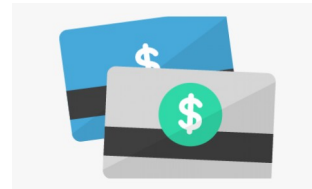


June/July 2025

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

Exercise-Light Weight User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	June 17	July 15	2:30pm-3:30pm	\$26.00	Susan Stevenson
		July 22	Aug 12	2:30pm-3:30pm	\$26.00	Susan Stevenson
		Aug 19	Sept 9	2:30pm-3:30pm	\$26.00	Susan Stevenson
Function & Mobility	Wednesday	July 2	July 30	11:15am-12:00pm	\$24.00	Natalie Wittek
		Aug 6	Aug 27	11:15am-12:00pm	\$24.00	Natalie Wittek

Dance

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre-Beginner	Monday	June 30	July 21	2:30pm-3:30pm	\$24.00	Mandy Juby Livings
		July 28	Aug 25	2:30pm-3:30pm	\$24.00	Mandy Juby Livings
Line Dance Modern	Monday	June 2	June 23	1:00pm-2:00pm	\$12.00	Gary Calder
		June 30	July 21	1:00pm-2:00pm	\$12.00	Gary Calder
Line Dance Traditional	Thursday	June 26	July 17	1:00pm-2:00pm	\$12.00	Gary Calder

Dance

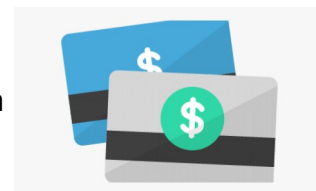
User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Modern Line Dance	Monday	July 28	July 28	1:00pm-2:00pm	\$5.00	Tracey Robertson
		Aug 18	Aug 18	1:00pm-2:00pm	\$5.00	Tracey Robertson
		Aug 25	Aug 25	1:00pm-2:00pm	\$5.00	Tracey Robertson
Modern Line Dance	Thursday	July 24	July 24	1:00pm-2:00pm	\$5.00	Tracey Robertson
		July 31	July 31	1:00pm-2:00pm	\$5.00	Tracey Robertson
		Aug 7	Aug 7	1:00pm-2:00pm	\$5.00	Tracey Robertson
		Aug 21	Aug 21	1:00pm-2:00pm	\$5.00	Tracey Robertson

June/July 2025

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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

Tai Chi/Qigong User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	July 17	Sept 4	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong	Monday	June 9	June 30	3:45pm-4:45pm	\$25.00	Kathryn Matheson

Yoga User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	June 2	June 23	10:15am-11:15am	\$24.00	Josee Caron
		June 30	July 21	10:15am-11:15am	\$24.00	Josee Caron
		July 28	Aug 25	10:15am-11:15am	\$24.00	Josee Caron
Yoga Stretch & Strength	Tuesday	June 10	July 8	9:00am-10:00am	\$24.00	Sonja Martin
		July 15	Aug 5	9:00am-10:00am	\$24.00	Sonja Martin
		Aug 12	Sept 2	9:00am-10:00am	\$24.00	Sonja Martin
Yoga Gentle	Tuesday	June 17	July 15	4:00pm-5:00pm	\$26.00	Susan Stevenson
		July 22	Aug 12	4:00pm-5:00pm	\$26.00	Susan Stevenson
		Aug 19	Sept 9	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	July 2	July 16	10:00am-11:00am	\$19.50	Susan Stevnson
		July 23	Aug 13	10:00am-11:00am	\$26.00	Susan Stevenson
		Aug 20	Sept 10	10:00am-11:00am	\$26.00	Susan Stevenson
Yoga Yin Yang	Friday	June 6	July 4	11:15am-12:15pm	\$24.00	Josee Caron
		July 11	Aug 1	11:15am-12:15pm	\$24.00	Josee Caron
		Aug 8	Aug 29	11:15am-12:15pm	\$24.00	Josee Caron

Zumba User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Zumba Light	Tuesday	July 8	July 29	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	June 12	July 3	9:15am-10:00am	\$24.00	Natalie Wittek
		July 10	July 31	9:15am-10:00am	\$24.00	Natalie Wittek
		Aug 7	Sept 4	9:15am-10:00am	\$24.00	Natalie Wittek

Drop In Programs

User fee applies to programs

Shuffleboard

Day	Time
Monday	9:00am, 10:30am, 1:30pm & 3:30pm
Tuesday	9:30am, 11:00am, & 1:30pm
Wednesday	9:30am, 11:00am, 1:30pm & 3:30pm
Thursday	9:30am, 11:30am, 1:30pm & 3:30pm
Friday	9:30am, 11:00am, 1:30pm & 3:30pm

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

Phone: 705-740-3841

Email: rxclist@gmail.com

Recreation & Leisure

Program	Day	Time
Bingo	Friday	1:00pm
Bocci Ball	Monday	10:00am
Corn Hole	Wednesdays	10:00am
Exercises	Tues & Thurs	10:15am
Table Tennis	Mon, & Fri	10:00am

Cards & Games

Game	Day	Time
Bid Euchre	Tuesday Thursday	1:00pm 1:00pm
Bridge (Beg)	Tuesday	9:00am
Bridge	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm

Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am

Pickleball For Fun Drop In

Level	Day	Time
Beginner	Wednesday	3:45pm

Darts

Level	Day	Time
Beginner	Tuesdays	3:15pm

Contact Helen Hamblin for more information
Email: helenhamblin@icloud.com

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, June 22

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: June 21, July 4, 19

Doors open at 11:15am

Cards start at 12:30pm

Cost: \$5.00 per person

NO BEGINNERS PLEASE

Sandwiches & pies to purchase.



Week at a Glance

Monday

Program	Time
Billiards	8:30am
Shuffleboard	9:00am
Learn to Draw	9:30am
Bocci Ball	10:00am
Table Tennis	10:00am
Yoga for Balance & Strength	10:15am
Billiards	10:30am
Shuffleboard	10:30am
Modern Line Dance	1:00pm
Cribbage	1:00pm
Shuffleboard	1:30pm
Ballet Barre Beginner	2:30pm
Shuffleboard	3:30pm
Qigong	3:45pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Beginner	9:00am
Yoga Stretch	9:00am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:00am
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka	1:00pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:30pm
Beginners Darts	3:15pm
Gentle Yoga	4:00pm

Wednesday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Chair Yoga	10:00am
Corn Hole	10:00am
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility	11:15am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Beginner Pickleball	3:45pm

Thursday

Program	Time
Billiards	8:30am
Zumba Light	9:15am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Shuffleboard	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Traditional Line Dance	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Shuffleboard	3:30pm

Friday

Program	Time
Billiards	8:30am
Choir	9:00am
Shuffleboard	9:30am
Table Tennis	10:00am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
<i>Euchre & Games – June 20</i>	<i>6:00pm</i>

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks June 21, July 5 & 19	12:30pm
<i>Modern Line Dance Boot Camp-June 28</i>	<i>10:00am</i>