1085 Brealey Drive, Peterborough, Ontario K9K 0C1
Phone: (705) 742-1481 heather.mcginn@mapleridgerecreationcentre.com

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# January 2024

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

Each time a member enters Mapleridge and checks-in to a program (either drop in or registered), the front door volunteer will punch the card to indicate the \$2 user has been paid.



# **Registered Programs**

### Registration fee may apply

Arts		User fee applies to programs only at Mapleridge				
Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	Jan 9	Jan 30	1:00pm-3:00pm	\$10.00	Bernice Cote

## **Exercise-Light Weight** User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	Jan 9	Jan 30	2:30pm-3:30pm	\$26.00	Susan Stevenson

# **Hoops** User fee applies to programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Hula Hoop Demo	Friday	Jan 12	Jan 12	10:15am-11:00am	\$6.00	Basia Baklinski
Hula Hoop	Friday	Jan 19	Feb9	10:15am-11:00am	\$24.00	Basia Baklinski

# Line Dance User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Line Dance Intermediate(low)	Monday	Jan 8	Jan 29	1:00pm-2:00pm	\$8.00	Gary Calder
Line Dance Intermediate	Thursday	Jan 4	Jan 25	1:00pm-2:00pm	\$8.00	Cyndie Lamrock

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Program	Day	Start	End	Time	Fee	Instructor
Mentastics Demo	Thursday	Jan 11	Jan 11	9:30am-10:15am	\$6.25	Michelle Godfrey
Mentastics	Thursday	Jan 18	Feb 8	9:30am-10:15am	\$25.00	Michelle Godfrey

# Pickleball User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Pickleball Recreation/ Intermediate St. James Church	Monday	Jan 8	April 15	10:00am-12:00pm	\$60.00	No Instructor
Pickleball Recreation/ Intermediate St. James Church	Monday	Jan 22	April 15	7:00pm-9:00pm	\$50.00	No Instructor

1085 Brealey Drive, Peterborough, Ontario K9K 0C1 Centre for adults 50+ Phone: (705) 742-1481

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# **January 2024 Draft**

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# **Registered Programs**

## Registration fee may apply

# Slow & Flow Mediation User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Slow & Flow Demo	Friday	Jan 12	Jan 12	9:00am-10:00am	\$6.00	Angela Demeester
Slow & Flow	Friday	Jan 19	Feb 9	9:00am-10:00am	\$24.00	Angela Demeester

Tai Chi & Qigong		User fee applies to programs only at Mapleridge						
Program	Day	Start	End	Time	Fee	Instructor		
Tai Chi	Thursday	Jan 4	Feb 22	2:30pm-3:30pm	\$16.00	Michael Campbell		
Qigong Demo	Monday	Jan 8	Jan 8	9:00am-10:00am	\$6.25	Kathryn Matheson		
Qigong	Monday	Jan 15	Feb 5	9:00am-10:00am	\$25.00	Kathryn Matheson		

Yoga	l	User fee applies to programs only at Mapleridge					
Program	Day	Start	End	Time	Fee	Instructor	
Yoga Yin Yang	Monday	Jan 8	Jan 29	10:15am-11:00am	\$24.00	Josee Caron	
Yoga Better Bones	Monday	Jan 8	Jan 29	11:15am-12:15pm	\$24.00	Heather Clarke	
Yoga Stretch & Strength	Tuesday	Jan 9	Jan 30	9:00am-10:00am	\$24.00	Heather Clarke	
Yoga Gentle	Tuesday	Jan 9	Jan 30	4:00pm-5:00pm	\$26.00	Susan Stevenson	
Yoga Chair	Wednesday	Jan 10	Jan 31	10:30am-11:30am	\$26.00	Susan Stevenson	
Yoga Stretch & Strength	Thursday	Jan 11	Feb 1	4:00pm-5:00pm	\$24.00	Heather Clarke	
Yoga Yin Yang	Friday	Jan 5	Jan 26	11:15am-12:15pm	\$24.00	Josee Caron	

Zumba	User fee applies to programs only at Mapleridge					
Program	Day	Start	End	Time	Fee	Instructor
Zumba Light	Tuesday	Jan 9	Jan 30	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Jan 11	Feb 1	9:15am-10:00am	\$24.00	Natalie Wittek

#### **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

#### **Shuffleboard**

Day	Time
Monday	11:00am & 1:30pm
Tuesday	11:30am & 1:30pm
Wednesday	9:30am, 11:00am,1:30pm
Thursday	11:30am & 1:30pm
Friday	9:30am, 11:00am & 1:30pm

Contact Gail Trotter for more information on joining a shuffleboard team.

Phone: 705-874-1376 (Home) Email: twoboycats@hotmail.com

### Pickleball For Fun Drop In

Level	Day	Time
Beginner	Monday	3:00pm
Recreation	Thursday	11:15am

#### Cards & Games

Game	Day	Time
Bid Euchre	Tuesday Thursday	1:00pm 1:00pm
Bridge (Beg)	Tuesday & Friday	9:00am
Bridge	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm

#### Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am



#### **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

## Big Bingo

Date: Sunday, Dec 17 & Jan 28

Doors open at Noon Bingo starts at 1:00pm Cost: \$20.00 per person Everyone Welcome Pay at the door, cash only



Café open.

#### Mini Bucks Bid Euchre

Date: Saturday Dec 16, Jan 6 & 20
Doors open at 11:15am
Cards start at 12:30pm
Cost: \$5.00 per person
NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



# Week at a Glance

**Monday** 

Program	Time
Billiards	8:30am
Qigong	9:00am
Bocci Ball	10:00am
Table Tennis	10:00am
Pickleball– St James Church	10:00am
Yin Yang Yoga	10:15am
Billiards	10:30am
Shuffleboard	11:00am
Yoga Better Bones	11:15am
Cribbage	1:00pm
Line Dance Inter. (low) Jan 8	1:00pm
Shuffleboard	1:30pm
Beginner Pickleball for Fun Drop In	3:00pm
Pickleball– St James Church	7:00pm

Program	Time
Billiards	8:30am
Bridge Beginner-Jan 2	9:00am
Yoga Stretch & Strength	9:00am
Exercises	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka	1:00pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:30pm
Gentle Yoga	4:00pm

Wednesday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Table Tennis	10:00am
Chair Yoga	10:30am
Billiards	10:30am
Shuffleboard	11:30am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm

## **Thursday**

Program	Time
Billiards	8:30am
Zumba Light	9:15am
Mentastics	9:30am
Exercises	10:15am
Billiards	10:30am
Pickleball for Fun Drop In	11:15am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Yoga Stretch & Strength	4:00pm

## **Friday**

Program	Time
Billiards	8:30am
Bridge Beginner -Jan 5	9:00am
Slow Flow & Mediation Jan 12	9:00am
Shuffleboard	9:30am
Table Tennis	10:00am
Hoops Demo-Jan 12	10:15am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm

## Saturday

Program	Time
Choir	9:30am
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Dec 16, Jan 6 & 20	12:30pm

**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



Mapleridge **Saturday Night Dance** January 27



7:00pm-11:00pm Doors open at 6:30pm \$12 Pre-register \$15 cash at the door DJ.50/50Cash Bar Snacks for Sale

1085 Brealey Drive Peterborough