

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.”*

# April 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)



# President Message

Spring is here with a blast of winter! Enjoy the longer daylight hours, the birds certainly are. Have you heard them singing in the wee hours of the morning? Hope you enjoyed Easter with friends and family.

**Donation Campaign for 2023/24** has come to an end as of March 31, 2024, our fiscal year end. Our goal was reached with a total of \$10,057.85. Thank you to everyone who helped to make this campaign a success. We know you have a lot of choices when it comes to donating and are so grateful that you chose to donate to Mapleridge. All donations big and small are important to us. Thank you again for your support.

## Spring Auction Sale

Thanks to everyone who donated to or bought tickets on our Spring Auction Sale. This sale brought in \$550.

## Information Session by Service Canada

Don't forget to register for this information session (no cost) which will answer questions about Canadian Dental Care Plans and Benefits for Seniors. Circle your calendar April 11 at 11:15 a.m.

## Showplace Events Coming up

May 14 - - Decades of Bond.

May 15 - - Menopause 2 The Musical

Sept 30 – Relive the Music

Take advantage of the bus pick up at Mapleridge to take you downtown and bring you back.

Register at the office by phone or in person.

## ByLaws for Mapleridge

The By-laws are currently being updated by the Board and will be presented to the Membership at the Annual General Meeting on June 27, 2024. Members will be notified when they are available for review.

Ollie Bakelaar

President, Board of Directors

# From the desk of....

## Volunteer Week

April 14-20 is National Volunteer Appreciation Week and is recognized Canada Wide.

## Volunteer Canada States:

Volunteering can play a vital role in healthy aging. Remaining active and staying connected to the community can have a positive impact on a person's social, physical and emotional wellbeing. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues. Mapleridge is very fortunate to have a great group of volunteers to help us run everything from the day to day operations, to special events and Delta Bingo. We will be celebrating our volunteers on with a special dinner and trivia night on Thursday, April 25. We hope to see all our volunteers on this night. Volunteers, please register at the office to attend for this event.



Heather McGinn, General Manager

# 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:

- Marketing

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

## Basia Baklinski



Hi, I'm Basia,

Fifteen years ago I found my old Canadian Tire hula hoop from my childhood, tried to hoop it and couldn't. How disappointing!

I made it my goal to make a hoop that was easy to twirl and provided me with a fitness tool.

My hand-made 2 pound hoops are large, weighted with water, and are super easy to use.

Over the years I have taught hundreds of folks of all ages how to hoop.

It is absolutely joyous to watch a person go from "I can't do this" to "Look at me! I'm hooping!"



## 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!

*"If you want to have fun and laugh and laugh while getting fit - this is it!!!!"*

*A former student*

# Featured Instructor



## Kathryn Matheson

Kathryn is a certified Qigong instructor and Certified Nutritional Practitioner (CNP) based in Peterborough. She is a graduate of Trent University and the Institute of Holistic Nutrition, and a member of the Canadian Association of Natural Nutritional Practitioners (CANNP).

As a Qigong instructor, Kathryn believes strongly in the importance of using movement and breath to promote healthy aging, enhance overall quality of life, and build community. She particularly enjoys working with seniors, and strives to ensure that her classes are as accessible and inclusive as possible. She thoroughly enjoys teaching a weekly Qigong class at Mapleridge

.Kathryn has previously served on the Boards of Council for Persons with Disabilities and the Peterborough Historical Society. She has lived and worked in Peterborough for more than 20 years and is grateful to be a member of such a vibrant and caring community. Please feel welcome to visit [www.katmatnutrition.com](http://www.katmatnutrition.com), or to reach out to Kathryn directly, for more information about her Qigong classes or nutritional consulting

## Qigong



Qigong involves the cultivation of energy and awareness through movement, posture, and breathing. The overarching goal of our Qigong practice is to enhance long-term quality of life.

Qi refers to the bio-magnetic energy found within all living things. It circulates in natural patterns through channels called meridians and vessels. Qigong leads energy through these channels helping to open up points blocked by physical, mental, or emotional stress.

We move to generate heat, stand to activate qi, and sit to quiet the mind. In so doing, our Qigong practice helps us to counter the negative effects of sedentary living and stress.



# 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       |
| 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**



# 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.



# April Events



**Euchre & Board Games  
Night**  
\$2.00 At the Door  
**Friday, April 12**

**Cheeseburger, Chips & Drink** Doors Open at 5:00pm  
**at the Cafe for \$8.00** Cards start at 6:00pm  
**50/50**

**Mini Bucks Bid Euchre**

\$5.00 At the Door

**Saturday, April 6 & 20**

Doors Open at 11:15 am  
Cards start at 12:30 pm

**Pies & Sandwiches for Sale**  
**No Beginners Please**



**Mapleridge** 7:00pm-11:00pm  
**Saturday Night Dance** Doors open at 6:30pm

**April 27**

\$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 April 28, 2024**

**1:00pm \$20.00**

**Everyone Welcome**  
**Pay at the Door**

**CASH ONLY!**

**Bring your own dabbers**



# Upcoming Events



**Strawberry  
Social**

**Dinner Menu**

**Friday, June 21**

**COLD PLATE INCLUDES**

**Rotisserie Chicken, Potato Salad,  
Coleslaw, Devilled Eggs,  
Fresh Local Strawberries/ Shortcake,  
Tea/Coffee**

**Doors open at 4:00 pm**

**Dinner at 5:00 pm**

**50/50 & Cash Bar, Registration Required \$25**



# Partnerships & Community Events



**Powerful Tools FOR Caregivers**  
A FREE Six-Week Workshop for Caregivers



"After taking this class I am a **more confident caregiver!** Having tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me... and a healthier us!"

**DATES** Every Wednesday  
From April 10th - May 15th, 2024

**TIME** 1:30 pm - 3:00 pm

**LOCATION** Nogojiwanong Friendship Centre  
580 Cameron St, Peterborough  
Room: Bear's Den

Pre-registration is required, for more information:  
Call 1-866-971-5545

**THE PETERBOROUGH LAWN BOWLING CLUB INVITES YOU TO JOIN US FOR THE 2024 SEASON OF FUN**

**OPEN HOUSE** on SATURDAY, MAY 4th 10-12 noon at 577 McDonnel Street  
**FREE** instruction sessions on May 7, 8 and 9  
**NEW** Novice and Junior League  
Please call 705 933-8549 or visit us for more information and to register at:



[www.peterboroughlawnbowlingclub.org](http://www.peterboroughlawnbowlingclub.org)



# Bus Trips

## *Decades of Bond*

The music of the James Bond Movie Empire  
Tuesday May 14, 2024

**SHOWPLACE**  
PERFORMANCE CENTRE



The Ed Lister Showband



Rebecca Noelle  
&  
Michael Hanna Sr.

Register at Mapleridge Recreation  
Centre  
705-742-1481  
Cost: \$49.00  
Bus at 6:45pm Show at 7:30pm



## **Relive the Music 50's & 60's Rock N' Roll Monday Sept 30th**

**Music History, Trivia & Memories**

**SHOWPLACE**  
PERFORMANCE CENTRE

Register at  
Mapleridge  
Recreation Centre  
705-742-1481  
Cost: \$65.00  
Bus at 6:45pm  
Show at 7:30pm

