

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."*



# January 2024

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

**Email:** [heather.mcginn@mapleridgerecreationcentre.com](mailto:heather.mcginn@mapleridgerecreationcentre.com)  
Or  
[susan.king@mapleridgerecreationcentre.com](mailto:susan.king@mapleridgerecreationcentre.com)

Updated: Jan 4 2024



# President Message

**Welcome to 2024!** We hope you enjoyed the season with family and friends. This year promises to be an exciting one at Mapleridge so check out the newsletter to see what is going to be happening early in the year.

## **Donation Campaign Update**

We have received \$6789.75 to end of December 2023. As you know our goal is \$10,000 by end of our fiscal year March 31, 2024. It looks like we need \$3210.25 to reach our goal. Thank you to all that have donated to Mapleridge.

## **The New Years Gala**

Was a rousing success! Everyone enjoyed the delicious Prime Rib of Beef dinner and the festivities celebrating the New Year. Let's hope this is a good year.

## **Dinner Events**

Our dinner events sell out early as there are not many scheduled. Don't be disappointed buy your tickets early. **If your plans change, a refund is available as long as you cancel before the event.**

## **Upcoming Events**

Don't forget to check out some upcoming events in the newsletter for that we have planned over the next couple of Months. Easter falls in March this year and please note that the dinner is scheduled. Saturday March 23 at 1pm. Registration is now available with the office.

## **Seniors Active Living Centre Survey (SALC)**

As you may be aware Mapleridge receives some funding from the Provincial Government's "Seniors Active Living Centre Program". As part of this funding, we are required to survey our members to determine the outcomes of our programs. Surveys will be available at the front door starting Jan 8. We appreciate your input in advance for taking the time to fill out the survey.

## **By-Law Updates**

The Government of Ontario have updated rules for non-profit article of incorporation and by-laws. We are working with our lawyer, Joe Grant, to restate our articles and update our by-laws to be compliant under ONCA (not-for-profit corporation act). As soon as this information is received from our lawyer, we will call a meeting to have the membership confirm the by-law changes.

## **Committee Meetings**

Our Committee Meetings are well underway and we are looking forward to updating and establishing our strategic plan, volunteer management, program plans and marketing strategies.

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](http://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](http://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.
- There is no transferring of programs
- Being 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.

## 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](mailto:null@myactivitycenter.com)

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

Some internet providers block our emails from being sent and unfortunately Mapleridge has no control over this and members are encouraged to visit our website for up-to-date information.

[www.mapleridgerecreationcentre.com](http://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](http://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



## Fragrance Free Building

Perfumes, After Shaves & other scented beauty products may cause allergic reactions. Please avoid wearing scented personal products when in the building.

# 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.

Workshop 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 9:15am in the main hall

# Upcoming Events & More...



## Mini Bucks Bid Euchre

\$5.00 At the Door

**Saturday, Jan 6 & 20**

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please

## 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



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



**Sunday Jan 28, 2024**

**1:00pm \$20.00**

**Everyone Welcome**

**Pay at the Door**

**CASH ONLY!**

**Bring your own dabbers**



## Upcoming Events and more....

**Trivia & Pub Night**  
**Fri Feb 9 \$15**  
Kitchen & Bar open 5 pm  
Trivia starts at 6 pm  
**Chicken Wings & Sliders**  
Veggie Sticks with Dressing  
Dessert & Presentation by the  
Retired Teachers of Ontario  
**Registration Required**



FUNDRAISER join Us For FUNDRAISER  
CASH BAR **ST. PATRICK'S DAY DANCE** 50/50  
**SATURDAY, MARCH 16**  
7-11pm, Doors open at 6:30pm  
Performance by Four Lanes Wide **\$25**  
Register by phone or in person at Mapleridge Office

**Easter Dinner**  
**Saturday \$25**  
**March 23 1pm**  
Doors open at 12:00 pm  
Glazed Ham, Cheesy Scalloped  
Potatoes, Veggies, Garden  
Salad, Roll, Dessert, Tea/Coffee





## Fundraiser Event

**MAPLERIDGE RECREATION**  
**FUNDRAISER**  
**St. Patrick's**  
**Day Dance**  
**Saturday March 16**

**Cost: \$25.00 per person**  
**Doors open at 6:30pm**  
**Dance 7:00pm-11:00pm**  
**50/50, Cash Bar**



**Featuring:**  
**Four**  
**Lanes**  
**Wide**

*All money raised goes towards Mapleridge*

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



# Partnerships & Community Events



# 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](mailto:President36@districts.rtoero.ca)

### **Reference:**

Sylvia Link, Director of Marketing and  
Communications, [slink@rtoero.ca](mailto:slink@rtoero.ca),

