOW BINGO

MAY 23 | 7 PM

LET'S GLOW
CRAZY!



 **SHOWPLACE**

IN THE KEY OF BLUE

FRIDAY, JULY 17 | \$71.00 INCLUDING BUS
BUS LEAVES MAPLERIDGE AT 6:45 PM

JAROD SCOTT DREAMS OF BECOMING THE NEXT BIG THING ON THE CANADIAN ROCK SCENE. JAROD'S BREAK SEEMS TO COME WHEN A PROMINENT MP INVITES THE BAND TO PERFORM AT AN ELECTION RALLY BEING TELEVISED BY THE CBC. THE NATIONAL STAGE SEEMS GRAND, BUT WHEN THE ROAD TO FAME PRESENTS A FEW POTHOLES, JAROD'S LIFE TAKES ON SIGNIFICANT DAMAGE. HE LOOKS TO ONE OF THE FEW FRIENDS HE HAS LEFT TO PIECE HIS LIFE BACK TOGETHER. WITH THE CLASSIC MUSIC OF PREEMINENT ROCKERS BLUE RODEO PUNCTUATING THE PLOT, THE CHARACTERS OF "IN THE KEY OF BLUE" NAVIGATE THE PERILS OF TRUST AND LIES.





Members' MARKETPLACE

Our classified section is available for members to post ads, similar to a local newspaper. This is a great place to list items for sale, look for help or services, find or offer household items, or share other everyday requests. Ads should be a reasonable length and submitted to the office at least one full week before the end of the month. The cost is one punch on your punch card (\$2).

Please note: We reserve the right to edit or decline ads based on content, timing, or available space.



SUPPORTING EMOTIONAL WELL-BEING AS WE AGE



In partnership with CCRC (Community Counseling Resource Centre)

As we age, life can bring many changes such as retirement, shifts in health, changes in relationships, and experiences of loss. While these transitions are common, they can sometimes affect our mental and emotional well-being.

Join us for a one-hour interactive workshop presented by the Community Counselling and Resource Centre (CCRC) as part of the Seniors Centre's Living & Aging Well series. We will explore common emotional experiences in later life, including stress, loneliness, grief, and changes that can come with aging. Participants will learn practical strategies to support emotional well-being, stay connected, and recognize when it may be helpful to seek additional support. This session offers information, conversation, and simple tools to help you care for your mental health as you age.



THURSDAY, MAY 21
11:00 AM - 12:00 PM | Library
Registration required - no registration fee



Peterborough
Public Library

BOOK CLUB

Thursday May 7

10:00am-11:00am Mapleridge Library

Pick up the book at Mapleridge Office




About the Author

R.F. Kuang (Rebecca F. Kuang) is a renowned Chinese-American author born in 1996, celebrated for blending dark fantasy with deep historical, academic, and social critiques. She is a #1 *New York Times* best-selling author known for *The Poppy War* trilogy, *Babel*, and *Yellowface*, having won Nebula, Locus, and British Book Awards.


With its totally immersive first-person voice, *Yellowface* grapples with questions of diversity, racism, and cultural appropriation, as well as the terrifying alienation of social media.

Need help with our new online registration system, My Active Centre (MAC)?

We're hosting a short, in-person walkthrough to guide you step-by-step and help you get set up on the spot.

 Wednesday, May 20

 10:30 AM

 Library

Bring your questions. We're happy to help!



NEW!

DROP-IN BOARD GAMES




Come enjoy some relaxed board game free play. Choose a game, gather some friends, and have fun. It's a great way to connect, unwind, and try something new.



**WEDNESDAYS
9:00 AM - 11:00 AM**



**STARTING
WEDNESDAY, MAY 14**



1085 Brealey Drive, Peterborough
LIBRARY

**USER FEE APPLIES
NO REGISTRATION NECESSARY**



MOVEMENTS FOR FALL PREVENTION

WITH HEATHER CLARKE

Fall prevention exercise is an important part of healthy aging. The risk of falling increases with age due to factors such as balance and vision changes, medications, home hazards, and health conditions affecting bone and heart health.

This program focuses on strengthening the legs, improving balance, and increasing flexibility to enhance stability and reduce injury risk. It also builds proprioception—awareness of your body in space.

Using chairs for support, you'll move through exercises targeting the core and lower body, including Tai Chi, yoga, heel-to-toe walking, leg raises, sit-to-stand, and balance work.

All movements are adapted for your comfort and safety. Classes are led by a CanFitPro-certified Senior Fitness Instructor trained in Falls Prevention and Awareness.

No previous experience is required. All are welcome.

MONDAY, MAY 25 - JUNE 15
12:30-1:15 PM
\$24.00

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PETERBOROUGH, ON



!!\$25,265.92!!

That's what our Delta Bingo volunteers helped raise for Mapleridge this past year.

For those who may not know, Delta Bingo is part of Ontario's charitable gaming program where local non-profits receive a share of gaming proceeds—but only if they provide volunteers to support bingo sessions. These short shifts (about 2 hours) involve welcoming guests, helping on the floor, and representing our organization in the community.

In return, a portion of the revenue from those sessions is shared back with participating charities, funding real programs and services right here at home.

That means every single volunteer shift directly translates into dollars that support Mapleridge and the people we serve. Over \$25,000 raised this year alone is not just a number—it's programs funded, opportunities created, and lives impacted. To every volunteer who gave their time, thank you. Your efforts truly make a difference.

Want to get involved?

We're always looking for more volunteers to keep this program strong. The commitment is just about 3 hours a month, and the role is simple.. help with light tasks like tidying to supporting the flow of the evening. There's no calling numbers, no handling money, and full guidance is provided.

If you've ever considered volunteering, this is one of the easiest and most meaningful ways to help.

COOKING WITH SHELBY MOORE



BACON WRAPPED MEATLOAF,
MASHED POTATOES,
AND FRIED GREEN BEANS

- ✓ Prepare the meal together and learn how to make it
- ✓ Eat as a group (shared dining experience)
- ✓ Take a dinner and the recipe home with you

\$80

THURSDAY, MAY 28

5:00 PM - 7:00 PM

Learn a new skill, share a great meal, take the experience home.



.....
Good food. Great company.

**REGISTER AT THE
OFFICE OR ON MAC**

Mapleridge
Recreation Centre for Adults 50+

Holiday House Tour – Calling All Homes!

SATURDAY, NOVEMBER 14

Do you have a home you think would shine in this year's Holiday House Tour? We're looking for standout spaces to feature in our biggest fall fundraiser—and yours could be one of them!

Selected homes will be paired with a professional decorator who will work with your existing décor (plus some added seasonal touches) to transform your space into a beautiful holiday showcase for guests to tour and enjoy.

Think your home might be a great fit? We'd love to hear from you! To learn more and be considered, contact Jessica in the office or at jessica.barbuto@mapleridgerecreationcentre.com.

50/50 Program Update & Feedback Period

As of April 1, our 50/50 program was moved to the café to make it more accessible across the broader membership.

We've heard feedback since the change and recognize it hasn't met expectations. As a reminder, **the 50/50 is a fundraising initiative that supports Mapleridge programs and services**, and it does come with operational costs (licensing, tickets, administration). Lower participation directly impacts the funding we're able to generate.

We will be opening a suggestion period from May 1–15 and invite members to share constructive ideas on how the program can be improved. Please note, **we are not seeking requests to revert the program to its previous format**, as that model is not sustainable from an operational perspective.

A feedback form will be available at the front desk and may be submitted anonymously.. Thank you for your input and continued support.

NEW

Four Seasons Landscapes Acrylic Painting

With Valerie Kent

THURSDAYS JUNE 11 TO JULY 2

1:30 PM TO 4:00 PM

\$84.00 - 4 PAINTINGS

Let's explore the beauty of the great outdoors through acrylic painting. In this workshop, we'll interpret natural scenery across all four seasons—trees, rivers, rocks, and skies.

Acrylics are a flexible, forgiving medium that allow you to adjust and refine your work as you go. As we paint, you'll learn essential techniques such as colour mixing, blending, and more, while focusing on capturing the essence of each scene.

Each painting is guided step-by-step through demonstrations, making the process relaxed, approachable, and enjoyable—less stress, more success!



 **Mapleridge**
Recreation Centre for Adults 55+





There will be
NO Pickleball
Saturday, May 9



Café Lunches

- May 5 - Chicken Casserole, Soup
- May 6 - Chicken Casserole, Soup
- May 12 - Egg Salad Croissants, Soup
- May 13 - Mac and Cheese, Soup
- May 19 - Sausage on a bun, Soup
- May 20 - Sausage on a bun, Soup
- May 25 - Quiche, Soup
- May 26 - Quiche, Soup



All café lunches subject to change

Serving lunches from the café on Tuesdays and Wednesdays
from 11:30 AM - 1:30 PM. While supplies last.
Community members welcome.