

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 2023



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

1085 Brealey Drive, Peterborough, Ontario K9K 0C1
Phone: (705) 742-1481

New Email: heather.mcginn@mapleridgerecreationcentre.com
Or
susan.king@mapleridgerecreationcentre.com

Updated: Nov 3, 2023

Ontario 

President Message

I hope you enjoyed your Thanksgiving in October and all the goblins that came to your door on Halloween. The days seem to be flying by. Soon it will be winter. Let's hope we don't have too much snow or ice to deal with this winter.

Donation Campaign

Our campaign is now at \$4937.10 Thank you to everyone who have donated. We hope to reach our goal of \$10,000 by the end of this fiscal year which is March 31, 2024. Membership support is crucial. We also accept non-member donations. We are a registered charity so your donations are eligible for a tax receipt. A nice Christmas gift to Mapleridge and a tax benefit for you.

Volunteers Needed

Do you like serving Bar? Do you have your Smart Serve? We need bartenders for our events. Please see the office for more information.

We need Delta Bingo volunteers. This is revenue generating for Mapleridge. If you would like more information see the office staff or talk to me.

Christmas Market

The festive season of Christmas is coming up very quickly. Our Christmas Market is being held on November 17th and 18th Check out our website and newsletter for information. There will be over 20 vendors, bake table items, cafe will be selling mouthwatering food, frozen meat pies made in house for sale, book table, and gently used Christmas items for sale as well. Our auction table is on display to purchase tickets and all items were donated. Santa and Mrs Claus will also be on site Friday night and Saturday. We encourage you to invite family and friends to this major fundraising event of the year.

Special Events

We look forward to seeing you at our upcoming fundraiser dance on Friday December 1 from 7-11pm. We have special entertainment by band Montana Sky. There will be a cash bar, 50/50 tickets for sale and lots of good music and fun. You will be supporting Mapleridge and guaranteed a good time! Register by phone or with the office before its sold out.

Christmas dinner will be held on **December 10**. This is event is sold out however please join our wait list if you are still interested in attending.

New Years Gala will be held on **December 31**. You will be served a delicious Prime Rib dinner with a dance to follow. Register soon.

We are looking forward to the Christmas season. If you would like to help in any way, we always need volunteers. Talk to the office staff or one of the Board members. We are all hoping for a successful and festive season at Mapleridge.

Announcement

The Mapleridge Choir is busily getting organized to start again. Were you a choir member before COVID? New people are welcome also. Mapleridge will be happy to have you as a member. Contact the office or drop in for more information.

Keep well by participating and socializing.

Ollie Bakelaar
President



Mapleridge Recreation Centre is Here to Help Adults 50+ Stay Active and Healthy

Mapleridge Recreation Centre is a not-for-profit, charitable organization and has been an important part of the Peterborough community for over 60 years. Our organization provides physical, social, and educational programs to people 50+ that promote optimal health, wellbeing, and friendship.

Like all not-for-profit organizations, Mapleridge was **greatly impacted by the pandemic**. We are striving to keep adults 50+ active and healthy by offering a wide variety of programs and events.

Can you Lend a Helping Hand?



Please help us to continue offering a variety of programs & events by donating today.

How to Donate

1. On our website – www.mapleridgerecreationcentre.com
 - Hit the red button “DONATE”. This takes you to Canada Helps.
 - Choose how you wish to donate and how much.
 - A tax receipt is available for you to print.
2. Donate in the Mapleridge Office.



Volunteer Opportunities

If you are interested in any of the following volunteer opportunities please contact the office:

Committee Members

Mapleridge is looking for volunteers to be apart of the following committees:

- Fund Development Committee
- Marketing and Communication Committee
- Program Relevancy Committee
- Volunteer Management Committee

All these committees require only a small amount of time please contact the office or any board member for more information.

Bartenders

Tend bar for special events 2-3 hours, Smart Serve required. Tend bar for Saturday Night Dances 6:30pm-11:00pm

Bingo Caller

Be part of team to rotate weekly or monthly as a our bingo caller for our weekly bingo games and monthly big bingo games.

Café

This position requires volunteers to work a shift and provide food service to our members. There is light food prep & cleaning required. Food handlers certificate is required.

Delta Bingo

Brings in revenue to our programs. Volunteers are required to do shifts at Delta Bingo. Talk to the office or a board member about how to get trained.

Line Dance Caller

Do you love to dance? Do you have any experience line dancing? Do you have some spare time on your hands? Mapleridge is looking for line dance callers/cuers to lead our Line Dance Classes. No experience necessary. Music, training, and teaching techniques will be provided. Contact the office for more details.

Front Door

Volunteers needed to greet members, punch user fee cards and ensure members are registered for programs. Monday-Saturday– 8am-12pm, 12pm-4pm, 4pm-7:30pm

Special Events

Volunteers are needed to either lead a project or be part of a committee for these events. If this area is where you see yourself helping, please let the office staff know.

Special Event Kitchen-Clean Up Team Volunteer

As part of a clean up team. Duties include loading/unloading dishwashers, putting away dishes, handwash pots & pans, clean tables.

50/50 Seller

Sell 50/50 tickets, record ticket numbers and winner information. Need someone for Mini Bucks (every other Saturday) from 11am to 12:30pm. Also need someone for call in.



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.

Board of Directors 2023/2024

Name	Position
Ollie Bakelaar	President
Mandy Peckover	Vice President
Marv Wrightly	Treasurer
Marguerite Haffie	Secretary
Charlaine Schwass	Director
Gail Trotter	Director
Gary Cornell	Director
Joan Michaels	Director
Mary Hopkins	Director

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, Yoga Mat.
- There is no transferring of programs
- Begin a past participant in a class does not guarantee a spot in a future series. Always register in advance to avoid disappointment.

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.
- Staff reserve the right to cancel.

Program Changes

Please note that there are some changes of days, times and locations of programs. Please see the updated Program Schedule for more information.



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 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.

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.



Be considerate of others.

If you are feeling under the weather, please stay at home.



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.



Holiday Facility Closure

Please note that Mapleridge will be closed on statutory holidays. Please check our website, facebook and email blast for announcements.



Stay Active this Fall

Bone Building Strength & Balance

This class will focus on improving bone and muscle strength through the use of small hand and ankle weights and resistance bands, as well as weight bearing yoga flexibility. Specific exercises are also used to improve balance. Can be seated or standing.

Date: Tuesdays

Time 2:30pm-3:30pm

Registration Fee: \$26.00

Duration: 4 Weeks

Location: Main Hall

Instructor: Susan Stevenson



Table Tennis

Did you know when played regularly, table tennis improves reflexes, hand-eye coordination and balance, while toning and strengthening the core muscles of the upper and lower body? It's great for working up a sweat and increasing your heart rate, helping to keep your heart strong and healthy.

Day: Mondays & Fridays

Time: 10:00am

Drop-In

Cost: \$2.00 User Fee

Location Lower Level



Mentastics

Mentastics uses gentle non-invasive movements to free the body of pain, tension and to cultivate deep relaxation. It is incredibly beneficial for anyone dealing with: general aches and pains, fibromyalgia, chronic daily pain, arthritis, Parkinson's, Multiple Sclerosis, depression, limited mobility, rigidity and tremors.

Date: Thursdays

Time: 9:30am-10:15am

Registration Fee: \$25.00

Location: Lower Level

Instructor: Michelle Godfrey

Zumba Light

This 45 minute workout is a great way to start your morning off. Great music, high energy and a lot of fun.

Date: Tuesdays

Time: 11:15am-12:00pm

Registration Fee: \$24.00

Date: Thursdays

Time: 9:15am

Registration Fee: \$24.00

Location: Main Hall

Instructor: Natalie Wittek



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

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



GET YOURS NOW!



\$5.00 Swim passes
available at Mapleridge
Office

Stay Active this Fall

Yoga

Mapleridge provides a variety of yoga classes with professional certified instructors. With a wide range of classes you will be sure to find one that fits your needs.

Better Bones

Date: Mondays
Time: 11:15am-12:15pm
Registration Fee: \$24.00
Duration: 4 weeks
Instructor: Heather Clarke



Stretch & Strength

Date: Tuesdays
Time: 9:00am-10:00am
Registration Fee: \$24.00
Duration: 4 weeks
Instructors: Heather Clarke

Gentle

Date: Tuesdays
Time: 4:00pm-5:00pm
Registration Fee: \$26.00
Duration: 4 weeks
Instructor: Susan Stevenson

Chair

Date: Wednesdays
Time: 10:30am-11:30am
Registration Fee: \$26.00
Duration: 4 Weeks
Instructor: Susan Stevenson

Yin Yang

Date: Mondays
Time: 10:15am-11:00am
Registration Fee: \$24.00
Durations: 4 Weeks

Date: Fridays
Time: 11:15am-12:15pm
Registration Fee: \$24.00
Duration: 4 Weeks
Instructor: Josee Caron

Exercise Class

Day: Tuesdays & Thursdays
Time 10:15am
Registration Fee: \$2.00 User Fee
Duration: Drop-In
Location-Main Hall
No Instructor



Join us for an easy, 45 minute low in-pact, chair/ standing CD guided exercise. It is a great way to start your day.

Qigong (chee-guhng)

Day: Mondays
Time 9:00am
Registration Fee: \$25.00
Duration: 4 weeks
Location-Main Hall
Instructor Kathryn Matheson



Qigong is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. While the movements of qigong may be different from those of tai chi, both practices incorporate strength and flexibility with breathing exercises, focused attention and imagery.

Tai-Chi

Date: Thursdays
Time: 2:30pm
Registration: \$16.00
Duration: 8 Weeks
Location: Main Hall
Instructor: Michael Campbell

Mike has been involved in Tai Chi and started his learning with the Taoist Tai Chi Society over 20 years ago.

Mike takes great pleasure in sharing knowledge about Tai Chi, and helping people increase their personal levels of fitness and flexibility.

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

NEW HOURS!

Stay Active this Fall

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

Day: Tuesdays
Time: 6:00pm
Duration: 6 weeks
Cost: \$2.00 User Fee
Location: Main Hall
Instructor: Diane Allen



Beginner Pickleball For Fun

Day: Mondays
Time: 3:00pm
Duration: 4 weeks
Cost: \$2.00 User Fee
Location: Main Hall
No Instructor— Intro to Pickleball is Recommended

Drop In Pickleball-No Registration

Day: Thursdays
Time: 11:15am
Cost: \$2.00 User Fee
Location: Main Hall
No instructor, Recreation level.

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 and Day and Evening at St James Church.

SHOWPLACE
PERFORMANCE CENTRE

Line Dance

Absolute Beginner— Teaching

Date: Wednesdays
Time: 8:45am-10:15am
Registration Fee: \$12.00
Duration: 6 weeks



Instructors: Carol and Gary Calder
This is where it all begins. Start here if you have never line danced before, or it's been years and you need a refresher. This is step class.

Beginner Plus-Teaching

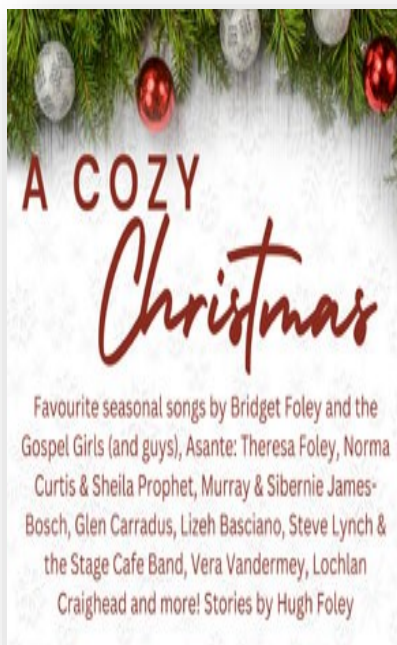
Date: Wednesdays
Time: 8:45am-10:15am
Registration Fee: \$16.00
Duration: 8 weeks

Instructors: Carol and Gary Calder
This step class picks up where AB ends. It is a continuation of the teaching of beginner steps (Prerequisite: Absolute Beginner)

Intermediate

Date: Thursdays
Time: 1:00pm-2:00pm
Registration Fee: \$8.00
Duration: 4 weeks

Instructor: Cyndie Lamrock
A cuing class incorporating steps learned in AB, Beginner Plus and Improver Levels. (Previous step instruction is required)



**Cozy Christmas
at Showplace
Sunday, Dec 17
Bus at 1:15pm
Show at 2pm**

**Cost is \$26 includes bus to
and from Showplace
Mapleridge registration**

Upcoming Events & More...

Mini Bucks Bid Euchre
\$5.00 At the Door
Saturday, Nov 4
No Mini Bucks on Nov 18

Doors Open at 11 am
Cards start at 12:30 pm
Pies & Sandwiches for Sale
No Beginners Please



We will be closed for programs
Thursday Nov 16 & Friday, Nov 17
for our Christmas Market
Preparations
Doors open at 5pm on Nov 17
Exception Zumba Light &
Mentastics Thursday AM

**Jackpot \$200
and \$100**

Sunday Nov 26, 2023
1:00pm \$20.00

Everyone Welcome
Pay at the Door
CASH ONLY!
Bring your own dabbers



MAPLERIDGE
Saturday Night Dance

**CANCELLED
DECEMBER 16**



Christmas Dinner
Sunday, December 10
Doors open at 12:00pm
Dinner at 1:00pm Cost \$25
Roast Turkey, with all the trimmings
Dessert, Tea/Coffee
50/50 and Cash Bar
Register by phone or in person



Christmas Market

**MAPLERIDGE RECREATION
CENTRE 1085 BREALEY DR**

CHRISTMAS MARKET

**Friday, Nov 17th
5pm-8pm
&
Saturday,
Nov 18
9am-1pm**



**CHRISTMAS
CAFÉ & GOODIES**

**OVER 20
VENDORS**

**RAFFLE
TABLE**

**BAKE
TABLE**

mapleridgerecreationcentre.com

**MAPLERIDGE RECREATION
CENTRE**

**FUNDRAISING
DANCE**



Featuring:

*Montana
Sky*

Friday, Dec 1

Cost: \$25.00 per person

Doors open at 6:30pm

Dance 7:00pm-11:00pm

50/50, Cash Bar

*All money raised goes towards
Mapleridge*

REGISTER IN PERSON OR BY PHONE

1085 BREALEY DRIVE

705-742-1481

New Year's Eve

MAPLERIDGE RECREATION
CENTRE PRESENTS:

New Year

GALA

LET'S EAT, DRINK AND BE MERRY

31 December, Sunday

COST: \$60.00 PER PERSON

**DOORS OPEN AT 6:00PM,
DINNER AT 6:30PM**

**DANCE TO FOLLOW DINNER
DJ, 50/50, CASH BAR
COUNTDOWN AT 10PM**

**MENU: PRIME RIB, YORKSHIRE
PUDDING, VEGGIES, POTATOES,
DESSERT, TEA/COFFEE**

**REGISTER IN PERSON OR BY PHONE
1085 BREALEY DRIVE
705-742-1481**

Partnerships & Community Events

DELTA PETERBOROUGH NOVEMBER 2023

MARK YOUR CALENDARS

ALL WINNERS DAY

DEC. 3 | 12:15PM & 7:15 PM

VOUCHERS DISTRIBUTED TO BINGO WINNERS AT THE 12:15 PM & 7:15 PM SESSIONS BETWEEN OCT. 30 - DEC. 3. REDEEM VOUCHER(S) ON 'ALL WINNERS DAY' TO PLAY A \$2,000 FREE GAME!

\$2,000 HOT SEAT DRAW

DEC. 3 | 8:00 PM

BALLOTS DISTRIBUTED TO VEGAS-STYLE MACHINE PLAYERS EVERY HOUR BETWEEN OCT. 30 - DEC. 3

PLAY ONLINE

FOR A CHANCE TO

Win Real Money!



TICKETED EVENTS

JOIN US FOR THESE SPECIAL SESSIONS!



BIG BANK BINGO

○ NOV. 12 AT 7:00 PM



BINGO FOR HOCKEY TICKETS

○ NOV. 23 AT 7:00 PM



DRAG BINGO: JINGLE BELLES

○ DEC. 9 AT 7:00 PM

BUY YOUR TICKETS TODAY!

Ticket cost includes Bingo package



AVAILABLE IN-CENTRE OR ONLINE AT DELTABINGO.EVENTBRITE.CA. SERVICE FEES MAY APPLY. PLEASE NOTE BANKING FINDER HOUR IS NOT OFFERED ON SPECIAL EVENT NIGHTS.

WEEKLY PROMOTIONS

\$25 WACKY MATINEE

FRI. | 12:15 PM

THE SAME GREAT PRIZES AT A DISCOUNTED PRICE!

\$20,000 FREE GAME

FRI. & SAT. | 7:15 PM

THE DESIGNATED NUMBER STARTS AT 52 AND INCREASES BY ONE EVERY FRIDAY UNTIL WON. RUNS NOV. 3 - 25.
*MINIMUM PACKAGE PURCHASE REQUIRED.

\$1,000
CONSOLE AFTER
PRIZE

FREE \$200 SENIORS GAME

THUR. | 12:15 PM & 7:15 PM

PLAYERS 55+ CAN PARTICIPATE WITH PACKAGE PURCHASE.
*NOT PLAYED DURING SPECIAL EVENT SESSIONS!

10 X \$1,000 JACKPOTS

FRI. & SAT. | 7:15 PM

10 X \$500 JACKPOTS

SUN. | 7:15 PM



Delta
BINGO & GAMING



Play Smart
Knowledge you can bet on.



DeltaBingo.com

Open 7 days a week.

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

Partnerships & Community Events



How can we help?

Find programs, services,
and housing options
to support your healthy aging

The Age-friendly Peterborough
Senior's Service Directory

is posted on our website
www.peterborough.ca/aging
or call 211 to
speak to a community navigator