

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm	2. 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 Strength Training 6:00 pm Cardio Class 7:15 pm Footcare Clinic-call for appt.*	3. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Ladies Afternoon Tea 2:00 pm* Art Collective 5:30-8:30 pm Strength & Mobility Class 6:15-7:00 pm* Meditation & Breathwork 7:15-8:15 pm*	4. 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 Art Show featuring Matthew Giffin 6:00-8:00 pm	5. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Pinecone Wreath Workshop 12:00 pm*
6.	7. 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	8. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm	9. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Easter Embroidery Card Crafternoon 1:30 pm* Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm	10. Walk it off 9:00 am Elder Abuse Presentation 10:30 am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Internet & Entertainment Class 1:30-3:30 pm* Strength & Mobility Class 6:15-7:00 pm* Meditation & Breathwork 7:15-8:15 pm*	11. 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	12. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
13.	14. 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 Maud Lewis Painting Workshop 6:30 pm* Pepper 7:00 pm Pickleball 7:00 pm at RDHS	15. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm	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 Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm Footcare Clinic-call for appt.*	17. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Internet & Entertainment Class 1:30-3:30 pm* Strength & Mobility Class 6:15-7:00 pm* Meditation & Breathwork 7:15-8:15 pm*	18. The Centre is closed today for Good Friday	19. No classes today for Easter weekend
20.	21. Walk it off 9:00 am VON Chair Exercise by DVD Only 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 pm	22. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Alzheimer's Lunch N Learn 11:00 am* Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm	23. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Crepe Paper Flower Crafternoon 1:30 pm* Carpet Bowling 2-4 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm	24. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Internet & Entertainment Class 1:30-3:30 pm* Strength & Mobility Class 6:15-7:00 pm* Meditation & Breathwork 7:15-8:15 pm*	25. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Volunteer Luncheon 12:00 pm* Po-Ke-No 1:00 pm Learn new card games 2 pm	26. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
27.	28. Walk it off 9:00 am VON Chair Exercise by DVD Only 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	29. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm Paint Spring Flowers Watercolour Class 6:30 pm*	30. 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 Strength Training 6:00 pm Cardio Class 7:15 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:admin@ridgetownadultcentre.com">admin@ridgetownadultcentre.com</a> or visit us in person! To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.		

April 2025



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

**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!

**ZUMBA IS BACK!! —  
Tuesdays at 6:00 pm**

Zumba combines dance moves with music! It's a fun way to get active, improve cardiovascular fitness, & boost your mood!

No experience needed! Beginners welcome!  
**Instructor Amy Dalton.**

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

**NEW—Meditation & Breathwork  
Class—Thursdays 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.**

**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 Friday, April 18 for Good Friday and Saturday, April 19. There will be no fitness classes that day.

Happy Easter everyone!

**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.

**Ladies Afternoon Tea—Thurs. April 3 at 2:00 pm**

Join us for a Ladies Afternoon Tea at the Centre, where we will welcome Karen Hunter from the Women's Centre. Karen will share insights about the Centre, its mission, and how it operates to support women in our community.

Come enjoy an afternoon of tea, treats, and togetherness while supporting a great cause. We look forward to seeing you there!

**\$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

3 month unlimited—\$75.00

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!**

# April 2025



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## Art Collective—Thurs. April 3 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. Instructor Carri McCoy.**

## Pinecone Wreath Workshop—Sat. April 5 at 12:00 pm

Transform pinecones into a wreath to hang on your door.

Get creative with your colours, go for classic earthy tones, or even bold and unexpected shades to make your wreath uniquely yours!

This workshop is suitable for beginners and experienced artists. You'll leave with a pinecone wreath you can hang on your door.

**\$15 for members & \$18 for non-members.**

## Easter Embroidery Card Crafternoon—Wed. April 9 at 1:30 pm

Learn how to embroider on cardstock in a fun Easter themed pattern.

Participants will leave with a completed embroidered 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.**

## Elder Abuse Presentation—Thurs. April 10 at 10:30 am

Join Shannon Jackson, Chair of the Elder Abuse Awareness and Prevention Network Chatham-Kent, for an informative and engaging presentation on elder abuse prevention and advocacy.

Elder abuse is a critical issue that affects many seniors in our communities. This presentation will provide valuable insights on recognizing the signs of elder abuse, understanding the different types of abuse, learning how to prevent and respond to abuse and more.

Whether you are a caregiver, family member, professional, or concerned community member, this presentation will equip you with the knowledge and tools to help safeguard the well-being of older adults.

**This is a free presentation, open to all.**

## Internet & Entertainment Class—Thursday, April 10, 17 & 24 at 1:30-3:30 pm

Join instructor CeCe Aers for an engaging and informative class on navigating the digital world of entertainment! Participants will learn how to find and stream movies and TV shows, stay connected with friends and family online, explore online gaming, and make the most of popular streaming services like Netflix and YouTube.

Whether you're new to digital entertainment or looking to expand your skills, this class will help you confidently explore the internet's many entertainment options.

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

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## Maud Lewis Painting Workshop—Mon. April 14 at 6:30 pm

Learn about & paint in the style of Maud Lewis, a celebrated Canadian folk artist!

Make your own Maud inspired spring themed artwork on canvas ready to hang and display. Whether you're a beginner or a seasoned artist, enjoy a fun and relaxing evening making art, connecting with others, and being inspired by Maud Lewis' story and creations.

Facilitated by Lisa Hiles

**All supplies included. Registration is \$15 for members & \$18 for non-members.**

**Contact us to sign up!**

## Alzheimer's Society Lunch N Learn —Tues. April 22 at 11:00 am

The Centre is hosting a Lunch N' Learn with the Alzheimer's Society of Chatham Kent. Come learn about brain health, the risk factors and what you can do to take action!

A free lunch will be included following the presentation at 12:00pm.

Sign up at the front desk. **Maximum number of 50 spots available for the FREE luncheon.**

## Crepe Paper Flower Crafternoon—Wed. April 23 at 1:30 pm

Get creative with Activities Assistant, Amy Klinkhamer. Join us in making crepe paper flowers to be used as centerpieces for our April Volunteer Luncheon.

This is a wonderful opportunity to connect, craft, and contribute to a special event honoring our amazing volunteers. No experience needed—just bring your enthusiasm, and we'll provide the supplies!

Come be a part of something meaningful and add a personal touch to this celebration.

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

## Volunteer Luncheon—Fri. April 25 at 12:00 pm

If you've volunteered in some way at the Centre – you're invited, because we couldn't have achieved all that we have without you!

Join us for a complimentary lunch, catered by the Kent Bridge Country Market. Motivational speaker, Dan Edwards, will be sharing his powerful story of transformation. After facing some of his lowest moments, Dan discovered the power of volunteering and how it became the foundation for his journey into motivational speaking.

**RSVP at the front desk by Friday, April 11.**

## Paint Spring Flowers Watercolour Class—Tues. April 29 at 6:30 pm

Participants will be sketching a Spring themed picture, followed by a basic watercolour instruction from instructor Veronica Cornell. Participants can choose to bring in a reference photo of Spring flowers, nature or landscape. Supplies will be provided. Sign up in advance at the front desk!

**\$6 for members & \$9 for non-members.**