

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>1. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet Club 1:00 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm</p>	<p>2. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Games Room &amp; Billiards 1-3 pm Chair Yoga—Lisa 5:30 pm <b>Footcare Clinic - call for appt.*</b></p>	<p>3. Walk it off 9:00 am Beginner Line Dancing 10:30 am Line Dancing 11:00 am Floor Essentrics at 12:00 pm <b>DVD only</b> Games Room &amp; Billiards 1:00-3:00 pm <b>no chair zumba</b> <b>Art Collective 5:30-8:30 pm</b></p>	<p>4. Walk it off 9:00 am <b>Beat the Odds Intakes (FULL) 10:00 am—4:00 pm</b> Intermediate Tai Chi 10:00 am <b>NEW Beginners Tai Chi 11:00 am</b> Po-Ke-No 1:00 pm <b>Singing Circle Meeting 1:30 pm (free to attend)</b> <b>Learn new card games 2:00 pm</b></p>	<p>5. Chair Yoga with Lisa 10:00 am  <b>Dinner &amp; Trivia Night 5:15 pm*</b></p>
6.	<p>7. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00 pm Floor Yoga 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>8. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet Club 1:00 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm</p>	<p>9. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Games Room &amp; Billiards 1-3 pm Chair Yoga—Lisa 5:30 pm</p>	<p>10. Walk it off 9:00 am Beginner Line Dancing 10:30 am Line Dancing 11:00 am <b>Pilates 11:30 am</b> Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1:00-3:00 pm Chair Zumba 2:00 pm <b>Pressed Flower Art Workshop 6:30-8:00 pm*</b></p>	<p>11. Walk it off 9:00 am Intermediate Tai Chi 10:00 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm</p>	<p>12. Chair Yoga with Lisa 10:00 am</p>
13.	<p>14. <b>Thanksgiving Day</b>  <b>Centre is closed</b> <b>No pickleball</b></p>	<p>15. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet Club 1:00 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm</p>	<p>16. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Book Club at 1 :00 pm <b>Carpet Bowling 2:00-4:00 pm</b> <b>no chair yoga</b> <b>Footcare Clinic - call for appt.*</b></p>	<p>17. Walk it off 9:00 am Beginner Line Dancing 10:30 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm <b>Beat the Odds 1:30-3:30 pm (FULL)</b> Games Room &amp; Billiards 1:00-3:00 pm Chair Zumba 2:00 pm <b>Floral Fibre Art Workshop 6:30-8:30 pm*</b></p>	<p>18. Walk it off 9:00 am Intermediate Tai Chi 10:00 am Beginners Tai Chi 11:00 am <b>Luncheon 12:00 pm*</b> Po-Ke-No 1:00 pm Learn new card games 2:00 pm <b>Pet Conversation Series Talk Do Animals Feel Emotions? Presentation 3:00 pm* (free to attend, RSVP)</b></p>	<p>19. Chair Yoga with Lisa 10:00 am</p>
20.	<p>21. Walk it off 9:00 am <b>Power of Attorney &amp; Guardianship Presentation 10:30 am (Free)</b> VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00 pm Floor Yoga 7:00 pm Nature Photography Group 7 pm Pickleball 7:00 pm at RDHS</p>	<p>22. Walk it off 9:00 am <b>Bridge Lessons 10:00 am (FULL)</b> Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet 1 pm Zumba at 6:00 pm <b>1:1 free tech support 6:00 pm*</b> The Stitch Exchange 6:30 pm</p>	<p>23. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm <b>Internet Basics Course 1:00 pm*</b> Carpet Bowling 2:00-4:00 pm <b>Christmas Ball Crafternoon 2:30 pm*</b> Chair Yoga—Lisa 5:30 pm</p>	<p>24. Walk it off 9:00 am Beginner Line Dancing 10:30 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm <b>Beat the Odds 1:30-3:30 pm (FULL)</b> Games Room &amp; Billiards 1:00-3:00 pm Chair Zumba 2:00 pm <b>Painted Pottery Workshop 7-9 pm*</b> Singing Circle 7:00 pm (NEW)</p>	<p>25. Walk it off 9:00 am Intermediate Tai Chi 10:00 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Learn new card games 2:00 pm <b>Acrylic Fall Tree Painting Workshop 3:30 pm*</b></p>	<p>26. Chair Yoga with Lisa 10:00 am <b>Intro to Family History Course 10:30 am - 12:00 pm*</b></p>
27.	<p>28. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Pepper 7:00 pm Floor Yoga 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>29. Walk it off 9:00 am <b>Bridge Lessons 10:00 am (FULL)</b> Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm</p>	<p>30. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm <b>Internet Basics Course 1:00 pm*</b> Carpet Bowling 2:00-4:00 pm Chair Yoga—Lisa 5:30 pm</p>	<p>31. Walk it off 9:00 am Beginner Line Dancing 10:30 am Line Dancing 11:00 am <b>Pilates 11:30 am</b> Floor Essentrics at 12:00 pm <b>Beat the Odds 1:30-3:30 pm (FULL)</b> Games Room &amp; Billiards 1:00-3:00 pm Chair Zumba 2:00 pm</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>	

# October 2024



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

**Quilt Draw—Last chance to get tickets for a chance to win a handcrafted queen sized quilt & 3 matching pillows!**

Draw takes place on Saturday, October 5 at our Dinner & Trivia Night!

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

Purchase yours at the front desk.

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.

**Art Show Submissions—Deadline extended: Fri. Oct 11 at 3 pm**

We're looking for artistic submissions from emerging, hobby, and professional artists for our Power of Art Pop up show at the Centre on November 1-2. We're interested in submissions from Chatham-Kent artists that reflect the unique, diverse, and shared stories of where we live, how we live, and who we are.

Submit online at [ridgetownadultcentre.com/pop-up-art-show](http://ridgetownadultcentre.com/pop-up-art-show)

**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](mailto:centre@ridgetownadultcentre.com)**

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

**Art Collective—Thurs. October 3@5:30-8:30 pm**

**Thurs. Nov. 14 @5:30-8:30 pm**

**Thurs. Dec. 5 @ 5:30-8:30 pm**

Join our monthly Art Collective, where visual artists of all levels come together to work on projects, share inspiration, and connect with fellow creatives.

Bring your own art supplies and work on a new or ongoing piece. Beginners welcome. Please avoid bringing spirit-based oils, spray paints, or aerosols. Drop in and join us anytime between 5:30-8:30 pm. \$3 for members, \$6 for non-members.

Hosted by Carri McCoy.

**New Beginners Tai Chi—Fridays at 11 am starting October 4**

If you've been wanting to try and learn Tai Chi, this new beginners session is perfect for you.

Tai Chi is a complete whole body exercise and can be practiced anywhere, anytime. Tai Chi can help improve flexibility, immune function, reduce tension and pain, increase energy, and reduce stress.

Regular Tai Chi practice can enhance overall well-being.

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

**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!**

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## Singing Circle—Thurs. Oct. 24 at 7 pm

Join us for our new Singing Circle! For the first gathering, bring a favorite song you'd like to sing together with the group. We'll play the songs via YouTube or Spotify. If the lyrics and song aren't available online, please bring them and a way to play your song.

No experience is required—just a love of singing! All are welcome, regardless of skill level! Drop in. \$3 for members, \$6 for non-members

## NEW Pilates Class—Thursdays at 11:30 am—Starting Oct. 10

A low-impact exercise that focuses on strengthening core muscles, improving overall flexibility, and enhancing overall body alignment. It promotes balance, coordination, and a strong mind-body connection. We have thicker Pilates mats you can use or bring your own. **Instructed by Guy Deslauriers. Drop in and join us. \$3 for members, \$6 for non-members.**

This class is funded by the Government of Ontario.

## Pressed Floral Art Workshop—Thurs. Oct. 10 at 6:30-8:30 pm

Learn about the different techniques for drying and pressing flowers, then create your own unique floral art print using a selection of beautifully pressed blooms. Create your design on either cardstock or canvas. All supplies included.

**Registration - sign up at the front desk! \$13 for members | \$16 for non-members**

## Carpet Bowling is back Wednesdays at 2 pm—Starting Oct. 16

Carpet bowling is a fun, low-impact game, promoting coordination, balance, and social interaction. It's an enjoyable way to stay active and connect with others!

**Beginners welcome – we'll show you how to play.**

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

## Floral Fibre Art Workshop—Thurs. Oct 17 at 6:30 pm

Learn the ancient techniques of matting, condensing, and manipulating fibres to create a floral masterpiece. Get experience creating with felting needles, fibres, and making different kinds of flowers.

Each participant will leave with a finished floral fibre art piece framed, approximately 11"x 8". **Registration is \$53 for members, \$56 for non-members.**

**Sign up at the front desk!**

## October Luncheon—Friday, October 18 at 12:00 pm

**Join us for a spooktacular lunch!** Choice of two soups: squash or chicken noodle. Variety of sliders: egg salad, chicken salad & tuna salad. Veggie tray, cheese tray, dessert, & drink of choice. **Catered by Ridgetown Foodland. Tickets \$15/pp**

**Open to members & non-members. Get your tickets at the front desk!  
Tickets on sale until Tuesday, October 15 at noon or when sold out!**

## Pet Conversation Presentation—Do animals feel emotions? Friday, October 18 at 3:00 pm [Free to attend, pls RSVP]

**With guest speaker & animal care consultant, Ximena Salinas**

Learn how to recognize and interpret your pets' behaviours and develop a deeper and stronger bond with them. Better understand the emotional and psychological experiences of animals.

## Power of Attorney & Guardianship Presentation Mon. Oct. 21 at 10:30 am [Free to attend, pls RSVP]

**With guest speaker: Daniel Whittal, JD, LL.B, BA (Hons),  
TEP, Principal Lawyer, Pathway Law**

**During this presentation you will learn:**

- What is a Power of Attorney? What is Guardianship?
- What can happen if you don't have a power of attorney?
- Tips on setting up well-planned Powers of Attorney that will be an important part of your estate plan

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## Free 1:1 Tech Support with Erin Brown Tues. Oct 22 6-8 pm

Ask questions or get 1:1 help troubleshooting any issues with your laptop, tablet or phone. Book a complimentary 15-30 minute appointment with Erin Brown from Juce Computers.

**Book your appt at the front desk!**

## Internet Basics—4 Week Course Wed. Oct. 23, 30, Nov. 6 & 13 at 1:00-3:00pm

Learn how to stay safe and secure online, navigate YouTube, use Google efficiently, explore Google Maps, access entertainment, and even use the Chatham-Kent Library's digital resources. **Sign up at the front desk to save your spot. Instructor: CeCe Aers.** Participants will need their own laptop or tablet.

Pay as you participate \$3/class for members, \$6/class for non-members (\$12 for members, \$24 for non-members for the entire course). **Funded in part by Government of Canada's New Horizons for Seniors Program.**

## Christmas Ball Crafternoon—Wed. Oct. 23 at 2:30 pm Help us reach our goal of making 100 Christmas ball ornaments to sell at the Bazaar!

Spend a fun afternoon crafting, socializing, and making Christmas ball decorations. No experience needed.

**Sign up at the front desk to save your spot.** Pay the day of: \$3 for members, \$6 non-members. Includes light snacks.

## Painted Pottery/Ceramic Workshop –Thurs. Oct. 24 at 7 pm

Learn the basics painting your own ceramic mug or plate. Includes your choice of one mug or 6 small dishes to paint and all supplies. All levels of painters, including beginners welcome. Facilitated by Amy Klinkhamer.

**Sign up at the front desk. \$58 for members, \$61 for non-members.** Painted pieces will be ready to pick up 3 weeks after workshop.

## Acrylic Fall Tree Painting Workshop—Fri. Oct. 25 at 3:30 pm

Perfect for beginners and all levels! In this workshop you'll be guided step-by-step to paint your own autumn masterpiece on mixed media paper. All supplies included. Participants will leave with a completed 11"x14" painting. **\$7 for members, \$10 for non-members. Sign up at the front desk! Facilitated by: Krista Kankula**

## Introduction to Family History—4 Week Course Saturday, Oct. 26, Nov. 9, 23, & 30 at 10:30 am

**Every family has a story. What's yours?**

In this course you will learn how to:

- Create your family tree
- Understand the records that are available
- Create the story of your family
- Find and understand military, immigration, census, and land records

This course is interactive, and you will be working on your family tree throughout the course. Having access to ancestry is optional, not a requirement of the course. Members of the Centre can get access to ancestry for just \$25 a year.

Participants are encouraged to bring their own laptop or tablet. If you require use of a laptop, contact the Centre, we have a few that can be reserved and used in class.

Sign up at the front desk to reserve your spot. Pay as you participate \$3/class for members, \$6/class for non-members (\$12 for members, \$24 for non-members for the entire course). **Instructor: Judith Fayter, Certified Genealogist. Funded in part by the Government of Canada's New Horizons for Seniors Program**

## Coming in November:

Reflexology Demo & Presentation—Mon. Nov. 4 at 10:30 am

CK 55+ 8-Ball Tournament—Thurs. Nov. 7 at 10:00 am

Watercolour Poppy Workshop—Fri. Nov. 8 at 1:30 pm

Art Collective—Thurs. Nov. 14 at 5:30-8:30 pm

Painted Ceramic Workshop—Mon. Nov. 18 at 7:00 pm

Neurographic Art Workshop—Thurs. Nov. 21 at 6:30 pm

Nutrition & Pets Emotions Presentation—Fri. Nov. 22 at 3 pm

CK 55+ Duplicate Bridge Tournament—Tues. Nov. 26 at 1 pm