

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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!			1. The Centre is closed today for Canada Day!	2. 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 Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	3. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] No VON Chair Exercise today Po-Ke-No 1:00 pm Learn new card games 2 pm	4. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
5.	6. 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	7. 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 The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	8. 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 NEW! 20/20/20 Workout 6:00pm Footcare Clinic-call for appt.*	9. Walk it off 9:00 am Travel Chatham Kent this Summer 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 Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	10. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm Retro Prom Night 7:00pm* [purchase tickets in advance]	11. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
12.	13. 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 Gmail Basics Class 1:00pm* Practice Advanced Tai Chi 2:00 pm (Beginners at 2:30pm) [class full] Floor Yoga 5:30 pm Fabric Landscape Art 6:30pm* Pepper 7:00 pm	14. 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 The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	15. 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 Iris Folding Card Crafternoon 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm	16. 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 Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	17. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] No VON Chair Exercise today July Luncheon & Talk with Tom Button 12:30pm* Po-Ke-No 1:00 pm Learn new card games 2 pm	18. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
19.	20. 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] Cyanotype Workshop 5:30pm* Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Pepper 7:00 pm Ridgetown Nature Photography Group 7:00 pm	21. 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 The Stitch Exchange 6:30 pm Line Dancing 7:00 pm	22. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Paint Like Monet Workshop 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Footcare Clinic-call for appt.*	23. Walk it off 9:00 am YouTube Expert 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 Floral Watercolour Class 1:30-3:30pm* Floor Yoga 5:30 pm Floral Watercolour Class 6:00-8:00pm* Evening Calm: Guided Yoga Nidra 6:45 pm	24. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm	25. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
26.	27. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am Mobile Care Bus 9:30am-3:00pm 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 Pressed Flower Art Workshop 6:30pm* Pepper 7:00 pm	28. 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 The Stitch Exchange 6:30 pm No Line Dancing tonight	29. 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 20/20/20 Workout 6:00pm	30. Walk it off 9:00 am YouTube Expert 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 Floor Yoga 5:30 pm Evening Calm: Guided Yoga Nidra 6:45 pm	31. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm Learn new card games 2 pm	To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required.

July 2026



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

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.

Special Announcements:

Pilates and Chair & Floor Essentrics will be taking a break for the Summer months. During July and August, participants can continue enjoying these programs through DVD-guided sessions. Regular in-person classes with an instructor will resume in September.

Zumba and Chair Cardio & Sculpting will also be on Summer break and will return in the Fall.

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 Wednesday, July 1 for Canada Day!

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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Art Collective—Thursday, July 2 at 5:30-8:30pm

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.

Travel Chatham Kent this Summer—Thursday, July 9 at 10:00am

Using our digital resources, we'll discover exciting events, concerts, and community activities happening throughout Chatham-Kent this summer and fall. Together, we'll research local favourites such as Chatham Retrofest, summer concert series, cultural celebrations, and more. Through planning, discussion, and exploration, participants will build digital literacy skills while discovering new experiences right here in Chatham-Kent.

Instructor CeCe Aers. \$3 for members & \$6 for non-members. Participants must bring their mobile device or laptop.

Retro Prom Night—Friday, July 10 at 7:00-10:00pm

Enjoy a fun night out and step back in time at our Under the Sea Retro Prom Night. Dance and hang out with friends while we play nostalgic and hit music from the decades.

Tickets are \$10/pp which includes light refreshments and snacks! Cash bar will be available!

Let's dance the night away together!

Gmail Basics Class—Monday, July 13 at 1:00pm

Did you know your Gmail account is much more than just email? In this beginner-friendly class, participants will explore the many tools and features included with a Google account. Learn how to send and organize emails, manage contacts, adjust account settings, and keep your information secure.

Participants will gain confidence using Google's digital tools while learning important online safety practices, including password security, recognizing scams and phishing emails, and protecting personal information online.

Instructor CeCe Aers. \$3 for members & \$6 for non-members. Participants must bring their mobile device or laptop.

Fabric Landscape Art—Monday, July 13 at 6:30pm

Discover the creative possibilities hidden in your fabric scraps! In this inspiring hands-on workshop, participants will transform a collection of fabrics into beautiful landscape artworks using simple textile collage and appliqué techniques.

By layering fabrics of different colors, patterns, and textures, you'll create your own unique scene- whether it's rolling hills, mountains, seascapes, sunsets, countryside views, or an imagined landscape.

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

Iris Folding Card Crafternoon—Wednesday, July 15 at 1:30pm

Join us for a fun Crafternoon with Liz McDonald as we explore the beautiful art of iris folding. In this beginner-friendly workshop, you'll learn how to create a stunning design using folded paper strips and transform your artwork into a Summer Seascape themed card!

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

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July Luncheon & Talk with Tom Button—Friday, July 17 at 12:30pm

Join us for our July Luncheon and an engaging presentation by Tom Button, who will explore the fascinating People & Characters of Ridgetown.

More details about the luncheon and talk will be shared soon. Tickets go on sale June 29—be sure to get yours before they are gone!

Nature Photography Group—Monday, July 20 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!

Paint like Monet Workshop—Wednesday, July 22 at 1:30pm

Enjoy a relaxing afternoon, creating an art piece inspired by Monet's famous water lilies. Using acrylic paint and oil pastels you will be guided and have the opportunity to add your own unique touch to your piece. All supplies are included. Beginners are welcome!

Instructor Krista Kankula.

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

YouTube Expert Class—Thursday, July 23 & 30 at 10:00am

Discover the world of YouTube and all the ways it can inform, entertain, and inspire you! In this class, participants will learn how to create and manage a YouTube account, navigate the platform, and make the most of its many features. From live streams and news channels to DIY tutorials, movies, music, and entertainment, YouTube offers something for everyone.

We'll explore how to search for content, create playlists, comment on videos, share content with friends and family, and adjust settings for a safe and enjoyable viewing experience.

Instructor CeCe Aers. \$3 for members & \$6 for non-members. Participants must bring their mobile device or laptop.

Floral Watercolour Class—Thursday, July 23 at 1:30pm OR 6:00pm

This relaxing watercolour class with Carri McCoy invites participants to explore painting beautiful floral subjects using soft, expressive techniques. Learners will be guided through basic watercolour methods such as colour blending, layering, and brushwork to capture the delicate beauty of flowers and botanical elements. Participants will create their own floral watercolour artwork while developing confidence in working with this versatile and calming medium. **Please note: there are 2 different class times available for this workshop!**

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

Pressed Flower Art Workshop—Monday, July 27 at 6:30pm

Get creative with Lisa Hiles for a Pressed Flower Art Workshop. Join us for a relaxing and inspiring hands-on workshop where you'll learn how to transform delicate pressed flowers into stunning works of art. Using a variety of preserved blooms, leaves, and natural elements, participants will create their own unique floral artwork.

Participants will go home with a beautiful 5x7 mat board ready to frame!

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