

Mapleridge Recreation  
Centre for adults 50+



*“Engaging you in a welcoming and vibrant community that empowers members to live active healthy and fulfilling lives.”*

# August 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's Message

The summer, as always, passes by so quickly. Enjoy what is left and all it has to offer. Fall is just around the corner and so are many new programs.

I want to thank the people who are continuing to donate money to Mapleridge. These donations are very important to us. We are not-for-profit charity organization, and we welcome your support.

## By-Laws Letter of Patent

The Board of Directors have met during the summer to review the Letters Patent and the By-Laws. All changes need to be completed by the lawyer. The deadline to be compliant is October 18, 2024. If Mapleridge does not meet this deadline then we are open to fines. The office will let membership know when copies of the documents are available for you to read. A meeting with the membership is scheduled for September 16. Our Lawyer will be present to explain the legal aspects. The membership in attendance will be asked to vote accepting the revised Letters Patent and By-laws so the lawyer can submit them.

## Open House

Circle Thursday, Sept 12 as this is the date of our annual Open House. This is a great opportunity to invite people who are new to Peterborough, or are curious and want to know what Mapleridge has to offer. Instructors will be on hand demonstrating their programs with participation from those interested. There are lots of new programs on offer so drop by and check them out!

## AODA- Training- Urgent

The Accessibility for Ontarians with Disabilities Act (AODA) is a law that sets out a process for developing and enforcing accessibility standards.

All Mapleridge Recreation Centre volunteers are required to be trained in Customer Service portion of the AODA act. This training is mandatory to ensure our compliance with the act and to avoid large fines. **If you do not take this training you will not be able to volunteer at Mapleridge.**

If you have **not** taken the training there are two options:

1. Use the link below to complete the training online (or request an email with the link from the office) and notify the office that you have completed the training.

**<https://accessforward.ca/customer-service-standard/>**

2. Register through the office for one of the following in house training session

**Monday Aug 12 11:30am**

**Thursday Aug 22 at 11:15am**

AODA policies have been developed specifically for Mapleridge. These are in a binder on the shelf outside of the office. Please familiarize yourself with these.

Have a great summer!

Ollie Bakelaar. President

## Board of Directors 2024/2025

Name	Position
Ollie Bakelaar	President
Charlaine Schwass	Vice President
Sharla Trudell	Treasurer
Mary Hopkins	Secretary
Gary Cornell	Director
Joan Michaels	Director
Debby Lovegrove	Director
Doug Loney	Director
Ron Smith	Director



**By-law Meeting for  
Member Approval  
Monday September 16  
9:30am Main Hall**

Updated by-law changes & Letter of  
Patent to ensure they are compliant to  
the Not for Profit Corporation Act  
**Draft Copies of By-laws will be available  
on request closer to the date**

# Volunteer Opportunities

If you are interested in any of the following volunteer opportunities please contact the office:



## **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 Health Food Handlers course 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. Thursday 12-4pm. Call ins for Monday-Saturday

## **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.

# Support Mapleridge

We are asking you to consider supporting Mapleridge with a tax deductible financial donation. Please consider one of the following options:

- **One Time Contribution.** One time gifts are always appreciated.
- **In Honour Donations.** A great way to recognize a friend who doesn't need more 'stuff'. Your friend would receive a card acknowledging your gift to Mapleridge in his/her honour.
- **Canada Helps.** An online donation technology for registered charities. Tax receipts are emailed immediately. Visit [www.mapleridgerecreationcentre.com](http://www.mapleridgerecreationcentre.com) and click on the **DONATE** button on the top right hand corner.
- **Company Matching.** Some employers will match charitable donations of current and/or re-tired employees. Does yours?

Your donation ensures that our active and dynamic recreation centre continues to be a healthy, vibrant one. For more information, please contact the office AT 705-712-1481

# 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.*

## 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.



**Looking for Front Door Reception Volunteers**

Thursday afternoon shift  
12pm-4pm  
and Mon-Sat fill-ins

Call the office for more information 705-742-1481

**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**





# 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:  
[www.mapleridgerecreationcentre.com](http://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.



# August Events

## Mini Bucks Bid Euchre

\$5.00 At the Door

Saturday, Aug 3, 17 & 31

Doors Open at 11:15 am

Cards start at 12:30 pm

Pies & Sandwiches for Sale

No Beginners Please



Friday Aug 9

Bar open 6pm

Trivia starts at

6:30pm \$8

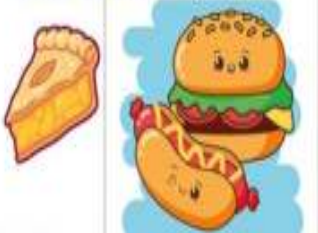
Cash Bar,  
50/50 Prizes

Registration Required

AT THE CAFE

Euchre & Board Games  
Night

Slice of Pie \$3



Hamburger or Sausage & Drink \$6

\$2.00 At the Door

Friday, August 16

Doors Open at 5:00pm

Cards start at 6:00pm

50/50

Jackpot \$200  
and \$100



Sunday Aug 25, 2024

1:00pm \$20.00

Everyone Welcome

Pay at the Door

**CASH ONLY!**

Bring your own dabbers

Mapleridge  
Saturday Night Dance

Aug 31

DJ - 50/50

Cash Bar

Snacks for Sale

\$12 Pre-register

\$15 cash at the door 7:00pm-11:00pm

705-742-1481 Doors open at 6:30pm

1085 Brealey Drive Peterborough



# Upcoming Events

Mapleridge  
Recreation Centre

1085 Brealey Drive

705-742-1481

mapleridgerecreationcentre.com

OPEN HOUSE

Thursday

September 12

5:00pm-7:30pm

Tour the building, meet our instructors  
and try a demo program.



HOLIDAY  
MARKET

Friday, Nov 15 4pm-8pm

Saturday, Nov 16 9am-12pm

More Details Coming Soon



# Partnerships & Community Events

## DRAG BINGO

Mark your calendars for September 7, 2024, because Delta Peterborough proudly presents Drag Bingo!

Prepare to be dazzled as Madge Enthat and Divalicious grace the stage with their captivating performances, promising an evening filled with humour and excitement. But that's not all – guests will have the chance to participate in thrilling rounds of bingo with cash prizes to be won!

**TICKETS ON SALE AUGUST 1, 2024**

### BUY TICKETS

Tickets:

- \$40\* General Admission (includes Bingo package & dabber)
- \$1,000\* VIP Experience (Entry for 8 guests, exclusive booth, food, personal attendant, meet & greet with Queens, 6 parking spots, Bingo package & dabber for each guest)

**Date:** Saturday, September 7, 2024

**Time:** Doors open at 5 pm. Must arrive by 6 pm. Show starts at 7 pm.

**Address:** 1019 Clonsilla Ave, Peterborough, ON K9J 5Y2



Whether you're a seasoned bingo pro or just looking for a night of fun, Drag Bingo is the place to be. Gather your friends, dress to impress in your most fabulous attire, and join us for an unforgettable night of entertainment and community.

*Delta Bingo & Gaming in Peterborough is partnered with 52 local charities. Since 2005, over \$17 million has been raised for our charitable partners through the Charitable Gaming program. When you play at Delta, local charities WIN!*

*\*Plus applicable fees. All guests must be 18+ for entry and 19+ to be served alcohol. Guests must be able to present valid Government-issued photo identification. A health card is not accepted. Tickets are*

The graphic features a central circular arrangement of icons: a heart with a pulse line, a house, a bus, a cross, and a person walking. In the center is the 'afp age-friendly peterborough' logo and the text 'Senior's Service Directory' with the website 'www.peterborough.ca/aging'.

### 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](http://www.peterborough.ca/aging) or call 211 to speak to a community navigator

# Bus Trips

## 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

# JERSEY NIGHTS

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

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

*Bus Pickup at 7:15pm at  
Mapleridge*

# SHOWPLACE

PERFORMANCE CENTRE

Mapleridge Registration Required 705-742-1481

# ROMANTIC FLAMES

BALFOUR | DVORAK | RACHMANINOV

**SATURDAY, NOVEMBER 2, 2024**

7:30PM

SHOWPLACE PERFORMANCE CENTRE

DAVID JALBERT, PIANO

MICHAEL NEWNHAM, CONDUCTOR



Two of the most iconic pieces of the Romantic era: Dvorak's Symphony no. 8 and Rachmaninov's Third Piano Concerto.

Courtesy of:  
**Mapleridge  
Recreation Centre**

- 1 Ticket included with purchase!
- 2 Bus from Mapleridge to Showplace both ways
- 3 Bus leaves Mapleridge at 6:45PM, 45 minutes before showtime



**Register At:**  
Mapleridge Recreation Centre  
1085 Brealey Drive  
705-742-1481.

# \$50



# Webinars

## OACAO 2024 SUMMER WEBINAR

FREE

Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres  
La voix des centres pour aînés



### FRAUDS AND SCAMS

CHRISTINE ALLUM, ONTARIO SECURITIES COMMISSION



WED  
AUG  
7TH

Fraudsters use a variety of tactics to get us to share information or give money. Learn about common frauds and scams, the warning signs and how you can protect yourself.



10AM  
- 11AM  
EDT

*Christine Allum is Senior Advisor, Investor Engagement and Stakeholder Partnerships in Investor Office at the Ontario Securities Commission. She partners with various groups and organizations to deliver investor education and fraud prevention workshops.*

**Register at Mapleridge Office**

**Location– Activity Room Lower Level of Mapleridge**

**Bring Pen & Paper to take notes**

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### SCIENTIFIC INSIGHTS FOR HEALTHY AGING

This webinar offers seniors a comprehensive glimpse into the transformative power of evidence-based scientific research in understanding and adapting to the changes in their bodies and brains as they age. Additionally, this talk aims to dispel common myths and misconceptions surrounding aging, particularly the notion that individuals lack control over the aging process. From dietary interventions and exercise regimens to cognitive stimulation and social engagement, the talk offers practical strategies for promoting physical, mental, and emotional well-being as individuals age. Attendees will gain valuable insights into the integrated approach to aging gracefully and maintaining vitality in later years.

*Dr. Shilpi Gupta is a Scientist, Knowledge Mobilization Expert, Science Communicator, and author. She is the founder of Curious and Creative Lab, an organization dedicated to making learning enjoyable for all. Dr. Gupta's mission through the Lab is to equip individuals with science-based tools and techniques to enhance mental and physical well-being. She is devoted to advancing Healthy Aging and Women's Health. Her recent debut book, 'Empowering Aging: Insights from the Healthy Aging Webinar Series', reflects her dedication to promoting healthier and more informed lifestyles for individuals navigating the journey of aging.*



WED  
AUG  
21ST



1PM  
- 2PM  
EDT

**Register at Mapleridge Office**

**Location– Activity Room Lower Level of Mapleridge**

**Bring Pen & Paper to take notes**

Mapleridge Recreation  
Centre for adults 50+



1085 Brealey Drive, Peterborough, Ontario K9K 0C1 Phone: (705) 742-1481

# DANCE LESSONS

## BEGINNERS

### SALSA, BACHATA, MERENGUE

MONDAY SEPT 23-NOV 18 2:30PM-3:30PM

8 WEEKS \$60

Learn the basics of Salsa, Bachata and Merengue. These popular Latin social dances are found in many Latin night clubs, so if you enjoy the upbeat rhythms of Latin music, this class is for you. You will learn the basic footwork and some simple sequences to get you looking good on the dance Floor. Enjoy these fun partner dances. You don't need any prior dance experience or your own partner.

**INSTRUCTOR**

**GABIA FERGUSON**

**REGISTRATION IS REQUIRED**

**705-742-1481**



Gabia has been an instructor & owned a dance school for numerous years, first in Australia & now in Canada. A dedicated teacher of various social dance styles including Street Latin, 50's Rock n' Roll, West Coast Swing & Lindy Hop, her passion for dancing is obvious & infectious. These fun & relaxed partner dances, suited for all ages, are a great way to exercise & socialize.

- *Won many competitions both amateur & professional*
- *Chosen to dance in the opening ceremony of the 2000 Olympic Games*
- *Part of the initial resurgence of Lindy Hop*

[dancewithme.ca](http://dancewithme.ca)

