



HEADLINES



& happenings



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

HOURS

Mo/Tu/We ~ 8AM to 5PM

Th/Fr ~ 8AM to 4PM

Sa ~ 1030AM to 330 PM

1085 Brealey Drive
Peterborough, On K9K 0C1

705 742-1481

2025 **NOVEMBER**

Games
Night

**MEMBERS'
MARKETPLACE**

BOOTCAMP

Holiday House Tour



We Remember

NEW
LINE DANCE
NIGHTS

**BINGO
BUDDIES**



Mapleridge

Recreation Centre for Adults 50+

BREALEY DRIVE IS OPEN !





A PERSONAL *Message*

Welcome to November!

My transition from being a Mapleridge member to staff can only be described as hitting the deck running. It has been an absolute pleasure to meet so many members, the staff team and Board of Directors all in such a short time. Thank you for the very warm welcome. The dedication, ideas, commitment and enthusiasm is brilliant.

It is a very exciting time at the Centre with the Holiday House Tour just around the corner, Games Night becoming very popular and welcoming 80+ new members since September, all in addition to the ongoing programs and special events.

The Board of Directors are working diligently to hire the next Administrator and the patience and support from the membership is greatly appreciated.

Pam MacDougall
Interim Administrator



DIRECTORS

Cyndie Lamrock
Tracey Hicks

Sharla Trudell
Mary Hopkins

Gary Cornell
Joan Corrigan
Laurie Munson

Ron Smith
Ruth Griffiths
Ollie Bakelaar

President
Vice President

Treasurer
Secretary

Facilities
Volunteers
Auditing

Special Projects
Human Resources
Past President



CONTACT

Cyndie Lamrock
ce.lamrock@gmail.com

FRIDAY NIGHT NOV. 7 & 21

Games Night

Games Include:

Euchre, Bid Euchre, Mexican Train
Shuffleboard, 5 Crown Cards
Corn Hole, Table Tennis, Scrabble
or bring your own game

Doors open 4:30 pm

Dinner at 5 pm

Games at 6 pm

*Pre-registration required for dinner
Limited meals - don't miss out*

November 7th

Chicken & Bacon Wrap
Garden Salad | Pie | Coffee/Tea
Dinner \$12 | Games \$2 Cash

November 21st

Lasagna
Caesar Salad | Garlic Bread
Dessert | Coffee/Tea
Dinner \$15 | Games \$2 Cash



HOLIDAY HOUSE TOUR



Presented by
Mapleridge
Recreation Centre for Adults 50+

Tickets \$30 CASH ONLY

East City Flower Shop
The Avant-Garden Shop
Living Local Marketplace
Rambling Rose Flower Shop
Mapleridge Recreation Centre

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

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

**Enjoy complimentary refreshments
at the Mapleridge Café**

**Participate in seasonal
raffle draws**

EVENT SPONSORS

705 742-1481

1085 Brealey Drive
Peterborough, ON K9K 0C1

www.mapleridgerecreationcentre.com

Registered Charity No. 107967275RR0001



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That marks our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae 1915



KICKIN' IT WITH *Line Dance*

*Don't
Forget*

Be sure to bring your key tag as everyone must sign in to all programs. This enables us to manage our programs on a regular basis.



**FRIDAY
Nov. 28**

**Time: 7-10pm
\$10 Cash at the door
50/50, Cash Bar,
Doors open at 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 and more. Open for all dance levels, non-members welcome,



CHRISTMAS DINNER

**traditional turkey dinner
with all the trimmings**

\$25

**SUNDAY
DEC 14TH | 1:00 PM**

Limited seating - Tickets going fast



Mapleridge Choir



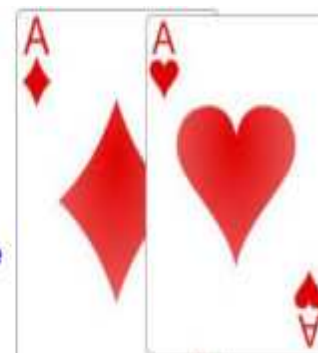
The Mapleridge Choir has been in existence for almost 20 years and continues to entertain at various seniors' residences in the area. The choir holds rehearsals once a week for one month and then performs shows at various venues the following month. New members are welcome and should call the Mapleridge office who will arrange further communication for you.

Director—Linda Witt | Pianist—Michael Brennan
Percussion—Marv Wrightly | Entertainment Coordinator—Doreen Read



On November 11th,
 At 11:00 a.m, all
 programming will pause
 for a moment of quiet
 reflection in honour of
 Remembrance Day.

MINI BUCKS
SAT, NOV. 29
 Doors Open at 11:15 am
 Cards start at 12:30 pm
 \$5.00 At the Door
 Pies & Sandwiches for Sale
 Experienced Players Only



Book Club



Peterborough Public Library

The Peterborough Public Library hosts a book club every month on a Thursday Morning at 10am. Books are available to sign out in the office one month in advance. For more details please contact the office.

Thursday, November 20
10:00am–11:00am
Peterborough Library

Pick up the book at Mapleridge Office



Kiley Reid



NEW PROGRAMS *Great Feedback*

We have a variety of new programs being offered, including Hatha Yoga, Chair Zumba, Indoor Walking Program, Art Classes, Chair Fit Exercise, Beginner Line Dance, Rhythm & Roots and Corn Hole. Check out our program schedule for days, times and registration costs.



A VOLUNTEER Story



It was the day before Games Night, and all through the halls you could hear the squeaking of running shoes from players of Pickle Ball. Carole was nestled all snug in the kitchen, peeling and chopping prepping for our fun Friday night.

In walks Charlene and friend John all full of questions, what are they doing in there and what's in the kitchen. So we peek in the kitchen to find Carole hard at work. She and Charlene instantly connect, and before the tour was over Charlene had a job – she would return the next day to serve at games night.

Not a member for a day, and already a volunteer, she brought new fun and laughter to our fabulous kitchen crew. Usually volunteers start with orientation and training, but in this rare instance, Charlene just fit right in.

This is a Mapleridge story of a new member's flight, Charlene cooked up a storm and bid all a fun and friendly games night.

Charlene



A poster for a 'HOLIDAY HOUSE TOUR' featuring a circular inset image of a snowy house. The text 'Presented by Mapleridge Recreation Centre for Adults 50+' is visible. Below this, a green banner reads 'RAFFLE DRAWS'. A blue banner below that says '\$5 for 20 tickets'. At the bottom, the logo for 'SULLIVAN LAW PTBO' is shown, with 'Mapleridge Site Sponsor' written underneath. The background of the poster is light blue with green and white bokeh effects.



Members' MARKETPLACE

This is essentially a classified ad section where members can insert an ad, as you would in a local newspaper. For example, selling a tv, kittens to a good home, need someone to cut grass, wanted an old couch, etc. We won't start with a lot of rules at first and hopefully be able to keep it that way. The main procedure is you write your ad (reasonable length), submit it to the office in a minimum of one full week prior to the end of the month. The fee is one hole in your punch card (so essentially \$2). Management reserves the right to edit/refuse ads based on their content, timing, or publication space. We invite you to submit your ad for the December newsletter by November 24, 2025.

FOR SALE

Square 34" black card table, complete with four foldable chairs — asking \$40
If interested please call or email:
705-750-5629
etelavojnic@gmail.com

FOR SALE

7 1/2 foot Alaskan Pine artificial Christmas tree, complete with lights — asking \$75
If interested please call or email:
705-750-5629
etelavojnic@gmail.com

FOR SALE

One set of snow shoes, one size fits all, complete with poles and carry bag — asking \$50
If interested please call or email:
705-750-5629
etelavojnic@gmail.com



Line Dancing at Mapleridge



Recreation Centre

an open event

everyone welcome

Wednesdays 6:15 – 8:30

Basic Beginner – with Norine
Learn the steps and classic dances

Thursdays 6:30 – 8:30

Beyond Beginner – with Tina
Know the steps, learn the dances

NEW

Popular Choreography
Upbeat Music

\$10

cash
at the
door



(705) 742-1481

1085 Brealey Drive
Peterborough

BINGO BUDDIES

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

Sunday, November 23

1:00 Start - \$20 Cash - 2 Big Jackpots





GUESTS WELCOME *Special Events*

Don't forget that guests are welcome to meals and special events, including games night, bingo, mini-bucks, line dance nights, line dance boot camp. Check with the office if you're unsure.

Please be considerate of others.

If you are feeling under the weather, kindly stay at home. If you feel you may still be contagious, masks are a thoughtful option.

THANK YOU.



We are a fragrance free building. Perfumes, after-shaves and other scented beauty products may cause allergic reactions. Please avoid wearing scented personal products when in the building.



PLEASE TAKE NOTE !

**ALL PROGRAMS
(EXCEPT BINGO & SHUFFLEBOARD)
ARE CANCELLED on
FRIDAY, NOVEMBER 14 AND
SATURDAY, NOVEMBER 15**

to accommodate the holiday house tour. Bingo will take place on the lower level.

Rhythm & Roots



with Julie Fallis

Where dance meets balance training

A dynamic fusion of movement, music and mindfulness. This class blends dance-inspired sequences with balance and grounding exercises to reconnect you to your body's natural rhythm. Move with intention, strengthen from the ground up, and rediscover your roots through flow, stability and joyful music. We will explore movement both seated and standing. Come join Julie!

When?

Fridays, from 10:15 am—11:00 am

Nov 7 to Nov 28

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



705.742.1481



1085 Bresley Drive
Peterborough, ON K9K 0C1



www.mapleridgerecreationcentre.com

Register today to hold your spot

Walking Club with Natalie


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

~~Workshop: Tues, Oct 14
12:15pm-1:00pm
Cost: \$8.00~~

6 Week Series \$36.00
Monday Oct 20-Nov 24
1:30pm-2:15pm



Step into fun with our indoor walking club! A beginner friendly 45 minute class featuring upbeat music, easy intervals, patterns and a variety of walking styles and options to keep you on your toes.

Registration required.



705 742-1481



1085 Brealey Drive
Peterborough, ON K9K 0C1



www.mapleridgerecreationcentre.com

EAT, DRINK AND BE *merry*



Do you love the snacks, meals and drinks that come from our café / kitchen / bar. We aim to please and are keeping more consistent hours.

LUNCH TUESDAYS |
WEDNESDAYS

FRIDAY GAMES NIGHT MEALS
CAFÉ SERVICE | SPECIAL EVENTS

But we can't do it alone. We need you! Please consider volunteering to help prep and serve in the kitchen, maybe take a SmartServe course and become a bartender. Did I say we need YOU.

Please
contact the
office if you'd
like more
information.





THANK YOU *Pat Rattenbury*



Thank you Pat for many, many years of providing the women's washroom with beautiful, seasonal flower arrangements.

Pat has had to hang up her silk green thumb, but not before leaving us with 12 uniquely decorated arrangements we can change every month.

Did You **KNOW?**

That when your user fee card has all its holes punched, you can put your name on the back of it and put it in the box at the front door for our monthly draw. There is a winner every month for a free \$10 user fee card!





REMINDER

Since our Open House in September,

we have registered over 80 new members !

This is just fabulous. Our momentum is onward and upward. But please remember as we continue to receive new members, and as existing members are trying new activities, we must be welcoming and patient with those who maybe are not as comfortable or familiar with certain programs. Please make every effort to encourage our newest members to join activities and participate in events.

It is also important to remember how good we all feel when people call us by name. Please take the time to take a disposable name tag from the Board Board outside the office and wear it when you're at Mapleridge. It really does promote familiarity and friendship.



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)



DRAG BINGO
Comedy Show

Ms. MADGE ENTHAT & Miss DIVALICIOUS
SATURDAY, NOV. 8TH 2025
DELTA BINGO PETERBOROUGH

Tickets available at eventbrite.ca

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!!

\$26 Series—Tuesday, Oct 21 –Nov 11

5:30pm to 6:30 pm



705.742.1401



1000 Brandy Lane
Peterborough, ON K9A 6K1



www.mapleridge.ca/recreation

B-Y-O-B



BRING YOUR OWN BOTTLE

In an effort to be environmentally responsible, effective January 1, 2026, Mapleridge will no longer be selling disposable bottles of water. A water cooler was donated to the Centre and has been set up as a Water Bottle Refill Station. We encourage you to bring reuseable bottles as disposable cups will not be supplied. The refill station is located between the café service counter and the sliding door of the main hall.

Email Blasts

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.