

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."*

February 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
Or

susan.king@mapleridgerecreationcentre.com

Updated: Jan 31, 2024



President Message

We have experienced some very cold days in January, snow and freezing rain. It is now February and in not too many more weeks, it will be Spring. I, for one, am looking forward to those longer days and more sunlight. In the meantime, we can enjoy the programs at Mapleridge to keep our spirits up.

Donation Campaign

It will not be long before our fiscal year comes to a close (March 31, 2024). As you know our target before the end of the fiscal year is \$10,000. To date, we have received \$7965.25 in donations. As a registered not-for-profit charity, donations are so important to us. Many thanks to those who have contributed. We hope that Mapleridge is one of the charities that is important to you on an ongoing basis.

January Events

Those that attended Robbie Burns dinner had a wonderful afternoon. The food was great and the entertainment by the Scottish Dancers was a nice end to the afternoon. Piping in the haggis and the address is always entertaining.

Thank You

A big "thank you" to The Peterborough Theatre Guild for offering 35 free tickets to see the dress rehearsal of 'Fiddler on the Roof' at Showplace on February 15. Tickets are sold out, however you can still see the show by call the Peterborough Theatre Guild to purchase tickets. 705-745-4211

News Article

Joanne Culley, who is Freelance Writer with the Peterborough Examiner featured Mapleridge on January 24 with an article entitled "Get Moving at Mapleridge Recreation Centre." She outlined our programs and her comments alluded to the diversity offered to our membership. This was wonderful free advertising for Mapleridge.

By Law Meeting Postponed

The by-law meeting is postponed for review at the AGM in June.

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

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.

Cook- Special Events

This position requires the ability to cook for a large number of people 100+, organize and manage volunteers in the kitchen. Public Heath Food Handlers coarse 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.
- 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.

Cancelations & 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.

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

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

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



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

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

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

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



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

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.

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.

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.

Date: Thursdays

Time: 10:15am-11:00am

Registration Fee: \$24.00

Duration: 4 weeks

Location: Main Hall

Instructor: Basia Baklinski



Line Dance

Intermediate

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

February Events

Mini Bucks Bid Euchre

\$5.00 At the Door

Saturday, Feb 3 & 17

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please



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



Mapleridge

Saturday Night Dance

February 10



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

February Events



Euchre & Scrabble Night

\$2.00 At the Door

Friday, February 16

Doors Open at 5:00pm

Cards start at 6:00pm

*Cafe Open- Chili & a Bun
available \$8.00*

50/50

Mapleridge **Saturday Night Dance** *February 24*



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

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

Sunday Feb 25, 2024

1:00pm \$20.00

Everyone Welcome

Pay at the Door

CASH ONLY!

Bring your own dabbers



Upcoming Events and more....



PETERBOROUGH
SYMPHONY
ORCHESTRA
MUSIC DIRECTOR
Michael Newnham

Come Out and Enjoy the Music

**Peterborough Symphony
String Quartet**

Sunday, March 10 \$15

Doors open at 1:30 pm

Light refreshments at 2 pm

Music at 2:30 pm

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

Cash Bar, 50/50

Volunteer Appreciation Trivia Night

Thursday April 25

Doors Open at 4:30pm Dinner at 5:00pm

Trivia to follow. Registration Required

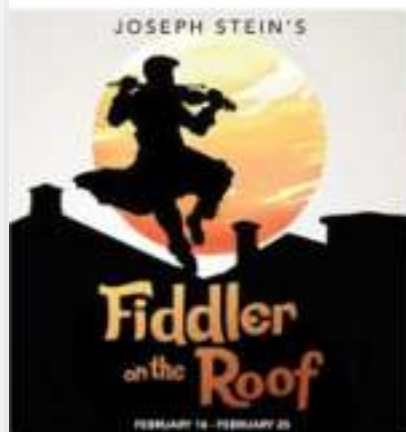
Menu

Roast Chicken with Swiss Cheese,
Avocado, Bacon & a Cranberry Mayo
Sandwich, Served with Mixed Green Salad
with Poppy Seed Vinaigrette, Chocolate
Chip Cookie, Tea/Coffee, Cash Bar

**Thank
you!
Volunteers!**

SHOWPLACE

PERFORMANCE CENTRE



Missed the Dress Rehearsal?
of Fiddler on the Roof
You can book tickets through
the Peterborough Theatre Guild

705-745-4211

Shows Feb 16 - 25



Decades of Bond

@ Showplace

Tues. May 14 @7:30 pm

\$49 includes bus to and from

Bus leaves at 6:45 pm from Mapleridge



Relive the Music \$65
50's & 60's Show

@Showplace

Monday, Sept 30
Show at 7:30 pm

Bus pickup to and from Mapleridge
Register in the office

Bus Trips



@ Showplace Tues. May 14

\$49 includes bus to and from

Bus leaves at 6:45 pm, Show is at 7:30 pm

Decades of Bond

Presented by Ed Lister Music Productions

Decades of Bond is the Ultimate tribute to the incredible music of the James Bond Film Empire.

This 13-piece show band is stacked with some of the finest musicians in North America including the fabulous Rebecca Noelle and Michael Hanna Sr on vocals. A powerhouse horn section and elegant string quartet soar gracefully over the driving rhythm section to deliver you some of the most remarkable music ever written for film! From 'Thunderball' to 'Skyfall' you'll be captivated from the moment the curtain goes up. With a career spanning 15 years, Rebecca Noelle has shared bills with artists such as B.B.King, Johnny Winter, Lynyrd Skynrd, Buddy Guy, Norah Jones and Bonnie Raitt. She's graced stages across the U.S., Canada, the U.K., Asia, Europe & even the North Pole. At the beginning of her career, Rebecca Noelle was the backing vocalist for Canadian blues vet, David Gogo. After some years as a support musician, Rebecca recorded her debut solo album; "Rebecca Noelle: A Night at Maggie's" - a classic jazz collection with her grandfather and mentor, renowned pianist John Noubaran.

Michael Hanna Sr enjoys the improvisational stylings of Jazz, the freedom of the blues and the spiritual fire of Gospel. He has performed on stages across the U.S., Canada and Japan. Michael currently enjoys collaborative work with first-class production at the National Gallery of Art and around town throughout the year. Michael has been recorded on several digital compilations including the 'Right Words to Romance' by Darold Gholdston, 'Have yourself a Jazzy little Christmas' by John Dapaah, 'Michael Hanna Family and friends' by Sir Roland Hanna and the soon to be re-released 'Pete Foret Project'. In addition to his singing, Michael manages RMI Publishing, developed to promote the over 300 compositions of his father; the late Sir Roland Hanna.

Decades of Bond is an 'Ed Lister Music' production. Ed Lister is a Juno Award winning Trumpeter, Composer, Arranger and Educator from London, England. Now residing in Ottawa, Ed runs numerous productions and ensembles. All arrangements and orchestration for 'Decades of Bond' are by Ed. You can find more info on Ed at www.edlistermusic.com

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

Delta Peterborough February 2024

MARK YOUR CALENDARS

ALL WINNERS DAY

FEB. 25 | 12:15 PM & 7:15 PM

VOUCHERS DISTRIBUTED TO BINGO WINNERS JAN. 29 TO FEB. 24, 2024, AT THE 12:15 PM & 7:15 PM SESSIONS.

REDEEM YOUR VOUCHER(S) ON ALL WINNERS DAY TO PLAY FOR A CHANCE TO WIN \$2,000!

DRAG BINGO: MARDI GRAS

FEB. 10 | 7 PM SESSION



**BUY YOUR
TICKETS TODAY!**

\$40 Ticket includes Bingo package

AVAILABLE IN CENTRE OR ONLINE AT
Deltabingo.EVENTBRITE.CA. SERVICE FEES MAY APPLY.

EVENING POWER HOUR OR SENIOR GAMES WILL NOT TAKE PLACE ON DATES OF TICKETED EVENT SESSIONS.

\$2,000 HOT SEAT DRAW

DRAW: FEB. 25 | 8:00 PM

BALLS DISTRIBUTED TO VEGAS-STYLE MACHINE PLAYERS AT RANDOM JAN. 29 - FEB. 25, 2024, FOR A CHANCE TO WIN A \$2,000 CASH PRIZE!

FOLLOW US!



WEEKLY PROMOTIONS

FREE \$200 SENIOR'S GAME

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

PLAYERS 55+ WHO MAKE A PACKAGE PURCHASE CAN PARTICIPATE
NOT PLAYED DURING SPECIAL EVENT SESSIONS

\$25 WACKY MATINEE

FRI. | 12:15PM

GET THE SAME GREAT PRIZES AT A DISCOUNTED PRICE!

10 X \$500 JACKPOTS

SUN. | 7:15PM

FINAL JACKPOT IS \$1,000

10 X \$1,000 JACKPOTS

FRI. & SAT. | 7:15PM

NOT PLAYED ON SPECIAL EVENT SESSIONS



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



DeltaBingo.com Open 7 days a week.



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