



# HEADLINES

## & happenings



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

1085 Brealey Drive  
Peterborough, ON K9K 0C1

**705 742-1481**

OFFICE HOURS  
MON-THUR:  
8:00AM-4:00PM  
FRI 8:00AM-1:00PM

2026 **FEBRUARY**

Registered Charity No. 107967275RP0001

**CLOSED FAMILY DAY:  
MONDAY FEBRUARY 16**

**SHOWPLACE  
BUS TRIP**

**SHUFFLEBOARD UPDATE**

*Function & Mobility*

A tribute to our  
fallen friend

  
**Mapleridge**  
Recreation Centre for Adults 50+



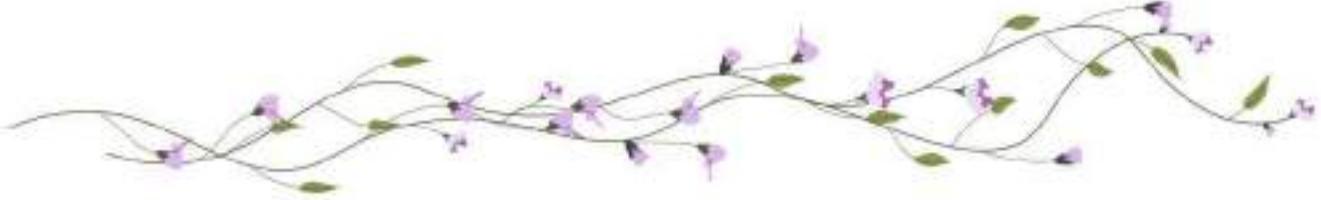
in loving memory of



**PETER FLEMONS**

A kind man whose volunteer spirit, patience, and compassion touched countless lives.

1958-2026



## A Tribute to a Life Lived with Heart

Some people leave this world having quietly changed it, not through grand gestures or loud declarations, but through the steady, generous way they showed up.

Peter's capabilities were different, yes - but his heart was enormous, and his spirit was unmistakably bright.

He lived with a kind of courage that didn't need to be spoken; it was felt in the way he gave.

Despite the challenges he carried, Peter volunteered his time, his energy, and his compassion. He showed up for his community not because he had to, but because it was his way of living. His service was not measured in hours - it was measured in heart.

Peter will be missed, but he will also be remembered for his willingness to help.

- Susan King

# MINI BUCKS

Saturday, February 7  
Saturday, February 21

Doors Open at 11:15AM  
Cards Begin at 12:30PM

\$5.00 At the Door



Sandwiches and Pie Available For Purchase

**Experienced Players Only**

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# BIG BINGO



**SUNDAY, FEBRUARY 22**

**1:00PM**

**JACKPOT \$100 and \$200**

**BRING YOUR OWN DABBER**

**CASH ONLY - \$20.00**

# CAFÉ CLOSING



*Did we get your attention?*

The café is the heart of our Mapleridge. It supports our programs, our events, and the daily flow of members who rely on it being open and well-run.

Right now, that heart is tired. Our café volunteers are carrying a heavy load. They are dependable, committed, and generous with their time, but the current level of support is not sustainable.

We have put out requests for additional volunteers, and so far, we have not had the response we need. If this does not change, reducing hours or closing the café—even temporarily—becomes a real possibility.

This is the reality of operating a volunteer-supported service. Volunteering in the café does not require prior experience, and it does not need to be a large time commitment. Even a few hours a month helps ease the strain and keeps this essential part of Mapleridge running.

If you have the time and ability to help, now is the moment where stepping forward truly matters. Thank you for your time and for helping us plan responsibly for the future of the Mapleridge.

Please come to the office if you are able and willing

# RIDDLE ME THIS

I am a word of 5 letters and people eat me. If you remove the first letter, I become a form of energy.

Remove the first two and I am needed to live. Scramble the last 3 and you can drink me. What am I?



Answer on the bottom right



## MEMBER'S MARKETPLACE

Our Classifieds section is available for members to post ads, similar to a local newspaper. This is a great place to list items for sale, look for help or services, find or offer household items, or share other everyday requests. Ads should be a reasonable length and submitted to the office at least one full week before the end of the month. The cost is one punch on your punch card (\$2).

Please note that management reserves the right to edit or decline ads based on content, timing, or available space.

### SENIOR FEMALE IN SEARCH OF:

Room or Studio Rental

Up to \$1000.00/per month

Contact - Sandy 705 440 6923



# Women Fully Clothed @ Showplace

Thursday, April 23

Bus leaves at 6:45 pm

performance is at 7:30 pm

**\$75** includes the bus

Get Ready  
to LAUGH!



After selling out theatres in Toronto, Montreal, New York, Edinburgh and so many wonderful towns in between, Jayne Eastwood ( My Big Fat Creek Wedding, Hairspray, Dawn of the Dead, The Santa Clause), Teresa Pavlinek (Doc, Working Moms), Kathy Greenwood (Whose Line is It anyway?, Ghosts) and Robin Duke (Saturday Night Live, SCTV) have put together a "Best Of" show that highlights the hilarity of life through scene and song and makes us laugh at ourselves until there isn't a dry seat in the house.

## JANUARY USER FEE CARD DRAW

And the winner is... **Wally Harrison!**

Please come to the office to collect your prize

# St. Patrick's Day DONCE

7:00 to  
11:00 PM **14** Saturday  
March

Cash Bar  
Live Band

Tickets \$20  
Door Prizes

Specialty  
Mocktails

FOUR LANES WIDE

**FEBRUARY 17**  
10AM - 2PM  
CAFÉ SPECIAL

# SHROVE TUESDAY: PANCAKE BRUNCH

INCLUDES:  
2 CORA PANCAKES  
3 BREAKFAST SAUSAGES  
TEA OR COFFEE

**\$10**

WHILE SUPPLIES LAST

SPONSORED BY:



# SAVE THE DATE EASTER BRUNCH

SATURDAY MARCH 28 2026

11AM - MAIN HALL

TICKETS AVAILABLE STARTING MARCH 1

Details to follow

Mapleridge  
Recreation Centre for Adults 50+

**RUBIDGE**  
RETIREMENT RESIDENCE

# fashion fiesta

A FUNDRAISER  
EVERYONE WELCOME

Sunday **12 April**

# save the date



Second chances never looked so good

1085 BREALEY DR  
PETERBOROUGH  
705-749-1481



# A CALL FOR DONATIONS

If you've ever enjoyed a cup of coffee here, shared a laugh over cards, learned something new, or simply felt at home at Mapleridge, then you already know: this place runs on community. What you might not know is that behind the scenes, it also runs on generosity.

We're proud of the programs, activities, and connections that make Mapleridge such a lively place to be and we're committed to keeping it that way. To continue offering the classes, events, and welcoming space you've come to expect, we're inviting those who are able to consider making a donation.

We're also always grateful for donations of raffle or door prizes. Maybe you know someone who can work magic and score Toronto Maple Leafs tickets, maybe there's a gift card in your wallet you never quite got around to using, or perhaps you have a new and unused item that's been living quietly in a cupboard, waiting for its moment. Items like these help us raise funds and add a little extra fun to our events.

This isn't about hard luck stories or gloomy headlines. It's about investing in something that matters: a place where friendships grow, minds stay active, and there's always something to look forward to.

Every contribution, no matter the size, helps us keep the doors open, the coffee brewing, and the calendar full. If the Mapleridge has ever brightened your day, this is a wonderful way to help brighten many more.

Thank you for being part of our community, truly.  
We couldn't do this without you.

# FRONT DOOR CHECK-IN

We would like to take a moment to clarify an important expectation regarding program check-ins at Mapleridge.

All members are required to check in and be scanned for every program they attend during their visit. If you attend more than one activity in a day—whether back-to-back or at different times—you must inform the front desk and ensure you are checked in for each program individually.

We understand that plans can change. If you are unsure whether you will attend an additional program, that is perfectly fine. However, if you decide to join another activity later, you must return to the front desk to check in before participating.

## This process is essential for several reasons

**Safety:** In the event of an emergency, such as a fire, we rely on program sign-ins to know exactly who is in the building and where they are.

**Fairness:** Program fees ensure that everyone contributes equally to the activities they enjoy.

**Sustainability:** These fees help keep Mapleridge running—from maintaining the building and programs to keeping the lights on and the café stocked.

Your cooperation allows us to continue providing a safe, welcoming, and vibrant space for all members. Front desk staff are always happy to help with check-ins or answer any questions you may have.

Thank you for your understanding and for helping us keep Mapleridge running smoothly.

# JOIN US: FUNCTION AND MOBILITY WITH NATALIE WITTEK

February 9 - March 9  
MONDAYS 9:00-9:45AM

February 11 - March 4  
WEDNESDAYS 11:15-12:00PM

**REGISTER WHILE SPACE IS AVAILABLE!**

What does the function and mobility class do for you?

- Builds strength safely while being gentle on the body
- Improves mobility and joint health to support comfortable movement
- Enhances balance, helping reduce the risk of falls
- Strengthens muscles used for everyday activities like lifting, reaching, and standing
- Accessible and adaptable with seated or standing options and optional hand weights
- Suitable for beginners, returners, and all fitness levels
- Boosts energy, confidence, and motivation in a welcoming, judgment-free environment
- Encourages independence, consistency, and active aging

**Move Better. Feel Stronger.  
Stay independent.**

# We're on Instagram!

We're excited to share that Mapleridge Recreation Centre is now on Instagram! 🎉



You can find us at **@mapleridgerecreationcentre**. Instagram is a simple way to stay connected and see what's happening at Mapleridge.

If you already use Instagram, simply search for `mapleridgerecreationcentre` and tap "Follow." If you're new to Instagram, it's a great way to stay informed and feel connected to our community.



## February Is Heart Health Month ❤️

February is Heart Health Month, a great reminder to take small, meaningful steps to care for our hearts – at any age.

Staying heart healthy doesn't have to mean intense workouts or big lifestyle changes. Simple habits like regular movement, staying socially connected, managing stress, and enjoying balanced meals all play an important role in keeping our hearts strong.

At Mapleridge Recreation Centre, many of our programs support heart health in gentle, enjoyable ways – from low-impact fitness and mobility classes to social activities that keep you connected and engaged. Moving your body, even a little, can help improve circulation, boost energy, and support overall well-being.

This month, we encourage you to:

- Stay active in ways that feel good to your body
- Take time to relax and manage stress
- Enjoy time with friends and community
- Listen to your body and move at your own pace



Peterborough  
Public Library

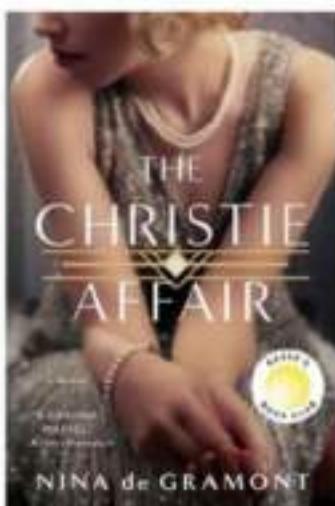
# BOOK CLUB

Thursday February 12

10:00am-11:00am Mapleridge Library

Pick up the book at Mapleridge Office

## About the Author



Nina de Gramont's latest novel, *The Christie Affair*, is an international and New York Times best seller, and the Reese Witherspoon Book Club pick for February, 2022. Nina is also the author of a collection of short stories, *Of Cats and Men*, as well as the novels *Gossip of the Starlings* and *The Last September*. She has written several YA novels (*Every Little Thing in the World*, *Meet Me at the River*, *The Boy I Love*, and -- under the pen name Marina Gessner -- *The Distance From Me to You*). Nina teaches creative writing at the University of North Carolina Wilmington. She lives with her daughter and her husband, the writer David Gessner.

Why would the world's most famous mystery writer disappear for eleven days? What makes a woman desperate enough to destroy another woman's marriage? How deeply can a person crave revenge?

In 1925, Miss Nan O'Dea infiltrated the wealthy, rarefied world of author Agatha Christie and her husband, Archie. In every way, she became a part of their life—first, both Christies. Then, just Archie. Soon, Nan became Archie's mistress, luring him away from his devoted wife, desperate to marry him. Nan's plot didn't begin the day she met Archie and Agatha.

It began decades before, in Ireland, when Nan was a young girl. She and the man she loved were a star-crossed couple who were destined to be together—until the Great War, a pandemic, and shameful secrets tore them apart. Then acts of unspeakable cruelty kept them separated. What drives someone to murder? What will someone do in the name of love? What kind of crime can someone never forgive? Nina de Gramont's brilliant, unforgettable novel explores these questions and more.

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## MEDICAL EPISODES AT MAPLERIDGE

### Important Reminder:

A recent medical event made it clear that we need to remind everyone: if a medical situation occurs, all members not directly involved must leave the area immediately when asked. This kindness and cooperation helps protect privacy and allows staff and emergency responders to act quickly and safely.

Thank you for your understanding.

# SHUFFLEBOARD UPDATE

You spoke – and we listened!

We're excited to share some great updates to our shuffleboard program, based directly on member feedback.

## What's new?

### **Additional playing times are now open:**

Mondays & Wednesdays at 3:30 PM  
Fridays at 11:00 AM

### **Open-Play lessons to be held on:**

Monday February 2 & February 23  
3:30 PM

**If you're interested in joining a team, becoming a spare, booking a lesson or want more information, please contact Joanne:**

✉ [mapleshuffle2@gmail.com](mailto:mapleshuffle2@gmail.com)

### **For EXISTING TEAMS ONLY:**

Please continue to work with our Shuffleboard Coordinator, Perry Fischer, for all team-related needs.

✉ [pfischer31@cogeco.ca](mailto:pfischer31@cogeco.ca)

Thanks for your continued feedback and enthusiasm— we're looking forward to seeing you on the courts!

# \$200 SENIORS GAME EVERY THURSDAY!

Peterborough

Jul 03, 2025 - Mar 26, 2026

11:30 AM - 6:30 PM

Every Thursday, Delta Peterborough hosts a \$200 Seniors Game, exclusively for guests aged 55 and up.



## WELCOME SESSION

We're excited to introduce a new way to connect, learn, and share –  
Monthly Welcome Sessions at Mapleridge!

**Welcome Session**  
**Wednesday, February 18**  
**11:00 AM – 12:00 PM**  
 **Library**

Whether you're brand new or have been with us for a while and want to get more involved, we'd love to see you there.

Learn more about Mapleridge and how things work

Discover volunteer opportunities

Share ideas, program interests, and suggestions

Ask questions and meet other members

Each session will include a short presentation, open discussion, and light snacks in a relaxed, welcoming setting.

# PRIMARY CARE

AT MAPLERIDGE

You may notice new health-related programs, workshops, and services being introduced at Mapleridge in the coming months. We'd like to share the why behind this addition and what it means for our members.

As part of our funding requirements, the Ontario government has introduced Primary Care and Health Promotion as a mandated component of all Senior Active Living Centres (SALCs). This initiative responds to a growing lack of accessible health care for seniors and looks to facilities like ours to help bridge that gap through education, prevention, and connection to resources.

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## **What this means for Mapleridge:**

Additional programs focused on health education, wellness, and prevention

Offerings may include topics such as chronic illness management, heart health and fitness, mental health supports, foot care, vaccine clinics, and more

These programs are meant to support—not replace—medical care, and to help members stay informed, active, and well

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Importantly, these programs will not interfere with or replace existing Mapleridge activities. They will simply be an addition to what we already offer.

To ensure these programs are truly valuable, we will also be conducting member surveys focused on health-related topics. Your feedback will help guide what we bring in—because if we're offering it, we want it to be useful, relevant, and meaningful to you.

More details will be shared as programs develop. Thank you for your continued support and participation as we grow and adapt to meet member needs.

*Join Heather Clarke*  
Certified Yoga Therapist  
Cardiac Yoga Instructor



**WEDNESDAY FEBRUARY 4, 11, 25**

**\$18.00**

**9:00-9:45AM**

**Workshop and two yoga sessions:  
*Yoga for a Healthy Heart***

Explore how yoga's breathing, movement, and relaxation techniques can help you maintain cardiac health and support those in rehab.

Reducing stress and staying active are key for everyone, especially cardiac patients. This session plus two heart health yoga classes will give you tools to integrate yoga into your weekly routine.

Open to all—whether you want to maintain a healthy heart or participate in a program that complements existing cardiac rehab services.

**Dates:**

February 4 – Introduction session with gentle movement and breathing exercises

February 11 and 25 – 45 minute movement and relaxation classes

# KICKIN' IT WITH Line Dance



## MODERN LINE DANCE BOOTCAMP

**Saturday February 14**

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

## LINE DANCE SOCIAL

**Friday February 27**

\$15.00 cash at the door

Doors open 6:30pm

Dance 7-10PM

All are Welcome!

# WITH TRACEY ROBERTSON

# Rhythm & Roots

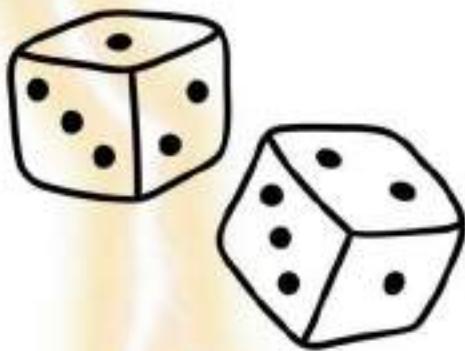
## Where Dance Meets Balance Training

Rhythm & Roots is a dynamic fusion of movement, music, and mindfulness. This class blends dance-inspired sequences with balance and grounding exercises designed to help you reconnect with your body's natural rhythm. Move with intention, build strength and stability from the ground up, and enjoy the flow of joyful, energizing music.

Movement will be explored both seated and standing, making the class accessible and adaptable for a variety of comfort levels. Come feel grounded, supported, and inspired – and rediscover your roots with Julie.

**JOIN US FRIDAYS AT 10:15AM  
LIMITED SPACE AVAILABLE**





FEBRUARY 6  
SHEPHARD'S PIE  
COLESLAW  
COFFEE OR TEA  
DESSERT

## GAME'S NIGHT

MEAL - \$15.00

PRE-REGISTRATION RECOMMENDED

GAMES - \$2.00

FEBRUARY 23

PULLED PORK SANDWICHES  
SALAD  
COFFEE OR TEA  
DESSERT

Mexican Train - Shuffleboard - 5 Crown Cards - Corn Hole - Table Tennis  
Board Games - Euchre - Bid Euchre





## **NEW PROGRAM!**

# **Progressive Beginner Line Dance**

**WITH NORINE SOUCIE**

If you have previous experience at a beginners level and a good knowledge of basic steps and want to learn complex steps and patterns, this is the class for you. Join in the fun and socializing while at the same time exercising your body and mind, dancing to all genres of music; oldies, pop, country and modern.

**TUESDAYS**

**February 10 - March 3**

**1:15-2:15PM**

**\$24.00**

# New Program



## BARRE BALANCE

Join Natalie for Barre Balance

Monday, Feb 23 to Mar 17

2:30 pm to 3:15 pm   \$24

Barre Balance is a 45-minute, slow-paced class focused on improving balance, stability, and mobility. Using the support of a ballet barre (no dance experience required), this class helps strengthen the smaller muscle groups that support posture, joint health, and everyday movement.

This is a beginner-level class, with options offered for those who would like a bit more challenge — making it welcoming and accessible for all levels. This is not a cardio class; movements are controlled, mindful, and easy to follow.

The class will also involve gentle breathwork to promote relaxation, body awareness, and a sense of calm and balance.