January 2026 | THE CENTRE CALENDAR

40 Erie St S, Ridgetown, ON P.O. Box 952 Ridgetownadultcentre.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	To learn more or sign up call us at 519-674-5126, email programs@ridgetownadultcentre.com or visit us person! 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.			1. The Centre is CLOSED today! Happy New Year!	2. Walk it off 9:00 am Advanced & Beginners Tai Chi 10:30-11:30 am Po-Ke-No 1:00 pm Gentle Yoga 1:00 pm Learn new card games 2 pm	3. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Functional Yoga & Fitness 1:00 pm* Unwind and Restore 2:00 pm*
4.	5. 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 Crafted With Colour: Yarn Art Workshop 6:00pm* Dungeons & Dragons 6:00pm Pepper 7:00 pm Pickleball 7:30 pm at RDHS	6. 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 Line Dancing 7:00 pm	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 & Cardio Class cancelled tonight Footcare Clinic-call for appt.*	8. Walk it off 9:00 am YouTube Experts Class 10:00am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Art Collective 5:30pm Floor Yoga 5:30 pm NEW! Evening Calm: Guided Yoga Nidra 6:45 pm	9. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Gentle Yoga 1:00 pm Learn new card games 2 pm	10. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Functional Yoga & Fitness 1:00 pm* Unwind and Restore 2:00 pm*
11.	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 7:30 pm at RDHS	13. 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 Understanding Menopause Presentation 6:00pm* The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	14. Walk it off 9:00 am VON Chair Exercise 11:00 am Flurries & Fun Crafternoon 1:30pm* 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	15. Walk it off 9:00 am YouTube Experts Class 10:00am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	16. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am January Luncheon 12:00pm* Po-Ke-No 1:00 pm Gentle Yoga 1:00 pm Learn new card games 2 pm	17. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Functional Yoga & Fitness 1:00 pm* Unwind and Restore 2:00 pm*
18.	19. 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 Dungeons & Dragons 6:00pm Pepper 7:00 pm Ridgetown Nature Photography Group 7:00 pm Pickleball 7:30 pm at RDHS	20. 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 Line Dancing 7:00 pm	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.*	22. Walk it off 9:00 am Online Shopping Made Easy 10:00am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	23. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Gentle Yoga 1:00 pm Learn new card games 2 pm	24. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Functional Yoga & Fitness 1:00 pm* Unwind and Restore 2:00 pm*
25.	26. Walk it off 9:00 am Mobile Care Bus 9:30am-3:00pm VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Tai Chi 2:00 pm Floor Yoga 5:30 pm Dotted Creations Workshop 6:00pm* Pepper 7:00 pm Pickleball 7:30 pm at RDHS	27. 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 NEW! Chair Cardio & Sculpting 5:30 pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	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	29. Walk it off 9:00 am Mastering the Basics of Google Docs 10:00am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3pm Floor Yoga 5:30 pm Bracelet Bar 6:00pm* Evening Calm: Guided Yoga Nidra 6:45 pm	30. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am Po-Ke-No 1:00 pm Gentle Yoga 1:00 pm Learn new card games 2 pm	31. Cardio Class 9:00-9:45 am Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am Functional Yoga & Fitness 1:00 pm* Unwind and Restore 2:00 pm*

January 2026

the CENTRE
RIDGETOWN AREA ADULT ACTIVITY CENTRE

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!

Nature Photography Group—Monday, January 19 at 7:00pm

Want to learn more about nature photography? Drop in and join us.

All experience levels are welcome....whether you have a point and shoot, DSLR, or mirror-less camera, you are invited to participate.

$3 for members & $6 for non-members!

Program Update!

Zumba will be on pause starting January 27 while our instructor is away. Don't worry—we have a new class stepping in to keep the fun and movement going! Take a look at the calendar for more information and come check it out.

Our Thursday evening classes, Strength & Mobility and Meditation, are moving to Saturdays—with a fresh new twist! Be sure to check out the updated times and join us for this refreshed weekend schedule.

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

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.

Closure Notice:
Please note: the Centre will be closed December 31 & January 1 for New Years!

Happy New Year!

January Luncheon—Friday, January 16 at 12:00pm

Join us for a delicious lunch featuring shepherd's pie, fresh salad, and rolls.

Catered by Nicole Rumble

Dessert, along with coffee, tea, water, and pop will be provided.

More details coming soon!

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!

January 2026

the CENTRE
RIDGETOWN AREA ADULT ACTIVITY CENTRE

Ridgetownadultcentre.com

Facebook: Ridgetown Adult Activity Centre

Instagram: @RidgetownAdultActivityCentre

Crafted with Colour: Yarn Art Workshop—Monday, January 5 at 6:00pm

Unleash your creativity in our fun and relaxing Yarn Art Class! Guided by instructor Lisa Hiles, participants will design and create beautiful textured artwork using yarn, glue, and a canvas.

Whether you're an experienced crafter or trying something brand-new, Lisa will lead you step-by-step in crafting a unique masterpiece full of color and personality. Everyone will leave with a completed canvas ready to display or gift.

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

YouTube Experts Class—Thursday, January 8 & 15 at 10:00am

Discover everything YouTube has to offer in this engaging, beginner-friendly class. Participants will learn how to become a YouTube member and explore key features, including LIVE videos, location-based content, DIY and how-to videos, entertainment and movies, news channels, commenting, and sharing videos with others. This class will help you navigate YouTube with confidence, find content that interests you, and make the most of this popular online platform.

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

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

Art Collective—Thurs. January 8 at 5:30-8:30 pm

Join our monthly Art Collective led by Carri McCoy, 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. $3 for members, $6 for non-members.

Understanding Menopause Presentation—Tuesday, January 13 at 6:00pm

Join Dr. Erin TeWinkel, ND, for an eye-opening and supportive presentation on Menopause - what it is, why it happens, and how to navigate this stage of life with confidence and clarity.

In this engaging session, Dr. TeWinkel will break down the physical, emotional, and hormonal changes that occur during menopause, while offering practical strategies to manage symptoms, support overall well-being, and advocate for your health. Attendees will gain a deeper understanding of topics such as perimenopause, hot flashes, sleep changes, mood shifts, and the role hormones play in the transition.

Free to attend, open to members & the public.

Flurries & Fun Crafternoon—Wednesday, January 14 at 1:30pm

Shake off the winter blues and join us for Flurries & Fun—a cozy, creative workshop inspired by all things winter! Participants will enjoy making paper snowflakes that will be used as table décor for our January luncheon, adding a personal and festive touch to the celebration. You'll also be able to take one snowflake home to enjoy.

This relaxed, hands-on workshop is perfect for all skill levels and a wonderful way to connect, create, and give back. All materials are provided—just bring yourself and your winter spirit!

$3 for members & $6 for non-members. Sponsored by the Howard Mutual Foundation.

Online Shopping Made Easy—Thursday, January 22 at 10:00am

Join this informative session with CeCe Aers and learn how to shop online with confidence. This class will cover how to shop safely online, important precautions to protect your personal and financial information, and tips for recognizing trusted websites.

CeCe will walk through the basics of placing orders, understanding payments, and navigating the checkout process, making online shopping easier, safer, and more convenient for everyday use.

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

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

January 2026

the CENTRE
RIDGETOWN AREA ADULT ACTIVITY CENTRE

Ridgetownadultcentre.com

Facebook: Ridgetown Adult Activity Centre

Instagram: @RidgetownAdultActivityCentre

Dotted Creations Workshop—Monday, January 26 at 6:00pm

Explore the creative and relaxing art of dot painting in this engaging, hands-on workshop led by instructor Lisa Hiles. Participants will use paint and special dotting techniques to transform simple dots into beautiful, eye-catching works of art. Lisa will guide you step by step, sharing tips and techniques to help build confidence and creativity along the way. No prior experience is needed—just come ready to unwind, have fun, and create a unique piece to take home.

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

Mastering the Basics of Google Docs—Thursday, January 29 at 10:00am

This hands-on program introduces participants to Google Docs and the many ways it can make creating and sharing documents easier. You'll learn the benefits of using Google Docs, how to upload files from your computer, and how to organize your work by creating folders and subfolders.

The session will also cover sharing documents with others, using built-in templates and helpful add-ons, and saving time with useful keyboard shortcuts.

Bring a device with you (laptop, tablet, mobile device)
$3 for members & $6 for non-members! Sign up in advance.

Bracelet Bar—Thursday, January 29 at 6:00pm

Get creative and design your own one-of-a-kind bracelets at our Bracelet Bar workshop! Choose from a variety of beads, charms, and colours to create pieces that reflect your personal style—or make a meaningful gift for someone special.

This relaxed, hands-on workshop is perfect for beginners and experienced crafters alike. Come enjoy a fun, social evening of creativity, conversation, and self-expression. All materials will be provided—just bring yourself and your imagination!

$3 for members & $6 for non-members. Sponsored by the Howard Mutual Foundation.

New Fitness Classes this Month!

Chair Cardio & Sculpting — Tuesdays at 5:30pm starting January 27
This chair-based class is designed for individuals with mobility challenges or joint concerns who may find traditional cardio difficult. All exercises are done while seated, creating a safe and supportive way to stay active. The class includes gentle seated cardio movements such as marching, stretching, and leg lifts to raise the heart rate, followed by light weight exercises to build strength and endurance.

Evening Calm: Guided Yoga Nidra — Thursdays at 6:45pm starting January 8
Experience deep rest through Yoga Nidra, a guided "yogic sleep" practice that promotes profound relaxation, stress release, and inner awareness.

Functional Yoga & Fitness — Saturdays at 1:00pm starting January 3
Improve your stability, mobility, and flexibility through gentle, guided movement and stretching designed to support your body at any stage. This class incorporates mindful breathwork to help you connect with your body, enhance balance and coordination, and promote relaxation. Participants are encouraged to move at their own pace in a welcoming, non-judgmental environment.

Unwind & Restore — Saturdays at 2:00pm starting January 3
Slow down and savor a mindful moment in this relaxing and enriching class. Each week, participants will enjoy a different healthy tea while engaging in enlightening conversation and reflecting on an inspired journal prompt. The class will conclude with a calming guided meditation, offering time to relax, reset, and leave feeling refreshed, grounded, and connected.