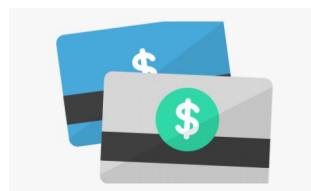


May 2026

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Registered Programs

Registration fee may apply

Arts

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bunka	Tuesday	April 28	May 19	1:00pm-3:00pm	\$10.00	Bernice Cote
Cooking Class	Thursday	May 28	May 28	5:00pm-7:00pm	\$80.00	Shelby Moore
Four Seasons Landscapes Watercolour Painting	Monday	June 8	June 29	1:30pm-4:00pm	\$84.00	Valerie Kent
Four Seasons Landscapes Acrylic Painting	Thursday	June 11	July 2	1:30pm-4:00pm	\$84.00	Valerie Kent

Cards

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bridge Lessons	Tuesday	April 7	July 7	9:00am-11:00am	\$0	Edward Hughes

Dance

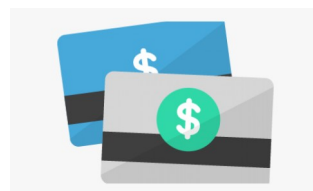
User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Barre Balance (skip May 18)	Monday	April 20 June 1	May 11 June 22	2:30pm-3:15pm 2:30pm-3:15pm	\$24.00 \$24.00	Natalie Wittek
Barre Balance Workshop	Monday	May 25	May 25	2:30pm-3:15pm	\$6.00	Natalie Wittek
Progressive Beginner Line Dancing	Tuesday	May 5	May 26	1:15pm-2:15pm	\$24.00	Norine
Line Dance Traditional Intermediate Plus	Thursday	May 7	May 28	1:00pm-2:15pm	\$12.00	Gary Calder
Beginner Line Dance with a twist (skip May 14)	Thursday	May 7	June 4	11:30am-12:30pm	\$26.00	Julie Fallis
Rhythm & Roots	Friday	April 17 May 15	May 8 June 5	10:15am-11:00am 10:15am-11:00am	\$26.00 \$26.00	Julie Fallis

May 2026

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Registered Programs

Registration fee may apply

Exercise/Light Weight User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Bone Building Strength & Balance	Tuesday	April 14 May 12	May 5 June 2	2:30pm- 3:30pm 2:30pm-3:30pm	\$26.00 \$26.00	Susan Stevenson
Function & Mobility (skip May 18)	Monday	April 13 May 11	May 4 June 8	9:00am-9:45am 9:00am-9:45am	\$24.00 \$24.00	Natalie Wittek
Function & Mobility	Wednesday	May 13	June 3	11:15am-12:00pm	\$24.00	Natalie Wittek
Movements for Fall Prevention (skip May 18)	Monday	April 13 May 25	May 11 June 15	12:30pm-1:15pm 12:30pm-1:15pm	\$24.00 \$24.00	Heather Clarke

Shuffleboard

User fee applies to programs at Mapleridge

Day	Time
Monday	10:30am, 1:30pm & 3:30pm
Tuesday	9:30am, 11:00am, & 1:30pm
Wednesday	9:30am, 11:00am, 1:30pm & 3:30pm
Thursday	9:30am, 11:00am, 1:30pm & 3:30pm
Friday	9:30am, 11:00am, 1:30pm & 3:30pm

Contact **Joanne Clark** if you are new to shuffleboard at mapleshuffle2@mail.com

Contact **Perry Fischer** for more information
 Email: pfischer31@cogeco.ca

Tai Chi/Qigong

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Tai Chi	Thursday	May 7	June 25	2:30pm-3:30 pm	\$16.00	Michael Campbell
Qigong (skip May 18)	Monday	April 27 June 1	May 25 June 22	3:30pm-4:30pm 3:30pm-4:30pm	\$25.00 \$25.00	Kathryn Matheson

Walking Club

User fee applies to all programs at Mapleridge

Program	Day	Date	End	Time	Fee	Instructor
Walking Group (skip May 18)	Monday	April 13 May 11	May 4 June 8	1:30pm-2:15pm 1:30pm-2:15pm	\$24.00 \$24.00	Natalie Wittek

May 2026

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Registered Programs

Registration fee may apply

Yoga

User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Yoga for Balance & Strength	Monday	April 20 May 25	May 11 June 15	10:00am-11:00am 10:00am-11:00am	\$24.00 \$24.00	Josee Caron
Yoga Better Bones (skip May 18)	Monday	April 13 May 25	May 11 June 15	11:15am-12:15pm 11:15am-12:15pm	\$24.00 \$24.00	Heather Clarke
Yoga Stretch & Strength	Tuesday	April 14 May 12	May 5 June 2	9:00am-10:00am 9:00am-10:00am	\$24.00 \$24.00	Heather Clarke
Yoga Gentle	Tuesday	April 14 May 12	May 5 June 2	4:00pm-5:00pm 4:00pm-5:00pm	\$26.00 \$26.00	Susan Stevenson
Yoga for Arthritis Part 1 Yoga for Arthritis Part 1	Wednesday Wednesday	April 15 June 10	May 6 July 8	9:00am- 9:45am 9:00am- 9:45am	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga for Arthritis Part 2 Yoga for Arthritis Part 2	Wednesday Wednesday	May 13 July 15	June 3 Aug 5	9:00am-9:45am 9:00am-9:45am	\$26.00 \$26.00	Susan Stevenson Susan Stevenson
Yoga Chair	Wednesday	April 15 May 13	May 6 June 3	10:00am-11:00am 10:00am-11:00am	\$26.00 \$26.00	Susan Stevenson
Yoga Hatha (back in Sept)	Friday	April 17	May 8	9:00am-10:00am	\$12.00	Laura Kennedy
Yoga Yin Yang	Friday	April 17 May 15	May 8 June 5	11:15am-12:15pm 11:15am-12:15pm	\$24.00 \$24.00	Josee Caron

Zumba

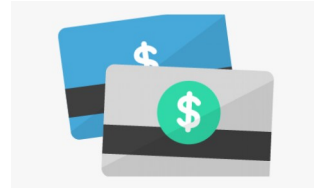
User fee applies to all programs at Mapleridge

Program	Day	Start	End	Time	Fee	Instructor
Zumba Chair	Tuesday	May 5	May 26	12:15pm-1:00pm	\$24.00	Natalie Wittek
Zumba Light	Tuesday	May 5	May 26	11:15am-12:00pm	\$24.00	Natalie Wittek
Zumba Light	Thursday	April 16 May 21	May 14 June 11	9:15am-10:00am 9:15am-10:00am	\$24.00 \$24.00	Natalie Wittek

May 2026

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Drop In Programs

User fee applies to programs

Pickleball For Fun Drop In

Level	Day	Time
Intermediate	Wednesday	3:45pm
Beginner	Thursday	3:45pm
Beginner	Saturday	9:30am

Recreation & Leisure

Program	Day	Time
Bingo	Friday	1:00pm
Bocci Ball	Monday	10:00am
Corn Hole	Wednesday	10:00am
Exercises	Tues & Thurs	10:15am
Table Tennis	Mon, & Fri & Sat	10:00am

Choir

Day	Time
Thursday	9:00am

Billiards Schedule

Monday	 8:30am-10:00am 10:30am-12:00pm
Tuesday	8:30am-10:00am 10:30am-12:00pm 12:30pm-2:00pm
Wednesday	8:30am-10:00am 10:30am-12:00pm 1:00pm-2:30pm
Thursday	12:30pm-2:00pm
Friday	8:30am-10:00am
Saturday	11:00am-12:30pm

Lessons

Game	Day	Time
Bid Euchre	Saturday	10:30am

Cards & Games

Game	Day	Time
Bid Euchre	Tuesday Thursday	1:00pm 1:00pm
Board Games	Thursday	9:00 am
Bridge	Wednesday	1:00pm
Cribbage	Monday	1:00pm
Euchre	Wednesday	1:00pm

May 2026

Partnership Programs

Ballroom Dance Lesson with the Drakes

To register contact Andrea & Randy directly: thedrakes@live.ca 705-868-4791

Program	Day	Start	End	Time	Fee	Instructors
West Coast Swing Beginner	Monday	April 13	10 weeks	8:00pm-9:00pm	\$100 per person	Andrea & Randy Drake
Walz	Tuesday	April 13	10 weeks	7:00pm-8:00pm	\$100 per person	Andrea & Randy Drake
Salsa	Tuesday	April 13	10 weeks	8:00pm-9:00pm	\$100 per person	Andrea & Randy Drake

Line Dance with Tina & Norine

Cash at the door

Program	Day	Start	End	Time	Fee	Instructor
Line Dance Beginner	Wednesdays	May 5	May 27	6:15pm-8:30pm	\$10.00 per class	Norine

Line Dance Social

Tracey Robertson

Cash at the door

Program	Day	Date	Time	Fee	Instructor
Line Dance Social	Friday	May 1	6:30pm-10:00pm	\$10.00	Tracey Robertson

Week at a Glance

Monday

Program	Time
Billiards	8:30am
Function & Mobility	9:00am
Shuffleboard	9:00am
Table Tennis	9:30am
Bocci Ball	10:00am
Yoga for Balance & Strength	10:00am
Billiards	10:30am
Shuffleboard	10:30am
Yoga for Better Bones	11:15am
Movements for Fall Prevention	12:30pm
Cribbage	1:00pm
Shuffleboard	1:30pm
Walking Group	1:30pm
Watercolour June	1:30pm
Barre Balance	2:30pm
Qigong	3:30pm
Shuffleboard	3:30pm

Tuesday

Program	Time
Billiards	8:30am
Bridge Lessons	9:00am
Yoga Stretch	9:00am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Zumba Light	11:15am
Shuffleboard	11:00am
Chair Zumba	12:15pm
Billiards	12:30pm
Bid Euchre	1:00pm
Bunka	1:00pm
Progressive Beginner Line Dancing	1:15 pm
Shuffleboard	1:30pm
Bone Building Strength & Balance	2:30pm
Darts-Beginner	3:15pm
Gentle Yoga	4:00pm

Wednesday

Program	Time
Billiards	8:30am
Yoga for Arthritis	9:00am
Shuffleboard	9:30am
Corn Hole	10:00am
Chair Yoga	10:00am
Billiards	10:30am
Shuffleboard	11:00am
Function & Mobility	11:15am
Billiards	1:00pm
Euchre	1:00pm
Bridge	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm
Intermediate Pickleball	3:45pm

Thursday

Program	Time
Choir	9:00am
Board Games	9:00 am
Zumba Light	9:15am
Shuffleboard	9:30am
Exercises	10:15am
Billiards	10:30am
Shuffleboard	11:30am
Beginner Line Dance with	11:30am
Billiards	12:30pm
Bid Euchre	1:00pm
Line Dance Intermediate	1:00pm
Shuffleboard	1:30pm
Acrylic Painting June	1:30pm
Tai-Chi	2:30pm
Shuffleboard	3:30pm
Beginner Pickleball	3:45pm

Friday

Program	Time
Billiards	8:30am
Shuffleboard	9:30am
Table Tennis	9:30am
Rhythm & Roots	10:15 am
Shuffleboard	11:00am
Yin Yang Yoga	11:15am
Bingo	1:00pm
Shuffleboard	1:30pm
Shuffleboard	3:30pm

Saturday

Program	Time
Bid Euchre Lessons	10:30am
Pickleball Beginner	9:30am
Table Tennis	10:00am
Billiards	11:00am
Mini Bucks May 2,16 &30	12:30pm