

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Membership and participation in activities and events is open to adults ages 30 and up!</p> <p>To learn more or sign up: Call us at 519-674-5126, email: admin@ridgetownadultcentre.com or visit us in person!</p> <p>To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.</p>			<p>1. Please note: the Centre will be closed for New Years Day!</p>	<p>2. 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 Chair Zumba 2:00 pm Art Collective 5:30-8:30 pm Strength & Mobility Class 6:45-7:45 pm*</p>	<p>3. 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 2 pm</p>	<p>4. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15am*</p>
5.	<p>6. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm What's an App Class 1:30-3:30pm* Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>7. Walk it off 9:00 am Community Paramedics Presentation 10:30 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*</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 2-4 pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*</p>	<p>9. 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*</p>	<p>10. 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 2 pm Dance Yoga Class 5:30pm*</p>	<p>11. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15 am*</p>
12.	<p>13. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm What's an App Class 1:30-3:30pm* Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS African Safari Presentation 7:00 pm*</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 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm Strength Training 7:15-8:15 pm*</p>	<p>15. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm</p>	<p>16. 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 Chair Zumba 2:00 pm Truth & Reconciliation Presentation 3:30pm* Strength & Mobility Class 6:45-7:45 pm* Singing Circle 7:00-8:30 pm</p>	<p>17. 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 2 pm</p>	<p>18. Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15 am*</p>
19.	<p>20. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm What's an App Class 1:30-3:30pm* Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS Nature Photography Group 7 pm</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 1 pm Zumba at 6:00 pm The Stitch Exchange 6:30 pm Strength Training 7:15-8:15 pm*</p>	<p>22. 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 2-4 pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*</p>	<p>23. Walk it off 9:00 am Beginner Line Dancing 9:30 am Line Dancing 10:00 am Lunch N' Learn with the Alzheimer's Society 11:00 am* Pilates 11:30 am Floor Essentrics at 12:00 pm Chair Zumba 2:00 pm Forest Tree Painting Workshop 6:30pm* Strength & Mobility Class 6:45-7:45 pm*</p>	<p>24. 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 2 pm Dance Yoga Class 5:30pm*</p>	<p>25. Pickleball Tournament at RDHS 9:30am-4:00pm* Cardio Class 9:00-9:45 am* Chair Yoga with Lisa 10 am Core & Sculpting 10:15-11:15 am*</p>
26.	<p>27. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm What's an App Class 1:30-3:30pm* Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>28. Walk it off 9:00 am Bridge Lessons 10:00 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*</p>	<p>29. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Valentines Day Card Embroidery Crafternoon 1:30pm* Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm</p>	<p>30. 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 Chair Zumba 2:00 pm Strength & Mobility Class 6:45-7:45 pm*</p>	<p>31. 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 2 pm</p>	

January 2025



Facebook: [Ridgetown Adult Activity Centre](#)
 Instagram: [@RidgetownAdultActivityCentre](#)

Save the Date- Pickleball Tournament

Saturday, January 25

The Centre is hosting a pickleball tournament on January 25 at RDHS. Sign up will open January 2 and close January 9. Visit the front desk and sign up before it fills up, as limited spots are available.

The Centre is also looking for volunteers to help run this event. Please contact Alison, our Activities Coordinator, for more information.

Community Paramedics Presentation— Tues. January 7 at 10:30 am

Peter Morassutti, manager of the Community Paramedic Program will be offering an informative and inspiring presentation on the program, and how it may be able to help you! Come and get your questions answered!

This is a FREE presentation.

Sign up at the front desk!

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

Closure Notice:

The Centre will be closed on January 1 for New Years Day! We look forward to seeing everyone 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.

Watch for updates on our social media pages to learn about all of the exciting activities and events happening at the Centre this fall!

facebook.com/TheAdultActivityCentre

Dance Yoga is back—Fri. Jan 10 and 24

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

Sign up in advance— spots are limited!

\$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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Art Collective—Thurs. Jan 2 at 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.

African Safari Highlights Presentation — Mon. Jan 13 at 7:00 pm (free to attend, open to all)

Join Kelly Johnson for a presentation sharing stories and photos from her recent trip to East Africa, specifically Uganda

During this presentation Kelly will share:

- Safari highlights and photos of the wildlife she encountered
- Photos and stories from her experience tracking the endangered mountain gorilla
- Travel tips and recommendations for anyone looking to experience a safari

Truth & Reconciliation Presentation—Thurs. Jan 16 3:30pm (free to attend, open to all)

Join Dean Jacobs, adjunct professor and prize-winning author, as he draws upon his over five decades of public service working to help protect natural and cultural heritage and promote community well being of the WIFN within its homeland. The presentation will address “how far we have come”, who is being left behind, challenges and future opportunities. Dean also explores pre-Confederation Treaties between the British Imperial Crown and the ancestors of the Walpole Island while addressing “Truth & Reconciliation” based on mutual trust and respect.

Singing Circle —Thurs. Jan 16 at 7-8:30 pm

Did you know that singing and humming activate the vagus nerve, engaging the parasympathetic systems to make you feel good?* (source: your brain on art book)

The singing circle is a gathering where we sing songs around a particular theme. No prior singing experience is required! The singing circle is open to everyone, regardless of skill level. All you need is a desire to sing and enjoy music. Bring a favourite song to sing. If the song is not available on YouTube or Spotify, please bring a copy of the lyrics and a way to play the song.

We sing together as a group. Drop in. \$3 for members, \$6 for non-members.

Lunch N’ Learn with the Alzheimer’s Society—Thurs. Jan 23 11:00 am

The Centre is hosting a Lunch N’ Learn with the Alzheimer’s Society of Chatham Kent. Come learn about the sensory changes that occur with aging, reflect on what a person may experience with age, and identify issues related to activities of daily living.

A free lunch will be included following the presentation. Enjoy a Shepherds Pie lunch with Caesar Salad, and a Cookie for dessert.

Sign up at the front desk. Maximum number of 50 spots available.

Forest Tree Painting Workshop—Thurs. Jan 23 6:30 pm

Join us to paint a beautiful forest tree 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

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Embroidered Valentines Day Card Crafternoon

Wed. Jan 29 at 1:30-3:30 pm

Learn how to embroider on cardstock in a Valentines Day pattern. Participants will leave with a completed embroidered Valentines Day card that you can keep to display or gift to someone special!

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

NEW Full Body Strength Training—Tuesdays at 7:15-8:15 pm

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.

Instructor: Osie Goudreau

NEW 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.**

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

NEW Cardio Class—Saturdays at 9:00-9:45 am

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

NEW Core & Sculpting —Saturdays at 10:15-11:15 am

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

Bridge Lessons—Tuesdays at 10:00 am starting January 28

Instructor Keith Dawson is giving lessons for early to intermediate level players who want to get better at playing bridge. These lessons will go for 5 weeks until February 25.

Sign up at the front desk to secure your spot before it's full.