

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1.	2. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS Painted Ornament Workshop 7:00-9:00 pm*	3. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am CK 55+ Duplicate Bridge Tournament 1:00 pm* Sewing, Knitting & Crochet 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm Strength Training 7:15-8:15 pm*	4. Walk it off 9:00 am VON SMART Mobility Matters Check Up 9:00-10:30 am* VON Chair Exercise 11:00 am VON SMART Mobility Matters Check Up 12:00-1:00 pm* Men's Walk it Off 1:00 pm Holiday Card Embroidery Crafternoon 1:30 pm* Carpet Bowling 2-4pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*	5. 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 Beat the Odds 1:30-3:30 pm (FULL) Games Room & Billiards 1-3pm Chair Zumba 2:00 pm Art Collective 5:30-8:30 pm Driftwood Workshop 6:30-8:30 pm* Strength & Mobility Class 6:45-7:45 pm*	6. Walk it off 9:00 am Intermediate Tai Chi 10 am Beat the Odds Discharges 10am-4 pm (FULL) Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Learn new card games 2pm	7. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15 am* Winter Chickadee Painting Workshop 1-3 pm*
8.	9. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS	10. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am by DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm Strength Training 7:15-8:15 pm*	11. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Carpet Bowling 2-4pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*	12. 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 Games Room & Billiards 1-3pm Chair Zumba 2:00 pm Christmas Dinner—Doors open at 5pm, Dinner at 6 pm*	13. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Learn new card games 2pm Dance Yoga Class 5:30 pm*	14. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am
15.	16. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Nature Photography Group 7:00 pm Pickleball 7:00 pm at RDHS	17. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm Strength Training 7:15-8:15 pm*	18. 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 Carpet Bowling 2-4pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*	19. 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 Games Room & Billiards 1-3pm Chair Zumba 2:00 pm Strength & Mobility Class 6:45-7:45 pm*	20. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Learn new card games 2pm	21. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15 am*
22.	23-28. Please note: the Centre will be closed for Christmas holidays from December 23-28. We will also be closed on January 1st for New Years Day. We wish you a Happy & Safe Holidays and a Merry Christmas!					
29.	30. Walk it off 9:00 am VON Chair Exercise 11:00 am by DVD only Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm	31. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am by DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1 pm	Membership and participation in activities and events is open to adults ages 30 and up! To learn more or sign up: Call us at 519-674-5126, email: <a href="mailto:centre@ridgetownadultcentre.com">centre@ridgetownadultcentre.com</a> or visit us in person! 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.			

# December 2024



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

## Dance Yoga Class

Looking for a fun way to get active?  
Join our dance yoga class on December 13 at 5:00 pm with instructor Lisa McFadden.

Dance Yoga combines fluid movement with music. This style of yoga increases flexibility, loosens joints, and muscles. This is a fun exercise, cultivating joy and increased energy.

Sign up in advance to secure your spot!

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

## Painted Ceramic Ornament Workshop—Mon. Dec. 2 at 7-9 pm

Join artist Amy Klinkhamer to dive into the world of creativity by learning the basics of making and painting your own pottery ornaments.

Beginners welcome. All supplies included! Participants will each make 6 ornaments and they'll be ready to pick up after firing approx. 2 weeks after the workshop.

Sign up by November 28 at the front desk to secure your spot! \$38 for members, \$41 for non-members.

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)

### Closure Notice:

The Centre will be closed from December 23-28 for Christmas holidays. We will reopen on December 30 and 31 and close January 1st for New Years Day. We look forward to seeing you in the New Year!

### A note about activity & event sign ups:

If an activity or an event requires advance sign up, booking, or a ticket purchase we put an asterisk (\*) beside that activity on our calendar.

All of our other activities are drop-in unless otherwise specified.

### Chocolate Sensations Basket Raffle

It's that time of year again! From now until December 12, make a donation to receive a ticket for a chance to win a basket of chocolates, from Chocolate Sensations donated by Angela Brown! Make a donation at the front desk to enter the raffle for a chance to win!!

### 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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## CK 55+ Duplicate Bridge Tournament—Tues. Dec. 3 at 1:00 pm

Join us for a Duplicate Bridge Tournament.

Open to anyone ages 55 and up.

Sign up at the front desk or contact the Centre by Monday, Nov. 29 end of day to register.

Pay the day of- \$3 for members & non-members.

## VON SMART Mobility Matters Check Up #2—Wed. Dec. 4 at 9-10:30 am, and 12:00-1:00 pm

The purpose of this project is to engage participants in a routine Mobility Matters checkup comprised of functional exercise assessments that will evaluate their mobility, balance, leg strength and endurance.

There will be 3 functional exercise tests including: 30 second chair stand, floor transfer test and a 4 stage balance test. These checkups will be 5-10 minutes in length.

**Please sign up at the front desk to secure your spot. Free to participate in.**

## Functional Strength & Mobility Class Thursdays at 6:45-7:30 pm

**\*\*Note space is limited\*\* sign up in advance at the front desk or by contacting the Centre.**

Functional strength and mobility training targets different muscle groups and movement patterns. Each week we will do 4-8 exercises in a circuit format.

All fitness levels and abilities welcome. **Instructor: Heather Littlejohns.**

**Space is limited. Sign up in advance.**

**\$3 members/class, \$6 for non-members/class**

## NEW—Full Body Strength Training—Tuesdays at 7:15-8:15 pm starting December 3

This class will provide you with dynamic energetic exercises with a focus on functional strength training, core training and stability. This workout will target major muscle groups and options will be provided to attract all levels of fitness.

**Space is limited. Sign up at the front desk in advance. \$3 for members, \$6 for non-members.**

## Embroidered Holiday Card Crafternoon

**Wed. December 4 at 1:30-3:30 pm**

Learn how to embroider on cardstock in a fun holiday themed pattern. Participants will leave with a completed embroidered holiday card that you can keep to display or gift to someone special on your list!

Beginners welcome. All supplies included! Facilitated by Liz McDonald. Sign up in advance. **\$6 for members | \$9 for non-members**

## Stitch Exchange—Tuesdays at 6:30 pm

Join the Stitch Exchange, a weekly gathering, where beginners can get mentorship and help from a team of experienced knitters. From November 19 until December 17, you can learn how to crochet Christmas Balls with fellow Stitch Exchange participants!

**Participants must bring their own supplies.**

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

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## Art Collective—Thurs. Dec. 5 at 5:30-8:30 pm

Make time to work on your creative pieces at our monthly Art Collective! Join other artists and meet new people who share the same passions! 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.**

## Winter Chickadee Painting Workshop—Saturday, December 7 at 1:00-3:00 pm

Join us to paint a beautiful winter chickadee scene. This is a beginner friendly workshop and you'll receive step by step instructions to complete your painting. Participants will leave with a completed painting on paper.

Facilitator: Lisa Hiles. **All supplies included.**

**Sign up in advance. Registration is \$7 for members, \$10 for non-members**

## Christmas Ornaments for Sale!

The Centre will be selling Christmas ornaments until supplies are sold out! All proceeds made will go directly to the Centre! Ornaments will be displayed in the front entrance, and can be paid for at the front desk!

**Ornaments are \$3 each, or 2 ornaments for \$5**

## Cardio Class—Saturdays at 9:00-9:45 am starting December 7

This class caters to individuals seeking an old school low impact work out. It offers a safe heart healthy routine that's low impact on your joints. This session features low impact movements for the first 40 minutes (including your warm up) and a cool down that involves stretching and core strength too.

**Space is limited. Sign up at the front desk in advance. \$3 for members, \$6 for non-members.**

**Instructor: Osie Goudreau**

## Core & Sculpting —Saturdays at 10:15-11:15 am starting December 7

This class is designed to develop muscular strength in an inspiring and motivating group fitness environment. This class will challenge every major muscle group and smaller ones you may have forgotten about! Movements will range from squats, presses, curls, lunges. The core portion aims to strengthen back and abdominal muscles while stabilizing and aligning your spine and ribs to promote proper posture.

**Space is limited. Sign up in advance. \$3 for members, \$6 for non-members.**

**Instructor: Osie Goudreau**

## Nature Photography Group— Dec. 16 at 7:00 pm

Want to learn about nature photography? This group will teach you how to take better nature photographs, exquisite shots of birds, insects, flowers, & natural landscapes.

**We welcome all experience levels, including beginners. Led by well-known local photographers. \$3 for members, \$6 for non-members.**