

The Centre Spotlight



April Recap

National Volunteer Week was in April and the members at The Centre were informed that 20% of their membership are volunteers, supporting The Centre.

Twenty per cent is an impressive number. Any way you slice it, 1/5 of a pie, 20% of any group that steps up to help willingly, is a joy. Our volunteers are cherished and depended upon, and recently, were recognized during an afternoon of pizza, cake, and games. Thank you to all our volunteers!

Exercise for the Mind and Body

Chair Zumba started in April on Thursday afternoons. Participants have the option of sitting or standing/dancing, to lively Latin beats. A fun way to stay active, while moving and grooving to great music.

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

April Recap cont.

Line Dancing for Beginners was declared a hit and several new line dancers have joined the regular Thursday morning group, stepping, turning and boot-scooting! It's anticipated that another class will be scheduled in the fall, so watch this space.



Beginner Line Dancers have joined in with the regular Thursday morning class.

Namaste: Floor Yoga just ended for the Spring season and will return in the fall.

For anyone who wanted or wants to learn a new card game, The Centre recently started scheduling Friday afternoons, for interested card players or anyone, to try their hand at any new games like German Solo, Whist, and Canasta.

Fun & Games - CK 55+ Activities

The Centre recently hosted the Chatham-Kent 55+ Duplicate Bridge competition. The winners of this fun and friendly competition were East/West Winners: Cathy Roberts and Sandra Ferren; North/South Winners: Bill Couture and Dan Myslik. Congrats to the winners and thanks to everyone who came to participate



Everyone's a winner! Participants at the CK 55+ Duplicate Bridge Tournament.



On April 25, The Centre also hosted the Chatham-Kent 55+ Eight-ball Tournament. Henk DeWitt was the winner. Ron Grozelle was the runner up. A great time was had by all 8 competitors.

April Recap cont.

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Getting Crafty

Paper flower making made a comeback this month, with a full class of craft makers who created beautiful spring-like flowers, which will last the whole season. Members, Cathy Roberts, and Liz McDonald led the class, as they produced colourful centrepieces for The Centre's upcoming events.

Many creative hands produced pretty paper Spring bouquets



Education and Community Interests

Phoebe Murray, a local and respected pharmacist, spoke to an interested group of members on Medications and Older Adults. Phoebe fielded questions on what's new at Ontario pharmacies, medication safety, expiry dates and the complicated world of multiple medications. Everyone left feeling better informed and with an understanding to ask their pharmacist any questions about medications.

Mike Smith, from ReLeaf Chatham-Kent, visited The Centre in April, sharing his knowledge with a crowd that was free to attend. Mike spoke on Cultivating the Community and the Evolution of ReLeaf CK. Attendees gained more insight into the ReLeaf group, which is dedicated to nurturing forests and wild spaces. Those who attended gained a better understanding about several collaborative projects and events, and what they can do to sustain the health of our beautiful area.

Announcements

Closure notice:

The Centre will be closed on May 20 for Victoria Day. There will be no pickleball that night as well.



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

The Centre has a NEW email address:

Our new email address for the centre is centre@ridgetownadultcentre.com

Please direct your email inquiries to this new email address, instead of the hotmail one. We encourage you to add the new address to your email contacts.

To find out more about upcoming activities or to sign up for special events and classes, visit us in person or contact us at:

Ph: 519-674-5126

Email: centre@ridgetownadultcentre.com

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.

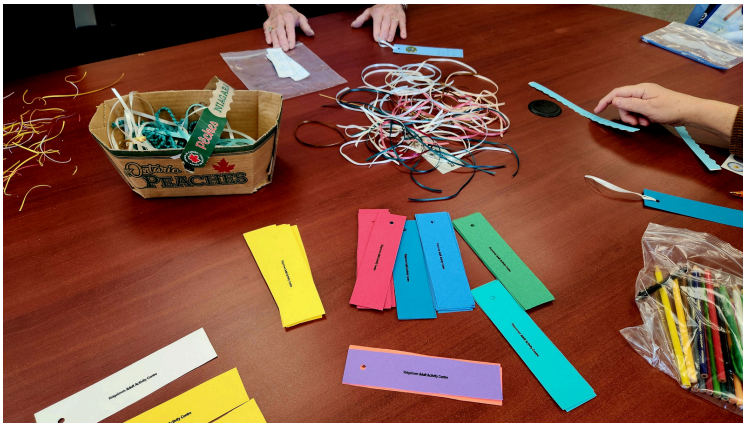
Announcements Cont.

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.



Featured Member Benefits

Footcare Clinic at the Centre

Did you know that twice a month we have a footcare clinic at the Centre?
Call the front desk, 519-674-5126 to book an appointment.

Appointment fees:

Members & Associate Members - \$25 | Non-Members - \$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!

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





Tell us your story!

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

Lend a helping hand - Upcoming Volunteer Opportunities



Help keep our luncheons going!

Do you enjoy hosting events?

Are you passionate about bringing people together over delicious food?

We're looking for 2 volunteers to become our Luncheon Co-Chairs.

We've got a binder with everything you need to have fun and be successful in this role.

Help us plan fun, engaging & creative activities:



Speaker Series Lead

Research and book between 8-10 engaging presentations by guest speakers throughout the year.



Social Events Lead

Plan and host 4-8 fun social events throughout the year, to help members build connections, meet new people and foster friendships!



Technology & Learning Lead

Research and help book workshops and classes on topics such as: genealogy, how to use social media, using wellness apps, digital photography, history, travel & more



Creativity Lead

Research arts and craft activities, test out and prepare sample crafts in advance and recruit volunteer/paid instructors to facilitate them.



Games Lead

Help plan and organize games related activities and fun tournaments, including: board games, card games, billiards, corn hole, ping pong, and more!



CK 55+ Activities Representative

Help organize biannual activities in collaboration with other activity centers and represent the Centre on the CK 55+ Activities Committee.



Share your skills and talents.

Get involved at the Centre!

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

May - Activities, Workshops, & Special Events

Hit the road with us—Upcoming Bus Trip Wednesday, May 1 at 9 am—3:30 pm

This trip is funded in part by the Together CK grant from the Municipality of Chatham Kent

What's included on the trip:

- Take a guided tour, led by Steven Cook, of the 5 acre museum site that recognizes the accomplishments of Josiah Henson through interpretive videos, interactive exhibits, numerous artifacts and tours that reflect the Black experience in Canada.
- With your \$20 lunch voucher you can choose from any of the delicious menu items at the Parks cafe. Browse and shop their bake shop and country store.

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

Bus trip ticket pricing: \$25 for members, \$35 for non-members

Purchase your ticket by April 29 at the front desk at the Centre.

Less than 16 tickets left!

Get yours today at the front desk!



Floor Essentrics Class

Thursdays at 12:00 pm



Do you want to improve your flexibility and strength?

We invite you to come try Floor Essentrics with Guy on Thursdays!

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

Get Moving & Grooving with Chair Zumba Thursdays in May at 2:00 pm

Did you know you can participate in our Thursday Chair Zumba class sitting or standing (or a combination of both)?

Did you also know that Zumba is a fun exercise that offers these amazing benefits:

- Improves cardiovascular endurance and circulation
- Help reduce stress levels and boost your mood
- Improves coordination (plus it gives your brain a good workout as you practice the different moves)!



Instructor Amy Dalton

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

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.
Let us know if you're interested—sign up at the front desk!

Hospice Wheels Palliative Education on-the-go is coming to the Centre! 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 4-Week Tuesday night Zumba class to the schedule!

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

Option to participate seated.
Beginners always welcome!

Instructor: Amy Dalton

Price: \$3 for members/class, \$6 for non members/class

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 or [click here to renew online!](#)



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 the MP's 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!



Online Shopping Course

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!

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.



Instructor: Judith Fayter, Certified Genealogist

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

ATTESTATION PAPER. Fo.

CANADIAN OVER-SEAS EXPEDITIONARY FORCE.

QUESTIONS TO BE PUT BEFORE ATTESTATION.
(ANSWERS)

What is your surname?.....	Bellamy.
What are your Christian names?.....	Alexander Crombie.
What is your present address?.....	Humboldt, Sask.
In what Town, Township or Parish, and in what Country were you born?.....	Cannington, Ontario.
What is the name of your next-of-kin?.....	George H. Bellamy.
What is the address of your next-of-kin?.....	Box 384 Humboldt, Sask.
What is the relationship of your next-of-kin?.....	Father.
What is the date of your birth?.....	Sept. 1st 1898
What is your Trade or Calling?.....	Farmer.
Are you married?.....	No.
Are you willing to be vaccinated or re-vaccinated and inoculated?.....	Yes
Do you now belong to the Active Militia?.....	No.
Have you ever served in any Military Force?..... <small>(as particulars of former Service.)</small>	No.
Do you understand the nature and terms of this Attestation?.....	Yes.
Do you consent to serve in the CANADIAN OVER-SEAS EXPEDITIONARY FORCE?.....	Yes.

NOT TO BE MADE BY MAN OR

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

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

Instructed by: Lisa Hiles

**Pay as you participate:
\$3 for members & non-members/session**



Coming to the Centre in October!

Fall Bridge Lessons

Tentative dates: Tuesday, October 22 - November 19

Lessons are focused on helping existing bridge players improve their skill and game. If you're a beginner and want to learn how to play bridge, we invite you to sign up. **We may be able to accommodate beginners, we will confirm that at a later date.**

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

Instructor: Keith Dawson

Call, email or visit us to sign up!

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.

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.



What kind of after 5 & Saturday FUN do you want to see at the Centre?

We've been hearing your requests for more evening and weekend programming. Tell us what kind of evening and weekend activities you'd like to participate in at the Centre! Your ideas and suggestions are welcome!

You can fill in a suggestion form at the front desk, call 519-674-5126 or email programs@ridgetownadultcentre.com