

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."*



December 2023

Monday 8am-4pm, Tuesday 8am-5pm
Wednesday 8am-4pm, Thursday 8am-5pm
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: Dec 6, 2023



President Message

December is a time for reflection. It is a time when we think of our loved ones no longer with us and the many people who are in need in our community and throughout the world. We also look forward to celebrating the season with those who are in our lives.

Donation Campaign

Our Donation Campaign is moving along. As of the end of November have received \$5865.10. Thank you to everyone who have donated so far. Our fundraiser dance was a success raising \$1144.12 towards our Centre. To receive a tax benefit for 2023, December 31 is the last day to donate for this year's tax benefit. We hope you will think of Mapleridge as one of your charities to support. We hope to reach our goal of \$10,000 before the end of our fiscal year which is March 31, 2024.

Christmas Market Thank You

Our Christmas Market was held on November 17 and 18 and we would like to thank those of you who came out and supported us. An event like this requires many people to make it happen. I want to thank the many volunteers who were here when we needed them. These events could not happen without you. The office staff and custodial staff are always there for us and go above and beyond what is expected to support the volunteers in such a huge endeavor such as the Christmas Market. A special 'thank you' to all of you.

The raffle table, Christmas treasures table and book table were a success. Most items were donated by our members. All our baked goods were well received and we thank the people who donated ingredients and money. Our Exercise group alone donated \$149.00 towards the baked goods. We sold out at our bake, cookie and frozen meat pies tables. The cafe' was very popular. A Special thank you to Santa and Mrs. Clause for their visit to the centre.

It is heart warming to all of us when we can come together for a common goal. In this case it is to ensure that Mapleridge continues to flourish into the future.

We, at Mapleridge, wish you and your families a very happy and festive season.

Ollie Bakelaar
President



Christmas Market Sponsors

Applewood Retirement
Delta Bingo
Glendas Hair Salon
Lovely Locks
Mapleridge Exercise Group
Sherbrooke Heights Animal Hospital
Mapleridge Members



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 and every Wednesday 12-1pm & 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.

Cancellations & 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.



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.

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 Winter

See schedule for start dates

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



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

Duration- 4 weeks

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

Duration- 4 weeks

Location: Main Hall

Instructor: Natalie Wittek



Slow Flow & Meditation

A morning practice to wake up the body and connect breath with movement. This slower-paced movement practice with the added meditation will guide you to move with intention and ease to gently open the body and develop strength, stability, flexibility, and a sense of calm. Enjoy the opportunity to learn and commit to a meditation & mindfulness practice for more peace, presence, and awareness. All bodies and abilities welcome. Modifications provided.

Date: Friday

Time: 9:00am-10:00am

Registration Fee: \$24.00

Duration- 4 Weeks

Location: Main Hall

Instructor: Angela Demeester

Recreation & Leisure

Program	Day	Time
Bingo	Friday	1:00pm
Bocci Ball	Monday	10:00am
Exercises	Tues & Thurs	10:15am
Table Tennis	Mon, Wed, Fri	10:00am

Cards & Games

Game	Day	Time
Bid Euchre	Tuesday Thursday	1:00pm 1:00pm
Bridge	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm



Stay Active this Winter

See schedule for start dates

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 9:00am-10:00am
Date: Thursdays 4:00pm-5:00pm
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.

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

Stay Active this Winter

See schedule for start dates

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

Will resume in the Spring

Beginner Pickleball For Fun-No Registration

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.

Please contact the office and inquire about the Pickleball offered at St James Church.

Please note: Registration for Pickleball at the Sports & Wellness Centre is no longer available through our office. Members need to register with Sports & Wellness Centre directly.



Hula Hoop– Super Hoops

Fun, Fit, Fantastic. Want to feel great? Loose some weight? Gain some energy? Pick up a hoop! Hoop for joy! Hoop for health! Hoop for stress relief.

Demo Date Friday Jan 12

Time: 10:15am-11:00am

Registration Fee: \$6.00

Date: Thursdays-Jan 19

Time: 10:15am-11:00am

Registration Fee: \$24.00

Duration: 4 weeks

Location: Main Hall

Instructor: Basia Baklinski



Line Dance

Intermediate Low

Date: Mondays

Time: 1:00pm-2:00pm

Registration Fee: \$8.00

Duration: 4 weeks

Instructors: Gary Calder

A cuing class that is a less challenging intermediate class incorporating steps learned in AB, Beginner Plus and Improver levels.

(Previous step instruction is required).

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)



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,
Wednesday & Fridays

Time: 10:00am

Drop-In

Cost: \$2.00 User Fee

Location Lower Level



Choir

Mapleridge Choir is looking for new people to join.

Saturday mornings at 9:30am
in the main hall

Upcoming Events & More...

Mini Bucks Bid Euchre

\$5.00 At the Door

Saturday, Dec 16

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please



Jackpot \$200
and \$100

Sunday Dec 17, 2023

1:00pm \$20.00

Everyone Welcome

Pay at the Door

CASH ONLY!

Bring your own dabbers



MAPLERIDGE

Saturday Night Dance

**CANCELLED
DECEMBER 16**

EVENT CANCELLED

Mapleridge
Saturday Night Dance
January 27

7:00pm-11:00pm

Doors open at 6:30pm

\$12 Pre-register

\$15 cash at the door

DJ . 50/50

Cash Bar

Snacks for Sale



705-742-1481

1085 Brealey Drive Peterborough

Robbie Burns Dinner

Sunday January 21, 2024 \$25

12:30 pm Piping & Address to the Haggis
Dinner to follow

2:00 pm a performance by the Country
Scottish Dancers

**Menu: Sausage rolls, Tatties, Neeps, Haggis,
Cranachan, Tea/Coffee**



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 Bingo
Jingle Belles

December 9, 2023 7:00 pm - 10:30 pm

- Cash prizes
- Big laughs
- Live DJ
- Giveaways & more!

\$40 general admission ticket
Includes bingo package + dinner.

NEW \$1,000 VIP experience ticket
Includes bingo package + dinner for 2 guests, exclusive access to VIP booth with food, personal server, talent meet & greet, and priority parking.

Purchase tickets:
DeltaBingo.Eventbrite.ca
or in-person while supplies last.

Delta
BINGO & GAMING



SUPPORT THE SOCIETY OF SAINT VINCENT DE PAUL

Christmas
FOOD DRIVE

Bring in a food donation and receive a ballot to be entered in a draw for a \$100 Delta Bingo Voucher!

NOVEMBER 13 - DECEMBER 18

DELTA BINGO & GAMING
1019 Clonsilla Ave, Peterborough

*Please note, Delta welcomes food donations anytime as well!



afp
age-friendly
peterborough

Senior's Service Directory
www.peterborough.ca/aging

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

Partnerships & Community Events



RTOERO
Community grants releases 2023 – District 36
Peterborough
October 25, 2023

Rec Centre trivia night for ages 50-plus gets funding help from RTOERO district

Peterborough, Nov 2023 – Despite its purpose, there's nothing trivial about a \$4,000 grant from District 36 Peterborough of RTOERO to the Mapleridge Recreation Centre in Peterborough. The Centre, which focuses on serving adults aged 50-plus, runs a trivia night using laptops. But many of the devices are outdated and can't hold a charge. Now, the donation will go towards obtaining 15 tablets and a charging/storage cart.

The District 36 funding is part of RTOERO's annual community grants program. Since 1968, RTOERO has been a voice for teachers, school and board administrators, educational support staff and college and university faculty in their retirement.

Our mission is to improve the lives of our members and seniors. RTOERO members also share a desire to give back. Each year, districts apply for grants to support community projects. For 2023, RTOERO funded 22 projects for a total of \$85,270.

During trivia nights at the Mapleridge Recreation Centre, the questions are displayed on a big screen. Participants work in teams and submit answers via a tablet that's logged into the game. Having 15 tablets allows up to 45 people to be involved. Mapleridge aims to provide friendship, programs and opportunities for adults 50-plus. The tablets will also be used for other activities such as workshops on technology.

"Trivia nights are a great recreation option, where participants have the chance to socialize with one another, and use their knowledge in a friendly competition. Now, more people can enjoy this fun program," says Lorraine Knowles, President, District 36 Peterborough, RTOERO.

Since the inception of the community grants program 23 years ago, RTOERO has donated almost \$2 million to 550 programs and projects. A committee of RTOERO members assesses the merits of each grants submission.

"We encourage all RTOERO districts to support and partner with local organizations that are making a real difference on key issues," says Martha Foster, chair of the board at RTOERO. "The projects we back advance things like environmental sustainability, healthy and active living, equity and community connections. In their careers and in retirement, RTOERO members have been dedicated to service, and the community grants program is another way to put that into action."

District 36 Peterborough has about 1,300 members, and plays a key role in helping members stay engaged and connected, with each other and the community.

RTOERO is a bilingual trusted voice on healthy, active living in the retirement journey for the broader education community. With 84,000+ members in 51 districts across Canada, we are the largest national provider of non-profit group health benefits for education retirees. We welcome members who work in or are retired from the early years, schools and school boards, post-secondary and any other capacity in education. We believe in **a better future, together!**

RTOERO media contact:

Lorraine Knowles, President, District 36
Peterborough, RTOERO,
President36@districts.rtoero.ca

Reference:

Sylvia Link, Director of Marketing and
Communications, slink@rtoero.ca,



Cardinal Tours

Bus Trips with Cardinal Tours

If you are interested in booking a trip through Cardinal Tours please visit their website to review what is available.

www.cardinalcoachtours.ca

for more information or bookings please contact the
following people:

Lynne Downey 705-324-2777

lynne@cardinalcoachtours.ca

Karen Park 705-324-2777

karen@cardinalcoachtours.ca

Bookings will NOT be done through Mapleridge.

