

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Are you new to the Centre & a non-member? Enjoy your first class on us, free of charge! (Special events & classes are exempt)						1. No classes today!
2.	3. The Centre is closed today for the Civic Holiday.	4. Walk it off 9:00 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 6:30 pm	5. 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 NEW! Badminton 7:00pm Footcare Clinic-call for appt.*	6. 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	7. 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 1:30 pm Learn new card games 2 pm NEW! Badminton 2:30pm	8. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
9.	10. Walk it off 9:00 am No Chair Yoga with Tanya today 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 Fine Line Florals & Watercolour Workshop 6:30pm* Pepper 7:00 pm	11. Walk it off 9:00 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 6:30 pm	12. 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 NEW! Badminton 7:00pm	13. Walk it off 9:00 am New Sign In Station Training 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	14. 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 1:30 pm Learn new card games 2 pm NEW! Badminton 2:30pm NEW! Restorative Yoga 6:00pm*	15. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
16.	17. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am New Sign In Station Training 1:00pm* 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	18. Walk it off 9:00 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 6:30 pm	19. 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 Beach/Lake Mixed Media Collage Workshop 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm NEW! Badminton 7:00pm Footcare Clinic-call for appt.*	20. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am DVD only Floor Essentrics at 12:00pm DVD only Free hearing screening clinic—call for appt* (starting at 1:00pm) Games Room & Billiards 1-3pm Mahjong 1:00pm Watercolour Landscape Class 1:30pm* Floor Yoga 5:30 pm Watercolour Landscape Class 6:00pm* Evening Calm: Guided Yoga Nidra 6:45 pm	21. Walk it off 9:00 am Intermediate & Beginners Tai Chi 10 :00-11:30am [class full] No VON Chair Exercise today August Luncheon 12:30pm* Po-Ke-No 1:30 pm Learn new card games 2 pm NEW! Badminton 2:30pm NEW! Restorative Yoga 6:00pm*	22. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
23. Rest, Restore & Rebalance: Sound Bowls & Reiki 6:00pm*	24. 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 Painting with Paper Workshop 6:30pm* Pepper 7:00 pm	25. Walk it off 9:00 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	26. Walk it off 9:00 am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Barn Quilt Workshop 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm NEW! Badminton 7:00pm	27. Walk it off 9:00 am New Sign In Station Training 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	28. 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 1:30 pm Learn new card games 2 pm NEW! Badminton 2:30pm NEW! Restorative Yoga 6:00pm*	29. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am
30.	31. 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	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.				

August 2026



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Interested in becoming a co-host for our new Badminton program?

Join our volunteer team, so you can meet new people, share your experience, and make a positive impact!

We're excited to add this sport to our activity line up. To give our members the best experience, we're looking for 2 people to volunteer as our Badminton Co-Hosts.

As a co-host you will help:

- Welcome participants, make introductions and share the basic rules
- Pair people up to play games
- Help with timing games and ensure everyone gets an opportunity to participate
- Set up and take down the nets and put equipment away
- Encourage people to keep coming back to play and have fun

As a host you can still participate in the fun and play badminton. We will give you all of the instructions and support to make this role easy to do and enjoyable.

If this volunteer opportunity speaks to you or you want to learn more, message us, drop by the Centre, or call or email Alison.

Email: programs@ridgetownadultcentre.com
519-674-5126

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, August 3 for the Civic Holiday!

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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Fine Line Florals & Watercolour Workshop—Monday, August 10 at 6:30pm

Join us for a relaxing evening of creativity as we explore the art of fine line floral doodling paired with loose watercolour. You'll learn how to draw simple yet elegant flowers using pen before adding colourful, free-flowing watercolour to create a whimsical floral masterpiece. Perfect for beginners and experienced creatives alike, this class encourages you to let go of perfection and simply enjoy creating.

Facilitated by Lisa Hiles. \$7 for members & \$10 for non-members.

Beach/Lake Mixed Media Collage Workshop—Wednesday, August 19 at 1:30pm

Make a relaxing and beautiful beach or lake scene, using a variety of art supplies, including paper, acrylic paint, markers, pastels, and watercolours. Draw inspiration for your piece from a favourite photograph, summer memory, or use your imagination. This workshop is all about having fun and being creative - there's no pressure to make something perfect.

Beginners welcome, no prior experience needed. All supplies included. Enjoy a relaxing and fun class, while celebrating the joy and beauty of the summer season.

Facilitated by Krista Kankula. \$7 for members & \$10 for non-members.

Hearing Screening Appointments—Thursday, August 20 at 1:00-4:30pm

Get a free, painless hearing test to know where your hearing health stands. Researchers think that treating hearing loss early is one of the best things you can do to help reduce your risk of dementia.

Afternoon appointments will be booked first, starting at 1:00pm.

Contact us or visit the front desk to book your free appointment.

Watercolour Landscape Class—Thursday, August 20 at 1:30pm OR 6:00pm

This relaxing watercolour class with Carri McCoy invites participants to explore painting peaceful coastal landscapes using soft, expressive techniques. Learners will be guided through basic watercolour methods such as colour blending, layering, and brushwork to capture the beauty of sandy beaches, rolling waves, and serene skies. Participants will create their own landscape watercolour artwork! **Please note: There are two different class times available for this workshop!**

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

August Luncheon—Friday, August 21 at 12:30pm

Enjoy a flavorful meal inspired by the vibrant cuisine of Greece, with tender grilled chicken, perfectly seasoned potatoes, a crisp Greek salad, and refreshing tzatziki to complete the experience.

Dessert, along with coffee, tea, pop & water are also included.

Tickets are \$20/pp. Visit the front desk to purchase yours!

Rest, Restore & Rebalance: Sound Bowls & Reiki—Sunday, August 23 at 6:00pm

Crystal singing bowls are often used in meditation. The bowls are made from quartz crystal and produce pure, resonant tones when played. Many people find the vibrations calming and use them to support relaxation, and a sense of inner connection.

Reiki (pronounced ray-key) is a gentle energy practice that originated in Japan. It's based on the idea that a universal life force energy flows through all living things. When this energy gets disrupted or imbalanced, it can create stress in the body - and when it's balanced, we feel more at ease. Through light touch or hands-hovering, Reiki helps redirect and harmonize this energy. People often report feeling calmer, more centered, and noticeably relaxed even after just a few minutes. Whether you're simply curious or already familiar, this is your invitation to pause, breathe, and feel what's possible.

Facilitated by Lisa McFadden & Tanya Ulliyatt. \$20 for members & \$23 for non-members.

August 2026



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Painting with Paper Workshop—Monday, August 24 at 6:30pm

Discover the beauty of creating art one piece at a time! In this unique Painting with Paper workshop, you'll use carefully cut and layered pieces of colourful paper to create a stunning collage full of texture, depth, and vibrant detail.

Whether you're trying collage art for the first time or looking to explore a new creative medium, you'll leave with a beautiful finished masterpiece to display at home.

Facilitated by Lisa Hiles. \$7 for members & \$10 for non-members.

Barn Quilt Workshop—Wednesday, August 26 at 1:30pm

Join us for a fun and creative painting Workshop! You'll paint your own beautiful wooden barn quilt with step-by-step instruction in a relaxed, beginner-friendly environment.

All supplies are provided, and no painting experience is necessary. Create a unique piece of art that's perfect for decorating your home, barn, porch, or cottage.

Come get creative and take home a handmade masterpiece!

Facilitated by Amy Klinkhamer. \$35 for members & \$38 for non-members.

NEW! Badminton—Wednesdays at 7pm & Fridays at 2:30pm

We're excited to introduce Badminton at the Centre twice a week!

Looking for a fun way to stay active, meet new people, and enjoy some friendly competition? Our new badminton sessions are the perfect opportunity to get moving in a relaxed and welcoming environment. Whether you're an experienced player or picking up a racquet for the first time, everyone is welcome!

Equipment will be provided, so all you need is comfortable clothing, clean indoor shoes, and a willingness to have fun!

Drop in and join us. \$3 for members & \$6 for non-members.

NEW! Restorative Yoga—Fridays at 6pm starting August 14

Restorative Yoga is your sanctuary on the mat—a gentle, meditative practice designed to help you slow down, breathe deeper, and release tension. Using supportive props like bolsters, blankets, and blocks, we guide you into deeply relaxing poses held for several minutes each, allowing your body and nervous system to unwind without effort.

Perfect for beginners and seasoned yogis alike, restorative yoga isn't about perfection or flexibility—it's about presence and permission to simply be. Wear comfy layers, arrive ready to soften, and leave feeling lighter, clearer, and refreshed. Let's rest together.

Instructor Tanya Ulyatt. \$3 for members & \$6 for non-members. Sign up in advance as spots are limited per class.

New Sign In Training Sessions

We're excited to announce that we're implementing a new membership check in and registration system, thanks to a grant from the CK Community Foundation Community Fund and South Kent Wind Community Fund.

We'll be hosting short training sessions for members, so you can learn how to use the online features to sign up for activities, purchase tickets, and add activity credits from your phone, tablet, laptop, or desktop!

The dates for the training sessions are:

Thursday, August 13 at 10:00am

Monday, August 17 at 1:00pm

Thursday, August 27 at 10:00am

We ask that you sign up in advance, as there are limited spots in each class. There is no fee for this training.