

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Membership and participation in activities and events is open to adults ages 30 and up!  <b>To learn more or sign up: Call us at 519-674-5126,</b>  <b>email: <a href="mailto:admin@ridgetownadultcentre.com">admin@ridgetownadultcentre.com</a> or visit us in person!</b>                      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. Cardio Class                      9:00-9:45 am                      Chair Yoga with Lisa 10 am                      Core &amp; Sculpting                      10:00-11:00 am</p>
2.	<p>3. Walk it off 9:00 am                      VON Chair Exercise 11:00 am                      Social Card Games 1:00 pm                      Practice Intermediate Tai Chi 2 pm                      Practice Beginners Tai Chi 2:30 pm                      Floor Yoga 5:30 pm                      Pepper 7:00 pm                      Pickleball 7:00 pm at RDHS</p>	<p>4. Walk it off 9:00 am  <b>Bridge Lessons 10:00 am*</b>                      Card Making 11:00 am                      Chair Essentrics 11:00 am                      Duplicate Bridge 1:00 pm                      Sewing, Knitting &amp; Crochet 1 pm                      Cardio Class 6:00 pm                      The Stitch Exchange 6:30 pm                      Strength Training 7:00-8:00 pm</p>	<p>5. 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  <b>Footcare Clinic-call for appt.*</b></p>	<p>6. 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>Facebook Marketplace Class 1:30-3:30 pm*</b>                      Art Collective 5:30-8:30 pm  <b>Strength &amp; Mobility Class 6:45-7:45 pm*</b></p>	<p>7. 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  <b>Dance Yoga Class 5:30 pm*</b></p>	<p>8. Cardio Class                      9:00-9:45 am                      Chair Yoga with Lisa 10 am                      Core &amp; Sculpting                      10:00-11:00 am</p>
9.	<p>10. Walk it off 9:00 am                      VON Chair Exercise 11:00 am                      Social Card Games 1:00 pm                      Practice Intermediate Tai Chi 2 pm                      Practice Beginners Tai Chi 2:30 pm                      Floor Yoga 5:30 pm                      Pepper 7:00 pm                      Pickleball 7:00 pm at RDHS</p>	<p>11. Walk it off 9:00 am  <b>Bridge Lessons 10:00 am*</b>                      Card Making 11:00 am                      Chair Essentrics 11:00 am                      Duplicate Bridge 1:00 pm                      Sewing, Knitting &amp; Crochet 1 pm                      Cardio Class 6:00 pm                      The Stitch Exchange 6:30 pm                      Strength Training 7:00-8:00 pm</p>	<p>12. Walk it off 9:00 am                      VON Chair Exercise 11:00 am                      Men's Walk it Off 1:00 pm  <b>Valentine's Day Crafternoon 1:30-4:00 pm*</b>                      Carpet Bowling 2-4 pm                      Chair Yoga with Lisa 5:30 pm</p>	<p>13. 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 &amp; Billiards 1-3pm  <b>Learn how to use Spotify 1:30-3:30 pm*</b>  <b>Strength &amp; Mobility Class 6:45-7:45 pm*</b></p>	<p>14. Walk it off 9:00 am                      Intermediate Tai Chi 10 am                      Beginners Tai Chi 11:00 am  <b>Valentine's Day Luncheon 12:00 pm*</b>                      Po-Ke-No 1:00 pm                      Learn new card games 2 pm</p>	<p>15. Cardio Class                      9:00-9:45 am                      Chair Yoga with Lisa 10 am                      Core &amp; Sculpting                      10:00-11:00 am</p>
16.	<p>17. <b>The Centre will be closed today for Family Day.</b></p>	<p>18. Walk it off 9:00 am  <b>Bridge Lessons 10:00 am*</b>  <b>Men's Health Presentation 10:30am*</b>                      Card Making 11:00 am                      Chair Essentrics 11:00 am                      Duplicate Bridge 1:00 pm                      Sewing, Knitting &amp; Crochet 1 pm                      Cardio Class 6:00 pm                      The Stitch Exchange 6:30 pm                      Strength Training 7:00-8:00 pm</p>	<p>19. 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  <b>Footcare Clinic-call for appt.*</b></p>	<p>20. 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>YouTube Expert Class 1:30-4:30 pm*</b>  <b>Strength &amp; Mobility Class 6:45-7:45 pm*</b></p>	<p>21. Walk it off 9:00 am                      Intermediate Tai Chi 10 am                      Beginners Tai Chi 11:00 am                      Po-Ke-No 1:00 pm  <b>Dance Yoga Class 5:30 pm*</b></p>	<p>22. Cardio Class                      9:00-9:45 am                      Chair Yoga with Lisa 10 am                      Core &amp; Sculpting                      10:00-11:00 am</p>
23.	<p>24. Walk it off 9:00 am                      VON Chair Exercise 11:00 am                      Social Card Games 1:00 pm                      Floor Yoga 5:30 pm                      Pepper 7:00 pm                      Pickleball 7:00 pm at RDHS                      Nature Photography Group 7 pm</p>	<p>25. Walk it off 9:00 am  <b>Bridge Lessons 10:00 am*</b>                      Card Making 11:00 am                      Chair Essentrics 11:00 am                      Duplicate Bridge 1:00 pm                      Sewing, Knitting &amp; Crochet 1 pm                      Cardio Class 6:00 pm                      The Stitch Exchange 6:30 pm                      Strength Training 7:00-8:00 pm</p>	<p>26. 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>27. 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>"Paint with Love" Watercolour Class at 6:30pm*</b>  <b>Strength &amp; Mobility Class 6:45-7:45 pm*</b></p>	<p>28. Walk it off 9:00 am                      Intermediate Tai Chi 10 am                      Beginners Tai Chi 11:00 am                      Po-Ke-No 1:00 pm</p>	

February 2025



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

**Bridge Lessons—Tuesdays at 10:00am 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: January 28, February 4, 11, 18 and 25.

Sign up at the front desk to secure your spot as there are limited spots available!

**\$3 for members, and 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: [admin@ridgetownadultcentre.com](mailto:admin@ridgetownadultcentre.com)**

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

**Closure Notice:**

The Centre will be closed on February 17 for Family Day!

**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.

**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.

**Facebook Marketplace Class—Thurs. Feb 6 at 1:30-3:30 pm**

This is a one day class to use marketplace to locally sell your things safely, selling safety, etiquette, editing listings, and tips.

Bring a device with you (laptop, tablet, mobile device)

Instructor CeCe Aers

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

**Puzzle Library**

Please stop by the Centre, and check out our puzzle library! Feel free to take a puzzle, or even bring in your own!

**Dance Yoga is back—Fri. Feb. 7 and 21**

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— spots are limited!**

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

**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!**

# February 2025



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

Facebook: [Ridgetown Adult Activity Centre](https://www.facebook.com/RidgetownAdultActivityCentre)

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

## Art Collective—Thurs. Feb 6 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.

## Valentine's Day Crafternoon—Wed. Feb 12 at 1:30-4:00 pm

Get crafty with us! Together we'll be making various Valentine's-themed coffee filter flowers, to decorate and display at our February 14th luncheon.

Learn some new crafts, get creative and socialize while you enjoy a treat & sip on some hot chocolate. Crafting supplies will be provided.

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

## Learn how to use Spotify—Thurs. Feb 13 at 1:30-3:30 pm

Introduction to Spotify features! Everyone will install a free version of Spotify, and we will learn about podcasts, entertainment, audiobooks, search features, playlists, and sharing.

Bring a device with you (laptop, tablet, mobile device)

Instructor CeCe Aers

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

## Men's Health Presentation—Tues. Feb 18 at 10:30 am

Join Brock Yazbeck as he speaks about men's health including the physical changes, mental changes, sexual health, emotional changes, and sensory changes.

This is a FREE presentation! Open to all—members and public.

**Sign up at the front desk!**

## YouTube Expert Class—Thurs. Feb 20 at 1:30-4:30 pm

We will explore the features of YouTube - learn about its features including LIVE videos, locations, DIY videos, entertainment & movies, commenting, News channels, sharing videos and so much more.

Bring a device with you (laptop, tablet, mobile device)

Instructor CeCe Aers

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

## "Paint with Love" Watercolour Class—Thurs. Feb 27 at 6:30 pm

Participants will be doing a short Realistic Drawing Session from a picture of a loved pet or place followed by basic watercolour instruction. Participants must bring in a picture to reference. This is a beginner friendly workshop!

Supplies will be provided. Sign up at the front desk!

**\$6 for members, \$9 for non-members**