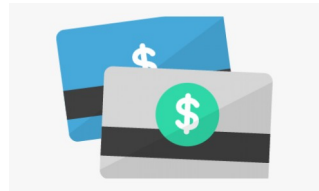


# Sept/Oct 2025

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Registered Programs

Registration fee may apply

Arts						
User fee applies to all programs at Mapleridge						
Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	Sept 9	Sept 30	1:00pm-3:00pm	\$10.00	Bernice Cote
	Tuesday	Oct 7	Oct 28	1:00pm-3:00pm	\$10.00	Bernice Cote
Learn to Draw	Monday	Sept 22	Oct 20	9:30am-11:30am	\$10.00	Barry Johnson
	Monday	Oct 27	Nov 17	9:30am-11:30am	\$10.00	Barry Johnson
Watercolour Class	Wednesday	Sept 17	Nov 19	9:00am-12:00pm	\$155.00	Debra Bannister
Acrylic Painting	Friday	Sept 19	Oct 10	1:00pm-4:00pm	\$65.00	Valerie Kent
	Friday	Oct 17	Nov 7	1:00pm-4:00pm	\$65.00	Valerie Kent

Corn Hole						
User fee applies to all programs at Mapleridge						
Program	Day	Start	End	Time	Fee	Co-ordinator
Corn Hole	Wednesday	Sept 17	Oct 8	10:00am-12:00pm	User fee	Marv Wrightly

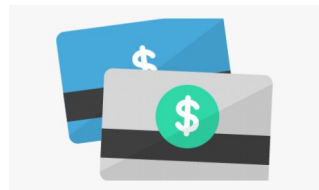
Dance						
User fee applies to all programs at Mapleridge						
Program	Day	Start	End	Time	Fee	Instructor
Ballet Barre- Workshop Ballet Barre– Beginner	Monday	Sept 15	Sept 15	2:30pm-3:15pm	\$8.00	Mandy Juby Livings
	Monday	Sept 22	Oct 20	2:30pm-3:15pm	\$24.00	Mandy Juby Livings
	Monday	Oct 27	Nov 17	2:30pm-3:15pm	\$24.00	Mandy Juby Livings
Beginner Latin Dance	Wednesday	Sept 25	Oct 16	6:30pm-7:30pm	\$60.00	Hamed Tayyebani
Line Dance Traditional Intermediate	Thursday	Sept 18	Oct 9	1:00pm-2:15pm	\$12.00	Gary Calder
	Thursday	Oct 16	Nov 6	1:00pm-2:15pm	\$12.00	Gary Calder
Beginner Line Dance	Thursday	Sept 18	Oct 16	11:30am-12:30pm	\$26.00	Julie Fallis

Line Dance Boot Camp					
No User Fee Required					
Program	Day	Date	Time	Fee	Instructor
Line Dance Boot Camp Beginner	Saturday	Sept 27	10am-11:30am	\$10.00	Tracey Robertson
	Saturday	Oct 25	10am-11:30am	\$10.00	Tracey Robertson
	Saturday	Nov 22	10am-11:30am	\$10.00	Tracey Robertson
Line Dance Boot Camp Intermediate	Saturday	Sept 27	11:30am-1pm	\$10.00	Tracey Robertson
	Saturday	Oct 25	11:30am-1pm	\$10.00	Tracey Robertson
	Saturday	Nov 22	11:30am-1pm	\$10.00	Tracey Robertson
Line Dance Boot Camp Beginner/Intermediate	Saturday	Sept 27	10:00am-1:00pm	\$15.00	Tracey Robertson
	Saturday	Oct 25	10:00am-1:00pm	\$15.00	Tracey Robertson
	Saturday	Nov 22	10:00am-1:00pm	\$15.00	Tracey Robertson

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## Registered Programs

Registration fee may apply

### Ballroom Dance Lesson with the Drakes

No User Fee Required

To register contact Andrea & Randy directly: thedrakes@live.ca 705-868-4791

Program	Day	Start	End	Time	Fee	Instructors
Night Club 2 Step– Basic	Monday	Sept 8	Nov 17	7:00pm-8:00pm	\$200 per couple	Andrea & Randy
Night Club 2 Step Intermediate/Advance	Monday	Sept 8	Nov 17	8:00pm-9:00pm	\$200 per couple	Andrea & Randy
West Coast Swing-Basic	Tuesday	Sept 9	Nov 11	7:00pm-8:00pm	\$200 per couple	Andrea & Randy
West Coast Swing Intermediate/Advance	Tuesday	Sept 9	Nov 11	8:00pm-9:00pm	\$200 per couple	Andrea & Randy

### Exercise-Light Weight

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	Aug 26	Sept 16	2:30pm-3:30pm	\$26.00	Susan Stevenson
		Sept 23	Oct 14	2:30pm-3:30pm	\$26.00	Susan Stevenson
		Oct 21	Nov 11	2:30pm-3:30pm	\$26.00	Susan Stevenson
Function & Mobility	Wednesday	Sept 3	Sept 24	11:15am-12:00pm	\$24.00	Natalie Wittek
		Oct 1	Oct 22	11:15am-12:00pm	\$24.00	Natalie Wittek

### Tai Chi/Qigong

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	Sept 18	Nov 6	2:30pm-3:30pm	\$16.00	Michael Campbell
Qigong Workshop Qigong	Monday	Sept 15	Sept 15	3:30pm-4:30pm	\$8.00	Kathryn Matheson
	Monday	Sept 22	Oct 20	3:30pm-4:30pm	\$25.00	Kathryn Matheson
	Monday	Oct 27	Nov 17	3:30pm-4:30pm	\$25.00	Kathryn Matheson

### Cooking Classes

User fee applies to all programs at Mapleridge

Program	Day	Date	Time	Fee	Menu	Instructor
Cooking for one/two	Wednesday	Sept 24	4:30pm-6:00pm	TBA	TBA	Shelby Moore
Cooking for one/two	Thursday	Oct 16	4:30pm-6:00pm	TBA	TBA	Shelby Moore
Cooking for one/two	Thursday	Oct 30	4:30pm-6:00pm	TBA	TBA	Shelby Moore

### Self Help

User fee applies to all programs at Mapleridge

Program	Day	Date	End	Time	Fee	Speaker
Own Your Voice	Monday	Sept 15	Oct 6	1:00pm-2:00pm	\$25	Daphne Gardiner

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## Registered Programs

Registration fee may apply

### Yoga

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	Sept 15	Oct 6	10:00am-11:00am	\$24.00	Josee Caron
	Monday	Oct 20	Nov 10	10:00am-11:00am	\$24.00	Josee Caron
Yoga Better Bones	Monday	Sept 15	Oct 6	11:15am-12:15pm	\$24.00	Heather Clarke
	Monday	Oct 20	Nov 10	11:15am-12:15pm	\$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	Sept 16	Oct 7	9:00am-10:00am	\$24.00	Heather Clarke
	Tuesday	Oct 14	Nov 4	9:00am-10:00am	\$24.00	Heather Clarke
Yoga Gentle	Tuesday	Aug 26	Sept 17	4:00pm-5:00pm	\$26.00	Susan Stevenson
	Tuesday	Sept 23	Oct 14	4:00pm-5:00pm	\$26.00	Susan Stevenson
	Tuesday	Oct 21	Nov 11	4:00pm-5:00pm	\$26.00	Susan Stevenson
Yoga Chair	Wednesday	Aug 27	Sept 17	10:00am-11:00am	\$26.00	Susan Stevenson
	Wednesday	Sept 24	Oct 15	10:00am-11:00am	\$26.00	Susan Stevenson
	Wednesday	Oct 22	Nov 12	10:00am-11:00am	\$26.00	Susan Stevenson
Yoga Yin Yang	Friday	Aug 29	Sept 19	11:15am-12:15pm	\$24.00	Josee Caron
	Friday	Sept 26	Oct 17	11:15am-12:15pm	\$24.00	Josee Caron
	Friday	Oct 24	Nov 14	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	Sept 9	Sept 30	11:15am-12:00pm	\$24.00	Natalie Wittek
	Tuesday	Oct 21	Nov 11	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	Aug 14	Sept 18	9:15am-10:00am	\$24.00	Natalie Wittek
	Thursday	Sept 25	Oct 16	9:15am-10:00am	\$24.00	Natalie Wittek
Chair Zumba-Workshop Chair Zumba	Tuesday	Sept 16	Sept 16	5:30pm-6:30pm	\$8.00	Jasmine Murray
	Tuesday	Sept 23	Oct 14	5:30pm-6:30pm	\$26.00	Jasmine Murray

## Drop In Programs

User fee applies to programs

### Pickleball For Fun Drop In

Level	Day	Time
Beginner	Wednesday	3:45pm

### Choir New Day in September

Day	Time
Thursday	9:00am

### Recreation & Leisure

Program	Day	Time
Bingo	Friday	1:00pm
Bocci Ball	Monday	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	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm

Lessons


Game	Day	Time
Bid Euchre	Saturday	10:30am
Bridge Lessons	Tuesday-Sept 2	9:00am

Shuffleboard

Day	Time
Monday	9:00am, 10:30am, 1:30pm & 3:30pm
Tuesday	9:30am, 11:00am, 1:30pm & 3:30pm
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: rxcist@gmail.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	12:30pm-2:00pm
Friday	8:30am-10:00am
Saturday	11:00am-12:30pm

Mini Bucks Bid Euchre

Date: Saturday Aug 23, Aug 30  
Sept 6, 27  
Doors open at 11:15am  
Cards start at 12:30pm  
Cost: \$5.00 per person  
NO BEGINNERS PLEASE  
Sandwiches & pies to purchase.



Big Bingo

Date: Sunday, Aug 24, Sept 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.



Week at a Glance

Monday

Program	Time
Billiards	8:30am
Shuffleboard	9:00am
Learn to Draw Sept 22	9:30am
Bocci Ball	10:00am
Table Tennis	10:00am
Yoga for Balance & Strength	10:15am
Billiards	10:30am
Shuffleboard	10:30am
Yoga for Better Bones– Sept 15	11:15am
Cribbage	1:00pm
Own Your Own Voice Sept 15	1:00pm
Shuffleboard	1:30pm
Ballet Barre Beginner	2:30pm
Qigong-Sept 15	3:30pm
Shuffleboard	3:30pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Lessons-Sept 2	9:00am
Yoga Stretch	9:00am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Zumba Light-Sept 9	11:15am
Shuffleboard	11:00am
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka-Sept 9	1:00pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:30pm
Darts-Beginner	3:15pm
Shuffleboard	3:30pm
Gentle Yoga	4:00pm
Chair Zumba	5:30pm

Wednesday

Program	Time
Billiards	8:30am
Watercolour Painting	9:00am
Shuffleboard	9:30am
Corn Hole	10:00am
Chair Yoga	10:30am
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility	11:45am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Beginner Pickleball	3:45pm
Cooking Class– Sept 24	4:30pm

Thursday

Program	Time
Billiards	8:30am
Choir-Sept 4	9:00am
Zumba Light	9:15am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Shuffleboard	11:30am
Beginner Line Dance- Sept 18	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate- Sept 18	1:00pm
Shuffleboard	1:30pm
Tai-Chi	2:30pm
Shuffleboard	3:30pm
Beginner Latin Dance- Sept 25	6:30pm

Friday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Table Tennis	10:00am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Acrylic Painting	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Games Night –Sept 19	6:00pm

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Billiards	11:00am
Mini Bucks Aug 23, Aug 30 Sept 6 & 20	12:30pm



**Mapleridge**  
Recreation Centre for Adults 50+



**OPEN  
HOUSE**

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

**Thursday**  
**September 11**  
**5:00pm-7:30pm**

1085 Brealey Drive  
705-742-1481  
mapleridgerecreationcentre.com

Aug 22, 2025