

The Centre Spotlight



March Recap

March came in like a lamb, but The Centre in Ridgeway was roaring like a lion throughout the month, with a hubbub of exciting events and activities.

Exercise for the Mind and Body

The Alzheimer Society of Chatham-Kent provided not only food for thought, but food for the body, as well. About 60 people, members and guests were presented with an informative talk on Memory Tips and Tricks and then had a delicious broasted chicken lunch, prepared by the kitchen of Yeck's Station 11. Some of the insights were how to spot warning signs, memory aids and tools, as well as strategies to help improve day-to-day memory.

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[Click here to view the
April calendar](#)

March Recap cont.

The popular Essentrics class, taught by Guy, expanded to a 2nd class: Floor Essentrics, now added to our calendar on Thursdays at 12 noon. It's a fun class, accompanied with music and Guy's energy, to help participants become more flexible, strong and balanced.

Ever want to know more about what the Library offers? We're so fortunate to have our own library in Ridgetown and Amy Osborne provided an informative presentation, Bookshelves and Beyond, on the number of resources that the library provides. Attendees learned about the spice club, seed library, and the many online options such as Creative bug.

Canva is an amazing online tool that anyone can use to produce posters, invitations, brochures and much more! Morena McDonald held an informative class, helping students through preliminary exercises and allowed them to experiment with how to improve a promotional poster. Students learned about how easy it is to customize their work using graphics, colour and type styles.

Getting Crafty

Thanks to a number of long-time quilters, who love to share their knowledge and experience, there are now even more quilters out there, in our community.



Maisie Johnson (left) and Cathy Roberts (right) working on their knitting projects at the Stitch Exchange



Attendees of the CK Library Presentation



Ardele Brooks (right) teaches new quilter Debbie Malott

March Recap cont.

Thanks to a number of long-time quilters, who love to share their knowledge and experience, there are now even more quilters out there, in our community. The “Learn-to-Quilt” program at The Centre spanned over seven weeks this winter, and the final results were outstanding. Patience and craftsmanship, combined with one-on-one guidance provided many new quilters with the confidence to quilt on their own.

Budding artists continued to practice their creativity with two Abstract Painting classes, held at the end of March. For a class fee, students were provided with all materials, instruction and the chance to let their creativity flow!

Activity Spotlight: Walk It Off

Walk it off - indoors? Yes! Every morning the Women’s Walk It Off group meets at 9 a.m. and walks for an hour, to a video-lead program, that makes their morning walk interesting and stimulating. The time passes very quickly and before you know it, the class is ready to sit down for a hot cup of coffee and some camaraderie. This very social group has a synergy that gets things done together, all stemming from a morning walk. And from this group, a men’s group was formed, too, which meets on Wednesdays at 1:00 p.m.



Alison Galbraith (right) and Elke Trudgen participated in the Learn to Quilt activity



Val West (right) painting and our Co-Op Placement Student Kris (left)

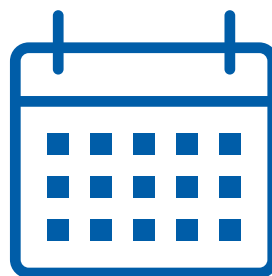


Participants of the abstract painting workshop

Announcements

Closure notice:

The Centre will be closed on Friday, March 29 for Good Friday and Monday, April 1st for Easter Monday.



[Click here to view the April calendar](#)

The Centre is a scent free zone

Let's all do our part to keep the air we share fragrance free!

Many people have fragrance sensitivities, particularly those who have allergies, asthma, and other medical conditions. **Thanks for your cooperation!**

Stay up to date and keep in touch with us on social media!



facebook.com/TheAdultActivityCentre/



instagram.com/ridgetownadultactivitycentre/

Our Facebook page is also where we post if there are any last minute changes or cancellations due to weather or other circumstances.

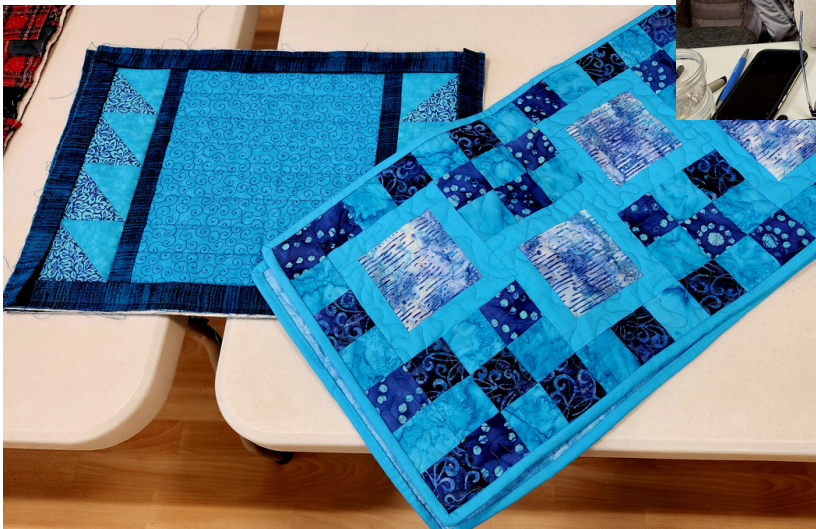
Announcements Cont.

A 'heads up' about photos and videos:

Occasionally, photos and videos may be taken of activities and events at the Centre. These may be used for promotion and documentation purposes.

Participants always have the option to step away from the activity/event while photos or videos are being taken.

Please note, agreements are in place with select activity instructors and community partners that do not permit photography/videos while the activity is in progress.



More photos of the beautiful creations people made in the Learn to Quilt activity

Update on Luncheons:

Since we're hosting our volunteer celebration & lunch this month, there will not be an April Luncheon.

In order to host future luncheons we need your help!

We need one or two volunteers to fill the Luncheon Chair or Co-Chairs position(s) in order to host and organize future luncheons.

We've got everything you need to be successful and enjoy this role, including:

- An existing list of volunteers to help set up and take down
- A detailed checklist of what to do before, during and after the lunch
- A binder with all the past luncheon details



**Are you passionate about hosting and planning events?
Do you enjoy leading a team?**

Consider becoming our Luncheon Committee Chair or Co-Chair

To learn more about this opportunity reach out to Krista our activities coordinator, in-person, via phone or email
programs@ridgetownadultcentre.com

Member Story - The Centre is a place to find support

Judy moved to Ridgetown in 2020 with her husband. While it was a tough year for everyone, Judy found it even more difficult to make connections with others in town.

When The Centre opened, she signed up right away and says it was a life-changing decision. Not only did she make friends by participating in activities, but she also developed a support network while waiting to have open-heart surgery.

“While I waited, the ladies in the Tuesday afternoon sewing group supported me whole-heartedly. I am truly grateful to have met all of them. I was able to have my surgery in September 2023. After completing the necessary Cardiac programming and having my doctor’s and surgeon’s approvals, I actively started to work on getting my life back,” Judy explains.

She started by joining the daily Walk it Off group, Chair Exercise classes, and Chair Yoga.

Thanks to the Chair Yoga classes, “My flexibility is steadily improving and overall, my aches and pains have dissolved, not to mention my stress level has decreased remarkably. It is nice to see so many familiar faces now also partaking in the class.”



Once she mastered these activities, she looked into what else The Centre had to offer.

“Then the real test, Pickle Ball! To think I would be able to be this active after such ill health I thought was a stretch for sure. But I amazed myself that I was able to run so much (after the balls I kept missing) and to be part of this super group of enthusiastic, happy players,” Judy says.

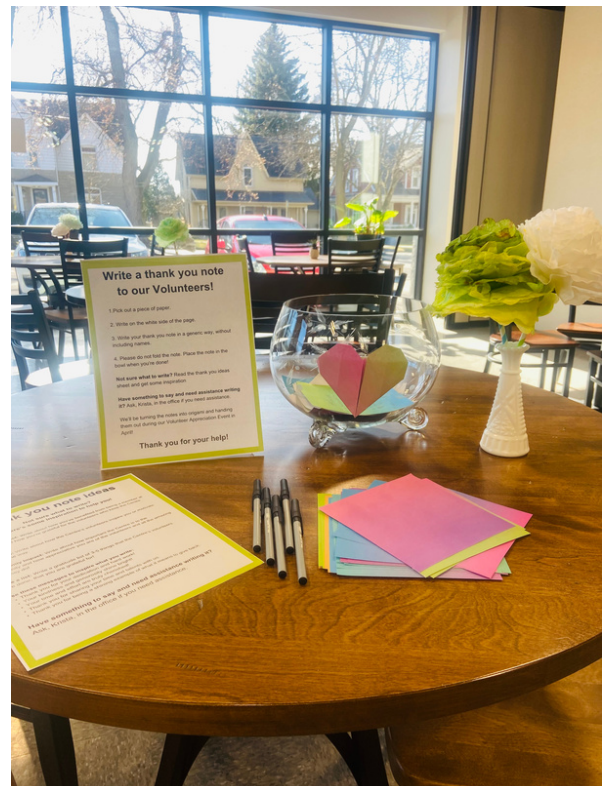
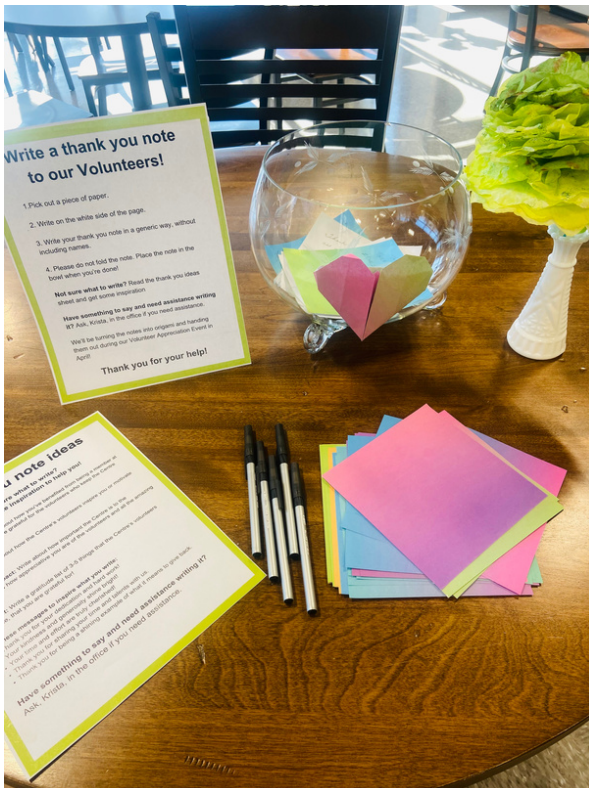
According to Judy, her health has since improved remarkably. She walks to The Centre and has become friends with many people in Ridgetown.

Say thank you and celebrate our many volunteers!

Between now and April 18 we invite members to visit the cafe area and write a thank you note for our volunteers.

Our goal is to fill the jar and be able to hand each of our volunteers a thank you note during national volunteer week.

Not sure what to write or how to express your thanks?
We've got you covered. There will be writing prompts and ideas at the table to help you!



CK 55+ ACTIVITIES

~SPRING EDITION~

APRIL 4 - JUNE 4, 2024



Let the fun & games begin!

Registration is open to **adults ages 55+**
All experience levels welcome!

ACTIVITIES

- Duplicate Bridge
- Carpet Bowling
- Billiards (snooker & 8-ball)
- Bid Euchre
- Cribbage
- 6 Handed Pepper
- Lawn Bowling Doubles & Trebles
- Prediction Walk
- Euchre
- Floor Shuffleboard

PARTICIPATING LOCATIONS:

Ridgetown
Chatham
Blenheim
Wallaceburg
Tilbury

We're hosting Duplicate Bridge, Billiards & 6 Handed Pepper. Register for these activities at the front desk!

<p>Duplicate Bridge Thurs., April 4, 1:00 pm Ridgetown Area Adult Activity Centre 40 Erie Street S, Ridgetown, On</p>	<p>Call 519-674-5126 and ask our front desk volunteer, visit us in person or email programs@ridgetownadultcentre.com</p> <p>Or sign up online via this form: https://forms.office.com/r/m4UGckhydX</p>	<p>Fee: \$3.00 Register by April 1st</p>
<p>Carpet Bowling Tues., April 23, 12:30 pm Active Lifestyle Centre, 20 Merritt Ave, Chatham, On</p>	<p>Contact: Sue Williams at: suew9@sympatico.ca</p>	<p>Fee: \$3.00</p>
<p>Snooker & 8 ball Thurs., April 25, 10:00 am Ridgetown Area Adult Activity Centre 40 Erie Street S, Ridgetown, On</p>	<p>Call 519-674-5126 and ask our front desk volunteer, visit us in person or email programs@ridgetownadultcentre.com</p> <p>Or sign up online via this form: https://forms.office.com/r/m4UGckhydX</p>	<p>Fee: \$3.00 Register by April 18th</p>
<p>Bid Euchre Thurs., May 2, 1:00 pm Blenheim Community Senior Centre 55 Jane St., Blenheim On</p>	<p>Contact: Ina Eby phone 519 676-3894 email: inareby@gmail.com</p>	<p>Fee: Nil</p>
<p>Cribbage Tues., May 7, 9:30 am Wallaceburg Community Centre and Senior Citizens Club, 205 James St., Wallaceburg, On</p>	<p>Contact: Victoria Stewart, 519 627-6224</p>	<p>Fee: \$3.00</p>
<p>6 Handed Pepper Mon., May 13, 1:00 pm Ridgetown Area Adult Activity Centre 40 Erie Street S, Ridgetown, On</p>	<p>Call 519-674-5126 and ask our front desk volunteer, visit us in person or email programs@ridgetownadultcentre.com</p> <p>Or sign up online via this form: https://forms.office.com/r/m4UGckhydX</p>	<p>Fee: \$3.00 Register by April 30th</p>
<p>Lawn Bowl Doubles Tues., May 14, 9:00 am Rain Date: Wed., May 15, 9:00 am Ridgetown Lawn Bowling Club, 1 Ebenezer St., E., Ridgetown, On</p>	<p>Contact: John Fantin phone 519 436-7077 email: jfantin@sympatico.ca</p>	<p>Fee: \$5.00</p>
<p>Lawn Bowl Trebles Thurs., May 16 at 9:00 am Rain Date Friday, May 17 at 9:00 am Tilbury Lawn Bowling Club 24 Stewart St., Tilbury, On</p>	<p>Contact: John Fantin phone 519 436-7077 email: jfantin@sympatico.ca</p>	<p>Fee: \$5.00</p>
<p>Prediction Walk Tues., May 21 2:30 pm Rain Date: Wed., May 29, 2:30 pm Be Fit Park, 232 Chatham St., W, Blenheim On</p> <p>Women and Men divisions, Nordic (pole) and regular walking events, 400 and 1000 metres in length. Entrants can participate in one or up to all 4 events.</p>	<p>Contact: Doug Young youngdk48@yahoo.ca Please include what events you are participating in and your phone number.</p>	<p>Fee: nil</p>
<p>Euchre Thurs., May 23, 1:00 pm Blenheim Community Senior Centre 55 Jane St., Blenheim On</p>	<p>Contact: Ina Eby phone 519 676-3894 email: inareby@gmail.com</p>	<p>Fee: Nil</p>
<p>Floor Shuffleboard Tues., June 4, 9:00 am Blenheim Golden Acres Shuffleboard Club, 430 Catherine St., W., Blenheim, On.</p>	<p>Contact: Al Little. allittle8989@gmail.com Deadline Fri., May 24</p>	<p>Fee: \$5.00 (payable day of the event)</p>

Registration for most events closes 2 weeks prior to the date; however it's best to reach out to the contact to confirm!

April - Activities, Workshops, & Special Events

NEW - Floor Essentrics Class

Thursdays at 12:00 pm (note: April 4th class is at 12:15 pm)



You asked and we've added a floor essentrics class with Guy to the schedule!

Essentrics is a fun exercise that helps you become more flexible, strong, and balanced.

We have thicker pilates mats and regular yoga mats you can use to participate or you can bring your own!

Pay as you participate:
\$3 for members, \$6 for non-members

NEW - Chair Zumba

Thursdays in April at 2:00 pm

Chair Zumba is a fun way to stay active while seated!

It combines dance moves with music, promoting flexibility, cardiovascular fitness, & coordination....plus it can help to boost your mood!

No experience needed. [Click here](#) to watch a fun preview of a chair zumba class!

Pay as you participate:
\$3 for members, \$6 for non-members.

Instructed by: Amy Dalton





One more Beginner Line Dancing class

Join us on Thursday, April 4 as we wrap up this session of beginner line dancing!

Thursday, April 4 at 10:30 am

Instructor Euri will guide you through the basic line dancing steps. Build your confidence and have fun on the dance floor!

After April 4th, keep the dancing with us by joining our regular line dancing class on Thursdays at 11 am!

\$3 for members, \$6 for non-members/class

Floor Yoga with Lisa

ONLY 4 classes left!

**Monday April 8, 15, 22, & 29 at
7:00 pm**

Strengthen and stretch your body, calm your mind!

After April 29th we'll be taking a break for Monday Floor Yoga with Lisa until the fall.

Bring your own mat or borrow one of ours!

Price: pay as you participate,

\$3 for members, \$6 for non-members/class.



Cultivating Community: The Evolution of ReLeaf Chatham-Kent Friday, April 12 at 1:30 pm

Learn about the inception and evolution of ReLeaf Chatham-Kent, a community initiative dedicated to nurturing forests and wild spaces for a resilient future. Find out about the diverse events, community engagements, and collaborative projects that have sprouted under ReLeaf's canopy.



Free to attend. Open to all—public & members.

Flower Crafternoon Wednesday, April 10 at 1:30 - 4:00 pm

Get crafty with us. Learn how to make and assemble beautiful tissue paper flowers and an adorable present package for chocolates. The flowers will decorate the tables at our upcoming volunteer celebration.

Get creative and socialize!
Crafting supplies & snacks provided.

**\$3 for members, \$6 for non-members.
Sign up at the front desk!**





Medications & Older Adults Tuesday, April 16 at 11:00 am

Join us for an informative presentation with Pharmacist Phoebe Murray.

Learn about patient rights and responsibilities, medication safety, over-the-counter medications, use of multiple medications and expiry dates.

The presentation will be followed by an opportunity to ask Phoebe questions.

Free to attend.

Open to all—public & members.

You're Invited: Volunteer Celebration Event Friday, April 19 at 12:30-3:30 pm

Whether you volunteered for a special event, assisted at luncheons, set up and facilitated activities, cleaned the Centre, volunteered at BINGOS, or supported us at the front desk – your contributions have made a significant impact, and we want to celebrate YOU!

If you've volunteered in some way at the Centre – you're invited, because we couldn't have achieved all that we have without you!

(continued on next page)



You're Invited: Volunteer Celebration Event

Friday, April 19 at 12:30-3:30 pm

Join us for a complimentary pizza lunch, cake, and an afternoon of fun games and socializing. Our thanks to the Chatham Lions Club for donating to support our volunteer celebration event lunch.

Volunteer Celebration Event

Friday, April 19 from 12:30-3:30 pm

It's a chance for us to come together, celebrate you, and show our appreciation for everything you do.

Please RSVP by Friday, April 5th, so we can ensure we have enough food and activities planned for everyone.

You can RSVP by:

- Filling out this form: <https://forms.office.com/r/qccwkUL6BF>
- In person at the front desk
- Calling the Centre at 519-674-5126

Volunteers are welcome to bring their spouse, partner, or guest. If you're bringing a guest who is not a volunteer, you can purchase a ticket for \$15 at the front desk.

We can't wait to celebrate with you and recognize the amazing contributions you've made to the Centre!

Thank you once again for being the heart of our Centre. We look forward to seeing you at the celebration!

Fisheries Management in the Great Lakes Tuesday, April 23 at 3:30 pm



Join us for a free, informative presentation by Brian Locke from the Ontario Ministry of Natural Resources & Forestry.

Learn about fisheries in the Great lakes, the international cooperative nature of fisheries management, and the future challenges and threats.

Free to attend.

Open to all—public & members.

Upcycle Creative Activity—Wednesday, April 24 at 2:30 pm

Stay tuned, we'll be announcing what the upcycle creative activity will be, early in April. Watch our Facebook page for the announcement and details.



Learn new card games—Friday, April 26 at 2:00 pm



Join us for "Learn New Card Games", where you'll learn to play games like German Solo, Whist, and Canasta! Expand your card-playing skills, socialize, and have fun learning and practicing new card games!

Pay as you participate: \$3 for members, \$6 for non-members. **Let us know if you're interested—sign up at the front desk!**

Get Ready - New Activities in the Works!

Let us know if you're interested in being a part of these activities and classes at the Centre. Getting a sense of who's interested helps us to plan and organize in advance!

Singing Group/Singing Circle

We've had lots of interest in a singing group - now we're looking for someone to help lead the group and a piano player!

Add your name to the sign up sheet at the front desk if you'd like to join a future singing group/circle AND/OR if you have experience and want to help lead ours or play piano for the group.



3 Week Beginner Dance Class

Wednesday or Friday afternoons, start date and pricing to be confirmed based on interest.

Participate as a couple or individual. Dance class will be either a swing, foxtrot or jive. Sign up if you're interested and get more details at the front desk!

Coming to the Centre in October!

BEAT THE ODDS

A healthy lifestyle program designed to help you feel better, be healthier, and reach your weight loss goals.

We help you focus on small changes that will have a big impact on your health!

Beat the Odds utilizes a team of professionals that are ready to help you identify your barriers, create healthy eating habits, and design healthy physical activity routines!

For more information or to register call 519-365-1515 or visit www.ckchc.ca

They will conduct a screening to assess whether the program is a fit for you. Beat the Odds will be coming to the Centre in October.

Start date and time to be confirmed.

Member Benefits

Footcare Clinic at the Centre

Did you know that twice a month we have a footcare clinic at the Centre? Members & Non-members can call the front desk, 519-674-5126 to book an appointment.

Members pay \$25, non-members pay \$30

Reduced Pool Fees at the Gable Rees Pool in Blenheim

Members of the Centre can request a pool letter by calling or visiting our front desk. Once the letter is ready, you can bring it to the Gable Rees to receive a reduced fee on single swim or aquafit passes or a package of passes. The Centre subsidizes this for our members!



As The Centre grows, we want to share with the community all the amazing things that are happening here!

If you made new friends, learned a new skill, or experienced something new at The Centre, we'd love to hear about it!

Pick up a form to fill out at the front desk or email us and we'll send you the form. Our writers will turn your story into a social media post, newsletter feature, and it may even appear in the local newspaper!

Interested in telling your story?

Call us at 519-674-6126

email programs@ridgetownadultcentre.com