

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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: programs@ridgetownadultcentre.com or visit us in 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.</p>					<p>1. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>2. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
3.	<p>4. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am DVD only Social Card Games 1:00 pm Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Pepper 7:00 pm Pickleball 7:30 pm at RDHS</p>	<p>5. Walk it off 9:00 am Bridge Lessons 10:00am* Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Zumba 6:00pm The Stitch Exchange 6:30 pm No Line Dancing tonight</p>	<p>6. 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>7. 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 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>8. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] Taco 'Bout May Luncheon 12:30pm* Po-Ke-No 1:30 pm Learn new card games 2 pm</p>	<p>9. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
10.	<p>11. 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 Maud Lewis Paint Workshop 6:00pm* Pepper 7:00 pm Pickleball 7:30 pm at RDHS</p>	<p>12. Walk it off 9:00 am Bridge Lessons 10:00am* Card Making 11:00 am Chair Essentrics 11:00 am Duplicate Bridge 1:00 pm Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>13. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Paper Tulip Collage Crafternoon 1:30pm* Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:05 pm</p>	<p>14. 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 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>15. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] NEW! VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>16. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
17.	<p>18. The Centre is closed today for Victoria Day</p>	<p>19. Walk it off 9:00 am Card Making 11:00 am Chair Essentrics 11:00 am CK 55+ Duplicate Bridge Tournament 1:00pm* Sewing, Knitting & Crochet 1:00 pm Po-Ke-No 1:00 pm Zumba 6:00pm The Stitch Exchange 6:30 pm No Line Dancing tonight</p>	<p>20. 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>21. 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 Mahjong 1:00pm Annual Membership Meeting 6:30pm No evening classes tonight</p>	<p>22. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] NEW! VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>23. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
24.	<p>25. Walk it off 9:00 am Mobile Care Bus 9:30am-3:00pm 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] Floral Mosaic Workshop 5:30pm* Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Ridgetown Nature Photography Group 7:00 pm Pepper 7:00 pm Pickleball 7:30 pm at RDHS</p>	<p>26. 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 Po-Ke-No 1:00 pm Chiropractic Care and Spinal Health Presentation 5:30pm* Zumba 6:00pm The Stitch Exchange 6:30 pm Line Dancing 7:00 pm</p>	<p>27. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Embroidery Card Crafternoon 1:30pm* Chair Yoga with Lisa 5:30 pm Strength Training 6:00 pm Cardio Class 7:05 pm</p>	<p>28. Walk it off 9:00 am Facebook Profile Safety 10:00am* Line Dancing 11:00 am Pilates 11:30 am Floor Essentrics at 12:00 pm Games Room & Billiards 1-3 pm 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>29. Walk it off 9:00 am Advanced Tai Chi 10:00 am Beginners Tai Chi 11:00 am [class full] NEW! VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm</p>	<p>30. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am</p>
31.						

May 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 three offered in the series.**

Maud Lewis Paint Workshop—Monday, May 11 at 6:00pm

Learn about & paint in the style of Maud Lewis, a celebrated Canadian folk artist! Make your own Maud inspired spring themed artwork ready to hang and display. Facilitated by Lisa Hiles. **All supplies included. Registration is \$15 for members & \$18 for non-members.**

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.

Closure Notice:

The Centre will be closed on Monday, May 18 for Victoria Day!

Have a great long weekend!

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!

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Ridgetownadultcentre.com

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Instagram: [@RidgetownAdultActivityCentre](https://www.instagram.com/RidgetownAdultActivityCentre)

Bridge Lessons—Tuesday, April 14, 21, 28, May 5 & 12 at 10:00am

Improve your Bridge game! Instructor Keith Dawson is giving lessons for intermediate level players who want to get better at playing bridge, with a focus on bidding and play strategies!

Beginners welcome as well. Come learn about the game!

\$3 for members & non-members. Participants must sign up in advance.

Art Collective—Thursday, May 7 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.

Taco 'Bout May Luncheon—Friday, May 8 at 12:30pm

Spice up your spring at our Taco 'Bout May Luncheon!

Join us on May 8th at 12:30pm for a delicious, fun-filled afternoon featuring a build-your-own taco experience with your choice of beef, chicken, or veggie fillings, plus all your favorite fresh toppings. Each guest will enjoy three tacos and a sweet dessert to finish.

Tickets are \$20 and available at the front desk. Be sure to grab yours by May 1!

Paper Tulip Collage Crafternoon—Wednesday, May 13 at 1:30pm

Join us for a fun and relaxing Paper Tulip Collage Crafternoon! In this creative session, you'll design your own colorful tulip artwork using a variety of papers, textures, and simple collage techniques. Mix and match shapes and colors to create a unique floral piece that reflects your style. All materials are provided, and no experience is needed, just bring your creativity! It's a perfect way to unwind, try something new, and enjoy a cozy, welcoming atmosphere. Leave with a beautiful handmade bouquet that will never wilt.

Instructor Tanya Ulyatt. \$7 for members & \$10 for non-members. Sign up in advance!

CK 55+ Duplicate Bridge Tournament —Tuesday, May 19 at 1:00pm

Join us for a fun Duplicate Bridge tournament on Tuesday, May 19 at 1:00pm

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.

Annual Membership Meeting—Thursday, May 21 at 6:30pm

Join us for our Annual Membership Meeting this month! Complimentary refreshments will be provided, and a cash bar will also be available.

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/>

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Floral Mosaic Workshop—Monday, May 25 at 5:30pm

This creative workshop introduces participants to the art of mosaic design as they craft their own unique coasters using beautiful coloured tiles in floral shapes. Participants will learn basic techniques for arranging patterns, working with adhesive, and assembling their designs to create visually striking and functional pieces. The class encourages creativity while providing guidance to help each person bring their design ideas to life.

By the end of the session, everyone will have a handcrafted mosaic piece to take home.

Instructor Amy Klinkhamer.

Nature Photography Group—Monday, May 25 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!

Chiropractic Care and Spinal Health Presentation—Tuesday, May 26 at 5:30pm

Dr. Ryann Fink, chiropractor at McLaughlin Wellness Clinic, will present an overview of chiropractic care and its role in supporting overall wellness, with a special focus on spinal health. This presentation will explore how proper spinal alignment contributes to nervous system function, mobility, and long-term well-being. Attendees will gain insight into the principles of chiropractic care and practical ways to support a healthier, more balanced lifestyle.

This is a free presentation, open to members & public!

Embroidery Card Crafternoon—Wednesday, May 27 at 1:30pm

Learn how to embroider on cardstock in a fun themed pattern with Liz McDonald!

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!

\$7 for members & \$10 for non-members. Sign up in advance!

Facebook Profile Safety—Thursday, May 28 at 10:00am

In today's digital world—and especially in the age of AI—keeping your Facebook profile secure is more important than ever. Join instructor CeCe Aers for an informative session where you'll learn practical steps to lock down your account, understand what those "terms and conditions" really mean, and protect your personal information from misuse. We'll also cover how to spot and prevent false accounts from being created in your name, and why limiting public access to family photos is key to online safety.

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

New! VON Chair Exercise – Fridays at 11:15am

We're excited to introduce a new VON Chair Exercise class with instructor Kelly Johnston, now offered every Friday at 11:15am! **Classes will start on Friday, May 15!**

Please note that the class will not run on luncheon days.

Keep an eye out for new classes starting like this one!