

February 2024



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 Ridgetownadultcentre.com | ridgetowncentre@hotmail.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Find out more about these activities and special events in our newsletter here! To register for special events/classes, call us at 519-674-5126, email ridgetowncentre@hotmail.com or visit us</p>			<p>1. Walk it off 9:00am Line Dancing 11:00am</p>	<p>2. Walk it off 9:00am Beginners Tai Chi 10:00am Intermediate Tai Chi 10:45am Po-Ke-No 1:00pm Learn to Quilt 1-3 pm</p>	<p>3. Chair Yoga with Lisa 10:00am</p>
4.	<p>5. Walk it off 9:00am VON Chair Ex. 11:00 am (By Video only) Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00pm Floor Yoga 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>6. Walk it off 9:00am Card Making 11:00am Essentrics 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet Club 1:00pm</p>	<p>7. Walk it off 9:00am VON Chair Exercise 11:00am Men's Walk it Off 1:00pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm Footcare Clinic - call for app't</p>	<p>8. Walk it off 9:00am Line Dancing 11:00am Valentine's Crafternoon 1:30-4:00 pm</p>	<p>9. Walk it off 9:00am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Po-Ke-No 1:00pm Learn to Quilt 1-3 pm</p>	<p>10. Chair Yoga with Lisa 10:00am</p>
11.	<p>12. Walk it off 9:00am VON Chair Ex. 11:00 am (By Video only) Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00pm Floor Yoga 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>13. Walk it off 9:00am Pre-Diabetes & Nutrition Info. Session & Presentation [free to attend] 10 am—12 pm Card Making 11:00am Essentrics 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet Club 1:00pm Learn to Knit at the Stitch Exchange 6:30-8 pm</p>	<p>14. Walk it off 9:00am VON Chair Exercise 11:00am (By Video only) Men's Walk it Off 1:00pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm</p>	<p>15. Walk it off 9:00am Beginner Line Dancing 10:30 am Line Dancing 11:00am</p>	<p>16. Walk it off 9:00am Beginners Tai Chi 10:00am Intermediate Tai Chi 10:45am Luncheon at 12:00 pm Po-Ke-No 1:00pm Learn to Quilt 2-4 pm</p>	<p>17. Chair Yoga with Lisa 10:00am</p>
18.	<p>19. Happy Family Day Centre is closed!</p>	<p>20. Walk it off 9:00am Bridge Lessons 10:00 am Card Making 11:00am Essentrics 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet Club 1:00pm Learn to Knit at the Stitch Exchange 6:30-8 pm</p>	<p>21. Walk it off 9:00am VON Chair Exercise 11:00am (By Video only) Men's Walk it Off 1:00pm Book Club 1:00 pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm Footcare Clinic - call for app't</p>	<p>22. Walk it off 9:00am Beginner Line Dancing 10:30 am Line Dancing 11:00am Bracelet Making Workshop 1:00 pm</p>	<p>23. Walk it off 9:00am Beginners Tai Chi 10:00am Intermediate Tai Chi 10:45am Po-Ke-No 1:00pm Learn to Quilt 1-3 pm</p>	<p>24. Chair Yoga with Lisa 10:00am</p>
25.	<p>26. Walk it off 9:00am VON Chair Ex. 11:00 am (By Video only) Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00pm Floor Yoga 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>27. Walk it off 9:00am Bridge Lessons 10:00 am Card Making 11:00am Essentrics 11:00am Duplicate Bridge 1:00pm Sewing, Knitting & Crochet Club 1:00pm Learn to Knit at the Stitch Exchange 6:30-8 pm</p>	<p>28. Walk it off 9:00am VON Chair Exercise 11:00am (By Video only) Men's Walk it Off 1:00pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm</p>	<p>29. Walk it off 9:00am Beginner Line Dancing 10:30 am Line Dancing 11:00am Volunteer Information & Orientation Session 1:30 pm [free to attend] Jewelry Swap at 7:00-9:00 pm</p>	<p>Participation in regular activities is \$3 for members, \$6 for non-members/session</p> <p>Learn to Quilt, Learn to Knit at the Stitch Exchange, and Bridge Lessons are \$3 for members & non-members/session</p> <p>For special events/classes check out our newsletter for pricing.</p>	