

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. Walk it off 9:00 am Card Making 11:00am 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	2. Walk it off 9:00 am Chair Essentrics 9:00am DVD only 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 Badminton 7:00pm Footcare Clinic-call for appt.*	3. 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 Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	4. 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 Badminton 2:30pm Restorative Yoga 6:00pm*	5. No classes today. Have a great weekend!
6.	7. The Centre is closed today for Labour Day!	8. Walk it off 9:00 am Card Making 11:00am Duplicate Bridge 1:00 pm Stitch & Create Sewing Workshop 1:00pm* Po-Ke-No 1:00 pm Mahjong 6:00pm The Stitch Exchange 6:30 pm Line Dancing 6:30 pm	9. Walk it off 9:00 am Chair Essentrics 9:00am 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 Badminton 7:00pm	10. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	11. Walk it off 9:00 am Advanced Tai Chi 10:00 am Review: Beginners Tai Chi 11:00 am [must have completed 108 Move Beginner Tai Chi] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm No Learn new card games today Badminton 2:30pm Restorative Yoga 6:00pm*	12. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am NEW! 50/50 Workout with Osie 11:05am
13.	14. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am New Sign Up Online Training 1:00pm* Social Card Games 1:00 pm No Practice Tai Chi today Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Pepper 7:00 pm	15. Walk it off 9:00 am Card Making 11:00am 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	16. Walk it off 9:00 am Chair Essentrics 9:00am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Book Club at 1:00 pm Aster & Goldenrod Mixed Media Art 1:00pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm Footcare Clinic-call for appt.*	17. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Floor Yoga 5:30 pm Chair Fitness with Osie 6:00pm Evening Calm: Guided Yoga Nidra 6:45 pm	18. Walk it off 9:00 am Advanced Tai Chi 10:00 am Review: Beginners Tai Chi 11:00 am [must have completed 108 Move Beginner Tai Chi] No VON Chair Exercise today September Luncheon 12:30pm* Po-Ke-No 1:00 pm No Learn new card games today Badminton 2:30pm Restorative Yoga 6:00pm*	19. No Chair Yoga this morning Core & Sculpting 10:00-11:00 am NEW! 50/50 Workout with Osie 11:05am
20.	21. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Ordering Grocery Pick Up Basics 1:00pm* Social Card Games 1:00 pm No Practice Tai Chi today Floor Yoga 5:30 pm Pepper 7:00 pm Ridgetown Nature Photography Group 7:00 pm	22. Walk it off 9:00 am Card Making 11:00am 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	23. Walk it off 9:00 am Chair Essentrics 9:00am VON Chair Exercise 11:00 am Men's Walk it Off 1:00 pm Paper Quilling Crafternoon 1:30pm* Chair Yoga with Lisa 5:30 pm 20/20/20 Workout 6:00pm Badminton 7:00pm	24. Walk it off 9:00 am Line Dancing 11:00 am Pilates 11:30am Floor Essentrics at 12:00pm Games Room & Billiards 1-3pm Mahjong 1:00pm Citrus in Watercolour Workshop 1:30pm* Floor Yoga 5:30 pm No Chair Fitness tonight Citrus in Watercolour Workshop 6:00pm* Evening Calm: Guided Yoga Nidra 6:45 pm	25. Walk it off 9:00 am Advanced Tai Chi 10:00 am Review: Beginners Tai Chi 11:00 am [must have completed 108 Move Beginner Tai Chi] VON Chair Exercise 11:15 am Po-Ke-No 1:00 pm No Learn new card games today Badminton 2:30pm Restorative Yoga 6:00pm*	26. Chair Yoga with Lisa 10 am Core & Sculpting 10:00-11:00 am NEW! 50/50 Workout with Osie 11:05am
27.	28. Walk it off 9:00 am Chair Yoga with Tanya 9:30 am VON Chair Exercise 11:00 am Shop Smart with Instacart 1:00pm* Social Card Games 1:00 pm No Practice Tai Chi today Floor Yoga 5:30 pm Dungeons and Dragons 6:00pm Fall Pinecone Florals Workshop 6:30pm* Pepper 7:00 pm	29. Walk it off 9:00 am Links 2 Wellbeing Presentation 10:30am* Card Making 11:00am 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	30. Walk it off 9:00 am Chair Essentrics 9:00am 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 Badminton 7:00pm	To learn more or sign up: Click here, call us at 519-674-5126, or visit us in person! To attend activities marked with an asterisk (*), advance sign-up, booking, or ticket purchase is required. Click here to sign up online!		

September 2026



Facebook: [Ridgetown Adult Activity Centre](#)

Instagram: [@RidgetownAdultActivityCentre](#)

Programs returning this Fall:

Card Making: Tuesdays at 11am

Looking to unleash your creative side? Join our card making group and help support the Centre! The cards made during these sessions will be sold for \$1.00, and all proceeds go to the Centre! All supplies are included!

Chair Fitness with Osie: Thursdays at 6:00pm

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 Stitch Exchange: Tuesdays at 6:30pm

A weekly gathering, where people who are learning to knit can get mentorship and help from a team of experienced knitters. Are you an experienced knitter and enjoy sharing your passion for knitting with others? Do you want to learn how to knit OR expand your knitting skills? Drop in and join us.

Chair Essentrics: Now on Wednesdays at 9am

Chair Essentrics is a full body, dynamic stretch and strengthening workout aimed at re-balancing all of the joints. Guy will be back for in-person instruction on September 9. Drop in and join us!

Pickleball will be returning in September! More details will follow soon.

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, September 7 for Labour 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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Art Collective—Thursday, September 3 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.

Stitch & Create Sewing Workshop—Tuesday, September 8 at 1:00pm

Get creative and learn some basic sewing skills while making your very own fabric pouch! Participants will be guided through the steps to create a charming zippered pouch, perfect for storing cosmetics, sewing supplies, small essentials, or other treasures. Fabric is included for this fun project!

Please bring: Your own sewing machine and basic sewing supplies, including scissors, pins/clips, thread, and a sewing needle.

Instructor Mary Hill. \$15 for members & \$18 for non-members.

[Click here to sign up online!](#)

New Sign Up Online Training—Monday, September 14 at 1:00pm

Want to learn how to sign up for programs from the comfort of your own home? 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!

We ask that you sign up in advance, as there is limited spots. There is no fee for this training. [Click here to sign up online!](#)

Aster & Goldenrod Mixed Media Art—Wednesday, September 16 at 1:00pm

Inspired by the vibrant goldenrods and purple aster wildflowers filling the fields this time of year, get creative painting and collaging a piece of art. All supplies are included. Beginners welcome.

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

[Click here to sign up online!](#)

September Luncheon—Friday, September 18 at 12:30pm

Join us for our September Luncheon and enjoy a delicious meal of lasagna, Caesar salad and dinner rolls. Dessert, pop, water, coffee and tea are all included.

We're also pleased to welcome John Thompson, a volunteer pilot with Hope Air, who will share more about his experiences and the important work Hope Air does to help Canadians access medical care.

Come enjoy a wonderful meal, good company and an interesting presentation!

Tickets are \$20/pp. Visit the front desk, or [click here to purchase](#) yours before they are gone!

Ordering Grocery Pick Up Basics—Monday, September 21 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. Just place your order, pop your trunk, and go!

Instructor CeCe Aers. \$3 for members & \$6 for non-members. [Click here to sign up online!](#)

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Nature Photography Group—Monday, September 21 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 mirrorless camera, you are invited to participate.

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

Paper Quilling Crafternoon—Wednesday, September 23 at 1:30pm

Join Liz and Amy for a fun and creative Abstract Paper Quilling Workshop! Learn simple quilling techniques and turn colourful strips of paper into a unique abstract design.

Perfect for beginners, this relaxing hands-on workshop is a chance to get creative, experiment with colours and shapes, and make a one-of-a-kind piece to take home.

Instructors Liz McDonald and Amy Klinkhamer. \$7 for members & \$10 for non-members. [Click here to sign up online!](#)

Citrus in Watercolour Workshop—Thursday, September 24 at 1:30pm OR 6:00pm

Explore the bright colours, textures and delicate details of citrus fruit in this relaxed watercolour class. You'll learn simple techniques for creating shape, light, shadows and the beautiful patterns found inside sliced fruit. No previous watercolour experience is needed — just come along, have fun and enjoy an afternoon of painting and creativity.

Please note: There are two different class times available for this workshop!

Instructor Carri McCoy. \$7 for members & \$10 for non-members. [Click here to sign up for the afternoon](#) class AND [click here to sign up for the evening class](#).

Shop Smart with Instacart—Monday, September 28 at 1:00pm

Join us to learn how to shop from the comfort of home! In this hands-on class, you'll learn how to download the Instacart app, create an account, safely navigate the app, select and order items, and have your groceries or other products delivered right to your door in Ridgetown. We'll also cover helpful shopping tips, safety, and delivery etiquette.

Instructor CeCe Aers. \$3 for members & \$6 for non-members. [Click here to sign up online!](#)

Fall Pinecone Florals Workshop—Monday, September 28 at 6:30pm

Get creative and bring the beauty of fall indoors! In this hands-on craft, you'll transform pinecones into beautiful, colourful flowers and arrange them into a charming bouquet to enjoy or gift. No green thumb required—just a little creativity and fun!

Instructor Lisa Hiles. \$15 for members & \$18 for non-members. [Click here to sign up online!](#)

Links 2 Wellbeing Presentation—Tuesday, September 29 at 10:30am

Learn all about an exciting project we are participating in called Links2Wellbeing: Social Prescribing for Older Adults (L2W) co-led by the Older Adult Centres' Association of Ontario (OACAO) and the Alliance for Healthier Communities. During this brief 20 min. presentation you can learn:

- **What social prescribing is and its benefits**
- **How the Links2Wellbeing Program works**
- **How you can help reduce isolation and loneliness of older adults in our community and volunteer opportunities through the program**

Free to attend. Drop in and join us to learn more about this exciting initiative.

Presented by Krista Kankula. [Click here to sign up online!](#)