



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

# September 2025



Monday 8am-5pm, Tuesday 8am-5pm  
Wednesday 8am-5pm, Thursday 8am-4pm  
Friday 8am –4pm  
Saturday 10:30am-3:30pm

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

**Email:** [heather.mcginin@mapleridgerecreationcentre.com](mailto:heather.mcginin@mapleridgerecreationcentre.com)  
Or  
[susan.king@mapleridgerecreationcentre.com](mailto:susan.king@mapleridgerecreationcentre.com)



# Message from the President

See you in September ...

Ironically, September always feels a bit like a new beginning, and here at Mapleridge there's so much to look forward to. We're kicking off the month with our Open House on Thursday, September 11th from 5:00 - 7:30 p.m. It's a chance to bring a family member or friend, meet our instructors, try a demo class, and hear about the new programs we've added. If you've been thinking about trying something different, now is the perfect time.

Behind all of this, of course, is the heart of our centre -- our volunteers. In the weeks ahead we'll be highlighting specific ways you can become involved, and we hope you'll consider lending a hand. Volunteers truly are the backbone of Mapleridge, and every bit of time and energy you give helps to keep us vibrant and welcoming.

And speaking of vibrant -- notice the fresh new look splashed around our interior. Though admittedly, a full building paint job would have been ideal, that was just not feasible at this time. We were, however, offered a unique opportunity: one of our members (a professional painter by trade) volunteered his time over the long weekend to allow us to brighten our space. We decided to extend our new brand colours into our environment by painting accent walls throughout the building.

Our butterfly logo displays those four colours.

Did you know why we chose these four colours and what they represent?

**Green - growth, thriving**

**Blue - health, community**

**Purple - learning, inspiring**

**Red - social, activity**

So welcome some colour into your life and enjoy the facelift to our building. More touches still to come. Stop in soon to enjoy all that's new at Mapleridge, and some of your favourite things too. Be sure to join us on Friday, September 12th for a spirited evening of live music and dancing featuring Four Lanes Wide. It's the perfect way to celebrate this fall. See you in the halls.

Cyndie Lamrock

President, Board of Directors

ce.lamrock@gmail.com

## Board of Directors 2025/2026

Name	Position
Cyndie Lamrock	President
Tracey Hicks	Vice President
Sharla Trudell	Treasurer
Mary Hopkins	Secretary
Gary Cornell	Facilities
Joan Corrigan	Volunteers
Laurie Munson	Auditing
Ron Smith	Special Projects
Ruth Griffiths	Human Resources
Ollie Bakelaar	Past President

## 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 705-742-1481

# New Programs

## Acrylic Flower Painting



Paint realistic -  
Tulips, Daisies, Irises  
& Poppies

Mapleridge  
Recreation Centre for Adults 20+  
A thriving, inclusive community



Instructor is Valerie Kent,  
BFA, BEd, MFA, OCT

Hands On! 4 week course to guide you through the techniques to create stunning flower paintings. Capture the beauty of nature. You will learn about colour-mixing, brush techniques, layering, blending, and achieving depth.

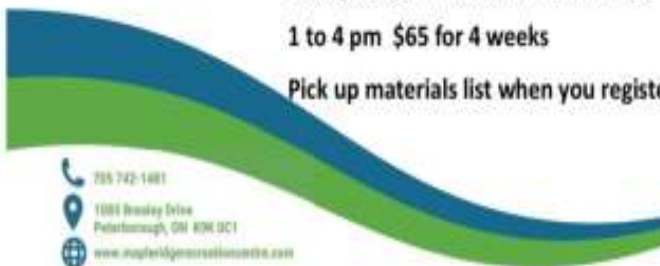
The focus will be on composition, light, shade and texture. Your painting will be uniquely yours.

Each week you will paint a new picture. This is the perfect series to unwind creatively and expand your artistic repertoire. Acrylic is a vibrant medium, full of opportunity for creativity and inspiration.

Fridays, September 19 to October 10

1 to 4 pm \$65 for 4 weeks

Pick up materials list when you register.



## Watercolour Painting Classes



Wednesdays, Sept. 17 – Nov. 19

(No class Oct 29)

9:00pm-12:00pm

Fee: \$155/ 9 classes

Beginner to Intermediate Level

Instructor: Debra Bannister, C.A.E.

**Our first painting this fall  
will be a colorful prickly pear cactus**

Artists are responsible to bring their own artistic materials. A suggested list of artistic materials and a cacti image will be emailed to all artists before the class begins.

Sign up: Mapleridge Recreation Centre office 705 742-1481

## CORNHOLE



Wednesdays  
Sept 17-Oct 8  
\$2 User fee

Room for 8 people so register early  
with the office. There will be 4  
teams made up 2 people each.



# 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)

## Guests

Guests & non-members are welcome for meals, and many special events. Please call to register if interested in attending. Most programs (registered and drop-ins) are reserved for paid members unless otherwise noted. Membership forms are available in person or on our website:

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

## 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.



# Fun & Games

**MINI BUCKS**  
**Saturday, Sept 20**  
Doors Open at 11:15 am  
Cards start at 12:30 pm  
\$5.00 At the Door  
Pies & Sandwiches for Sale  
No Beginners Please

**Bid  
Euchre**



**BINGO BUDDIES**



**Sunday, September 28**  
1:00 Start - \$20 Cash - 2 Big Jackpots

Bring a guest who is new to Mapleridge's Big Bingo and both your names will be entered to win a door prize

# Book Club



## Peterborough Public Library

About the Author: Kate Morton



Kate Morton is an Australian author. She is known for her best-selling novels, including *The House at Riverton*, *The Forgotten Garden*, and *The Distant Hours*. Her seventh book, *Homecoming*, was published in April 2023. Morton is the oldest of three sisters. Her family moved several times before settling on Tamborine Mountain where she attended a small country school. She enjoyed reading books from an early age, her favourites being those by Enid Blyton.

She completed a Licentiate in Speech and in Drama from Trinity College London and then a summer Shakespeare course at the Royal Academy of Dramatic Art in London. Later she earned first-class honours in English Literature at the University of Queensland (1999) and won a scholarship to complete a master's degree focusing on tragedy in Victorian literature. During her undergraduate studies she wrote two full-length manuscripts (which are unpublished) before writing *The House at Riverton* (*The Shifting Fog*), which was published in 2006.

Her first published novel, *The House at Riverton*, was listed on Richard and Judy's 2007 Summer Read list in the UK, and sold 63,128 copies in its first week. This made Morton the second biggest-selling author in the UK after JK Rowling. As of October 2015, Morton had sold more than 16 million books in 42 countries, making her one of Australia's "biggest publishing exports". Morton is married to Davin Patterson, a jazz musician and composer. They have three children and live in London.



### The Clockmaker's Daughter

In the depths of a 19th-century winter, a little girl is abandoned on the streets of Victorian London. She grows up to become in turn a thief, an artist's muse, and a lover. In the summer of 1862, shortly after her eighteenth birthday, she travels with a group of artists to a beautiful house on a bend of the Upper Thames. Tensions simmer and one hot afternoon a gunshot rings out. A woman is killed, another disappears, and the truth of what happened slips through the cracks of time. It is not until over a century later, when another young woman is drawn to Birchwood Manor, that its secrets are finally revealed.

Told by multiple voices across time, this is an intricately layered, richly atmospheric novel about art and passion, forgiveness and loss, that shows us that sometimes the way forward is through the past.

# BOOK CLUB

Thursday October 23

10:00am-11:00am Library

Pick up the book at Mapleridge Office Sept 26

# Partnerships & Community Events





# 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 \$35.00 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.*

## 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.



## 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.

## Holiday Facility Closure

Please note that Mapleridge will be closed on statutory holidays. Please check our website, Facebook and email blast for announcements.

## User Fee Cards

"User Fee Cards" are available for purchase from the office. The cards come in denominations of \$10 and \$20.



*Be considerate of others.  
If you are feeling under the weather, please stay at home.*



# Upcoming Events

## FRIDAY NIGHT DANCE Friday Sept 12

### Four Lanes Wide



**Cost: \$10.00 cash at door**  
**Doors open at 6:30pm**  
**Dance 7:00pm-11:00pm**  
**50/50, Cash Bar**

  
**Mapleridge**

Recreation Centre for Adults 50+  
A thriving, inclusive community.

705-742-1481

1085 Brealey Drive  
Peterborough, ON K9H 8C1

[www.mapleridge-recreationcentre.com](http://www.mapleridge-recreationcentre.com)

## Dinner & Games Night

  
**Mapleridge**  
Recreation Centre for Adults 50+  
A thriving, inclusive community.

### Friday, Sept 19

Dinner at 5pm, Games at 6pm  
Doors open at 4:30pm Cost: \$18  
\$2 cash if staying for games night.

Menu: Chicken & Grilled Vegetables Kebabs with  
homemade tzatziki & rice, Greek salad, Peach crisp  
with vanilla ice cream, tea/coffee

Registration and payment is required for dinner  
but not included in the games night. Games  
include: Euchre, Bid Euchre, Scrabble, Mexican  
Train, 5 Crown Card Game, Shuffleboard,  
table tennis, billiards, corn hole.

705-742-1481

1085 Brealey Drive  
Peterborough, ON K9H 8C1  
[www.mapleridge-recreationcentre.com](http://www.mapleridge-recreationcentre.com)

## OPEN HOUSE

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



**Mapleridge**  
Recreation Centre for Adults 50+

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

1085 Brealey Drive  
705-742-1481

[mapleridgerecreationcentre.com](http://mapleridgerecreationcentre.com)



# Save the Date

## KICKIN' IT WITH LINE DANCE



Friday Oct 17 & Nov 28  
7-10pm \$10 cash at the door,  
50/50, cash bar. Doors open 6:30pm

Get ready to move, groove and have a blast at our Friday Night Line Dance Frenzy. Join Tracey Robertson for an evening of popular line dances, with fun upbeat music across various styles including country, pop & more. Open for all dance levels, non members welcome, age of majority event.



## HOLIDAY HOUSE TOUR



Presented by  
**Mapleridge**  
Recreation Centre for Adults 50+

**15th**  
SATURDAY  
**NOVEMBER**  
11:00 AM - 7:00 PM

TICKETS  
COMING SOON

Tour 4 Peterborough west-end homes  
festively decorated by local designers

Enjoy complimentary refreshments  
at the Mapleridge Café

Participate in seasonal  
raffle draws

705 742-1481  
1085 Brealey Drive  
Peterborough, ON K9K 0C1  
[www.mapleridgerecreationcentre.com](http://www.mapleridgerecreationcentre.com)  
Registered Charity No. 10796727580001

*The Gallery*  
OF HOMES  
**Bowes & Cocks**  
MAJOR SPONSOR

**Thanksgiving Dinner**  
**Sunday October 5**  
**Dinner at 5:00pm \$25**  
**Doors open at 4:00pm**  
**Turkey Dinner with all the fixings**  
50/50 and Cash Bar  
Register by phone or in person



# New Programs

## Chair Zumba

Instructor:



**Jasmine Murray**



### Perfect For:

Tailored for active older adults, beginners and those with mobility issues who want to focus on muscle conditioning and light weight activity. It is safe, fun, lower-intensity with easy-to-follow dance fitness routines. Sing, clap and dance with this seated full-body dance workout.

### How It Works

Seated Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using light weights (1 to 3 lbs) to shake up those muscles!

### Benefits

Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Get ready to sweat, have fun, and feel great as we increase cardiovascular endurance, strength, balance and overall wellness. Walk in ready to have a blast and tone up, leave exhilarated and empowered! Don't forget your water bottle and your beautiful smile !!

**\$8 Workshop—Tuesday, Sept 16**

**\$26 Series—Tuesday, Sept 23—Oct 14**

**5:30pm to 6:30 pm**



## Own Your Voice Page 1

### A 4-Week Journey to Courageous Self-Advocacy

Monday, Sept 15,22,29, Oct 6 from 1 to 2 pm

\$25 registration required



### The power to ask for what you need—without apology

#### Is This for You?

This is for you if you've ever struggled to ask for what you need—at work, at the doctor's office, or even in your day-to-day life.

If you've felt unheard, unsure, or afraid of being "too much," this 4-week journey will help you find your voice, own your truth, and speak up with confidence—without guilt, without apology.

You'll walk away with clear tools, real-world strategies, and the courage to advocate for yourself in every area of your life.

#### Course Description

This isn't just about speaking up—it's about coming home to your truth, honoring your needs, and standing unapologetically in your power.

Own Your Voice is a transformational 4-week course designed to help

participants build the clarity, confidence, and practical tools to self-advocate while navigating health, life, and work.



KARL

Password: 7057421481



# New Programs

## Beginner Latin Dance

Instructor:

Hamed Tayyebani



Ready to spice up your nights and move with confidence? Merengue and Bachata are two of the most joyful and passionate Latin dances you can learn—and the best part is, they're beginner-friendly!

Merengue is all about easy steps and playful energy, making it perfect for anyone to jump right in and start having fun. Bachata, on the other hand, is smooth, romantic, and full of rhythm, letting you connect with your partner while showing off your style.

Hamed discovered his passion for Latin dance in

Vancouver back in 2011, and ever since, he's loved

teaching and inspiring new dancers to step onto the floor

with confidence. Whether you're looking to meet new people, stay active,

or just add some excitement to your week, Merengue and Bachata will

keep you smiling and moving to the beat!



Thurs. Sept 25—Oct 16

6:30pm—7:30 pm

\$60

705-742-1481

1085 Bresley Drive  
Peterborough, ON K9H 9C1

[www.mapleridge recreationcentre.com](http://www.mapleridge recreationcentre.com)

## Bite Size Cooking with Shelby



Wednesday, September 24  
4:30pm–6:30pm \$80

Includes meal prepared by Shelby along with take home instructions & ingredients.

Menu: Classic Chicken Pot Pie. Learn how to make pie dough and filling with a little baking and basic fundamentals.

Shelby is a Chef with over 15 years of experience across catering restaurants and healthcare facilities. Her passion for cooking began at a young age and over the years cultivated a love for creating inventive, flavourful dishes that meet a wide range of dietary needs. She takes pride in developing menus and creating meals that are not only nutritious and beautifully presented, but also tailored to individual preferences and wellness goals.

705-742-1481

1085 Bresley Drive  
Peterborough, ON K9H 9C1

[www.mapleridge recreationcentre.com](http://www.mapleridge recreationcentre.com)



## Modern Line Dance Bootcamp

Date: Saturday, Sept 27, Oct 25, Nov 22

Instructor: Tracey Robertson

### Beginner Lessons

Time: 10am–11:30am Cost: \$10

Or

### Beginner Plus/Intermediate

Time: 11:30am–1pm Cost: \$10

Or

Both Times: 10am–1pm Cost: \$15

Registration Required.

Non Members Welcomed

Cost is based on one day registration.

A great workout while learning new moves. Step-by-step instruction on popular line dances. Fun, upbeat music across various styles (country, pop & more)





# Beginner Line Dance

# You Asked!



## Join Julie Fallis

### for Beginner Line Dancing

Julie has been teaching dance for many years in Peterborough and surrounding area. She is highly skilled and deeply respected.

Mapleridge is very excited to have her teach here!

## When?

Thursdays, from 11:30 am to 12:30 pm

September 18, 25 and October 9 and 16

\$26 for 4 weeks plus \$2 user fee

Register today to hold your spot



705 742-1481



1085 Bresley Drive  
Peterborough, ON K9K 0C1



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

# Walking Instructor



## Fitness Walking Instructor

Part-time

### What is This Position About:

#### Fitness Walking Instructor:

A professional who works with individuals aged 50+ to improve fitness, which includes walking. Focusing on guiding individuals to improve their walking form, endurance, and performance. Teaches fitness and cardiovascular health principles through various walking techniques.

#### Work Schedule:

This position has been designated as in-person 100% of the time.

- Program runs in 4 week intervals, once a week for 1 hour starting September/October 2025
- Currently looking to fill a Friday morning time slot – open to negotiation
- We hire on contract basis for a specific program, as an instructor you would have your own business.
- Invoice us at the end of each 4 week session.
- Fee is Negotiable
- Please send your CV to [heather.mcgin@mapleridgerecreationcentre.com](mailto:heather.mcgin@mapleridgerecreationcentre.com)

#### What Are We About?

Our goal at Mapleridge Recreation Centre is to engage individuals in a welcoming and vibrant community that empowers members to live active, healthy and fulfilling lives. Mapleridge is managed by a small, dedicated staff team and supported by over 70 volunteers. Our 15-year-old facility is accessible, bright and welcoming, with ample parking. The city transit stops at our building.

Qualified instructors offer a variety of programs which promote the physical, emotional and social well being of our members. Upcoming Events, Dinners, Excursions are organized on a regular basis and promoted through our monthly newsletter, roadside signage and our website.

Our Programs are aimed at meeting our members' diverse interests, abilities, and needs, in a safe and supportive environment.

Programs are offered Monday to Saturday.

