

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>To find out more about these activities or to sign up for special events and classes call us at 519-674-5126, email centre@ridgetownadultcentre.com or visit us person!</p>		<p>Participation in regular activities: \$3 for members, \$6 for non-members/ session</p>	<p>1. Bus trip to Josiah Henson Museum & Lunch at Parks Blueberries 9:00 am-3:30 pm Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm Footcare Clinic - call for app't</p>	<p>2. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games Room/Billiards afternoon 1:00-3:00 pm Chair Zumba at 2:00 pm</p>	<p>3. Walk it off 9:00 am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm</p>	<p>4. no chair yoga</p>
5.	<p>6. Walk it off 9:00 am VON Chair Exercise 11:30 am by video only Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>7. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm The Stitch Exchange 6:30-8 pm</p>	<p>8. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30pm</p>	<p>9. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games Room/Billiards afternoon 1:00-3:00 pm no chair Zumba today</p>	<p>10. Walk it off 9:00 am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm Hospice Palliative Education 1:00-3:00 pm</p>	<p>11. Chair Yoga with Lisa 10:00am</p>
12.	<p>13. Walk it off 9:00 am VON Chair Exercise 11:30 am Social Card Games 1:00 pm 6 Handed Pepper CK 55+ 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>14. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm The Stitch Exchange 6:30-8 pm Zumba at 6:30 pm</p>	<p>15. Walk it off 9:00 am Passport Clinic (hosted by MP Dave Epp's office) 10:00 am—12:00 pm VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Book Club 1:00 pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30 pm</p>	<p>16. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games Room/Billiards afternoon 1:00-3:00 pm Chair Zumba at 2:00 pm</p>	<p>17. Walk it off 9:00 am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Luncheon 12:00 pm Po-Ke-No 1:00 pm Learn new card games 2:00 pm</p>	<p>18. Chair Yoga with Lisa 10:00am</p>
19.	<p>20. Victoria Day Centre is closed No pickleball</p>	<p>21. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm The Stitch Exchange 6:30-8 pm Zumba at 6:30 pm</p>	<p>22. Walk it off 9:00 am VON Chair Exercise 11:00 am Annual General Meeting at 1:00 pm—open to all members with a current standard membership Chair Yoga—Lisa 5:30 pm</p>	<p>23. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games Room/Billiards afternoon 1:00-3:00 pm Chair Zumba at 2:00 pm</p>	<p>24. Walk it off 9:00 am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm</p>	<p>25. Chair Yoga with Lisa 10:00am</p>
26.	<p>27. Walk it off 9:00 am VON Chair Exercise 11:30 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Military Records and Your Family Story: Loyalists to World War II 7:00 pm Pepper 7:00 pm Pickleball 7:30pm @RDHS</p>	<p>28. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm Learn to Crochet a market bag at The Stitch Exchange 6:30-8 pm Zumba 6:30 pm</p>	<p>29. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Carpet Bowling 2:00pm Chair Yoga—Lisa 5:30 pm</p>	<p>30. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games Room/Billiards afternoon 1:00-3:00 pm Chair Zumba at 2:00 pm</p>	<p>31. Walk it off 9:00 am Beginners Tai Chi 10:00 am Intermediate Tai Chi 10:45 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm</p>	

May 2024



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Bus Trip—Wednesday, May 1st

We're heading to The Josiah Henson Museum of African-Canadian History and indulging in a tasty lunch at Parks Blueberries. **Less than 16 tickets left!**

Bus departs the Centre at 9 am and returns at approximately 3:30 pm

Your ticket includes: bus travel, museum admission and a \$20 lunch voucher to the parks café.

Purchase your ticket by April 29 at the front desk! Bus trip ticket pricing: \$25 for members, \$35 for non-members.

NEW— Learn New Card Games Fridays in May at 2:00 pm

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

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

Annual General Meeting Wednesday, May 22 at 1:00 pm

Open to all members with a current standard membership

Has your membership expired? It's easy to renew. Visit the front desk to renew today!

Ridgetown Area Adult Activity Centre—May Calendar

Join us for engaging activities, exercise, fun and friendship
Membership is open to adults ages 30 and up!

Ph. 519-674-5126

email: centre@ridgetownadultcentre.com

website: Ridgetownadultcentre.com

Hospice Wheels Palliative Education on-the-go Friday, May 10 at 1:00 – 3:00 pm

Learn about the supports in your community, including:

- what is palliative care?
- in home supports
- residential hospice café
- advanced care planning and more

Free to attend. Open to all—members & public. For more info contact Hospice at 519-354-3113 Ext 2101

Evening Zumba—4-Week Session Tuesday, May 14, 21, 28 & June 4 at 6:30 pm

You've been asking for evening classes and we're excited to add a Tuesday night Zumba class to the schedule! Get your groove on with us!

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

Option to participate seated. Beginners always welcome!
Instructor: Amy Dalton

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

Activity & Memberships Fees

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 Fees:

Members & Associate Members - \$3.00

Non-members - \$6.00

6 month unlimited—\$150.00

Unlimited for one year—\$300.00

Foot Clinic Appts

Members & Associate Members —\$25

Non-members—\$30

Accepted payment methods: cash, debit or credit. As a not-for-profit organization, we appreciate and encourage cash and debit transactions.

Get access to Ancestry Ancestry—\$25 for members & associate members

(gives you access for one year)

This gives you access to a World Deluxe membership which includes access to all records (Canadian and international) on Ancestry.

Enjoy access to all public family trees on Ancestry and the ability to create and edit your own family tree (s).

Sign up at the front desk!

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Ridgetownadultcentre.com

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Passport Clinic at the Centre - Hosted by MP Dave Epp's Office

Wednesday, May 15 at 10:00 am—12:00 pm

Review the checklist on the flyer AND visit www.passport.gc.ca to print and complete the application before attending the clinic. Copies of the flyer are available at the Centre.

If you have questions contact their office:

1-888-326-9655

Dave.Epp@parl.gc.ca

DaveEppMP.ca

MAY LUNCHEON - Friday, May 17 at 12:00 pm

Join us for delicious Asian cuisine from the Harvest Tables Restaurant

Tickets will go on sale May 1st! \$15/pp, purchase yours at the front desk

Tickets on sale until Wednesday May 15 at noon or when sold out!

Learn How to Shop Online Confidently & Safely

Monday, May 13, 27, & June 3 At 1:30-3:00 pm

In this engaging and practical course, participants will learn:

- How to confidently shop online while ensuring your safety and security
- Strategies for navigating popular online marketplaces such as Amazon and Etsy
- Ways to protect your personal information and financial assets while online

Participants will need to bring their own device that they are most comfortable using for the course, i.e. laptop, tablet or phone. The Centre has a limited supply of laptops you can request to borrow when you sign up.

To register, participants need to pay and sign up in advance at the front desk, or call or email us! Space is limited.

Price: \$9 for members, \$18 for non-members | Taught by CeCe Aers

Military Records and Your Family Story: Loyalists to World War II

Monday, May 27 at 7:00 pm

Military records can help you extend your family tree, learn more about your ancestors, and even help you with research roadblocks. They are a wealth of information, and many detailed records are available, from the late 1700s to World War II.

During this fascinating class, you will learn:

- how to access, read and understand military records
- about the variety of records available and the information they contain

It's recommended participants bring their own laptop or tablet; however, it's not a requirement to participate!

Instructor: Judith Fayter, Certified Genealogist

Price: \$3 for members, \$6 for non-members

To register, participants need to pay and sign up in advance at the front desk, or call or email us! Space is limited.

Learn to Crochet a Market Bag - 4 Week Session

Tuesday, May 28-Tuesday, June 18 at 6:30-8:00 pm

Make your very own market bag, just in time for Farmers Market season!

Participants must bring their own 5mm crochet hook and cotton worsted weight yarn

Instructed by: Lisa Hiles

Pay as you participate:

\$3 for members & non-members/session

Let us know if you're interested! Call, email or sign up at the front desk!