

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p><b>1. Easter Monday</b></p> <p>Centre is closed</p> <p>no pickleball tonight!</p>	<p>2. Walk it off 9:00 am</p> <p>Bridge Lessons at 10:00 am</p> <p>Card Making 11:00 am</p> <p>Chair Essentrics 11:00 am</p> <p>Duplicate Bridge 1:00 pm</p> <p>Sewing , Knitting &amp; Crochet Club 1:00 pm</p> <p>The Stitch Exchange 6:30-8 pm</p>	<p>3. Walk it off 9:00 am</p> <p>VON Chair Exercise 11:00 am</p> <p>Men's Walk it Off 1:00 pm</p> <p>Carpet Bowling 2:00pm</p> <p>Chair Yoga—Lisa 5:30pm</p> <p>Footcare Clinic - call for app't</p>	<p>4. Walk it off 9:00 am</p> <p>Beginner Line Dancing 10:30 am</p> <p>Line Dancing 11:00 am</p> <p>Floor Essentrics at 12:15 pm</p> <p>Games Room/Billiards 1-3:00 pm</p> <p>Duplicate Bridge—CK 55+ 1:00 pm</p> <p>Chair Zumba at 2:00 pm</p>	<p>5. Walk it off 9:00 am</p> <p>Beginners Tai Chi 10:00 am</p> <p>Intermediate Tai Chi 10:45 am</p> <p>Po-Ke-No 1:00 pm</p>	<p>6. Chair Yoga with Lisa 10:00am</p>
7.	<p>8. Walk it off 9:00 am</p> <p>VON Chair Ex. 11:00 am (By Video only)</p> <p>Social Card Games 1:00 pm</p> <p>Practice Tai Chi 2:00 pm</p> <p>Pepper 7:00 pm</p> <p>Floor Yoga 7:00 pm</p> <p>no pickleball tonight!</p>	<p>9. Walk it off 9:00 am</p> <p>Bridge Lessons at 10:00 am</p> <p>Card Making 11:00 am</p> <p>Chair Essentrics 11:00 am</p> <p>Duplicate Bridge 1:00 pm</p> <p>Sewing , Knitting &amp; Crochet Club 1:00 pm</p> <p>The Stitch Exchange 6:30-8 pm</p>	<p>10. Walk it off 9:00 am</p> <p>VON Chair Exercise 11:00 am</p> <p>Men's Walk it Off 1:00 pm</p> <p>Carpet Bowling 2:00pm</p> <p>Flower Crafternoon 1:30-4 pm</p> <p>Chair Yoga—Lisa 5:30pm</p>	<p>11. Walk it off 9:00 am</p> <p>Line Dancing 11:00 am</p> <p>Floor Essentrics at 12:00 pm</p> <p>Games Room/Billiards 1-3:00 pm</p> <p>Chair Zumba at 2:00 pm</p>	<p>12. Walk it off 9:00 am</p> <p>Beginners Tai Chi 10:00 am</p> <p>Intermediate Tai Chi 10:45 am</p> <p>Po-Ke-No 1:00 pm</p> <p>Cultivating Community: The Evolution of ReLeaf Chatham-Kent (free presentation) 1:30 pm</p>	<p>13. Chair Yoga with Lisa 10:00am</p>
14.	<p>15. Walk it off 9:00 am</p> <p>VON Chair Ex. 11:30 am</p> <p>Social Card Games 1:00 pm</p> <p>Practice Tai Chi 2:00 pm</p> <p>Pepper 7:00 pm</p> <p>Floor Yoga 7:00 pm</p> <p>Pickleball 7:30pm @RDHS</p>	<p>16. Walk it off 9:00 am</p> <p>Medications &amp; Older Adults (free presentation) 11:00 am</p> <p>Card Making 11:00 am</p> <p>Chair Essentrics 11:00 am</p> <p>Duplicate Bridge 1:00 pm</p> <p>Sewing, Knitting &amp; Crochet Club 1:00 pm</p> <p>The Stitch Exchange 6:30-8 pm</p>	<p>17. Walk it off 9:00 am</p> <p>VON Chair Exercise 11:00 am</p> <p>Men's Walk it Off 1:00 pm</p> <p>Book Club 1:00 pm</p> <p>Carpet Bowling 2:00pm</p> <p>Chair Yoga—Lisa 5:30 pm</p> <p>Footcare Clinic - call for app't</p>	<p>18. Walk it off 9:00 am</p> <p>Line Dancing 11:00 am</p> <p>Floor Essentrics at 12:00 pm</p> <p>Games Room/Billiards 1-3:00 pm</p> <p>Chair Zumba at 2:00 pm</p>	<p>19. Walk it off 9:00 am</p> <p>Beginners Tai Chi 10:00 am</p> <p>Intermediate Tai Chi 10:45 am</p> <p>no po-ke-no this afternoon</p> <p>Centre is closed for the afternoon for our Volunteer Celebration Event 12:30-3:30 pm</p>	<p>20. Chair Yoga with Lisa 10:00am</p>
21.	<p>22. Walk it off 9:00 am</p> <p>VON Chair Ex. 11:30 am</p> <p>Social Card Games 1:00 pm</p> <p>Practice Tai Chi 2:00 pm</p> <p>Pepper 7:00 pm</p> <p>Floor Yoga 7:00 pm</p> <p>Pickleball 7:30pm @RDHS</p>	<p>23. Walk it off 9:00 am</p> <p>Card Making 11:00 am</p> <p>Chair Essentrics 11:00 am</p> <p>Duplicate Bridge 1:00 pm</p> <p>Sewing, Knitting &amp; Crochet Club 1:00 pm</p> <p>Fisheries Management in the Great Lakes (free presentation) 3:30 pm</p> <p>The Stitch Exchange 6:30-8 pm</p>	<p>24. Walk it off 9:00 am</p> <p>VON Chair Exercise 11:00 am</p> <p>Men's Walk it Off 1:00 pm</p> <p>Carpet Bowling 2:00pm</p> <p>Upcycle Creative Activity 2:30 pm</p> <p>Chair Yoga—Lisa 5:30 pm</p>	<p>25. Walk it off 9:00 am</p> <p>8-ball &amp; Snooker Tournament—CK 55+ Activities 10:00 am</p> <p>Line Dancing 11:00 am</p> <p>Floor Essentrics at 12:00 pm</p> <p>Chair Zumba at 2:00 pm</p>	<p>26. Walk it off 9:00 am</p> <p>Beginners Tai Chi 10:00 am</p> <p>Intermediate Tai Chi 10:45 am</p> <p>Po-Ke-No 1:00 pm</p> <p>Learn new card games 2:00 pm</p>	<p>27. Chair Yoga with Lisa 10:00am</p>
28.	<p>29. Walk it off 9:00 am</p> <p>VON Chair Ex. 11:30 am</p> <p>Social Card Games 1:00 pm</p> <p>Practice Tai Chi 2:00 pm</p> <p>Pepper 7:00 pm</p> <p>Floor Yoga 7:00 pm</p> <p>Last floor yoga with Lisa until the fall!!</p> <p>Pickleball 7:30pm @RDHS</p>	<p>30. Walk it off 9:00 am</p> <p>Card Making 11:00 am</p> <p>Chair Essentrics 11:00 am</p> <p>Duplicate Bridge 1:00 pm</p> <p>Sewing , Knitting &amp; Crochet Club 1:00 pm</p> <p>The Stitch Exchange 6:30-8 pm</p>	<p>To find out more about these activities or to sign up for special events and classes call us at 519-674-5126, email <a href="mailto:ridgetowncentre@hotmail.com">ridgetowncentre@hotmail.com</a> or visit us in person!</p>		<p>Participation in regular activities: \$3 for members, \$6 for non-members/session</p> <p>Bridge Lessons &amp; learn new card games: \$3 members &amp; non-members/session</p>	<p>For special events, workshops or classes, see page 2 - 3 for pricing and registration details.</p>

April 2024



[Ridgetownadultcentre.com](http://Ridgetownadultcentre.com)

Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

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!

### **NEW Floor Essentrics Class—Thursdays at 12:00 pm\* (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 mats you can use to participate!

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

Pay as you participate:

**\$3 for members, \$6 for non-members.**

Instructor: Amy Dalton

## **Welcome to the Ridgetown Area Adult Activity Centre**

**A centre for Energy, Creativity & Community  
for adults ages 30 and up!**

### **CK 55 + Activities—Let the Fun and Games Begin!**

Open to all adults, ages 55+. All experience levels welcome!

**The Centre is excited to host Duplicate Bridge, Billiards (8-ball and Snooker), and 6 Handed Pepper!** You can sign up for **these 3 activities** at our Centre at the Front Desk or you can sign up online via this form: <https://forms.office.com/r/m4UGckhydX>

#### **Spring—Activities Schedule:**

- Duplicate Bridge—April 4 at 1 pm (Ridgetown)
- Carpet Bowling— April 23 at 12:30 pm (Chatham)
- 8-ball and Snooker - April 25 at 10 am (Ridgetown)
- Bid Euchre—May 2 at 1 pm (Blenheim)
- Cribbage—May 7 at 9:30 am (Wallaceburg)
- 6 Handed Pepper—May 13 at 1:00 pm (Ridgetown)
- Lawn Bowling Doubles—May 14 at 9 am (Ridgetown Lawn Bowling Club)
- Lawn Bowling Trebles—May 16 at 9 am (Tilbury)
- Prediction Walk—May 21 at 2:30 pm (Blenheim)
- Euchre—May 23 at 1:00 pm (Blenheim)
- Floor Shuffleboard— June 4 at 9 am (Blenheim)

**Copies of the full schedule are available at the front desk.**

For more information or to register for the other activities, contact Doug at [youngdk48@yahoo.ca](mailto:youngdk48@yahoo.ca) or 519-676-5708

### **Program Memberships and Costs**

1 Year Standard Membership - \$30.00

1 yr. Associate Membership - \$15.00

*Are you an existing member of another Chatham-Kent adult centre? Show proof of membership to become an associate member with us!*

### **Regular Activity Participation Fee:**

Members & Associate Members - \$3.00

Non-members - \$6.00

6 month unlimited participations—\$150.00

Unlimited participations for one year

—\$300.00

### **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

# April 2024



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## Floor Yoga with Lisa—4 classes left!

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

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

**Guest Speaker—Mike Smith | 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—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!** 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.

**Please RSVP by Friday, April 5th**, so we can ensure we have enough food and activities planned for everyone. **Call or visit the front desk to RSVP or fill out this form:** <https://forms.office.com/r/qccwkUL6BF>

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.

## Fisheries Management in the Great Lakes—Tues. 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 & non-members.  
Let us know if you're interested—sign up at the front desk!