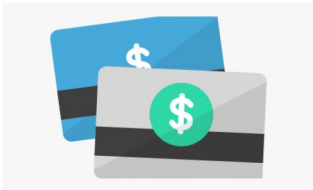




January 2024

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 16	Feb 6	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 Workshop	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	TBA		1:00pm-2:00pm	\$8.00	Cyndie Lamrock

Mentastics

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Mentastics Workshop	Thursday	TBA		9:30am-10:15am	\$6.25	Michelle Godfrey
Mentastics	Thursday	TBA		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	6:30pm-8:30pm	\$50.00	No Instructor



January 2024

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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 Workshop	Friday	TBA		9:00am-10:00am	\$6.00	Angela Demeester
Slow & Flow	Friday	TBA		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 Workshop	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

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 16	Feb 6	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	Feb 8	Feb 29	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	10:30am & 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, 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 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.



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



705-742-1481
1085 Brealey Drive Peterborough

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

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

2-3
people
per group

Prizes



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	10:30am
Yoga Better Bones	11:15am
Cribbage	1:00pm
Line Dance Inter	1:00pm
Shuffleboard	1:30pm
Beginner Pickleball for Fun Drop In	3:00pm
Pickleball– St James Church	7:00pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	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
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	9:00am
Shuffleboard	9:30am
Table Tennis	10:00am
Super Hoops	10:15am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm

Saturday

Program	Time
Choir	9:15am
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Jan 6 & 20	12:30pm

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

Cash Bar, 50/50