

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.”*

May 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

Welcome to the wonderful season of Spring! May is the month that brings the flowers, longer days and warmer days and nights.

Mapleridge continues to be busy with many programs and events. Its nice to see members enjoying what is being offered.

Nominations for Board of Directors

Every year, June is the month of the AGM and new Board of Directors are elected. Members can be nominated on the form outside of the office. Being a part of the board entails a lot of responsibility and we are looking for candidates with the following experience, knowledge or background:

- Finance (accounting)
- Business
- Fund Development
- Non-Profit
- IT or Digital
- Maintenance / HVAC

These are all skill sets and qualities that will help the board be successful governing and leading Mapleridge into the future as set out in our mission and values. A list of board job descriptions will be available at the office for those nominated to ensure everyone nominated is aware of the expectation that comes along with being a board member. A term runs for two years with duties including, monthly meetings, special meetings and being part of a committee. Each nominee will be required to create a short bio with work experience and why they would like to be apart of the board of directors. Nominations close at 5pm on May 30.

AGM– Questions or Concerns

The Board is requesting that any questions or concerns that are not related to the AGM business (performance and strategies report) please be submitted to the board in writing. The board will review and provide a written response. Complaints will not be heard at the AGM meeting.

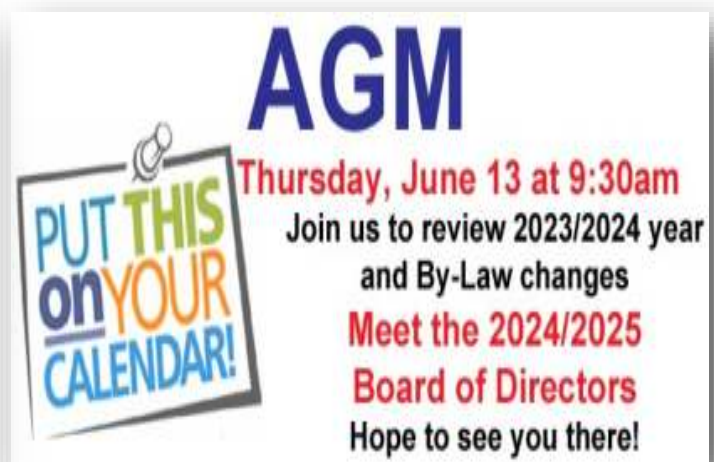
News from Delta Bingo

Delta Bingo informed us that attendance has significantly improved which means more revenue to all the Not for Profit organizations volunteering their time. Advertising on Facebook, Instagram and Websites has contributed to this success. As an example, Mapleridge will receive over \$900 per each 2 sessions in the month or approximately \$1800 month goes towards programs and supplies.

We need more Delta Bingo volunteers. If interested contact me at ocbakelaar@gmail.com.

Ollie Bakelaar

President, Board of Directors



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 & Communication

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.



Featured Instructor



Josee Caron

Hello, my name is Josee and I am a certified Yoga instructor. I have been teaching for the last 10+ years. I teach the Yin/Yang classes. In Yin/Yang Yoga we learn how to stretch to create space in the body and we learn yoga poses (asanas) to open the body. By creating space & openness in the body, it helps us to move more freely and live life to the fullest.

Having a background in human anatomy, I am able to provide explanations as to what part of the body benefits from each poses & stretches. I am also trained in Pranayama (breath work) and Meditation. We learn to calm the mind using breathing techniques to help us to become more mindful and by doing so we are able to let go of what no longer serves us.

**IF WE DO NOT TAKE THE TIME FOR OUR WELLNESS
WE WILL HAVE TO TAKE TIME FOR OUR ILLNESSES !!!!!**

The choices we make today will define our tomorrow!

Yin/Yang Yoga

There is a yin aspect of life and a yang aspect. Yin cannot exist with Yang, nor can Yang exist without Yin, they compliment each other. In Yin yoga we focus on the Yin tissues of the body, ligaments, bones and joints. It is in the Yin part of our practice, the holding of the pose that provides length. In the Yang yoga we focus on the Yang tissues of the body, muscles, blood and skin. It is in the Yang part of our practice, much care is taken to align the body and engage our muscles correctly to create strength and stability.

Yin-Yang are opposites, Yin describes the shade side of the mountain, the north and Yang describes the sunny side, the south. Together they make the WHOLE.. It is this WHOLENESS that becomes our main pursuit in Yin-yang yoga.



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.



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:
www.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 does not accept \$100 dollar bills.

The office is not able to make change for \$50 and \$20 bills without a payment. It is appreciated if you need to change your larger bills, you do so before arriving at the centre.



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.



May Events

Mini Bucks Bid Euchre
 \$5.00 At the Door
Saturday, May 4 & 18
 Doors Open at 11:15 am
 Cards start at 12:30 pm
 Pies & Sandwiches for Sale
 No Beginners Please

**Bid
Euchre**



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



Sunday May 26, 2024
1:00pm \$20.00
 Everyone Welcome
 Pay at the Door
CASH ONLY!
 Bring your own dabbers

Mapleridge
Saturday Night Dance
May 25 DJ . 50/50
 Cash Bar
 \$12 Pre-register Snacks for Sale
 \$15 cash at the door
 705-742-1481
 1085 Brealey Drive Peterborough



7:00pm-11:00pm
 Doors open at 6:30pm



**Euchre & Board Games
Night**
 \$2.00 At the Door
Friday, May 10
 Doors Open at 5:00pm
 Cards start at 6:00pm

AT THE CAFE
 Hamburger or Sausage & Drink \$6
 Slice of Pie \$3

50/50



Be Prepared Workshop
Wed. May 29
1:30 pm
 at Mapleridge

age-friendly
 peterborough
 action for aging well
www.actionforagingwell.ca

Registration Required call or visit the office

Seniors in Motion
 Information Session
Thursday, May 30 at 11:15am
 Registration is required



Trent in Motion have designed a safe, low impact exercise and health program. It will be offered for free thanks to the New Horizon Grant Program.

Attend this free information session to learn


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




We can't predict the future,
but we can prepare for it.

Be Prepared Workshop 2nd edition

 Have you thought about emergency and personal safety planning?

 Have you considered your future options or arranged an advanced care plan?

 Do you have your life documents and emergency contacts in order?

Having a plan for the future allows for the enjoyment of today!

Preparation provides us with clarity, peace of mind, and organization if an emergency were to arise. That's why AFP has developed the **Be Prepared Workbook**, a tool with checklists, prompting questions and resources to help you take control in the chaos of life's uncertainties.

We invite older adults to attend a free Be Prepared Workshop where you will:

- Receive your own Be Prepared Workbook
- Learn how to use the workbook
- Discover and discuss preparation strategies

Workshop Host: Mapleridge Recreation Centre
Location: 1085 Brealey Drive, Peterborough

Date: May 29, 2024
1:30-3:00

Call 705-742-1481 to register

Thank you to United Way Peterborough & District for funding the Be Prepared project



CALLING ALL PETERBOROUGH WINNER'S!



Winners from Peterborough's 12:15pm and 7:15pm sessions during the eligibility period will receive an 'All Winners' coupon inviting them to return to play for a chance to win \$2,000!

Eligibility period: May 2 – May 25, 2024.
'All Winners' day: May 26 at 12:15 pm and 7:15 pm sessions.



\$25 WACKY MATINEE

The same great prizes at a discounted price! \$25 Wacky package is a 5-strip that includes 3 regular games, 3 specials and 3 jackpots.

Fridays | 12:15 pm session
Only at Delta Peterborough. Must be 18+. Please play responsibly.

DELTA PETERBOROUGH

Drag Bingo

SATURDAY, JUNE 1, 2024
TICKETS: DELTABINGO.EVENTBRITE.CA



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



Bus Trips

A promotional poster for a show titled "Jersey Nights". The title is written in large, glowing blue letters. In the background, there are silhouettes of four people standing in front of the title. To the right of the title, the text reads "TRIBUTE TO FRANKIE VALLI & THE FOUR SEASONS". Below that, it says "SAT., OCTOBER 5, 2024" and "8PM \$56". At the bottom of the poster, it says "Bus Pickup at 7:15pm at Mapleridge".

**JERSEY
NIGHTS**

TRIBUTE TO
**FRANKIE VALLI
& THE FOUR SEASONS**

SAT., OCTOBER 5, 2024
8PM \$56

*Bus Pickup at 7:15pm at
Mapleridge*

S H O W P L A C E
PERFORMANCE CENTRE

Mapleridge Registration Required 705-742-1481