

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><b>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!</b></p> <p>To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.</p>			<p>1. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1-3pm Art Collective 5:30-8:30 pm Strength &amp; Mobility Class 6:15-7:00 pm* Meditation &amp; Breathwork 7:15-8:15 pm*</p>	<p>2. 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>3. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core &amp; Sculpting 10:00-11:00 am</p>
4.	<p>5. Walk it off 9:00 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Birdhouse Crafternoon 1:30 pm* Practice Tai Chi 2 pm Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:00 pm at RDHS</p>	<p>6. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>7. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm Footcare Clinic-call for appt.*</p>	<p>8. Walk it off 9:00 am Purses with Purpose 10:00 am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1-3pm Instagram Basics Class 1:30-3:30 pm* Strength &amp; Mobility Class 6:15-7:00 pm* Meditation &amp; Breathwork 7:15-8:15 pm*</p>	<p>9. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Mother's Day Luncheon 12:00 pm* Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>10. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core &amp; Sculpting 10:00-11:00 am</p>
11.	<p>12. 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>	<p>13. Walk it off 9:00 am MAID Presentation 10:30 am* Card Making 11:00 am Chair Essentrics 11:00 am CK 55+ Duplicate Bridge Tournament 1:00 pm* Sewing, Knitting &amp; Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>14. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm</p>	<p>15. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1-3pm Instagram Basics Class 1:30-3:30 pm* Strength &amp; Mobility Class 6:15-7:00 pm* Meditation &amp; Breathwork 7:15-8:15 pm*</p>	<p>16. Walk it off 9:00 am Intermediate Tai Chi 10 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Rainbow Valley Watercolour Class 1:30 pm* Learn new card games 2 pm</p>	<p>17. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core &amp; Sculpting 10:00-11:00 am</p>
18.	<p>19. The Centre is closed today for Victoria Day</p>	<p>20. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>21. 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 Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm Footcare Clinic-call for appt.*</p>	<p>22. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1-3pm Annual Membership Meeting 1:30 pm Strength &amp; Mobility Class 6:15-7:00 pm* Meditation &amp; Breathwork 7:15-8:15 pm*</p>	<p>23. 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>24. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core &amp; Sculpting 10:00-11:00 am Pinecone Wreath Workshop 12:00 pm*</p>
25.	<p>26. 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 Nature Photography Group 7 pm</p>	<p>27. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting &amp; Crochet 1:00 pm Zumba 6:00 pm The Stitch Exchange 6:30 pm "Let's Paint Landscape" Watercolour Class 6:30 pm* Line Dancing 7:00 pm</p>	<p>28. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:15 pm Footcare Clinic-call for appt.*</p>	<p>29. Walk it off 9:00 am CK 55+ 8-ball Tournament 10:00 am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room &amp; Billiards 1-3pm Instagram Basics Class 1:30-3:30 pm* Strength &amp; Mobility Class 6:15-7:00 pm* Meditation &amp; Breathwork 7:15-8:15 pm*</p>	<p>30. 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>31. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core &amp; Sculpting 10:00-11:00 am</p>

# May 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!

### NEW CLASS— Line Dancing on Tuesday Evenings at 7:00 pm

Join instructor Euri Anifantis for an extra line dancing class on Tuesday evenings!

We recommend participants have some prior line dancing experience or have participated in our previous beginner line dancing classes.

Drop in and join us!

### Annual Membership Meeting— Thursday, May 22 at 1:30 pm

Join us for our Annual Membership Meeting this month!

This is only open to all members with a current standard membership. Has your membership expired? It's easy to renew. Visit the front desk to renew or visit our website at <https://ridgetownadultcentre.com/become-a-member/>

### 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 Monday, May 19 for Victoria Day!

Have a great long weekend!

### 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.

### CK 55+ Games—Duplicate Bridge & 8-Ball

Join us for a fun Duplicate Bridge tournament on Tuesday, May 13 at 1:00pm and an 8-ball tournament on Thursday, May 29 at 10:00am.

Open to anyone ages 55 and up. Sign up at the front desk or contact the Centre to register. Pay the day of \$3 for members & non-members.

Drop in and see what other Centre's are hosting for the CK 55+ Games.

### 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!**

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## Art Collective—Thurs. May 1 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.**

## Birdhouse Crafternoon—Monday, May 5 at 1:30 pm

Join us for a fun and creative Birdhouse Crafternoon, where participants will come together to design and decorate charming birdhouse center-pieces for our upcoming luncheon.

**All supplies included! Limited spots available, sign up in advance.**

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

## Purses with Purpose—Thursday, May 8 at 10:00 am

In celebration of Mother's Day, we are filling purses with thoughtful items to support and uplift the women at the Chatham-Kent Women's Centre.

Join us for a casual, drop-in event — no sign-up necessary. Simply stop by the Centre, lend a hand, and help us spread some kindness.

We are also accepting donations of new or gently used purses and small items to fill them, such as toiletries, cosmetics, journals, and other thoughtful gifts.

## Mother's Day Luncheon—Friday, May 9 at 12:00 pm

The Centre is excited to host a Mother's Day Luncheon on Friday, May 9 at 12:00pm. Join us for an afternoon of great food, community, and celebration.

Guests will enjoy a delicious meal featuring a quarter chicken and baked potato, catered by Foodland. It's the perfect way to kick off your Mother's Day celebrations with friends, family, and colleagues.

**Tickets are \$15** and must be purchased in advance. Space is limited, so be sure to get your ticket early and reserve your seat at this special event!

We look forward to celebrating with you!

## MAID Presentation—Tuesday, May 13 at 10:30 am

The Centre is hosting an informative virtual presentation on Medical Assistance in Dying (MAID). This session will be led by presenters Lana Stermac and Roz Doctorow, who will provide an overview of MAID, including what it is, who may be eligible, and how the process works.

Medical Assistance in Dying is a personal and often complex topic. This presentation is designed to offer clear information, dispel myths, and help participants better understand the legal, ethical, and emotional aspects involved. Whether you are seeking information for yourself, a loved one, or simply wish to be better informed, this session will provide valuable insights.

Don't miss this opportunity to learn more and have your questions answered.

**Sign up in advance. This is a FREE presentation.**

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## Instagram Basics Class—Thursday, May 8, 15 & 29 at 1:30-3:30 pm

Join instructor CeCe Aers for a beginner-friendly workshop all about Instagram!

Whether you're brand new to the platform or just looking to boost your confidence, this class will walk you through the essentials. Participants will learn how to set up an account, take and edit photos, use hashtags effectively, and explore key features of Instagram.

Bring your smartphone or tablet and get ready to dive into the world of social media in a fun, supportive environment.

**Sign up in advance! \$3 for members/class, \$6 for non-members/class.**

## Rainbow Valley Watercolour Class—Friday, May 16 at 1:30 pm

Join us for a relaxing and creative afternoon at our Rainbow Valley Watercolour Class with instructor Alison Rae!

Whether you're a seasoned artist or just starting out, this class is the perfect way to explore the vibrant world of watercolour painting in a fun, supportive environment.

All materials are provided — just bring your imagination and a willingness to play with colour. Come connect, create, and unwind!

**Sign up in advance. \$3 for members & \$6 for non-members.**

## Pinecone Wreath Workshop—Saturday, May 24 at 12:00 pm

Did you miss out on the last workshop? Well you are in luck!

Join Lisa Hiles to 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.**

## Nature Photography Group—Monday, May 26 at 7:00 pm

Want to learn about nature photography? This group meets 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, and more! Whether you have a point and shoot, DSLR, mirrorless camera, you're invited to participate!

**We welcome all experience levels.**

## "Let's Paint Landscape" Watercolour Class—Tuesday, May 27 at 6:30 pm

Join us for a watercolour class led by instructor Veronica Cornell. In this hands-on session, participants will learn how to sketch and paint stunning landscapes, drawing inspiration from the natural charm of our region — even your own backyard! Whether you're a beginner or looking to sharpen your skills, this class offers a relaxing and creative space to connect with nature and your inner artist. All materials are provided.

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