



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 DECEMBER

Registered Charity No.107967275RP0001

Games Night



**MEMBERS'
MARKETPLACE**

BOOTCAMP

**Holiday
Hours**

Try Zumba Light
BINGO BUDDIES

LINE
DANCE
NIGHTS



Mapleridge

Recreation Centre for Adults 50+



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.





YEAR END Message

As we come to the end of this year, it's tempting to see it only as a finish line. But every ending in a community like ours quietly makes room for a beginning: a new member walking through the door, a new class starting, a new friendship over coffee, or a new idea that changes how we do things. This season isn't just about wrapping things up; it's about pausing long enough to notice how far we've come, and then turning together toward what comes next.

Behind every ending are the people: the ones who showed up, volunteered, tried something new, or quietly kept things going when nobody was watching. These are the people who keep Mapleridge operating. During this holiday season, we wanted to make an extra effort to appreciate our volunteers by hosting a thank-you social. If you have been an active volunteer during 2025, please join us on Friday, December 19 between 1:30 and 3:00 p.m. If you plan on attending, kindly contact office to register for this gathering. We are updating our volunteer records, so this is the perfect opportunity to make sure you are on our list.

Please notice the festively wrapped cardboard box (sitting under the Board Board) — this is where you will place your food items for Kawartha Food Share this season. High demand items include peanut butter, canned meat/fish, canned fruits/vegetables, pasta/sauce, breakfast cereal/oatmeal, granola bars. If you are able, please consider sharing food products this season.

And my final beginning/ending for this year, begins and ends with the administration/management in the office. We say good-bye and thank you to Pam MacDougall, who shined as our interim administrator. In a short time she was able to identify, manage and make recommendations on a number of issues. And most importantly, she has paved the way for the successful integration of our newest staff, Jessica Barbuto, who starts December 1st as our first Executive Director. Please read an introduction from Jessica on the next page — and show her a warm Mapleridge welcome.

Happy Holidays — however you celebrate.

Cyndie

Cynthia Lamrock
President, Board of Directors
ce.lamrock@gmail.com

DIRECTORS

Cyndie Lamrock	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



Hello everyone, My name is Jessica Barbuto, and I am truly honoured and excited to introduce myself as the new Executive Director of Mapleridge Recreation Centre.

I bring 10 years of experience in the social service sector, where I've worked as both a caseworker and a manager supporting individuals and families facing homelessness and housing instability. I hold a Bachelor's Degree in Social Work, and throughout my career I have developed a leadership style rooted in empathy, inclusivity, and collaboration.

Over the years, I have led several projects and initiatives, and I have also sat on various committees focused on improving programs, strengthening communities, and ensuring people's voices guide decision-making. These experiences have given me valuable insight into building meaningful, sustainable programs which I am excited to bring to Mapleridge.

What I am most looking forward to is getting to know the community that makes this centre so special. I believe strongly in creating spaces where everyone feels welcome, heard, and valued. My goal is to work collaboratively with members, staff, volunteers, and partners to enhance existing programs, explore new opportunities, and ensure Mapleridge remains an inclusive gathering place for all.

I care deeply about the initiatives I take on and the people they support. I'm eager to listen, learn, and work alongside all of you to continue building a centre that reflects the strengths and hopes of its community.

I can't wait to meet each of you and begin this exciting new chapter together.

Jessica

Holiday House Tour

Thank you for a great inaugural year!



Committee Members:

Pat Hooper (Chair)

Linda Matteau	Elizabeth Healey	
Mary-Lynn Koekkoek	Kathy Castle	Pam MacDougall
Lorna Plunkett	Elaine Kempt	Jackie Smith
Sekoiaa Lake	Elaine Pope	Mary Hopkins
Cindy Dowdle	Susan Buott	Mariann Marlow

Location Sponsors:

Bowes & Cocks—Samantha Tully Team — Jason Heffernan
Patrick McAuley Group — Tammie Astrom Realty Team — Sullivan Law

Designers:

Janelle Downey Yigit—Bennett's Furniture
Denise Johnston—Rambling Rose Flowers
Angela Jones—Lakeshore Designs Premier
Kristy Gosse—Décor Design Interior Design

Mapleridge Volunteers:

Marilyn May
Shaun Pyper
Cyndie Lamrock

Home Owners:

Cindy Lukawesky-Dowdle— Dave Dowdle
Scott Bertrand—Rob Morin
Ann Marie—Bruce Maly
The Moore-Campbell Family

**SOLD OUT
SUCCESS**
**250 TOUR TICKETS
500 RAFFLE TICKETS**
**ROUGH NUMBERS
PREDICT A PROFIT
OF \$14,000 !**



Holiday House Tour

Behind the Scenes



Give it a try



Qigong

Qigong involves the cultivation of energy and awareness through movement, posture, and breathing. The overarching goal of our Qigong practice is to enhance long-term quality of life.

We move to generate heat, stand to activate qi, and sit to quiet the mind.

**Join Kathryn Matheson as she leads the practice
Monday Dec 1st -15th**

3:30pm-4:30pm, registration \$19.00



Yoga



*More yoga in
the schedule*

**Dec. 1st -22nd
Yoga for Balance & Strength
10:00am-11:00am, Fee: \$24.00
Instructor Josée Caron**

**Dec. 5th-19th
Hatha Yoga
9:00am-10:00am, Fee: \$9.00
Instructor Laura Kennedy**

**Dec. 5th -19th
Yin Yang Yoga
11:15am-12:15am Fee: \$18.00
Instructor Josée Caron**

FRIDAY NIGHT *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

DEC 5th

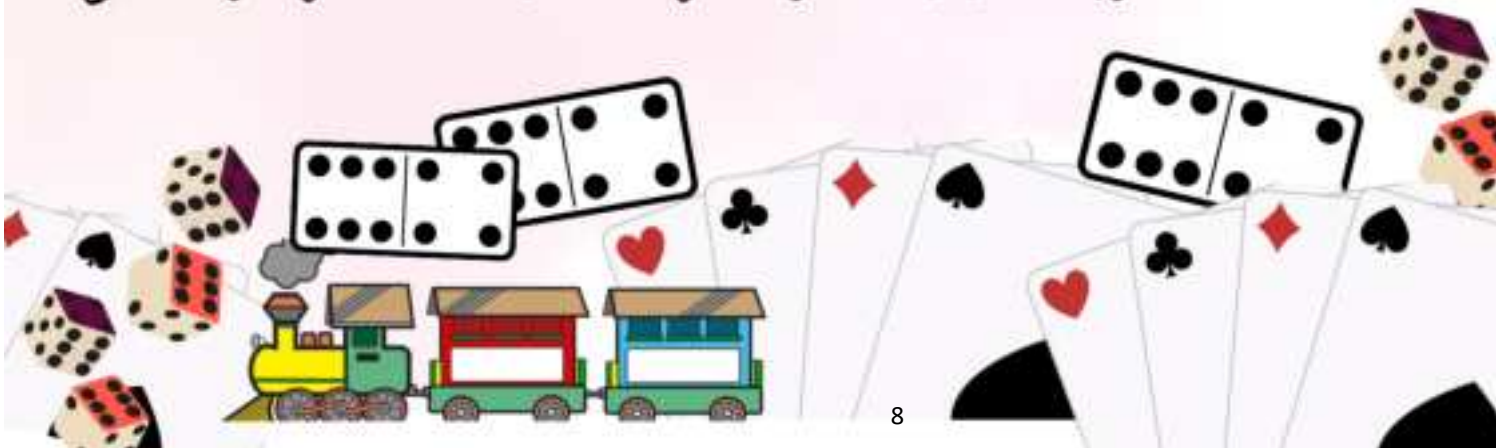
Meatloaf, mashed potatoes
green beans, coleslaw,
dessert, coffee/tea

Dinner \$15

Games \$2

Dec 5th & 19th

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



Book Club

Thursday, Dec. 18th
10:00am–11:00am
Mapleridge Library



Peterborough Public Library

The Peterborough Public Library hosts a book club at Mapleridge 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.

Pick up the book at Mapleridge Office.



Under the "B"

Mapleridge realizes the revenue from Delta Bingo!
Thank you DELTA BINGO Volunteers





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 January newsletter by December 23, 2025.

FOR SALE

Victory 9—4 wheel electric scooter, candy cane red, never used outdoors, less than 30 kilometers, excellent condition.

New batteries. \$1300.00

If interested please call or email:

705-927-7960

38macdougall@gmail.com

FOR SALE

Drawing, acrylic, watercolour books

—\$3.00

Blue Boy figurine vintage

—\$40.00

Vintage Pencil Sharpener

—\$25.00

If interested please call or

email: 705- 874-5501

evelynfindley@gmail.com

WANTED

One strong guy for a couple hours of lugging boxes and helping organize my storage room. Must be able to lift heavy boxes up onto high shelves. \$25 / hour for hard work.

Do you know someone that could help me out — maybe even a student. If you can help, please email me.

Cyndie Lamrock — ce.lamrock@gmail.com

FOR SALE — NURSING UNIFORMS

Tops and bottom sizes—medium and large

Navy Blue FIGS, Medium Jacket and pants

Contact me at Katbuz57@gmail.com or 705 875-8487

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, December 28

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





KICKIN' IT WITH *Line Dance* *Save the Dates*

MODERN LINE DANCE BOOTCAMP **Saturday, Jan 10th** with Tracey Robertson

Beginner Lesson 10am - 11:30am \$10.00

Beginner Plus/Intermediate 11:30am - 1:00pm \$10.00

Both Times 10:00am - 1:00pm \$15.00

Registration Required — Non Members welcome

AFTERNOON LINE DANCE SOCIAL **Sunday, Jan 18th** 1-4pm \$15.00 cash at the door.

Doors open 12:30pm

Tracey Robertson hosts an afternoon of popular line dances.

Open for all dance levels. Non-members welcome!



Want to try *Zumba Light?*

Join Natalie for a free workshop
Tuesday, December 23 — 11:15 am to 12:00 pm
Registration is required. Space is limited!



Holiday Hours of Operation

Dec 22 & 23 — scheduled programs

Dec 24 — café closed, drop in programs open,
building closed at noon

Dec 25 & 26 — closed

December 28 —big bingo 1:00pm start

Dec 29 & 30 — drop in programs open

Dec 31 — café closed, building closed at noon

Jan 1 & 2 — closed

WALKING CLUB

with Natalie

Mondays 
1:30 - 2:15 PM
December 1-22
4-Week Session \$24

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.

WALK >>>
THIS WAY >>>>>>





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

<p>MINI BUCKS</p> <p>SAT. Dec 6th & 20th</p> <p>Doors Open at 11:15 am Cards start at 12:30 pm \$5.00 At the Door Pies & Sandwiches for Sale <i>Experienced Players Only</i></p>	Two playing cards are shown side-by-side: the Ace of Diamonds on the left and the Ace of Hearts on the right. The Ace of Hearts has a large red heart in the center and a small 'A' with a heart symbol in the bottom right corner.
---	---

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!

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

*Popular Choreography
Upbeat Music*

\$10

cash
at the
door



(705) 742-1481
1085 Brealey Drive
Peterborough



Fun Facts

Compiled by Joan Corrigan



380 pounds of butter are used each year in the Mapleridge kitchen to make fresh cookies, squares and scones.



350 red and white balloons were used to decorate the main hall for the Strawberry Social — in contrast, Thanksgiving used only 175.

A Mapleridge volunteer who is working a 2 1/4 hour shift at Delta Bingo brings in approximately \$350 for the Centre.





Recreation Centre for Adults 50+

705 742-1481

**1085 Brealey Drive
Peterborough**

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.

We will explore movement both seated and standing.

**Fridays — Jan 9 to 30
10:15am to 11:00am**

**\$26 for 4 weeks
Plus \$2 user fee**

**FREE
INTRODUCTORY
WORKSHOP**

**Friday, December 12
10:15 am—11:00 am**

**OPEN EVENT
EVERYONE WELCOME
PRE-REGISTRATION REQUIRED
SPACE IS LIMITED**

The background is a soft-focus illustration of a café scene. It features a red and white striped awning at the top, a wooden trellis with climbing vines, and two white coffee cups with steam rising from them. The word 'Café' is written in a large, elegant, red cursive script across the upper middle of the image.

Café

HOURS

Mon — Tue — Wed
10:00 am — 3:00 pm

Thursday— 10:00-1:30 pm

Friday— 10:00-2:30 pm

Weekends – During Programming

Tuesday/Wednesday lunches

Special Event Dinners

Dancing WITH THE DRAKES

MAPLERIDGE REC CENTRE — 1085 BREALEY DRIVE — PETERBOROUGH

MONDAYS 7:00-8:00 Westcoast Swing Advanced
8:00-9:00 Westcoast Swing Beginners

TUESDAYS 7:00-8:00 Waltz
8:00-9:00 Salsa

CLASSES START WEEK OF JANUARY 12 (10-WEEK SESSION)
\$10 PP PER CLASS / REGISTRATION & FULL PAYMENT IN ADVANCE
SINGLES WELCOME

REGISTRATION & INQUIRIES DIRECTLY TO THE DRAKES
THEDRAKES@LIVE.CA



DANCE SOCIAL — SAT 17 JAN — 7:30 TO 11:00 PM — \$15



**Men of the Deeps
Diamond Sunset Tour
@Showplace \$63**

**Tues Bus at
April 21, 2026 6:45pm**

**Bus pickup to and from
Register in the office**

Make A Difference

CALL for VOLUNTEERS



JOIN OUR VOLUNTEER TEAM TO SUPPORT OUR FUNDRAISING EFFORTS



**DID YOU KNOW
PROCEEDS AT DELTA
BINGO & GAMING GO
BACK TO CHARITIES IN
YOUR COMMUNITY!**





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.



Email Blasts

The office sends out regular emails to its members using our software "My Senior Centre." The emails come from the following address:

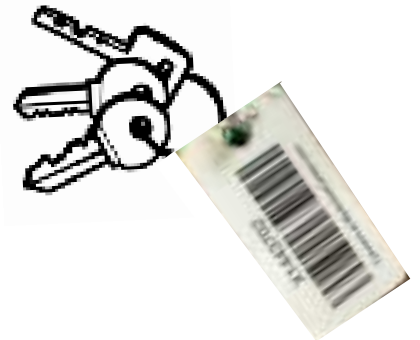
null@myactivitycenter.com

Members may need to check their junk mail as some email providers detect it as spam.



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.

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.