

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

APRIL



Ontario

FASHION FIESTA
SUNDAY, APRIL 12

MAPLERIDGE GOES ONLINE!

ROYAL GARDEN PARTY

PRIMARY CARE
HAS ARRIVED!



Mapleridge

Recreation Centre for Adults 50+
A thriving inclusive community

Dear Members,

As I reflect on my first few months as Executive Director of Mapleridge Recreation Centre, I am continually inspired by this community. Your energy, commitment, and support are what make Mapleridge such a special place, and I am grateful to serve you every day.

I am thrilled to share some exciting news. Registration for most of our programs is now available online through My Active Centre (MAC). This new system makes signing up for your favourite programs faster, easier, and more convenient than ever.

To help you get started, we have prepared a comprehensive FAQ addressing the most common questions about registration, account setup, payment, and more. Our goal is to provide as much information as possible up front so your registration experience is smooth and stress-free.

Step-by-step instructions will also be sent in a separate email to guide you through the process. If you do run into any difficulties, please do not hesitate to reach out directly to me. We are here to help every step of the way.

We are excited to offer this improved experience for our members and look forward to seeing you online as you register for the programs you love.

Thank you for being an integral part of the Mapleridge community.

Warm regards,
Jessica Barbuto
Executive Director



We're excited to introduce a new, more convenient way to register for programs at Mapleridge.

Online registration is now available, giving you the flexibility to sign up for programs anytime, from anywhere. While this is a new option, the same friendly in-person service remains available at the office for those who prefer to register that way.

Frequently Asked Questions

What is My Active Centre (MAC)?

My Active Centre (MAC) is our new online registration system that allows you to browse and register for programs from home.

Do I need to sign up with my key tag every time I register, or is it a one-time sign up?

No, you only need to sign up with your key tag once. After completing the initial registration using your key tag, you will use your username and password to sign into your profile for all future registrations. Step one, signing up with your key tag, is a one-time process. From then on, you simply log in to your account to register for programs.

Will ALL programs be available for online registration?

Not all programs will be available online. Most regularly scheduled programs and many special events will be offered through My Active Centre. However, some programs or events will require in-person registration only. For example, events like the Volunteer Appreciation Event are intended for specific participants and will not be listed online.

Will I be able to buy my user cards online?

No. User cards are available for purchase in the office only and are not available online.

How do I purchase or renew my membership?

Memberships can be completed either through the Mapleridge main website using the same online form that has always been available, or in person at the office.

What is the “wallet”?

The wallet is a credit on your account that can be used to pay for future programs or events. It works like a prepaid balance and can also be refunded through the office by cash or cheque if needed.

Do I have to register online?

No. In-person registration at the office will continue as usual. You are welcome to choose the option that works for you.

Are gift cards still available?

No. Gift cards are no longer available. As an alternative, funds can be added to a member’s wallet for future use.

What do I need to register for programs or events?

An active membership and a key tag are required to register for programs and events through both My Active Centre and My Senior Centre.

How do refunds work?

Refunds to a debit card will now be issued to your wallet and can be used for future programs or events.

Refunds to a credit card will be returned to the credit card, or if preferred, can be placed in your wallet. All refunds are processed by the office through My Senior Centre, not through My Active Centre (MAC).

We’re excited to offer this new option and look forward to continuing to serve you, both online and in person.

A Note About Reception

We are so grateful for the hard work and dedication of our volunteers at the reception desk. They play an essential role in making sure everyone is properly checked in and that user card fees are recorded accurately, helping Mapleridge run smoothly for all members.

You can help make their work easier and keep check-in running efficiently by taking a moment to ensure your card is properly punched and that the person ahead of you has completely finished before you step forward. These small actions go a long way in supporting our volunteers and creating a smooth, welcoming experience for everyone who comes through the doors.

Thank you for your cooperation and for helping us maintain the positive, friendly environment that makes Mapleridge such a special place.



PICKLEBALL NOW
AVAILABLE SATURDAY
MORNINGS FROM
9:30 AM - 11:00 AM

No experience required!



Mapleridge

Recreation Centre for Adults 50+



RUBIDGE

RETIREMENT RESIDENCE

fashion *Fiesta*

PRESENT

A FUNDRAISER
CELEBRATING FUN & FASHION

Sunday 12 April 2026

an afternoon of entertainment
live music • national comedian
runway fashion show
marketplace • door prizes
hors d'oeuvres • cash bar
black-tie service • raffles
limited VIP packages



The Classy Closet by Sue

1:00 - 4:00 PM
an open event
everyone welcome

limited tickets
general entry \$35
VIP packages \$50

Second chances never looked so good

featuring national comedian **GRANT**
keynote speaker

VIP package includes:
take-home swag bag
complimentary glass of wine
early admission to marketplace
reserved front-section table seating



THAT'S A WRAP!
CATERING CO.



1085 BREALEY DR
PETERBOROUGH
705 742-1481



RAFFLE TICKETS



THE FASHION FIESTA RAFFLE IS OFFICIALLY LIVE!

**TICKETS ARE ON SALE NOW — JUST \$5 FOR A SHEET OF 20
FIND US OUTSIDE THE LIBRARY MONDAY-FRIDAY, 10AM-2PM
FROM MONDAY MARCH 30 TO FRIDAY APRIL 10, OR GRAB
YOURS ON EVENT DAY (APRIL 12).**

**FROM TORONTO BLUE JAYS TICKETS, TO AN AMAZON FIRE HD10
TABLET, 4 GREEN FEE PASSES TO KAWARTHA GOLF & COUNTRY
CLUB, THE ULTIMATE CLEANING BASKET, TO THAT AMAZING
FAMILY MEAL PACKAGE FROM THAT'S A WRAP CATERING...
THAT'S JUST A FEW OF THE INCREDIBLE PRIZES UP FOR GRABS!**

**YOU DON'T NEED TO BE PRESENT TO WIN
GOOD LUCK EVERYONE!**



Peterborough
Public Library

BOOK CLUB

Thursday April 9

10:00am-11:00am Mapleridge Library

Pick up the book at Mapleridge Office

About the Author

Harley Rustad has been an editor and writer at [The Walrus](#), a Canadian general interest magazine, since 2014.^[1] His writing has appeared in publications including [Outside](#), [The Walrus](#), [The Globe and Mail](#), [Geographical](#), [The Guardian](#), and [CNN](#). He is a faculty editor at the [Banff Centre for Arts and Creativity's](#) Mountain and Wilderness Writing Residency.^[4] He was awarded Editor Grand Prix at the 2024 National Magazine Awards: "Harley Rustad's commitment to tackling in-depth investigations and features stands out. Rustad's contributions to The Walrus have reinforced its position as one of Canada's leading homes for thoughtful, impactful journalism"



In a cool morning in the winter of 2011, a logger named Dennis Cronin was walking through a stand of old-growth forest near Port Renfrew on Vancouver Island. He came across a massive Douglas fir the height of a twenty-storey building. Instead of allowing the tree to be felled, he tied a ribbon around the trunk, bearing the words "Leave Tree." The forest was cut but the tree was saved. The solitary Douglas fir, soon known as Big Lonely Doug, controversially became the symbol of environmental activists and their fight to protect the region's dwindling old-growth

\$12.00

TRADITIONAL LINE
DANCE:
INTERMEDIATE PLUS
WITH GARY CALDER

APRIL 2-30
(except
April 23)

MAPLERIDGE
RECREATION
CENTRE
1085 BREALEY DR
PTBO

A cuing class incorporating steps learned in
AB, Beginner Plus, and Improver levels.
(Previous step instruction required)

REGISTER WITH
THE OFFICE



PETERBOROUGH
DRAG BINGO
APRIL 11 | 7 PM
\$45 | DELTABINGO.EVENTBRITE.CA

\$800
VIP EXPERIENCE

Delta
BINGO-GAMING



Members' MARKETPLACE

Our classified 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.



Brand: Evolution
Item: Cup/water bottle holder for a rotator or walker.
Purchased, unused.
\$20.00
Please call 705-874-5407, Dana Speer.

TUESDAYS 9AM

BRIDGE LESSONS ARE BACK!

STARTING APRIL 7
14-WEEK REGISTERED PROGRAM
NO REGISTRATION FEE
USER FEE APPLIES

LIBRARY

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PTBO

A GUIDED WALKING MEDITATION AT LAVENDER FIELDS

WITH LAURA KENNEDY
At Laveanne in Campbellcroft

WEDNESDAY JULY 15
\$30.00
BUS DEPARTS AT 9:15AM

Guests will arrive by bus and are welcome to explore the lavender fields at their own pace. At 10:00 AM, join Laura for an optional guided walking meditation in the labyrinth, or enjoy quiet time wandering the grounds on your own.

After the meditation, guests will have time to relax, explore the fields, and visit the lavender gift shop at their leisure.
Bus departing the fields at noon.

Breathe, relax, and unwind in nature

RAIN OR SHINE
DRESS APPROPRIATELY, BRING WATER, SUNSCREEN AND A HAT FOR YOUR SAFETY

Free!



Supporting the Body in Grief: A Restorative Workshop

Facilitated by Julie Brown and Laura Kennedy

This gentle workshop invites participants to slow down and connect with their bodies through restful, supported positions using props such as blocks, bolsters, and blankets.

Longer, comfortable holds are designed to encourage relaxation and the release of physical tension. As part of this mind-body practice, please be warned that some participants may also experience emotional responses throughout this workshop.

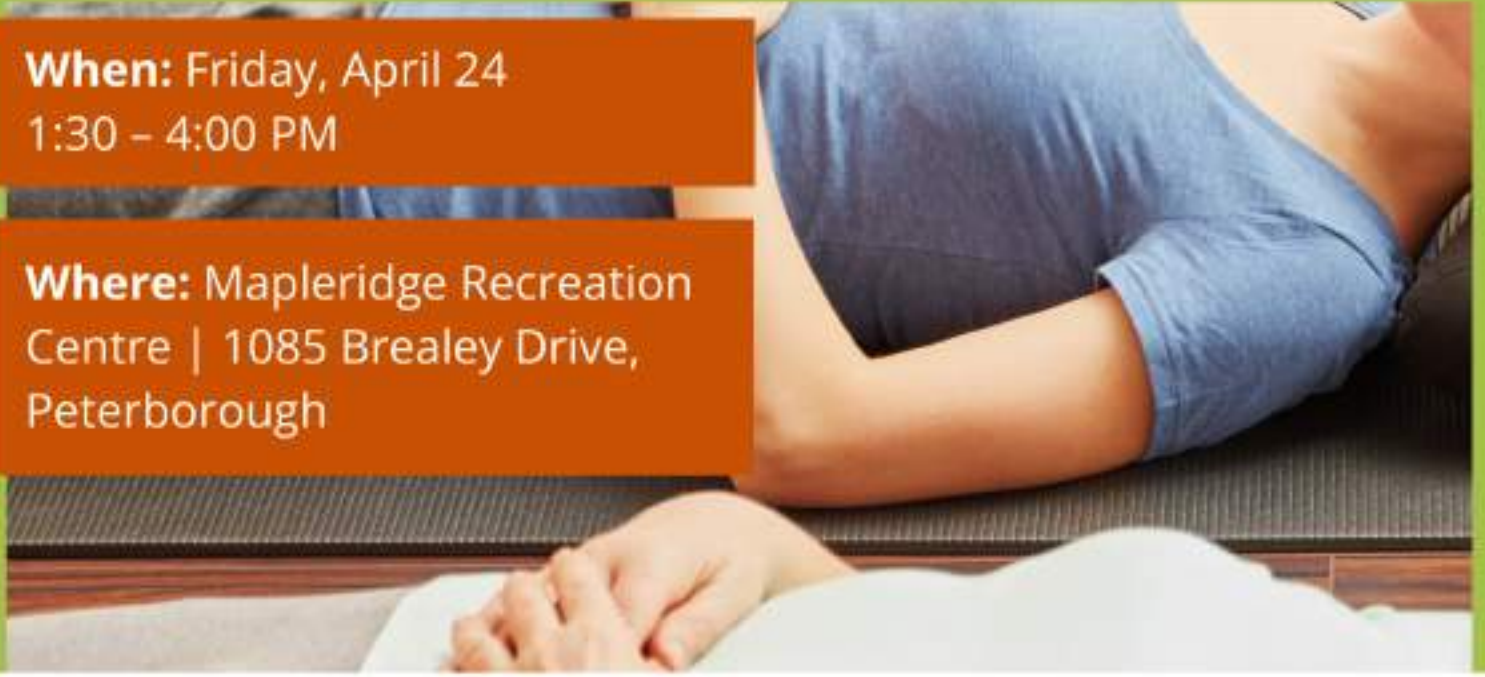
The session will take place in a small group setting (up to 25 people), and participants are encouraged to move at their own pace and only within their comfort level. All positions can be adapted, and you are always welcome to rest or opt out at any time.

Participants should be comfortable sitting or lying quietly on a mat.

When: Friday, April 24

1:30 – 4:00 PM

Where: Mapleridge Recreation
Centre | 1085 Brealey Drive,
Peterborough



To register, please call (705) 742-4042 ext. 251 or email intake@hospicepeterborough.org

**Participants can arrive anytime after 1 pm.*

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Free to attend | Please wear comfortable clothing | no experience required

MOVEMENTS FOR FALL PREVENTION

WITH HEATHER CLARKE

NEW

Fall prevention exercise is an important part of healthy aging. The risk of falling increases with age due to factors such as balance and vision changes, medications, home hazards, and health conditions affecting bone and heart health.

This program focuses on strengthening the legs, improving balance, and increasing flexibility to enhance stability and reduce injury risk. It also builds proprioception—awareness of your body in space.

Using chairs for support, you'll move through exercises targeting the core and lower body, including Tai Chi, yoga, heel-to-toe walking, leg raises, sit-to-stand, and balance work.

All movements are adapted for your comfort and safety. Classes are led by a CanFitPro-certified Senior Fitness Instructor trained in Falls Prevention and Awareness.

No previous experience is required. All are welcome.

MONDAY APRIL 13 TO MAY 4
12:30-1:15 PM
\$24.00

MAPLERIDGE RECREATION CENTRE

1085 BREALEY DRIVE, PETERBOROUGH, ON





Wow, what a turnout!

Our St. Patrick's Dance welcomed 88 guests for a fantastic night filled with dancing, laughter, and great company.

A big thank you to Four Lanes Wide for the amazing live music that kept everyone on their feet all night long!







MAPLERIDGE GAMES NIGHT

FRIDAY, APRIL 17

THIGH'S THE LIMIT (CHICKEN)

LOADED BAKED POTATOES

GARDEN SALAD

TEA OR COFFEE

DESSERT

FRIDAY, APRIL 24

SLOPPY JOES

CEASAR SALAD

TEA OR COFFEE

DESSERT

\$15.00 DINNER | \$2.00 GAMES | CASH BAR

DOORS OPEN 4:30 PM | DINNER 5:00 PM | GAMES 6:00 - 9:00 PM

MAPLERIDGE RECREATION CENTRE

1085 BREALEY DRIVE, PTBO

MINI BUCKS

Saturday, April 4
Saturday, April 18



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

\$5.00 At the Door

Sandwiches and Pie Available For Purchase

Experienced Players Only

BIG BINGO

SUNDAY, APRIL 26



JACKPOT

\$100.00 and \$200.00

BRING YOUR OWN DABBER
CASH ONLY - \$20.00



For the comfort and safety of all our members, we kindly remind everyone that pets are **not permitted** inside our facility. As a kitchen and café, we are required to follow strict public health regulations. These standards are in place to protect against concerns such as allergens, hair, and potential safety risks.

While we understand that pets are important and often very well behaved, these guidelines apply to everyone and cannot be waived, even for brief visits. We have had several instances where members mention they will just be a minute, but unfortunately we are not able to make exceptions. Certified service animals, as defined by applicable regulations, are always welcome.

We truly appreciate your understanding and cooperation in helping us maintain a safe and welcoming space for all.



NEW

Four Seasons Landscapes Acrylic Painting

With Valerie Kent

THURSDAYS JUNE 11 TO JULY 2
1:30 PM TO 4:00 PM
\$84.00 - 4 PAINTINGS

Let's explore the beauty of the great outdoors through acrylic painting. In this workshop, we'll interpret natural scenery across all four seasons—trees, rivers, rocks, and skies.

Acrylics are a flexible, forgiving medium that allow you to adjust and refine your work as you go. As we paint, you'll learn essential techniques such as colour mixing, blending, and more, while focusing on capturing the essence of each scene.

Each painting is guided step-by-step through demonstrations, making the process relaxed, approachable, and enjoyable—less stress, more success!





NEW

FOUR SEASONS LANDSCAPE WATER COLOUR PAINTING

WITH VALERIE KENT

MONDAYS JUNE 8 TO 29
1:30 PM TO 4:00 PM
\$84.00 - 4 PAINTINGS

This relaxed yet structured watercolour workshop is designed for beginner and intermediate artists.

- Throughout the course, we'll focus on techniques for capturing nature in watercolour, applying them as needed for each piece we create. Techniques include wet-on-wet, wet-on-dry, lifting, and colour mixing.

We'll explore elements such as skies, trees, water, light, and shadow, completing one watercolour landscape each week through step-by-step demonstrations.

Each 4-week session is limited to a maximum of 10 participants.

Come and enjoy the process—have fun while you learn!





A TASTE OF ITALY

Cooking with Shelby Moore

Enjoy a warm, hands-on evening where you'll learn to make fresh pasta from scratch and prepare a classic chicken parmesan meal. This relaxed, small-group class (max 10 participants) is perfect for all skill levels. Come for the experience, the learning, and the joy of sharing a meal together.

What's Included:

- Hands-on cooking instruction
- Learn to make fresh pasta from scratch
- Prepare a complete chicken parmesan meal
- Enjoy a sit-down dinner together
- Take home a family-sized meal

A full evening out—plus dinner for another day.

Spaces are limited to 10 participants. Reserve your spot early!

\$80.00

MONDAY APRIL 20

5:00 PM - 7:00 PM

MAPLERIDGE RECREATION CENTRE

COOK ONCE, DINE TWICE!

THE
WINNER
OF THE
USER
CARD
DRAW FOR
MARCH IS...

JOANNE
CLARK

COME TO
THE OFFICE
TO COLLECT
YOUR PRIZE

NOTICE OF SPECIAL MEMBERS' MEETING

WEDNESDAY, APRIL 29
10:30AM - LOWER LEVEL

TO PASS CHANGES TO BY-LAW 5.1, 5.2, 6.11.
HARD COPY CHANGES AVAILABLE IN THE OFFICE



SUPPORTING EMOTIONAL WELL-BEING AS WE AGE



In partnership with CCRC (Community Counseling Resource Centre)

As we age, life can bring many changes such as retirement, shifts in health, changes in relationships, and experiences of loss. While these transitions are common, they can sometimes affect our mental and emotional well-being.

Join us for a one-hour interactive workshop presented by the Community Counselling and Resource Centre (CCRC) as part of the Mapleridge Living & Aging Well series. We will explore common emotional experiences in later life, including stress, loneliness, grief, and changes that can come with aging. Participants will learn practical strategies to support emotional well-being, stay connected, and recognize when it may be helpful to seek additional support. This session offers information, conversation, and simple tools to help you care for your mental health as you age.



THURSDAY, APRIL 16
11:00 AM - 12:00 PM | Library
Registration required - no registration fee
User fee applies





A massive thank-you to our incredible kitchen volunteers, the decor/set up crew, and our 25th unit local Girl Guides for making this Easter Brunch a huge success!





PLEASE JOIN US FOR A

*Volunteer
Appreciation
Event*

APRIL 23

1:00 PM - 3:00 PM
IN THE MAIN HALL

Hall Naming Ceremony | Guest Speaker |
Snacks and Refreshments | Door Prizes

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PTBO



JOIN US INFORMATION SESSION

Learn about Mapleridge programs and opportunities!

WED | 22 APRIL | 11AM

LIBRARY

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PETERBOROUGH

NEW AND EXISTING MEMBERS WELCOME



ANNUAL GENERAL MEETING

WEDNESDAY, JUNE 24

10:00 AM

MAIN HALL

50/50 Draw Update Reminder

Starting April 1, 50/50 tickets will be available for purchase in the café Monday through Friday from 10:00 AM – 1:00 PM. We'll be running this as a two-month pilot period throughout April and May. After that, we'll take some time to review how things went and decide on next steps.

We understand that change is resisted, and your constructive feedback is welcome, but this modification came from direct member suggestion, so we want to give it a fair chance and see how it works. It may stay this way, or it may shift back—time will tell! Please note: Special events, Big Bingo, Mini Bucks, and Games Nights will continue to follow the same process as always.

Thanks for your patience and support!



YOGA FOR ARTHRITIS



NEW!

WITH SUSAN TAYLOR- STEVENSON

Arthritis restricts movement—yoga helps increase range of motion and brings lubricating synovial fluid to the joints through gentle movement.

This class is presented in two four-week sessions:

Part 1

Focus on wrists and hands, feet and ankles, shoulders and hips.

Part 2

Focus on the cervical spine (the neck), lumbar spine, sacroiliac joints, and knees.

Both Part 1 and Part 2 include breathing practices that help calm the vagus nerve and support relaxation and pain management.

You will have the option of working in a chair or on the floor.

Susan Taylor-Stevenson is certified through Osteoporosis Canada's Bonenefit program, and this class follows guidelines for safe and appropriate movement in exercise.

Part 1

4-week session

Wednesday, April 15 – May 6

9:00 am – 9:45 am

\$26

Part 2

4-week session

Wednesday, May 13 – June 3

9:00 am – 9:45 am

\$26

Register for one or both.

SATURDAY, MAY 9

12:00 PM - 3:00 PM

YOU ARE CORDIALLY INVITED
TO JOIN US FOR A ROYAL GARDEN PARTY
IN HONOUR OF
QUEEN ELIZABETH II,
CELEBRATING HER LIFE AND LEGACY
ON WHAT WOULD HAVE BEEN HER
100TH BIRTHDAY

\$25.00

MEMORABILIA | GUEST SPEAKERS
LIVE PIPER | DOOR PRIZES
LUNCH AND TEA

MAPLERIDGE RECREATION CENTRE
1085 BREALEY DRIVE, PETERBOROUGH
MAIN HALL



CARE TO HELP STEER THE SHIP? GET ON BOARD!

BOARD OF DIRECTORS: 2-YEAR TERM



To act as a team member on the Board of Directors to oversee the operations of Mapleridge Recreation Centre, ensuring it operates effectively, ethically and legally

SKILLS AND QUALIFICATIONS

Asset but not required

BOARD GOVERNANCE

MARKETING

FINANCE

ADVOCACY

STRONG INTERPERSONAL
COMMUNICATION SKILLS

FUND AND RESOURCE DEVELOPMENT

HUMAN RESOURCES

ABILITY TO WORK EFFECTIVELY ON A
TEAM

TIME COMMITMENT



Monthly meetings, and approximately 5-10 additional hours per month for Board activities



Support of and participation in special events and fundraising activities

NOMINATION PACKAGE AVAILABLE:
FRIDAY, MARCH 20

DEADLINE FOR SUBMISSION:
FRIDAY, APRIL 24 BY 4PM

Election will be held Wednesday, June 24, 2026 at the Annual General Meeting

Please pick-up from and return to Jessica Barbuto, in the main office

Contact for any questions:
705-742-1481
jessica.barbuto@mapleridgerecreationcentre.com

