



April/May 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	April 2	April 23	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	April 9	April 30	<u>2:45pm-3:45pm</u> <u>New Time</u>	\$26.00	Susan Stevenson

Hoops

User fee applies to programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Hula Hoop	Friday	April 19	May 10	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
Advance Line Dance	Monday	April 29	May 27	1:00pm-2:30pm	\$12.00	Jane Elliot
<u>Line Dance Intermediate Low</u>	<u>Tuesday</u>	<u>April 16</u>	<u>May 7</u>	<u>1:30pm-2:30pm</u> <u>New Day & Time</u>	<u>\$12.00</u>	<u>Gary Calder</u>
Line Dance Intermediate	Thursday	April 11	May 2	1:00pm-2:00pm	\$12.00	Cyndie Lamrock

Mentastics

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Program	Day	Start	End	Time	Fee	Instructor
Mentastics	Tuesday	April 16	May 7	12:15pm-1:00pm	\$25.00	Michelle Godfrey





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Registered Programs

Registration fee may apply

Pickleball

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Program	Day	Start	End	Time	Fee	Instructor
Pickleball Recreation/ Intermediate St. James	Monday	April 29	June 17	10:00am-12:00pm None on May 20	\$35.00	No Instructor
Pickleball Recreation/ Intermediate St. James Church	Monday	April 22	June 17	6:30pm-8:30pm None on May 6 & 20	\$35.00	No Instructor

Tai Chi & Qigong

User fee applies to programs only at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	May 2	June 20	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong	Monday	Mar 25	April 15	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	April 8	April 29	10:15am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	April 8	April 29	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	April 2	April 23	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	April 9	April 30	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	April 10	May 1	10:30am-11:30am	\$26.00	Susan Stevenson
Yoga Stretch & Strength	Thursday	April 4 May 2	April 11 May 23	4:00pm-5:00pm 4:00pm-5:00pm	\$12.00 \$24.00	Heather Clarke Heather Clarke
Yoga Yin Yang	Friday	April 12	May 3	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	April 9	April 30	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	April 11	May 2	9:15am-10:00am	\$24.00	Natalie Wittek



Drop In Programs

User fee applies to programs

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	11:00am & 1:30pm
Wednesday	9:30am, 11:00am, 1:30pm
Thursday	11:30am & 1:30pm
Friday	9:30am, 11:00am & 1:30pm

Contact Ed Hughes for more information on joining a shuffleboard team.

Phone: 705-740-3841

Email: rxclist@gmail.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, April 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 April 6 & 20

Doors open at 11:15am

Cards start at 12:30pm

Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



Choir

Day	Time
Saturday	9:30am

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



Euchre & Board Games

Night

\$2.00 At the Door

Friday, April 12



Cheeseburger, Chips & Drink
at the Cafe for \$8.00

50/50

Doors Open at 5:00pm
Cards start at 6:00pm

Closed in Observance of
Good Friday March 29

We are open Easter Monday April 1



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 Advance	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 Exercises	9:00am
Billiards	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:00am
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka	1:00pm
Line dance Inter Low	1:30pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:45pm
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	11:00am
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
<i>Euchre & Games –April 12</i>	<i>6:00pm</i>

Saturday

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

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



Service Canada Information Session
 Canadian Dental Care Plan & Benefits for Seniors

Thursday, April 11
11:15 am

Registration required
no fee

Service Canada 