

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>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: admin@ridgewayadultcentre.com or visit us in person! To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.</p>						<p>1. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & 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 Tai Chi 2 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 Pancake Breakfast 10:00 am* Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & 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 Footcare Clinic-call for appt.*</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 Games Room & Billiards 1-3pm Art Collective 5:30-8:30 pm 2025 Vision Board Collage Workshop 6:30-8:30 pm* Strength & Mobility Class 6:45-7:45 pm*</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</p>	<p>8. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & 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 Tai Chi 2:00 pm Floor Yoga 5:30 pm Pepper 7:00 pm</p>	<p>11. 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 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 Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm Footcare Clinic-call for appt.*</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 & Billiards 1-3pm</p>	<p>14. 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>15. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
16.	<p>17. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Facebook Basics Class 5:00 pm* Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS Nature Photography Group 7 pm</p>	<p>18. Walk it off 9:00 am Health & Wellness Presentation with Dr. Davey 10:30 am* Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & 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 Footcare Clinic-call for appt.*</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 Games Room & Billiards 1-3pm Strength & Mobility Class 6:15-7:00 pm* Flower Collage Workshop 6:30-8:30 pm* Meditation & Breathwork 7:15-8:15 pm*</p>	<p>21. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Luncheon 12:00 pm* Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>22. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & 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 Practice Tai Chi 2:00 pm Facebook Basics Class 5:00 pm* Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>25. 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 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 Games Room & Billiards 1-3pm Strength & Mobility Class 6:15-7:00 pm* Meditation & Breathwork 7:15-8:15 pm*</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 Learn new card games 2 pm</p>	<p>29. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
30.	<p>31. 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</p>					

March 2025



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

<p>Puzzle Library</p> <p>Please stop by the Centre, and check out our puzzle library! Feel free to take a puzzle, or even bring in your own!</p>	<p>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 website: Ridgetownadultcentre.com</p>	<p>Activity & Memberships Fees 1 Year Standard Membership - \$30.00 1 yr. Associate Membership - \$15.00 <i>Are you an existing member of another Chatham-Kent adult centre? Show proof of membership to become an associate member with us!</i></p>
<p>Carpet Bowling— Wednesdays at 2:00pm</p> <p>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!</p> <p>Beginners welcome – we’ll show you how to play. Drop in. \$3 for members, \$6 for non-members.</p>	<p>Early Bird Membership Renewal Contest</p> <p>Is your membership expiring at the end of March?</p> <p>Beat the rush for a chance to win!</p> <p>Renew your membership by the end of March and you'll be entered into a weekly and grand prize draws!</p> <p>You could win: March 2-8: 1 Coffee Card (value \$10) March 9-15: 1 Luncheon Ticket (value \$15) March 16-22: 1 Luncheon Ticket (value \$15) March 23-29: 1 Gift Certificate to the Centre (value \$20) Grand Prize: 1 - \$100 Gift Certificate to the Centre (value \$100)</p>	<p>Regular Activity Participation Fees: Members & Associate Members - \$3.00 Non-members - \$6.00 3 month unlimited—\$75.00 6 month unlimited—\$150.00 Unlimited for one year—\$300.00</p> <p>Foot Clinic Appts Members & Associate Members —\$20 Non-members—\$30</p> <p>Accepted payment methods: cash, debit or credit. As a not-for-profit organization, we appreciate and encourage cash and debit transactions.</p>
<p>Games Room & Billiards— Thursdays at 1:00-3:00pm</p> <p>Our Games Room is open during Centre hours.</p> <p>On Thursdays we host a dedicated Games & Billiards afternoon, so we can socialize and have fun playing together!</p> <p>\$3 for members & \$6 for non-members.</p>	<p>If your name is chosen during any week, your name will go back in for future draws.</p> <p>By renewing early, your current membership is not interrupted. Your 2025/26 membership will automatically start on April 1st, 2025. Gift certificates can be used towards participations, lunch tickets, registration for special classes and foot clinic at the Centre.</p> <p>The earlier that you renew, the more chances you have in winning a weekly prize! Renew your membership at the front desk!</p>	<p>Get access to Ancestry</p> <p>Ancestry—\$25 for members & associate members (access for one year)</p> <p>This gives you access to a World Deluxe membership which includes access to all records (Canadian and international) on Ancestry.</p> <p>Sign up at the front desk!</p>

March 2025



Ridgetownadultcentre.com

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Pancake Breakfast—Tues. March 4 at 10:00 am

Join us for a hearty and delicious pancake breakfast catered by Yeck's Smokehouse!

Breakfast will be: Pancakes, Sausage and Real Maple Syrup! Start your day with great food and even better company.

Tickets are \$10. Visit the front desk to purchase yours!

Open to members & non-members.

Tickets on sale until Fri. February 28 at noon or when sold out!

Facebook Basics Class—Mon. March 17 & 24 at 5:00-7:00 pm

In this interactive class with instructor CeCe Aers, learn how to protect your online presence and stay safe on Facebook amidst the rise of Artificial Intelligence (AI) and locking down your profile from the Public.

Discover how to:

- Recognize and report AI-generated scams and phishing attempts
- Use Facebook's built-in security features to safeguard your account
- Avoid falling victim to AI-powered fake profiles and online harassment
- Maintain your online privacy and control who sees your information by using settings to lock your account
- Stay up-to-date with the latest Facebook safety features and best practices

Sign up at the front desk. \$3 for members/class & \$6 for non-members/class.

Art Collective—Thurs. March 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.

2025 Vision Board Collage—Thurs. March 6 at 6:30-8:30 pm

It is never too late to set your visions for the new year! Join us for an inspiring Vision Collage Workshop where you'll bring your goals to life through the power of visualization!

A vision collage is a powerful tool that helps you manifest your goals by visually aligning your desires with intention and focus. Whether you're seeking career success, personal growth, wellness, love, or adventure, this workshop will empower you to bring your aspirations to life.

All supplies included! Participants will leave with a completed personalized 2025 vision collage. **Instructor Lisa Hiles.**

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

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Nature Photography Group—Mon. March 17 at 7:00 pm

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

Meetings will include sharing of photos, helpful critiques, interactive discussions, “what I shoot” presentations, teaching seminars, monthly field trips and more! Whether you have a point and shoot, DSLR, mirrorless camera, you’re invited to participate!

We welcome all experience levels.

Health & Wellness Presentation with Dr. Davey—Tues. March 18 at 10:30 am

Are you looking for ways to stay active, keep your mind sharp, and maintain strong bones as you age? Don’t miss this presentation, with Chiropractor Dr. Davey, an informative and engaging discussion designed to help people prioritize their well-being.

Dr. Davey will explore the importance of physical activity, bone strength, and brain health—key factors in living a long, vibrant life. Learn practical tips and strategies to stay active, prevent cognitive decline, and support overall wellness.

This is a FREE presentation. Open to all.

Flower Collage Workshop— Thurs. March 20 at 6:30-8:30 pm

A flower collage is a wonderful way to express yourself through art, blending colors, textures, and images to create something unique. Whether you're a seasoned artist or a complete beginner, this workshop will provide a fun and relaxing space to explore your creativity.

All supplies included! Participants will leave with a beautiful floral portrait to bring home. **Instructor Lisa Hiles.**

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

NEW—Meditation & Breathwork Class—Starting Thurs. March 20 at 7:15-8:15 pm

The Power of 9 Breaths. A meditative journey connecting Spirit, Mind and Body.

This powerful and self exploratory guided mediation allows one to sink peacefully into the present moment through the breath.

The class will consist of conversation, guided breathwork and close in meditation and stillness. Instructor Heather Littlejohns.

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

March Luncheon—Fri. March 21 at 12:00 pm

Join us for a delicious lunch of: Black Forest Ham, Garlic Mashed Potatoes, Dinner Rolls, Baby Carrots, Mixed Veggies, Pickles and Salad.

Assorted Dessert & Coffee & Tea.

Catered by Burns Restaurant and Catering, Dresden, ON.

Tickets are \$15. Visit the front desk to purchase yours.