

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm No Practice Tai Chi today Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:30 pm at RDHS</p>	<p>2. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00am DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm NEW! Mahjong 6:00pm Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>3. 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 7:05 pm Footcare Clinic-call for appt.*</p>	<p>4. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am DVD only Floor Essentrics at 12:00pm DVD only Games Room & Billiards 1-3pm Mahjong 1:00pm Art Collective 5:30pm Chair Cardio & Sculpting 5:30-6:15pm Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm</p>	<p>5. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>6. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
7.	<p>8. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Pepper 7:00 pm Pickleball 7:30 pm at RDHS</p>	<p>9. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00am DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>10. 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 7:05 pm</p>	<p>11. Walk it off 9:00 am Pinterest Basics Class 10:00am* Line Dancing 11:00 am Pilates 11:30am DVD only Floor Essentrics at 12:00pm DVD only Games Room & Billiards 1-3pm Mahjong 1:00pm Abstract Postcard Painting 3:00pm* Chair Cardio & Sculpting 5:30-6:15pm Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm</p>	<p>12. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:30 pm Learn new card games 2 pm</p>	<p>13. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
14.	<p>15. Walk it off 9:00 am No Chair Yoga this morning VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Driftwood Fish Workshop 6:00pm* Pepper 7:00 pm Ridgetown Nature Photography Group 7:00 pm</p>	<p>16. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00am DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>17. 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 7:05 pm Footcare Clinic-call for appt.*</p>	<p>18. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am DVD only Floor Essentrics at 12:00pm DVD only Games Room & Billiards 1-3pm Mahjong 1:00pm Chair Cardio & Sculpting 5:30-6:15pm Floor Yoga 5:30 pm No Yoga Nidra tonight</p>	<p>19. Walk it off 9:00 am Practice FOR ALL CURRENT STUDENTS 10:00-11:00am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:30 pm Learn new card games 2 pm</p>	<p>20. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
21.	<p>22. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Lino Printing Workshop 6:30pm* Pepper 7:00 pm</p>	<p>23. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00am DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm No Zumba tonight The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>24. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Travel Keepsake Collage 1:30pm* Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:05 pm Footcare Clinic-call for appt.*</p>	<p>25. Walk it off 9:00 am Internet & Entertainment 10:00am* Line Dancing 11:00 am Pilates 11:30am DVD only Floor Essentrics at 12:00pm DVD only Games Room & Billiards 1-3pm Mahjong 1:00pm Chair Cardio & Sculpting 5:30-6:15pm Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm</p>	<p>26. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] No VON Chair Exercise today BBQ Luncheon 12:30pm* Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>27. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
28.	<p>29. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Social Card Games 1:00 pm Online Grocery Pickup Basics: Food Basics & Superstore 1:00pm* Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Stitch & Spud Workshop 5:30pm* Pepper 7:00 pm</p>	<p>30. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00am DVD only Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Mahjong 6:00pm Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>Membership and participation in activities and events is open to adults ages 30 and up!</p> <p>To learn more or sign up: Call us at 519-674-5126, email: programs@ridgetownadultcentre.com or visit us in person!</p> <p>To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.</p> <p>All other activities are drop-in unless otherwise specified.</p>			

June 2026



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Amy and Lisa's Creative Workshop Series!

This creative workshop series with Amy and Lisa offers a variety of hands-on art classes designed to inspire and explore different techniques. To give more participants the opportunity to join, **registration is limited to one class per person out of the two offered in the series.**

Driftwood Fish Workshop—Monday, June 15 at 6:00pm

Create your own vibrant seaside-inspired artwork in this fun, hands-on class! Using natural pieces of driftwood, participants will design and paint whimsical, colorful fish full of personality. You'll explore playful patterns, bold color combinations, and simple techniques to bring your fish to life. Facilitated by Lisa Hiles. **All supplies included. Registration is \$15 for members & \$18 for non-members.**

Cyanotype Workshop— Monday, July 20 at 5:30pm

In this hands-on workshop, you'll learn how to create beautiful blue-toned prints using one of the oldest photographic printing processes. Using light-sensitive chemicals and sunlight, you'll make unique images by placing objects or negatives on treated paper. **Instructed by Amy Klinkhamer. All supplies included. Registration is \$7 for members & \$10 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: programs@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.

Last Day of Pickleball until the Fall!

Please note: The last day of Pickleball will be Monday, June 8.

Pickleball will resume again in the Fall!

Have an Idea? We'd Love to Hear It!

Would you like to see new programs added to the Centre's calendar?

We're always looking for fresh ideas and exciting activities to offer our community. If there's a class, workshop, or program you'd love to see, please chat with Alison, our Activities Coordinator, and share your suggestions.

Your ideas help shape what we do!

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!

June 2026



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Art Collective—Thursday, June 4 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.

Pinterest Basics Class—Thursday, June 11 at 10:00am

Discover the basics of Pinterest and learn how to use the app to find ideas, inspiration, and helpful tips for everyday living! In this beginner-friendly class, participants will learn how to download the app, create an account, search for content, save ideas to boards, and explore topics like recipes, home organization, crafts, fashion, and more. Perfect for anyone looking to get creative, stay organized, and make the most of Pinterest in daily life.

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

Instructor CeCe Aers.

Abstract Postcard Painting—Thursday, June 11 at 3:00pm

Get creative, painting and playing with different abstract techniques. Make a joyful and vibrant painted postcard you can display or mail to a friend.

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

Instructor Krista Kankula.

Nature Photography Group—Monday, June 15 at 7:00 pm

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 mirrorless camera, you are invited to participate.

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

Lino Printing Workshop—Monday, June 22 at 6:30pm

This Lino Printing workshop is a fun, hands-on exploration of the art of printmaking! Participants will learn how to design, carve, ink, and print their own custom linocut design onto a 4x6 zipper pouch/makeup bag using traditional Lino printing techniques. A selection of pre-made designs will be available to choose from, allowing participants to personalize their project while enjoying a relaxing and engaging artistic experience.

Sign up in advance. \$35 for members & \$38 for non-members. Instructor Amy Klinkhamer.

Travel Keepsake Collage—Wednesday, June 24 at 1:30pm

Finally do something with all those photos you have saved, get creative, and reflect on your favourite travel memories, by making a keepsake collage, to display or frame.

Using photos from a family vacation, solo adventure, or road trip, along with any paper souvenirs you collected, and a variety of collage supplies, make a visual memory of your travels.

Collage is an art technique where you cut and layer magazine clippings, photos, words, textures, and all kinds of other materials to create something unique.

All collage supplies (excluding frames) are included. Bring your photos OR you can send them to us, and we'll print up to 4 for you.

Sign up in advance. \$7 for members & \$10 for non-members. Instructor Krista Kankula.

June 2026



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Internet & Entertainment Class—Monday, June 22 at 1:00pm

Learn how to use the internet for fun, entertainment, and staying connected! This beginner-friendly class will introduce participants to popular streaming services like Netflix and YouTube, music platforms such as Spotify and Apple Music, and online games and puzzles. Participants will also explore the basics of social media, including Facebook and Twitter, while learning how to safely browse, stream movies and TV shows, listen to music and radio online, and enjoy digital entertainment in everyday life.

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

Instructor CeCe Aers.

BBQ Luncheon—Friday, June 26 at 12:30pm

Join us for a delicious summer kickoff lunch featuring all your favorites.

Enjoy a choice of juicy hamburgers or classic hot dogs, paired with a spread of refreshing salads like potato salad, coleslaw, and macaroni and more!

Lunch also includes:

- Your choice of beverage (coffee, tea, soda, or water)
- A fun ice cream sundae bar with endless toppings and syrups for dessert!

Tickets will go on sale June 1. Purchase yours at the front desk. **Tickets are \$20/ person.**

Tickets on sale until Friday, June 19 at noon or when sold out! You won't want to miss this one!

Online Grocery Pickup Basics: Food Basics & Superstore—Monday, June 29 at 1:00pm

Learn how to order groceries online quickly and conveniently with Food Basics and Superstore pickup services! In this beginner-friendly class, participants will learn how to download and navigate both apps, browse products, add items to their cart, select pickup times, and complete orders with ease. Discover how online grocery pickup can save time, simplify shopping, and make everyday errands more convenient. Just place your order, pop your trunk, and go!

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

Instructor CeCe Aers.

Stitch & Spud Workshop—Monday, June 29 at 5:30-8:30pm

Join us for a cozy, creative afternoon where you'll craft your very own Baking Potato Bag! A charming, reusable kitchen essential that keeps your baked potatoes warm while adding a pop of personality to your microwave!

During the workshop, each participant will sew a stylish, potato bag featuring cute fashion fabrics! The bags include heat-safe lining to protect your microwave and concentrate warmth, along with an easy-open closure that's secure yet simple to access your perfectly warmed potato. All materials are provided, the only thing you need to bring is your own sewing machine.

Once your bag is complete, you'll be ready to enjoy perfectly baked potatoes anytime. Simply wrap a clean potato in a paper towel, place it inside your new potato bag, and microwave for 5–10 minutes until tender. The bag will retain warmth beautifully once removed, and after use, just let your potato bag air dry completely before storing it for next time.

Sign up in advance. Maximum of 10 participants. \$15 for members & \$18 for non-members.

Instructor Tanya Ulliyatt.