

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>To learn more or sign up call us at 519-674-5126, email centre@ridgetownadultcentre.com or visit us person!</p> <p>To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required. All other activities are drop-in unless otherwise specified.</p>				<p>1. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm (DVD instruction) Games afternoon—play cornhole, ping pong, billiards & more 1:00-3:00 pm</p>	<p>2. Walk it off 9:00 am Beginners & Intermediate Tai Chi 10:00-11:30 am Po-Ke-No 1:00 pm</p>	<p>3. no chair yoga</p>
4.	<p>5. Centre closed Civic Holiday</p>	<p>6. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am (DVD instruction) Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm</p>	<p>7. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Games Afternoon & Billiards 2:00-4:00 pm Chair Yoga—Lisa 5:30 pm Footcare Clinic - call for appt.*</p>	<p>8. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm (DVD instruction) Games afternoon—play cornhole, ping pong, billiards & more 1-3 pm Learn how to book travel online 2:00-3:30 pm*</p>	<p>9. Walk it off 9:00 am Beginners & Intermediate Tai Chi 10:00-11:30 am Po-Ke-No 1:00 pm</p>	<p>10. Chair Yoga with Lisa 10:00 am</p>
11.	<p>12. Walk it off 9:00 am VON Chair Exercise 11:30 am Social Card Games 1:00 pm Pepper 7:00 pm</p>	<p>13. 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</p>	<p>14. Walk it off 9:00 am Author Talk—Mark Van Raay Rondeau history book based on the journals of Isaac Gardiner* (free to attend, RSVP) 10:30 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Games Afternoon 2:00-4:00 pm Chair Yoga—Lisa 5:30pm</p>	<p>15. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm Games afternoon—play cornhole, ping pong, billiards & more 1-3 pm Learn how to book travel online 2:00-3:30 pm*</p>	<p>16. Walk it off 9:00 am Beginners & Intermediate Tai Chi 10:00-11:30 am Po-Ke-No 1:00 pm</p>	<p>17. Chair Yoga with Lisa 10:00 am</p>
18.	<p>19. Walk it off 9:00 am VON Chair Exercise 11:30 am Pizza Party & Games Afternoon—Sponsored by Pizza Hut 12:00 pm* Social Card Games 1:00 pm Pepper 7:00 pm</p>	<p>20. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am (DVD instruction) Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet Club 1:00 pm</p>	<p>21. Walk it off 9:00 am VON Chair Exercise 11:00 am Book Club 1:00 pm Men's Walk it Off 1:00 pm Games Afternoon 2:00-4:00 pm Pearl Bracelet & Origami Flower Workshop 2:30 pm* Chair Yoga—Lisa 5:30 pm Footcare Clinic - call for appt.*</p>	<p>22. Walk it off 9:00 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm (DVD instruction) Games afternoon—play cornhole, ping pong, billiards & more 1:00-3:00 pm Paint Like Maud Lewis Workshop at 6:30 pm*</p>	<p>23. Walk it off 9:00 am Beginners & Intermediate Tai Chi 10:00-11:30 am Po-Ke-No 1:00 pm</p>	<p>24. Chair Yoga with Lisa 10:00 am</p>
25.	<p>26. Walk it off 9:00 am VON Chair Exercise 11:30 am Social Card Games 1:00 pm Pepper 7:00 pm Painted Driftwood Cottages & Houses Art Workshop 6:30 pm*</p>	<p>27. 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</p>	<p>28. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Games Afternoon 2:00-4:00 pm Chair Yoga—Lisa 5:30 pm</p>	<p>29. Walk it off 9:00 am Line Dancing 11:00 am Chair Essentrics 11:00 am Games afternoon—play cornhole, ping pong, billiards & more 1:00-3:00 pm</p>	<p>30. Walk it off 9:00 am Beginners & Intermediate Tai Chi 10:00-11:30 am Po-Ke-No 1:00 pm</p>	<p>31. Chair Yoga with Lisa 10:00 am</p>

August 2024



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Quilt Draw—Buy tickets for a chance to win a beautiful handcrafted queen sized quilt and three matching pillows.

Tickets: \$5 each or 5 for \$20

Purchase yours at the front desk. Draw takes place on October 5.

The beautiful quilt was created by the Sewing, Knitting & Crochet Club. Designed by Ardele Brooks. Completion of the quilting done by Jenny Gundry. All proceeds support the Centre.

Author Talk with Mark Van Raay
Rondeau History Book based on the journals of Isaac Gardiner

Wednesday, August 14 at 10:30 am
[Free to attend, please RSVP]

Learn about Rondeau's early history

Including the connection between Rondeau Park and Algonquin Park as well as stories of:

- Tommy and Judy the Moose
- Trading squirrels with Washington DC
- Dealing with the Bates family
- Jerry the buck attacking Mrs. Gardiner

Books available for \$30 pay by e-transfer or cash. **Free to attend. RSVP at the front desk or contact the Centre!**

Ridgetown Area Adult Activity Centre

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

Your Next Journey: Learn How to Book Travel Online
August 8 & 15 at 2:00-3:30 pm

In this engaging class with CeCe Aers, you will learn:

- how to compare pricing on travel websites
- the ins and outs of Airbnb bookings
- how to download and use travel apps on your phone/tablet
- safety tips for travelling in 2024

This class will give you the skills and know-how to plan your next trip with confidence and ease. Sign up to save your spot. Registration: \$6 for members, \$12 for non-members. **Funded in part by the Government of Canada's New Horizons for Seniors Program.**

End of Summer Pizza Party & Games Afternoon,
let's celebrate and look forward to the fall!

Monday, August 19—Starting at 12:00 pm
Sponsored by Pizza Hut Ridgetown

Enjoy a pizza lunch and support the Centre! Slices available: \$2 for cheese, \$2.50 for pepperoni. **Purchase your pizza tickets in advance at the front desk, from July 30-August 16th.** Pizza Hut will be set up outside at the Centre on August 19th and everyone from the community is invited to stop by and buy some slices for lunch to support the Centre! All proceeds from pizza will be donated to the Centre.

After lunch enjoy social cards, billiards, and tabletop shuffleboard for the afternoon. \$3 for members, \$6 for non-members for games afternoon.

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 —\$20

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 (*access for one year*)

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

Sign up at the front desk!

August 2024



Ridgetownadultcentre.com

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Instagram: [@RidgetownAdultActivityCentre](https://www.instagram.com/RidgetownAdultActivityCentre)

Make your own Pearl Bracelet & Origami Lotus Flower Wednesday, August 21 at 2:30 pm

Design and string your own bracelet using genuine pearls. Learn to fold delicate and beautiful lotus flowers, a perfect complement to your pearl bracelet or a charming standalone gift. Bring a friend and share in the fun!

All supplies included. Beginners welcome, no prior experience needed. \$7 for members, \$10 for non-members. Contact us to sign up!

Paint Like Maud Lewis Workshop Thursday, August 22 at 6:30 pm

Learn about & paint in the style of Maud Lewis, a celebrated Canadian folk artist!

Make your own Maud inspired vase with flowers artwork on canvas ready to hang and display. Whether you're a beginner or a seasoned artist, enjoy a fun and relaxing evening making art, connecting with others, and being inspired by Maud Lewis' story and creations.

Facilitated by Krista Kankula & Lisa Hiles

All supplies included. Registration is \$15 for members & \$18 for non-members. Contact us to sign up!

Painted Driftwood Cottages & Houses Art Workshop Monday, August 26 at 6:30 pm

Join us for a workshop, where you'll transform pieces of driftwood into bright pieces of art you can hang on your wall. Get creative and paint a charming cottage or whimsical house on driftwood collected from local beaches.

This workshop is suitable for beginners and experienced artists. You'll leave with a piece of art ready to hang on your wall. Let's make some delightful driftwood art together!

Facilitator: Lisa Hiles | All supplies included

Registration is \$10 for members & \$13 for non-members—Contact us to sign up!

Fall Presentations— Save the date and RSVP by contacting the Centre or visiting the front desk:

Anti-Scam Presentation with Special Constable Brenda Koldyk Wednesday, September 4 at 10:30 am

Pet Care Presentation Series by Ximena Salinas— Sept. 27, Oct. 25, Nov. 22 at 3:00 pm [All presentations are free to attend]

Save the date - Tai Chi Open House

Friday, September 20, 2024 at 10:00 am

The Ridgetown & Area Adult Activity Centre in partnership with the Canadian Tai Chi Academy invites you to join us for an Open House for Beginners Tai Chi. The Open House is free to attend.

- Find out about Tai Chi and the benefits
- See a demonstration, speak with the instructor & other members

A new beginners Tai Chi session will be starting in the fall:

Beginners classes will be Friday at 11:00 am, starting September 27

We're looking for Art & Craft vendors for our Nov.16 Christmas Bazaar

We're looking for homemade crafts including knitting/crocheting, paintings, wood crafts, sewing, etc. as well as vendors for Scentsy, Avon, Epicure, Thirty-One, Tupperware, etc.

Time: 9:00am- 1:00pm

Price: \$20 per table plus a donation for a raffle table to support The Centre

We will be curating the vendors, so that we have a good variety of items available and items that are popular during the holiday season. Your application will be reviewed and you will be notified if we have a spot for you.

Please email elketrudgen@gmail.com with your information and what you are planning on selling.