



*"Our mission is to provide friendship,
programs and opportunities for adults 50 plus
to enjoy social, recreational and educational
activities."*

March 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

President Message

Are you enjoying the longer days? It is a hint of Spring. We are so fortunate to have had a relatively painless winter to date. My heart goes out to our neighbours in Eastern Canada. Nobody needs that much snow!

Donation Campaign

Our fiscal year ends on March 31, 2024 and we were hoping to reach a goal of \$10,000. Current year to date donation total is \$9,063.25. We urge you to help us reach our goal by the end of March. Mapleridge is a registered charity, so we hope that you continue to choose us as one of the charities that you support each year. ***Thank you to all of those who have donated.***

Committees

I am pleased to report that our new committees are meeting on a regular basis and have already come up with ideas that Mapleridge will be considering. The committees are Fund Development, Volunteer Development, Marketing and Communication, Program and Event Planning. These committees are vital in the creation of our strategic plan. Thank you to all who are participating.

Events

Recently, Pat Hooper from the Peterborough Theatre Guild offered 35 free tickets to see the final dress rehearsal of Fiddler on the Roof at Showplace. Members that registered enjoyed this production in a completely empty theatre except for them. This was a wonderful gesture and there have been only glowing reports about the experience.

Showplace are offering Decades of Bond May 14 for \$49. Bus will pick up at Mapleridge.

We have a busy March with various events coming up. Make sure to check the indoor TV as well as our website. Don't be disappointed register early.

The Peterborough Symphony String Quartet will be performing here on March 10.

St. Patrick's Fundraiser Dance featuring Four Lanes Wide will be here March 19.

Easter Dinner Saturday, March 23 - almost sold out

Spring Auction Sale begins March 3- Draw March 25 Tickets 25 for \$5.

We like honouring our Volunteers! Please register for Volunteers Appreciation Dinner/ Trivia Night Thursday, April 25.

Ollie Bakelaar
President, Board of Directors



Spring Raffle

Check out our Spring raffle display outside the office on the main floor. From March 4-24 we are selling tickets in the office for \$5.00 for 20 tickets. Draw Date is March 25. Thank you in advance for your support and Good Luck!



Spring Gardening

- Garden Gloves
- Miracle Gro
- Gnome
- Caterpillar Decor
- Water Nozzle set
- \$25 Walmart Card



Cooking Fun

- Cast Iron Pot
- Oven Gloves



Puzzles Galore

- Buttermilk Farm Fall (2)
- Crickets Cottage
- African Royalty
- Butterfly Afternoon



Cheers!

- \$25 LCBO card
- Wine rack



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:

- Program Relevancy Committee
- Event Planning

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.



Featured Instructor



Michelle Godfrey

Michelle Godfrey CTP has been teaching and practicing The Trager Approach and Mentastics for 30+ years. She is passionate about teaching the integration of moving with ease in daily life. Michelle is certified with Trager Canada.

For more information: discovertrager.ca

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.



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
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.

Service Canada Information Session

Canadian Dental Care Plan & Benefits for Seniors

Thursday, April 11

11:15 am

Registration required
no fee

Service
Canada



Fragrance Free Building

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

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.

Learn to Draw Pencil & Ink

Wednesday March 13-April 3

9am-11am-Library \$10.00

Learn a few tricks to create pieces of art that will surprise even you. We will start with pencil and soon add pen. This class is for beginners, or just people who like to draw.



Supplies Needed:

Sketchbook
Regular HB pencil
Artists eraser
2 black ink pens.

Registration is required.

March Events



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

Mapleridge
Saturday Night Dance

7:00pm-11:00pm

Doors open at 6:30pm

\$12 Pre-register

\$15 cash at the door

March 23

DJ . 50/50

Cash Bar

Snacks for Sale

705-742-1481

1085 Brealey Drive Peterborough



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

Sunday Mar 24, 2024

1:00pm \$20.00

Everyone Welcome

Pay at the Door

CASH ONLY!

Bring your own dabbers



Mini Bucks Bid Euchre

\$5.00 At the Door

Saturday, Mar 2, 16 & 30

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please



Bus Trips

SHOWPLACE

PERFORMANCE CENTRE



Decades of Bond @ Showplace

Tues. May 14 @7:30 pm

\$49 includes bus to and from

Bus leaves at 6:45 pm from Mapleridge



Menopause 2 **The Musical** **\$70**

@Showplace Bus at
Wed. May 15 6:45pm

Show at 7:30 pm

Bus pickup to and from Mapleridge

Register in the office



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

Partnerships & Community Events



Funding provided by:



SENIORS ACTIVE LIVING FAIR

FREE

WORKSHOPS

10:00-10:45 Service Canada,
including the new dental program

11:00-12:00 MTO, Senior driver
renewal and driving tips

12:15-12:45 New Horizons Band,
musical interlude

1:00-2:00 OPP, frauds and scams

**MARCH 5, 2024
9:30AM-2:30PM
ACTIVITY HAVEN**

180 BARNARDO AVE, PETERBOROUGH

- lunch and refreshments
- goodie bag
- give aways and prizes
- visit the exhibitors

**TO REGISTER
CALL 705-876-1670**

TRADE SHOW EXHIBITORS

Activity Haven
Age-friendly Peterborough
Alzheimer Society
B!ke
Canadian Mental Health Association
Community Care
Community Paramedicine
Green Up - Shifting Gears
Hospice Peterborough
Mapleridge Recreation Centre
MPP Dave Smith office

Ministry for Transportation
Ministry for Seniors and Accessibility
New Horizons Band
OPP
Peterborough Family Health Team
Peterborough Regional Health Centre
Peterborough Symphony
Seniors in Motion
Service Canada
Showplace
Volunteer Peterborough

Partnerships & Community Events

Delta Peterborough March 2024

MARK YOUR CALENDARS

ALL WINNERS DAY

MAR. 31 | 12:15 PM & 7:15 PM

VOUCHERS DISTRIBUTED TO BINGO WINNERS MARCH 1 TO 30
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!

BONUS BALL FRENZY

MAR. 1-31 | ALL SESSIONS*

20 BALLS WILL BE RANDOMLY DRAWN AND POSTED.

PLAY BALLS, AND IF THE LAST NUMBER CALLED MATCHES ONE OF THE
DRAWN BONUS BALLS, YOU CAN WIN A \$200 DELTA GIFT CARD!

*PLAYED UNTIL ALL BONUS BALLS HAVE BEEN WON OR MARCH 31, 2024

DRAG BINGO: MADONNA EDITION

APR. 27 | 7 PM SESSION



**TICKETS ON
SALE MARCH 18!**

\$40 Ticket includes Bingo package
DeltaBingo.Eventbrite.ca

*Service fees may apply

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

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

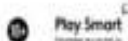
FINAL JACKPOT IS \$1,000

10 X \$1,000 JACKPOTS

FRI. & SAT. | 7:15PM

NOT PLAYED ON SPECIAL EVENT SESSIONS

See customer service for complete details on all upcoming events and promotions. A minimum purchase is required to participate.



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



Open 7 days a week.

Mapleridge is partnered with Delta Bingo & Gaming Peterborough since the fall of 2022. We have been fortunate to receive \$29,500 since 2022 that goes towards program supplies and instructional cost.

In order for this program to be successful we are looking for volunteers to give their time to help with Bingo and Tap'n'Play once a month at Delta Bingo in Peterborough. Volunteers do not handle cash or gaming product and training is provided. In exchange for volunteering Mapleridge receives a monthly payment.

For more information please contact the Mapleridge Office 705-742-1481

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.